

The Vegetarian Cookbook

97 Recipes

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Easy Vegetarian Red Beans Lasagna

Ingredients

1 tablespoon olive oil
1 small onion, chopped
1 clove garlic, minced
1 (15 ounce) can red beans, drained
1 (14.5 ounce) can diced tomatoes, drained
1/2 red bell pepper, chopped
1 teaspoon dried basil
1 teaspoon dried oregano
salt and pepper to taste
3 tablespoons butter
3 tablespoons all-purpose flour
1 1/2 cups cold milk
1/2 cup grated Parmesan cheese
4 no-boil lasagna noodles
4 ounces shredded Gruyere cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the olive oil in a skillet over medium heat, and cook the onion until tender. Mix in garlic, and cook until heated through. Mix in red beans, tomatoes, and red bell pepper. Season with basil, oregano, salt, and pepper. Continue cooking 10 minutes, stirring occasionally.

Melt the butter in a saucepan over medium heat, and gradually mix in flour until smooth. Slowly stir in the milk. Mix in Parmesan cheese, and continue to cook and stir until slightly thickened.

Spread 1/2 the red bean mixture in a 9x9 inch casserole dish, and top with 2 lasagna noodles. Layer with remaining bean mixture and remaining noodles. Cover with the sauce, and top with Gruyere cheese.

Bake 20 minutes in the preheated oven, or until lightly browned.

Spicy Vegetarian Lasagna

Ingredients

1 (16 ounce) package lasagna noodles
2 teaspoons olive oil
2/3 cup diced red bell pepper
2/3 cup diced orange bell pepper
2/3 cup diced yellow bell pepper
2/3 cup diced green bell pepper
1 small yellow onion, diced
2 (14.5 ounce) cans diced tomatoes
1 (6 ounce) can tomato paste
1 1/2 cups water
1 dash crushed red pepper flakes
1/4 cup grated Parmesan cheese
1 (15 ounce) container ricotta cheese
1 (8 ounce) package shredded mozzarella cheese
4 eggs
1/4 teaspoon black pepper
1/4 teaspoon dried oregano, crushed
1/4 cup grated Parmesan cheese (optional)

Directions

Bring a large pot of lightly salted water to a boil. Cook lasagna pasta in boiling water for 8 to 10 minutes, or until al dente. Drain, rinse with cold water, and place on wax paper to cool.

Cook bell peppers and onion in olive oil in a large sauce pan until onions are translucent. Stir in diced tomatoes, tomato paste, water, and red pepper flakes. More red pepper flakes can be added if spicier sauce is preferred. Simmer for 30 minutes.

Preheat oven to 375 degrees F (190 degrees C). In a medium bowl, combine Parmesan cheese, ricotta cheese, mozzarella cheese, eggs, black pepper, and oregano.

Place a small amount of sauce in the bottom of a 9x13 inch baking dish. Reserve 1/2 cup of the sauce. Place three lasagna noodles lengthwise in pan. Layer some of the cheese mixture and the vegetable sauce on top of noodles. Repeat layering with remaining ingredients, ending with noodles. Spread reserved sauce over top of noodles. Sprinkle with grated Parmesan cheese, if desired.

Cover dish with foil, and bake for 40 minutes or until bubbly. Remove foil during last 10 minutes of baking.

Rae's Vegetarian Chili

Ingredients

4 cloves garlic, minced
2 tablespoons olive oil
1 (28 ounce) can diced tomatoes with juice
1 (8 ounce) can tomato sauce
1 (6 ounce) can tomato paste
1 (12 fluid ounce) can or bottle beer
4 tablespoons chili powder, or to taste
1 tablespoon mustard powder
1 teaspoon dried oregano
freshly ground black pepper
1 teaspoon ground cumin
1/8 teaspoon hot pepper sauce
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can pinto beans, drained and rinsed
1 (15 ounce) can kidney beans, drained and rinsed
1 (15 ounce) can cannellini beans, drained and rinsed
1 (15 ounce) can whole kernel corn, drained and rinsed
2 cups shredded Cheddar cheese

Directions

In a 4 quart pot, saute garlic in oil.

Add diced tomatoes (undrained), tomato sauce, tomato paste, beer, chili powder, mustard powder, oregano, pepper, cumin, hot pepper sauce. Stir in the pinto beans, garbanzo beans, black beans, red and white kidney beans, and corn. Bring the mixture to a boil, reduce heat, and let simmer for 20 minutes. Top each serving with cheese (if you'd like).

Vegetarian Cabbage Rolls

Ingredients

1/3 cup uncooked brown rice
2/3 cup water
2 cups textured vegetable protein
3/4 cup boiling water
2 (10.75 ounce) cans tomato soup
10 3/4 fluid ounces water
1 large head cabbage, cored
1 tablespoon vegetable oil
1 large onion, chopped
1/2 carrot, finely chopped
1/2 red bell pepper, diced
3 cloves garlic, minced
1 tablespoon white wine
1 (14.5 ounce) can whole peeled tomatoes, drained, juice reserved
1 egg, lightly beaten
1/2 cup frozen peas
2 pinches cayenne pepper
1/2 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon dried basil
3 drops hot red pepper sauce
toothpicks
salt and pepper to taste

Directions

Place the rice and 2/3 cup water in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 40 minutes, until tender. Mix the textured vegetable protein and 3/4 cup boiling water in a medium bowl. Soak 15 minutes, until rehydrated. Mix in the cooked rice.

Preheat oven to 350 degrees F (175 degrees C). In a bowl, mix the tomato soup and 10 3/4 fluid ounces (1 soup can) water.

Place the cabbage in a pot with enough water to cover. Bring to a boil, and cook 15 minutes, until leaves are easily removed. Drain, cool, and separate leaves.

Heat the oil in a skillet over medium heat. Stir in the onion, carrot, red bell pepper, and garlic. Cook until tender. Mix in wine, and continue cooking until almost all liquid has evaporated. Stir in rice and textured vegetable protein, reserved juice from the tomatoes, egg, and peas. Season with cayenne pepper, onion powder, garlic powder, basil, and hot pepper sauce. Cook and stir until heated through.

On 1 cabbage leaf, place about 2 tablespoons skillet mixture and 1 tomato. Roll tightly, and seal with a toothpick. Repeat with remaining filling. Arrange in a casserole dish. Pour the soup and water over cabbage rolls. Season with salt and pepper.

Cover, and bake 35 minutes in the preheated oven, basting occasionally with the tomato sauce. Remove cover, and continue baking 10 minutes.

Vegetarian Purple Potatoes with Onions and

Ingredients

6 purple potatoes, scrubbed
1 tablespoon olive oil
1 large red onion, chopped
8 ounces sliced fresh mushrooms
salt and black pepper to taste
2 tablespoons olive oil
1/4 teaspoon crushed red pepper flakes
1 tablespoon chopped capers
1 teaspoon chopped fresh tarragon

Directions

Cut each potato into wedges by quartering the potatoes, then cutting each quarter in half. Heat 1 tablespoon of olive oil over medium heat in a large skillet, and cook and stir the onion and mushrooms until the mushrooms start to release their liquid and the onion becomes translucent, about 5 minutes. Transfer the onion and mushrooms into a bowl, and set aside.

Heat 2 more tablespoons of olive oil over high heat in the same skillet, and place the potato wedges into the hot oil. Sprinkle with salt and pepper, and allow to cook, stirring occasionally, until the wedges are browned on both sides, about 10 minutes. Reduce heat to medium, sprinkle the potato wedges with red pepper flakes, and allow to cook until the potatoes are tender, about 10 more minutes. Stir in the onion and mushroom mixture, toss the vegetables together, and mix in the capers and fresh tarragon.

Vegetarian Carrot Cake

Ingredients

3 teaspoons lemon juice
1 1/4 cups milk
2/3 cup vegetable oil
2 teaspoons orange zest
3/4 cup packed brown sugar
3 teaspoons vanilla extract
1 1/2 cups whole wheat flour
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon salt
1 1/2 cups grated carrots
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Butter an 8 inch springform pan. In a small bowl, add lemon juice to milk. Stir together and let stand 5 minutes. Sift flour, baking powder, cinnamon, cloves and salt together and set aside.

In a large bowl, cream oil, orange zest and brown sugar. Add sour milk and vanilla. Add flour mixture and beat until smooth. Stir in the grated carrots and chopped nuts.

Pour the batter into an 8 inch springform or other deep 8 inch pan. Bake at 350 degrees F (175 degrees C) for 1 hour, or until a toothpick inserted into the cake comes out clean. Allow to cool.

Vegetarian Penne

Ingredients

2 cups uncooked penne or medium tube pasta
1/3 cup finely chopped onion
1 small yellow summer squash, sliced
1 small zucchini, sliced
1/2 cup sliced fresh mushrooms
1 teaspoon minced garlic
3 tablespoons butter
1 tablespoon all-purpose flour
1/2 teaspoon salt
1/4 teaspoon dried parsley flakes
1/4 teaspoon dried thyme
1/4 teaspoon pepper
1/4 cup heavy whipping cream

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, saute the onion, summer squash, zucchini, mushrooms and garlic in butter until tender.

In a bowl, whisk the flour, seasonings and cream until smooth; add to the skillet. Cook for 2-3 minutes or until thickened. Drain pasta and add to vegetable mixture. Cook for 2-3 minutes or until heated through.

Vegetarian Pasta

Ingredients

1 (15.5 ounce) can great northern beans, rinsed and drained
2 cups hot cooked angel hair pasta
3 tablespoons butter or margarine
1/4 teaspoon garlic salt
1/4 cup shredded Parmesan or Romano cheese
Minced fresh parsley

Directions

Place beans in a microwave-safe dish; cover and microwave on high for 2 minutes or until heated through. Place pasta in a serving bowl. Add butter and garlic salt if desired; toss until butter is melted. Add beans and cheese; toss to coat. Sprinkle with parsley. Serve immediately.

One Dish Vegetarian Dinner

Ingredients

1 (16 ounce) package penne pasta
4 cloves garlic, minced
3/4 cup olive oil
1 large head fresh broccoli,
blanched
1 (6 ounce) can sliced black olives

Directions

Cook pasta in large pot with boiling salted water until al dente. Drain well.

In a medium skillet over medium heat cook garlic in olive oil, being careful not to allow garlic to burn.

In a large bowl add the cooked broccoli, cooked and drained pasta, and black olives.

To serve, pour garlic oil over pasta and vegetables. Serve warm.

Vegetarian Quiche

Ingredients

1 (9 inch) unbaked pastry shell
1 1/2 cups chopped onion
1 medium green pepper, chopped
1 cup chopped tomatoes
1/2 cup chopped zucchini
1/2 cup sliced fresh mushrooms
2 tablespoons butter or margarine
1/4 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon pepper
Pinch ground cinnamon
5 eggs
1/4 cup milk
1/4 cup grated Parmesan cheese

Directions

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 degrees F for 5 minutes. Remove foil; bake 5 minutes longer. Reduce heat to 350 degrees F.

In a skillet, saute the onion, green pepper, tomatoes, zucchini and mushrooms in butter. Add the curry powder, salt, pepper and cinnamon; mix well. Spoon into crust.

In a bowl, beat eggs. Add the milk and cheese; mix well. Carefully pour over vegetables. Bake for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.

Italian Vegetarian Patties

Ingredients

2 tablespoons vegetable oil
3/4 cup uncooked brown rice
1 1/2 cups red lentils
6 cups water
1 teaspoon salt
2 eggs
2 1/2 cups dry bread crumbs
1 1/2 cups grated Parmesan cheese
2 teaspoons dried basil
1 1/2 teaspoons garlic powder
3 tablespoons vegetable oil

Directions

Heat 2 tablespoons oil in a large saucepan. Stir in the brown rice, and cook until golden brown. Add the lentils, water, and salt; bring to a boil. Reduce heat to low, cover, and cook until the rice is tender and the water is absorbed, about 40 minutes. Add additional water if needed; mixture should be very thick. Remove from heat and let cool slightly.

Place the cooked rice mixture in a food processor along with the eggs, bread crumbs, Parmesan cheese, basil, and garlic powder. Process until well combined, and the texture of ground meat. Form into 1/4 to 1/2 inch thick patties, using about 3 tablespoons mixture for each.

Heat 3 tablespoons oil in a large skillet. In batches, fry patties until browned, about 2 to 3 minutes per side. Drain on paper towels; cool. Fry remaining patties in the same manner. Store in airtight containers in the refrigerator or freezer.

