

Vegan Bar Food

By Paul Jones

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Smashwords Edition

Your Free Bonus

As a small token of thanks for buying this book, I would like to offer you a free bonus gift, which is available exclusively to my book readers.

It wasn't easy for me to go vegan after being a meat-eater for 30 years. I know how difficult those first few weeks and months can be. It can be hard to figure out what to cook, especially on busy weeknights.

For that reason, I have put together a list of my 10 favorite everyday vegan recipes. These are easy and quick recipes that will help ease the transition to a fully vegan lifestyle for brand new vegans.

Even if you're a long-time vegan, I hope you can find something special in the book that might become a weeknight staple for your family.

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Introduction

When I first decided to go vegan, I had a difficult time sticking to my animal-free diet. I used to LOVE eating bacon, cheeseburgers, buffalo wings, nachos, cheesesteak subs, all of that stuff. In fact, I would eat at least one type of animal-based product for every meal.

After choosing to go vegan, I was successful in limiting my diet during normal meals: salads for lunch, bean or veggie-based meals for weeknight dinners. But what was killing me was when I went out to bars with friends, or invited people over to watch the game. I was so used to eating meat or cheese, I didn't know what to do.

But after doing some research and trying out a bunch of recipes, I discovered that I could eat a lot of the indulgent foods that I loved when I was a meat-eater, if I made some adjustments to the recipes.

Let me get one thing straight off the bat: this is not a healthy diet or weight loss book. Not all of the recipes in here are low-fat, and not all of them offer complete nutrition. Most of these recipes should be your splurge or cheat foods. I'm a normal guy, and when I watch football, I like to be able to dip into some hot wings with ranch dressing, or a plate of nachos. That is what this book is all about: helping vegans, new and old, feel like normal people, instead of the freaks we are often painted as.

So, with that said, let's get into the recipes!

Stacked Nachos

A plate of nachos always makes for an excellent starter and a great food to pick at while you're watching the game. This recipe is divided into three parts: the beans, the sauce, and the assembly of the nachos.

Ingredients - Spiced Black Beans

- 1 tsp cooking oil
- 2 cloves of garlic, chopped
- 1/2 cup chopped tomato
- 1/2 tsp chipotle pepper powder
- 1/4 tsp cumin powder
- 1/2 tsp salt
- 1 15 oz can black beans, rinsed and drained
- 2 Tbsp water

Ingredients - Nacho Cheese Sauce

- 1.5 cups non-dairy milk (I prefer almond milk.)
- 2 Tbsp flour
- 1 Tbsp cornstarch
- 1/2 tsp mustard powder
- 1 clove garlic, minced or microplaned into a paste
- 1/2 tsp onion powder
- 1/4 tsp chipotle pepper powder
- 1/2 tsp paprika
- 1/4 tsp cumin powder
- 1 tsp fresh jalapeño, minced
- 3 Tbsp nutritional yeast
- 1 Tbsp lemon juice

1 Tbsp chopped tomato

1/4 tsp turmeric

1/2 tsp salt

Ingredients - Nachos

Tortilla chips

Spiced black beans (ingredients above)

Nacho cheese sauce (ingredients above)

Pico de gallo or chunky salsa

Guacamole or one avocado, mashed with lime juice and salt

Jalapeño slices, cilantro, hot sauce, vegan sour cream (all optional)

Instructions

Making the Spiced Black Beans

Heat oil in a saucepan on medium heat. Add garlic and cook for 2 minutes. Add the rest of the ingredients, and mash some of the beans with a spoon. Cover and cook for 10 minutes.

Making the Nacho Cheese Sauce

Blend all nacho cheese ingredients until smooth. Pour into a pan on medium heat. Stir often, cooking for 5 minutes, until the sauce has thickened.

Adjust to taste, and use at once on nachos to avoid coagulation.

Assembling the Nachos

Put the tortilla chips in the oven for a few minutes at about 350 degrees, just until the chips are warm.

Layer the nachos in this order: half the chips, the bean mixture, half the nacho cheese sauce, half the salsa/pico de gallo, more chips, half the nacho cheese sauce, half the salsa, then the guacamole and the other optional additional ingredients. Serve immediately.

Creamy Vegan Spinach Dip

This dip is usually gone in seconds, whether or not your guests are vegan.

