

# Transformations: Vegan Recipes You Can Live By Traditional and Transitional Recipes

## Alfredo Sauce§

- 1/4 cup **Vegan Butter Substitute**, or regular butter
- 1 cup heavy cream
- 1 clove garlic, crushed
- 1 1/2 cups **Vegan Parmesan ‘Cheese’ Substitute**
- 1/4 cup fresh parsley, washed and chopped

*This is a great substitute for commercial, probably questionable, versions of the same thing. It nothing else, at least you know what’s in it.*

Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve.

## Apple and Cranberry Stuffing§

- 8 cups assorted bread, cubed
- 1/4-1/2 cup salted butter
- 1+ cup onion, chopped
- 3/4 cup celery, chopped
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 3-4 golden delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup parsley, minced
- 2-3 cups **Vegetable Soup Stock**
- 1/2 stick salted butter, melted, divided two 1/4 cups (half is for oating baking dish)

At time of baking, preheat oven to 350° F.

*This recipe can be prepared ahead of time and, optionally, refrigerated. Turn on the oven when finally ready to bake.*

*This entrée is okay, but don’t make more than you’ll need for the meal (adjust ingredients accordingly). It’s excellent when freshly made but tends to get soggy when refrigerated as leftovers.*

Spread the bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted.

Add the butter, celery, sage, rosemary, and thyme to bread crumbs and cook, stirring, for 2 minutes to blend

flavors. Stir in toasted bread cubes. Mix in chopped apples, dried cranberries, parsley, and **Vegetable Soup Stock**. Stir in 1/4 cup of melted butter.

Butter a 9×13 inch baking dish with remaining butter. Place stuffing in baking dish. Cover with aluminum foil and bake at 325° F to 350° F for 30 minutes.

Uncover and bake 15 minutes longer to brown. Serve warm.

## Baked Chicken with Zucchini§

- 1-2 tablespoons coconut oil, or butter
- 4 boneless skinless chicken breasts
- 2 medium zucchini squash, peeled and thinly sliced
- 1 medium yellow squash, peeled and thinly sliced
- 1/2 cup **Vegetable Soup Stock**
- 1 stick **Vegan Butter Substitute**, salted, well chilled
- 1/2 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1/4 cup fresh parsley, washed and chopped

*When I tried this I used a whole cut up chicken. It took a while to cook it before adding it to the squash mixture. Even after that parts of the chicken breast, which had be cut in half, weren’t 100% cooked. The original recipe calls for chicken breast and, my thinking is: that’s a very good choice. Originally, only a little butter was suggested. I changed it to a whole stick. Ultimately, and especially with the insane price of butter, it does waste most of the butter but, in terms of added flavor, the extra butter can’t be beat.*

Preheat oven to 375° F.

Melt 1-2 tablespoons of coconut oil in a large frying pan. Brown chicken over medium heat for 4-5 minutes. The chicken needs to be cooked through before placing on top of the squash. Pre-cooking the chicken also reduces the baking time to prevent over cooking the squash.

Meanwhile, layer zucchini and squash in the bottom of a large baking dish. Place chicken breasts over squash. Pour **Vegetable Soup Stock** over chicken. Dot with butter, cut into 1 inch slices, and sprinkle with salt and cayenne pepper. Cover dish with aluminum foil and bake for 35 minutes. Check chicken to make sure it is cooked through. Return to oven to finish cooking if it is not.

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Remove chicken from oven, remove foil and garnish with parsley. Let sit for 5 minutes before serving.

### Baked Crispy Coconut Chicken§

- 3 skinless boneless chicken breast halves, cut into chunks
- 1 cup buttermilk
- 3 bay leaves
- 2 cloves garlic, minced
- 1/2 teaspoon sea salt
- 1 teaspoon pepper
- 1 tablespoon **Vegan Parmesan ‘Cheese’ Substitute**
- 1 tablespoon flour
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1/4 teaspoon cayenne pepper, optional
- 1 egg
- 2 tablespoons filtered water
- 1 cup shredded coconut

Place chicken pieces, buttermilk, bay leaves, garlic, salt, and black pepper into a large resealable plastic bag and knead bag several times to mix buttermilk and seasonings with chicken. Squeeze air from the bag, seal, and refrigerate at least 2 hours (up to overnight) to marinate.

Preheat oven to 375° F.

Line a baking dish with parchment paper. Drain marinade from bag and discard bay leaves. Mix **Vegan Parmesan ‘Cheese’ Substitute**, flour, garlic powder, paprika, and cayenne pepper in a small bowl. Add **Vegan Parmesan ‘Cheese’ Substitute** mixture to chicken in the bag, close the bag, and shake to thoroughly coat chicken pieces with the mixture.