Vegetarian Black Bean Chili

Ingredients

1/2 cup applesauce
1 tablespoon brown sugar
1 tablespoon ground coriander
1 teaspoon ground cayenne pepper
1 teaspoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon ground cloves
1/2 teaspoon dried rosemary
1/2 teaspoon dried sage
1/4 teaspoon dried thyme
1 pinch asafoetida powder (optional)
1 (15 ounce) can black beans
1 (6 ounce) can tomato paste
2 cloves garlic, minced
1 onion, chopped
1 yellow squash, chopped
2 carrots, chopped
1 sweet potato, peeled and diced
1 cup chopped fresh mushrooms
1 quart water, or as needed

Directions

In a large pot over medium-low heat, mix the applesauce, brown sugar, coriander, cayenne pepper, cumin, oregano, cloves, rosemary, sage, thyme and asafoetida powder. Cook just until heated through. Stir in black beans and tomato paste. Mix in garlic, onion, squash, carrots, sweet potato and mushrooms. Pour in enough water to cover. Bring to a boil, reduce heat to low and simmer 45 minutes, stirring occasionally.

Vegetarian Bean Curry

Ingredients

2 tablespoons olive oil
1 large white onion, chopped
1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin
1 pinch cayenne pepper
1 (28 ounce) can crushed tomatoes
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (8 ounce) can kidney beans, drained and rinsed
1/2 cup raisins
salt and pepper to taste

Directions

Heat the oil in a large pot over medium heat, and cook the onion until tender. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Vegetarian Cake

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
1 1/2 teaspoons ground cinnamon
1 1/2 teaspoons ground allspice
3/4 teaspoon baking soda
1/4 teaspoon salt
1 1/2 cups peeled and shredded apples
1 1/2 cups shredded carrots
1 1/2 cups peeled and shredded potatoes
3/4 cup dried currants
3/4 cup raisins
3/4 cup chopped walnuts
1 tablespoon grated orange zest
3/4 cup butter, softened
1 1/2 cups brown sugar
3 eggs
2 tablespoons light molasses

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch bundt pan.

Onto a sheet of waxed paper, sift flour, baking powder, cinnamon, allspice, baking soda and salt. Set aside. In a medium bowl, stir together apples, carrots, potatoes, currants, raisins, walnuts and orange zest. Set aside.

Place softened butter and brown sugar in a large mixing bowl. Beat at low speed until mixture is light and fluffy. Add eggs one at a time, beating after each addition, and then mix in molasses. Slowly beat in dry ingredients until mixture is thoroughly moistened. Gradually stir in fruit mixture and continue to beat at low speed until well blended. Spoon into prepared pan.

Bake in preheated oven for 60 minutes, or until a toothpick inserted in center comes out clean and cake pulls away from sides of pan. Cool on a wire rack for 10 minutes, then remove from pan and cool completely.

Lucie's Vegetarian Chili

Ingredients

1/3 cup olive oil
2 cups chopped onion
3/4 cup chopped celery
1 cup chopped green bell pepper
1 cup chopped carrots
1 tablespoon minced garlic
2 cups chopped mushrooms
1/4 teaspoon crushed red pepper flakes
1 tablespoon ground cumin
2 tablespoons chili powder
3/4 teaspoon dried basil
2 teaspoons salt
1/2 teaspoon ground black pepper

2 cups tomato juice
3/4 cup bulgur wheat
2 cups chopped tomatoes
1 (20 ounce) can kidney beans, undrained
1/2 teaspoon hot pepper sauce (such as Tabasco®)
2 tablespoons lemon juice
3 tablespoons tomato paste
1 tablespoon Worcestershire sauce
1/4 cup dry red wine
2 tablespoons canned chopped green chile peppers, or to taste

Directions

Heat the olive oil in a large pot over high heat. Stir in the onion, celery, green bell pepper, carrot, garlic, mushrooms, red pepper flakes, cumin, chili powder, basil, salt, and pepper. Cook and stir until the vegetables begin to soften, about 2 minutes. Stir in the tomato juice, bulgur wheat, chopped tomatoes, kidney beans, hot pepper sauce, lemon juice, tomato paste, Worcestershire sauce, red wine, and green chile peppers. Bring to a boil, stirring frequently. Reduce heat to medium-low, and simmer, uncovered, 20 minutes before serving.

Vegetarian Lime Orzo

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
2 cups orzo pasta
1 zucchini, peeled and shredded
1 carrot, peeled and shredded
1 (16 ounce) can stewed tomatoes, undrained
1 (14 ounce) can vegetable broth
1 teaspoon Italian seasoning
1 teaspoon dried basil leaves
salt and black pepper to taste
1/4 cup chopped green onions
1/4 cup chopped fresh parsley
2 teaspoons grated lime zest
2 tablespoons lime juice
1/2 cup grated Parmesan cheese for topping

Directions

Heat the olive oil in a large skillet over medium-high heat. Stir in the garlic and orzo pasta; cook and stir until pasta turns a light, golden color, about 5 minutes. Stir in zucchini and carrots; cook until vegetables soften, about 2 minutes. Stir in the tomatoes, vegetable broth, Italian seasoning, and basil. Season with salt and pepper to taste. Reduce heat to medium. Cover, and simmer until almost all liquid is absorbed, about 10 minutes. Stir in the green onions, parsley, lime zest, and lime juice. Remove from heat, cool slightly, and serve sprinkled with Parmesan cheese.

Vegetarian Sweet and Sour Meatballs

Ingredients

Meatballs:

- 4 eggs
- 1 cup shredded Cheddar cheese
- 1/2 cup cottage cheese
- 1/2 cup finely chopped onion
- 1 cup finely chopped pecans
- 1 teaspoon dried basil
- 1 1/2 teaspoons salt
- 1/4 teaspoon dried sage
- 2 cups Italian seasoned bread crumbs

Sweet and Sour Sauce:

- 1/4 cup vegetable oil
- 1/4 cup white vinegar
- 3/4 cup apricot jam
- 1 cup ketchup
- 1/4 cup minced onion
- 1 teaspoon dried oregano
- 1 dash hot pepper sauce

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, mix together the eggs, Cheddar cheese, and cottage cheese until well blended. Mix in 1/2 cup onion, pecans, basil, salt and sage. Stir in bread crumbs. Form the mixture into 2 inch balls, and place them in a 9x13 inch baking dish.

In another bowl, whisk together the vegetable oil, vinegar, apricot jam, ketchup, 1/4 cup onion, oregano and hot pepper sauce. Pour over meatballs.

Bake uncovered for 35 to 40 minutes in the preheated oven, until meatballs are firm, and sauce is thick and bubbly.

Vegetarian Meatloaf

Ingredients

1 (12 ounce) bottle barbeque sauce
1 (12 ounce) package vegetarian burger crumbles
1 green bell pepper, chopped
1/3 cup minced onion
1 clove garlic, minced
1/2 cup soft bread crumbs
3 tablespoons Parmesan cheese
1 egg, beaten
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon parsley flakes
salt and pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 5x9 inch loaf pan.

In a bowl, mix 1/2 the barbeque sauce with the vegetarian burger crumbles, green bell pepper, onion, garlic, bread crumbs, Parmesan cheese, and egg. Season with thyme, basil, parsley, salt, and pepper. Transfer to the loaf pan.

Bake 45 minutes in the preheated oven. Pour remaining barbeque sauce over the loaf, and continue baking 15 minutes, or until loaf is set.

Vegetarian Stuffed Peppers

Ingredients

1 1/2 cups brown rice
6 large green bell peppers
3 tablespoons soy sauce
3 tablespoons cooking sherry
1 teaspoon vegetarian
Worcestershire sauce
1 1/2 cups extra firm tofu
1/2 cup sweetened dried
cranberries
1/4 cup chopped pecans
1/2 cup grated Parmesan cheese
salt and pepper to taste
2 cups tomato sauce
2 tablespoons brown sugar

Directions

Preheat oven to 350 degrees F (175 degrees C). In a saucepan bring 3 cups water to a boil. Stir in rice. Reduce heat, cover and simmer for 40 minutes.

Meanwhile, core and seed green peppers, leaving bottoms intact. Place peppers in a microwavable dish with about 1/2 inch of water in the bottom. Microwave on high for 6 minutes.

In a small frying pan bring soy sauce, wine and Worcestershire sauce to a simmer. Add tofu and simmer until the liquid is absorbed. Combine rice (after it has cooled), tofu, cranberries, nuts, cheese, salt and pepper; mix and pack firmly into peppers. Return peppers to the dish you first microwaved them in, and bake in preheated oven for 25 to 30 minutes, or until lightly browned on top.

Meanwhile, in a small saucepan over low heat, combine tomato sauce and brown sugar; heat until hot throughout. Spoon sauce over each serving.

Vegetarian's Delight Pizza

Ingredients

1 (12 inch) pre-baked pizza crust
2 tablespoons olive oil
1 cup seasoned tomato sauce
1/2 cup sliced onion
1 cup fresh sliced mushrooms
1/2 cup chopped green bell pepper
1/4 cup chopped black olives
2 cups shredded mozzarella cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the pizza crust on a large cookie tray or pizza pan. Brush the crust evenly with olive oil. Spread tomato sauce over it with a spatula or back of a spoon. Sprinkle vegetables evenly over the sauce, and top with cheese.

Bake for 10 to 12 minutes, or until cheese has melted and is bubbly. Let cool for 2 to 3 minutes before cutting.

Vegetarian Meatloaf with Vegetables

Ingredients

1/2 (14 ounce) package vegetarian ground beef (e.g., Gimme Lean TM)
1 (12 ounce) package vegetarian burger crumbles
1 onion, chopped
2 eggs, beaten
2 tablespoons vegetarian Worcestershire sauce
1 teaspoon salt
1/3 teaspoon pepper
1 teaspoon ground sage
1/2 teaspoon garlic powder
2 teaspoons prepared mustard
1 tablespoon vegetable oil
3 1/2 slices bread, cubed
1/3 cup milk
1 (8 ounce) can tomato sauce
4 carrots, cut into 1 inch pieces
4 potatoes, cubed
1 cooking spray

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine vegetarian ground beef, vegetarian ground beef crumbles, onion, eggs, Worcestershire sauce, salt, pepper, sage, garlic powder, mustard, oil, bread cubes and milk. Transfer to a 9 x 13 inch baking dish and form into a loaf. Pour tomato sauce on top.

Place carrots and potatoes around loaf and spray vegetables with cooking spray.

Bake 30 to 45 minutes; turn vegetables. Bake another 30 to 45 minutes. Let stand 15 minutes before slicing.

Vegetarian Baked Pasta

Ingredients

1 pound penne pasta
2 tablespoons olive oil
8 ounces portobello mushrooms,
cut into 1/2 inch pieces
1 teaspoon dried basil
1 teaspoon dried oregano
2 cloves garlic, minced
1 (28 ounce) jar spaghetti sauce
4 cups shredded mozzarella
cheese
8 ounces Gorgonzola cheese,
crumbled

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Pour a glass of ice water over the pasta to stop the cooking, but do not rinse thoroughly.

Preheat oven to 350 degrees F (175 degrees C). Coat a 9 x 13 glass pan with olive oil. Heat 2 tablespoons olive oil in large skillet. Add mushrooms. Cook for 2 minutes then add basil, oregano and garlic and cook 1 minute more. Add sauce to mushroom mixture and stir.

To assemble, pour enough sauce in the bottom of the pan to cover. Combine the remaining sauce and the pasta. Place one-third of sauced noodles on top of sauce in pan. Top with 1 cup of mozzarella and one-half of the gorgonzola. Repeat for a second layer. Put the final third of the noodles in the pan and top with the final 2 cups of mozzarella.

Bake for 30 to 45 minutes, or until cheese is browned. Serve.

Vegetarian Refried Beans

Ingredients

1 pound dry pinto beans, rinsed
2 tablespoons minced garlic,
divided
1 medium tomato, diced
2 tablespoons ground cumin
1 tablespoon chili powder
2 tablespoons olive oil
salt to taste

Directions

Place the beans in a large saucepan, and cover with an inch of water. Place over high heat, and bring to a boil. When the beans have come to a boil, drain, and return them to the same pot. Cover the beans with 2 inches of water, and stir in 1 tablespoon of garlic, the tomato, cumin, and chili powder. Bring to a boil over high heat, then reduce heat to low, and simmer until the beans are very soft, about 3 hours and 45 minutes, adding water as needed.

