

Easy Breezy Vegan

20 delicious
and fun animal-free
recipes, plus
kitchen tips & more!

By Marla Rose
designed by John Beske

Easy Breezy Vegan

Hi, friend!

We're so excited to send you our new freebie from Vegan Street: **Easy Breezy Vegan**, which includes 20 beloved plant-based recipes from our home test kitchen in handy PDF form, plus a couple extra bonuses to make vegan living more enjoyable, affordable, easy and accessible. What's not to love about that?

A lot has changed in the world since we launched the original Vegan Street website in 1998 and even since retooling and relaunching in 2013, it has gotten heaps easier to embrace a plant-based diet, which is so beneficial for the animals, human health, the planet and, well, just about everything. While so much has shifted to making things easier, transitioning is still a steep learning curve for many people, so we wanted to share some of our most popular and affordable recipes, ones anyone can prepare, even novice cooks. (If you received this freebie and you're already vegan, well, you should enjoy these, too.)

We also wanted to include two more resources that we thought could be helpful: Our guide to stocking a vegan kitchen as well as a list of our favorite apps. We've found that it's much easier to stay on this path when you've got a kitchen that has some staple items with which you can make a quick, simple meal or snack. Second, we included a list of our favorite vegan apps for your preferred device. These apps have either been test-driven by us personally or come

with a recommendation from trusted friends as programs that are helpful and user-friendly in navigating the world as a vegan. Many of the apps also have corresponding websites that are also quite useful.

Our goal since we first launched [Vegan Street](#) all those years ago is to help build a vegan world, one that is inclusive, dynamic, joyful, supportive and fun. Since re-launching in 2013, we have created thousands of pieces of new content: memes, recipes, essays, reviews and more, with new ones every single week. You can find them all at [VeganStreet.com](#). You can also visit us on our lively [Facebook](#), [Twitter](#), [Pinterest](#) and [Instagram](#) pages.

If you like the content we create, which we provide for free and create on our spare time, please consider joining our [Patreon](#) community. Even \$1.00 a week helps us to be able to put our paying work aside to create these materials that so many people have used and shared.

We hope you enjoy *Easy Breezy Vegan!*

If you find that you like our recipes, you might really love our guide and [cookbook](#), ***Fun, Festive and Fabulous, Vegan Holidays for Everyone: Recipes, Puns, Historic Lore and More to Help You Celebrate Without Compromise***. We've developed more than 70 recipes inspired by ten treasured holidays that prove just how tantalizing plant-based foods can be, as well as tips, encouragement and inspiration for hosting parties and attending parties as a vegan, as well as interesting bits of historical lore and even some silly but irresistible puns to keep things interesting. Available in [e-book](#) and [print](#) form and with color photography for each recipe, *Vegan Holidays for Everyone* is a great value for feeding your spirit any day of the year.

All the best,

Marla Rose and John Beske
Co-founders
Vegan Street

One of the biggest challenges many people face when transitioning away from animal products and toward a plant-based diet (or simply more in that direction) is that they are overwhelmed and don't know where to start. Nobody wants to start something and fail. Thinking of veganism as a radical restructuring of the kitchen leads many to over-thinking and overloading themselves with too much change, too soon, which is a recipe for disaster. Also, coming home hungry to an empty kitchen is when that old frozen pizza or the to-go menus become more enticing. Regrets follow.

Take a deep breath.

By combining fresh foods with some pantry staples, you will be supporting your goals. Keeping a kitchen that is well-stocked with your go-to staples is your best defense against grabbing food out of desperation and a fantastic tool for healthier (and more thrifty) living. Remember that this is highly adaptable to what your tastes are: we go through a ton of chickpeas here, not so many cans of tomato paste. Think to yourself: What is good to have on hand? What do I cook often? What are some items that are helpful for improvising a quick meal (for example, macaroni pasta, frozen peas and corn for making a soup)?

Here is a basic outline of a well-stocked vegan kitchen but not meant to be the final word on anything. Our kitchen is certainly not this well-stocked! Also keep in mind more perishable items that you go through frequently. For us, when we get low on bananas, I start getting twitchy. Think about your own home, add the items not listed that work for you and remove those that don't.

Pantry Goods

Rice (basmati, brown, jasmine, etc.)

Quinoa and other grains (bulgur, couscous, barley, millet, quick-cooking oats, etc.)

Dried pasta

Marinara

Tomato Sauce/Purée/Paste

Asian rice noodles and/or soba noodles

Canned coconut milk

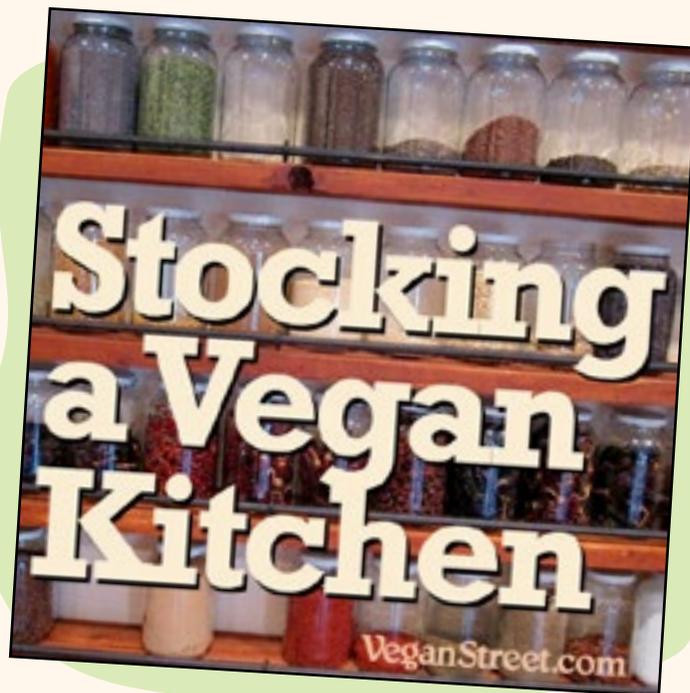
Canned and/or dried beans

Olives, artichoke hearts and other things to make salads more interesting

Dried lentils

Nuts and seeds

Jackfruit packed in water or brine



Pantry Goods *(continued)*

Olive oil, sesame oil, coconut oil and any other oils you use often for cooking and baking

Vinegars (a good variety are apple cider vinegar, balsamic, rice vinegar and white or red wine vinegar)

Soy sauce or tamari

Silken tofu

Nutritional yeast

A variety of your favorite spices

Longer Lasting Produce

Onions

Potatoes

Lemons

Garlic

Sweet potatoes

Limes

Ginger

Winter Squash

Oranges/citrus

Frozen Foods

Peas

Corn Kernels

Any other frozen vegetables you use often

Berries or other frozen fruit

Bananas (it is a good idea to buy a lot of bananas, peel and freeze, also for shakes)

Prepared veggie burgers, meatballs and other vegan proteins

Refrigerated Staple Items

Non-Dairy Milk

Vegetable broth

Condiments (mustard, ketchup, hot sauce, salsa, vegan mayo, etc.)

