

The Vegan Cookbook

72 Recipes

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Vegan Refried Beans

Ingredients

1 tablespoon olive oil
1 onion, diced
1 (15 ounce) can pinto beans,
drained
3 tablespoons tomato paste
chili powder to taste
1 cup vegetable broth

Directions

Heat oil in a medium skillet over medium heat. Saute onions until tender. Stir in beans, tomato paste, chili powder and vegetable broth. Cook 5 minutes, or until stock has reduced. Mash with a potato masher.

Vegan Carrot Soup

Ingredients

1 tablespoon vegetable oil
1 large onion, diced
3 cloves garlic, minced
4 large carrots, sliced
5 new potatoes, quartered
2 cups vegetable broth
2 teaspoons grated fresh ginger
1 teaspoon curry powder
salt and pepper to taste

Directions

Heat oil in a soup pot over medium heat. Add onion and garlic, and cook stirring often until onion is translucent. Add carrots and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices.

Pour the vegetable broth into the pot, and season with ginger, curry powder, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 15 to 20 minutes, until carrots are tender.

Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve.

Vegan Pancakes

Ingredients

1 1/4 cups all-purpose flour
2 tablespoons white sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 1/4 cups water
1 tablespoon oil

Directions

Sift the flour, sugar, baking powder, and salt into a large bowl. Whisk the water and oil together in a small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir just until blended; mixture will be lumpy.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

Vegan Casserole

Ingredients

5 russet potatoes, peeled
1 clove crushed garlic
1 stalk celery, chopped
1 bunch fresh parsley, chopped
8 whole black peppercorns
1 onion, chopped
1 bay leaf
1 tablespoon light miso paste
1 tablespoon olive oil

1 tablespoon olive oil
3/4 cup diced red onion
1 clove garlic, minced
1/2 pound fresh mushrooms, sliced
1 pound firm tofu, crumbled
4 tablespoons hickory flavored barbecue sauce
1 tablespoon nutritional yeast (optional)
1 tablespoon vegetarian chicken flavored gravy mix
1 teaspoon paprika
1 tablespoon tamari
1 cup fresh corn kernels
1 cup chopped spinach

2 tablespoons olive oil
1/8 cup whole wheat pastry flour
2 teaspoons nutritional yeast (optional)
1 tablespoon vegetarian chicken flavored gravy mix
1 cube vegetable bouillon

Directions

Preheat oven to 400 degrees F (200 degrees C).

Peel and quarter potatoes. Place in a medium or large size pot with water to cover. Add garlic, celery, parsley, peppercorns, onion, and bay leaf. Bring to a boil, cover, and simmer over medium-low heat for 15 to 20 minutes or until potatoes are very tender.

To Make Filling: While potatoes are cooking, in a large skillet heat 1 tablespoon oil and saute onion and garlic. Saute for 1 minute over medium heat, then add mushrooms and saute for 2 minutes. Crumble tofu in chunks into the skillet and saute briefly, mixing well. Stir in barbecue sauce, yeast, gravy mix, thyme, paprika, and tamari. Mix well and saute, stirring frequently, for 20 minutes over medium heat.

Transfer potatoes from water to a large bowl, reserving 3 1/2 cups of the remaining stock. Add miso, oil, and 3/4 to 1 cup of the potato stock to the potatoes a little at a time, mashing potatoes as you add the stock. Add only enough water to moisten potatoes adequately. Do not over moisten, this potato mixture will be the crust covering of the casserole.

Add corn and spinach to filling mixture and mix well. Spoon filling into an oiled, shallow ovenproof casserole dish. Pat down with back of a large spoon. Spread potato crust evenly over filling, smoothing top with a spoon or spatula. Dust evenly with paprika. Bake for 30 to 40 minutes, or until crust is golden.

While casserole bakes, prepare gravy. Heat oil in a large frying pan. Add flour and yeast, stir with a whisk over medium heat to form a paste. Slowly stir in 2 1/2 cups of reserved potato water, whisking as you stir to allow gravy to thicken. Stir in instant gravy mix and continue whisking until gravy is thick and smooth; add additional potato water, if necessary. Serve casserole with crust on the bottom and filling on top. Spoon gravy over top.

Harvest Vegan Nut Roast

Ingredients

1/2 cup chopped celery
2 onions, chopped
3/4 cup walnuts
3/4 cup pecan or sunflower meal
2 1/2 cups soy milk
1 teaspoon dried basil
1 teaspoon dried oregano
3 cups bread crumbs
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a loaf pan.

In a medium size frying pan, saute the chopped celery and the onion in 3 teaspoons water until cooked.

In a large mixing bowl combine the celery and onion with walnuts, pecan or sunflower meal, soy milk, basil, oregano, bread crumbs, salt and pepper to taste; mix well. Place mixture in the prepared loaf pan.

Bake for 60 to 90 minutes; until the loaf is cooked through.

Vegan Davy Crockett Bars

Ingredients

2 cups all-purpose flour
1 cup white sugar
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
1 cup brown sugar
2 cups quick cooking oats
1 cup vegan chocolate chips
1 teaspoon vanilla extract
3/4 cup vegetable oil

Directions

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

Mix flour, sugar, salt, baking powder, and baking soda together in a large bowl. Stir in brown sugar, oats, and chocolate chips. In a separate bowl, combine oil and vanilla extract; stir into flour mixture. Press dough into a 15x10 inch jelly roll pan.

Bake in the preheated oven until lightly brown, about 15 minutes. Cool before cutting into bars.

Creamy Vegan Corn Chowder

Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 clove garlic, minced
- 2 1/2 cups water
- 2 cubes vegetable bouillon
- 2 cups corn
- 2 cups soy milk
- 1 tablespoon flour
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper

Directions

Heat oil in a large skillet over medium heat. Stir in onions and celery; cook until just slightly golden. Stir in carrots and garlic; cook until garlic is slightly golden.

Meanwhile, bring water to a boil over high heat. Stir in bouillon, and reduce heat to medium. When bouillon cubes have dissolved, add corn and the vegetables from the skillet. Cook until vegetables are tender. Add water, if necessary. Reduce heat to low, and pour in 1 cup soy milk. Stir soup well, then stir in remaining 1 cup soy milk. Quickly whisk in flour. Stir in parsley, garlic powder, salt, and pepper. Cook, stirring constantly, until chowder thickens, about 15 to 20 minutes.

'Dark Night' Vegan Chocolate Mousse

Ingredients

1 (16 ounce) package silken tofu, drained
3/4 cup Stevia Extract In The Raw® Cup For Cup
1 teaspoon pure vanilla extract
1 tablespoon light agave syrup
1/4 cup soy milk
1/2 cup unsweetened cocoa powder
2 tablespoons carob powder
Mint leaves

Directions

Place tofu, Stevia Extract In The Raw and vanilla in a food processor or blender. Process until well blended. Add remaining ingredients and process until mixture is fully blended.

