

Transformations: Vegan Recipes You Can Live By Vegetarian Main Courses

Basic Vegetable Stir-Fry

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Locations 3713–3714) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 medium yellow onion, sliced
- 1 large head of broccoli, cut into florets
- 1 cup snow peas
- 1 6 ounce can of water chestnuts, sliced and drained
- 6 tablespoons **Chinese Brown Mustard**
- 3/4 cups cashews

Heat coconut oil in an electric wok.

Add the onion, broccoli and snow peas. Heat for 4-5 minutes, until vegetables are tender.

Stir in **Chinese Brown Mustard** to thicken.

Serve topped with cashews.

Bean Enchiladas§

FILLING

- 2 tablespoons coconut oil
- 1 medium green bell pepper, seeded and chopped
- 1/2 cup onion, peeled and diced
- 1 cup tomato sauce, or you can make your own **Tomato Sauce**
- 2 15 ounce cans pinto or black beans, drained and rinsed
- 1 cup frozen corn
- 1 teaspoon chili powder, or more to taste, optional
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1/8 teaspoon cayenne pepper, optional
- 1 tablespoon cilantro, minced
- 2 cups filtered water and/or **Vegetable Soup Stock**
- 6 large flour or corn tortilla shells

TOPPING

- 1 additional 15 ounce can pinto or black beans, drained and rinsed
- 2 batches of **Enchilada Sauce**
- 8 ounces Mexican cheese, shredded, optional

Preheat oven to 375°F.

Sauté the green pepper and onion in 2 tablespoons of tomato sauce until tender. Stir in remaining tomato sauce, beans, corn, chili powder, cumin, onion powder,

cilantro, and cayenne pepper. Stir to combine. Add one cup of water. Sauté until water is absorbed.

Spoon about 1 large spoon of the bean mixture on each tortilla shell and roll up. Place each stuff tortilla shell in 9×13 inch baking dish. Top with another can of beans followed by the **Enchilada Sauce** and finally the cheese. Bake for 15 minutes in oven, till well warmed through and slightly browned.

Serve warm.

Bean and Corn Enchiladas§

Originally, "Bean & Corn Enchiladas". https://www.forksoverknives.com/recipes/bean-corn-enchiladas/?mc_cid=fb88cbede5&mc_eid=7d61d1ac47

SAUCE INGREDIENTS

- 2 8-ounce cans tomato sauce
- 3 cups filtered water
- 4 tablespoons cornstarch
- 3 tablespoons chili powder, or to taste
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- kosher salt, to taste

CASSEROLE INGREDIENTS

- 2 large cans pinto beans, drained and rinsed partially mashed
- 1 cup green onions, chopped
- 1 1/2 cups frozen corn
- 1 2 1/4 ounce can ripe olives, sliced and drained
- 1-2 tablespoons green chilies, chopped
- 16 corn tortillas

OPTIONAL INGREDIENTS

- **Guacamole**
- salsa
- tomatoes, diced
- lettuce, shredded
- onion, diced

This entrée is okay. It's not the best enchiladas recipe I've ever made. Flour tortillas would probably work better.

The original recipe called for cooked pinto beans, which I did try to do. In the process the beans got burned. I ended up using two large cans of pre-made pinto beans, which is probably the better idea.

Place all SAUCE INGREDIENTS in a saucepan. Mix

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with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder and salt, if desired. Set aside.

Preheat oven to 350° F.

To assemble casserole, place the beans in a large bowl. Add the scallions, corn, olives and green chilies. Mix gently until well combined.

Place 1 1/2 cups of the sauce in the bottom of a 13×9 inch baking dish. Take 1 tortilla at a time and spread a line of the bean mixture down the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas, placing them snugly next to each other.

Top with any remaining filling.

Pour the rest of the sauce over the rolled up tortillas, spreading it out evenly. Cover with parchment paper, then cover with aluminum foil, crimping the edges over the baking dish.

Bake for 35 minutes.

Remove from oven and let rest for about 5 minutes before cutting. Serve with additional toppings, if desired.

Black Bean Burgers§

<http://www.forksoverknives.com/recipes/black-bean-burgers-3/>.

- 1 cup brown rice, cooked
- 1 15 ounce can black beans, drained and rinsed
- 1/2 onion, minced
- water, as needed, optional
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 cup corn meal
- 1/4-1/2 cup water, as needed
- 2 tablespoons salsa
- leaf lettuce, optional
- tomatoes, sliced, optional
- 'hamburger' condiments, optional
- hamburger rolls, optional

A healthier option to the standard American hamburger that is actually pretty tasty. It's not your mother's ground beef but it certainly is a viable alternative to it.

Make sure rice is well cooked before starting. If undercooked, or still 'crispy', add more water and cook to until a very soft texture is achieved.

Pour beans in a medium size bowl and mash them with a potato masher.

Preheat oven to 350° F. Lay a piece of parchment paper on baking pan.

Sauté onions in a sauce pan adding a little water if necessary to prevent sticking.

Combine rice, onion, cumin, garlic powder, chili powder, corn meal and salsa to beans in a bowl. Mix everything together so there is an even consistency.

Add between 1/4 and 1/2 cup of water, enough to make mixture stick together.

Using a plastic hamburger press, form 1/2 cup of mixture into a patty. Place onto parchment paper. Repeat for the remaining 5 patties.

The last one may be a bit smaller than the rest.

Bake for 15 minutes at 350° F. Flip the patties and bake for another 15 minutes.

Serve between two leaves of romaine lettuce with tomato, onion, ketchup, and mustard, optionally on a hamburger roll.

Black Beans and Rice§

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 4391) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 medium yellow onion, diced
- 1 cup red pepper, washed, seeded and diced
- 1-2 jalapeño peppers, seeded and diced
- 5 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 1/2 teaspoon dried oregano
- 2 15 ounce cans black beans, drained and rinsed
- 1 cup filtered water, and more if needed
- sea salt, to taste
- pepper, to taste
- 3 cups brown rice, cooked
- 1 cup fresh cilantro, washed and chopped
- 1 lime, quartered

All things considered, this is a pretty decent beans and rice dish ... and it makes a lot of beans and rice. Once made this entrée can be used for any number of purposes including as a filling for burittos.

Add onion, red and jalapeño pepper. Sauté until tender, 7-8 minutes.

Add the garlic, cumin, and oregano and cook for 3 minutes.

Add the black beans and 1 cup of water. Cook for 10 minutes, adding more water if necessary.

Season with salt and pepper.

Serve over the brown rice and garnish with the cilantro

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and lime wedges.

Black Beans and Rice Wraps§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2986) The Experiment Kindle Edition

- 1 batch **Black Beans and Rice**
- 8 large Romaine lettuce, leaves
- 1 batch **Guacamole**

Fill a lettuce leaf with **Black Beans and Rice**.

Top with **Guacamole**.

Fold up lettuce leaf.

Repeat with remaining lettuce leaves.

This same process can be used with tortilla shells, preferable gluten free ones, and, in fact, would doubtless work much better than trying to fold lettuce leaves.

Broccoli-Ginger Stir-Fry§

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 219) Charisma House Kindle Edition

FILLING

- 1 tablespoon coconut oil
- 1/4 cup ginger, peeled and minced
- 4 cloves garlic, minced
- 1/4 onion, peeled and sliced in crescents
- 8 pimes mushrooms, washed and sliced
- 1 1/2 cups broccoli florets, washed
- 2 cups Napa cabbage, washed and chopped
- 1 small red bell pepper, washed and cut into strips
- 1/2 cup purple cabbage, washed and chopped

SAUCE

- 1/4 cup Bragg's Liquid Aminos
- 2 tablespoons brown rice vinegar
- 1 tablespoon toasted sesame oil
- stevia or cane sugar, to taste, optional
- 3 tablespoons sesame seeds

I tried this for dinner. There was some leftover broccoli that needed to be used up. It was okay though Emmale thought it was great. Anyway, it's just another stir fry.

Heat the oil in a large skillet over medium-high heat. Add the ginger and garlic and cook for 2 to 3 minutes. Add the onion and carrots and cook for 2 minutes.

Reduce the heat to medium and add the mushrooms and cook for 3 minutes or until onion is translucent.

Add the broccoli and cook 2 to 3 minutes. Then add the boy choy, bell pepper, and red cabbage and cook for 2 minutes.

To make the sauce, in a small bowl combine the tamari,

brown rice vinegar, sesame oil, and stevia. Add the sauce to the vegetable mixture in the skillet and cook for about 5 minutes over medium heat.

Sprinkle with sesame seeds before serving.

Cashew Mushroom Loaf§

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 216) Charisma House Kindle Edition

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 12 ounces cashews
- 3 medium parsnips, cooked and mashed
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 2 teaspoon sea salt
- 1 tablespoon coconut oil
- 12 ounces fresh mushrooms, washed and chopped

Preheat oven to 350 degrees.

Heat oil in a small skillet and sauté onion and garlic until onion is translucent. Grind the cashews and mix with the mashed parsnips, herbs, and salt. Add oil to the skillet again and sauté the chopped mushrooms until soft.

Grease a loaf pan with oil and press in half the nut mixture. Add the mushrooms, then top with the rest of the nut mixture. Press in well. Bake for 1 hour.

Let stand for 10 minutes and remove from the pan. Slice to serve.

Cauliflower 'Rice' Stir-Fry§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 526-527) Page Street Publishing Kindle Edition

- 1 medium cauliflower
- 2 tablespoons grapeseed oil
- 1 cup frozen peas
- 1/2 cup frozen corn

SEASONING

- 1/2 cup Bragg's Liquid Aminos
- 2 tablespoons rice vinegar
- 1 clove garlic, minced
- 1 teaspoon maple syrup or agave nectar
- 2 inch piece of ginger root, ground
- 1 teaspoon cornstarch
- 1 teaspoon hot sauce, optional

GARNISHES

- sesame seeds
- spinach, washed and chopped

This recipes is actually better than it sounds. Use care

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not to overcook the cauliflower to prevent it from becoming mushy.

Separate cauliflower florets and discard core (or save it for juicing). Working in batches, pulse chop cauliflower in batches to reduce to the size of rice.

Heat grapeseed oil in an electric wok over medium heat.

Cook the peas and corn for one minute. Add the SEASONING ingredients and cook, stirring frequently, for 3-5 minutes.

Stir in the chopped cauliflower and cook for an additional 1-2 minutes.

Top with sesame seeds and chopped spinach to serve.

Chana Masala§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 711) Page Street Publishing Kindle Edition

- 2-3 tablespoons coconut oil
- 2 large onions, chopped
- 1 10.75 ounce can of tomato puree
- 2 cloves garlic, minced
- 1 inch piece of ginger root, minced
- 1 1/2 teaspoons ground cumin
- 2 teaspoons garam masala
- 2 teaspoons ground coriander
- 1 lime, juiced
- 1 teaspoon pepper
- 1 teaspoon dry mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon chili powder, optional
- 1/4 teaspoon cayenne pepper, optional
- 1 tablespoon fresh cilantro, washed and chopped
- 1/2 cup filtered water
- 1 bay leaf
- 1 15 ounce can chickpeas, drained and rinsed
- cooked rice, optional
- fresh cilantro, washed and chopped

Originally, the instructions for this recipe were for making in a Dutch oven. I modified it some to make it in a crock pot. This is really quite an exquisite entrée through it is a bit on the spicy side.

In a large skillet, heat the coconut oil in a large skillet over medium heat. Add onion and cook until onion is translucent. Add the tomato puree and garlic and stir a few times. Transfer onion mixture to a crock pot.

Add the ginger root, ground cumin, garam masala, ground coriander, lime juice, pepper, dry mustard, kosher salt, ground turmeric, chili powder and cayenne pepper, if used, and 1/2 cup of chopped cilantro. Stir to

combine.

Cook for 2 hours on low. Add in 1/2 cup of water, filtered water, bay leaf, and chick peas. Stir and cook for an additional hour.

In the mean time, cook the rice, if used, in a rice cooker

Serve over cooked rice and garnish with additional chopped cilantro.