Extra-firm tofu, tempeh and seitan

Prepared vegan cheeses

Natural peanut butter or other nut butters

Baking Needs

Sweeteners (maple syrup, brown rice syrup, organic sugar, etc.)

Chocolate chips

Unsweetened cocoa powder

Flour or gluten-free flour blends

Cornstarch

Flax seeds

Baking powder

Baking soda

Salt

Our Favorite Apps:

If you have a smartphone, there are some helpful and very affordable apps that can take much of the pesky guesswork out of your vegan practice. I was late to the app train, but now that I am on it, I am fully aboard. You can get any of these by searching their names in your device's app store.

HappyCow (\$3.99): The big kahuna of vegan dining options, this is the very handy app version of the beloved website, pointing you to all the vegan options in your vicinity – listing restaurants, markets and shops - and handily merges with your phone's map to take you right there. This app is worth the price many times over, especially when traveling.

Vanilla Bean (free): A newcomer to the vegan app scene, Vanilla Bean will connect you with some 23,000 vegan and vegan-friendly restaurants around the world, and also allows you to search for gluten-free, lactose-free and raw options, plus you can get directions, view and post photos and read or write reviews.

Veganagogo (\$2.99): Are you afraid that being vegan will a dent in your globetrotting? Never fear. This handy app helps you to communicate your vegan dietary needs with simple but straightforward phrases in more than 50 languages.

Forks Over Knives (\$4.99): The companion app to the film that changed – and saved – so many lives, this award-winning app offers more than 300 heart-healthy, plant-based recipes from more than 20 chefs with new recipes added each week.

Is it Vegan? (\$4.99) - This mobile tool app scans ingredient labels for you and identifies animal products.

VeganXPress (\$1.99): a very useful app for finding vegan food at chain and fast food restaurants as well as a beer, wine, liquor guide.

Vegan Surprise (.99): Tired of the same ol', same ol'? Let this app chose your restaurant for you.

Barnivore (includes several different apps - free to \$1.99): Looking for wines, beers and liquors that are free of animal-based derivatives? These apps will help you to get tipsy without guilt. Now you can get your drink on without also imbibing eggs, fish bladders, etc.

Cruelty-Cutter (free) – Another app scanner to help you identify companies that do and do not use animal testing.



The Chocolate List (free): This handy free app from the Food Empowerment Project helps you to find human slavery-free cocoa products when you get a chocolate craving. Please note that not all companies listed are vegan.

Food Monster (free): With more than 5,000 recipes and ten new ones added each day, One Green Planet's Food Monster is the biggest vegan food app.

Leaping Bunny (free): A helpful tool for determining animal testing standards for products and companies. Please be mindful that this does not scan for animal ingredients, merely for animal testing, so something may have a Leaping Bunny approval while not being vegan. Bizarre, yes, I know.

The 21-Day Vegan Kickstart (free): PCRM's famous app gives people tools, recipes and support through that challenging first few weeks.

Nutrition Facts' Daily Dozen (free): Dr. Michael Greger's app is a handy checklist of the twelve healthiest foods to include in your daily diet.

Responsible Eating and Living (free): Hundreds of recipes as well as podcasts, travelogues and more from masterful communicator (and longtime vegan) Caryn Hartglass and her partner, Gary De Mattai.

African American Vegan Starter Guide (free): By Any Greens Necessary's Tracye McQuirter, MPH, in partnership with Farm Sanctuary, has created this gorgeous free PDF and paper guide with more than 40 information-packed pages, including lots of recipes and helpful articles.

Vegan Alternatives (free): This highly-rated app for Android offers over 200 plant-based replacements of nearly 40 animal-based "ingredients," walking users through easily replacing everything from bacon to cream in recipes.

A Billion Veg (free): On A Billion Veg, you can review vegan dishes and share your experience with the global community. Through the app, you can also nudge restaurants to offer more vegan menu items. Your participation on A Billion Veg even raises funds for participating animal welfare partners around the world.

Instant Pot App (free): While it's not exclusively vegetarian or vegan, this app offers more than 850 recipes, many of which are plant-based, and you can also use the app to gain familiarity and skill with this popular kitchen implement.



...and get our **Guide For New Vegans**

Sparkling Watermelon Fresca

I love fruit-flavored drinks but most are too sweet for me as they often have additional sugars. This simple-to-make Sparkling Watermelon Fresca is perfectly sweet with just the sweetness of the melon but if you prefer it sweeter, just add your favorite sweetener. It's also a great way to use up watermelon that may be getting close to being too ripe and it makes for a beautiful and refreshing pink beverage, perfect for summertime parties.

- 6 cups very ripe watermelon**
- 1 tablespoon fresh lime juice**
- 1 tablespoon fresh mint leaves**
- ¼ cup coconut water**
- Sparkling water**
- Ice**
- Mint for decorating**

Puree the watermelon, lime juice, mint and coconut water in the blender until smooth. Fill a glass half or more with the watermelon blend, add ice and top off with sparkling water. Mint makes it look prettier!



Chai Concentrate

Did you know chai means “tea,” thus asking for a chai tea is redundant? Well, now you do.

We love chai in our house but so often, it is a sugar bomb. I love this concentrate for the complex spice blend and the gentle sweetness, though if you like a sweeter chai, just add more of your sweetener. Combine this concentrate with your favorite non-dairy milk, hot or over ice, and you won't regret. Just don't forget to take a big inhalation of all those wonderful aromatics. Mmm...