Ingredients

16 ounces soft tofu
3/4 cup raw cashew nuts, soaked in water overnight and drained
1/4 cup nutritional yeast
2 tsp apple cider vinegar
1/2 tsp salt
1 cup spinach, roots removed and rinsed
1 Tbsp peanut oil
1 medium onion
2 cloves garlic, minced
3/4 cup water chestnuts, diced
Olive oil
Smoked paprika

Instructions

In a blender, combine the tofu, soaked cashews, nutritional yeast, vinegar, and salt, and blend until pureed.

Boil spinach in a large pot until tender, 1-2 minutes. Drain, rinse and squeeze dry the spinach. Chop into small pieces.

Add the oil, onions and garlic to a pan over medium-high heat. Cook until onions are tender and slightly browned.

Add the water chestnuts and spinach to the pan, and cook 2 minutes until warmed through.

Turn down the heat to low, and add tofu and cashew puree. Stir constantly until the spinach dip is heated through.

Drizzle with olive oil and sprinkle smoked paprika on top of the dip.

Serve with vegetables, chips and/or bread.

Guacamole, Simple and Green

There's not much to guacamole, but get the best avocados you can, and the rest usually takes care of itself.

Ingredients

4 ripe avocados, peeled and pitted

The juice of 3 limes

2 tomatoes, diced

1 medium white onion, diced

2 cloves fresh garlic, minced

1/4 tsp black pepper

1/2 tsp salt

1/4 tsp cumin

1/4 tsp cayenne pepper

1 serrano chile, minced (optional)

1 bunch cilantro, chopped (optional)

Instructions

Place avocados in a mixing bowl and mash with a fork.

Mix in all remaining ingredients and serve immediately with tortilla chips.

Fresh Salsa

A simple recipe - get the best ingredients you can, and this dish will shine.

Ingredients

2 medium tomatoes, seeded and diced

1/3 cup cilantro, chopped

1/4 cup white onion, finely diced

1 jalapeño, minced

1 Tbsp lime juice

1/2 tsp salt

Instructions

Combine all ingredients in a bowl. Adjust seasonings to taste, and serve with tortilla chips.

Vegan Coleslaw

This recipe is about ten times better than the old soggy stuff they put on your table at the 24-hour diner.

Ingredients

For the veggies:

1 small green Cabbage, shredded

1/2 small red Cabbage, shredded

2 carrots, shredded

For the Dressing:

2 Tbsp vegan sour cream

2/3 cup vegan mayo

2 Tbsp white vinegar

1 Tbsp grated onion

2 Tbsp sugar

2 tsp dry mustard

1/2 tsp celery seed (optional)

Salt and pepper, to taste

Instructions

First, combine the dressing ingredients in a bowl. Then add the dressing to the veggie mixture. Toss the salad well, then let sit in the fridge for at least an hour before serving.

Cauliflower Buffalo Wings

This is one of my favorite recipes of all time. I can eat a whole head of cauliflower wings while I watch football.

Ingredients

1 head of cauliflower; chopped into bite-size pieces

1/2 cup brown rice flour

1/2 cup water

Pinch of salt

Pinch of garlic powder

Non-stick cooking spray

For the sauce:

1 tsp margarine; melted

1/2 cup Frank's Red Hot sauce

Instructions

Preheat oven to 450 degrees. Spray a baking sheet with the cooking spray.

Combine brown rice flour, water, garlic powder and salt in a bowl. Whisk until thoroughly combined.

Dip cauliflower pieces in the batter. Give a quick shake to remove excess batter and place on your baking sheet.

Bake at 450 degrees for about 10 minutes, then flip with a spatula and bake for an additional 5 minutes. Batter should be hardened but not crispy.

Whisk together the hot sauce and margarine in a small bowl.

After the cauliflower has baked for 15 minutes total, brush the hot sauce mixture onto each piece of cauliflower. Make sure to get all sides.

Bake the sauce-coated cauliflower for an additional 8-10 minutes, or until the cauliflower is crispy.

Remove from oven.

Let the cauliflower wings cool for about 2 minutes. Serve on a plate or serving tray, not in a bowl. Otherwise, they may get soggy.

Ranch Dressing

This is the easiest recipe in the book. It's amazing how easy it is to transform mayonnaise into ranch dressing.

Ingredients

1 cup vegan mayonnaise

1/2 tsp garlic powder

1/2 tsp onion powder

1/4 tsp black pepper

2 tsp parsley, chopped

1/2 cup unsweetened non-dairy milk (I use almond milk.)