Chunky Garden Vegetable Stew§

- 1 tablespoons olive oil
- 3 medium potatoes, peeled and cut into chunks
- 1 large carrot, peeled and sliced diagonally
- 1 medium onion, peeled and quartered
- 1 large yellow squash or zucchini squash, peeled and sliced
- 8 ounces mushrooms, washed and coarsely chopped
- 2 stalks celery, washed and sliced
- 1 red|green|yellow bell pepper, washed, seeded and diced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon sea salt
- 1 cup **Vegetable Soup Stock**
- 1 can chick peas, drained and rinsed
- 2/3 cup raisins
- 2-3 cups **Vegetable Soup Stock**
- 1-2 tablespoons vegetable oil
- 1 teaspoon sea salt
- 1-1 1/2 cups rice

Coat a crock pot with olive oil.

Add potatoes, carrot, onion, squash, mushrooms, celery, peppers, cinnamon, coriander, turmeric, cumin, cardamom and salt. Stir to combine. Cook on low for 3-4 hours, stirring several times while cooking.

Add the 1 cup of **Vegetable Soup Stock**, chick pea and raisins. Stir to combine. Cook and additional 1-1 1/2 hours on high until potatoes and carrots are cooked through.

In the meantime combine the 2-3 cups of **Vegetable Soup Stock**, oil, salt and rice in a rice cooker. Cook until done.

Serve stew over rice or with rice on the side.

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Collard Green Wraps with Spicy Dipping Sauce

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Locations 759-760) Flatiron Books Kindle Edition

FOR THE WRAPS

- 4 large collard green leaves, or gluten free tortilla shells

FILLING

- 1/2 cup cabbage, washed and shredded
- 1 carrot, peeled and julienned
- 1 bell pepper, julienned
- 1 jicama, peeled and julienned
- 1/2 cucumber, peeled and julienned
- 1/2 avocado, sliced

DIPPING SAUCE

- 1 2 inch piece of fresh ginger, peeled and minced
- 1 large tomato
- 1/4 cup lemon juice
- 1/4 cup almond butter
- 3 cloves garlic
- 1 teaspoon cayenne pepper
- 3 green onions, washed and sliced
- 2 tablespoons maple syrup
- 1 tablespoon sesame oil

Lay out the collard greens.

Layer with a little cabbage and several pieces of julienned vegetables and a little avocado. Roll up leaf to around vegetables.

Combine the DIPPING SAUCE ingredients in a blender and dip rolled up vegetables into sauce to serve.

Creamy Chobani Mexican Bake

MAIN DISH

- 2 cups brown rice, cooked
- 1 16 ounce can diced tomatoes, with liquid
- 1 can black beans, drained and rinsed
- 1/2-1 cup Monterey Jack cheese, shredded, divided if using 1 cup
- 1/2-1 cup sharp cheddar cheese, shredded, divided if using 1 cup

TOPPINGS

- 1/2 cup tomatoes, washed and chopped
- 1/4 cup red onion, chopped
- 1 jalapeño pepper, washed and thinly sliced
- 1 green onions, washed and thinly sliced
- 1/2 cup sour cream
- fresh herbs, for garnish, optional
- tortilla chips, for serving

Preheat oven to 350°F.

Layer cooked rice and tomatoes in a casserole dish. Stir to combine. Layer half the cheese over rice. Layer in black beans. Top with the rest of cheese over the beans. Place in oven for 10-15 minutes, until cheese is fully melted, uncovered.

Top baked mixture with chopped tomatoes, red onion, jalapeño, sour cream and fresh herbs.

Serve immediately with tortilla chips.

Creamy Sweet Potato and Vegetable Stew§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2708) The Experiment Kindle Edition

SWEET POTATO AND VEGETABLE MIXTURE

- 1 large sweet potato, peeled and cut into 1 1/2 inch pieces
- 1 small onion, diced
- 2 medium carrots, peeled and cut into 1 inch pieces
- 2 medium zucchini squash, peeled and cut into 1/2 inch pieces
- 1 cup red pepper, washed and diced
- 2 cups cauliflower florets, washed
- 1/4 pound green beans, trimmed and sliced
- 1 teaspoon dried thyme
- 1 bay leaf
- 3 cups **Vegetable Soup Stock**
- 2 cloves garlic, minced
- sea salt, to taste
- pepper, to taste

MASHED POTATO AND MUSHROOM SAUCE

- 8 small potatoes, washed and diced
- 2 cups **Vegetable Soup Stock**
- 8 ounces button mushrooms, washed
- 2 shallots, minced
- 3 stalk celery, washed and sliced
- 1/2 teaspoon celery seed
- 1/4 teaspoon white pepper
- 1/2 teaspoon rubbed sage
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce

EXTRAS

- 4 15 1/2 ounce cans diced tomatoes, with liquid
- 3 teaspoons sea salt

WHITE BEAN SAUCE

- 1 15 ounce can cannelloni beans, drained and rinsed
- 1 cup filtered water

This makes a very large though mediocre stew. Its okay but not at all what I expected. It needs something, like herbs perhaps, to enhance the flavor. You'll

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probably need to freeze half for a meal at a later date. It does get better as the flavors meld and it sits a while in the refrigerator.

Place sweet potato in the bottom of a 11×13 inch baking dish and top with onion, carrots, squash, red pepper, cauliflower, green beans, thyme, bay leaf, **Vegetable Soup Stock** and garlic. Season with salt and pepper. Cover with aluminum foil and set aside.

Place the potatoes, **Vegetable Soup Stock**, mushrooms, shallots, celery, celery seed, white pepper, sage, garlic and Worcestershire sauce in a second 11×13 inch baking dish. Cover with aluminum foil.

Place both pans in the oven and bake for 50 minutes, until potatoes are tender.

Mash the MASHED POTATO AND MUSHROOM SAUCE ingredients with a potato masher.

Place the cannelloni beans and 1 cup of water in a blender. Blend to puree the mixture.

Place the sweet potato mixture into a soup pot. (A Dutch oven will likely not be large enough.) Pour the potato mixture and bean mixture into a large bowl and combine.

The following step was added when warming up the leftovers. In my case I split the last two ingredients under EXTRAS part of the original batch was already frozen. Adding the tomatoes and extra salt helped to alleviate the blandness of the original recipe.

Stir in canned tomatoes and additional salt, under EXTRAS.

Pour the WHITE BEAN SAUCE into the MASHED POTATO AND MUSHROOM SAUCE. Pour the finished mixture over the SWEET POTATO AND VEGETABLE MIXTURE. The pot will be very full. Place the Dutch oven back in the oven and cook for an additional 20-30 minutes too heat through.

Stir to combine gravy and stew. Serve warm with a soup ladle into bowls. Freeze half the remaining stew and refrigerate the rest for several more meals.

Curried Chickpea Tacos

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 401) Page Street Publishing Kindle Edition

CURRIED CHICKPEAS

- 1 15 ounce can chickpeas
- 1 1/2 teaspoon curry powder
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 teaspoon hot sauce, or less to taste, optional

RED CABBAGE SALAD

- 2 cups red cabbage, washed and shredded
- 1/2 cup lettuce, washed and chopped
- 1 tablespoon olive oil
- 1/2 lemon, juiced
- 1 radish, washed and sliced
- 1 cucumber, peeled and d and
- 6 cherry tomatoes, washed and and cut in half
- sea salt
- 4 soft taco shells

Place all the ingredients for the CURRIED CHICKPEAS in a pan over medium-high heat and cook for 5 to 7 minutes.

Mix the salad ingredients in a large bowl.

Heat the tortillas in a pan or directly over the stovetop until you get a little charring and crispness.

Stuff the tortillas with the fillings to serve.

Easy Chili

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 844) Page Street Publishing Kindle Edition

CHILI RECIPE

- 2 tablespoons olive oil
- 1 onion, chopped
- 2-4 cloves garlic, to taste, crushed
- 1-2 jalapeño peppers, seeded and minced
- 1 red bell pepper, seeded and chopped, or 1 cup of frozen diced red pepper
- 1 sweet potato, peeled and cubed
- 1-2 potatoes, peeled and cubed
- 1 large tomato, washed and diced
- 1 cup **Vegetable Soup Stock** or filtered water
- 1 6 ounce can of tomato paste, preferably organic
- 1/4 teaspoon red pepper flakes, or to taste, optional
- 1/2 inch piece of ginger root, peeled and minced
- 1 bay leaf
- 1 15 ounce can beans (any kind), preferably organic, such a chili beans, drained but NOT rinsed
- 1 11 ounce can Mexican corn, drained, optional
- 1 15 1/2 ounce can diced tomatoes, drained, optional

FOR SERVING

- cooked rice, optional
- fresh parsley, chopped, optional

It seems that I had this once before but forgot to note it. For this iteration, I've changed a couple of the ingredients. The recipe made this time was made totally in the crock pot.

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TRADITIONAL INSTRUCTIONS

Heat olive oil in a large skillet over medium heat.

Sauté onion and garlic until translucent.

Add rest of CHILI RECIPE ingredients. Cook until potatoes are soft, 20-25 minutes.

CROCK POT INSTRUCTIONS

Alternately, place all CHILI RECIPE ingredients in a crock pot. Stir. Cook on high for 4 hours or low for 8 hours, until potatoes are soft.

Optionally, serve over rice topped with chopped fresh parsley.

Easy Vegan Pasta Sauce (with Spaghetti)§

Originally "Easy Vegan Pasta Sauce". <http://allrecipes.com/recipe/23982/easy-vegan-pasta-sauce/>

- 1 teaspoon olive oil
- 1/2 small yellow onion, diced
- 2 cloves garlic, minced
- 5 large tomatoes, cubed, or 3 15 1/2 ounce cans of diced tomatoes, drained
- 1 cup green bell pepper, diced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1 1/2 tablespoons dried basil leaves
- 1 1/2 tablespoons dried oregano
- 8 ounces gluten free spaghetti, cooked
- **Toasted Garlic Bread**, optional

If using canned tomatoes pulse chop the tomatoes and peppers to reduce their size before beginning this recipe.

In a skillet over medium-low heat, sauté 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.

Serve sauce over spaghetti and optionally with **Toasted Garlic Bread**.

Easy Veggie Patties

Originally "Easy Veggie Patties for Plant-Based Burgers". <https://www.forksoverknives.com/recipes/easy-veggie-patties-plant-based-burgers/>

- 1/4 cup black rice, uncooked
- 1/3 cup brown rice, uncooked
- 1/3 cup quinoa, uncooked
- 1 small onion, chopped
- 1 cup mushrooms, washed and chopped
- 3 to 4 cloves garlic, chopped
- 1/2 cup rolled oats, uncooked
- 3 tablespoons soy sauce
- 1 pinch kosher salt

- 1 tablespoon pepper
- 3 tablespoons ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon cayenne pepper
- 3 cups canned black beans rinsed and drained

Place the wild rice, brown rice, quinoa, and 1 cup water in a pan. Bring to a boil, reduce heat, cover and simmer for 35 to 40 minutes.

When grains are done, add the oats, soy sauce, salt, pepper, cumin, coriander, and cayenne pepper.

Mash beans thoroughly in a bowl and add the vegetables and grains mixture. Mix well.

Taste and adjust seasonings as desired.

If your veggie 'meat' is too wet and doesn't stick together, add more oats little by little until the mixture sticks together.

Form into patties. You can also wrap any unused portion and store it in the fridge for 5 to 6 days.

Grill the 'raw' veggie burgers over medium-high heat until it turns a little bit brown and crunchy outside.

Easy Way Chili§

- 1 15 ounce can pinto beans, drained and rinsed
- 1 28 ounce can of diced tomatoes, with liquid
- 1 8 ounce can of tomato sauce, or you can make your own **Tomato Sauce**
- 1 15 ounce can of dark red kidney beans, drained and rinsed
- 1/2 cup filtered water
- 1 large onion, diced
- 1 bell pepper, seeded, diced, about 1 cup diced is using frozen bell peppers pieces
- 1 1/2 teaspoons ground cumin
- 3 cloves garlic, chopped
- 1/2-1 teaspoon sea salt, to taste

In a crock pot, add pinto beans and tomatoes. If necessary, break up tomatoes into smaller pieces.

Add tomato sauce, diced tomatoes, pinto beans and kidney beans. Add water, onion, bell pepper, cumin, garlic, and sea salt. Carefully stir to combine.