10 green cardamom pods

2 cinnamon sticks

2 star anise

6 whole cloves

10 black peppercorns

2-inch minced fresh ginger

1 nutmeg

10 bags black or rooibos tea

3 teaspoons vanilla extract (or 2 vanilla beans, split down the middle)

6 cups water

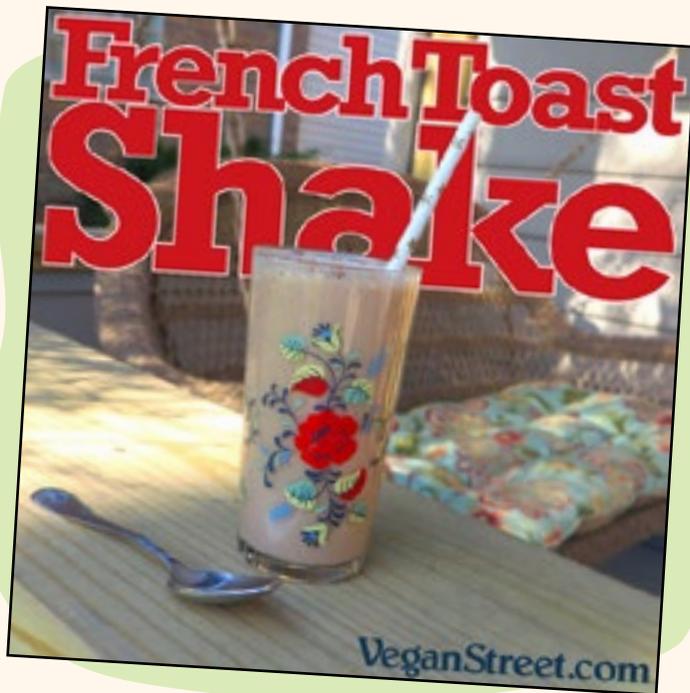
¼ cup vegan sweetener (I used maple syrup) **or more if you like it sweeter**

Crush together the cardamom, cinnamon sticks, star anise, cloves, peppercorns, ginger and nutmeg in a mortar and pestle, spice grinder or food processor. It doesn't need to be finely crushed, just broken up enough to release the natural oils and flavors in the tea.

Bring 6 cups of water to a boil. In a large tea ball, combine the above spices as well as the vanilla if using the whole pods. (If using extract, do not add yet.) If you don't have a tea ball, no worries: just add to the boiling water loose. Add the tea bags to the tea ball with the spices, add to the boiling water, then cover and simmer for 20 minutes. Remove the tea infuser ball or strain out the solids, add your sweetener and vanilla extract, whisk to combine, allow to cool, and store in an airtight jar for up to a week. Add your favorite non-dairy milk for hot or iced chai.

French Toast Shake

This shake takes the flavors we love from French Toast and blends it into the form of a chilly beverage we can guzzle. Add a little sprinkling of buttery toasted pecans on top, and you've got the flavors without all the heaviness of French toast. By the way, if you don't already freeze your bananas for your smoo - oops, shakes! - please give it a try. Not only will you get a chillier drink, but it will be even more naturally creamy. Simply remove the peel and slice; we keep them on a plate in the freezer and they never get freezer burn because they don't get a chance, we go through them so fast.



2 cups unsweetened almond milk or other non-dairy milk

2 frozen bananas, sliced

2 tablespoons pure maple syrup

1 teaspoon pure vanilla extract

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

4 - 5 ice cubes

1 tablespoon pecan pieces, toasted in a dry skillet, optional

Blend the almond milk, bananas, maple syrup, vanilla, cinnamon, nutmeg, and ice cubes. Pour into two glasses and top with 1/2 tablespoon pecan pieces in each glass and a dash of cinnamon. Enjoy!

Caramel Apple Smoothie

Basically, this is a caramel apple in refreshing liquid form. I took the familiar flavors of caramel apple, blended them together and voila! This is something you can make in a jiff anytime you're craving the classic sugar bomb and it will hit all those flavor notes you remember.

1 ½ cups unsweetened non-dairy milk

2 dates, pitted (soaked in hot water for 15 minutes if dry)

1 apple, cored and diced

1 ripe banana, peeled (frozen banana will make for a creamier smoothie)

1 tablespoon pure maple syrup

1 tablespoon peanut butter

1 teaspoon pure vanilla extract

½ teaspoon ground cinnamon

A pinch of salt

1 cup ice

1 tablespoon crushed peanuts, some reserved diced apple, and a dash cinnamon for garnish

Blend together the milk, pitted dates, apple, banana, maple syrup, peanut butter, vanilla, cinnamon, pinch of salt and ice. Serve with optional garnish.



Chocolate Lavender Shake

Looking for something that has delicate flowery flavor? Try this shake.

Choose organic lavender flowers; you can find these in the bulk section of many natural foods stores.

1 cup water

¼ cup raw cashews

2 medjool dates, pitted

1 ripe banana, peeled

1 tablespoon [slavery-free](#) cocoa powder

1 tablespoon organic edible lavender flowers

1 teaspoon vanilla extract

5 – 6 ice cubes

Combine in the blender and blend until smooth.



Grilled Corn & Bean Summer Salad

Cool, light and full of fresh flavor, this salad is perfect for any summer gathering or small meal. We love this with salsa mixed in. Please note, the marinade is light in this; if you like a more traditional marinated salad, double it.

4 ears grilled or boiled corn, cut from cobs

15-ounces cooked black beans, drained and rinsed

1 small red onion, diced

1 red bell pepper, diced

1 jalapeno, seeds removed and finely minced

6 tablespoons preferred fresh herbs, for example, cilantro, fresh basil and parsley, minced

1 tablespoon fresh lime juice

1 tablespoon olive oil

2 teaspoons ground cumin

2 teaspoons minced garlic

Salsa and cayenne pepper, optional

Salt and pepper to taste



In a large bowl, combine the corn, black beans, red bell pepper, jalapeno and assorted herbs. In a small bowl, mix the lime juice, olive oil, cumin and garlic. Pour over the corn and black beans; add optional salsa and cayenne, salt and pepper to taste. Allow to cool in the fridge for an hour or more, covered.

Tofu Satay with Peanut Sauce

One of our favorite dishes at Thai restaurants when we can find it is tofu satay. Here is a crispy version you can make at home with a minimum of oil. If you have a nonstick pan or an Air Fryer, you can make it with no oil at all, but for my recipe, I used a cast-iron skillet and a small amount of oil. I recommend making this with super firm tofu: that is the tofu that is not packed in water. You can find it at Trader Joe's or Whole Foods. If you don't have access to either of those grocery stores or super-firm tofu, get extra-firm and press it to remove all water and make it denser. Second, what really makes the peanut sauce come alive with flavor is the ginger juice. To get ginger juice, simply grate your ginger and squeeze the grated pieces into your peanut sauce.



