

# Transformations: Vegan Recipes You Can Live By

## Dips and Sauces

### Cashew Cream§

- 1 cup cashews
- 1/3-3/4 cup filtered water
- 2-4 tablespoon honey or maple syrup
- 1/2 teaspoon vanilla extract

*The more water used the thinner this sauce will be.*

Add the cashews and fresh filtered water to the blender or food processor and blend until smooth. Add honey or maple syrup and vanilla extract. Blend to combine. Keep refrigerated in a tightly sealed container until ready to use.

### Chinese Brown Sauce

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1135) The Experiment Kindle Edition

- 1/3 cup Bragg's Liquid Aminos
- 1/3 cup **Vegetable Soup Stock**
- 1/4 cup molasses
- 2 inch piece of ginger root, grated
- 2 cloves garlic, minced
- 2 teaspoons arrowroot powder

Combine all ingredients in a medium saucepan and cook over medium heat until thickened, about 5 minutes.

Store refrigerated in an airtight container for up to 1 week.

### Coconut Whipped Cream§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 1082) Page Street Publishing Kindle Edition

- 3/4 cup full-fat coconut milk
- 2 1/2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 2 teaspoons lemon juice

*Notes: Loosely, use this anywhere one might imagine using traditional whipped cream. Makes about 3/4 of a cup of 'cream'. It's remains liquid in nature but works well as a sauce.*

Combine all the ingredients in a blender. Blend until smooth and thickened. Store in a tightly sealed plastic container.

*Notes: Use quickly as this 'cream' has a short shelf life.*

### Coriander Chutney

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1070) The Experiment Kindle Edition

- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground mustard
- 1 large bunch cilantro, washed and chopped
- 1 small yellow onion, diced
- 1/4 cup unsweetened coconut, diced
- 3 tablespoons ginger root, minced
- 1-2 serrano chiles, seeded and minced
- 1 teaspoon lemon zest
- 2 lemons, juiced
- sea salt, to taste
- filtered water, as needed

Combine all ingredients in a blender and blend on high until smooth.

Add water as needed to achieve a thick paste.

*Included specifically as a sauce for Portobello Wraps.*

### Enchilada Sauce§

- 1 tablespoon coconut oil
- 1 8 ounce can tomato sauce, or you can make your own **Tomato Sauce**
- 1 1/2 cups filtered water
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 onions, minced in a food processor
- 1 Serrano pepper, washed and seeded and cut into chunks, optional
- 1/4 cup vegetable oil
- 2 tablespoons flour
- 1 teaspoon chili powder, or more to taste, optional
- sea salt, to taste

*Commercial enchilada sauces are not only expensive but, as I've discovered, not real accurate in their labeling. This is a make-your-own substitute that I personally think is superior to commercial brands. Too, it's free of preservatives, flavor enhancers and who knows what else.*

In a small bowl, combine tomato sauce, water, cumin, garlic powder, and onion powder. Set aside.

If using, finely chop onion and Serrano pepper in a food processor to mince. Sauté the onion and Serrano pepper in a bit of coconut oil until tender. Combine with

# Transformations: Vegan Recipes You Can Live By

## Dips and Sauces

tomato sauce mixture and set aside.

Heat oil in a skillet over medium high heat. Stir in flour and chili powder, reduce heat to medium, and cook until lightly brown, stirring constantly to prevent burning flour.

Gradually stir in tomato sauce mixture into the flour and chili powder until smooth. Continue cooking over medium heat approximately 10 minutes, or until thickened slightly. Season to taste with salt.

### Fresh Homemade Salsa for Canning§

<http://www.geniuskitchen.com/recipe/fresh-homemade-salsa-for-canning-388830>

- 30-40 tomatoes, washed with stem section removed
- 2 pounds onions, peeled and diced
- 5 assorted bell peppers, washed, seeded and diced
- 3-4 chili peppers, washed, seeded and diced
- 2-3 jalapeño peppers, washed, seeded and diced
- 1 cup bottled lemon juice
- 2 teaspoons garlic powder
- 3 teaspoons kosher salt
- 4 teaspoons pepper
- 5 tablespoons fresh cilantro, chopped

*As a general consideration this makes an excellent salsa. I've made it a couple of times. Adjust ingredients for the pounds of tomatoes used. I bought a couple of cases of Roma tomatoes (my tomato crop left a lot to be desired) when I made this. Roma tomatoes seem to work particularly well.*

Wash all jars, lids etc in the dishwasher.