Pour into small dessert cups or espresso cups. Chill for at least 2 hours. Garnish with fresh mint leaves just before serving.

Vegan Peanut Butter Fudge

Ingredients

2 cups packed brown sugar
1/8 teaspoon salt
3/4 cup soy milk
2 tablespoons light corn syrup
4 tablespoons peanut butter
1 teaspoon vanilla extract

Directions

Lightly grease one 9x5x2 inch pan.

In a 2-quart pot over very low heat, mix together the brown sugar, salt, soy milk, corn syrup, peanut butter and vanilla. Cook until hot and brown sugar is dissolved.

Quickly pour into pan and refrigerate. Cut into squares and store in semi-airtight container in refrigerator.

Creamy Vegan Hot Cocoa

Ingredients

3 tablespoons canned coconut milk
1/2 teaspoon vanilla extract
3 tablespoons white sugar
4 1/2 teaspoons cocoa powder
1 dash ground cinnamon
1 cup boiling water

Directions

Stir together coconut milk, vanilla extract, sugar, cocoa powder, and cinnamon in a large mug. Add boiling water and stir until the sugar has dissolved.

Vegan Apple Carrot Muffins

Ingredients

1 cup brown sugar
1/2 cup white sugar
2 1/2 cups all-purpose flour
4 teaspoons baking soda
1 teaspoon baking powder
4 teaspoons ground cinnamon
2 teaspoons salt
2 cups finely grated carrots
2 large apples - peeled, cored and shredded
6 teaspoons egg replacer (dry)
1 1/4 cups applesauce
1/4 cup vegetable oil

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.

In a large bowl combine brown sugar, white sugar, flour, baking soda, baking powder, cinnamon and salt. Stir in carrot and apple; mix well.

In a small bowl whisk together egg substitute, applesauce and oil. Stir into dry ingredients.

Spoon batter into prepared pans.

Bake in preheated oven for 20 minutes. Let muffins cool in pan for 5 minutes before removing from pans to cool completely.

Vegan Lentil, Kale, and Red Onion Pasta

Ingredients

2 1/2 cups vegetable broth
3/4 cup dry lentils
1/2 teaspoon salt
1 bay leaf

1/4 cup olive oil
1 large red onion, chopped
1 teaspoon chopped fresh thyme
1/2 teaspoon chopped fresh oregano
1/2 teaspoon salt
1/2 teaspoon black pepper
8 ounces vegan sausage, cut into 1/4 inch slices (optional)

1 bunch kale, stems removed and leaves coarsely chopped
1 (12 ounce) package rotini pasta
2 tablespoons nutritional yeast (optional)

Directions

Bring the vegetable broth, lentils, 1/2 teaspoon of salt, and bay leaf to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and cook until the lentils are tender, about 20 minutes. Add additional broth if needed to keep the lentils moist. Discard the bay leaf once done.

As the lentils simmer, heat the olive oil in a skillet over medium-high heat. Stir in the onion, thyme, oregano, 1/2 teaspoon of salt, and pepper. Cook and stir for 1 minute, then add the sausage. Reduce the heat to medium-low, and cook until the onion has softened, about 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil over high heat. Add the kale and rotini pasta. Cook until the rotini is al dente, about 8 minutes. Remove some of the cooking water, and set aside. Drain the pasta, then return to the pot, and stir in the lentils, and onion mixture. Use the reserved cooking liquid to adjust the moistness of the dish to your liking. Sprinkle with nutritional yeast to serve.

Vegan Granola

Ingredients

cooking spray
3 cups rolled oats
2/3 cup wheat germ
1/2 cup slivered almonds
1 pinch ground nutmeg
1 1/2 teaspoons ground cinnamon
1/2 cup apple juice
1/2 cup molasses
1 teaspoon vanilla extract
1 cup dried mixed fruit
1 cup quartered dried apricots

Directions

Preheat oven to 350 degrees F (175 degrees C). Prepare two cookie sheets with cooking spray.

In a large bowl, combine oats, wheat germ, almonds, cinnamon and nutmeg. In a separate bowl, mix apple juice, molasses and extract. Pour the wet ingredients into the dry ingredients, stirring to coat. Spread mixture onto baking sheets.

Bake for 30 minutes in preheated oven, stirring mixture every 10 to 15 minutes, or until granola has a golden brown color. Let cool. Stir in dried fruit. Store in an airtight container.

Vegan Baked Oatmeal Patties

Ingredients

- 4 cups water
- 4 cups quick cooking oats
- 1/2 onion, chopped
- 1/3 cup vegetable oil
- 1/2 cup spaghetti sauce
- 1/2 cup chopped pecans
- 1/4 cup nutritional yeast
- 2 teaspoons garlic powder
- 1 teaspoon dried basil
- 2 teaspoons onion powder
- 1 teaspoon ground coriander
- 1 teaspoon sage
- 1 teaspoon active dry yeast

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Bring water to a boil and stir in oatmeal. Cover and reduce heat to low. Cook 5 to 10 minutes, or until the oats are cooked and all the water has been absorbed. Remove from heat and let stand for 5 minutes.

To the oatmeal add onion, oil, spaghetti sauce, pecans, nutritional yeast, garlic powder, basil, onion powder, coriander, sage and active yeast. Mix well and form into patties. Place on prepared baking sheet.

Bake for 15 minutes. Turn patties over and bake another 15 minutes.

Vegan Black Bean Soup

Ingredients

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) cans black beans
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can crushed tomatoes

Directions

Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.

Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Vegan Taco Chili

Ingredients

- 1 tablespoon olive oil
- 1 pound sliced fresh mushrooms
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 stalks celery, chopped
- 1 (29 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 3 (15 ounce) cans kidney beans
- 1 (11 ounce) can Mexican-style corn

Directions

Heat the oil in a large skillet. Sauté the mushrooms, garlic, onion and celery until tender. Transfer them to a stock pot or slow cooker. Stir in the tomato sauce, tomato paste, beans and Mexican-style corn. Cook for at least an hour to blend the flavors.

Easy Vegan Whole Grain Pancakes

Ingredients

1/2 cup whole wheat flour
1/2 cup rye flour
1 tablespoon soy flour
1 tablespoon white sugar
1 1/2 teaspoons baking powder
1/8 teaspoon salt
1/8 teaspoon ground cinnamon
(optional)
1/2 teaspoon vanilla extract
(optional)
1/2 cup water
1/2 cup soy milk
1/4 cup chopped pecans

Directions

In a medium bowl, stir together the whole wheat flour, rye flour, soy flour, sugar, baking powder, salt and cinnamon. Make a well in the center, and pour in the vanilla, water and soy milk. Mix until all of the dry ingredients have been absorbed, then stir in the pecans.

Heat a large skillet or griddle iron over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter onto the hot surface, and spread out to 1/4 inch thickness. Cook until bubbles appear on the surface, then flip and brown on the other side. Serve warm.