Turn on low if cooking all day or high if cooking for 4 or less hours.

This does thicken once refrigerated. To rehydrate add more water, tomato sauce or puréed tomatoes before re-heating.

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Enchilada Casserole

<http://www.forksoverknives.com/recipes/enchilada-casserole/>

- filtered water, as needed
- 1 medium yellow onion, chopped
- 1 medium red bell pepper, chopped (or 3/4 cup diced red pepper)
- 1 tablespoon garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons chili powder
- additional filtered water as needed
- 1 15 1/2 ounce can diced tomatoes, not drained
- 1 15 1/2 ounce can black beans, drained and rinsed
- 1 medium zucchini, peeled and diced
- 1 cup frozen corn
- 5 cups chard leaves, about 4 large leaves, roughly chopped
- 6 6-inch corn tortillas, cut into 1-inch squares
- 1-2 cups Mexican cheese, shredded, optional
- **Guacamole**, optional

Preheat the oven to 375°F. Chop or prepare all ingredients before starting. Place 2 tablespoons of water into a large skillet high heat. When the water begins to sputter, add the onion and bell pepper and sauté for 5 minutes.

Reduce the heat to medium, add the garlic, oregano, basil and chili powder and sauté for 1-2 minutes more, adding water as needed to keep mixture pliable.

Stir in the diced tomatoes, beans, zucchini, corn, chard, and 4 of the cut-up tortillas, and cook, covered, for 5 minutes more, stirring halfway through.

After the 5 minutes, place 1 cup of this mixture into a blender and blend until smooth, then add this sauce back into the pot and stir. Spoon into a 9×13 inch baking dish.

Scatter the pieces from the remaining 2 tortillas across the top, and bake uncovered for 15 minutes.

Optionally, top with Mexican cheese and return to oven until cheese is melted.

Remove from the oven and let stand for 5 minutes before serving. Optionally, serve topped with **Guacamole**.

Fettuccine Alfredo

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 447) Page Street Publishing Kindle Edition

- 8-10 ounces fettuccine pasta, ideally gluten free

SAUCE

- 1/2 cup cashews

- 1/4 cup nutritional yeast
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1 1/2 cups almond milk
- 1 lemon, juiced
- 1/2 teaspoon lemon zest
- sea salt
- pepper

VEGETABLES

- 2 tablespoons olive oil
- 2 cups mushrooms, washed and chopped
- 3/4 cup peas

OPTIONAL GARNISHES

- green onions, washed and chopped
- fresh parsley, washed and chopped
- red pepper flakes

Cook pasta according to package instructions.

Blend the SAUCE ingredients in a blender on high until smooth.

Heat the olive oil in a large skillet. Add the mushrooms. Cook until mushrooms are softened and most of the water has evaporated. Add the peas and cook for an additional minute.

Add sauce and heat through. Combine sauce and vegetables with fettuccine. Top with OPTIONAL GARNISHES, if desired, to serve.

Fettuccine with Grilled Asparagus, Peas, and Lemon

https://www.forksoverknives.com/recipes/fettuccine-with-grilled-asparagus-peas-and-lemon/?utm_medium=newsletter&utm_source=mailchimp&utm_term=Asparagus-Fettuccine

- 6-8 stalks asparagus
- 2 cloves garlic, minced
- 1 lemon, juiced, about 2 tablespoons
- pinch kosher salt
- filtered water
- 6 ounces fettuccine, gluten free if possible
- 2 tablespoons parsley, washed and minced
- 1 cup peas

Toss the asparagus in the garlic, lemon juice, and salt. Sauté the asparagus until crisp tender. Cut the asparagus into 2-inch pieces.

Bring the water to a boil. Boil the pasta until it is al dente.

Toss the cooked pasta with the asparagus, parsley, and peas. Serve warm.

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Green Chile Rice with Black Beans§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 4845) The Experiment Kindle Edition

- 1 poblano chili, seeded and minced
- 1-2 tablespoons mild green chilies
- 1 cup fresh cilantro, washed and chopped
- 1/2 cup fresh spinach, washed
- 4 cup **Vegetable Soup Stock**
- 1 1/2 cup brown rice
- coconut oil or **Vegan Butter Substitute**
- 1 medium yellow onion, diced
- 1 teaspoon ground cumin
- 1 jalapeño pepper, seeded and minced
- 1 15 ounce can black beans, drained and rinsed
- 1 lime, juiced
- sea salt, to taste

Add mixture to a large sauce pan along with the rest of the **Vegetable Soup Stock**.

Add rice and cook for 45-50 minutes, until the rice is cooked.

While the rice is cooking, sauté the onion in coconut oil in a large skillet, 7-8 minutes.

Add the cumin, jalapeño pepper and black beans. Cook for 5 minutes. Set aside.

When rice is done, stir in rice and heat through.

Fold in lime juice and season with salt to serve.

Green Lentil Burgers§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 570) Page Street Publishing Kindle Edition

- 1 cup green lentils
- 3 cups filtered water
- sea salt
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1/2 cup bread crumbs
- 3 tablespoons nutritional yeast
- 1/2 lemon, juiced
- 1/2 teaspoon lemon zest
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- grapeseed oil

EXTRAS

- quality 'hamburger' buns
- tomatoes, washed and sliced
- vegan mayonnaise, under **"Red Bell Pepper Aioli"**
- slice pickles or jalapeño
- lettuce, washed and cut into pieces

*Along the lines of "Sprouted Green Lentil Patties", a yet a different approach to making a 'burger', though, in this case, with the intention of being used like a hamburger. Once done, these can be used like hamburgers optionally adding a seed cheese such as **Fresh Dill 'Cheese'** or **Miso 'Cheese' Spread**.*

Actually quite delicious and an excellent substitute for hamburgers. Handle with care, however, as the 'burgers' tend to easily break apart.

Preheat oven to 400° F.

Put lentils in a pot with 3 cups of water. Add some salt and cook over medium heat for about 10 minutes. The lentils should become just about soft enough to eat. Drain the lentils. Put them in a food processor together with all the other ingredients, including salt to taste.

Pulse chop to combine leaving a chunky texture. Taste and adjust salt to taste.

Add oil as necessary, scraping down sides to mix, to form a moist but not mushy mixture.

Form the mixture in patties (a plastic hamburger press sprayed with cooking spray for each 'burger' works well and prevents sticking) and bake on a parchment paper lined baking sheet for 15 minutes.

Garnish with toppings of choice to serve.

Grilled Portobello Mushrooms§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 3779) The Experiment Kindle Edition

- 3 tablespoons Bragg's Liquid Aminos
- 3 tablespoons maple syrup
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger root, minced
- pepper, to taste
- 4 large Portobello mushrooms, washed and stemmed
- coconut oil

Alternately, 1 pound of baby Bella mushrooms can be used which are essentially the same thing as Portobello mushrooms, just in an immature, and considerably cheaper, form.

Combine the Bragg's Liquid Aminos, maple syrup, garlic, ginger, and pepper in a small bowl and mix well.

Place the mushrooms in a plastic storage container. Pour the marinade over the mushrooms and let marinate for turning several times for at least 1 hour.

Turn on electric griddle set to 350 degrees. Coat griddle with coconut oil.

Pour the excess marinade off the mushrooms, reserving

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the liquid, and place the mushrooms on the griddle or electric grill.

Grill each side for 4 minutes, brushing with the marinade while cooking.

Healthy Spaghetti Squash Dinner§

<http://www.insonnetskitchen.com/easy-spaghetti-squash-with-marinara/>

- 2 tablespoons olive oil, divided
- 1 large spaghetti squash
- 1 cup lentils
- filtered water, for cooking lentils
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 15 ounce cans tomato sauce, or you can make your own **Tomato Sauce**
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- sea salt, to taste
- pepper, to taste

Preheat oven to 375 degrees. Add one tablespoon of coconut oil to a parchment paper lined baking sheet. Slice spaghetti squash in half lengthwise. Scoop out the seeds and loose strands, then place cut side down on the prepared baking sheet.

Bake squash for 45 minutes, or until the squash is tender and flesh easily separates into strands with a fork.

Add water to a pot and bring to a boil. Add lentils and cook for 30 minutes.

While squash is cooking, add remaining tablespoon of coconut oil to a pan over medium heat. Add the onion and saute for 5 minutes, or until translucent. Add the garlic cloves and saute for an additional minute, until fragrant. Add the tomato sauce, basil, oregano, thyme, and salt and pepper to taste. Simmer on low for 15 minutes.

When lentils are tender, drain water in a colander and add lentils to sauce and cook for an additional 10 minutes.

When squash is done cooking, use a fork to separate squash into strands. When all flesh is removed, discard skin.

Serve squash in a serving dish and top with marinara sauce to serve. Squash can also be combined with marinara sauce and reheated to serve as leftovers.

Hearty Lentil Barley Stew

- 1 1/2 cups canned tomato juice
- 1/4 cup filtered water
- 1/4 cup barley

- 1/4 cup dried lentils, rinsed
- 2 stalks celery, washed and diced
- 1/2 onion, sliced
- 1/4 cup carrot, peeled and diced
- 1/2 cup potato, peeled and diced
- 1 15 ounce can of diced tomatoes, including liquid
- 1/8 teaspoon dried savory
- 1/8 teaspoon dried chervil
- 1/4 teaspoon dried thyme
- 1/2 teaspoon dried tarragon

Combine all ingredients in a crock pot and cooked on high for 4 or so hours, until the lentils are tender. Stir every hour or so to keep lentils from sticking.

Hearty Rice Skillet

- 3/4 cup brown rice
- 1 1/2 cups filtered water
- 1 teaspoon olive oil
- 1/2 teaspoon sea salt
- 1 15 ounce can black beans, rinsed and drained
- 1 14 1/2 ounce can tomatoes, crushed in a food processor
- 1 cup frozen corn
- 1/2 cup frozen peas
- 1 cup frozen green beans
- 1/2 teaspoon dried thyme
- dash hot pepper sauce, optional
- 1 8 ounce can tomato purée
- 1 tablespoon lemon juice
- 1 tablespoon cane sugar
- 2 cups Monterrey Jack cheese, shredded
- 1/3 cup almonds, blanched, with skins removed, chopped

Combine rice, water, oil and salt in a rice cooker. Stir to combine. Turn rice cooker on to start. Cover tightly and simmer until machine turns itself off.

When rice is done, combine beans, crushed tomatoes (including liquid), corn, green beans and thyme in a large bowl. Add hot pepper sauce, if desired. Stir to combine ingredients.

Preheat oven to 350 degrees. Stir in pureed tomatoes, lemon juice and sugar into rice. Transfer mixture to a large baking dish and cover with aluminum foil. Bake in oven until heated through, about 20-30 minutes.

Remove foil cover. Top with Monterrey Jack cheese and chopped almonds. Heat in oven until Monterrey Jack cheese is melted, no more than 5 minutes. Serve warm.

Hearty Vegetable Stew

- 1 quart **Vegetable Soup Stock**
- 4 cups celery, diced

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- 1 medium onion, peeled and diced
- 6 medium red potatoes, peeled and diced
- 4 carrots, sliced
- 1 cup green beans, washed and sliced if not frozen
- 1 clove garlic, minced
- 1/4 cup parsley, washed and chopped
- 2 cups frozen peas
- 4 cups tomatoes, diced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1 bay leaf
- 2 tablespoons Bragg's Liquid Aminos, or to taste
- whole grain bread, optional

Put all the ingredients, in the order listed, in a large crock pot and cook on high for 6 hours, stirring every 1-2 hours to blend and allow flavors to meld.

Optionally, serve with whole grain bread.

Italian White Bean, Kale and Potato Stew

<https://www.forksoverknives.com/recipes/italian-white-bean-kale-and-potato-stew/>

- 1/2 cup red or white onion, diced
- 1-2 cloves garlic, chopped
- 1 28 ounce cans diced tomatoes
- 1/4 teaspoon red pepper flakes
- 1 1/2 cups red-skinned potatoes, washed and cut into one inch squares
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried parsley
- 3-4 packed cups of kale, washed with stems removed
- 1 15 ounce cans Cannelloni beans, drained and rinsed
- kosher salt, optional

The original recipe made a huge amount of stew. I cut the recipe in half for a more reasonable portion.