Instructions

Using a fork or whisk, simply combine all ingredients. If you want a thinner dressing, just add a bit more non-dairy milk.

Kidney Bean and Spinach Burgers

A good burger doesn't have to be made out of artery-clogging beef. These burgers are delicious and nutritious.

Ingredients

2 cups chopped fresh spinach

1 cup chopped onion

2-15 ounce cans of red kidney beans

1/2 cup cooked brown rice (Leftover rice works well here.)

4 cloves of garlic, chopped

1 Tbsp liquid smoke

2 tsp soy sauce

1 Tbsp smoked paprika

2 tsp oregano

1 1/2 tsp ground cumin

black pepper to taste

1/2 cup whole wheat breadcrumbs

Instructions

Preheat oven to 375 degrees and lightly grease a baking sheet.

Chop the spinach and onion in a food processor until small. Then add the kidney beans, rice, garlic, liquid smoke, soy sauce and seasonings. Mix again until well-combined. Put this mixture into a bowl and add your breadcrumbs. Form the mixture into patties (you should get about 8 patties out of these ingredients). Place the patties on your baking sheet, spray with oil, and bake for 30-35 minutes, flipping them halfway through.

Serve on a toasted bun with lettuce, tomato, avocado, and/or sliced red onions.

Grilled (or Broiled) Black Bean Burgers

Nothing replaces a juicy cheeseburger when you have the craving, but these burgers will help you to forget about it, at least for a little while.

Ingredients

2 15-ounce cans of black beans, rinsed and drained

1 1/4 tsp garlic powder

1 tsp chili powder

1 tsp cumin

1/2 tsp ground paprika

1/2 tsp salt

2 tsp finely chopped cilantro

Pinch of turmeric (optional)

1/4 cup green peppers, finely chopped

1/2 cup bread crumbs or oats (gluten-free also an option)

1/2 cup red onion, finely chopped

1 carrot, grated

1 “flax egg” (Mix 1 Tbsp flaxseed with 3 Tbsp warm water and let sit for 5 minutes.)

Instructions

In a mixing bowl, mash up 1 1/2 cups of black beans. Add the remaining 1/2 cup of black beans.

In another bowl, combine garlic powder, chili powder, cumin, paprika, salt, cilantro, and turmeric.

Add spices to the beans, and mix. Add the remaining ingredients and mix with your hands. Form the mixture into 4 burger patties.

Grill or broil the patties, or cook in a frying pan with a little bit of oil, flipping when browned on the first side.

Serve on a toasted bun with sliced avocado.

Tofu & Tempeh Club Sandwich

This sandwich makes for a great weekend lunch, and tastes even better than the “real” thing.

Ingredients

1 block of extra firm tofu cut into 1/2" thick planks

1/2 block tempeh, cut into thin slices

3 Tbsp olive oil

2 Tbsp soy sauce

2 tsp Dijon mustard

1 tsp garlic powder

Black pepper

1/4 tsp liquid smoke

1 tsp maple syrup

White or wheat sliced bread

Lettuce

Tomato slices

Vegan mayo

Salt and pepper

Instructions

Preheat oven to 350 degrees.

Make the tofu: Combine the olive oil, soy sauce, Dijon mustard and black pepper in a small bowl. Brush the marinade onto the tofu slices and place on a greased or parchment-lined baking sheet.

Make the tempeh bacon: add the liquid smoke and maple syrup to the remaining marinade. Brush onto the tempeh with marinade and place on a second greased or parchment-lined backing sheet.

Place both baking sheets in the oven and bake for 30 minutes, flipping the tofu and tempeh halfway through. At the end of the 30 minutes, the tofu should be lightly browned

and the tempeh should be browned and crisp, like bacon.

Assemble your sandwich: toast the bread, and slather one side with vegan mayo. Place 2 tofu slices on one slice of bread, then layer on the tempeh bacon, then sliced tomatoes, then lettuce. Cut diagonally and serve.

Pulled “Chicken” BBQ Sammie

If you miss pulled pork or BBQ chicken sandwiches, this recipe is for you. The bread is a key ingredient here. Get the best you can find.

Ingredients

1 ciabatta roll

1 Tbsp margarine

1 clove of garlic, microplaned or minced and mashed into a paste

pinch of salt

1/2 tsp minced fresh parsley (or 1/4 tsp dried)

30g vegan chicken strips, defrosted, and sliced thin

2 Tbsp BBQ sauce

Cayenne pepper, to taste (optional)

Slices of avocado

Shredded lettuce

Instructions

Preheat oven to 400 degrees.