Vegan Stew

Ingredients

1 onion, chopped
3 carrots, chopped
3 potatoes, chopped
1 parsnip, chopped
1 turnip, chopped
1/4 cup uncooked white rice
1 teaspoon ground black pepper
1 teaspoon ground cumin
1 teaspoon salt
2 1/2 cups water

Directions

In a large pot over medium-high heat, combine onion, carrots, potatoes, parsnip, turnip, rice, pepper, cumin, salt and water. Boil until vegetables are tender, about 30 minutes, adding more water if necessary.

Vegan Crepes

Ingredients

1/2 cup soy milk
1/2 cup water
1/4 cup melted soy margarine
1 tablespoon turbinado sugar
2 tablespoons maple syrup
1 cup unbleached all-purpose flour
1/4 teaspoon salt

Directions

In a large mixing bowl, blend soy milk, water, 1/4 cup margarine, sugar, syrup, flour, and salt. Cover and chill the mixture for 2 hours.

Lightly grease a 5 to 6 inch skillet with some soy margarine. Heat the skillet until hot. Pour approximately 3 tablespoons batter into the skillet. Swirl to make the batter cover the skillet's bottom. Cook until golden, flip and cook on opposite side.

Vegan Chocolate Cake

Ingredients

1 1/2 cups all-purpose flour
1 cup white sugar
1/4 cup cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1/3 cup vegetable oil
1 teaspoon vanilla extract
1 teaspoon distilled white vinegar
1 cup water

Directions

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

Sift together the flour, sugar, cocoa, baking soda and salt. Add the oil, vanilla, vinegar and water. Mix together until smooth.

Pour into prepared pan and bake at 350 degrees F (175 degrees C) for 45 minutes. Remove from oven and allow to cool.

Cyclops Cookies (Vegan)

Ingredients

2 cups all-purpose flour
1/4 teaspoon ground cinnamon
1/4 cup shortening
1/4 cup margarine
3/4 cup confectioners' sugar
1 cup chopped walnuts
1 cup semisweet chocolate chips

Directions

Mix together the flour and cinnamon. In separate large bowl cream together shortening, margarine and powdered sugar. Gradually add in the flour/cinnamon mixture. Fold in the chopped nuts.

Roll out on floured surface to 1/4 inch thickness and cut out cookies with a 2 inch round cookie cutter. Place 1 inch apart on ungreased cookie sheet.

Put one single chocolate chip in the center of each cookie. Bake 8 -10 minutes at 400 degrees F (205 degrees C) until lightly colored. Cool on wire racks.

Vegan Lasagna I

Ingredients

2 tablespoons olive oil
1 1/2 cups chopped onion
3 tablespoons minced garlic
4 (14.5 ounce) cans stewed tomatoes
1/3 cup tomato paste
1/2 cup chopped fresh basil
1/2 cup chopped parsley
1 teaspoon salt
1 teaspoon ground black pepper

1 (16 ounce) package lasagna noodles

2 pounds firm tofu
2 tablespoons minced garlic
1/4 cup chopped fresh basil
1/4 cup chopped parsley
1/2 teaspoon salt
ground black pepper to taste
3 (10 ounce) packages frozen chopped spinach, thawed and drained

Directions

Make the sauce: In a large, heavy saucepan, over medium heat, heat the olive oil. Place the onions in the saucepan and saute them until they are soft, about 5 minutes. Add the garlic; cook 5 minutes more.

Place the tomatoes, tomato paste, basil and parsley in the saucepan. Stir well, turn the heat to low and let the sauce simmer covered for 1 hour. Add the salt and pepper.

While the sauce is cooking bring a large kettle of salted water to a boil. Boil the lasagna noodles for 9 minutes, then drain and rinse well.

Preheat the oven to 400 degrees F (200 degrees C).

Place the tofu blocks in a large bowl. Add the garlic, basil and parsley. Add the salt and pepper, and mash all the ingredients together by squeezing pieces of tofu through your fingers. Mix well.

Assemble the lasagna: Spread 1 cup of the tomato sauce in the bottom of a 9x13 inch casserole pan. Arrange a single layer of lasagna noodles, sprinkle one-third of the tofu mixture over the noodles. Distribute the spinach evenly over the tofu. Next ladle 1 1/2 cups tomato sauce over the tofu, and top it with another layer of the noodles. Then sprinkle another 1/3 of the tofu mixture over the noodles, top the tofu with 1 1/2 cups tomato sauce, and place a final layer of noodles over the tomato sauce. Finally, top the noodles with the final 1/3 of the tofu, and spread the remaining tomato sauce over everything.

Cover the pan with foil and bake the lasagna for 30 minutes. Serve hot and enjoy.

Easy Vegan Peanut Butter Fudge

Ingredients

3/4 cup vegan margarine
1 cup peanut butter
3 2/3 cups confectioners' sugar

Directions

Lightly grease a 9x9 inch baking dish.

In a saucepan over low heat, melt margarine. Remove from heat and stir in peanut butter until smooth. Stir in confectioners' sugar, a little at a time, until well blended. Pat into prepared pan and chill until firm. Cut into squares.

Yummy Vegan Chocolate Pudding

Ingredients

2 tablespoons cornstarch
1 cup soy milk
1 cup soy creamer
1/2 cup white sugar
3 tablespoons egg replacer (dry)
3 ounces semisweet chocolate,
chopped
2 teaspoons vanilla extract

Directions

In a medium saucepan combine cornstarch, soy milk and soy creamer; stir to dissolve cornstarch. Place on medium heat and stir in sugar. Cook, whisking frequently, until mixture comes to a low boil; remove from heat.

In a small bowl whisk egg replacer with 1/4 cup of hot milk mixture; return to pan with remaining milk mixture. Cook over medium heat for 3 to 4 minutes, until thick, but not boiling.

Place the chocolate in a medium bowl and pour in the hot milk mixture. Let stand for 30 seconds, then stir until melted and smooth. Cool for 10 to 15 minutes, then stir in vanilla.

Pour into ramekins or custard cups. Cover with plastic wrap and let cool at room temperature. Refrigerate for 3 hours, or overnight before serving.

Fluffy Vegan Pancakes

Ingredients

1 1/4 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon fine sea salt
1/4 cup pureed extra-firm tofu
1 cup soy milk
1 tablespoon canola oil
1/2 cup water

Directions

Whisk together the flour, baking powder, and sea salt; set aside.

Whisk together the tofu, soy milk, canola oil, and water. Gradually whisk the flour mixture into the tofu mixture, making sure to beat out all lumps between additions.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until lightly browned on the bottom. Flip, and cook until lightly browned on the other side. Repeat with remaining batter.