Whisk egg and water in a shallow bowl. Place shredded coconut into a separate shallow bowl. Dip floured chicken pieces in egg mixture. Roll pieces in shredded coconut to thoroughly coat. Arrange the chicken pieces on baking sheet. Bake chicken for 15 minutes and turn pieces over on rack. Continue baking until chicken is no longer pink inside and coating is browned and crisp, 15 to 20 more minutes.

### Baked Ham with Sweet Glaze§

- 1 10 pound fully-cooked bone-in ham
- 4 cups filtered water, heated on stove until boiling
- 1 cup brown sugar
- 2 tablespoons flour
- 2 tablespoons dry mustard
- 1/4 cup honey
- 1 teaspoon lemon juice, or as needed
- 1 20 ounce can pineapple chunks, drained

- cherries, thawed

*This is a Christmas favorite. Originally it called for using toothpicks to hold the pineapple and cherries, making a sauce from them is much easier—plus you don’t have to watch out for toothpicks.*

Preheat oven to 400° F. Place ham on a rack set in a roasting pan, and carefully pour about 1/2 inch of boiling water into the pan beneath the ham. Bake the ham in the preheated oven for 2 hours, or until a meat thermometer inserted into the thickest part of the meat (do not touch the bone) reads at least 140° F. Reduce oven heat to 350° F.

In a bowl, mix together the brown sugar, flour, dry mustard, honey, and lemon juice as needed to make a thick, smooth paste. Brush the ham generously with glaze.

Place the pineapple and cherries in a food processor. Blend until well chopped and smooth. Cover ham with pineapple and cherry mix. Return the ham to the oven, and roast for 15 minutes. Baste the ham, fruit and all, with glaze and juices that have collected in the bottom of the pan, return to the oven, and roast for an additional 15 minutes. Let the ham rest for at least 10 minutes before slicing.

*This ham can be made the day before and refrigerated overnight, to save on oven usage. If chilled, cover with aluminum foil and heat through in a 350° F oven.*

To serve, slice into pieces and place on a serving tray.

### Baked Macaroni and Cheese§

- 2 tablespoons **Vegan Butter Substitute**
- 1/4 cup onion, finely chopped
- 2 tablespoons flour
- 2 cups almond milk
- 3/4 teaspoon sea salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
- 1 8 ounce package elbow macaroni, uncooked
- 2 cups sharp cheddar cheese, shredded
- 1 cups processed American cheese, cut into strips

*Not exactly at the top of the healthy foods list—it’s very high in fat—but it’s a better choice than commercial Kraft Macaroni and Cheese, and similar products.*

Preheat oven to 350° F.

Melt butter in a medium saucepan over medium heat. Sauté onion for 2 minutes. Stir in flour and cook 1 minute, stirring constantly. Stir in almond milk, salt, mustard and pepper. Cook, stirring frequently, until mixture boils and thickens.

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Meanwhile, bring a pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain.

To the almond milk mixture add the cheddar and American cheese. Stir until cheese melts. Combine pasta and cheese sauce in a 2 quart baking dish. Mix well.

Bake in preheated oven for 30 minutes, or until hot and bubbly.

Let cool 10 minutes before serving.

## Baked Stuffed Tomatoes§

- 6 large tomatoes
- 1/2 pound ground beef
- 1 teaspoon chili powder
- 1 teaspoon cane sugar
- 1/2 teaspoon pepper
- 1/4 teaspoon dried oregano
- 2 cups brown rice, cooked
- olive oil cooking spray
- 1/2 cup bread crumbs
- 2 teaspoons **Vegan Butter Substitute**, melted
- 2 tablespoons filtered water

Cut a thin slice off the top of each tomato. Leaving a 1/2 inch thick shell, scoop out and reserve the pulp. Invert tomatoes onto paper towels to drain.

Meanwhile, in a skillet, brown ground beef. Drain. Add tomato pulp, chili powder, sugar, pepper and oregano. Bring to a boil. Reduce heat. Simmer for 45-50 minutes or until well thickened, stirring occasionally.

Preheat oven to 375° F. Add rice to ground beef mixture. Mix well. Simmer until rice is heated through.

Stuff tomatoes with beef and rice mixture and place in a 9×13 inch baking dish coated with cooking spray. Combine bread crumbs and melted butter. Sprinkle over tomatoes. Add water to baking dish. Bake, uncovered, at 375° F for 20-25 minutes, or until crumbs are lightly browned. Serve warm.

