

# Some of Our Favorite Recipes

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## "I Can't Believe They're Vegan" Pancakes

- 1 cup unbleached all-purpose flour
- 1 1/2 tablespoons sugar
- 2 tablespoons baking powder
- 1/8 teaspoon salt
- 1 cup milk alternative (soy, rice, oat and almond milks work)
- 2 tablespoons vegetable oil

Combine dry ingredients and mix thoroughly. Mix in the liquids and beat with a whisk or electric mixer until the batter is smooth. Measure 1/3 cup batter onto a previously-heated, well-oiled griddle or pan. When bubbles appear on the surface of the pancake, in about 2 minutes, flip it with a spatula. Cook it for another 2 to 3 minutes. Remove from griddle. Serve with maple syrup, jam or fruit syrup.

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## Low-fat Cranberry Muffins with Apple-Peach Sauce

### *Muffins*

- 2 c. whole wheat or unbleached white flour
- 2 t. baking powder
- 1/2 t. salt
- 1 banana
- 3 tablespoon tofu
- 1/5 c. oil
- 1/4-1/2 c. brown sugar or maple syrup
- 1 1/2 c. lowfat soy milk or rice milk
- Dried cranberries

Combine dry ingredients. Blend tofu and banana together in food processor or blender until smooth. Combine wet ingredients. Mix wet and dry together thoroughly and stir in cranberries. Spoon into greased muffin tin. Fill each muffin mold 3/4 full. Bake at 400 degrees for about 20 minutes.

### *Apple-Peach Sauce*

- 3 or 4 medium-sized, ripe peaches
- 3 ripe apples or 1 cup unsweetened applesauce

Core and slice apples and peaches (peel if desired), and place in a saucepan (covered) with 1 teaspoon water, on medium heat. Cook until "sauce-y", stirring periodically. Mash, and serve hot on muffins. If you use applesauce, add when peaches are just beginning to become tender.

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### **Sesame Garbanzo-Cucumber Salad**

- 2 large cucumbers
- 1- 15 oz. can cooked garbanzo beans (chickpeas), rinsed well
- 3 tablespoons toasted-sesame oil
- 1 tablespoon tahini
- 3/4 cup seasoned rice vinegar (or same amount of regular or balsamic vinegar mixed with 3 tablespoons of brown sugar)
- 1/2 fresh green pepper
- 1/4 small sweet onion

Peel the cucumbers, and cut into quarters, lengthwise. Slice into 1/4-inch pieces. Mince 1/2 green pepper and 1/4 small sweet onion into very small pieces. Combine cucumbers, green pepper, onion, and garbanzo beans in a bowl. In a separate bowl, mix sesame oil and tahini thoroughly. Add oil and tahini combination and vinegar to the vegetables. Mix well, and allow to sit at room temperature for at least 15 minutes. Serve.

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### **Low-Fat Hummus (Middle-Eastern Garbanzo-bean Spread)**

*Traditionally this recipe is made with much more tahini and several tablespoons of olive oil. This low-fat version is so delicious you won't miss the extra fat.*

- 1 can garbanzo beans (chick-peas), rinsed well
- 1 1/2 clove fresh garlic (or one teaspoon garlic powder)
- Juice of 1 and 1/2 lemon
- 1 tablespoon tahini

Put ingredients in food processor. Blend until creamy.

*Serving Ideas: Serve with pita wedges, or for a delicious sandwich, spread a thick layer of hummus on bread or a sliced roll (or inside a pita) and add sprouts and tomato slices. Hummus is also great as a vegetable dip. Try dipping raw carrot and celery slices, brocolli flowerets, and tomatoes.*

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### **"Faux" Mozzarella, Tomato, and Basil Sandwich**

- 1/2 cake of firm or extra-firm tofu
- 2 large tomatoes
- handful of fresh basil leaves
- salt
- garlic powder
- olive oil
- 1/2 loaf Italian/French bread

Cut bread into thick slices. Slice tofu and tomatoes into pieces of equal thickness (approximately 1/4 to 1/2 inch). Mince basil leaves. Place a slice of tofu on a slice of bread, and drizzle with a small amount of olive oil. Add salt and garlic powder (adjust amount to your preference), as well as a generous amount of basil. Place another slice of bread on top, and serve.

