

# Transformations: Vegan Recipes You Can Live By Ammenities

## Fresh Dill 'Cheese'

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 1146) Page Street Publishing Kindle Edition

- 1 cup cashews
- 3 tablespoons nutritional yeast
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt
- 1/4 cup Bragg's apple cider vinegar
- 1/2 teaspoon garlic powder
- 1 tablespoon fresh dill (or 1 teaspoon dried dill), finely chopped
- 1/4 cup filtered water

*Makes about 1 1/2 cups of 'cheese'.*

Combine all ingredients, except the dill, in a blender. Blend on high until creamy.

Transfer mixture to a bowl and stir in dill. Cover and let sit at room temperature for 1-2 hours.

Place in the refrigerator in a sealed plastic container and let chill over night before using.

## Mexican Spice Blend§

- 1 tablespoon cornstarch
- 2 teaspoons chili powder
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 1 teaspoon cane sugar
- 1 cube vegetable bouillon, crushed
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin

*This mixture can be used for making tacos or other Mexican dishes requiring typical packaged seasoning mix. That and there is no MSG (monosodium glutamate) in this homemade mix.*

Combine ingredients and keep in a sealed glass jar.

## Miso 'Cheese' Spread

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 1158) Page Street Publishing Kindle Edition

- 1 cup cashews
- 2 tablespoons white miso
- 2 tablespoons nutritional yeast
- 1 teaspoon garlic powder

- 1/4 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/3 cup Bragg's apple cider vinegar

*Makes about 1 1/2 cups of 'cheese' spread.*

Blend all the ingredients in a blend on high until smooth. Transfer to a container with lid and let sit at room temperature for 1 to 2 hours.

Chill in the refrigerator overnight before serving. It will keep in the refrigerator for up to a week.

*Use as you would cream cheese.*

## Onion Soup Mix Substitute§

<http://www.food.com/recipe/dry-onion-soup-mix-substitute-223023>

- 8 teaspoons dried onion flakes
- 1 1/2 teaspoons dried parsley
- 1 teaspoon onion powder
- 1 teaspoon ground turmeric
- 1/2 teaspoon celery seed
- 1/2 teaspoon sea salt
- 1/2 teaspoon cane sugar
- 1/4 teaspoon black pepper

*Being a committed vegan vegetarian at this point, I looked up this recipe for a dry "Onion Soup Mix Substitute". It contains no beef bouillon and absolutely no MSG. This recipe makes about the equivalent of what a package of commercial mix would be.*

Combine all ingredients in a small sealed plastic container. Shake to combine.

## Red Bell Pepper Aioli

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 1188-1189) Page Street Publishing Kindle Edition

### VEGAN MAYONAISE

- 1/4 cup almond milk
- 1 tablespoon Bragg's apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon maple syrup or agave nectar
- 1 teaspoon white pepper, optional
- 1/4 teaspoon dry mustard
- 1 teaspoon sea salt
- 1 cup grape seed oil

### RED BELL PEPPER AIOLI

- 1/2 cup red peppers, roasted and chopped
- 1/3 cup VEGAN MAYONAISE

## Transformations: Vegan Recipes You Can Live By Ammenities

- 1 teaspoon garlic powder
- sea salt
- pepper

### VEGAN MAYONNAISE

Makes 1 1/2 cups of vegan mayonnaise and 3/4 of a cup of aioli.

*I tried making the vegan mayonnaise portion of this recipe. The end result, which was used in conjunction with Broccoli Waldorf Salad, was okay but it definitely wasn't even close to the texture of mayonnaise. It may require an inordinate amount of time being blended in the blender but it was still liquid this morning. Granted, it was a thick liquid, but it was still liquid. It taste pretty decent. Too, I used almond milk instead of the soy milk originally called for.*

### VEGAN MAYONNAISE

Blend all the mayonnaise ingredients, EXCEPT the grapeseed oil, in a food processor until smooth.

Slowly stir in the oil to create an emulsified mixture.

### RED BELL PEPPER AIOLI

Blend all the aioli ingredients, including salt and black pepper to taste, in a food processor until smooth.