Prepare tomatoes by soaking tomatoes in boiling water for 2-3 minutes to split and loosen skins. Peel and chop all tomatoes, drain excess juices off in a strainer or colander before adding to extra large bowl.

Combine all vegetables, including the tomatoes, in a large pot with spices. Stir. Taste and adjust ingredients to taste.

Bring all ingredients to a boil in large pot and simmer for 15 minutes. Stir often to prevent sticking.

Fill jars leaving about 3/4 inch at the top. Wipe off tops of the jars before putting lids on. Screw lids tight then turn back about 1/4 turn.

Process in a boiling water bath for 15 minutes.

Label and store once cooled.

### Grape Jelly§

<http://allrecipes.com/recipe/70697/grape-jelly/>

- 3 cups grape juice, any of grapes will work
- 1 package powdered fruit pectin

- 5 1/4 cups granulated sugar

Sterilize and dry jars for jelly, and set aside.

Combine grape juice and pectin in a large pot over medium-high heat. Bring to a boil, and stir one minute at a rolling boil.

Notes: Stir continuously and DO NOT leave unattended. The mixture, when heating, can foam up and overflow the pot very quickly.

Stir in sugar for a few minutes to completely dissolve. Remove from heat.

Ladle the hot jelly into the jars, leaving 1/2 inch of space at the top. Wipe rims of jars with a clean dry cloth. Cover with a lid and ring to seal. Heat process for 10 minutes in a boiling water bath.

Let stand 24 hours at room temperature. Jelly may take up to a week to set.

### Green Tomato Salsa§

<http://www.healthycanning.com/green-tomato-salsa/>

- 3 1/4 pounds of green tomatoes washed and coarsely diced
- 1/2 pound peppers of choice, washed and coarsely diced
- 2 cups onions
- 2 cloves garlic
- 1/2 cup bottled lime juice, DO NOT use fresh
- 1/2 cup fresh cilantro, diced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- stevia or sugar, to taste, optional

*At the end of the growing season, I had a lot of tomatoes still growing, 27-plus pounds. I used this recipe, extrapolating the associated amounts, to make a lot of green salsa. The one addition was stevia (or sugar), to taste. This salsa does tend to be a little tart.*

Process the tomatoes, peppers, onions and cloves in food processor on pulse to chop but not puree. Place vegetables in a large pot. Add lime juice. Bring to a boil.

Stir in remaining ingredients. Simmer for 3 minutes.

Taste and add stevia or sugar to taste to take off the sharp edge that this salsa tends to have.

Spoon into pre-cleaned quart or pint canning jars, leaving 1/2 inch head space.

Add lids to jar. Heat process in a water bath for 20 minutes. Label and store when cool.

# Transformations: Vegan Recipes You Can Live By

## Dips and Sauces

*According to the original recipe, the salsa reaches its peak in a month.*

### Hazelnut Chocolate Spread 1

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 280) Page Street Publishing Kindle Edition

- 1 cup roasted hazel nuts
- 1/4 cup almond milk
- 3 tablespoons cocoa
- 3 tablespoons coconut oil
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- pinch of sea salt
- roasted hazel nuts, chopped, optional

Blend all the ingredients in a food processor until smooth. Place mixture in a plastic container. Top with hazel nuts and refrigerate.

Use as a substitute for other nut butters.

*Can be kept refrigerated for up to a week.*

### Hazelnut Chocolate Spread 2

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 462) Flatiron Books Kindle Edition

- 1 cup hazel nuts, soaked over night in 3-4 cups of filtered water
- 1/3 cup maple syrup
- 1/3 cup coconut oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1/4 cup cocoa powder
- up to 1/4 cup almond milk

Drain and rinse the hazel nuts. Place nuts in a food processor. Blend until smooth scraping with a spatula as necessary.

Add the maple syrup, coconut oil, vanilla extract, salt and cocoa powder.

Slowly add almond milk. Blend until a creamy texture is achieved.

Store tightly covered in a plastic container. Use as you would peanut butter.

### Homemade Strawberry Jam§

<https://www.freshpreserving.com/strawberry-jam-%7C-making-strawberry-jam-%7C-ball-fresh-preserving-br1265.html>FA

- 5 cups, strawberries
- 1/4 cup lemon juice
- 6 tablespoons, classic pectin
- 8 half pint jars with bands, sterilized

Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

Combine strawberries and lemon juice in a 6- or 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that can not be stirred down, over high heat, stirring CONSTANTLY.