Make the garlic margarine: mix together the margarine, garlic paste, a pinch of salt and the parsley. Slather both side of the ciabatta roll with the garlic margarine.

Bake ciabatta roll for 7 - 10 minutes, until the roll is golden on the edges. You want the butter to be melted and the ciabatta to be lightly golden and crisp around the edges.

In a pan, combine the BBQ sauce and shredded “chicken,” and stir until fully mixed and heated through.

Make your sandwich: put the chicken on one side of the roll and top with the lettuce and avocado. Voila!

Baked Sweet Potato Fries

This is a favorite in my house. You can mix some of these in with normal fries for a nice little combo platter.

Ingredients

Olive oil, for tossing

5 sweet potatoes

2 tsp salt

1/2 tsp paprika

1/2 tsp black pepper

1/2 tsp garlic powder

Instructions

Preheat oven to 450 degrees.

Peel sweet potatoes and slice them into 1/4-inch long slices, then 1/4-wide inch strips. (You can use a crinkle cut knife if you have one.)

Mix the salt, paprika, pepper, and garlic powder in a small bowl or cup.

Line a sheet tray with parchment. Toss the sliced sweet potatoes in a large bowl with olive oil to coat them. Add the spice mixture evenly into the fries. Spread sweet potatoes in a single layer on your baking sheet. Bake for about 20 minutes, or until sweet potatoes are golden brown, flipping or shaking the pan occasionally to cook evenly.

Serve with ketchup.

Baked Garlic Fries

A bit of garlic adds a little something extra to these oven-roasted fries.

Ingredients

Cooking oil spray

2 1/4 pounds russet potatoes

3 Tbsp peanut oil

Salt and black pepper

4 garlic cloves, minced

2 Tbsp chopped parsley

Instructions

Preheat oven to 450 degrees. Spray cooking oil onto a large rimmed baking sheet.

Cut potatoes lengthwise into 1/3" planks then lengthwise again into 1/3" fries.

Toss potatoes with 2 1/2 Tbsp of oil in a large bowl. Season with salt and pepper. Arrange in one layer on the greased baking sheet.

Roast the potatoes, turning occasionally, until browned and tender, about 30 minutes. Turn on the broiler, and broil fries for another 5 minutes or so, until potatoes are golden brown and crispy.

Combine 1/2 Tbsp oil, garlic, and parsley in a bowl. Add the completed fries to the bowl and toss to coat with the garlic mixture.

Chili “Cheese” Fries

This is a super-decadent dish, even by the standards of this book.

Ingredients

For the french fries:

2 large russet potatoes

Olive oil

Salt and pepper

For the chili:

1-15 oz can of beans (I use pinto, but use whatever you like. Black or kidney would also be good.)

2 Tbsp red onion, diced

1 clove garlic, minced

1 medium tomato, diced

2 Tbsp tomato paste

1 tsp cumin

1 tsp chili powder

1/2 tsp paprika

1/4 tsp smoked paprika

1/2 tsp dried oregano

1/4 tsp salt

1/8 tsp pepper

1/4 tsp brown sugar or coconut sugar

1 Tbsp water or vegetable broth

For the “cheese” sauce:

2 1/2 cups diced butternut squash

1 clove garlic

2 Tbsp nutritional yeast

1/8 tsp onion powder

1 pinch ground nutmeg

1/4 tsp salt

1/8 tsp pepper

1 cup water

Optional toppings:

Jalapeño slices

Chopped green onions

Sliced black olives

Instructions

Preheat oven to 375 degrees. Place diced butternut squash onto a large greased or parchment-lined sheet pan. Drizzle with olive oil and season with salt and pepper. Bake for 35-40 minutes, until tender, flipping halfway through.

In a blender, combine butternut squash and the other “cheese” sauce ingredients and puree until smooth.

Heat olive oil in a large pot over medium heat. Add onion and garlic, and cook a few minutes, until tender. Add tomato, beans, tomato paste, water, and the seasonings. Stir and let simmer for 15 minutes.

Increase the oven temperature to 400 degrees. Cut the potatoes in half, lengthwise, and cut into french fry shapes. Put the fries on a parchment-lined baking sheet, drizzle with olive oil, and add salt and pepper. Bake for about 30 minutes, or until golden brown and crispy, flipping once halfway through.