Once the beans have cooked, mash them with the remaining tablespoon of garlic, the oil, and salt to taste; use additional water as needed to achieve desired consistency. Place over low heat for 30 minutes, stirring occasionally. Serve.

Vegetarian Tortilla Soup

Ingredients

2 tablespoons vegetable oil
1 (1 pound) package frozen
pepper and onion stir fry mix
2 cloves garlic, minced
3 tablespoons ground cumin
1 (28 ounce) can crushed
tomatoes
3 (4 ounce) cans chopped green
chile peppers, drained
4 (14 ounce) cans vegetable broth
salt and pepper to taste
1 (11 ounce) can whole kernel
corn
12 ounces tortilla chips
1 cup shredded Cheddar cheese
1 avocado - peeled, pitted and
diced

Directions

Heat the oil in a large pot over medium heat. Stir in the pepper and onion stir fry mix, garlic, and cumin, and cook 5 minutes, until vegetables are tender. Mix in the tomatoes and chile peppers. Pour in the broth, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes.

Mix corn into the soup, and continue cooking 5 minutes. Serve in bowls over equal amounts of tortilla chips. Top with cheese and avocado.

Vegetarian Four Cheese Lasagna

Ingredients

2 cups peeled and diced pumpkin
1 eggplant, sliced into 1/2 inch rounds
5 tomatoes
1 pint ricotta cheese
9 ounces crumbled feta cheese
2/3 cup pesto
2 eggs, beaten
salt and pepper to taste
1 (15 ounce) can tomato sauce
fresh pasta sheets
1 1/3 cups shredded mozzarella cheese
1 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Meanwhile, grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes. Halve tomatoes and place on baking sheet in oven for last 15 minutes of pumpkin time; cook until tender and wrinkly.

In a medium bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into ricotta mixture.

Spoon half of the tomato sauce into a 9x13 baking dish. Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over pasta and top with half the ricotta mixture. Cover with two more pasta sheets. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining half the ricotta mixture over the tomatoes. Sprinkle with half the mozzarella. Top with remaining two sheets of pasta. Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and Parmesan.

Bake in preheated oven 30 to 40 minutes, until golden and bubbly.

Vegetarian Tortilla Stew

Ingredients

1 (19 ounce) can green enchilada sauce
1 1/2 cups water
1 cube vegetable bouillon
1/2 teaspoon garlic powder
1/4 teaspoon chili powder
1/4 teaspoon ground cumin
1 (15 ounce) can pinto beans, drained and rinsed
1/2 (16 ounce) can diced tomatoes
1 cup frozen corn
1/2 cup vegetarian chicken substitute, diced (optional)
4 (6 inch) corn tortillas, torn into strips
1 tablespoon chopped fresh cilantro
salt and pepper to taste

Directions

In a pot, mix the enchilada sauce and water. Dissolve the bouillon cube in the liquid, and season with garlic powder, chile powder, and cumin. Bring to a boil, and reduce heat to low. Mix in the beans, tomatoes, and corn. Simmer until heated through. Mix in vegetarian chicken and tortillas, and cook until heated through. Stir in cilantro, and season with salt and pepper to serve.

Vegetarian Moroccan Stew

Ingredients

1 tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, minced
2 teaspoons ground cumin
1 (4 inch) cinnamon stick
salt and pepper to taste
1 pound butternut squash -
peeled, seeded, and cut into 2-
inch cubes
4 large red potatoes, cut into 2-
inch cubes
2 cups vegetable broth
1 (15 ounce) can garbanzo beans,
drained
1 (14.5 ounce) can canned diced
tomatoes with their juice
1 cup pitted, brine-cured green
olives
1/2 teaspoon lemon zest
1 3/4 cups water
1 (10 ounce) box uncooked
couscous
6 tablespoons plain yogurt
6 tablespoons chopped fresh
cilantro

Directions

Heat olive oil in a large covered saucepan or Dutch oven over medium heat, until oil is hot but not smoking. Drop in the onion, garlic, cumin, cinnamon stick, and salt and pepper. Cook and stir for 5 minutes, until onion is tender and translucent.

Stir in the butternut squash and potato cubes, broth, garbanzo beans, and tomatoes, and bring the mixture to a boil. Reduce heat, cover the pot, and simmer about 20 minutes, stirring occasionally, until the squash and potatoes are tender. Remove the stew from heat, and stir in the olives and lemon zest.

In a large saucepan, bring 1 3/4 cup water to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool. Serve stew over cooked couscous. Garnish each serving with a dollop of yogurt and a sprinkle of cilantro leaves.

Vegetarian Faux Chicken Patties

Ingredients

1 (12.5 ounce) can vegetarian fried chicken (e.g., FriChik)
1 celery
1/2 small onion
1/4 large green bell pepper
4 eggs, beaten
1/2 cup dry bread stuffing mix
salt and pepper to taste
1 tablespoon olive oil

Directions

Process the 'chicken' in a food processor and then transfer it to a medium mixing bowl. Run the celery, onion and green pepper through the processor. Add the vegetables to the mixing bowl and stir in the eggs, stuffing, salt and pepper; mix well. Form into patties.

In a medium frying pan heat olive oil over medium-high heat. Fry patties on each side until browned.

Easy Vegetarian Corn Chowder

Ingredients

6 tablespoons butter
1/4 cup diced onion
1/2 cup diced celery
6 tablespoons all-purpose flour
2 (14.5 ounce) cans vegetable broth
2 (15 ounce) cans creamed corn
1 (15 ounce) can whole kernel corn, drained
2 tablespoons shredded carrot
1 cup half-and-half cream
3/4 cup skim milk
1/2 teaspoon ground nutmeg
1/4 teaspoon ground black pepper
1 pinch salt

Directions

In a large saucepan over medium heat, melt butter. Cook onions and celery in butter 3 minutes. Whisk in flour and cook 6 minutes more, until light brown. Whisk in broth and simmer 10 minutes.

Stir in creamed corn, corn, carrot, half-and-half, milk, nutmeg, pepper and salt. Simmer over low heat 10 minutes more.

Nut Burgers (Vegetarian)

Ingredients

1/2 cup finely chopped walnuts
1/2 cup unsalted sunflower seeds
1 cup canned chickpeas, drained
1/4 cup diced red onion
1 beaten egg
1 tablespoon chopped fresh parsley
1/4 teaspoon fresh ground black pepper
1 tablespoon salt-free herb seasoning blend
2 tablespoons olive oil
2 slices mild Cheddar cheese
1 pita bread round
1/4 cup prepared Ranch salad dressing
2 leaves romaine lettuce
1 medium tomato, thinly sliced
1/2 avocado - peeled, pitted and sliced

Directions

Place walnuts and sunflower seeds in a dry skillet over medium heat. Cook, stirring occasionally until lightly toasted and fragrant, about 5 minutes.

In a medium bowl, mash garbanzo beans with a fork, or chop in a food processor. Stir in the onion, egg, parsley, and toasted nuts. Season with pepper and seasoning blend, and mix well.

Heat olive oil in a skillet over medium heat. Divide the bean mixture into 2 patties, and fry in the hot oil for about 3 minutes on each side, or until well browned and heated through. Place a slice of cheese over each patty, and remove from heat.

Place the pita round in the same dry skillet the nuts were in, and heat for about 1 minute on each side. Cut the round in half, spread ranch dressing inside of each, and line the pockets with romaine leaves. Place a cheesy patty into each one, and top with sliced tomato and avocado. Serve with tortilla or potato chips.

Vegetarian Brown Rice Casserole

Ingredients

1 (19 ounce) can ready-to-serve lentil soup
1 cup cooked brown rice
1 (7.75 ounce) can unsalted mixed vegetables, drained
1 large canned roasted red pepper, diced
1/2 cup shredded sharp Cheddar cheese, divided

Directions

Combine soup, rice, mixed vegetables, peppers and 6 tablespoons of the cheddar cheese in a 2-quart, microwave-safe casserole or baking dish. Season with salt and pepper to taste, and level the top of the mixture. Sprinkle with the remaining 2 tablespoons of cheddar cheese.

Cover and cook in a microwave oven at full power until heated through and the cheese has melted (about 5 minutes).

Uncover and cool for 1 minute before serving.

Hariton's 'Famous' Vegetarian Casserole

Ingredients

8 large eggplants
8 large potatoes
8 green bell peppers
8 large onions
8 summer squash
6 tomatoes
1 pound fresh green beans
1 pound whole fresh mushrooms
2 bulbs garlic, cloves separated and peeled
1/4 cup chopped fresh dill weed
1/4 cup chopped fresh oregano
1/4 cup chopped fresh basil
1 (15 ounce) can tomato sauce
3/4 cup olive oil
salt and pepper to taste

Directions

Prepare the eggplant before assembling ingredients, by cutting them into 2 inch chunks and putting them into an extra large bowl with salted water to cover. This will draw out the bitterness from the eggplant. Let this sit for about 3 hours.

Preheat oven to 375 degrees F (190 degrees C).

Cut the potatoes, green bell peppers, onion, squash and tomatoes into 2-inch chunks. Cut the green beans and mushrooms in half and peel the garlic cloves.

Drain and rinse the eggplant, then combine it with all the other chopped vegetables, the dill, oregano and basil and place all into a 3x13x18 inch roasting pan. Pour the tomato sauce and olive oil over all.

Bake at 375 degrees F (190 degrees C) for 2 1/2 hours, adding a little water about halfway through cooking time to keep moist.

Vegetarian Shepherd's Pie II

Ingredients

2 cups vegetable broth, divided
1 teaspoon yeast extract spread,
e.g. Marmite/Vegemite
1/2 cup dry lentils
1/4 cup pearl barley
1 large carrot, diced
1/2 onion, finely chopped
1/2 cup walnuts, coarsely
chopped
3 potatoes, chopped
1 teaspoon all-purpose flour
1/2 teaspoon water
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan over medium-low heat, combine 1 1/4 cups broth, yeast extract, lentils and barley. Simmer for 30 minutes.

Meanwhile, in a medium saucepan combine remaining 3/4 cup broth, carrot, onion and walnuts; cook until tender, about 15 minutes.

Meanwhile, bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash.

Combine flour and water and stir into carrot mixture; simmer until thickened. Combine carrot mixture with lentil mixture and season with salt and pepper. Pour mixture into a 2 quart casserole dish. Spoon mashed potatoes over lentil mixture.

Bake in preheated oven until lightly browned on top, about 30 minutes.

Unbelievably Easy and Delicious Vegetarian Chili

Ingredients

1 (28 ounce) can diced tomatoes with juice
1 small onion, diced
1 (15 ounce) can white beans, drained
1 (15 ounce) can chili beans, with liquid
1 (1.25 ounce) package reduced sodium taco seasoning mix
1 (1 ounce) package ranch dressing mix
1 (12 ounce) package vegetarian burger crumbles
1 (8 ounce) package shredded Cheddar cheese (optional)

Directions

Mix the tomatoes, onion, white beans, chili beans, taco seasoning mix, and ranch dressing mix in a large pot over medium heat. Bring to a boil. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Top with cheese to serve.

Veggie Vegetarian Chili

Ingredients

1 tablespoon vegetable oil
3 cloves garlic, minced
1 cup chopped onion
1 cup chopped carrots
1 cup chopped green bell pepper
1 cup chopped red bell pepper
2 tablespoons chili powder
1 1/2 cups chopped fresh mushrooms
1 (28 ounce) can whole peeled tomatoes with liquid, chopped
1 (15 ounce) can black beans, undrained
1 (15 ounce) can kidney beans, undrained
1 (15 ounce) can pinto beans, undrained
1 (15 ounce) can whole kernel corn, drained
1 tablespoon cumin
1 1/2 tablespoons dried oregano
1 1/2 tablespoons dried basil
1/2 tablespoon garlic powder

Directions

Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.

Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, pinto beans with liquid, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

Vegetarian Jambalaya

Ingredients

1 medium onion, finely chopped
1 cup chopped celery
1 cup chopped green pepper
1 cup sliced fresh mushrooms
2 garlic cloves, minced
1 teaspoon olive oil
3 cups chopped fresh tomatoes
2 cups water
1 cup uncooked long grain rice
2 tablespoons reduced-sodium soy sauce
1 tablespoon minced fresh parsley
1/4 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon cayenne pepper
1/8 teaspoon chili powder
1/8 teaspoon pepper
6 tablespoons reduced fat sour cream

Directions

In a large nonstick skillet, saute the onion, celery, green pepper, mushrooms and garlic in oil until tender. Stir in the tomatoes, water, rice, soy sauce, parsley, salt, paprika, cayenne, chili powder and pepper.