16 oz. super firm tofu

2 tablespoons low-sodium tamari or soy sauce

2 tablespoons cornstarch

½ tablespoon coconut oil

½ cup smooth, natural peanut butter

⅓ cup full-fat coconut milk

1 tablespoon fresh lime juice

1 tablespoon tamari

2 teaspoons crushed garlic

1 tablespoon ginger, grated and squeezed into the sauce

As much water as you need to achieve desired consistency

Cut the tofu into large squares or into rectangles. On a cookie sheet or flat pan, spread out your tofu and pour the tamari over it. Move the tofu around with a spatula so it is all coated with the tamari. Let marinate for 30 minutes or so. While the tofu is marinating, make your peanut sauce. In a medium bowl, stir together the peanut butter, coconut milk, lime juice, tamari, garlic, ginger juice and water until you have a smooth consistency. Sprinkle the cornstarch over the top of the tofu. Toss to coat all the tofu with the cornstarch.

Heat ½ tablespoon coconut oil in your favorite tofu pan (could be a wok or cast-iron skillet, for example) and coat the bottom of the pan. Heat for a minute over medium heat, then add the tofu in a single layer. Cook for about five minutes then turn each piece to the other side. (I used a fork for this.) Cook another five minutes or so. You should have crispy edges on your tofu. Plate or serve on skewers with peanut sauce.

Welsh Rarebit

So September 3rd is National Welsh Rarebit Day, and, I have to be honest, I don't know much about rarebit except it is a cheddar cheese melted with beer, mustard and other savory ingredients, traditionally served open-faced over toasted bread. I can do that! After soaking the cashews, the cheese sauce comes together in a snap in a blender – any blender will do, though high-speed ones will make the sauce more creamy-velvety, you can still achieve this with a regular blender with a little more time spent in the blending – and, indeed, it is great over bread, but also would be great warm and served over steamed veggies, pasta and so on. Thick, a little salty, warm and savory with a deep flavor notes from the beer, this is a perfect cheesy sauce as the nights start to get chillier and we move into autumn.



½ cups raw cashews, soaked in hot water for at least two hours

½ cup beer, preferably dark*

¼ cup [aquafaba](#)

3 tablespoons nutritional yeast

1 tablespoon fresh lemon juice

1 teaspoon vegan Worcestershire sauce

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon mustard

¼ teaspoon cayenne pepper

Salt and pepper to taste

Drain the cashews. Add all the other ingredients to the blender with the cashews and blend until the sauce is creamy. Heat gently in a saucepan, stirring often, until thickened and warm. Serve as you like and enjoy!

* A porter or ale is usually recommended for the beer; please check out [Barnivore](#) for vegan options.

Cheesy Creamy Kale Soup

This soup is an homage to this summer's garden, resplendent with greens, but perfect for warming, rich winter fare. This soup has all the right notes: a little cheesy from the nutritional yeast, zesty from the spices, and creamy from the cashews and potatoes, blended together to make a silky, luscious meal that soothes the chilled soul. Enjoy as a side to a main dish or alongside some bread and salad for a light meal.

$\frac{2}{3}$ cup raw and unsalted cashews or cashew pieces, covered in water and soaked for 30 minutes

$\frac{1}{2}$ tablespoon coconut or olive oil

2 cups russet or Yukon potatoes, peeled and diced

1 cup yellow onion, diced

1 tablespoon garlic, minced

1 tablespoon low-sodium tamari

Approximately 3 cups low-sodium vegetable broth, divided

Drain the cashews that had been soaking

Add the oil to a large pot over medium heat, heat for a minute, then add the potatoes, onion and garlic, stirring often to coat. After four minutes, add the tamari, briefly saute, and add $\frac{1}{4}$ cup vegetable broth. Partially cover and cook for 25 minutes or until the potato pieces are tender, stirring every few minutes and adding a tablespoon more or so of broth if needed to keep everything from sticking.

Add 2 cups of broth, two cups of water and the cashews to a blender along with the nutritional yeast. Blend until smooth and add to the pot with the potatoes and kale. Partially cover again and continue cooking over medium heat for ten minutes. Using an immersion blender or blending in batches in a regular blender, process until desired smoothness. Add the dill, cayenne, fresh lemon juice, salt and pepper.



2 cups water

$\frac{1}{3}$ cup nutritional yeast

5 ounces curly kale, stems removed, coarsely chopped

1 tablespoon dried dill

1 teaspoon cayenne pepper

1 tablespoon fresh lemon juice

Salt and pepper to taste

Tomato Lentil Soup

This hearty soup, zesty with crushed tomato and full of creamy texture from the soft-cooked split lentils and sweet corn, is a rich and reassuring dish on a cold winter's night that almost is reminiscent of summer. Create some pretty contrast with basil chiffonade and you've created a dish that is not only wholesome and hearty but lovely to behold.

I make this soup in my slow cooker (seriously, look into getting one if you don't as slow cookers are one of the more affordable assets for one's kitchen), and after a quick sauté, everything is tumbled together and dinner is ready in a few hours. You can also make this on the stove top in one soup pot, cooking the lentils in about 25 minutes.



4 1/3 cup low-sodium vegetable broth, divided

1 yellow onion, diced

1/2 tablespoon tamari

3 cloves garlic, minced

2 carrots, diced

2 cups split red lentils, rinsed, sorted and drained

28-ounces crushed tomatoes

2 teaspoons dried dill

2 teaspoons dried thyme

1 cup frozen organic corn, defrosted

Salt and pepper to taste

Fresh basil chiffonade, optional

Heat 1/3 cup vegetable broth in a large skillet over a medium-high flame for about a minute. Add the onion, sauté for about three minutes, then add the tamari, garlic, and carrot. Sauté for about ten minutes, until softened, adding more broth by the tablespoon if needed to prevent sticking.

Add this to a large slow cooker, the lentils, crushed tomatoes, dill, thyme, and remaining 4 cups of broth. Cook on the low setting for 2 1/2 hours, stir in the defrosted corn, and cook an additional 30 minutes. Add salt and pepper to taste. Serve with basil and crusty bread, thinking about warmer days ahead. Enjoy!