Add entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Ladle hot jam into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

Process in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

### Hot Tahini Curry Sauce

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 1127) Page Street Publishing Kindle Edition

- 1/2 cup **Tahini**
- 1 lemon, juiced
- 2 tablespoons tamari
- 1 tablespoon curry powder
- 1 teaspoon hot sauce
- 1 teaspoon garlic powder
- 1 teaspoons maple syrup or agave nectar
- black pepper
- 1/4-1/2 cup filtered water

*Makes one cup of sauce. I'm not really sure what you'd do with but it sounds like an interesting sauce.*

Mix together all the ingredients in a bowl or food processor, adding 1/4 to 1/2 cup of water according to how you prefer the consistency of the sauce.

*This sauce can stay in the refrigerator for up to a week.*

### Muhammara

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 1051) Page Street Publishing Kindle Edition

- 2 tablespoons olive oil
- 2 red bell peppers, seeded and chopped
- 1/2 cup tomato paste
- sea salt, to taste
- pepper, to taste
- 2 cloves garlic, minced
- 1/4 cup walnuts, chopped

*Essentially a red pepper dip, this is an excellent dip for crackers or as a spread on sandwiches.*

Heat oil in a skillet. Sauté the red peppers until tender, about 10 minutes.

# Transformations: Vegan Recipes You Can Live By

## Dips and Sauces

Add the tomato paste, salt and pepper to taste and cook 2 more minutes.

Place this mixture in a food processor along with the garlic. Pulse chop to form a moderately textured dip.

Transfer to a storage bowl and mix in chopped walnuts.

Let cool and serve at room temperature.

This dip will keep several days in the refrigerator.

### Peanut Butter Curry Sauce

Sozer, Maya: *Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go* (Kindle Location 1137) Page Street Publishing Kindle Edition

- 3 tablespoons peanut butter
- 1 1/2 teaspoons curry powder
- 1 teaspoon maple syrup
- 1 tablespoon tamari
- 1/2 lime, juiced
- 1/8 teaspoon cayenne pepper, optional
- 1 clove garlic, minced
- 1 1/2 teaspoons ginger root, peeled and grated
- 1/4+ cup filtered water

*Makes about 3/4 of a cup of sauce.*

Combine all ingredients in a bowl. Add 1/4 cup of water, or more, to reach desired consistency.

### Salted Tahini Spread

Sozer, Maya: *Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go* (Kindle Location 116) Page Street Publishing Kindle Edition

- 1/2 cup **Tahini**
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup almond milk
- 1/2 teaspoon sea salt

*Makes one cup of spread.*

Blend all the ingredients in a blender until smooth.

Store refrigerated in a plastic container. Stir before serving.

### Pineapple Sweet-and-sour Sauce

Sroufe, Del: *Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year* (Kindle Location 1102) The Experiment Kindle Edition

- 1/4 cup filtered water
- 2 tablespoons arrowroot powder
- 1 1/2 cups pineapple juice, freshly made
- 1/4 cup Bragg's apple cider vinegar
- 1/4 cup Bragg's Liquid Aminos
- 1 clove garlic, minced
- 1/4 cup, plus 2 tablespoons brown rice syrup

Combine water and arrowroot powder. Set aside.

Combine the pineapple juice, apple cider vinegar,

Bragg's Liquid Aminos, garlic and brown rice syrup in a large sauce pan.

Bring the mixture to a boil and stir in arrowroot mixture to thicken, about 1 more minute.

### Savory Cashew Cream§

- 1 cup cashews
- 1/2-3/4 cup filtered water
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon apple cider vinegar
- 1 clove garlic, optional
- 1 tablespoon olive oil, optional

Soak the cashews in water for 3 hours or more and then drain. Add the cashews and fresh water to the blender and blend until smooth. Add remaining ingredients. Blend to combine.

Keep refrigerated in a tightly sealed container. Stir before using.

### Simple Strawberry Sauce§

- 2 quarts strawberries, cleaned and sliced; or thawed frozen strawberries can be used
- 1/2 cup cane sugar

Place the strawberries in a large bowl. Sprinkle the sugar evenly over the berries, and stir to evenly coat all of the fruit. Let stand at room temperature for 10 minutes, stirring occasionally.