Transfer to a 2-1/2-qt. baking dish coated with nonstick cooking spray. Cover and bake at 350 degrees F for 65-70 minutes or until rice is tender and liquid is absorbed. Top each serving with 1 tablespoon sour cream.

Southwestern Vegetarian Pasta

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1/2 green bell pepper, diced
2 cloves garlic, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 (28 ounce) can diced tomatoes with juice
1 (15 ounce) can chickpeas
1 (10 ounce) package frozen corn kernels, thawed
1 (12 ounce) package uncooked elbow macaroni
1/2 cup shredded Monterey Jack cheese

Directions

Heat oil in a large, deep skillet. Sauté onion, green pepper, garlic, chili powder and cumin. Stir in tomatoes, chickpeas and corn. Reduce heat to low and simmer 15 to 20 minutes, or until thickened and heated through.

Meanwhile, bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain.

Combine pasta and sauce. Sprinkle each serving with Monterey Jack cheese.

Vegetarian Stuffing

Ingredients

1 (1 pound) loaf day-old bread
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.5 ounce) can vegetable broth
1/4 cup water
1 teaspoon poultry seasoning
salt to taste
ground black pepper to taste
1/2 cup wild rice, cooked (optional)
1/4 cup dried cranberries (optional)
1/2 cup chopped mushrooms (optional)
1/4 cup chopped walnuts (optional)
1/4 cup cubed apples (optional)

Directions

Mix together the bread, cream of mushroom soup, vegetable broth, water, poultry seasoning, and salt and pepper to taste. Add any or all of the optional ingredients as desired. It will be sticky. Shape into a loaf and wrap in (nonstick, sprayed) foil to bake.

Bake for about an hour at 350 degrees F (175 degrees C). You can slice it like a meatloaf and serve.

Insanely Easy Vegetarian Chili

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 3/4 cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 3/4 cup chopped celery
- 1 tablespoon chili powder
- 1 1/2 cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn, undrained
- 1 tablespoon ground cumin
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried basil

Directions

Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.

Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

Fire Roasted Vegetarian Gumbo

Ingredients

- 1 serrano pepper
- 1 banana pepper
- 1 small jalapeno chile pepper
- 1/4 cup canola oil
- 1/4 cup all-purpose flour
- 2 tablespoons canola oil
- 2 celery ribs, chopped
- 1 large onion, chopped
- 3 green bell peppers, chopped
- 1 quart vegetable broth
- 2 cloves garlic, minced
- 2 tablespoons Cajun seasoning
- 1 tablespoon smoked paprika
- 1 tablespoon file powder
- 1 cup fire-roasted tomatoes
- 1 sweet potato, peeled and cubed
- parsnip, peeled and cubed
- 1 cup canned red beans, rinsed and drained
- 1 cup canned black-eye peas, rinsed and drained
- 2 cups frozen cut okra, thawed

Directions

Preheat oven to broil.

Arrange the serrano, banana, and jalapeno chile peppers on a baking sheet and place in the oven. Watch carefully and broil just until the skins blacken and blister, 4 to 5 minutes. Turn the peppers and continue broiling until all sides are blackened. Remove the peppers from the oven and place in a sealed paper bag to steam. After 15 to 20 minutes, remove peppers from the bag and peel off the crispy black skin. Remove stems and seeds from the peppers, coarsely chop, and place in a bowl.

Heat the canola oil in a large skillet over medium heat until a pinch of flour sprinkled over the oil just begins to bubble. Whisk in the rest of the flour and cook, whisking continuously, until the mixture is well blended and dark brown, about 20 minutes. Once it becomes dark brown, remove the roux from the heat.

Place 2 tablespoons of canola oil into a deep soup pot and heat over medium-high heat. When the oil is just about to smoke, stir in the celery with half of the onions and bell peppers. Cook and stir until the vegetables are tender and the onion is transparent, about 5 minutes. Stir 1/4 cup of the vegetable broth into the pot. Cover, and simmer until almost all the liquid is evaporated, 10 to 15 minutes.

Stir the serrano, banana, and jalapeno chile peppers, along with the uncooked bell peppers and onions, garlic, Cajun seasoning, smoked paprika file powder, into the cooked bell peppers and onions. Stir the roux and 1 cup of stock into the vegetable mixture until the roux dissolves. Cover and simmer 5 minutes. Add the tomatoes, sweet potato, parsnip, red beans, black-eyed peas, okra, and remaining stock. Simmer uncovered 30 minutes more. Season to taste with salt and pepper.

Vegetarian Lentil Spaghetti

Ingredients

1/4 cup dried brown lentils, rinsed and drained
1 (15 ounce) can stewed tomatoes, undrained
1 (15 ounce) can artichoke hearts in water
1/4 teaspoon cayenne pepper, divided
1/4 cup water
3 tablespoons olive oil, divided
1/4 pound thin spaghetti
4 green onions, chopped
1/2 teaspoon sesame seeds
salt and pepper to taste

Directions

Place the lentils, tomatoes and artichokes (with the liquid from the cans), 1/8 teaspoon cayenne pepper and the water into a large saucepan. Bring to a boil. Reduce heat to low and simmer until lentils are tender, about 20 minutes.

Meanwhile, bring a large pot of lightly salted water and 1 tablespoon of the olive oil to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain. Return pasta to pot and cover to keep warm.

Heat remaining 2 tablespoons olive oil in a small skillet over medium heat and cook green onions for about 3 minutes. Add 1/8 teaspoon cayenne pepper and sesame seeds and cook until the seeds are lightly browned, about 2 minutes. Set aside.

Add the lentil mixture to the pot of pasta and toss to distribute evenly. Add the green onion mixture and toss lightly again. Season with salt and pepper to taste.

Vegetarian Shepherd's Pie I

Ingredients

5 russet potatoes, peeled and cut into thirds
4 tablespoons butter
1 1/2 teaspoons salt
ground black pepper to taste
2 cups milk
3 cups water
1/2 cup kasha (toasted buckwheat groats)
2/3 cup bulgur
2 cups chopped onion
2 cloves garlic, minced
2 carrots, diced
2 cups fresh sliced mushrooms
1 1/2 tablespoons all-purpose flour
1 cup whole corn kernels, blanched
3 tablespoons chopped fresh parsley

Directions

Gently boil potatoes in a large pot of water for 20 minutes, or until tender. Drain, and return to the pot. Mash potatoes with 2 tablespoons butter or margarine, 3/4 teaspoon salt, and 1/2 cup milk until fairly smooth. Set aside.

In a saucepan, bring 1 1/2 cups water with 1/2 teaspoon salt to a boil. Stir in kasha. Reduce heat, and simmer, uncovered, for 15 minutes. Add 1 1/2 cups more water, and bring to a boil. Add bulgur, cover, and remove from heat. Let stand for 10 minutes.

In a large saucepan, melt the remaining 2 tablespoons of butter or margarine over medium heat. Add onions, garlic, and carrots; saute until the onions soften. Add mushrooms; cook and stir for 3 to 4 minutes. Sprinkle flour over vegetables; stir constantly for 2 minutes, or until flour starts to brown. Pour remaining 1 1/2 cups milk over the vegetables, and increase heat to high. Stir with a whisk until sauce is smooth. Reduce heat, and simmer for 5 minutes. Stir in corn, 1/4 teaspoon salt, and black pepper to taste.

Mix together vegetable mixture and kasha mixture in a large bowl. Spoon into a buttered 10 inch pie pan, and smooth with a spatula. Spread mashed potatoes over top, leaving an uneven surface.

Bake in a preheated 350 degree F (175 degree C) oven for 30 minutes. Garnish with the chopped parsley, and serve.

Vegetarian Mushroom-Walnut Meatloaf

Ingredients

1 tablespoon olive oil
12 ounces crimini mushrooms, chopped
1 small red onion, finely diced
1 red bell pepper, seeded and diced
1 tablespoon ground sage
1 1/4 cups cooked brown rice
1/2 cup walnuts, finely chopped
1 envelope onion soup mix
1 cup oat bran
1 cup wheat germ
2 egg whites, lightly beaten
1 teaspoon Worcestershire sauce
2 teaspoons prepared mustard

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.

Heat the olive oil in a large skillet over medium heat. Stir in the mushrooms, onions, and bell pepper; cook until the onion is transparent, about 5 minutes. Sprinkle sage over the vegetables, and cook until vegetables are soft, about 5 minutes more. Transfer vegetables to a large mixing bowl.

Stir the rice, walnuts, onion soup mix, oat bran, wheat germ, egg whites, Worcestershire sauce, and mustard into the mushroom mixture until thoroughly blended. Spoon into prepared loaf pan, pressing down mixture with a spatula to flatten top.

Bake in preheated oven for 1 hour. Let rest 10 minutes before slicing.

Vegetarian Sandwich Spread

Ingredients

1 (19 ounce) can vegetarian hot dog links
3/4 cup sweet pickle relish
1 onion, chopped
1/2 cup mayonnaise

Directions

In a large bowl mash hot dog links using a potato masher or fork. Blend in relish, onion and mayonnaise.

Vegetarian Cassoulet

Ingredients

2 tablespoons olive oil
1 onion
2 carrots, peeled and diced
1 pound dry navy beans, soaked overnight
4 cups mushroom broth
1 cube vegetable bouillon
1 bay leaf
4 sprigs fresh parsley
1 sprig fresh rosemary
1 sprig fresh lemon thyme, chopped
1 sprig fresh savory
1 large potato, peeled and cubed

Directions

Heat a small amount of oil in a skillet over medium heat. Cook and stir onion and carrots in oil until tender.

In a slow cooker, combine beans, carrots and onion, mushroom broth, bouillon, and bay leaf. Pour in water if necessary to cover ingredients with water. Tie together parsley, rosemary, thyme, and savory, and add to the pot. Cook on Low for 8 hours.

Stir in potato, and continue cooking for 1 hour. Remove herbs before serving.

Vegetarian Lasagna

Ingredients

1 (16 ounce) can diced tomatoes
1 (16 ounce) package instant lasagna noodles
1 bunch fresh spinach, washed and chopped
2 large carrots, shredded
2 large zucchini, diced
2 summer squash, diced
1 large eggplant, diced
1 large head broccoli, cut into florets
2 teaspoons dried oregano
salt and pepper to taste
1 cup shredded mozzarella cheese (optional)
1 cup ricotta cheese (optional)

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease one 9x13 inch baking dish.

Place a layer of tomatoes in the bottom of the baking dish, followed by a layer of noodles, spinach, carrots, zucchini, summer squash, eggplant and broccoli. Season to taste with oregano, salt and pepper. Repeat layering of ingredients until all are used up. If using cheeses sprinkle over broccoli layers and on top of dish.

Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes.

Easy Vegetarian Pasta

Ingredients

1 (16 ounce) package uncooked whole wheat spaghetti
3 tablespoons olive oil
2 tablespoons garlic, minced
3 large tomatoes, diced
1 red onion, chopped
1 yellow bell pepper, chopped
1 red bell pepper, chopped
1 cup chopped zucchini
1/2 cup sliced fresh mushrooms
2 tablespoons balsamic vinegar
2 tablespoons crumbled feta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat the oil in a skillet over medium heat, and saute the garlic until lightly browned. Mix in the tomatoes, onion, yellow bell pepper, red bell pepper, zucchini, and mushrooms. Cook and stir until tender.

Mix the balsamic vinegar into the skillet. Toss with the cooked spaghetti, and sprinkle with feta cheese to serve.

Vegetarian Green Chile Stew

Ingredients

1 tablespoon olive oil
1/4 teaspoon minced garlic
1/2 onion, chopped
2 large carrots, peeled and chopped
1 stalk celery, chopped
4 potatoes, cut in one-inch cubes
1/4 teaspoon chili powder
1/4 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 yellow squash, cut in one-inch cubes
2 cups packed fresh spinach
1/3 cup frozen corn kernels
1 (16 ounce) can pinto beans, drained
1 cup cooked, shredded spaghetti squash (optional)
2 cups vegetable broth
5 cups water
3 (4 ounce) cans chopped green chile peppers

Directions

Heat olive oil in a large pot over medium-high heat. Add garlic, onion, carrots, celery, potatoes, chili powder, paprika, salt, and pepper. Cook, stirring occasionally, until potatoes are golden brown, about 10 minutes.