## Barbeque Sauce§

- 1 6 ounce can tomato paste, preferably organic
- 1/2 cup pineapple juice
- 1/4 cup pure maple syrup or honey
- 3 tablespoons Bragg's Liquid Aminos
- 2 tablespoons apple cider vinegar
- 2 tablespoons dried marjoram
- 1 1/2 teaspoons ground ginger
- 1-2 cloves garlic, minced
- 1/2 teaspoon dried chipotles, previously ground in a coffee grinder

- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper

*As with several of these recipes, this is a substitute for commercial brands which likely will contain high fructose corn syrup.*

Combine all ingredients in a blender and blend on high until smooth. Serve immediately or keep in an airtight container in the refrigerator for up to 4-5 days.

## Basic Chicken Stock§

- 5 pounds chicken or chicken parts
- 5 large onions, peeled and quartered
- 15 cloves garlic, 2 large bulbs
- 15-10 stalks celery with leaves
- 5-7 large carrots, peeled
- 2 1/2-3 tablespoons sea salt, or more if needed, to taste
- 20+ quarts filtered water
- additional filtered water, as needed, to maintain water level in pot

*To make this recipe properly, a very large pot is needed. I use a 24 quart copper based soup kettle, a rather expensive 24 quart copper based soup kettle. If using such a pot, do not heat past medium on the stove as such pots are not intended to be cooked on very high temperatures.*

Place chicken or chicken pieces in a large soup pot. Using a food processor's slicing blade, slice the onions and garlic. Add to pot. Slice the celery and add to pot. Finally, carrots and add to pot. (The goal here is to provide as much surface area as possible. The vegetables are discarded at the end of the process so the finer they are sliced the better. **DO NOT USE THE SHREDDING BLADE AS THIS MAKES THE VEGETABLES TOO FINE.**)

Add the salt. Add up to 20 quarts of water. (Using filtered water is very important. You don't want residual tap water chemicals in your broth.) Bring to a boil per heating instructions for your stock pot.

Reduce heat, cover, and simmer for at least 1 hour. Skim any fat off the surface as it forms. Add more water to pot to maintain water level. Bring broth back to a boil and add additional salt as necessary.

Cook for several hours, at least three. The chicken will likely fall apart in the process. Remove the chicken with a slotted spoon, or as broth is processed, and place in a bowl. Once chicken is cooked remove the chicken and refrigerate. (The chicken can be used in other recipes.)

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Strain stock initially through a colander, to remove the majority of the vegetables, and then through a fine screen mesh strainer. Discard the cooked vegetables. (At the end of the process they really are no longer any nutritional value.) Freeze in large plastic containers and label. When I made this I ended up with 9+ quarts of actual broth.

### Beef Enchiladas§

- 2 pounds lean ground beef
- 2 onions, chopped
- 2 batches of **Enchilada Sauce**
- 10 12 inch flour tortillas
- 3 cups cheddar cheese, shredded, with 1/2 cup reserved on the side
- 1 2 1/4 ounce can black olives, drained and sliced

Preheat oven to 350° F.

In a medium skillet over medium high heat, cook the ground beef until it is evenly browned. Set to side.

Sauté the onion until tender. Stir the ground beef into the sautéed onions. Pour 1/4 cup of the sauce into the bottom of a 9x13 inch baking dish.

On each flour tortilla, place an equal portion of the ground beef mixture and about 1 ounce of cheddar cheese, reserving at least 1/2 cup of cheese. Then tightly roll the tortillas and place seam side down in the baking dish, securing with a tooth pick as necessary. Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives. Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is thoroughly melted.

### Beef Fajitas§

#### MARINADE

- 2 tablespoons filtered water
- 2 tablespoons lemon juice
- 1/4 cup coconut oil
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper

#### MAIN DISH

- 1/4 cup coconut oil
- 1 pound top sirloin steak, trimmed and cut across the grain into 1/4 inch strips
- olive oil cooking spray
- 1 medium red bell pepper, sliced into thin strips
- 6 large tortilla shells, warmed
- salsa
- sour cream

- tomatoes, chopped
- lettuce, chopped

In a bowl or resealable plastic bag, combine the first seven ingredients. Add beef and toss. Cover and refrigerate 3-6 hours or overnight, stirring several times. Drain meat, discarding marinade.

In a frying pan add first 1/4 cup of coconut oil and sauté onion and red pepper until crisp tender. Remove from stove. In the same skillet, add second 1/4 cup of coconut oil and sauté meat until no longer pink, about 4 minutes. Return vegetables to pan and heat through. Spoon beef mixture over tortillas.