Place a large Dutch oven over a medium high heat and pour some of the liquid from the can of the diced tomatoes into the pot to cover the base of the pot. When the tomato liquid starts to bubble, add the onion and stir. Lower heat a little. Add garlic to pot. Add red pepper flakes, to taste.

Continue to cook and stir, lowering heat as the time passes, for a total of about 10 minutes or until onions are soft.

Add the rest of the first can of diced tomatoes. Bring heat up to medium-high again so that tomatoes begin to simmer. Place diced potatoes, oregano and parsley into the pot and stir. Cover pot, lower heat to low and simmer for 20 minutes.

Place all of the kale into the pot and cover the pot again.

Let kale steam and shrink for 3 minutes. Uncover pot and stir in kale. Add Cannelloni beans and stir. Taste and optionally season with salt.

Serve warm when potatoes are obviously well done.

Kathmandu Stew§

- 1 teaspoon cumin seeds
- 1 teaspoon cumin powder
- 1 teaspoon fennel seeds
- 3 teaspoon curry powder
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1 pinch of ground cinnamon
- 2 cups dried red or green lentils, well rinsed
- 1 medium sweet potato, peeled and diced
- 2 carrots, peeled and diced
- 1 medium red onion, diced
- 4 cloves garlic, minced
- 1-2 teaspoons chili paste
- 6 cups filtered water
- sea salt, to taste
- 1 small bunch of cilantro, washed and chopped

BEFORE making this recipe, make sure that ALL ingredients are ready. Once spices are cooked EVERYTHING except salt and cilantro must be QUICKLY added and stirred in. This recipe can be a challenge to master but it's well worth the effort.

In a small container, combine cumin seeds and powder, fennel seeds, curry powder, coriander, turmeric, and cinnamon. Heat a Dutch oven on high heat until hot. TURN FUME HOOD ONTO HIGH. Add spice mixture and toast the spices on high heat CONSTANTLY stirring until the cumin seeds start to pop and herbs start to smoke. Stand down wind from smoke.

When spices are well browned and smoking is pronounced, add the lentils and stir until the spices are mixed in. Add a splash of water, stir, and continue cooking and stirring. Smoking will subside but keep the fume hood on. Add the sweet potato, carrots, onion, chili paste, and rest of water. Stir, cover, and bring to a boil. Stir again, turn down the heat, and simmer for about 20-40 minutes until the sweet potatoes and lentils are cooked. Mixture will start to turn mushy when well done.

Add salt to taste, and serve garnished with fresh cilantro. Let stand for 10 minutes before serving to all mixture to thicken.

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Macho Tacos§

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 3820-3849). Houghton Mifflin Harcourt. Kindle Edition.

FILLING

- 3 cups frozen corn, thawed
- 1 cup mango, thawed if frozen, diced
- 1 pint cherry tomatoes, washed
- 1/8-1/4 purple onion, diced
- 1 small bunch cilantro, washed and chopped
- 1/2 avocado, peeled, pitted and diced
- 3 leaves Romaine lettuce, washed and chopped
- 2 stalks celery, washed

SAUCE

- 1 large tomato, washed and diced
- 1 small bunch basil, washed and chopped
- 1/2 lemon, juiced
- 1/2 jalapeño pepper, seeded and diced

“SHELLS”

- 8 large leaves Romaine lettuce, washed and dried

For the FILLING combine all the FILLING ingredients in a food processor and pulse chop to reduce size being careful not to liquefy the mixture.

For the SAUCE combine the SAUCE ingredients in a blend and blend until smooth and creamy.

Fill the lettuce leaves with the FILLING and top with sauce. Roll up and eat as you would a burrito.

Regular flower burrito shells can also be used though doing so does defeat the goal of being a totally raw recipe. Lettuce, when used as a ‘burrito’ shell, can be difficult to handle.

MexiCali Burritos§

- 2 15 ounce cans vegetarian refried beans
- 2 cups frozen corn
- 1 cup salsa, ideally freshly made
- 1 small onion, chopped
- 1/2 cup **Vegetable Soup Stock**
- 1 teaspoon chili powder
- 1/3 teaspoon ground cumin
- 1/3 teaspoon ground turmeric
- 1/8 teaspoon cayenne pepper
- 4 large or 8 small tortillas
- 1 cup lettuce, shredded
- salsa, optional
- tomatoes, diced, optional
- **Guacamole**, optional
- sour cream, optional

In a large bowl, mash the beans, corn, and salsa with a

potato masher. In a large sauce pan over medium heat, sauté the onion in the **Vegetable Soup Stock** for 5 minutes or until translucent. Add the chili powder, cumin, turmeric, and cayenne and sauté for 1 additional minute. Add the bean mixture and cook, stirring, until heated and smooth, about 5 minutes. Remove from the heat.

Meanwhile, heat the tortillas on the stove, flipping every few seconds, until warm. You can also use an oven or toaster oven. Spoon the mixture onto half of one tortilla and top with shredded lettuce.

If desired, add **Guacamole**, salsa, tomatoes and/or sour cream. Fold the tortilla in half, or fold one side over the mixture and then roll to the other side so that the filling is enclosed. Repeat with the remaining tortillas. Serve warm.

Mexican Pasta

<http://allrecipes.com/recipe/21518/mexican-pasta/>

- 1/2 pound seashell pasta
- 2 tablespoons olive oil
- 2 onions, peeled and diced
- 1/2 cup frozen corn
- 1 15 ounce can black beans, drained and rinsed
- 1 14 1/2 ounce can diced tomatoes, including liquid
- 1/4 cup salsa
- 1/4 cup black olives, sliced
- 1 1/2 teaspoons **Taco Seasoning Mix**
- sea salt, to taste
- pepper, to taste

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.

While pasta is cooking, heat olive oil over medium heat in a large skillet. Cook onions and pepper in oil until lightly browned, 10 minutes.

Stir in corn and heat through. Stir in black beans, tomatoes, salsa, olives, **Taco Seasoning Mix** and salt and pepper and cook until thoroughly heated, 5 minutes.

Combine vegetable mixture and cooked shells in a large serving bowl. Stir to combine and serve.

Mexican Style Bean and Rice Casserole

<http://www.forksoverknives.com/recipes/mexican-style-bean-rice-casserole/>

- 1 large yellow onion, diced
- 1 red bell pepper, washed, seeded and diced (or 1 cup diced red pepper)
- filtered water, as necessary
- 3 cloves garlic, minced
- 1 tablespoon ground
- 2 teaspoons chili powder

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- 2 medium zucchini, washed and cut into 1/2-inch dice
- 2 cups brown rice, cooked
- 2 15 1/2 ounce can black beans, drained and rinsed
- 2 cups frozen corn
- 2 cups Mexican cheese
- fresh cilantro, chopped

*The original recipe called for something called “No-Cheese Sauce”. No question about that. It’s made by combining 1 large yellow onion and 1 large red pepper with 3 tablespoons cashews, 1 tablespoon **Tahini**, and salt to taste (in a food processor). That was fine until it added 1 cup of nutritional yeast which, in small quantities, is okay. One cup of nutritional yeast? I don’t think so personally but here’s the recipe for the “No-Cheese Sauce”. I realize using cheese means that this recipe is no longer vegan. However, it personally think that this much nutritional yeast would render a less than palatable flavor for an otherwise perfectly fine entrée.*

Preheat the oven to 350°F.

Place the onion and bell pepper in a large saucepan and sauté over medium heat for 7 to 8 minutes, or until the onion starts to brown. Add water 1 to 2 tablespoons at a time, to keep the vegetables from sticking to the pan. Add the garlic and cook for 4 minutes. Add the ground cumin and chili powder and cook for another 30 seconds. Remove from the heat. Add the cooked rice, zucchini, black beans, corn, and Mexican Cheese and mix well.

Spoon the mixture into an 8×8 inch baking dish. Bake for 25 minutes, or until bubbly. Serve garnished with the cilantro.

Mixed Winter Vegetables with Spicy Poppy Seed Sauce

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 3965) The Experiment Kindle Edition

- 1 cup green beans, cut into 1/2 inch pieces
- 2 carrots, peeled and sliced
- 1 medium potato, washed and diced
- 1 cup cauliflower, washed and cut into florets
- 1/2 teaspoon cumin seeds
- 3 tablespoons poppy seeds
- 1 small yellow onion, finely minced
- 1 clove garlic, minced
- 1/2 inch piece of ginger root, grated
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cinnamon
- pinch ground cardamom
- 1/4 teaspoon pepper
- 1/2 teaspoon turmeric

- 1 medium tomato, washed and diced
- 1 teaspoon sea salt
- 2 tablespoons cashews, pulverized in a coffee grinder
- 1/2 tablespoon lime juice
- 1 1/2 cups filtered water
- 1 tablespoon fresh cilantro, washed and chopped

Steam the green beans, carrots, potato and cauliflower until tender, 8-10 minutes. Set aside.

In a dry skillet, with the fume hood on, toast the cumin seeds for two minutes. Add the poppy seeds and toast for another 2-3 minutes. Remove from heat and allow to cool.

Combine the toasted seeds, onion, garlic, ginger, cloves, cinnamon, cardamom, pepper and turmeric in a blender and process into a thick paste.

Add the paste to a skillet and cook for 5-7 minutes.

Puree the tomato in a blender. Add the tomato puree and salt to the onion paste and cook for another 2-3 minutes. Add the cashews and continue cooking.

Add the steamed vegetables and lime juice and water. Bring to a boil. Remove from heat.

Serve garnished with chopped cilantro.

Moroccan Stew

Calbom, Cherie: The Juice Lady’s Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 215) Charisma House Kindle Edition

- 2 tablespoons coconut oil
- 1 1/2 cups onions, chopped
- 4 cups green cabbage, washed and chopped
- 2 cups Jerusalem artichokes, washed and chopped
- 1 1/2 cups celery, washed and chopped
- 1 1/2 cups carrots, peeled and sliced
- 1 1/2 teaspoons ground cumin
- 3 bay leaves
- 1 cup tomato sauce, or you can make your own **Tomato Sauce**
- 1 cup filtered water
- 2 cups chick peas, cooked
- 2 teaspoons sea salt
- 1/2 teaspoon red pepper flakes
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon

In a large skillet, heat the oil over low heat. Add the onions and sauté until translucent.

Add the cabbage, Jerusalem artichoke, celery, carrots, cumin, and bay leaves, and continue to sauté, stirring occasionally, for about 5 minutes. Add tomato sauce

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and water to a soup pot along with the sautéed vegetable mixture. Add the garbanzo beans, salt, pepper flakes, and spices.

Cover and simmer about 45 minutes or until the vegetables are tender to serve.

Mujadara (Lentils with Rice and Caramelized Onions)

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Locations 4592-4593) The Experiment Kindle Edition

- 1 1/2 cups filtered water
- 3/4 cup brown rice
- 1 teaspoon coconut oil
- 1 teaspoon sea salt
- 1 1/2 cups green lentils, rinsed
- 5 cups filtered water
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- coconut oil or **Vegan Butter Substitute**
- 3 large yellow onions, diced
- sea salt, to taste
- pepper, to taste

In a rice cooker add 1 1/2 cups of water, rice, coconut oil and sea salt. Turn on rice cooker.

While rice is cooking, heat lentils in 5 cups of water. Bring water to a boil and reduce heat. Simmer for 30 minutes.

Add cinnamon and allspice and cook an additional 15 minutes until lentils are tender.

In a large skillet sauté the onions in coconut oil until brown and caramelized, about 10 minutes. Set aside until rice and lentils are cooked.

Combine rice, lentils and caramelized onions and stir to combine.

To serve, season with salt and pepper to taste.