Toss yellow squash, spinach leaves, corn, pinto beans, and spaghetti squash into the pot. Continue to stir until spinach leaves have wilted, 1 to 2 minutes.

Pour vegetable broth, water, and green chiles into the mixture. If necessary, add more water to make sure vegetables are covered. Bring stew to a boil, then reduce heat to medium low, cover, and simmer until the vegetables are tender, about 45 minutes.

Vegetarian Gravy

Ingredients

1/2 cup vegetable oil
1/3 cup chopped onion
5 cloves garlic, minced
1/2 cup all-purpose flour
4 teaspoons nutritional yeast
4 tablespoons light soy sauce
2 cups vegetable broth
1/2 teaspoon dried sage
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Heat oil in a medium saucepan over medium heat. Saute onion and garlic until soft and translucent, about 5 minutes. Stir in flour, nutritional yeast, and soy sauce to form a smooth paste. Gradually whisk in the broth. Season with sage, salt, and pepper. Bring to a boil. Reduce heat, and simmer, stirring constantly, for 8 to 10 minutes, or until thickened.

Delightful Indian Coconut Vegetarian Curry in the

Ingredients

5 russet potatoes, peeled and cut into 1-inch cubes
1/4 cup curry powder
2 tablespoons flour
1 tablespoon chili powder
1/2 teaspoon red pepper flakes
1/2 teaspoon cayenne pepper
1 large green bell pepper, cut into strips
1 large red bell pepper, cut into strips
1 (1 ounce) package dry onion soup mix (such as Lipton®)
1 (14 ounce) can coconut cream water, as needed
1 1/2 cups matchstick-cut carrots
1 cup green peas (optional)
1/4 cup chopped fresh cilantro

Directions

Place the potatoes into the bottom of a slow cooker.

Mix the curry powder, flour, chili powder, red pepper flakes, and cayenne pepper together in a small bowl; sprinkle over the potatoes. Stir the potatoes to coat evenly. Add the red bell pepper, green bell pepper, onion soup mix, and coconut milk; stir to combine.

Cover the slow cooker and cook on Low until the mixture is bubbling, adding water as needed to keep moist, 3 to 4 hours. Add the carrots to the mixture and cook another 30 minutes. Stir the peas into the mixture and cook until the vegetables are tender to your liking, about 30 minutes. Garnish individual portions with cilantro to serve.

Summer Vegetarian Chili

Ingredients

2 tablespoons extra-virgin olive oil
1 cup chopped red onion
5 large cloves garlic, crushed or minced
2 tablespoons chili powder, or more to taste
2 teaspoons ground cumin
2 cups juicy chopped fresh tomatoes
1 (15 ounce) can no-salt-added black beans, drained
1 cup water (or red wine)
1 cup chopped bell pepper (any color)
1 cup chopped zucchini
1 cup corn kernels
1 cup chopped white or portobello mushrooms
1 cup chopped fresh cilantro, packed
1/8 teaspoon cayenne pepper, or more to taste
Salt and freshly ground black pepper, to taste

Directions

Heat oil in medium pot. Add onion, garlic, chili powder and cumin. Saute over medium heat until onion is soft, about 5 minutes. Add remaining ingredients (except garnishes) and stir. Bring to a boil, then lower heat and simmer 20 minutes or until vegetables are soft. Add more liquid if needed.

Serve alone or over rice (preferably brown). Garnish if desired with any of the following: reduced-fat cheddar cheese, onion, fat-free sour cream, guacamole, fresh cilantro.

Vegetarian Tortilla Dog

Ingredients

1 vegetarian hot dog
1 (6 inch) flour tortilla
1/2 teaspoon margarine
1 slice American cheese

Directions

Place hot dog on a microwave-safe plate and heat on High until warm, about 30 seconds. Place tortilla on a microwave-safe plate, and heat on High until warm, about 15 seconds. Lightly spread the tortilla with margarine. Place the cheese slice on the tortilla, and top with the hot dog. Fold the ends of the tortilla in over the hot dog and roll to close. Heat the tortilla dog in microwave on High until cheese melts, about 30 more seconds.

Malaysian Quinoa (Vegetarian)

Ingredients

1 1/2 cups water, divided
1/2 cup dried soy chunks
(textured vegetable protein)
1 tablespoon peanut butter
1 tablespoon canned cream of
coconut
1/2 bird's eye chile, seeded and
minced
1/2 green onion, diced
1 teaspoon chopped cilantro
1/2 cup uncooked quinoa
salt and pepper to taste

Directions

Boil 1/2 cup water, and pour into a bowl. Mix in soy chunks. Blend in peanut butter, cream of coconut, chile, green onion, and cilantro. Keep warm while the quinoa cooks.

Bring quinoa and remaining 1 cup water to a boil in a pot. Reduce heat to low, cover, and simmer 15 minutes, until quinoa is fluffy. Stir in the soy chunks and peanut butter sauce, and season with salt and pepper to serve.

Vegetarian Chickpea Sandwich Filling

Ingredients

1 (19 ounce) can garbanzo beans,
drained and rinsed
1 stalk celery, chopped
1/2 onion, chopped
1 tablespoon mayonnaise
1 tablespoon lemon juice
1 teaspoon dried dill weed
salt and pepper to taste

Directions

Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.

Vegetarian Sloppy Joe's

Ingredients

1/4 cup vegetable oil
1/2 cup minced onion
2 (8 ounce) packages tempeh
1/2 cup minced green bell pepper
2 cloves garlic, minced
1/4 cup tomato sauce
1 tablespoon Worcestershire sauce
1 tablespoon honey
1 tablespoon blackstrap molasses
1/4 teaspoon cayenne pepper
1/4 teaspoon celery seed
1/4 teaspoon ground cumin
1/4 teaspoon salt
1/2 teaspoon ground coriander
1/2 teaspoon dried thyme
1/2 teaspoon oregano
1/2 teaspoon paprika
1 pinch ground black pepper
hamburger buns

Directions

Heat oil in a deep, 10-inch skillet over medium-low heat. Cook the onion in the oil until translucent. Crumble the tempeh into the skillet; cook and stir until golden brown. Add the green pepper and garlic; cook another 2 to 3 minutes. Stir in the tomato sauce, Worcestershire sauce, honey, molasses, cayenne pepper, celery seed, cumin, salt, coriander, thyme, oregano, paprika, and black pepper; stir. Simmer another 10 to 15 minutes. Spoon hot onto hamburger buns to serve.

Vibrant Vegetarian Purple Borscht

Ingredients

4 cups water
2 red beets, trimmed and washed
1 1/2 pounds tomatoes, chopped
4 ounces tomato puree
2 tablespoons butter
2 red onions, chopped
2 cups chopped mushrooms
2 carrots, chopped
2 stalks celery, chopped
1/4 cup chopped fresh dill, divided
1 cube vegetable bouillon
2 large yellow potatoes, cubed
1 (15.25 ounce) can kidney beans
6 cups water
1/2 head green cabbage, chopped
1 lemon, juiced
salt and pepper to taste
1 cup sour cream, for topping

Directions

Place the beets into a large pot and cover with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 20 to 40 minutes. Meanwhile, place the tomatoes and tomato puree in a blender and blend until smooth. Set aside.

Meanwhile, heat the butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the mushrooms and cook until tender, about 10 minutes. Stir in the carrots, celery, tomato mixture, half of the dill, and the vegetable bouillon. Continue cooking and stirring until the carrots are tender, about 10 minutes.

Remove the beets from the cooking liquid and place them in the freezer in a bowl. Stir the mushroom mixture, potatoes, kidney beans, including the liquid, and 6 cups of water into the beet water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes.

Peel, then grate the chilled beets. Stir the beets, cabbage, and remaining dill into the soup. Cover and simmer until the cabbage is tender, about 5 minutes. Stir in lemon juice and season with salt and pepper. Remove from heat and allow soup to rest for at least 2 hours. Bring soup to a boil, and serve hot with a dollop of sour cream.

Vegetarian Turkey Stuffing

Ingredients

1 tablespoon vegetable oil
1 onion, finely chopped
3 stalks celery, finely chopped
1 green bell pepper, finely chopped
1 (4.5 ounce) can mushrooms, drained
1 clove garlic, crushed
salt to taste
ground black pepper to taste
1 1/2 cups corn flake crumbs
1 (10.75 ounce) can condensed cream of mushroom soup

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

Heat the oil in a skillet over medium heat, and saute the onion, celery, pepper, mushrooms, and garlic until tender. Season with salt and pepper. Mix in the corn flake crumbs and soup. Transfer to the prepared casserole dish.

Bake 30 minutes in the preheated oven, until lightly browned.

Vegetarian Burrito Casserole

Ingredients

3/4 cup white rice
1 1/2 cups water
1 (12 ounce) package frozen soy burger-style crumbles
1 (28 ounce) can whole tomatoes, drained, 1/4 cup juice reserved
2 1/2 teaspoons chili powder
1 teaspoon cumin
1 (1.25 ounce) package taco seasoning mix
2 (10 inch) burrito-size flour tortillas
1 (14.25 ounce) can vegetarian refried beans, divided
2 fresh jalapeno peppers - seeded, sliced, and divided
1 1/2 cups salsa, divided
2 1/2 cups shredded Cheddar cheese, divided

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes.

Preheat oven to 375 degrees F (190 degrees C).

Place soy crumbles, tomatoes, reserved tomato juice, chili powder, cumin, and taco seasoning in a medium frying pan over medium high heat. Cook and stir, breaking up tomatoes, for 10 minutes.

Lay 1 flour tortilla in a lightly greased 8x8 inch baking dish. Layer with one half of the beans, jalapeno slices, rice, salsa, soy mixture, and 1 cup Cheddar cheese. Repeat layers with remaining ingredients, beginning with the flour tortilla, and top with remaining 1 1/2 cups Cheddar cheese.

Bake in the preheated oven for 15 minutes, or until heated through and cheese is melted. Serve immediately.

Grandma's Slow Cooker Vegetarian Chili

Ingredients

1 (19 ounce) can black bean soup
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can garbanzo beans,
rinsed and drained
1 (16 ounce) can vegetarian baked
beans
1 (14.5 ounce) can chopped
tomatoes in puree
1 (15 ounce) can whole kernel
corn, drained
1 onion, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
2 cloves garlic, chopped
1 tablespoon chili powder, or to
taste
1 tablespoon dried parsley
1 tablespoon dried oregano
1 tablespoon dried basil

Directions

In a slow cooker, combine black bean soup, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onion, bell pepper and celery. Season with garlic, chili powder, parsley, oregano and basil. Cook for at least two hours on High.

Vegetarian Nori Rolls

Ingredients

2 cups uncooked short-grain white rice
2 1/4 cups water
1/4 cup soy sauce
2 teaspoons honey
1 teaspoon minced garlic
3 ounces firm tofu, cut into 1/2 inch strips
2 tablespoons rice vinegar
4 sheets nori seaweed sheets
1/2 cucumber, julienned
1/2 avocado, julienned
1 small carrot, julienned

Directions

In a large saucepan cover rice with water and let stand for 30 minutes.

In a shallow dish combine soy sauce, honey and garlic. In this mixture marinate tofu for at least 30 minutes.

Bring water and rice to a boil and then reduce heat; simmer for about 20 minutes, or until thick and sticky. In a large glass bowl combine cooked rice with rice vinegar.

Place a sheet of nori on a bamboo mat. Working with wet hands, spread 1/4 of the rice evenly over the nori; leave about 1/2 inch on the top edge of the nori. Place 2 strips of marinated tofu end to end about 1 inch from the bottom. Place 2 strips of cucumber next to the tofu, then avocado and carrot.

Roll nori tightly from the bottom, using the mat to help make a tight roll. Seal by moistening with water the 1/2 inch at the top. Repeat with remaining ingredients. Slice with a serrated knife into 1 inch thick slices.

Clinton's Special Vegetarian Quiche

Ingredients

1 (17.5 ounce) package frozen puff pastry, thawed
1 cup fresh spinach, cleaned and stemmed
4 tablespoons water
1/4 teaspoon ground nutmeg
1 onion, chopped
2 tablespoons butter
5 eggs
1 cup cottage cheese
1 cup shredded Cheddar cheese
salt and pepper to taste
2 tomatoes, thinly sliced

Directions

Preheat oven to 400 degrees F (200 degrees C). Spray a quiche dish with non-stick cooking spray.