Val and Jess's Vegan Avocado Dip

Ingredients

2 avocados - peeled, pitted and diced
1 (19 ounce) can black beans, drained and rinsed
1 (11 ounce) can whole kernel corn, drained
1 medium onion, minced
3/4 cup salsa
1 tablespoon chopped fresh cilantro
1 tablespoon lemon juice
2 tablespoons chili powder
salt and pepper to taste

Directions

In a bowl, mix the avocados, black beans, corn, onion, salsa, cilantro, and lemon juice. Season with chili powder, salt, and pepper.

Vegan Curried Rice

Ingredients

2 tablespoons olive oil
1 tablespoon minced garlic
black pepper to taste
1 tablespoon ground cumin, or to taste
1 tablespoon ground curry powder, or to taste
1 tablespoon chili powder, or to taste
1 cube vegetable bouillon
1 cup water
1 tablespoon soy sauce
1 cup uncooked white rice

Directions

Heat olive oil in a medium saucepan over low heat. Sweat the garlic; when the garlic becomes aromatic, slowly stir in pepper, cumin, curry powder and chili powder. When spices begin to fry and become fragrant, stir in the bouillon cube and a little water.

Increase heat to high and add the rest of the water and the soy sauce. Just before the mixture comes to a boil, stir in rice. Bring to a rolling boil; reduce heat to low, cover, and simmer 15 to 20 minutes, or until all liquid is absorbed.

Remove from heat and let stand 5 minutes.

Vegan-Friendly Falafel

Ingredients

- 1 pound dry garbanzo beans
- 1 onion, quartered
- 1 potato, peeled and quartered
- 4 cloves garlic, minced
- 1/2 cup cilantro leaves, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 2 teaspoons fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 2 teaspoons baking soda
- 2 cups canola oil

Directions

Rinse the garbanzo beans under cold water and discard any bad ones. Place in a large pot, and cover with water. Let soak 24 hours, and rinse again.

Place the garbanzo beans, onion, and potato in the bowl of a food processor. Cover, and process until finely chopped. Leaving about 1 cup of the garbanzo bean mixture in the food processor bowl, pour the rest into a mixing bowl. Add the garlic, cilantro, coriander, cumin, salt, pepper, and cayenne pepper to the garbanzo bean mixture in the food processor bowl; process on low to blend thoroughly. Return the reserved garbanzo bean mixture to the food processor bowl, and add the lemon juice, and olive oil; process on low into a coarse meal. Cover, and refrigerate 2 hours.

Stir the baking soda into the garbanzo bean mixture until evenly blended. Using damp hands, form the mixture into 1 1/2 inch diameter balls.

Pour the canola oil into a wok 1 to 2 inches deep, and heat over medium-high heat. Cook the falafel balls, turning so all sides are evenly browned, about 5 minutes. Remove falafel from oil, and drain on paper towels. Repeat to cook remaining falafel balls.

Simple Vegan Icing

Ingredients

1/2 cup vegetable shortening
4 cups confectioners' sugar
5 tablespoons soy milk
1/4 teaspoon vanilla extract

Directions

Beat the shortening and confectioners' sugar together until the shortening has been incorporated, and the mixture is clumpy. Pour in the soy milk and vanilla extract; beat until smooth.

Penne with Vegan Arrabbiata Sauce

Ingredients

1 cup extra virgin olive oil
7 cloves garlic, minced
7 (28 ounce) cans crushed tomatoes
2 1/2 teaspoons crushed red pepper flakes
2 bay leaves
10 leaves fresh basil

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 olive oil, and cook garlic just until softened. Add remaining ingredients. Simmer over low heat and cook at least 3 hours.

Add the cooked penne pasta and let sit at least 5 minutes before stirring and serving. Sprinkle with 1/2 cup grated Romano or parmesan cheese, if desired.

Kingman's Vegan Zucchini Bread

Ingredients

3 cups all-purpose flour
3 tablespoons flax seeds
(optional)
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon arrowroot powder
(optional)
1 cup unsweetened applesauce
1 cup white sugar
1 cup packed brown sugar
3/4 cup vegetable oil
2 teaspoons vanilla extract
2 1/2 cups shredded zucchini

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 9x5 inch loaf pans. Whisk together the flour, flax seeds, salt, baking soda, cinnamon, baking powder, and arrowroot in a bowl until evenly blended; set aside.

Whisk together the applesauce, white sugar, brown sugar, vegetable oil, and vanilla extract in a bowl until smooth. Fold in the flour mixture and shredded zucchini until moistened. Divide the batter between the prepared loaf pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 70 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Vegan Red Lentil Soup

Ingredients

1 tablespoon peanut oil
1 small onion, chopped
1 tablespoon minced fresh ginger root
1 clove garlic, chopped
1 pinch fenugreek seeds
1 cup dry red lentils
1 cup butternut squash - peeled, seeded, and cubed
1/3 cup finely chopped fresh cilantro
2 cups water
1/2 (14 ounce) can coconut milk
2 tablespoons tomato paste
1 teaspoon curry powder
1 pinch cayenne pepper
1 pinch ground nutmeg
salt and pepper to taste

Directions

Heat the oil in a large pot over medium heat, and cook the onion, ginger, garlic, and fenugreek until onion is tender.

Mix the lentils, squash, and cilantro into the pot. Stir in the water, coconut milk, and tomato paste. Season with curry powder, cayenne pepper, nutmeg, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes, or until lentils and squash are tender.

Vegan Lemon Poppy Scones

Ingredients

2 cups all-purpose flour
3/4 cup white sugar
4 teaspoons baking powder
1/2 teaspoon salt
3/4 cup margarine
1 lemon, zested and juiced
2 tablespoons poppy seeds
1/2 cup soy milk
1/2 cup water

Directions

Preheat the oven to 400 degrees F (200 degrees C). Grease a baking sheet.

Sift the flour, sugar, baking powder and salt into a large bowl. Cut in margarine until the mixture is the consistency of large grains of sand. I like to use my hands to rub the margarine into the flour. Stir in poppy seeds, lemon zest and lemon juice. Combine the soy milk and water, and gradually stir into the dry ingredients until the batter is moistened, but still thick like biscuit dough. You may not need all of the liquid.

Spoon 1/4 cup sized plops of batter onto the greased baking sheet so they are about 3 inches apart.

Bake for 10 to 15 minutes the preheated oven, until golden.

Bold Vegan Chili

Ingredients

1 (12 ounce) package vegetarian
burger crumbles
3 (15.25 ounce) cans kidney
beans
1 large red onion, chopped
4 stalks celery, diced
2 red bell peppers, chopped
4 bay leaves
2 tablespoons hot chili powder
3 tablespoons molasses
1 cube vegetable bouillon
1 tablespoon chopped fresh
cilantro
1 teaspoon hot pepper sauce
salt and pepper to taste
1 cup water
3 tablespoons all-purpose flour
1 cup hot water

Directions

In a slow cooker combine vegetarian crumbles, kidney beans, onion, celery, bell pepper, bay leaves, chili powder, molasses, bouillon, cilantro, hot sauce, salt, pepper and 1 cup water. Cook on high for 3 hours.