*This recipe will last up to a week refrigerated. The VEGAN MAYONNAISE must also be kept refrigerated and can be prepared separately.*

### Taco Seasoning Mix§

- 1/2-2 teaspoons hot chili powder
- 1/2-1 1/2 teaspoons paprika
- 1 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground oregano
- 1/4 teaspoon pepper, to taste
- 1 pinch cayenne pepper, to taste, optional
- 1 pinch red pepper flakes, to taste, optional

*Ideal for making tacos and burritos. Can also be mixed with either beef or chicken, though vegetarian refried beans are preferable.*

Mix chili powder, paprika, onion powder, sea salt, garlic powder, cumin, oregano, pepper, cayenne pepper, and red pepper flakes in a bowl. Store in a moisture proof plastic or glass container.

To use combine 2 tablespoons with 3/4-1 cup of water to make a sauce and add to entrée of choice.

### Tahini§

- 1 cup sesame seeds
- 2 teaspoons garlic, minced
- 1 teaspoon Bragg's Liquid Aminos
- 1/4 cup lemon juice
- up to 1 cup filtered water

Place sesame seeds in a food processor. Add garlic, Bragg's and lemon juice. Turn on and grind sesame seeds for at least 1 minute, stopping to scrape the edges every 15 seconds or so. Add water to mixture starting with 1/2 cup and blend. Adjust water to reach the desired consistency.

Store refrigerated in a tightly sealed glass container. Stir before using.

### Vegan Butter Substitute§

<http://www.forkandbeans.com/2015/07/11/vegan-butter-substitute/>

- 1 1/2 cups refined coconut oil (not extra virgin coconut oil), melted
- 1/2 cup Better Than Milk
- 1/4 cup olive oil
- 1/2 teaspoon sea salt
- 2 teaspoon liquid lecithin

Place all the ingredients in a blender and process at medium speed for about 1 minute.

Pour into container of choice—something made of silicone is great, as it will pop out easily, but any storage container will do (line it with wax paper first for easy removal).

Set it in the refrigerator for a few hours until hard or in the freezer to expedite hardening.

*This recipe comes in at about 3584 calories for about 2 3/4 cups. That seems like a lot but the same amount of dairy butter has 4400 calories. Plus, this butter has 0% cholesterol as opposed to dairy butter which has 1364 mg of cholesterol for the same volume. That's a huge difference.*

### Vegan Sour Cream

<http://www.glutenfreeveganpantry.com/the-best-damn-vegan-sour-cream/>

- 1 cup cashews, soaked in water over night
- 1/4 cup lemon juice
- +2 additional tablespoons lemon juice
- 1/4-1/2 teaspoon sea salt
- 1 teaspoon nutritional yeast flakes
- 1/2 cup filtered water

Place all ingredients into your blender.

*The original recipe suggests using a Vitamix blender, an that would seem like a good idea if you happen to*

# Transformations: Vegan Recipes You Can Live By Ammenities

own one of these units.

Blend on high for 5-7 minutes, turning off the blender and scraping down the sides as needed, until very smooth and creamy.

Using a spatula, transfer mixture to a mason jar or other airtight container.

*This sour cream substitute can be stored in the refrigerator about 1-2 weeks.*

## Vegan Cream Cheese Substitute

- 1 cup cashews
- 3 tablespoons nutritional yeast
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt
- 1/4 cup Bragg's apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/4 cup filtered water

*This recipe is based on Fresh Dill 'Cheese', a recipe by Maya Sozer in "Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go". It's essentially the same as her recipe minus the dill. As presented here, it is intended as a cream cheese substitute, hence the name.*

*Makes about 1 1/2 cups of 'cheese'.*

Combine all ingredients in a blender. Blend on high until creamy.

Transfer mixture to a bowl and stir in dill. Cover and let sit at room temperature for 1-2 hours.

Place in the refrigerator in a sealed plastic container and let chill over night before using. Use as you would softened cream cheese.