Line the quiche dish with puff pastry, press the pastry firmly in place and trim away any excess pastry. Blind bake for 10 minutes.

In a large skillet place spinach and 4 tablespoons water. Heat the mixture over medium and cover the skillet. Cook until the spinach is done, approximately 2 minutes then drain well. Add nutmeg to the spinach and puree the mixture.

In a large skillet, saute the onion with butter or margarine to taste. Saute until the onions are soft and transparent.

In a medium-size mixing bowl, beat eggs. Stir in the cottage cheese, spinach, and 1/2 cup of cheese. Season with salt and pepper. Arrange onions along the bottom of the pastry-lined quiche dish. Arrange the tomatoes over the onions. Pour the egg-mixture over the onions and tomatoes, and top entire concoction with the remaining cheese.

Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until the quiche has set in the middle. Serve hot or cold, your choice!

Vegetarian Haggis

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 small carrot, finely chopped
- 5 fresh mushrooms, finely chopped
- 1 cup vegetable broth
- 1/3 cup dry red lentils
- 2 tablespoons canned kidney beans - drained, rinsed, and mashed
- 3 tablespoons ground peanuts
- 2 tablespoons ground hazelnuts
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 1/2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 pinch ground cayenne pepper
- 1 1/2 teaspoons mixed spice
- 1 egg, beaten
- 1 1/3 cups steel cut oats

Directions

Heat the vegetable oil in a saucepan over medium heat, and saute the onion 5 minutes, until tender. Mix in carrot and mushrooms, and continue cooking 5 minutes. Stir in broth, lentils, kidney beans, peanuts, hazelnuts, soy sauce, and lemon juice. Season with thyme, rosemary, cayenne pepper, and mixed spice. Bring to a boil, reduce heat to low, and simmer 10 minutes. Stir in oats, cover, and simmer 20 minutes.

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 5x9 inch baking pan.

Stir the egg into the saucepan. Transfer the mixture to the prepared baking pan. Bake 30 minutes, until firm.

Vegetarian Stuffed Red Bell Peppers

Ingredients

1 cup quinoa
1 cup water
2 red bell peppers
1/2 Granny Smith apple, cored and chopped
1 tablespoon fresh lime juice
1 teaspoon olive oil
1 clove garlic, minced
1 1/2 tablespoons chopped fresh parsley
1 1/2 tablespoons chopped fresh mint
1 cup chopped tomatoes
3 green onions, thinly sliced
sea salt and pepper to taste

Directions

Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish. Halve the red peppers lengthwise. Remove the seeds and ribs, but leave the stem intact so the pepper bowls hold their shape; place cut-side-up into the prepared baking dish.

Toss the chopped apple with the lime juice, olive oil, garlic, parsley, mint, tomatoes, and green onions. Fold in the quinoa, and season to taste with salt and pepper. Fill the cut peppers with this mixture, and fill the baking dish with about 1/4 inch of water.

Bake in preheated oven until the peppers are tender, and the quinoa is hot, about 20 minutes.

Vegetarian Kofta Kabobs

Ingredients

- 1 cup bulgur
- 2 cups vegetable broth or stock
- 1 (18.75 ounce) can adzuki beans
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons hot pepper sauce
- 1 egg, beaten
- 1 cup stale whole wheat bread cubes
- 1 cup skim milk
- salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 8 (12-inch) skewers

Directions

Combine the bulgur wheat and vegetable stock in a saucepan. Bring to a boil, then simmer for about 10 minutes, or until liquid has been absorbed. Set aside to cool.

Meanwhile, in a large bowl, combine the adzuki beans, 2 tablespoons of olive oil, onion, garlic, cumin, coriander, cilantro, hot sauce, and the egg. Mash with a potato masher or sturdy whisk until fairly smooth. Soak the bread in milk, then squeeze out the excess; add to the bean mixture along with the bulgur. Mix using your hands until everything is well blended. Cover, and refrigerate for 1 hour, or until firm.

Preheat the oven to 425 degrees F (220 degrees C).

Wet your hands, and form the kofta into 32 oval shapes. Press onto skewers four at a time. Brush with remaining olive oil. Place on a baking sheet or broiling pan.

Bake for 10 to 15 minutes in the preheated oven. Turn over, brush again with oil, and continue baking for 5 to 10 minutes, until crispy.

Vegetarian Split Pea Soup

Ingredients

3/4 cup uncooked orzo pasta
1 cup chopped onion
1 cup chopped celery
2 cloves garlic, minced
1 1/2 cups chopped carrots
1 tablespoon olive oil
1 quart vegetable broth
1 cup dried split peas
1 teaspoon dried thyme
1/2 teaspoon dried chipotle chile pepper
salt and pepper to taste

Directions

Bring a medium-size pot of salted water to a boil, add orzo and cook until al dente. Drain well.

In a large skillet, saute onion, celery, garlic, and carrots in olive oil for 5 minutes.

Place vegetables, vegetable broth, peas, thyme, chile pepper, salt and pepper in a pressure cooker. Cover. When pressure cooker reaches full pressure, cook for 10 to 12 minutes. Remove the pressure cooker from the heat. Add cooked orzo and serve.

Note: If you would like creamier soup, puree soup in a food processor or blender. Add additional broth to bring the soup to the consistency you desire.

Vegetarian Spaghetti

Ingredients

- 1 (16 ounce) package spaghetti
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 3 tablespoons vegetable oil
- 1 (26 ounce) jar meatless spaghetti sauce
- 1 (16 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with garlic and onion, undrained
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 1/4 cup grated Parmesan cheese

Directions

Cook spaghetti according to package directions. Meanwhile, in a large skillet, saute the onion, celery and garlic powder in oil until tender. Add the spaghetti sauce, beans, tomatoes, sugar, salt, oregano and bay leaf.

Bring to a boil; cover and simmer for 10 minutes. Discard bay leaf. Drain spaghetti; top with sauce and Parmesan cheese.

Vietnamese Style Vegetarian Curry Soup

Ingredients

2 tablespoons vegetable oil
1 onion, coarsely chopped
2 shallots, thinly sliced
2 cloves garlic, chopped
2 inch piece fresh ginger root, thinly sliced
1 stalk lemon grass, cut into 2 inch pieces
4 tablespoons curry powder
1 green bell pepper, coarsely chopped
2 carrots, peeled and diagonally sliced
8 mushrooms, sliced
1 pound fried tofu, cut into bite-size pieces
4 cups vegetable broth
4 cups water
2 tablespoons vegetarian fish sauce (optional)
2 teaspoons red pepper flakes
1 bay leaf
2 kaffir lime leaves
8 small potatoes, quartered
1 (14 ounce) can coconut milk

2 cups fresh bean sprouts, for garnish
8 sprigs fresh chopped cilantro, for garnish

Directions

Heat oil in a large stock pot over medium heat. Saute onion and shallots until soft and translucent. Stir in garlic, ginger, lemon grass and curry powder. Cook for about 5 minutes, to release the flavors of the curry. Stir in green pepper, carrots, mushrooms and tofu. Pour in vegetable stock and water. Season with fish sauce and red pepper flakes. Bring to a boil, then stir in potatoes and coconut milk. When soup returns to a boil, reduce heat and simmer for 40 to 60 minutes, or until potatoes are tender. Garnish each bowl with a pile of bean sprouts and cilantro.

Vegetarian Kale Soup

Ingredients

2 tablespoons olive oil
1 yellow onion, chopped
2 tablespoons chopped garlic
1 bunch kale, stems removed and leaves chopped
8 cups water
6 cubes vegetable bouillon (such as Knorr)
1 (15 ounce) can diced tomatoes
6 white potatoes, peeled and cubed
2 (15 ounce) cans cannellini beans (drained if desired)
1 tablespoon Italian seasoning
2 tablespoons dried parsley
salt and pepper to taste

Directions

Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

Vegetarian Ribs

Ingredients

2 cups gluten
1/3 cup nutritional yeast
2 tablespoons paprika
1 tablespoon salt
2 cups water
1/2 cup smooth peanut butter
1 large onion, minced
1/2 cup olive oil
2 cups barbeque sauce

Directions

In a large bowl, stir together the gluten, yeast, paprika and salt. Pour in the water all at once and quickly mix with a sturdy spoon. Additional water may be necessary to moisten all of the dry gluten. Don't worry that the ball is rather solid, it is supposed to be. Pour off any excess water.

If you want your ribs chewy, leave the ball just as it is. If you want it slightly less chewy, remove it from the bowl and knead for 1 to 2 minutes on a clean surface. Return it to the bowl, and coat with smooth peanut butter. Set aside.

Heat the oil in a skillet over medium heat. Add onion; cook and stir until golden brown. Remove from the heat. Pour the onion and oil over the ball of gluten. Poke a few times with a chopstick, knife or even a fork, allowing the oil to soak into the ball. Let cool.

When the ball is just warm enough to be manageable, use your hands to mix the oil and onions in. There will be a lot of oil that will not mix in and tiny pieces of gluten that will not stay attached. That's okay. The oil mainly helps the gluten absorb the spice. Just mix as much as you can.

Preheat the oven to 350 degrees F (175 degrees C).

Break off good sized handfuls of dough and shape them into strips by pulling and twisting. You want them to be about 4 inches long and 1/2 inch thick. Don't try cutting these, or rolling them out, as that will make them behave more like bread and change the texture appreciably. Place the strips on a greased baking sheet.

Bake for 40 minutes in the preheated oven. Remove from the oven and coat each piece liberally with barbeque sauce. Return to the oven for another 10 minutes.

Vegetarian Stuffed Poblano Peppers

Ingredients

4 poblano peppers
2 tablespoons olive oil
1 (12 ounce) package vegetarian
burger crumbles
1 (1.25 ounce) package chili
seasoning mix
1/2 cup shredded pepperjack
cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Bring a large saucepan of water to a boil. Slice the poblanos in half lengthwise and remove the seeds and stems. Place cleaned peppers in boiling water; cook until soft, about 4 minutes. Drain.

Heat olive oil in a large skillet. Stir in vegetarian crumbles and chili seasoning mix. Cook, stirring, until crumbles are hot, about 5 minutes. Fill the cooked peppers with the seasoned crumbles; top with pepperjack cheese. Arrange stuffed peppers on a baking sheet.

Place peppers in preheated oven until cheese is melted, about 10 minutes.

Al's Quick Vegetarian Spaghetti

Ingredients

1 pound uncooked spaghetti
1 cup broccoli florets
1 (15 ounce) can whole kernel corn, drained
1 cup fresh sliced mushrooms
1 cup sliced carrots
2 (8 ounce) cans tomato sauce

Directions

Bring a large pot of salted water to boil, add spaghetti and return water to a boil. Cook until spaghetti is al dente; drain well.

Combine broccoli, corn, mushrooms, carrots and tomato sauce in large sauce pot. Cook on medium heat for 15 to 20 minutes or until vegetables are tender. Stir occasionally to keep sauce from sticking. Serve sauce over spaghetti.

Vegetarian Chili

Ingredients

2 (15 ounce) cans pinto beans,
drained and rinsed
1 (28 ounce) can crushed
tomatoes
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can yellow hominy,
drained
1 (6 ounce) can tomato paste
1 (4 ounce) can chopped green
chilies
2 small zucchini, halved and thinly
sliced
1 medium onion, chopped
1 1/2 cups water
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon sugar
1/2 cup shredded Monterey Jack
cheese

Directions

In a large kettle or Dutch oven, combine the first 15 ingredients; mix well. Bring to a boil. Reduce heat; cover and simmer for 30-35 minutes. Sprinkle with cheese.

Sunday Vegetarian Strata

Ingredients

2 tablespoons olive oil
1/2 pound ground vegetarian
breakfast sausage
2 cups chopped onion
2 cloves garlic, minced
1 1/2 cups diced red bell pepper
6 cups cubed whole-wheat
country bread
1 tablespoon Dijon mustard
1 1/2 cups grated Swiss cheese
12 large eggs
2 cups 1% milk
1 teaspoon salt, or to taste
freshly ground black pepper to
taste

Directions

Heat the olive oil in a large skillet over medium heat and stir in the vegetarian sausage. Cook and stir until the sausage is crumbly, and evenly browned. Stir in the onion, garlic, and bell pepper; cook and stir until softened, 3 to 4 minutes. Remove from heat, and set aside.