Dissolve flour in 1 cup hot water. Pour into chili and cook 1 more hour.

Vegan Hot and Sour Soup

Ingredients

1 ounce dried wood ear mushrooms
4 dried shiitake mushrooms
12 dried tiger lily buds
2 cups hot water
1/3 ounce bamboo fungus
3 tablespoons soy sauce
5 tablespoons rice vinegar
1/4 cup cornstarch
1 (8 ounce) container firm tofu, cut into 1/4 inch strips
1 quart vegetable broth
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon ground black pepper
3/4 teaspoon ground white pepper
1/2 tablespoon chili oil
1/2 tablespoon sesame oil
1 green onion, sliced
1 cup Chinese dried mushrooms

Directions

In a small bowl, place wood mushrooms, shiitake mushrooms, and lily buds in 1 1/2 cups hot water. Soak 20 minutes, until rehydrated. Drain, reserving liquid. Trim stems from the mushrooms, and cut into thin strips. Cut the lily buds in half.

In a separate small bowl, soak bamboo fungus in 1/4 cup lightly salted hot water. Soak about 20 minutes, until rehydrated. Drain, and mince.

In a third small bowl, blend soy sauce, rice vinegar, and 1 tablespoon cornstarch. Place 1/2 the tofu strips into the mixture.

In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat, and simmer 3 to 5 minutes. Season with red pepper, black pepper, and white pepper.

In a small bowl, mix remaining cornstarch and remaining water. Stir into the broth mixture until thickened.

Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to boil, and stir in the bamboo fungus, chili oil, and sesame oil. Garnish with green onion to serve.

Vegan Banana Blueberry Muffins

Ingredients

2 very ripe bananas, mashed
1/2 cup white sugar
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup all-purpose flour
1/2 cup whole wheat pastry flour
1 1/2 teaspoons egg replacer (dry)
2 tablespoons water
1/2 cup blueberries

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.

In a large bowl combine mashed bananas, sugar, baking powder, salt and flours; mix until smooth. In a small bowl or cup combine egg replacer and water; stir into banana mixture. Fold in blueberries.

Spoon batter evenly, about 1/4 cup each, into muffin cups.

Bake in preheated oven for 20 to 25 minutes, or until golden brown.

Spicy Vegan Potato Curry

Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Directions

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

Vegan Brownies

Ingredients

2 cups unbleached all-purpose flour
2 cups white sugar
3/4 cup unsweetened cocoa powder
1 teaspoon baking powder
1 teaspoon salt
1 cup water
1 cup vegetable oil
1 teaspoon vanilla extract

Directions

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

In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt. Pour in water, vegetable oil and vanilla; mix until well blended. Spread evenly in a 9x13 inch baking pan.

Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.

World's Best Vegan Pancakes

Ingredients

4 cups self-rising flour
1 tablespoon white sugar
1 tablespoon custard powder
2 cups soy milk

Directions

In a large bowl, stir together the flour, sugar and custard powder. Mix in the soy milk with a whisk so there are no lumps.

Heat a griddle over medium heat, and coat with nonstick cooking spray. Spoon batter onto the surface, and cook until bubbles begin to form on the surface. Flip with a spatula and cook on the other side until golden.

Vegan Corn Bread

Ingredients

- 1 cup all-purpose flour
- 1 cup cornmeal
- 1/4 cup turbinado sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup sweetened, plain soy milk
- 1/3 cup vegetable oil
- 1/4 cup soft silken tofu

Directions

Preheat an oven to 400 degrees F (200 degrees C). Grease a 7 inch square baking pan. Whisk together the flour, cornmeal, sugar, baking powder, and salt in a mixing bowl; set aside.

Place the soy milk, oil, and tofu into a blender. Cover, and puree until smooth. Make a well in the center of the cornmeal mixture. Pour the pureed tofu into the well, then stir in the cornmeal mixture until just moistened. Pour the batter into the prepared baking pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes. Cut into 9 pieces, and serve warm.

Quick Vegan Spaghetti Sauce

Ingredients

1 (29 ounce) can tomato sauce
1 (6 ounce) can sliced mushrooms, drained
1/2 cup chopped celery
1/4 cup diced red onion
1/4 cup raisins
1/4 cup chopped walnuts
1 tomato, quartered
1 large orange, quartered
1 tablespoon minced garlic

Directions

In a large, heavy saucepan combine tomato sauce, mushrooms, celery, red onion, raisins, walnuts, tomato, orange and garlic. Cook on medium-high until vegetables are tender, about 30 minutes.

Vegan Corn Muffins

Ingredients

1 1/2 teaspoons egg replacer (dry)
2 tablespoons water
1 cup yellow cornmeal
1/2 cup all-purpose flour
2 teaspoons baking powder
2 tablespoons white sugar
2 tablespoons vegetable oil
1 cup water
1/2 teaspoon salt

Directions

Preheat oven to 450 degrees F (230 degrees C). Grease six muffin cups or line with paper muffin liners.

In a small bowl, beat together egg replacer and water. In a separate bowl, combine cornmeal, flour, baking powder, sugar and salt. Add egg mixture, oil and water; stir until smooth. Spoon batter into prepared muffin tins using approximately 1/2 cup for each muffin.

Bake in pre-heated oven for 10 to 15 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Vegan Potatoes au Gratin

Ingredients

6 large potatoes, peeled and cubed
1 1/4 cups vegetable broth, divided
2 tablespoons all-purpose flour
1 teaspoon seasoning salt
1/2 teaspoon ground black pepper
1/4 teaspoon dry mustard
1/8 teaspoon nutmeg
2 cups soy milk
1 1/2 cups shredded Cheddar-flavored soy cheese, divided
1 cup soft bread crumbs
3 teaspoons paprika

Directions

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

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and place in a 9 x 13 inch baking dish.

Meanwhile, in a small saucepan over high heat, boil 2 tablespoons of broth. Reduce heat to low. Stir in flour, seasoning salt, pepper, mustard and nutmeg. Gradually add soy milk, stirring constantly until thickened. Stir in half of the soy cheese. Stir constantly until cheese is melted. Pour over potatoes.

In a small bowl combine the remaining broth and the bread crumbs. Spoon evenly over potatoes. Top with remaining soy cheese. Sprinkle with paprika.

Bake in preheated oven for 20 minutes.

Vegan Split Pea Soup II

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1 teaspoon curry powder
- 1 cup yellow split peas
- 4 cups water
- 1 teaspoon salt

Directions

Heat olive oil in a large saucepan. Sautee carrot, onion, celery and curry for about 5 minutes. Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

Vegan-Friendly Caramel Buttercream

Ingredients

1/2 cup vegan margarine
1 cup brown sugar, not packed
1/4 cup soy milk
1 teaspoon vanilla extract
1/2 cup shortening
5 cups confectioners' sugar

Directions

Stir the margarine and brown sugar together in a pan. Bring to a boil over medium-high heat, stirring constantly, and cook for 1 minute until dark brown. Remove from heat, and whisk in the soy milk and vanilla extract until smooth.