Once fries are completed, add the chili and cheese sauce on top of the fries. Place the tray back in the oven for 5 minutes, or until the dish is warmed through. Top the fries with jalapeños, green onions, and olives.

Lots o' Tots

Oh man, do I love me some tots. I much prefer these to those preservative- and sodium-filled bags they sell in the freezer aisle.

Ingredients

1 1/4 pounds russet potatoes (about 2 medium), scrubbed

1 Tbsp all-purpose flour

1 tsp salt

1 1/2 to 2 cups canola or peanut oil, for frying

Instructions

Preheat oven to 450 degrees.

Place the scrubbed potatoes in the oven and bake for about 35 minutes, until soft enough to pierce with a fork, but still firm in the middle. When cool enough to handle, peel the skin with a paring knife. Then shred the potatoes using a box grater. Transfer the shredded potatoes to a bowl. Sprinkle in the flour and salt, and mix ingredients until well-combined.

Roll about 1 tsp of the mixture into a small, fat, tot-shaped cylinder. Place on a baking sheet and continue until you have dealt with all the potatoes.

Add oil to a large and deep frying pan, about 1/4-inch deep, and turn heat to medium-high. When the oil is hot, fry the tots in batches, turning once until golden brown on both sides, about 2 to 3 minutes per side. When complete, transfer tots to a paper-towel-lined plate or baking sheet and season immediately with salt. Let cool for a minute and serve with ketchup.

Baked Potato Chips

Everyone should learn how to make a good chip. Experiment with different seasonings while the chips are drying, if you get sick of the plain old salted chip.

Ingredients

Cooking spray

2 pounds russet potatoes, cut into 1/4-inch-thick slices

3 Tbsp olive oil

Salt

Cayenne pepper (optional)

Black pepper

Instructions

Preheat oven to 400 degrees. Lightly coat two rimmed baking sheets with cooking spray or line with parchment paper.

Combine potatoes, oil, 1 Tbsp salt, black pepper, and cayenne pepper in a bowl. Toss to coat the chips.

Arrange your chips on the baking sheets, making sure not to crowd them. Bake about 30 minutes, or until brown and crispy. When finished, let the chips sit to dry and cool for a few minutes.

Golden Baked Onion Rings

I do like onion rings themselves, but mostly I see them as a carrier to get ketchup into my mouth. Make sure to cook these until they are nice and crispy: soggy onion rings are for the birds.

Ingredients

2 onions, sliced into circles

1/4 cup water

1 cup chickpea flour

1 Tbsp garlic powder

1 Tbsp onion powder

3 Tbsp oregano

2 tsp paprika

1/8 tsp cayenne powder

1/4 cup crushed unsalted cashews

1 tbsp nutritional yeast

1/4 tsp garlic powder

1/4 tsp salt

Instructions

Preheat the oven at 400 degrees.

Mix the water and 1/4 cup chickpea flour in a bowl. Mix the remaining 3/4 cup chickpea flour with the remaining ingredients in a second bowl.

Dip the onion rings in the water+flour mixture to coat, and then in the other mixture. Place on a parchment-lined baking sheet.

Bake in the oven for 20-25 minutes, turning once halfway through, until golden brown and crispy.

Let cool for a few minutes and serve.

"Fried" Pickles

An all-time bar favorite of mine. I love a crispy pickle. Dip these in some vegan ranch dressing for extra flavor.

Ingredients

1 16 oz jar of dill pickles

1/2 cup non-dairy milk

1/2 Tbsp apple cider vinegar

1/3 cup all-purpose flour

1 Tbsp Worcestershire sauce

1 tsp hot sauce

1 tsp chili powder

1 tsp garlic powder

Salt and pepper

1/3 cup raw almonds

1/3 cup gluten free rolled oats

1/3 cup nutritional yeast

Olive oil

Instructions

Preheat your oven on the broil setting.

Whisk together the milk, apple cider vinegar, flour, Worcestershire sauce, hot sauce, chili powder, garlic powder and a pinch each of salt and pepper in a mixing bowl.

In blender, mix the almonds, oats, nutritional yeast and pinch of salt and pepper and blend until a powdery consistency.

Drain the pickles, and cut on a diagonal about 1/4 inch thick (or other shape if you prefer) and dry with paper towels. Toss the pickles in the milk and flour mixture until coated.