Spray a 9x13-inch baking dish with non-stick cooking spray. Arrange bread in an even layer in the prepared baking dish. Scatter the sausage mixture on top. Brush with the Dijon mustard, and sprinkle with cheese. Whisk eggs, milk, salt, and pepper in a large bowl, and pour over the cheese. Cover tightly with plastic wrap, and refrigerate for 2 hours or overnight.

Preheat an oven to 350 degrees F (175 degrees C). Remove strata from the refrigerator, and unwrap.

Bake in the preheated oven until puffed, lightly browned, and the center is set, 1 hour to 1 1/2 hours. Allow to cool for 5 minutes before serving.

Easy Vegetarian Stroganoff

Ingredients

1 (12 ounce) package textured vegetable protein
2 (10.75 ounce) cans condensed cream of mushroom soup
1 (6 ounce) can sliced mushrooms, drained
2 tablespoons minced onion
1 tablespoon garlic powder
1 tablespoon seasoning salt
2 1/2 cups water
1 cup rolled oats
1 tablespoon olive oil

Directions

In a large, heavy skillet over medium heat combine textured vegetable protein, mushroom soup, mushrooms, onion, garlic powder, seasoning salt, water, oats and olive oil. Stir until ingredients are well mixed, oats are moist and soup is dissolved. Reduce heat to low and simmer until thickened, about 10 minutes.

Vegetarian Tourtiere

Ingredients

2 cups vegetable broth
2 cups texturized vegetable protein (TVP)
1/2 cup dried vegetable flakes
3 tablespoons butter
1 cup onion, minced
2 cups mushrooms, minced
2 cups bread crumbs
1 teaspoon freshly cracked peppercorns
1/2 teaspoon sea salt
1/2 teaspoon dried thyme leaves
1/2 teaspoon dried summer savory leaves
1 pinch ground cloves
1 pinch fresh ground nutmeg
1 (12 fluid ounce) bottle beer, room temperature
1 egg, beaten
1 tablespoon milk
2 (9 inch) refrigerated pie crusts
1 teaspoon water

Directions

Pour the vegetable broth into a saucepan and bring to a boil over high heat. Measure the texturized vegetable protein and vegetable flakes into a large mixing bowl. Pour the boiling broth over the texturized vegetable protein and vegetable flakes; soak for 15 minutes.

Meanwhile, melt the butter in a large skillet over medium-high heat, add the mushrooms and onions; cook and stir until soft, about 10 minutes.

Stir the texturized vegetable protein and vegetable flake mixture in with the mushroom and onions. Pour the beer into the skillet with the vegetable mixture; remove from heat and cool.

Preheat oven to 450 degrees F (230 degrees C).

Whisk the egg and milk together in a small bowl.

Line a deep dish pie plate with one round of the prepared pastry. Pour the vegetable mixture into the pastry shell. Prepare the top pastry by cutting a 2 to 3-inch hole in the center of the round using a knife or a decorative cookie cutter.

Moisten the edges of the bottom round with water. Place the top round of prepared pastry on top of the meat filling, pressing around the edges and crimping to seal. Brush the top of the pastry with the egg and milk mixture.

Bake in the preheated 450 degree F (230 degrees C) oven for 15 minutes. Lower the oven temperature to 375 degrees F (190 degrees C) and continue baking until the crust is golden brown, 30 to 40 minutes.

Vegetarian Buffalo Chicken Dip

Ingredients

1 (8 ounce) package seasoned chicken-style vegetarian strips (such as Morningstar Farms® Chik'n Strips), diced
2 (8 ounce) packages reduced fat cream cheese, softened
1 (16 ounce) bottle reduced-fat ranch salad dressing
1 (12 fluid ounce) bottle hot buffalo wing sauce (such as Frank's® REDHOT Buffalo Wing Sauce)
1 cup Colby-Monterey Jack cheese blend

Directions

Place the diced vegetarian chicken strips, cream cheese, ranch dressing, and buffalo wing sauce into a slow cooker. Cook on Low, stirring occasionally, until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the shredded cheese and serve.

Vegetarian Pasties

Ingredients

3 cups all-purpose flour
1 teaspoon salt
1/2 teaspoon baking powder
1 cup butter
4 eggs
2 teaspoons distilled white vinegar
3 1/2 cups water
1 cup dry lentils
3 potatoes, chopped
1 onion, chopped
1 tablespoon olive oil
1 teaspoon salt

Directions

Preheat oven to 350 degrees F (175 degrees C).

Make the dough: mix flour, salt and baking powder together in a medium size mixing bowl. Cut in butter. Stir in egg, vinegar and 1/2 cup water. Continue stirring until dough is moist enough to be formed into a ball (add more water if necessary). Form the dough into a large ball.

Make the filling: bring a pot of 3 cups water to boil, add lentils and continue to boil for 30 to 45 minutes; until lentils are tender. Watch the lentils and add water if necessary.

Wrap the potatoes in aluminum foil and bake them for 30 minutes in the preheated oven. When the potatoes have cooled cut them into small pieces and mix them with the lentils.

In a frying pan saute onions with oil. Stir the onions into the potato-lentil mixture; season with salt and stir.

Divide the dough into 6 - 8-inch circles. Lay the circles on a flat, floured surface. Place one cup of filling into the center of each circle. Fold the dough around the filling; seal the edges and arrange the pasties on an ungreased cookie sheet. Bake for one hour in the preheated oven.

Vegetarian Link Gravy

Ingredients

6 links vegetarian sausage
3 tablespoons olive oil
1 cup vegetable broth
1/8 cup all-purpose flour
1 teaspoon salt
freshly ground black pepper
1/4 teaspoon dried sage

Directions

Place the vegetarian link or patties and 1 tablespoon oil in a large frying pan, fry the links until done.

Break the links into small pieces. Add the remaining oil and flour to a small pot. Mix the flour with the oil over medium low heat until a roux is formed. Slowly add the vegetable broth, mixing well. Add the salt, pepper, sage and cooked sausage pieces. Bring mixture to a boil.

Vegetarian Chili

Ingredients

1 (12 ounce) package frozen
burger-style crumbles
2 (15 ounce) cans black beans,
rinsed and drained
2 (15 ounce) cans dark red kidney
beans
1 (15 ounce) can light red kidney
beans

1 (29 ounce) can diced tomatoes
1 (12 fluid ounce) can tomato juice
5 onions, chopped
3 tablespoons chili powder
1 1/2 tablespoons ground cumin
1 tablespoon garlic powder
2 bay leaves
salt and pepper to taste

Directions

In a large pot, combine meat substitute, black beans, kidney beans, diced tomatoes, tomato juice, onions, chili powder, cumin, garlic powder, bay leaves, salt and pepper. Bring to a simmer and cover. Let the chili simmer for at least 1 hour before serving.

Vegetarian Open Faced Sandwich

Ingredients

6 slices sourdough bread, toasted
3 tablespoons pesto sauce
1 small eggplant, sliced
1 small red bell pepper, sliced
1 medium red onion, sliced
2 tomatoes, sliced
1 cup sliced fresh mushrooms
6 slices mozzarella cheese
4 cloves garlic
dried oregano
dried basil
salt and pepper to taste

Directions

Preheat the oven broiler.

Spread one side of each bread slice with equal amounts pesto sauce. Arrange in a single layer on a baking sheet, pesto side up. Layer each slice with eggplant, red bell pepper, red onion, tomatoes, mushrooms, and cheese. Crush garlic on top of cheese, and season with oregano, basil, salt, and pepper.

Broil 5 minutes in the preheated oven, or until cheese is melted and lightly browned.

Vegetarian Chickpea Curry with Turnips

Ingredients

2 tablespoons olive oil
1/2 onion, diced
2 cloves garlic, minced
1 tablespoon ground cumin
2 tablespoons curry powder
1 (15 ounce) can garbanzo beans (chickpeas), undrained
1/2 red bell pepper, diced
1/2 turnip, peeled and diced
1 cup corn kernels
1/2 (15 ounce) can tomato sauce
1 pinch crushed red pepper flakes (optional)
1 pinch salt
1 pinch cracked black pepper

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the onion, garlic, cumin, and curry powder; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garbanzo beans, red bell pepper, turnip, corn, and tomato sauce. Season with red pepper flakes, salt, and black pepper. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender and the curry has thickened, 1 1/2 to 2 hours.

Vegetarian Southwest One-Pot Dinner

Ingredients

1 1/2 cups dried black-eyed peas, soaked overnight
1 green bell pepper, diced
1 onion, chopped
garlic cloves, chopped
1 (10 ounce) can sweet corn, drained
1 (28 ounce) can diced tomatoes
1/4 cup chili powder
2 teaspoons ground cumin
2 cups cooked rice
1/2 cup shredded Cheddar cheese

Directions

Drain and rinse black-eyed peas thoroughly. Place peas, green pepper, onion, garlic, corn, and tomatoes, in slow cooker. Season with chili powder, and cumin; stir until well blended.

Cover and cook on high for 2 hours. Stir in rice, and cheese. Continue to cook for a further 30 minutes.

Meatiest Vegetarian Chili from your Slow Cooker

Ingredients

1/2 cup olive oil
4 onions, chopped
2 green bell peppers, seeded and chopped
2 red bell peppers, seeded and chopped
4 cloves garlic, minced
1 (14 ounce) package firm tofu, drained and cubed
4 (15.5 ounce) cans black beans, drained
2 (15 ounce) cans crushed tomatoes
2 teaspoons salt
1/2 teaspoon ground black pepper
2 teaspoons ground cumin
6 tablespoons chili powder
2 tablespoons dried oregano
2 tablespoons distilled white vinegar
1 tablespoon liquid hot pepper sauce, such as Tabasco, etc.

Directions

Heat the olive oil in a large skillet over medium-high heat. Add the onions; cook and stir until they start to become soft. Add the green peppers, red peppers, garlic and tofu; cook and stir until vegetables are lightly browned and tender, the whole process should take about 10 minutes.

Pour the black beans into the slow cooker and set to Low. Stir in the vegetables and tomatoes. Season with salt, pepper, cumin, chili powder, oregano, vinegar and hot pepper sauce. Stir gently and cover. Cook on LOW for 6 to 8 hours.

Vegetarian Moussaka

Ingredients

1 eggplant, thinly sliced
1 tablespoon olive oil
1 large zucchini, thinly sliced
2 potatoes, thinly sliced
1 onion, sliced
1 clove garlic, chopped
1 tablespoon white vinegar
1 (14.5 ounce) can whole peeled tomatoes, chopped
1/2 (14.5 ounce) can lentils, drained, juice reserved
1 teaspoon dried oregano
2 tablespoons chopped fresh parsley
salt and pepper to taste
1 cup crumbled feta cheese

1 1/2 tablespoons butter
2 tablespoons all-purpose flour
1 1/4 cups milk
black pepper to taste
1 pinch ground nutmeg
1 egg, beaten
1/4 cup grated Parmesan cheese

Directions

Sprinkle eggplant slices with salt and set aside for 30 minutes. Rinse and pat dry.

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in a large skillet over medium-high heat. Lightly brown eggplant and zucchini slices on both sides; drain. Adding more oil if necessary, brown potato slices; drain.

Saute onion and garlic until lightly browned. Pour in vinegar and reduce. Stir in tomatoes, lentils, 1/2 the juice from lentils, oregano and parsley. Cover, reduce heat to medium-low, and simmer 15 minutes.

In a 9x13 inch casserole dish layer eggplant, zucchini, potatoes, onions and feta. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini.

Cover and bake in preheated oven for 25 minutes.

Meanwhile, in a small saucepan combine butter, flour and milk. Bring to a slow boil, whisking constantly until thick and smooth. Season with pepper and add nutmeg. Remove from heat, cool for 5 minutes, and stir in beaten egg.

Pour sauce over vegetables and sprinkle with Parmesan cheese. Bake, uncovered, for another 25 to 30 minutes.

Vegetarian Phad Thai

Ingredients

- 1 pound dried rice noodles
- 2 tablespoons vegetable oil
- 4 eggs, beaten
- 2 tablespoons peanut oil
- 1 1/2 cups peanut butter
- 1/3 cup water
- 1/3 cup soy sauce
- 1 cup milk
- 1 1/4 cups brown sugar
- 1/3 cup lemon juice
- 2 tablespoons garlic powder
- 1 tablespoon paprika
- cayenne pepper to taste
- 1 pound mung bean sprouts
- 1 cup shredded carrots
- 1/4 cup chopped green onions
- 1/2 cup chopped, unsalted dry-roasted peanuts
- 1 lime, cut into wedges

Directions

Submerge the rice noodles in a large bowl of hot water for about an hour.