Beat the shortening together with 2 cups confectioners' sugar in a mixing bowl until well blended. Continue beating, and gradually add the brown sugar mixture, alternating with the remaining confectioners' sugar.

Vegan Bean Taco Filling

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, chopped
- 2 (14.5 ounce) cans black beans, rinsed, drained, and mashed
- 2 tablespoons yellow cornmeal
- 1 1/2 tablespoons cumin
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 cup salsa

Directions

Heat olive oil in a medium skillet over medium heat. Stir in onion, garlic, and bell pepper; cook until tender. Stir in mashed beans. Add the cornmeal. Mix in cumin, paprika, cayenne, chili powder, and salsa. Cover, and cook 5 minutes.

Vegan Split Pea Soup I

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 bay leaf
3 cloves garlic, minced
2 cups dried split peas
1/2 cup barley
1 1/2 teaspoons salt
7 1/2 cups water
3 carrots, chopped
3 stalks celery, chopped
3 potatoes, diced
1/2 cup chopped parsley
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon ground black pepper

Directions

In a large pot over medium high heat, saute the oil, onion, bay leaf and garlic for 5 minutes, or until onions are translucent. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low. Simmer for 2 hours, stirring occasionally.

Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for another hour, or until the peas and vegetables are tender.

Vegan Agave Cornbread Muffins

Ingredients

1/2 cup cornmeal
1/2 cup whole-wheat pastry flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup applesauce
1/2 cup soy milk
1/4 cup agave nectar
2 tablespoons canola oil

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a muffin pan.

Combine the cornmeal, flour, baking soda, and salt in a large bowl; stir in the applesauce, soy milk, and agave nectar. Slowly add the oil while stirring. Pour the mixture into the muffin pan.

Bake in the preheated oven until a toothpick or small knife inserted in the crown of a muffin comes out clean, 15 to 20 minutes.

Vegan Cupcakes

Ingredients

- 1 tablespoon apple cider vinegar
- 1 1/2 cups almond milk
- 2 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup coconut oil, warmed until liquid
- 1 1/4 teaspoons vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 18 paper baking cups.

Measure the apple cider vinegar into a 2 cup measuring cup. Fill with almond milk to make 1 1/2 cups. Let stand until curdled, about 5 minutes. In a large bowl, Whisk together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the almond milk mixture, coconut oil and vanilla. Pour the wet ingredients into the dry ingredients and stir just until blended. Spoon the batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter. Frost with desired frosting.

Spicy Thai Vegan Burger

Ingredients

1 cup fresh pea pods
1/2 cup shredded carrots
1/2 cup quartered cherry tomatoes
1/3 cup sliced green onions
2 tablespoons slivered fresh Thai basil or fresh basil
1/4 cup unsweetened light coconut milk or unsweetened coconut milk*
1 tablespoon lime juice
1/2 teaspoon toasted sesame oil or sesame seeds, toasted
1/4 teaspoon crushed red pepper
4 Morningstar FarmsB® GrillersB® Vegan Veggie Burgers
1 (9-inch) focaccia, cut into fourths and horizontally split

Directions

Lengthwise cut pea pods into slivers. In medium bowl toss together pea pods, carrots, tomatoes, green onions and basil. Set aside. In small bowl whisk together coconut milk, lime juice, sesame oil and red pepper. Drizzle over vegetables. Toss to coat.

Cook vegan veggie burgers according to package directions. Serve hot burgers in focaccia, topped with vegetable mixture.

ON THE GRILL: Preheat grill. Use a food thermometer to be sure patties reach minimum internal temperature of 160 degrees F.

Vegan Fajitas

Ingredients

1/4 cup olive oil
1/4 cup red wine vinegar
1 teaspoon dried oregano
1 teaspoon chili powder
garlic salt to taste
salt and pepper to taste
1 teaspoon white sugar

2 small zucchini, julienned
2 medium small yellow squash,
julienned
1 large onion, sliced
1 green bell pepper, cut into thin
strips
1 red bell pepper, cut into thin
strips
2 tablespoons olive oil
1 (8.75 ounce) can whole kernel
corn, drained
1 (15 ounce) can black beans,
drained

Directions

In a large bowl combine olive oil, vinegar, oregano, chili powder, garlic salt, salt, pepper and sugar. To the marinade add the zucchini, yellow squash, onion, green pepper and red pepper. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.

Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.

Vegan Gelatin

Ingredients

1/2 teaspoon cornstarch
1 teaspoon water
2 cups cherry juice
1 teaspoon agar-agar

Directions

Dissolve the cornstarch in the water in a small cup or bowl and set aside. In a saucepan, combine 1 1/2 cups of cherry juice and agar-agar powder. Let stand for 5 minutes to soften. Set heat to medium-high and bring to a simmer. Simmer for 1 minute.

Remove from the heat and stir in the remaining juice along with the cornstarch mixture until no longer cloudy. Pour into small serving cups and refrigerate for 4 hours before serving.

Vegan Cheesecake

Ingredients

1 (12 ounce) package soft tofu
1/2 cup soy milk
1/2 cup white sugar
1 tablespoon vanilla extract
1/4 cup maple syrup
1 (9 inch) prepared graham cracker crust

Directions

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

In a blender, combine the tofu, soy milk, sugar, vanilla extract and maple syrup. Blend until smooth and pour into pie crust.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Remove from oven and allow to cool; refrigerate until chilled.

Vegan Borscht

Ingredients

1 tablespoon olive oil
3 cloves garlic, minced
1 onion, chopped
3 tablespoons olive oil
2 stalks celery, chopped (optional)
2 carrots, finely chopped
1 green bell pepper, chopped
3 beets, including greens, diced
1 (16 ounce) can whole peeled tomatoes
1/2 cup canned peeled and diced tomatoes
2 potatoes, quartered
1 cup shredded Swiss chard
2 cups vegetable broth
4 cups water
2 tablespoons dried dill weed
salt and freshly ground black pepper to taste
1 (16 ounce) package silken tofu

Directions

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Set aside. Heat the remaining 3 tablespoons of olive oil in a large pot over medium-high heat. Stir in the celery, carrots, bell pepper, beets including the greens, whole tomatoes, diced tomatoes, potatoes, Swiss chard, and the onion mixture. Cook and stir until the chard begins to wilt, 4 to 8 minutes. Stir in the vegetable broth, water, dill weed, and salt and pepper. Bring to a boil, and reduce heat to low. Simmer for 1 hour.

Strain half the beets from the broth and place in a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the beets moving before leaving it on to puree. Add the tofu, and continue pureeing until smooth. Stir the tofu mixture back into the pot. Simmer until the mixture is reduced by a third, about another hour. Serve chilled or warm.