Cover and chill until ready to serve.

### Spaghetti Sauce§

- 2 teaspoons olive oil
- 1/2 small onion, chopped
- 2 green onions, chopped
- 2 teaspoons garlic, crushed
- 1 28 ounce can diced tomatoes
- 4 teaspoons dried basil
- 4 teaspoons dried oregano
- 1 teaspoon cane sugar

*This is not an exact recipe. Any reasonable combination of ingredients works well. When I made this I combined diced canned tomatoes with fresh tomatoes from the garden.*

In a Dutch oven, heat oil over medium heat.

Sauté onion, green onions and garlic.

Combine tomatoes, basil, oregano and sugar in a food processor. Pulse chop to puree. The finer the puree the smoother the sauce.

When onions are clear (well sautéed), stir in tomato

# Transformations: Vegan Recipes You Can Live By

## Dips and Sauces

mixture. Bring to a boil, reduce heat to low, and simmer for 20 minutes, or as otherwise indicated in a recipe.

*The significant amount of basil and oregano makes for a very robust sauce.*

### Tomato Sauce§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 945) The Experiment Kindle Edition

- 1 medium yellow onion, diced
- filtered water
- 6 cloves garlic, crushed
- 6 tablespoons fresh basil, minced, or 3 teaspoons dried basil
- 2 tablespoons fresh oregano, minced, or 1 teaspoon dried oregano
- 1 28 ounce can diced tomatoes, pureed
- sea salt, to taste

Place onion in a skillet as sauté for 10 minutes over a medium heat, adding water as necessary to prevent sticking. Add the garlic, basil and oregano and cook for another 3 minutes.

Add pureed tomatoes and salt and cook for an additional 25 minutes to reduce water content.

Store tightly covered in the refrigerator. Stir before using.

### Vegan “Ranch Dip”§

Originally “When I Dip You Dip We Dip Ranch”. Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 1635) Flatiron Books Kindle Edition

- 1 cup sour cream
- 1 8 ounce package cream cheese, softened
- 1/2 cup lemon juice
- 1 clove garlic, chopped
- 1 tablespoon onion powder
- 1 teaspoon sea salt
- 1/4 cup fresh chives, minced, or 2 tablespoons dried chives
- 1 handful fresh dill, minced, or 1 tablespoon dried dill
- filtered water, as needed

*The original recipe called for two cups of cashews, soaked. I changed it to 1 cup of sour cream and 1 8 ounce package of cream cheese. It’s not an ideal food by any means—because of the dairy, and cashews can be used—but it is a delicious occasional dip, especially well suited for fresh garden vegetables.*

Combine all the ingredients in a food processor.

Blend until smooth, adding water a little at a time, if necessary, to achieve a dip-like texture.

Store covered in the refrigerator until ready to serve. Stir

before serving.

### Veggie Dip§

- 2 8-ounce packages cream cheese, softened
- 3/4 cup Ranch Dressing
- 2 cups canned corn, drained
- 1/2 cup red bell pepper, finely diced
- 3 green onions, thinly sliced
- 1/4 cup black olives, drained and coarsely chopped
- 1/4 teaspoon cayenne pepper
- additional Ranch Dressing, optional

In a food processor, mix cream cheese and Ranch Dressing using PULSE setting. Scrape sides with spatula. Add in remaining ingredients. Pulse chop to mix well.

If too thick, add 1/4 cup more of the Ranch Dressing and blend.

Spoon into a serving bowl, cover, and refrigerate 1 hour, or until ready to serve.

### White Bean Dip

Originally “Almost Sugar Free Sweet Potato Pecan Casserole”. Calbom, Cherie. The Juice Lady’s Healthy Holidays Cookbook. Pages 26-27

- 2 15 1/2 ounces cannelloni beans, rinsed and drained
- filtered water, optional
- 3 tablespoons olive oil, plus more for drizzling
- 1-2 tablespoons red-wine vinegar
- 1/4 cup filtered water
- 1 teaspoon dried rosemary, ground in a coffee grinder
- Kosher salt
- ground pepper

Combine beans that are rinsed and drained with all ingredients except herbs and seasoning.

Process until smooth, adding more water if necessary.

Add the rosemary and pulse until combined. Season to taste and transfer to a serving bowl.

Drizzle with a little oil.

Serve with veggies and/or crackers.

## **Transformations: Vegan Recipes You Can Live By**