Mushroom Stew§

- 5 tablespoons **Vegan Butter Substitute**
- 1 tablespoon olive oil
- 2 bay leaves
- 2 cloves garlic, minced
- 1 large yellow onion, chopped
- 2 tablespoons flour
- 1 cup **Vegetable Soup Stock**
- 1 cup canned tomato juice
- 2 cups tomatoes, peeled and quartered
- 1 teaspoon dried thyme
- 1 1/2 pounds fresh mushrooms, washed
- 1 jar boiling onions, drained
- parsley, washed and chopped, to taste
- sea salt, to taste

- pepper, to taste
- 1 cup green olives, pitted
- bread, optional

In a Dutch oven, combine 2 tablespoons of **Vegan Butter Substitute** and 1 tablespoon of olive oil. Melt butter. Add bay leaves, garlic and yellow onion. Sauté until the onion is golden. Stir in flour and lower the heat. Cook this mixture for several minutes, stirring constantly. Add **Vegetable Soup Stock** and tomato juice. Stir with a whisk to remove all lumps. Add peeled tomatoes.

In a large sauce pan, melt remaining butter. Add thyme and mushrooms. Sauté mushrooms over high heat for several minutes, turning them over often.

Add mushrooms, boiling onions and tomato sauce to Dutch oven. Turn down heat and simmer for about 20 minutes. Add parsley, salt and pepper, to taste. Add green olives. Cook a few minutes more. Remove bay leaf, and serve hot with a quality bread.

Mushroom Stroganoff

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 3372) The Experiment Kindle Edition

- 2 large shallots, minced
- filtered water, as needed
- 4 cloves garlic, minced
- 1 teaspoons dried thyme
- sea salt, to taste
- pepper, to taste
- 1 teaspoon dried rosemary
- 1 pound Portobello mushrooms, stemmed and cut into large pieces
- 1 ounce porcini mushrooms or other available mushrooms, soaked for 30 minutes, if necessary in 1 cup of water
- 1 cup grapes, pureed in a food processor
- 1 cup sour cream
- 1 pound whole-grain fettuccine noodles, cooked according to package directions, drained, and kept warm
- parsley, chopped

Place the shallots in a large skillet and sauté over medium heat for 8 minutes. Add water 1-2 tablespoons at a time to keep the shallots from sticking to the pan. Add the garlic and thyme and cook for another minute.

Stir in the salt and pepper, rosemary, and Portobello mushrooms and cook for 10 minutes, stirring occasionally. Add the porcini mushrooms, if used, and their soaking liquid, or 1 cup of water, if soaking water was not used. Add the pureed grapes, stir, and cook over medium low heat for 20 minutes.

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When the stroganoff is finished cooking, stir in the sour cream. Add the cooked noodles and toss well. Serve garnished with the parsley.

Pasta Primavera

- 1 recipe of **Cream of Mushroom Soup**
- 1/2 cup filtered water
- 3 tablespoons **Vegan Parmesan ‘Cheese’ Substitute**
- 1 tablespoons lemon juice
- 1/2 teaspoon dried basil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 3 cups frozen broccoli and cauliflower, cut into florets
- 1 cup carrots, peeled, sliced and previously steam cooked till crisp tender
- 1 pound spaghetti
- filtered water
- sea salt
- vegetable oil

In a skillet, combine soup, water, **Vegan Parmesan ‘Cheese’ Substitute**, lemon juice, basil, garlic, pepper and vegetables. Over medium heat, heat to boiling.

Cover and cook over low heat for 5 minutes, until vegetables are tender.

At the same time, bring a pot of salted water with oil in it.

Cook spaghetti until done and drain.

Combine cooked spaghetti and vegetable mix in a serving bowl to serve.

Pineapple ‘Fried’ Rice

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 4735) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 medium yellow onion, thinly sliced
- 1 Serrano chili pepper sliced thin rings with seeds removed
- 4 cloves garlic, minced
- 1/2 cup **Chinese Brown Sauce**
- 4 cups brown rice, cooked
- 1 1/2 cups pineapple, peeled and diced
- 1/2 cup frozen peas
- 1/2 cup cashews
- 1/2 cup fresh cilantro, chopped

Heat coconut oil in an electric wok. Add the onion and pepper. Sauté until onion and pepper are tender.

Stir in the garlic and cook for 30 seconds, constantly stirring.

Add the **Chinese Brown Sauce** and cook for an additional 30 seconds.

Stir in rice, pineapple, peas, cashews and cilantro. Cook until ingredients are heated through to serve.

Portobello Mushroom Tacos

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Locations 3068-3069) The Experiment Kindle Edition

- 12 corn or flour tortillas
- 1 batch **Grilled Portobello Mushrooms**, cut into 3/4 inch wide strips
- 1 batch **Salsa Verde**
- 1/2 red onion, diced
- Romaine lettuce, washed and shredded, optional
- tomato, washed, diced, optional
- sour cream, optional
- cheddar cheese, shredded, optional

Heat the tortillas one at a time on a dry, nonstick griddle over medium heat, turning frequently, until they are soft and pliable.

To serve, put a few of the mushroom strips in the center of a tortilla and top with some of the **Salsa Verde**. Garnish with the red onion and Romaine lettuce. Fold the tortilla in half over the filling.

Repeat for the remaining tortillas.

Serve with lettuce, tomato, sour cream, cheddar cheese and any other amenities of choice.

Portobello Wraps

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2967) The Experiment Kindle Edition

- 1/2 cup **Coriander Chutney**
- 8 Romaine lettuce leaves, washed
- 2 cups brown rice, cooked
- 1 batch **Grilled Portobello Mushrooms**

Spread 1 tablespoon of **Coriander Chutney** on a lettuce leaf.

Top with 1/4 cup rice and about 1/4-1/2 cup of the grilled mushrooms.

Repeat this procedure for the remaining lettuce leaves.

This same process can be used with tortilla shells, preferable gluten free ones, and, in fact, would doubtless work much better than trying to fold lettuce leaves.

Quick Chana Masala

<http://cookieandkate.com/2014/quick-vegan-chana-masala/>

- 1 tablespoon coconut oil
- 1 1/2 teaspoons whole cumin
- 1 yellow onion, peeled and chopped
- 1 tablespoon garlic, crush

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- 1 tablespoon garlic, peeled and minced
- 1 Serrano pepper, washed, seeded and minced
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoons ground turmeric
- 3/4 teaspoon sea salt
- 1/4 teaspoon cayenne pepper, optional
- 1 28 ounce can whole tomatoes, with liquid
- 2 14 ounce cans chick peas, preferably organic, drained and rinsed
- 1 cup brown rice, pre-cooked
- lemon wedges, as a garnish
- fresh cilantro, as a garnish, washed and minced

In a Dutch oven or large saucepan, heat the oil over medium heat. When a drop of water sizzles upon hitting the pan, reduce the heat to medium-low and add the cumin seeds. Toast the seeds for a minute or two, stirring frequently, until the seeds are golden and fragrant. Watch carefully to avoid burning the seeds.

Raise the heat to medium and stir in the onion, garlic, ginger and Serrano pepper. Cook for about five minutes, stirring often. Stir in the garam masala, coriander, turmeric, salt and cayenne (if using), and cook for two more minutes.

Add the whole peeled tomatoes and their juices. Use the back of a wooden spoon to break the tomatoes apart. You can leave some chunks of tomato for texture.

Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer and cook for 10 minutes or longer to allow the flavors to develop.

Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro.

Quick and Easy Thai Vegetable Stew

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2539) The Experiment Kindle Edition

- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 2 inch piece of ginger root, grated
- 2 teaspoons chili paste, or to taste, optional
- 1 lime, juiced
- 1 serrano chile, seeded and minced
- 2 tablespoons Bragg's Liquid Aminos
- 1 14 ounce can coconut milk
- 1 cup **Vegetable Soup Stock**
- 3 cups mixed vegetables, including carrots, broccoli florets and pea pods
- 1/2 cup fresh cilantro, washed and chopped
- 2 tablespoons fresh mint, chopped

Sauté onion in coconut oil for up to 7 minutes until onion is tender.

Add garlic, ginger, chili paste, if using, lime juice and serrano pepper and cook for 30 seconds.

Add the Bragg's, coconut milk, **Vegetable Soup Stock** and mixed vegetables. Reduce heat and simmer for 10 minutes, until vegetables are tender.

Stir in cilantro and mint to serve.

Rainbow Sandwich of Goodness

Originally "Rainbow Sandwich of Goodness with Salt and Pepper". http://www.yummly.com/recipe/Rainbow-Sandwich-of-Goodness-2050750?prn-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Eat_The_Rainbow?prn-v1

- 4 slices whole wheat bread, or sesame sprouted bread
- 4 tablespoons whipped cream cheese
- 1 avocado, peeled, pitted and sliced
- 2 sweet mini bells, washed and sliced
- 2 tomatoes, washed and sliced
- 1/2 cup baby spinach, washed and dried
- 1/4 cup red onions, diced
- 1/2 cups broccoli or other sprouts, washed and dried
- lemon juice
- kosher salt, to taste
- pepper, to taste

Spread one tablespoon of the cream cheese on each of the bread slices. Layer on all of the vegetables, squeeze a little bit of lemon juice over top, and season with salt and pepper to your taste to serve.

Rainbow Veggie Chili§

- 2 tablespoons coconut oil, or olive oil
- 1 zucchini squash, diced
- 1 yellow squash, diced
- 1 red bell pepper, washed, seeded and diced
- 1 green bell pepper, washed, seeded and diced
- 1 jalapeño pepper, washed, seeded and diced, optional
- 4 cloves garlic, minced
- 1 onion, diced
- 1 28 ounce can diced or crushed tomatoes
- 1 6 ounce can tomato paste, preferably organic
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can whole kernel corn, drained
- 1 15 ounce can chili beans, optionally in spicy sauce
- 1/2-1 tablespoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper, or to taste
- saltine crackers, optional

This recipe can just as easily be made by cooking it over medium heat in a Dutch oven for say one hour (mix the bean and corn mixture back into the cooker squash-pepper mix). However, the crock pot version is

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much thicker and more robust.

Heat oil in a Dutch oven over medium high heat. Stir in zucchini, yellow squash, red bell pepper, green bell pepper, jalapeno, garlic, and onion. Cook 5 minutes, just until tender. Turn stove off.

In a large bowl combine the tomatoes with liquid, tomato paste, black beans, corn, and chili beans in spicy sauce into the pot. Season with chili powder, oregano, black pepper, and cayenne pepper. Stir to blend. Add squash-pepper mixture previously heated and stir to combine.

Transfer contents to a crock pot and cook on low for 7-8 hours or high 3-4 hours, stirring occasionally to mix flavors. Chili will be fairly thick. Serve in bowls, optionally with saltine or other crackers.

Reboot Chili§

Juice It to Lose It, by Joe Cross

- 4 teaspoons olive oil
- 2 onions, peeled and chopped
- 4 carrots, peeled and chopped
- 2 garlic cloves, minced
- 2 green bell peppers, washed, seeded and diced
- 2 red bell peppers, washed, seeded and diced
- 1-2 jalapeño peppers, washed, seeded and diced, optional
- 3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 4 15 1/2 ounce canned diced tomatoes
- 3 cups frozen corn
- 1 15 1/2 ounce can chili beans, drained and rinsed
- 1 quart **Vegetable Soup Stock**
- 16 kale leaves, washed and chopped, optional

Combine all ingredients, except for kale leaves, in a large crock pot. Stir to combine.

Cook in high for 4 hours or low for 6-8 hours.

About a half hour before serving, stir in the kale leaves, if used, and cook until they wilt.

Ladle into bowls to serve.

Red Lentil Dahl§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 891) Page Street Publishing Kindle Edition

- 1 cup dried red lentils
- 4 cups filtered water
- sea salt
- 2 tablespoons coconut oil or olive oil
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/2 cup filtered water

- 1 inch piece of ginger root, grated
- 1/2 cup tomato, washed and chopped
- 1 can coconut milk
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper, optional
- sea salt, to taste
- pepper, to taste
- 3 tablespoons fresh cilantro, chopped, optional
- 1 tablespoon lemon juice

Boil the lentils in 4 cups of water and salt for about 15 minutes to tenderize.

Heat the coconut oil in a large skillet.

Sauté the onion and garlic until translucent.

Add water and the rest of the ingredients other than the fresh cilantro and lemon juice.

Cook for an additional 10 minutes to allow flavors to blend.

Adjust salt and stir in fresh cilantro and lemon juice, if used, to serve.