Vegan Yogurt Sundae

Ingredients

1/4 cup frozen berries
1 tablespoon white sugar
2 tablespoons vegan chocolate chips
1 tablespoon vegan margarine
3 tablespoons soy milk or soy creamer
1 (8 ounce) container vanilla soy yogurt
1 tablespoon chopped nuts

Directions

Toss berries with sugar in a microwave safe bowl. Cook in the microwave for 40 seconds at full power until thawed.

Place chocolate chips and margarine in a microwave safe bowl. Cook in the microwave at 60% power for 45 seconds until melted. Use a fork to stir until smooth, then stir in soy milk until incorporated; set aside.

Spoon the soy yogurt into a small bowl, then spoon fruit overtop. Pour on chocolate sauce and sprinkle with nuts.

Vegan Pumpkin Ice Cream

Ingredients

1/4 cup soy creamer
2 tablespoons arrowroot powder
1 3/4 cups soy creamer
1 cup soy milk
3/4 cup brown sugar
1 cup pumpkin puree
1 teaspoon vanilla extract
1 1/2 teaspoons pumpkin pie
spice

Directions

Mix 1/4 cup soy creamer with arrowroot and set aside. Whisk together 1 3/4 cup soy creamer, soy milk, brown sugar, pumpkin puree, vanilla extract, and pumpkin pie spice in a saucepan over medium heat, stirring frequently, until just boiling. Remove the pan from the heat; stir in the arrowroot mixture to thicken. Set aside to cool for 30 minutes.

Fill cylinder of ice cream freezer; freeze according to manufacturer's directions.

Vegan Chunky Chili

Ingredients

1/2 cup dry kidney beans, soaked overnight
1/2 cup dry white beans, soaked overnight
1/2 cup dry brown lentils, soaked overnight
6 cups chopped fresh tomatoes
6 cups water
1 cup chopped fresh mushrooms
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1/2 cup fresh green beans
1/2 cup chopped celery
1/4 onion, chopped
1/4 red onion, chopped
3/4 cup extra firm tofu, drained, crumbled
salt to taste
black pepper to taste
onion powder to taste
garlic powder to taste
chili powder to taste

Directions

Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.

Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.

Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

Vegan Lasagna II

Ingredients

3 cloves garlic, minced
1/2 pound mushrooms
1 tablespoon vegetable oil
1 (10.75 ounce) can tomato puree
1 (10 ounce) package frozen spinach, thawed and drained
2 teaspoons garlic salt
2 tablespoons Italian-style seasoning
1 (12 ounce) package soft tofu
2/3 (16 ounce) package instant lasagna noodles

Directions

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

In a large skillet, saute garlic and mushrooms in oil until all the liquid is cooked out. Add 1/3 tomato puree to mushrooms and garlic, cook 2 to 3 minutes, and remove from heat.

In a microwave-safe bowl, combine spinach, garlic salt, Italian seasoning and tofu. Blend until the mixture is an even consistency. Heat in a microwave on high for 2 minutes.

In a 9x9 inch baking pan, pour one thin layer of remaining tomato puree, a layer of noodles, 1/2 the tofu mixture, the mushroom sauce, a layer of noodles, 1/2 the tofu mixture, a layer of tomato puree, a layer of noodles, and a final layer of tomato puree.

Bake 45 minutes in the preheated oven.

Vegan Carrot Cake

Ingredients

2 cups whole wheat flour
1/4 cup soy flour (optional)
1 1/2 tablespoons ground cinnamon
1 tablespoon ground cloves
4 teaspoons baking soda
2 teaspoons tapioca starch (optional)
1/2 teaspoon salt
1 1/2 cups hot water
1/4 cup flax seed meal
2 cups packed brown sugar
4 teaspoons vanilla extract
3/4 cup dried currants (optional)
6 carrots, grated
1/2 cup blanched slivered almonds (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Prepare a 9x13 inch baking pan with cooking spray. Whisk together the whole wheat flour, soy flour, cinnamon, ground cloves, baking soda, tapioca starch, and salt in a bowl until blended; set aside.

Pour the hot water into a mixing bowl, and sprinkle with the flax meal. Stir for a minute until the flax begins to absorb the water, and the mixture slightly thickens. Stir in the brown sugar and vanilla until the sugar has dissolved, then add the currants, carrots, and almonds. Stir in the dry mixture until just moistened, then pour into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Vegan Mexican Stew

Ingredients

5 medium potatoes, peeled and cubed
2 carrots, chopped
1 stalk celery, chopped
4 1/2 cups water
4 cubes vegetable bouillon
1 tablespoon olive oil
1 large onion, diced
4 cloves garlic, minced
1 tablespoon chili powder
1 tablespoon cumin
1 1/2 tablespoons seasoned salt
1 (29 ounce) can hominy, drained
1 (28 ounce) can diced tomatoes with green chile peppers
salt and pepper to taste

Directions

Place the potatoes, carrots, and celery in a pot with enough lightly salted water to cover, and bring to a boil. Cook about 10 minutes, until slightly tender. Drain, and set aside.

Place the 4 1/2 cups water and vegetable bouillon cubes in a pot. Bring to a boil, and cook until bouillon cubes have dissolved. Remove from heat, and set aside.

Heat the olive oil in a large pot. Saute the onion and garlic until tender. Season with chili powder, cumin, and seasoned salt. Mix in the potatoes, carrots, and celery. Cook and stir about 2 minutes, until heated through. Mix in the water and dissolved bouillon cube mixture, hominy, and diced tomatoes with green chiles. Bring to a boil, reduce heat, and simmer 45 minutes. Season with salt and pepper to taste.

Tangy Vegan Crockpot Corn Chowder

Ingredients

2 (12 ounce) cans whole kernel corn
3 cups vegetable broth
3 potatoes, diced
1 large onion, diced
1 clove garlic, minced
2 red chile peppers, minced
1 tablespoon chili powder
2 teaspoons salt
1 tablespoon parsley flakes
black pepper to taste
1 3/4 cups soy milk
1/4 cup margarine
1 lime, juiced

Directions

Place the corn, vegetable broth, potatoes, onion, garlic, red chile peppers, chili powder, salt, parsley, and black pepper in a slow cooker; cover. Cook on Low for 7 hours.

Pour the vegetable mixture into a blender, filling the pitcher no more than halfway full. Hold the lid of the blender with a folded kitchen towel and carefully start the blender using a few quick pulses before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the mixture in the cooking pot. Once everything has been pureed, return it to the slow cooker. Stir the soy milk and margarine to the mixture; cook on Low for 1 hour more. Add the lime juice to serve.