Peanut Spaghetti Noodles

With vibrant and rich Thai flavors and crunchy veggies, Peanut Spaghetti Noodles is something that will taste like much more effort than it actually is, especially because you can prepare it all while the noodles are cooking. Coming together quickly and with no need to be served warm (I think it tastes best cold and the flavors meld best then, too), this is perfect for potlucks or breezy lunches.

1 lb. spaghetti noodles, wheat or gluten-free

1 lb. vegan protein (optional)
(I used Beyond Meat "seasoned chicken" but marinated tofu or seitan would work equally well)

2 carrots, peeled and julienned

4 scallions, sliced

1 red bell pepper, sliced

1/3 cup smooth, natural peanut butter

2 tablespoons low-sodium tamari

1 tablespoon fresh lime juice

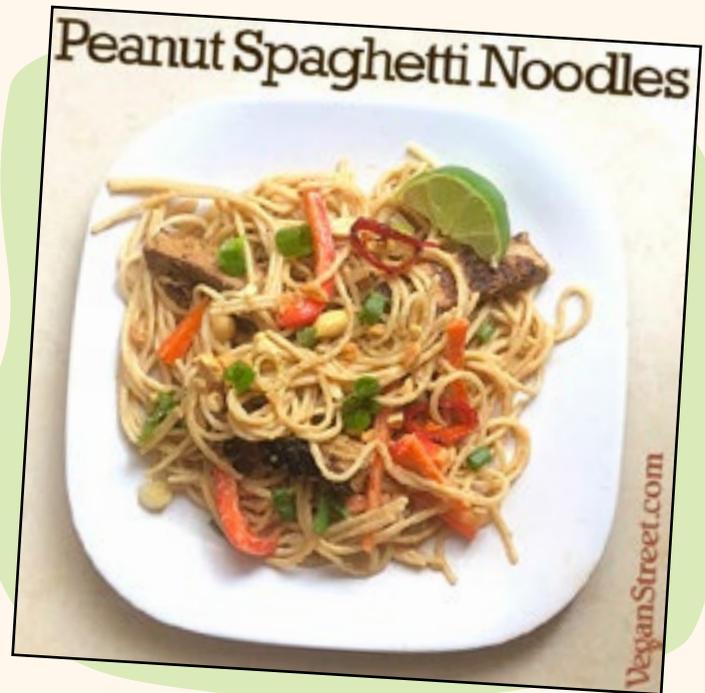
1 tablespoon minced garlic

1/2 tablespoon grated fresh ginger

Bring a large pot of water to boil. As the water is heating, prepare the optional vegan protein.

Cook the pasta according to package instructions. While, the pasta is cooking, prepare your veggies and setting aside the carrots. In a medium bowl, mix together the peanut butter, tamari, lime juice, and garlic. Collect the grated ginger in your hand and squeeze the juice into the peanut butter (discard the "juiced" ginger now) and the optional coconut sugar. Stir in the vegetable stock or water, stirring until smooth.

With one minute cooking time left, add the carrots to the pasta to par-boiled them. Rinse and drain when the time is over, then add to a large bowl along with the scallions, red bell peppers and peanut butter sauce as well as your optional meatless protein. Toss with tongs and plate, adding any additions to the big bowl toss or as garnishes on the top of individual plates. Serve with a lime quarter on the side.



1 - 2 teaspoons coconut sugar
(optional)

1/4 - 1/3 cup vegetable stock or water

4 tablespoons crushed or whole peanuts

Lime, quartered

Optional garnishes: Fresh mint, Thai basil, sesame seeds, Thai hot peppers, Sriracha or preferred hot sauce, cilantro, reserved green scallion tops

Portobello Pepper Steak

My mother wasn't really one who enjoyed cooking but one thing she would make on a fairly regular basis was pepper steak. She kind of had that 1970s Jewish home cook's thing with Chinese (or Americanized Chinese) food. I'm pretty sure that this was the most fiber we got in our household, too, and despite not ever really being much of a steak person, I liked this dish because I liked the crunchy bell peppers. This has gone through a substantial reinterpretation as a vegan dish but to me, it still is reminiscent enough of my mom's old recipe to make me a little sentimental for our yellow and avocado green kitchen. If you're squeamish around 'shrooms, though I am guessing that seitan would taste the closest to the pepper steak recipe you probably grew up on.



1/3 cup low-sodium vegetable broth

1/2 large yellow onion (or 1 medium yellow onion), **cut into half-moons**

1 tablespoon tamari

16-ounces baby or whole portabella mushrooms, sliced

3 bell peppers, seeded and sliced

6 scallions, sliced

3-4 cloves garlic, minced

1 tablespoon fresh ginger, minced

3 tablespoons organic cornstarch

1 teaspoon Chinese five-spice powder

1 3/4 cup low-sodium vegetable broth

1 tablespoon tomato sauce

1/4 teaspoon liquid smoke (optional)

Sprinkling of sesame seeds on top (optional)

Heat 1/3 cup low-sodium vegetable broth over medium-high heat in a large skillet for one minute. Add the onions and tamari; cook for four minutes, until softened. Add the mushrooms, peppers, scallions, garlic and ginger and sauté for six minutes. Meanwhile, put the cornstarch and the five-spice powder in a bowl or large measuring cup. Slowly, add the broth, whisking to avoid clumps, and the tomato sauce and liquid smoke. Add to the sauté pan and cook for seven minutes over medium heat, stirring occasionally as the sauce thickens. Serve over rice or your grain of choice and sprinkle some sesame seeds over the top.

Spicy West African Groundnut Stew

For those of you feeling like you're on the verge of a cold, give this recipe a try: the combination of peppers, ginger and garlic might just knock it out. If you want to tone down the spice, leave out the peppers and omit the red pepper flakes. This is a great, flavorful soup to take to a potluck or enjoy on a fall or winter's night.