## Vegan Parmesan 'Cheese' Substitute§

<http://www.sheknows.com/food-and-recipes/articles/1048641/vegan-parmesan-recipe>

- 1 cup cashews
- 1/4 cup nutritional yeast flakes
- 1 teaspoon garlic powder
- 1/2 teaspoon dried Italian herbs
- 1/2 teaspoon sea salt
- 1 teaspoon lemon zest

*This qualifies for what Emmale's grand daughter would call stinky cheese, her name for Parmesan cheese. It's actually pretty close.*

*An important caveat: This 'cheese' substitute has a short shelf life, one month, and must be kept refrigerated.*

Preheat the oven to 300°F, and line a baking sheet with parchment paper.

To a food processor, add all the ingredients. Gently pulse until the nuts are very fine in texture (you do not want to over process this, or you will have a cheesy glob of nut butter.)

Pour the mixture onto the baking sheet, and bake for 25 minutes, stirring periodically. Remove from the oven, and allow to cool completely.

Sprinkle onto anything you would normally use Parmesan cheese on or just for added flavor to any dish. Store the "cheese" in a jar with a lid in the refrigerator for up to 1 month.

## Vegetable Soup Stock§

- 1-2 tablespoons coconut oil, optional
- 2 onions, sliced
- 2-3 cloves garlic, minced
- 3 carrots, sliced
- 3-4 stalks of celery, sliced
- 2 potatoes, sliced
- 1 1/2 cups parsley (or 1/4 cup dried parsley)
- 2 cups broccoli, fresh or frozen
- 2 cups cauliflower florets, fresh or frozen
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon dried basil

*This recipe is for a 'single' bath of vegetable broth. To make a lot of this stock, see "Vegetable Soup Stock in Quantity". They are essentially equivalent though the "Vegetable Soup Stock in Quantity" is considerably more involved to make, and renders a lot more vegetable broth.*

Place coconut oil in a large soup pot. Add onions, garlic, carrots, celery, potatoes, parsley, broccoli and cauliflower. Sauté until slightly tender.

Add bay leaf, thyme, basil. Cover with water. Bring to boil, and reduce heat and simmer for 45 minutes to 1 hour.

Optionally, add more water, returning to boil, and extend cooking time for a larger batch of broth.

Strain twice, once with a colander and then strain the captured broth through a fine sieve.

Refrigerate or store in plastic containers to freeze.

## Vegetable Soup Stock in Quantity§

- 1/2 cup coconut oil
- several quarts of filtered water, as needed
- 10 onions, with the ends trimmed off
- 10-15 garlic cloves, roughly peeled
- 15 large carrots, peeled
- 20 stalks of celery, very well washed

## Transformations: Vegan Recipes You Can Live By Ammenities

- 10 medium potatoes, well washed, peeling is not necessary except to remove obvious 'bad' spots
- 3 bunches fresh parsley, well washed
- 2-4 quarts frozen broccoli and/or cauliflower
- 2 quarts squash, frozen or fresh, optional
- 5 bay leaves
- 5 teaspoons thyme leaves
- 5 tablespoons dried basil

*This is a recipe for really large batches of Vegetable Soup Stock. It requires at least a 24 quart stock pot one or more smaller 12-18 quart stock pots (or 2 really large pots). The end result is a lot of stock, at least 16 QUARTS. Maybe more, It's a very labor intensive and all day process. Make sure you have at least 16+ 1-quart containers to store the resulting broth in. Read through ALL the instructions below before starting.*

Start with 3/4 cup of coconut oil of at least a 24 quart stock pot.

*At this point, it's a BIG help to put on onion goggles, or something equivalent.*

Cut the onions into quarters and then slice using a food processor. It's not necessary that the onions be peeled. Slice half the onions in a food processor and then add to stock pot. Turn onto medium heat.

Finish processing rest of onions in food processor. Slice 10-15 garlic cloves in food processor, on separately or on top of onions, and add to stock pot. Again, peelings only have to be minimally removed. Stir onions and garlic to blend in pot.

Slice carrots in a food processor and add to stock, stirring to integrate carrots into onion and garlic mixture.

Slice celery in food processor and add to stock pot from two separate batches. Stir to mix vegetables.