Traditional Style Vegan Shepherd's Pie

Ingredients

Mashed potato layer:

5 russet potatoes, peeled and cut into 1-inch cubes

1/2 cup vegan mayonnaise

1/2 cup soy milk

1/4 cup olive oil

3 tablespoons vegan cream

cheese substitute (such as Tofutti®)

2 teaspoons salt

Bottom layer:

1 tablespoon vegetable oil

1 large yellow onion, chopped

2 carrots, chopped

3 stalks celery, chopped

1/2 cup frozen peas

1 tomato, chopped

1 teaspoon Italian seasoning

1 clove garlic, minced, or more to taste

1 pinch ground black pepper to taste

1 (14 ounce) package vegetarian ground beef substitute

1/2 cup shredded Cheddar-style soy cheese

Directions

Place the potatoes in a pot, cover with cold water, and bring to a boil over medium-high heat. Turn the heat to medium-low, and boil the potatoes until tender, about 25 minutes; drain.

Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. Set the potatoes aside.

Preheat oven to 400 degrees F (200 degrees C), and spray a 2-quart baking dish with cooking spray.

Heat the vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.

Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.

Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer. Sprinkle the potatoes with the shredded soy cheese.

Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.

Yummy Vegan Pesto Classico

Ingredients

1/3 cup pine nuts
2/3 cup olive oil
5 cloves garlic
1/3 cup nutritional yeast
1 bunch fresh basil leaves
salt and pepper to taste

Directions

Place the pine nuts in a skillet over medium heat, and cook, stirring constantly, until lightly toasted.

Gradually mix the pine nuts, olive oil, garlic, nutritional yeast, and basil in a food processor, and process until smooth. Season with salt and pepper.

Vegan Baked Beans

Ingredients

1 (16 ounce) package dry navy beans
6 cups water
2 tablespoons olive oil
2 cups chopped sweet onions
1 clove garlic, minced
4 (8 ounce) cans tomato sauce
1/4 cup firmly packed brown sugar
1/4 cup molasses
2 tablespoons cider vinegar
3 bay leaves
1 teaspoon dry mustard
1/4 teaspoon ground black pepper
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon

Directions

Place beans and water in a large pot, and bring to a boil. Reduce heat to medium, and continue cooking 1 hour, stirring occasionally, until beans are tender. Drain, and transfer to a large casserole dish.

Preheat oven to 300 degrees F (150 degrees C).

Heat the olive oil in a skillet over medium heat. Stir in the onions, and cook until tender. Mix in garlic, and cook until golden brown. Mix onions and garlic into casserole dish with the beans. Stir in the tomato sauce. Mix in brown sugar, molasses, vinegar, bay leaves, mustard, pepper, nutmeg, and cinnamon.

Cover and bake 3 1/2 hours in the preheated oven, stirring frequently and adding water if necessary. Remove cover, and continue baking 30 minutes.

Delicious Vegan Hot Chocolate

Ingredients

2 1/2 cups soy milk
3 tablespoons white sugar
3 tablespoons cocoa powder
1/2 teaspoon salt
1/2 teaspoon vanilla extract
1 pinch ground cinnamon
1 pinch cayenne pepper

Directions

Bring the soy milk, sugar, cocoa powder, salt, vanilla extract, cinnamon, and cayenne pepper to a simmer in a saucepan over medium-high heat. Remove from the heat and whisk until frothy. Serve immediately.

Vegan Cream 'Cheese' Frosting

Ingredients

1/2 cup vegan cream cheese
substitute (such as Tofutti[®])
1/2 cup soy margarine
1 teaspoon vanilla extract
1/4 cup soy flour
2 cups confectioners' sugar

Directions

Beat the cream cheese and margarine together with the vanilla extract in a mixing bowl with an electric hand mixer until light. Beat in the soy flour, followed by the confectioners' sugar until light and fluffy. Refrigerate at least 20 minutes before using.

Easy Vegan Pasta Sauce

Ingredients

1 teaspoon vegetable oil
1/2 small yellow onion, diced
2 cloves garlic, minced
5 large tomatoes, cubed
1 small green bell pepper, diced
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon dried basil leaves
1/2 teaspoon dried oregano

Directions

In a skillet over medium-low heat, saute onion and garlic in the vegetable oil. Place tomatoes into onion and garlic mixture. Stir in diced bell pepper, salt, pepper, basil and oregano. Let simmer for 20 minutes, stirring occasionally. Turn down heat if it starts to stick.

Vegan Goddess Dressing

Ingredients

1 (10 ounce) package soft silken
tofu
1/3 cup olive oil
1/4 cup chopped fresh basil
1/2 teaspoon rice vinegar
1/4 teaspoon salt
3 teaspoons tamari

Directions

Whisk together the tofu and olive oil until a thick mayonnaise like consistency is reached.

Add the herbs, vinegar, salt and soy sauce; mix well and refrigerate.

Vegan Mac and No Cheese

Ingredients

1 (8 ounce) package uncooked elbow macaroni
1 tablespoon vegetable oil
1 medium onion, chopped
1 cup cashews
1/3 cup lemon juice
1 1/3 cups water
salt to taste
1/3 cup canola oil
4 ounces roasted red peppers, drained
3 tablespoons nutritional yeast
1 teaspoon garlic powder
1 teaspoon onion powder

Directions

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

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. Transfer to a medium baking dish.

Heat vegetable oil in a medium saucepan over medium heat. Stir in onion, and cook until tender and lightly browned. Gently mix with the macaroni.

In a blender or food processor, mix cashews, lemon juice, water, and salt. Gradually blend in canola oil, roasted red peppers, nutritional yeast, garlic powder, and onion powder. Blend until smooth. Thoroughly mix with the macaroni and onions.

Bake 45 minutes in the preheated oven, until lightly browned. Cool 10 to 15 minutes before serving.

Vegan Pumpkin Nog

Ingredients

1 (29 ounce) can pumpkin puree
4 cups vanilla rice milk
1 cup vanilla flavored non-dairy
frozen dessert
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground mace

Directions

Combine the pumpkin, rice milk, rice milk ice cream, cinnamon, nutmeg and mace in a blender. Puree until smooth. Add additional rice milk to thin, if desired.

Vegan Chili

Ingredients

1 (12 ounce) package vegetarian
burger crumbles
1 (15 ounce) can tomato sauce
1 cup water
1 small onion, chopped
3 cloves garlic, minced
1 tablespoon vegetarian
Worcestershire sauce
1 teaspoon liquid smoke flavoring
2 teaspoons chili powder
1/8 teaspoon black pepper
1 teaspoon dry mustard
1 teaspoon salt
1/8 teaspoon red pepper flakes

Directions

In a large pot combine crumbles, tomato sauce, water, onion, garlic, Worcestershire sauce, liquid smoke, chili powder, black pepper, mustard, salt and pepper flakes. Cook on low heat for 30 minutes, or until heated through.

Vegan Sun-Dried Tomato Pesto

Ingredients

2 cups fresh basil leaves
5 sun-dried tomatoes, softened
3 cloves garlic, crushed
1/4 teaspoon salt
3 tablespoons toasted pine nuts
1/4 cup olive oil

Directions

Place basil, tomatoes, garlic, salt, and nuts in an electric food processor or blender. Puree. Add olive oil slowly, and blend slowly until the mixture is to your desired texture.