4 1/3 cups low-sodium vegetable broth, divided

1 large red onion, diced

4 cloves garlic, pressed or minced

2 tablespoons fresh ginger, minced

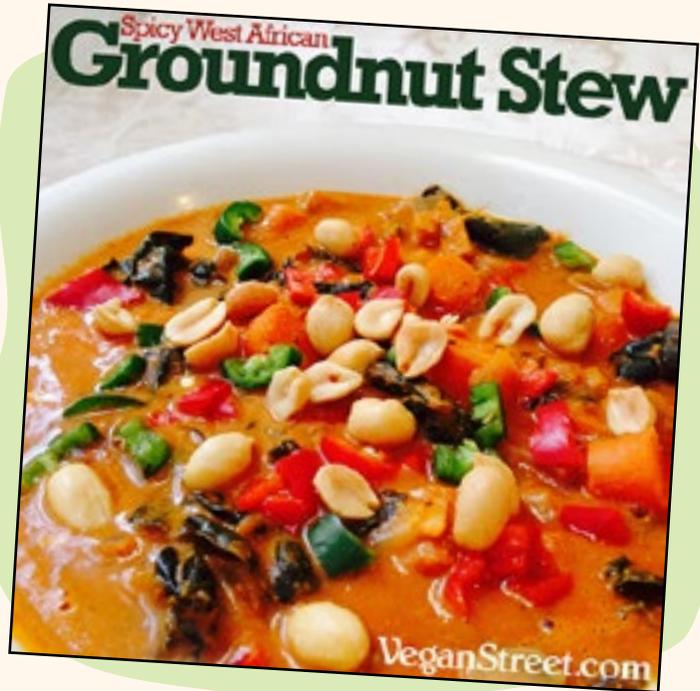
1 green hot pepper and 1 red hot pepper, seeded and minced, optional

2 heaping cups carrots, sliced or cut in large dice

4 cups kale or collards, tough stems removed and cut in strips

1 tablespoon tamari

1/2 cup smooth, natural peanut butter



2 cups tomato juice

2 tablespoons coriander

1 tablespoon dried thyme

1/2 teaspoon red pepper flakes

Salt and pepper to taste

Cooked rice, barley or another grain for serving

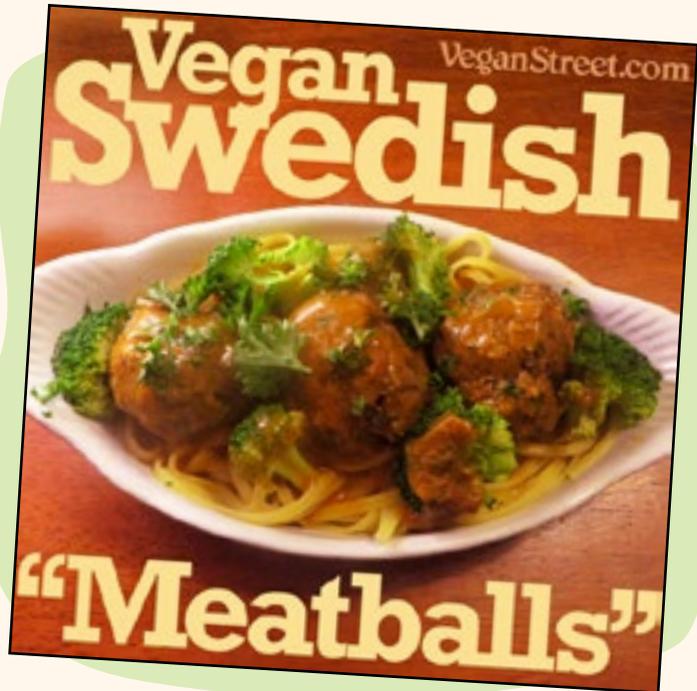
Toasted peanuts and extra minced peppers to garnish, optional

In a large soup pot, heat 1/3 cup broth over medium heat for a minute. Add the onion and sauté for four minutes or until it begins to soften. Add the garlic, ginger, optional hot peppers, carrots and kale, stir it around for a minute, then add the tamari. Cook for about five minutes, stirring often, until the carrots are softened and the kale is wilted. Add broth by the tablespoon to prevent sticking if necessary.

Add the 4 cups of broth, tomato juice and peanut butter to a blender and blend until smooth and combined. Add to the soup pot along with the remaining spices. Bring to a boil, then lower the temperature to a simmer. Cook for about 15 or 20 minutes over a simmer until the soup is thickened. Pour into individual bowls, spoon some rice or other grain in, and garnish with the optional toasted peanuts and additional hot peppers to serve.

Swedish Meatballs

These vegan meatballs, traditionally served with a flavorful gravy and on noodles, are a little crunchy on the exterior, soft on the interior, and hearty. It's not always easy to replicate these dishes when we are emphasizing wholesome ingredients but cracking the code is pretty darn enjoyable. Soy-, gluten- and oil-free, these vegan Swedish meatballs are very different from the original but still packed with flavor. This will dirty a few pans but is really easy to make and very worth the effort. I hope you enjoy...



2 cups cooked basmati rice

1 cup cooked brown lentils

½ cup plus 2 tablespoon old-fashioned rolled oats, coarsely ground in the blender or food processor

1 yellow onion, diced

⅓ cup low sodium vegetable stock or 1 tablespoon olive oil

2 ½ tablespoon low sodium tamari, divided

1 cup curly parsley, minced

¼ cup gluten-free all-purpose baking flour (I use [this one](#)) or regular flour

2 tablespoons nutritional yeast

1 teaspoon allspice

¼ teaspoon ground nutmeg

½ teaspoon paprika

Salt and pepper, to taste

Cook the lentils and the rice, and let them cool. Place them in a large mixing bowl with the ground oats.

Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper or a light brushing of olive oil.

In a large sauté pan, heat the vegetable stock over medium heat and add the onion. (This is the oil-free version: if you'd prefer, use 1 T. olive oil in the place of the vegetable stock.) Cook, stirring often, for about eight minutes or until softened. Add ½ T. tamari and stir for an additional minute. Add the onions in the mixing bowl with the lentil mixture, and add all the other ingredients listed, including the remaining 2 T. tamari. Mix vigorously with a spoon until the mixture is thick and uniform, sticking together when you pinch it between your fingers, about three minutes.

Swedish Meatballs

With a bowl of water and a hand towel nearby, shape the mixture into golf ball-sized balls, dipping your hands in the water when they get sticky and wiping them dry. Pack the “meatballs” well, gently squeezing to help them not fall apart. Shape them and place on your prepared baking sheet, and bake for 15 minutes. After 15 minutes, carefully flip each ball and bake for 15 more minutes. Meanwhile, make the pasta and gravy.