Rice Stuffed Tomatoes§

- 6 large very ripe tomatoes, washed and ideally large tomatoes fresh from the garden, at room temperature
- 1 10 ounce package of frozen spinach, thawed and drained, chopped
- 1 1/2 cups mushrooms, washed and sliced
- 1 cup onion, chopped
- 2 tablespoons **Vegetable Soup Stock**
- 2 medium avocados, peeled, pitted and mashed
- 2 teaspoons garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon maple syrup, optional
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 cup brown rice, cooked
- **Vegan Parmesan 'Cheese' Substitute**

This recipe doesn't sound all that appetizing but it's actually quite delicious. Ideally, the time to make this is when you have large ripe tomatoes available from your own garden.

Preheat oven to 400°F.

Wash tomatoes well. Slice out stem from the top of each tomato and scoop out the pulp, leaving a 1/4 inch-thick shell into a colander in a large bowl. Set aside.

Push most of the liquid from the tomatoes into the bowl. (The tomato juice is, by itself, delicious) Pulse

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chop the tomato pulp in a food processor. It will make about 3 1/2 cups, and set aside.

Sauté the mushrooms and onion in **Vegetable Soup Stock** in a large skillet over medium heat. Cook, stirring, until tender, about 10 minutes. Add spinach, avocados, reserved chopped tomatoes, garlic, basil, maple syrup, salt, and pepper. Cook over low heat, stirring occasionally, until flavors blend, about 10 minutes until most of the liquid is gone and mixture is heated through. Stir in the rice, remove from heat, cover, and let stand for 5 minutes.

Place the tomato shells in a parchment paper lined 13×9 inch baking pan. Spoon the hot mixture into the shells, dividing evenly, with a small ice cream scoop. Sprinkle with Parmesan cheese on top of each. Bake until the tomatoes are hot and the filling is golden, about 15 minutes.

Rigatoni Antipasti

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 3293) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 5 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 large tomatoes, washed and diced small
- 1/2 cup white wine, or fresh grape juice
- 1 tablespoon dried oregano
- 1 cup kalamata olives, pitted and halved
- 1 15 ounce jar artichoke hearts, oil free, drained and halved
- sea salt, to taste
- pepper, to taste
- 1 pound rigatoni, cooked according to package directions
- fresh parsley, washed and chopped

Sauté garlic in a large skillet with coconut oil over low heat until tender.

Increase temperate and stir in tomato paste, tomatoes, white wine (or grape juice) and oregano. Cook until volume is reduced to half.

Add the olives and artichoke hearts. Cook for another 12-15 minutes. Season with salt and pepper to taste.

Serve over cooked rigatoni garnished with parsley.

Roasted Acorn Squash Stuffed with Mushroom and Sage

<http://www.rebootwithjoe.com/roasted-acorn-squash-stuffed-with-mushroom-and-sage/>

- 1 medium acorn squash
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 6 tablespoons olive oil, plus extra for brushing

- 2 cloves garlic, minced
- 1 large Portabella mushroom, chopped
- 1 small onion, chopped
- 1 teaspoon dried sage
- pinch red pepper flakes, optional

Preheat oven to 450 degrees.

Trim off each end of the squash. Stand the squash upright and halve lengthwise. Scoop out the pulp and the seeds and discard.

Brush each squash half with olive oil, and then sprinkle with 3/4 teaspoon salt and the black pepper.

Arrange cut sides down on a baking sheet lined with parchment paper.

Roast the squash until the flesh is tender and the edges are golden brown, approximately 25-35 minutes.

Remove from the oven, flip the squash halves over and set aside.

While the squash roasts, heat the olive oil in a medium saucepan over medium high heat. Add the onions and garlic and saute 2 minutes, or until the onions begin to turn translucent.

Add the mushrooms, sage, 1/4 teaspoon salt and the red pepper flakes if using, and saute until the mushrooms begin to soften, about 5 minutes.

Fill the roasted squash halves with the mushroom mixture and bake again for another 10 minutes.

Roasted Vegetables with Herbs

Juice It to Lose It, by Joe Cross

- 1-2 tablespoons olive oil, or melted coconut oil
- 2 sweet potatoes, or regular potatoes, peeled (for regular potatoes) and cut into chunks
- 1-2 additional tablespoons olive oil, or melted coconut oil
- 2 large tomatoes, washed and cut into chunks
- 1 large bunch broccoli, washed and cut into chunks
- 1 red onion, peeled and cut into chunks
- 1 cup parsley, washed and finely chopped
- 1 garlic clove, crushed
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

Really an excellent way to use up 'aging' vegetables. Not as good as raw but certainly an acceptable, and quite delicious, option.

Preheat the oven to 400°F.

Rinse and chop the vegetables. Put the potatoes into a large bowl and toss with 1-2 tablespoons of olive oil. Spread them on a parchment paper lined baking tray

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and bake for 40 minutes.

Meanwhile, toss the remaining vegetables with 1-2 additional tablespoons of olive oil, plus the salt and pepper.

Arrange the vegetable mixture in another parchment paper lined large baking tray and place in the oven for the last 20 minutes of the potatoes' cooking time, stirring once or twice. They are ready when tender and beginning to brown.

Combine all vegetables together in a serving bowl and stir before serving.

South of the Border Lettuce Wraps

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (p. 205) Charisma House Kindle Edition

- 2 ripe avocados
- 3 tomatoes, chopped
- 1/2 jalapeño pepper, seeds removed
- 2 tablespoons yellow onion, chopped
- 3 cloves garlic, minced
- 1/4 cup cilantro, chopped
- 1 ear frozen corn
- 2 teaspoons lime juice
- 6-8 large lettuce leaves, washed

In a medium sized bowl, mash the avocados. Add the remaining ingredients and stir until well mixed.

Spread 2-3 tablespoons of this mixture onto lettuce leaves and wrap to serve.

Spaghetti Squash with Tomatoes and Feta Cheese§

Originally "Spaghetti Squash I". <http://allrecipes.com/recipe/13948/spaghetti-squash-i/?internalSource=hub%20recipe&referringContentId=search%20results&clickId=card%20slot%202>

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups tomatoes, chopped
- 3/4 cup feta cheese, crumbled
- 3 tablespoons black olives, sliced
- 2 tablespoons fresh basil, chopped (or 1 tablespoon dried basil)
- additional feta cheese, optional

Preheat oven to 350°F. Lightly grease a baking sheet.

Place spaghetti squash with cut sides down on the prepared baking sheet, and bake at least 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook

and stir onion in oil until tender. Add garlic and cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss in the vegetables, feta cheese, olives, and basil together to serve.

Optionally, top with additional feta cheese when serving, as you would grated parmesan cheese.

Spaghetti with No-Cook Tomato Sauce

Sroufe, Del: *Forks Over Knives-The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year* (Kindle Location 3243) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 medium onion, minced
- 1 teaspoon lemon zest
- 2 lemons, juiced
- 6 cloves garlic, minced
- 1 cup fresh basil, finely chopped, or 1/4 cup dried basil
- 3 medium tomatoes, washed and diced
- 2 cups frozen corn
- 1 cup tomato sauce, preferably organic
- 1 pound spaghetti, preferably gluten free, cooked according to package directions
- sea salt, to taste
- pepper, to taste
- **Vegan Parmesan 'Cheese' Substitute**, optional

The original recipe suggest to use this as a raw sauce over warmed spaghetti, minus the tomato sauce and onion, which I've added. I guess you can do that but I find it preferable to heat my sauce.

Sauté the onion in a skillet with coconut oil, until tender.

Combine the lemon zest, lemon juice, garlic, basil, tomatoes, corn and tomato sauce with the onion and simmer until well softened.

Optionally, puree have of the tomato sauce in a blender and re-mix it with the chunkier sauce in the skillet.

Serve the sauce with the cooked spaghetti. Optionally top with **Vegan Parmesan 'Cheese' Substitute**.

Spinach Lasagna§

- box lasagna noodles
- tablespoons olive oil
- 2 red onion, diced
- cup mushrooms, washed and chopped
- cloves garlic, minced
- 10 ounce package frozen spinach, thawed
- container of ricotta cheese
- container Romano cheese
- teaspoon dried oregano

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- 1/2 teaspoon dried basil
- 2 teaspoons pepper
- 1 egg
- 1/2 cups Mozzarella cheese
- 1/2 jars of pasta sauce
- 1 cup **Vegan Parmesan ‘Cheese’ Substitute**

This recipe is loosely vegetarian, since it includes cheese. No cook lasagna noodle can also be used in which case skip the pasta cooking process and lay noodles directly in baking dish. It makes a very well stuffed lasagna which can readily be frozen for reheating and serving at a later date.

Preheat oven to 350° F.

Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8 to 10 minutes or until al dente. Drain.

In a skillet over medium high heat, cook mushrooms, onions and garlic in olive oil until onions are tender. Drain excess liquid and cool.

Combine spinach, ricotta cheese, Romano cheese, oregano, basil, pepper, and egg in a bowl. Add cooled mushroom mixture. Beat with a spatula for 1 minute.

Lay 5 lasagna noodles in bottom of a 9×13 inch baking dish. Spread one third of the cheese/spinach mixture over noodles. Sprinkle 1 cup mozzarella cheese and 1/3 cup **Vegan Parmesan ‘Cheese’ Substitute** on top. Spread 1 cup pasta sauce over cheese. Repeat layering 2 times. Cover dish with aluminum foil and bake in a preheated oven for 1 hour.

Cool 15 minutes before serving.

Spinach, Veggie and Red Lentil Stew

Originally “Spinach, Veggie and Red Lentil Stew Recipe”. http://kimberlysnyder.com/blog/2017/01/17/spinach-veggie-and-red-lentil-stew-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=veggieentilstew

- 2 tablespoons coconut oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon kosher salt, or more to taste
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 quart **Vegetable Soup Stock**
- 2 cups water
- 1 cup red lentils, well rinsed
- 1 large carrot, peeled and diced
- 1 cup fresh spinach, washed
- 1 cup broccoli, washed and chopped
- 1 lime, juiced
- 3 tablespoons fresh parsley, chopped

Stir in cumin, salt, black pepper and cayenne, and sauté

for 2 minutes longer.

Add **Vegetable Soup Stock**, 2 cups water, lentils and carrots and broccoli. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 20-30 minutes. Taste and add salt if necessary.

Using a blender, purée half the soup then add it back to pot. Soup should be somewhat chunky.

add in your spinach and let wilt.

Reheat soup if necessary, then stir in lime juice and parsley once the heat is off.

Sprouted Green Lentil Patties

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 485-486) Page Street Publishing Kindle Edition

- 1/2 cup green lentils, sprouted via being in water and rinsed several times a day for two days
- 1 onion, chopped
- 1 medium carrots, peeled and chopped
- 1/4 cup fresh parsley, washed and c and
- 2 tablespoons tomato paste
- 2 cloves garlic, crushed
- 2 teaspoons ground cumin
- 1 tablespoon olive oil
- pinch of cayenne pepper
- sea salt, to taste
- pepper, to taste
- 1/4 cup pecans or walnuts, finely chopped, optional

Preheat oven to 400°F.

Drain the lentils. Place all the ingredients except the nuts in a food processor. Grind until a fine mixture is formed.

Mix in the nuts, if using, and form into 4 patties with a hamburger press or by hand.

Bake in a oven for 25-30 minutes until a golden crust forms on the patties.

*Once done, these can be used like hamburgers optionally adding a seed cheese such as **Fresh Dill ‘Cheese’** or **Miso ‘Cheese’ Spread**.*

Stir Fried Sesame Vegetables with Rice§

- 3/4 cup brown rice, uncooked
- 1 1/2 cups **Vegetable Soup Stock**
- 1 tablespoon coconut oil
- sea salt, to taste, optional
- 2 tablespoons peanut oil, or olive oil
- 1/2 pound fresh asparagus, washed and trimmed and cut into 1 inch pieces
- 1 large red bell pepper, washed and cut into 1 inch pieces

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- 1 large yellow onion, sliced
- 2 cups mushrooms, washed and sliced
- 2 teaspoon fresh ginger root, peeled and minced
- 1 teaspoon garlic, minced
- 3 tablespoons soy sauce, or Bragg's Liquid Aminos
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds

Combine rice, **Vegetable Soup Stock**, oil and salt in a rice cooker. Stir to combine. Turn rice cooker on to start. Cover tightly and simmer until machine turns itself off.