Pour 1/2 tablespoon of oil into a large skillet, and add eggs. Scramble into medium-sized pieces, and transfer to plate. Set aside.

In a saucepan, mix together peanut oil, peanut butter, water, soy sauce, milk, brown sugar, and lemon juice. Season with garlic powder and paprika. Heat until sauce is smooth. Season liberally with cayenne pepper.

Drain noodles; noodles should be very flexible, but still relatively firm. Heat remaining 1 1/2 tablespoons vegetable oil in a large saucepan or wok. Cook noodles in oil, stirring constantly, until they are tender, about 2 minutes. Stir in peanut sauce, sprouts, carrots, scallions, ground peanuts, and the scrambled eggs. Continue to cook over low heat until vegetables are crisp-tender, about 5 minutes. Serve immediately, garnished with lime wedges.

Vegetarian Pate

Ingredients

1 egg
3 tablespoons vegetable oil
1 large onion, chopped
2 cloves garlic, chopped
20 thin wheat crackers
1/2 cup walnuts
1 (15 ounce) can peas, drained
1/2 teaspoon seasoning salt
salt and pepper to taste

Directions

Place egg in a small saucepan, and cover with cold water. Bring water to a boil, and immediately remove from heat. Cover, and let egg stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Heat oil in a skillet over low heat, and add chopped onion. Cook, stirring occasionally, until brown and tender. Add chopped garlic, and saute for 1 to 2 minutes. Remove the mixture from the skillet, and set aside to cool.

In a blender or food processor, finely chop wheat crackers and walnuts. Mix in peas, seasoning salt and sauteed onion mixture. Add the egg, and blend to a fine paste, adding water or oil if necessary to attain desired consistency. Season with salt and pepper.

Vegetarian Shepherd's Pie

Ingredients

2 tablespoons extra virgin olive oil, divided
1 large yellow onion, roughly chopped
4 cloves garlic, crushed
2 tablespoons curry powder
2 teaspoons ground cumin
2 small red or green bell peppers, chopped
3 cups cubed eggplant, with peel
1 (15 ounce) can diced tomatoes
1/2 cup water
1 1/4 pounds small red potatoes, halved
1/2 cup fat-free half and half (or milk)
1 cup frozen or fresh peas
1/2 cup grated Parmesan cheese
1 pinch Salt and freshly ground black pepper to taste

Directions

Preheat oven to 400 degrees. In a large skillet over medium heat, heat 1 Tb. oil; add onions, garlic, curry and cumin. Saute until onions are soft, about 5 minutes. Remove to a bowl.

Heat remaining oil in skillet; add peppers, eggplant, tomatoes and 1/2 cup water. Saute until soft, about 20 minutes. Stir in onions. Place in a shallow 8-by-8- inch baking dish.

In a saucepan, boil potatoes until done. Drain and smash. Stir in half and half, peas, salt and pepper. Spread over vegetables and top with Parmesan.

Bake 15 minutes. Brown in broiler. Serve.

Vegetarian Nut Loaf

Ingredients

2 large onions, finely chopped
1 cup chopped fresh mushrooms
1/4 cup finely chopped green pepper
2 tablespoons butter
3 cups grated carrots
1 1/2 cups chopped celery
5 eggs, beaten
1/2 cup chopped walnuts
1/4 cup unsalted sunflower kernels
1/2 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon pepper
3 cups soft whole wheat bread crumbs

Directions

In a nonstick skillet, saute onions, mushrooms and green pepper in butter until tender. In a bowl, combine the mushroom mixture, carrots, celery, eggs, walnut, sunflower kernels, salt, basil, oregano and pepper. Stir in bread crumbs:

Coat a 9-in. x 5-in. x 3-in. loaf pan with nonstick cooking spray, then line with waxed paper. Transfer vegetable mixture to a prepared pan. Bake at 350 degrees F for 1 hour or until a meat thermometer reads 160 degrees F. Let stand for 10 min before slicing.

Alissa's Vegetarian Lentil Meatloaf

Ingredients

1 1/2 cups French green lentils
3/4 cup chopped onion
1/2 cup shredded carrot
1/2 cup chopped red bell pepper
1/4 cup wheat germ
1/2 cup cooked brown rice
3/4 cup bread crumbs
1/4 cup crushed flax seed
2/3 cup egg whites
1 (6.5 ounce) can tomato sauce
1 tablespoon olive oil
2 teaspoons dried thyme
1 pinch cayenne pepper, or to taste
salt to taste

Directions

Measure the lentils into a saucepan and fill with enough water to cover them by 1 inch. Bring to a boil, and cook until tender, about 45 minutes. Check occasionally and add more water if needed. Drain and set aside to cool.

Preheat the oven to 375 degrees F (190 degrees C). Grease an 8x4 inch loaf pan.

In the bowl of a food processor, combine the onion, carrot, bell pepper and wheat germ. Pulse until finely chopped. Transfer to a bowl. Put the lentils into the food processor and process into a paste. Spoon the lentils into the bowl with the vegetables and mix in the rice, bread crumbs, flax seed, egg whites, tomato sauce and olive oil. Season with thyme, cayenne pepper and salt. Spoon the mixture into the prepared loaf pan.

Bake for 45 minutes in the preheated oven, until heated through and browned on the top. Cool slightly before slicing and serving.

Vegetarian Korma

Ingredients

- 1 1/2 tablespoons vegetable oil
- 1 small onion, diced
- 1 teaspoon minced fresh ginger root
- 4 cloves garlic, minced
- 2 potatoes, cubed
- 4 carrots, cubed
- 1 fresh jalapeno pepper, seeded and sliced
- 3 tablespoons ground unsalted cashews
- 1 (4 ounce) can tomato sauce
- 2 teaspoons salt
- 1 1/2 tablespoons curry powder
- 1 cup frozen green peas
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 cup heavy cream
- 1 bunch fresh cilantro for garnish

Directions

Heat the oil in a skillet over medium heat. Stir in the onion, and cook until tender. Mix in ginger and garlic, and continue cooking 1 minute. Mix potatoes, carrots, jalapeno, cashews, and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.

Stir peas, green bell pepper, red bell pepper, and cream into the skillet. Reduce heat to low, cover, and simmer 10 minutes. Garnish with cilantro to serve.

Vegetarian White Bean 'Alfredo' with Linguine

Ingredients

1 (16 ounce) package linguine pasta
1/4 cup butter
3 cloves garlic, minced
2 cups cooked navy beans, rinsed and drained
1 1/2 cups soy milk
1 cup asparagus, cut into 1/2-inch pieces
salt and black pepper to taste

Directions

Fill a large pot with lightly salted water, and bring to a boil over high heat. Cook pasta in boiling water, stirring occasionally, until the pasta has cooked through, about 11 minutes. Drain well.

Meanwhile, melt the butter in a large saucepan over medium heat. Stir in the garlic, and cook until golden brown, about 5 minutes. Add 2/3 cup of the beans and 1/2 cup of soy milk; mash with the back of a spoon or a potato masher to create a thick paste. Stir in the remaining soy milk to create a thick sauce. Mix in the remaining beans and asparagus; simmer until asparagus is tender. Season to taste with salt and pepper. Toss pasta with the sauce, and serve.

Vegetarian Cottage Cheese Patties

Ingredients

3 eggs
1 1/2 cups cottage cheese
1 1/2 cups quick rolled oats
3 tablespoons wheat germ (optional)
1 (1 ounce) envelope dry onion soup mix
1 teaspoon dried thyme
2 tablespoons vegetable oil (for frying)
1 (10 ounce) can condensed cream of mushroom soup

Directions

Preheat oven to 350 degrees F (175 degrees C).

Beat eggs into a large bowl. Stir in cottage cheese, rolled oats, wheat germ, dry onion soup mix, and dried thyme. Form into 8 patties.

Heat oil in a skillet over medium heat. Place patties in oil, and brown on both sides. Remove patties to a 9x13-inch baking dish.

Pour condensed soup into a small bowl. Stir in 1/2 can of water (or milk) to dilute, then pour over patties.

Bake in a preheated oven until the soup is bubbly, about 20 minutes.

Convenient Vegetarian Lasagna

Ingredients

2 (12 ounce) packages lasagna noodles
2 pounds ricotta cheese
4 eggs
1 cup grated Parmesan cheese
1/3 cup chopped fresh parsley
2 teaspoons dried basil
ground black pepper to taste
1/2 cup olive oil
1 1/2 cups chopped onion
1 cup sliced carrots
1 1/4 cups chopped green bell pepper
1 (16 ounce) package chopped frozen broccoli, thawed and drained
3 cups chunky-style spaghetti sauce
2 cups shredded mozzarella cheese, divided

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.

In a large bowl, combine ricotta cheese, eggs, Parmesan cheese, parsley, basil and ground black pepper. Stir to blend; set aside.

Heat oil in a large saucepan over high heat. Saute onions for about 5 minutes, stirring occasionally; add carrot slices and saute about 2 minutes, then stir in green bell pepper and broccoli. Stir all together, reduce heat to medium and cook until tender, about 5 minutes. Scrape veggies into ricotta mix and mix well.

Preheat oven to 350 degrees F (175 degrees C).

Ladle 1 cup of spaghetti sauce into a 9x13 inch baking dish and spread evenly over the bottom. Place 2 strips of lasagna lengthwise in the dish, then spread about 4 cups of the filling over the pasta. Sprinkle 1 cup of the mozzarella cheese over the filling; repeat layers.

Bake at 350 degrees F (175 degrees C) for 1 hour; let stand about 15 to 20 minutes, to firm up, before serving.

Vegetarian Reubens

Ingredients

1 pound smoked Cheddar cheese, shredded
1 cup thousand island salad dressing, or to taste
1 (16 ounce) jar sauerkraut, drained
12 slices dark rye bread
2 tablespoons butter
2 tomatoes, sliced

Directions

In a large mixing bowl, stir together the cheese and sauerkraut. Add enough dressing to coat, and mix thoroughly.

Butter each slice of bread on one side. Spread a thick layer of the cheese mixture onto unbuttered side of half of the bread slices. Top with sliced tomato and another slice of bread.

Heat a large skillet to medium-high heat. Fry sandwiches on both sides until the outside is toasted and the cheese is melted.

Farmer's Market Vegetarian Quesadillas

Ingredients

1/2 cup chopped red bell pepper
1/2 cup chopped zucchini
1/2 cup chopped yellow squash
1/2 cup chopped red onion
1/2 cup chopped mushrooms
1 tablespoon olive oil
cooking spray
6 (9 inch) whole wheat tortillas
1 1/4 cups shredded reduced-fat
sharp Cheddar cheese

Directions

In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides, for approximately 2 to 3 minutes per side. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

Vegetarian Stuffing

Ingredients

1 (1 pound) loaf day-old bread,
torn into small pieces
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.5 ounce) can vegetable
broth
2 tablespoons water
1 teaspoon poultry seasoning
salt to taste
ground black pepper to taste
1/2 cup wild rice, cooked
(optional)
1/4 cup dried cranberries
(optional)
1/2 cup fresh mushrooms
(optional)
1/2 cup chopped pecans
(optional)
1/4 cup cubed apples (optional)

Directions

Mix together the bread, cream of mushroom soup, vegetable broth, water, poultry seasoning, and salt and pepper to taste. Add any or all of the optional ingredients as desired. It will be sticky. Shape into a loaf and wrap in (nonstick, sprayed) foil to bake.

Bake for about an hour at 350 degrees F (175 degrees C). You can slice it like a meatloaf and serve.

The Best Vegetarian Chili in the World

Ingredients

1 tablespoon olive oil
1/2 medium onion, chopped
2 bay leaves
1 teaspoon ground cumin
2 tablespoons dried oregano
1 tablespoon salt
2 stalks celery, chopped
2 green bell peppers, chopped
2 jalapeno peppers, chopped
3 cloves garlic, chopped
2 (4 ounce) cans chopped green chile peppers, drained
2 (12 ounce) packages vegetarian burger crumbles
3 (28 ounce) cans whole peeled tomatoes, crushed
1/4 cup chili powder
1 tablespoon ground black pepper
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.