Gravy

3 cups low sodium vegetable stock

2 tablespoons low sodium tamari

2 tablespoons nutritional yeast

½ tablespoon granulated garlic

1 teaspoon powdered onion



Salt and pepper, to taste

3 tablespoons cornstarch dissolved in a cup with 5 tablespoons water

½ cup plain non-dairy milk (I used almond milk)

In a medium saucepan, add the vegetable stock, tamari, nutritional yeast, and spices over medium-high heat and bring to a boil. Reduce to a simmer, add the dissolved cornstarch, and whisk until thickened, about 5 - 6 minutes. Add the almond milk, and heat until thickened again, being careful to not let it boil. (Simmering is okay.)

When the “meatballs” are ready, gently place in the gravy and let simmer until the pasta is ready.

16 ounces pasta, gluten-free or regular (linguine was what we used)

3 cups broccoli, cut into florets

Curly pasta for garnish

Cook the pasta according to package instructions, drain and rinse. While the pasta is cooking, steam the broccoli.

To plate, place a layer of pasta, then some gravy, then some meatballs, and, finally, garnish with steamed broccoli and parsley. Enjoy!

Gado Gado

I will admit, this is a labor intensive dish, though it is easy to make. It will take a bit of time. I like to steam the veggies separately because different ones have different cooking times. The mixture of crunchy, steamed textures and a variety of flavors plus a creamy, flavorful and rich sauce is just heaven as far as I'm concerned. A mixture of steamed and raw produce is classic for Gado-Gado, along with a meatless protein. I used tempeh, but tofu, seitan or - while less traditional - chickpeas would work just as well.

Persian or Kirby cucumbers, sliced

Mung bean sprouts

Red cabbage, steamed or raw

Carrots, steamed

Potatoes, steamed or boiled

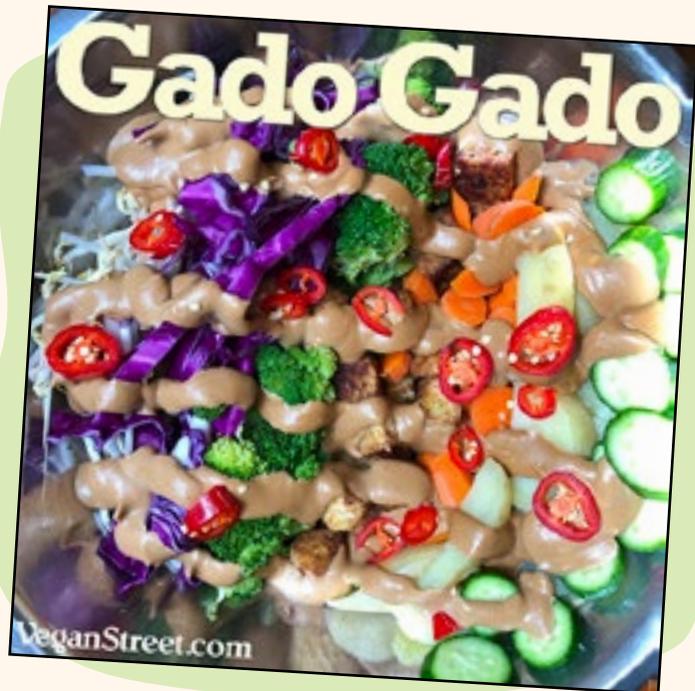
Tempeh, sauteed (I sauteed with a touch of coconut oil, tamari and rice wine vinegar)

Broccoli, steamed

Optional: thinly sliced bird's eye chilis, coriander and additional lime wedges on the side

In a large saute pan, cook the peanuts over a medium heat for about six minutes. Transfer to a food processor and pulse until the peanuts are ground. Transfer to a blender and combine with the other sauce ingredients, blending until smooth. It will be thick. If it's too thick, add a bit more coconut milk.

Meanwhile, steam your other cooked veggies and gather it all in smaller bowls, along with the raw veggies. In one large, wide bowl or in individual serving bowls, lay stripes of veggies in vertical lines, and drizzle peanut sauce over the top. (We used a frosting dispenser for this!) Sprinkle any optional extras, like chili slices and coriander, over the top. If in a large bowl, toss and serve. If in individual bowls, serve and allow diners to mix themselves but make sure the bowls have enough room for this. In other words, you may want to go a little bigger so there is room for mixing.



Peanut Sauce

1 ½ cups roasted, unsalted peanuts

1 cup full-fat coconut milk

1 tablespoon tamarind paste

1 tablespoon low-sodium tamari

1 tablespoon fresh ginger, minced

1 tablespoon coconut sugar

1 tablespoon fresh lime juice

2 teaspoons fresh garlic, minced

Summer Cherry Crisp

This cherry crisp is fairly wholesome for a dessert but has just the right amount of decadence, with a rich, buttery crumble layered around the sweet cherries. It is perfect for any summer celebration. I used coconut sugar but brown sugar would work just as well. I also only bake gluten-free due to a wheat intolerance so feel free to use whatever flour you prefer (though all-purpose would be best), understanding that if you substitute, it may not work exactly the same so you may have to fiddle with the consistency.

5 cups stemmed and pitted cherries

¼ cup coconut sugar

2 tablespoons organic cornstarch

1 ½ cups all-purpose gluten-free flour (I am loving [this one](#) right now)

1 ½ cups quick-cooking oats

½ cup coconut sugar



1 teaspoon ground cinnamon

½ teaspoon baking soda

¼ teaspoon salt

½ cup cold coconut oil

½ cup plain, unsweetened non-dairy milk

1 teaspoon pure vanilla extract

Preheat the oven to 325 degrees. Lightly oil an 8-inch-square baking pan.

In a large bowl, gently mix together the cherries, sugar and cornstarch.

In another large bowl, mix together the flour, oats, sugar, cinnamon, baking soda and salt. Cut in chunks of the coconut oil and squish it into the flour mixture with your hands. Pour in the milk and vanilla. Mix together with your hands; it will be dry and crumbly but it should hold together if you squeeze it between your thumb and forefinger. If it's too dry, add a bit more milk until it can hold together.

Firmly press about half the flour mixture to the bottom of the prepared pan, packing it down as you go.

Layer all the cherries on top of this.

Sprinkle the remaining flour mixture over the top and lightly pat.

Bake for 15 minutes, turn 180 degrees and bake for another 10 minutes. Let cool at least five minutes. This is great served warm with ice cream on top.