Cut potatoes into horizontal quarter (large chunks) and slice in food processor. The kind of potatoes used really doesn't matter. Stir potatoes to integrate into mixture.

Chop the bunches of parsley, one bunch at a time, with a utility scissors and add to stock. Stir mixture.

Between frozen chopped broccoli and cauliflower, add a combination of two-four quarts of one or both to the stock pot. The stock pot (a 24 quart one) should be almost full at this point. Again, stir to combine.

*It's not that important what kind of Brassica harvest is added: Broccoli and cauliflower are at the top of the list. Cabbage, Chinese cabbage, red cabbage ... it all works. Just don't over power the soup with these.*

Add two quarts of fresh or frozen squash, if used. It's not really necessary to use squash but I do find this to

be a good way to use up frozen squash.

Add filtered water and stir to combine.

Add 5 bay leaves, thyme leaves and basil. (If fresh herbs are available, use a bunch of whatever you have.)

Add enough water to fill up 24 quart stock pot and bring to a boil.

*At this point, you'll have a pot full of mostly vegetables and herbs. It's very concentrated.*

Bring the current mixture to a boil.

At this point the recipe gets complicated. Use a second large pot or, or smaller pots including a Dutch oven if nothing else, and transfer a proportional amount of vegetables to each different pot with a large soup ladle. Add filtered water to all pots to fill.

*The larger the secondary pot(s) the more broth will result.*

Cook all on a slow boil/simmer for several hours to extract as much of the vegetables 'essence' as possible into the water, filling with ADDITIONAL filtered water as necessary as water evaporates.

*The more space the more water that can be added and the more broth that will be rendered. As noted at the onset, the idea here is to make LOT'S of Vegetable Soup Stock so that it can be frozen and used as needed.*

*Whatever you do, DO NOT can the broth. It must be frozen. I tried canning it once. I do not have a steam pressure cooked to 'sterilize' the broth. Maybe that would have prevented the broth from going bad; maybe it would not have. The entire batch, in short order, rotted ... and the state of decay was VERY pronounced with the first jar opened!*

Cook vegetables in all the pots over medium to medium-high heat, depending on the container. The idea is to extract as much of the essence from the vegetables as possible into a liquid broth for later filtering. You'll probably need to adjust the temperature to avoid boil over.

After 2-3 hours of cooking, including adding filtered water as necessary, pour the broth, one pot at a time, through a colander into several large bowls. Discard the spent vegetables for compost. (Experience has proven that trying to 'use' the spent vegetables does not work well. What you are looking for is broth. The vegetable's essence ends up in the broth. What's left isn't very usable, or palatable for that matter.) You can get a little extra broth by running the spent and drained vegetables through a salad spinner to spin out the broth.

## Transformations: Vegan Recipes You Can Live By Ammenities

*If you've made the broth as suggested you'll end up with 3-4 LARGE bowls of broth. Strain the colander-strained broth through a fine mesh sieve to remove any pieces of vegetables and pour the both into prepared CLEAN 1 quart plastic containers.*

*While this is not a canning process, leave a little head space to allow for the liquid to expand, and not push the containers opened, in the freezer.*

Seal the containers and allow to somewhat cool.

*The number of containers required depends on the amount of broth made.*

Once the broth has somewhat cooled, label with a label to tell date and what it is. For this batch "VB" and "12/26" were sufficient for the immediate task. The year is not really necessary as this broth tends to be used up quickly.

*Again, have LOTS of storage containers available BEFORE you start. In practical terms, once the initial vegetables are cut, the only limiting factor here is the number of cooking receptacles available. Broth is a function of how much water is added. The less water the stronger the broth. Still, for all the work involved, the more end product the longer it will be before the process has to be repeated. Whatever the case, at least you know what went into the broth. Too, experience has dictated that, in terms of cost, that making your own broth is SO MUCH cheaper than buying commercially made products. Too, given the issues to insure that the broth does not 'rot' on the shelf ... one has to wonder about what was involved in the making the commercial broth shelf-stable. Without a doubt there is NO comparison between home made and rather pricy versions of commercial vegetable broth.*

# Transformations: Vegan Recipes You Can Live By