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### **Shockingly Simple Chocolate Cake**

- 1 1/2 cup white unbleached flour
- 1 cup sugar
- 3 1/2 tablespoons cocoa
- 1 teaspoon baking soda
- 1/2 tablespoon salt
- 3 tablespoons oil
- 3 tablespoons apple sauce
- 1 tablespoon vinegar
- 1/3 of a mashed banana (optional but delicious)
- 1 teaspoon vanilla
- 2 teaspoons instant coffee (optional for making the cake darker)
- 1 cup cold water
- melted non-dairy baking chocolate (optional)

Mix the dry ingredients. Add the wet ingredients. Stir until smooth. Bake in a cake or bundt pan for 40 minutes or until done.

Variation: Pour into well-greased muffin pan and cook for 25 minutes or until done to make chocolate cupcakes.

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### **Everything-but-the-Kitchen-Sink Fried Rice**

- 6 cups pre-cooked brown rice
- 2 tablespoons olive or peanut oil
- 2 tablespoons sesame oil
- 1/3 cup soy sauce

- 1/3 cup finely minced sweet onion
- 3 cloves garlic, finely minced
- 3 cups raw spinach, chopped
- 2 cups fresh, mushrooms sliced
- 1/2 red bell pepper, minced
- 1 cup grated cabbage
- 1/2 large carrot, grated
- 1/2 cake tofu, mashed
- 2 tablespoons seasoned rice vinegar OR 1 1/2 tablespoons vinegar mixed with 1 tablespoon duck sauce or brown sugar
- 1 scallion, chopped finely

Heat olive or peanut oil in a large pan. Saute mushrooms, onion, bell pepper, cabbage and carrot until the mushrooms begin to shrink a bit in size. Add spinach, garlic and scallions. When spinach is wilted, add rice, tofu and all other wet ingredients. Cook just until rice is completely hot. Serve as a main dish or side dish.

### **Mexican Bean Spread/Dip**

- 1 can cannellini or pinto beans
- 3/4 cup salsa
- 2 tablespoons of finely chopped cilantro

Rinse the beans, and blend all ingredients together in a food processor until creamy. Serve on pita, bread, as a vegetable dip.

### **NEW Vegetarian Chili**

*Contributed by Tesha Olsen. Serves 6-8*

- 2 1/2 cups raw kidney beans
- 1 cup raw bulghur
- 1 cup tomato juice
- 4 cloves garlic
- 1 1/2 cups chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 cup chopped green pepper
- 2 cups chopped fresh tomatoes
- Juice of 1/2 lemon
- 1 tsp ground cumin
- 1 tsp basil

- 1 tsp chili powder
- Salt & pepper
- 3 Tbs tomato paste
- 3 Tbs dry red wine
- Dash of cayenne
- About 3 Tbs olive oil

Put kidney beans in saucepan, covered with 6 cups of water. Soak 3-4 hours. Add extra water and 1 tsp. salt. Cook until tender (about 1 hour.) Watch water level, and add more if necessary. Heat tomato juice to a boil. Pour over raw bulghur. Cover and let stand at least 15 min. Saute onions and garlic in olive oil. Add carrots, celery and spices. When veggies are almost done, add peppers. Cook until tender. Combine all ingredients and heat together gently at a moderate heat. Optional: Serve topped with cheese and/or parsley.

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### **NEW** Vegan "Meatloaf"

*Contributed by Claudia Hill.*

- 1 package of frozen TVP (*Texturized Vegetable Protein- Ground beef imitation type such as "GimmeLean"*)
- 1 bell pepper, diced
- 1 medium onion (*or according to taste*)
- 1 egg OR equivalent in egg-replacer
- Approx. 1.5 cups of bread-crumbs (*Add as you feel needed*)
- A lot of ketchup (*the more the better*)

Defrost TVP. Hand-mix all ingredients in a large bowl. Put in casserole dish, mold to dish. Add more ketchup to cover sides and top( like cake icing). Bake for 1 hour (or until the veggies are tender). Note: When served, it may fall apart, or crumble. This "meatloaf" is best with corn and mashed potatoes on the side!