After or shortly before rice is cooked, heat peanut (or olive) oil in an electric wok over medium high heat until very hot. Add asparagus, bell pepper, onion, mushrooms, ginger and garlic and stir-fry for 4 to 5 minutes, or until vegetables are tender but crisp. Stir in sauce and cook for 30 seconds. Remove from heat and stir in sesame oil and sesame seeds. Serve over rice.

Stir-Fried Rice with Asparagus and Red Pepper

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 4762) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1/2 pound asparagus, washed and cut into 1 inch pieces
- 1/2 medium onion, thinly sliced
- 1/2 cup red bell pepper, diced
- 1/4 cup **Chinese Brown Sauce**
- 1/2 teaspoon lemon zest
- 1 lemon, juiced
- 3 tablespoons jalapeño pepper, seeded and minced
- 3 cups brown rice, cooked

Heat coconut oil in an electric wok. Add asparagus, onion and red pepper and sauté for 4-5 minutes.

Add the **Chinese Brown Sauce**, lemon zest and juice and jalapeño pepper and cook for another minute.

Stir in brown rice and heat through to serve.

Stir-Fried Veggie Lettuce Wraps with Hummus and Fresh Herbs

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2959) The Experiment Kindle Edition

- 1 batch **Hummus**
- 8 large Romane lettuce leaves, washed
- 1 batch **Basic Vegetable Stir-Fry**
- 1 cup fresh parsley, cilantro or basil, chopped

Spoon three tablespoons of **Hummus** into a lettuce leaf.

Top with some of the stir-fried vegetables and garnish with the fresh herbs.

Fold the leaf in from the sides and roll it up like a cigar.

Repeat for the remaining lettuce leaves.

This same process can be used with tortilla shells, preferable gluten free ones, and, in fact, would doubtless work much better than trying to fold lettuce leaves.

Stuffed Bell Peppers§

- 6 large green peppers, with tops removed and hollowed out
- 1 1/2 cups mushrooms, washed and chopped
- 1 cup onion, diced
- **Vegetable Soup Stock**
- 1 10 ounce package of frozen spinach, thawed
- 1 15 ounce can of diced tomatoes, with liquid
- 2 medium avocados, peeled, pitted and diced
- 2 teaspoons garlic, minced
- 1 teaspoon maple syrup
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 cup brown rice, cooked
- **Vegan Parmesan 'Cheese' Substitute**

*This is essentially the same recipe as is used for the **Rice Stuffed Tomatoes** except that peppers are used. Too, to make up for the lost volume of tomato extracted, I added a can of diced tomatoes.*

Preheat oven to 400°F.

Sauté the mushrooms and onion in **Vegetable Soup Stock** in a large skillet over medium heat. Cook, stirring, until tender, about 10 minutes.

Add spinach, tomatoes, avocados, garlic, basil, maple syrup, salt, and pepper. Cook over low heat, stirring occasionally, until flavors blend, about 10 minutes until most of the liquid is gone and mixture is heated through.

Stir in the rice, remove from heat, cover, and let stand for 5 minutes.

Place the pepper shells in a parchment paper lined 13×9 inch baking pan. Spoon the hot mixture into the shells, dividing evenly, with a small ice cream scoop. Sprinkle with **Vegan Parmesan 'Cheese' Substitute** on top of each. Bake until the peppers are hot and the filling is golden, about 45 minutes.

Taco Salad with Cilantro-Lime Dressing

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1871) The Experiment Kindle Edition

FILLING

- 4 corn tortillas, see notes
- 6 cups lettuce, washed and chopped
- 1 1/2 cups cucumber, peeled and diced

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- 1 1/2 cups tomato, washed and diced
- 1 1/2 cups broccoli florets, washed and chopped
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can pinto beans, drained and rinsed
- 2 cups frozen corn

DRESSING

- 1 15 ounce can cannelloni beans, drained and rinsed
- 2 cups fresh cilantro, washed and chopped
- 1 cup Italian parsley, washed and chopped
- 1/4 cup **Tahini**
- 1 4 ounce can green chilies, drained, optional
- 2 tablespoons Bragg's Liquid Aminos
- 1 teaspoon chili powder, or to taste, optional
- 1/4 teaspoon crushed red pepper flakes, optional
- 1-2 cloves garlic, minced, optional
- 1/2 teaspoon lemon zest
- 2 limes, juiced

This sounds like it would be delicious. While the recipe calls for corn tortillas, I would personally suggest getting gluten free ones and wrapping this mixture around this mixture. For the beans, organic are always preferable to non—organic. The dressing, as originally presented, is very spicy. I would suggest either reducing, or completely eliminating the green hotter elements.

To make the salad, layer the vegetables in a glass bowl from bottom to top starting with the lettuce. **DO NOT TOSS.**

In a blender, combine the DRESSING ingredients blending on high until smooth.

At this point the original recipe suggest cutting the corn tortillas into strips and layering them over the top of the salad. You could do that or you could serve this salad as a filling in gluten free tortilla shells.

Serve salad with dressing on the side, especially if there will be leftover salad to be refrigerated. Serve the dressing as a sauce over the salad or as part of the stuffed tortilla shell.

Takeaway Sandwich

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 669-670) Page Street Publishing Kindle Edition

- 1 15 ounce can chickpeas, drained and rinsed
- 2 medium potatoes, previously boiled, cooled and chopped
- 2 stalk celery, chopped
- 1/4 red onion, finely chopped
- 1/2 cup pecans, finely chopped
- 1/2 cup dried cranberries, finely chopped

- 1/2 cup vegan mayonnaise, under “Red Bell Pepper Aioli”
- 2 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic powder
- 2 cups kale, washed and minced
- sea salt
- pepper, to taste
- poppy seeds buns, or other quality bread, optional
- sprouts, optional

This is my answer to chicken salad, though a vast improvement. It makes an exceptional sandwich spread.

Pulse chop chickpeas in a food processor.

Combine chickpeas with other ingredients, including salt and pepper to taste.

Cover and keep refrigerated in a tightly sealed plastic container in the refrigerator.

Serve on a quality bread, optionally with sprouts (strongly recommended).

Tomato and Lentil Dhal with Almonds§

- 2-3 tablespoons coconut oil
- 1 white onion, finely chopped
- 3 cloves garlic, diced
- 1 carrot, peeled and diced
- 2 teaspoons ground cumin
- 2 teaspoons mustard seeds
- 1 inch piece of fresh ginger root, peeled and minced
- 2 teaspoons ground turmeric
- 1 teaspoon chili powder
- 1 teaspoon garam masala
- 1 cup dried red or green lentils, soaked for 24 hours in water and drained
- 3 1/2 cups filtered water
- 5 tomatoes, washed and chopped
- sea salt, to taste
- pepper, to taste
- 2 limes, juiced
- 1/2 handful cilantro, washed and chopped
- 1/4 cup almonds, finely chopped

It's critically important that the lentils be soaked for 24 hours ahead of time. Plan accordingly.

Heat the oil in a large pan and sauté onion in coconut oil for a few minutes until softened. Add the garlic, carrot, cumin, mustard seeds, and ginger. Cook for another 5 minutes. Stir in the turmeric, chili powder, and garam masala, and cook for 1 minute so that all the flavors begin to mix. Add the lentils, water, and chopped tomatoes, and season with freshly ground black pepper and a pinch of sea salt. Bring to a boil and then reduce

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heat and simmer, covered, for about 30 minutes, stirring occasionally. Stir in lime juice, half the cilantro, and cook for a few more minutes so that the lentils are tender. Finish by sprinkling remaining cilantro and chopped almonds.

Tomato-Basil Spaghetti Squash

Originally "Seasonal: Tomato-Basil Spaghetti Squash". <http://www.rebootwithjoe.com/seasonal-tomato-basil-spaghetti-squash/>

- 1 medium or large spaghetti squash
- 1 teaspoon olive oil
- 1/2 medium yellow onion, chopped
- 1 clove garlic, chopped
- 1-2 medium to large broccoli heads, washed and chopped
- 3/4 cup cherry tomatoes, washed and halved
- 1/2 cup tomato sauce, preferably organic
- sea salt, to taste
- pepper, to taste
- fresh basil leaves, to garnish dish

Preheat the oven to 350 degrees.

Cut the spaghetti squash into two halves and scoop the seeds out of the inside. Place the halves face down onto a baking sheet and put the baking sheet into the oven. Let the squash cook for about an hour or until soft. Remove the squash from the oven and place on the stovetop to cool.

Heat the olive oil in a medium pan.

Add the chopped onion and garlic and cook for 5 minutes or until soft. Add the broccoli and cherry tomatoes and continue to cook and stir until the vegetables are soft. Add the tomato sauce and simmer for 5 minutes, stirring occasionally.

Scoop the insides of the spaghetti squash into the hot pan using a fork.

Fold the spaghetti squash into the ingredients in the pan, and add the salt and pepper.

Serve the tomato-basil spaghetti squash and garnish with fresh basil.

Tuscan Bean Stew

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2708) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 3 large leeks, washed and sliced
- 2 stalk celery, washed and sliced
- 2 medium carrots, peeled and sliced
- 2 cups green cabbage, washed and chopped
- 1 large russet potato, peeled and diced
- 6 cloves garlic, minced

- 1 15 ounce can cannelloni beans, drained and rinsed
- 6 cups **Vegetable Soup Stock**
- 1/2 cup parsley, washed and chopped
- sea salt, to taste
- pepper, to taste

There seems to be some confusion to what to classify the recipe under. The original source calls it a soup but classifies it under main dishes, which is where I've placed it too.

Sauté leeks, celery and carrots in coconut oil until tender.

Add cabbage, potato, garlic, beans and **Vegetable Soup Stock**. Bring to a boil. Reduce heat and simmer until most of the **Vegetable Soup Stock** is evaporated.

Stir in parsley and heat through.

Season with salt and pepper to taste to serve.

Vegan Tacos with California Walnuts

http://www.yummly.com/recipe/Vegan-Tacos-with-California-Walnuts-1700552?prm-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Low2C_Slow___Meatless&prn-v1

- 1/2 cup white onion, chopped
- 1 cup carrot
- 1 cup mushroom, washed and chopped
- 1 tablespoon garlic, minced
- 1 can garbanzo beans, drained and rinsed
- 1 can (about 2 cups) San Marzano tomatoes, pureed, or diced Roma tomatoes can be used
- 1 cup filtered water
- 1/2 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Adobo chilies, optional
- 1/2 teaspoon kosher salt
- 10-12 corn tortillas, or flour tortillas can be used
- 1 cup California Walnuts, chopped
- 1 cup cabbage, shredded
- 1 cup carrots, shredded
- 3 limes, cut in half

Definitely huge improvement over commercial beef tacos. The cabbage, carrots and walnuts provide for a delightful crunch contrasted against the meat substitute sauce.

San Marzano tomatoes are a plum type of tomato. Roma tomatoes can be used, chopped, or San Marzano tomato are available canned, which is probably the preferable choice here.

Place the onions, carrots, mushrooms, garlic, beans, San Marzano tomatoes, water, chili powder, cumin, Adobo chilies, if used, and salt in a crock pot. Stir and

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cover. Heat on low for 6 hours or high for 4 hours.

When the bean mixture is done, assemble the tacos. Lay out two corn tortillas. Layer the bean mixture, California walnuts, chopped cabbage and carrots, juice of half a lime, and a slice of avocado on top of the tortilla to serve.

Vegetable Fajitas

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 3079) The Experiment Kindle Edition

- 12 corn tortillas
- coconut oil or **Vegan Butter Substitute**
- 1 small red onion, thinly sliced
- 1 medium red pepper, seeded and julienned
- 1 batch **Grilled Portobello Mushrooms**
- 1/2 teaspoon ground cumin
- 1 jalapeño pepper, seeded and diced small
- 3 cloves garlic, minced
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons lime juice
- 1/2 teaspoon sea salt
- **Guacamole**
- sour cream
- **Fresh Tomato Salsa**

All the goodness of traditional meat based fajitas with none of the guilt, or mess from the marinade. The mushrooms serve the same purpose as traditional chicken or beef.