High Protein Blondies

I have to admit, I have been skeptical of this whole beans-in-treats phenomenon for a while, but I think I've come up with something that works well, with a chewy, soft texture and richness reminiscent of traditional blondies. With a better nutritional profile (higher in protein, low in refined carbs), these treats are the perfect daytime snack. They come together really quickly with the help of a food processor and create a minimal mess. If you're on the fence about beans in desserts, trust me: these are worth a try. I don't think you'll be disappointed.



¼ cup quick oats

3 big medjool dates, pitted and soaked in hot water

15 oz. chickpeas, rinsed and drained

¼ cup smooth peanut butter

¼ cup smooth almond butter

2 teaspoons. pure vanilla extract

½ teaspoon cinnamon

½ teaspoon nutmeg

½ teaspoon salt

½ teaspoon baking powder

¼ teaspoon baking soda

½ cup plus 1 tablespoon [slavery-free](#) vegan chocolate chips

Preheat the oven to 350 degrees and line an 8-X-8 pan with parchment paper. You can also use cooking spray instead of parchment paper.

Whiz the oats in your food processor for a minute, until finely ground. Add the rest of the ingredients except the chocolate chips. Process for two minutes, until smooth. Let it cool for about five minutes because sometimes processing it warms the batter up and this will pre-melt the chocolate chips, which won't effect the taste but it won't look as pretty. After cool, add the 1/2 cup chocolate chips, reserving 1 T. Mix together with a spoon right in the food processor container.

Spoon batter into prepared pan, spreading until flat. Sprinkle with the remaining chocolate chips. Bake for 14 minutes, turn 180 degrees, and then bake for 14 more minutes. Let cool in the pan for 20 minutes and then cut into squares. Enjoy!

Magic Peanut Butter Pretzel Bars

Sweets

The union of peanut butter (savory), pretzels (salty) and chocolate (sweet) is a match made in heaven but it took some trial runs in the kitchen before I got the complementary textures down. Now, with a sweet-crunchy date-nut crust, a creamy, mousse-like peanut butter filling, and a smooth, dense ganache topping, I think we have the perfect union. There are a lot of ingredients here but, trust me, it's super easy to make.

Crust

- 1 ½ cups soft medjool dates, pitted**
- 2 cups pecan pieces, toasted**
- ½ cup pretzels** (I used gluten-free)
- 1 tablespoon real maple syrup**

Lightly oil or place parchment in a 9-X-13-inch pan.

If your dates are tough, soak them in hot water for 30 minutes, then drain.

Place your toasted pecan pieces and pretzels in a food processor and pulse until crumbly. Add the drained dates and maple syrup. Pulse until combined. Press into the prepared pan.

Peanut Butter Mousse

- 1 ½ cups creamy, natural peanut butter**
- 8-ounces firm silken tofu, drained**
- 8-ounces vegan cream cheese**
- ½ cup plus two tablespoons pure maple syrup**
- 1 teaspoon real vanilla extract**
- 1/8 teaspoon salt**



Magic Peanut Butter Pretzel Bars

Combine all the ingredients in your food processor and process until smooth. Spoon on top of the crust, flattening with the back of the spoon or a silicone spatula and refrigerate for 30 minutes.

Chocolate Ganache Topping

2 cups plain, nondairy milk

12 ounces [slavery-free](#), vegan chocolate chips

1 teaspoon real vanilla

1 cup pretzels, broken into small bits



Heat your vegan milk to hot on the stovetop. Place the chocolate chips in a medium bowl you can cover with a lid or plate. When the milk is at a low boil, pour to cover the chocolate chips – you might have to shake the bowl to cover everything – and place the lid over the bowl. Allow to sit for five minutes then whisk from the center out until smooth, adding the vanilla extract. Pour over the peanut butter mousse and sprinkle the remaining pretzel bits over the top.

Refrigerate for 30 minutes to an hour and serve.

Fudgy Raw Frosted Brownies

Okay, I admit it. I have joked for years that raw desserts are usually the same four or five ingredients used over and over again in different ratios (dates, cacao, nuts, you know the drill) and this recipe is no different. My usual attitude is you're going to eat something healthy for dessert, just eat fruit. I have been craving deep chocolate lately, though, and the dates have been so juicy and soft, just perfect for such a treat, I figured what the heck. These are never going to be mistaken for baked brownies, but they are great on their own merits: rich, decadent, chewy, caramelly and so chocolatey. With a ganache-like frosting, you won't be missing anything. Although they are raw, they are not low-calorie, so don't eat the whole pan! If the dates you're using are not soft, reconstitute them by soaking them in hot water for ten minutes, then drain them.



1 ½ cups pecans, unsalted

1 cup raw almonds (I used slivered)

2 ½ cups plump and soft medjool dates, seeded

½ tablespoon pure vanilla extract

½ cup slavery-free cacao powder

⅓ cup pure maple syrup

Pinch of salt

Pulse the pecans and almonds together until they are fine crumbs in a food processor. Add the rest of the ingredients and process until as smooth as possible. Press into an 8-X-8-inch baking pan, lined with parchment paper.

Frosting

½ cup nut butter (I used almond but peanut butter or cashew would be creamier)

1 teaspoon pure vanilla extract

⅓ cup slavery-free cacao powder

¼ cup pure maple syrup

2 tablespoons non-dairy milk

Pinch of salt

In a medium bowl, combine the nut butter, vanilla, cacao, maple syrup, non-dairy milk and pinch of salt until smooth. Spread over the top of the brownies and put in the fridge for a couple of hours. Slice and serve.

Halloween Blasty Shake

Our version of a DQ Blizzard, these Blasty Shakes are full of vanilla ice cream and Halloween magic! I used the seasonal Halloween Joe Joe's cookies from Trader Joe's but any vegan sandwich cookies would do, extra points for being Halloween-themed.

16 ounces vegan vanilla ice cream

1 cup canned pumpkin purée

1 cup non-dairy milk

1 tablespoon pure vanilla extract

1 ½ teaspoons pumpkin pie spice

6 sandwich cookies, cut in half

2 sandwich cookies, crumbled

Place the ice cream, pumpkin purée, non-dairy milk, vanilla and pumpkin pie spice in a blender or milkshake machine until smooth. Add the six sandwich cookies and, pulsing, mix in until added. Cover the top with sandwich cookie crumbles and serve with an extra cookie if you really want to gild the lily. Pour, serve and enjoy!