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### **NEW** Tofu Lasagna

- 3 1/2 cups spaghetti sauce
- 1 1/2 lbs. firm tofu
- 1/4 cup lemon juice
- 2 tsp. dried basil
- 2 tsp. honey
- 2 tsp. salt
- Up to 3 cloves of garlic (*depending on taste*)

- 1/2 lb. cooked lasagna noodles  
*[Note: If you want to you can use half tofu and half mashed potatoes.]*

Preheat oven to 350 degrees. In a blender or food processor, puree tofu, lemon juice, basil, honey, salt and garlic to a fine ricotta-like texture. Make layers in a 9"x13" baking dish. Layer sauce, noodles, filling (tofu), sauce, noodles, filling, noodles sauce. Bake for about 30 minutes.

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### **NEW** Lemon-Carrot Salad

*Refreshing and light Indian dish. It's made from grated carrots and a little tang of lemon juice. Yogurt can be added to it but it's great plain. Contributed by Asha Kumar.*

- 6 -7 medium-sized carrots- washed and grated
- 2 Tbs. lemon juice
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. cumin seeds
- 1 tsp. vegetable oil

Put grated carrots, salt and lemon juice in a medium-size serving bowl and mix well. Heat a small skillet and add vegetable oil. When the oil is hot, add cumin seeds and black pepper. Fry this mixture for 1 minute and remove from heat. Blend the fried spices thoroughly with the carrots and other ingredients and serve chilled.

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### **NEW** Vegan Smoothie

- 2 bananas, sliced
- Handful of frozen or fresh strawberries
- Rice milk or soy milk
- Vanilla flavoring (*optional*)
- Honey (*optional*)

Place bananas on a cookie sheet and freeze for several hours (or until completely or almost-completely frozen). Put fruit in blender. Blend thoroughly, until creamy. Add rice or soy milk to your liking (less for a thick, creamy frozen-yogurt type of dessert- More for a drinkable smoothie). Vanilla and/or honey can be added to your liking.

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### **NEW** Fast-and-Easy Black Beans & Rice

*Contributed by Jennifer Severt*

- 1 can black beans
- 1 can stewed tomatoes
- Celery (*optional*)
- Onion, diced (*to your liking*)
- Taco or chili seasoning to taste
- 1 package boil-in-bag brown rice

Boil rice for 10 minutes. Empty into saucepan and add tomatoes, beans, celery, onions, and seasoning. Simmer for about 30 minutes. Serve hot. (This can also be microwaved: Boil rice for 10 minutes in a microwave-safe bowl. Empty into pot, add remaining ingredients, and nuke for another 5-7 minutes). Note: This also makes GREAT burritos. Just fill heated flour tortilla with the mixture. Add cheese or soy cheese if you like, and top as desired.

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**Randomyzer's Sheppards Pie**

*This is an amazingly satisfying meal that tastes great. It is perfect for veggie students living on their own 'cuz it is cheap!*

In a casserole dish...

1. Fry 1 large diced onion
  2. Add 1 or 2 cloves garlic (*diced*)
- Optional: add dry vegetable soup base (*powder or cube*)
3. Add 1 can Beans in Tomato sauce. Fry.
  4. Add 1 can drained Lentils. Fry.
  5. Add spices, herbs, etc...
  6. Cover with 1 can drained vegetables and 1 can drained corn.
  7. Cover with mashed potatoes.
  8. Cover dish and bake at 400 for 10-20 minutes
- Enjoy!!!!
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We would like to compile recipes from contributors into an easily-accessible online computer database. We really need more recipes for this to become a reality! If you would like to contribute recipes, please send them in as soon as possible. They should be vegan (no dairy, eggs, gelatin, meat, poultry or fish) or have eggs/dairy as optional ingredients and must include complete ingredients and directions. We'd also love if you could include your personal serving ideas, notes and/or information about where the recipe originated. Please send your favorite recipes to:

**Recipe Database**  
**The Vegetarian Youth Network**  
**P.O. Box 1141**  
**New Paltz, NY 12561**