Wrap the tortillas in aluminum foil and place in a 350 degree F oven while you prepare the remaining ingredients.

Sauté the onion and red pepper in a large skillet with coconut oil until tender, about 5 minutes. Add **Grilled Portobello Mushrooms**, ground cumin, jalapeño, garlic, cilantro, lime juice and salt. Cook to heat through. Remove mixture from heat.

To serve, fill the tortillas with grilled mixture. Top with **Guacamole**, sour cream, and **Fresh Tomato Salsa** to serve.

Vegetarian Burritos with Spanish Rice and Salsa

SPANISH RICE

- 1 15 ounce can of diced or stewed tomatoes, pulse chopped in a food processor
- 1/2 cup brown rice, rinsed
- 2-3 cups **Vegetable Soup Stock**
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 jalapeño pepper, seeded and finely diced

BURRITO FILLING

- 1 small onion, diced
- 3-5 cloves garlic, minced
- 1 tablespoon coconut oil
- 1 bell pepper, washed and diced
- 1 medium zucchini squash, peeled and diced
- 1 medium yellow squash, peeled and diced
- 4-6 mushrooms, washed and quartered or diced
- 1-2 tablespoons cilantro, washed and diced
- 2 15 ounce cans black beans, drained and rinsed
- 1 jalapeño pepper, washed, seeded and finely diced
- 2 teaspoons ground cumin
- 1/2 teaspoon chili powder
- 1 teaspoon garlic powder
- additional **Vegetable Soup Stock**, optional
- tortilla shells

SALSA

- 1/2 medium onion, finely diced
- 2-3 cloves garlic, minced
- 1-2 tablespoons cilantro, washed and diced
- 2 cups tomatoes, washed and diced
- 1 teaspoon lemon juice
- 1 teaspoon ground cumin

SIDES

- Mexican (Colby and Jack) cheese, shredded, optional
- lettuce, shredded, optional
- onion, diced, optional
- sour cream, optional

Place all ingredients under SPANISH RICE in a large skillet. Stir to combine. Bring to a boil. Cover tightly and simmer until done.

While rice is cooking, prepare beans and salsa. In a large frying pan, sauté onion and garlic cloves in coconut oil until they are translucent. As necessary, pre-process bell pepper, squash, mushrooms, jalapeño pepper and cilantro by pulse chopping in a food processor to reduce the size of the respective chunks. Add the bell pepper, squash, mushrooms, jalapeño pepper, cilantro, black beans, cumin and garlic powder. Stir to combine.

Cook for 15-20 minutes. If mixture gets too dry, stir in some **Vegetable Soup Stock**.

Combine ingredients in SALSA a large bowl. Stir to combine. Optionally, place contents in a food processor and pulse chop to make a finer salsa.

Serve with shredded cheese, lettuce, onions and sour cream or other toppings of choice.

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Vegetarian Chili

- 1 tablespoon coconut oil
- 1 onion, peeled and diced
- 3 cloves garlic, minced
- 2 tomatoes, washed and diced
- 1 carrot, peeled and diced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 3 cups canned red kidney beans, drained and rinsed
- 1 cup filtered water
- 1 6 ounce can of tomato paste, preferably organic
- 1 teaspoon sea salt
- cheddar cheese, shredded, optional
- green onions, washed and chopped, optional

Heat oil in a large skillet. Add onions and garlic and sauté for 5 minutes.

Add the rest of the vegetables, chili powder and cumin. Sauté for 5 minutes. Add the rest of the ingredients. Cook on a low to medium heat for 20 minutes.

Optionally serve topped with shredded cheese or chopped green onions.

Vegetarian Spinach and Mushroom Lasagna§

- 2 pounds baby bella mushrooms, diced
- sea salt
- 1 generous cup onions, chopped
- 1/4 cup olive oil
- 4 cloves garlic, peeled
- 1 6 ounce can tomato paste, preferably organic
- 2 cups tomato sauce, with 1 cup reserved, or you can make your own **Tomato Sauce**
- 1 28 ounce can crushed tomatoes
- 1 cup filtered water
- 1 tablespoon dried thyme
- 1/2 teaspoon red pepper flakes, optional
- 1 tablespoon cane sugar
- 2 10 ounce boxes frozen chopped spinach, thawed and separated
- 1 pound no cook lasagna noodles
- 1 15-16 ounce container ricotta cheese, stirred with fork
- 1/4 cup fresh basil, chopped
- 1 cup **Vegan Parmesan ‘Cheese’ Substitute**
- 4 cups mozzarella cheese
- extra olive oil, optional
- 1 10×15 inch large casserole pan, or equivalent 9×13 and 8×8 baking dishes

The original recipe calls for 1 1/2 pounds of cremini mushrooms and 1/2 pound shiitake mushrooms, roughly chopped. If you can find them by that name,

great. I changed it to 2 pounds of baby bella mushrooms, diced.

Place mushrooms in a Dutch oven. Heat on high or medium high heat stirring them with a wooden spoon to heat through. Sprinkle salt over the mushrooms. The mushrooms will sizzle and then start to release water.

Once the mushrooms start to release water into the pan, stir in the chopped onions. Cook until the mushrooms are no longer releasing moisture and the mushroom water has boiled away, about 5 minutes more.

Add the olive oil to the mushrooms and stir to coat. Sauté the mushrooms and onions for about a minute. Using a garlic press, crush the garlic into the mushroom mixture.

Stir in the tomato paste, cook for a minute longer. Reserve 1 cup of the tomato sauce (it will go in the bottom of the casserole dish(es)), and put the remaining cup of tomato sauce into the pot with the mushrooms. Add the large can of crushed tomatoes. Add one cup of water. Stir in the thyme, sugar, and, optionally, red pepper flakes and the chopped fresh basil. Bring to a simmer, then lower the heat and simmer on a low simmer for 20 minutes.

At this point, if you are going to bake this immediately, preheat the oven to 350-375°F. Otherwise, once the lasagna(s) have been made, cover with aluminum foil until you are ready to bake, turning on the oven at that time.

When I made this I didn't read the instructions carefully enough and added ALL the tomato sauce to the mushroom filling. To compensate, I took a couple of garden tomatoes, pureed them in the food processor and then, after adding about a teaspoon of salt and tablespoon of sugar, cooked the mixture to reduce the water content for about 20 minutes. This made an excellent substitute, maybe even a better choice, for the canned tomato sauce.

If using two pans, do the following simultaneously for both baking dishes.

Spread the one cup of reserved tomato sauce over the bottom of a large casserole dish(es). Place a layer of lasagna noodles down over the tomato sauce, slightly overlapping.

Sprinkle half of the ricotta cheese over the noodles. Sprinkle half of the defrosted, drained, spinach over the ricotta. Sprinkle half of the Mozzarella cheese over the spinach, and just a quarter of the **Vegan Parmesan ‘Cheese’ Substitute**. Then spoon 1/3 of your mushroom sauce over the Mozzarella. Sprinkle half of the

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fresh basil over the sauce if using.

Repeat the layering process. Place a second layer of noodles over the sauce. Spread the remaining ricotta, spinach, and Mozzarella over the noodles. Sprinkle another quarter of the **Vegan Parmesan ‘Cheese’ Substitute** along with the Mozzarella. Top with another third of the mushroom sauce.

*There’s no hard and fast way to prepare the lasagna. When I made it I started with tomato sauce and then added the noodles. Ricotta cheese, spinach, **Vegan Parmesan ‘Cheese’ Substitute** and mushroom sauce. I added the Mozzarella cheese at the end over the top layer. Again, there’s no hard and fast way to distribute the ingredients.*

Layer your final layer of lasagna noodles spreading the remaining sauce over the lasagna noodles, and sprinkle with the remaining Mozzarella and **Vegan Parmesan ‘Cheese’ Substitute**.

Pull out a sheet of aluminum foil large enough to cover the casserole dish. Optionally, spread a little olive oil over the inside of the piece of foil (the side that will have contact with the lasagna). Place the foil over the casserole dish and crimp the edges. If baking later, store finished lasagna(s) in a cold oven until ready to bake.

Bake at 350-375°F for 25 minutes, then remove the foil and bake uncovered for an additional 25 minutes.

Take the lasagna out of the oven when done and let it rest 10 minutes before cutting to serve. Once made, the lasagna will last a week in the refrigerator. It can also readily be frozen and reheated at a later date.

White Bean and Mushroom Stew

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2675) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 medium onion, diced
- 1 pound button mushrooms, washed and halved
- 6 cloves garlic, minced
- 1 1/2 ounce diced tomatoes, with liquid
- 2 tablespoons dried basil
- 1 teaspoon dried thyme
- 2 teaspoons dried rosemary
- 1 bay leaf
- 2 15 ounce cans Navy beans, drained and rinsed
- sea salt, to taste
- pepper, to taste

Sauté onion and mushrooms in coconut oil until tender.

Add garlic and cook for an additional minute.

Stir in tomatoes, basil, thyme, rosemary, bay leaf and beans. Bring to a boil. Reduce heat and simmer for 15 minutes.

Season with salt and pepper to taste to serve.

Wild Rice Stuffed Cabbage Rolls§

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 4288) The Experiment Kindle Edition

- 1 large head of savory cabbage, washed with the leaves separated
- kosher salt
- coconut oil or **Vegan Butter Substitute**
- 8 ounces mushrooms, washed and diced
- 1 large yellow onion, diced
- 2 carrots, peeled and finely diced
- 3 stalk celery, washed and sliced
- 2 cloves garlic, minced
- 1 tablespoon dried sage
- 2 tablespoons Bragg’s apple cider vinegar
- 2 tablespoons filtered water
- 1 1/2 teaspoons kosher salt
- 3 cups wild rice blend, cooked
- 1/2 cup **Vegetable Soup Stock**
- 2 cups tomato sauce

My mother used to make stuffed cabbage rolls which were quite delicious. The only problem, they were made with ground pork. I think it was pork. This recipe provides the same entrée minus the meat and other objectionable issues.

The original recipe calls for 1/4 cup dry sherry. I changed it to an acceptable substitute: 2 tablespoons Bragg’s apple cider vinegar and 2 tablespoons filtered water. Too, I added the mushrooms, as a ‘meat’ substitute, and kosher salt to the filling, which is quite flat without the salt.

Bring a pot of salted water to a boil. Blanch the cabbage leaves in the boiling water for 5 to 6 minutes. Remove them from the pot and rinse until cool. Set aside.

Sauté onions, mushrooms, carrots and celery in a large skillet with coconut oil, about 7-8 minutes.

Add the garlic and sage and cook for 3 minutes.

Combine the Bragg’s apple cider vinegar and filtered water and add to skillet.

Cook until liquid is almost all gone. Remove pan from heat and stir in kosher salt and wild rice.

Preheat oven to 350° F.

Lay two cabbage leaves slightly overlapping. Fill with 1/2 cup of rice mixture. Secure cabbage rolls with tooth

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picks if necessary. (It probably shouldn't be.) Tightly stuff the rolls in a 9×13 inch baking dish.

Pour Vegetable Soup Stock over rolls and cover with aluminum foil. Bake for 10 minutes.

Remove aluminum foil and spread tomato sauce over cabbage rolls. Bake for another 15 minutes.

To serve, carefully remove cabbage roll with a slotted spoon removing any securing toothpicks, if used.

Leftover cabbage rolls can be frozen, stored on a paper plate sealed in a large freezer bag.

Zucchini Alfredo

<http://media.mercola.com/assets/pdf/ebook/raw-food-ebook.pdf>, page 27

- 3 zucchini squashes, peeled
- 1 1/2 cups macadamia nuts (or cashews can be used if macadamia nuts are not available), soaked overnight
- 2 tablespoons walnuts soaked overnight
- 1/4 cup olive oil
- 2 teaspoon kosher salt
- 3 small cloves garlic
- 2 teaspoons pepper, or to taste
- filtered water, for sauce consistency

Use the vegetable spiralizer to make long, flat fettuccini-like noodles, until you reach the center part with seeds. Discard the remaining center and set aside “noodles.”

In a blender, combine the remaining ingredients and blend until smooth, adding water as necessary for desired consistency.

Pour sauce over bowl of zucchini and serve immediately.

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