Shake off the excess, and dip each pickle in the almond-oats mixture. Toss to fully coat.

Spread the pickles in a single layer on a greased or parchment-lined baking sheet and

spray with cooking oil.

Broil the pickles on the upper rack of your oven for about 5 minutes, or until the top side is golden brown. Flip and do the same on the other side.

Serve with vegan ranch dressing.

Four-Bean Veggie Chili

I really like a bean-based chili. Use whatever beans you prefer - sometimes I just use 2 cans each of pinto and black, as those are my favorite types of bean in this kind of dish.

Ingredients

- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 1 large onion, diced
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 jalapeño, seeded and minced
- 3 cups vegetable broth
- 1 12-ounce can tomato sauce
- 1 10-ounce can Ro-tel (diced tomatoes and chiles)
- 1/2 tsp salt
- 1 tsp oregano
- 1 Tbsp ground cumin
- 2 Tbsp chili powder
- 1 15-ounce can kidney beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can garbanzo beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained
- 1 large zucchini (or 2 medium zucchini), diced
- 1/4 cup corn flour or cornmeal, for thickening

1/2 cup warm water

Pico de gallo (optional)

Cilantro (optional)

Instructions

In a large pot, heat the oil over medium heat. Add garlic, onion, bell peppers, carrots, celery, and jalapeño, and cook for about 5 minutes, until the veggies start to soften. Add in oregano, cumin, chili powder, and salt. Continue stirring and cook for about 5 more minutes.

Pour in the vegetable broth, tomato sauce, and Ro-tel. Bring the mixture to a boil, then reduce the heat to low and cover the pot. Simmer for 30 minutes. Add in the beans and zucchini. Stir, cover, and simmer for another 30 minutes.

Mix the corn flour (or cornmeal) with the warm water and stir into the pot. Simmer for 15 more minutes.

(Optional) Serve with tortilla chips, pico de gallo, vegan sour cream, and/or cilantro.

Creamy Mac and “Cheese”

Another rich, creamy, decadent dish. This one should be able to satisfy your cravings for those boxed dinners.

Ingredients

10 ounces dried macaroni
1 cup potatoes, peeled and diced
1/4 cup carrots, peeled and diced
1/3 cup chopped onion
3/4 cup water
1/2 cup raw cashews
1/4 cup coconut milk
2 Tbsp nutritional yeast
1 Tbsp lemon juice
1 tsp salt
1/4 tsp garlic powder
Cayenne pepper, to taste (optional)
Paprika, to taste

Instructions

Cook macaroni al dente, according to package instructions. Drain and set aside.

Bring medium pot of water to boil in a small pot. Add potatoes, carrots, and onions, and cook for 10 minutes, or until vegetables are softened.

Use a slotted spoon to transfer the veggies to your blender. Add 3/4 cup of the cooking water, and the remaining ingredients to the blender.

Puree until the mixture is smooth.

Pour this sauce over the cooked macaroni noodles, and serve immediately.

Tofu Tenders

A good substitute for chicken tenders. Try dipping these in honey mustard or anything else you have around the house.

Ingredients

1 pound extra firm tofu
1/2 cup almond milk
1 Tbsp cornstarch
1/3 cup cornmeal
1/2 cup breadcrumbs
1/2 tsp cinnamon
1/2 tsp cumin
1/2 tsp chili powder
1/2 tsp salt
1/4 tsp cayenne powder (optional)
1/4 tsp onion powder

Instructions

Preheat oven to 400 degrees. Press the tofu: place the rinsed tofu on a plate and put another plate on top, weighed down by a can or cookbook. Let sit for 20 minutes, until much of the water has been pressed out. Pat dry the block of tofu.

Combine almond milk and cornstarch in a shallow bowl or plate. In another bowl, combine cornmeal, breadcrumbs, salt, and spices.

Slice tofu into planks, depending on how thick you want the tenders.

Dip each strip into the almond milk mixture first, then into the cornmeal/breadcrumb mixture until both sides are completely covered. Place on baking sheet and bake 30-35 minutes, flipping halfway through. When golden brown and crispy, remove from oven, let cool, and serve with your favorite dipping sauces.

So...What Did You Think?

I would love to get your feedback on *Vegan Bar Food* in the form of a review. It really motivates me to see what people think of the book, and keeps me inspired to keep writing. Honest reviews really help other potential readers to see what they might find valuable in the book.

Thank you so much for your support!

—Paul Jones

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