To serve, top with salsa and sour cream if desired. Roll tortilla around filling to serve.

### Beef Macaroni and Cheese§

- 1 pound elbow macaroni, or other similar shaped macaroni, about 3 cups
- 2 tablespoons coconut oil
- 1 green bell pepper, chopped
- 1 large onion, chopped
- 1 tablespoon garlic, chopped
- 2 pounds lean ground beef
- 1 cup frozen corn
- 1 small jar chopped pimentos
- 1 28 ounce can diced tomatoes, with liquid
- sea salt, to taste
- pepper, to taste
- 1 teaspoon dried basil
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1-1 1/2 cups cheddar cheese, shredded
- 1-1 1/2 cups Mozzarella cheese, shredded

*At the start, this is definitely one of those comfort food dishes, rather like macaroni and cheese. It's a great dish if you're stressed out, feeling a bit overwhelmed, or simply want a little sympathy from your food. Okay, the truth is there's not much that's healthy about this recipe. But it is filling and it is fairly easy to prepare. The original recipe, called "Wayne's Beef Macaroni and Cheese" was authored by Paula Deen who we all know loves butter (which is not part of this recipe). I've added corn and pimentos (a favorite of my mother), and otherwise tweaked Paula's recipe. Chef's privilege I guess.*

*This meal can be served with or without the added cheese, which is the way my mother used to make it. If not adding the cheese the oven is not used and the final step is skipped.*

Preheat oven to 350° F.

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Cook the macaroni according to package directions; drain and set aside.

Heat the coconut oil in a skillet; add the peppers, onion, and garlic, and sauté until soft. Add the ground beef and sauté until browned. Drain any excess fat. Add corn, pimentos, tomatoes, salt and pepper, to taste, basil, cumin, and oregano.

Stir to combine. Cook for 5-10 minutes to reduce liquid.

In a large bowl, combine the macaroni and the beef mixture.

Spread this mixture into a 9×13 inch baking dish. Top with the shredded cheese and bake for 20 to 25 minutes, or until the cheese is lightly browned and bubbly.

### Beef Stew§

- 2 pounds beef stew meat, cut into cubes
- 3 tablespoons coconut oil
- 1 cup beef broth
- 4 cups filtered water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1 bay leaf
- 1/2 teaspoon pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, peeled and cut into 1 inch pieces
- 4 stalks celery, peeled and cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons filtered water

In a large pot or Dutch oven, cook beef in oil over medium heat until brown. Drain cooked beef in a colander and return to the Dutch oven.

Immediately add beef broth and water. Stir in rosemary, parsley, bay leaf and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour. Remove the bay leaf.

Dissolve cornstarch in 2 teaspoons cold water. Stir potatoes, carrots, celery, and onion into the pot. Stir in corn starch solution. Cover and simmer 1 hour more. Serve with a slotted spoon.

### Beef, Macaroni and Tomato Casserole§

<http://www.food.com/recipe/beef-macaroni-and-tomato-casserole-90685>

- filtered water, as needed
- 1 tbl kosher salt
- 1-2 tbls oil, preferably coconut
- 2 cups uncooked elbow macaroni
- 1 pound lean ground beef
- 1 onion chopped
- 5-6 cloves garlic, minced

- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 cup green bell pepper, chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 2 14 ounce cans diced tomatoes, undrained
- 2 cups frozen corn
- 1 8 ounce can tomato sauce
- 8 ounces mozzarella cheese, shredded
- 1/4 cup parmesan cheese

*The original recipe was from the source indicated. I tweaked it, a LOT.*

Heat water, salt and oil in a Dutch oven.

Once boiling, add macaroni and cook until al dente.

At the same time brown ground beef and cook onions with beef.

While macaroni and ground beef/onions are cooking, add garlic, oregano, basil, green pepper, salt, pepper, diced tomato and corn to a crock pot. Set to high.

Drain macaroni when cooked and add to crock pot.

Add ground beef and onion.

Cook on high for a couple of hours and top with mozzarella and parmesan cheese. Heat through until mozzarella cheese is melted.

Serve warm, preferably with a really healthy salad.

### Best Chicken Salad Ever§

#### MARINADE

- 1/4 cup honey
- 1/4 cup Worcestershire sauce

#### FILLING

- 6 4 ounce skinless boneless chicken breast halves
- 3 tablespoons honey
- 3 tablespoons prepared mustard
- 2 tablespoons white wine vinegar
- 2 teaspoons lemon zest
- 1 1/2 teaspoons lemon pepper
- 1/2 teaspoon poppy seeds
- 1/2 teaspoon garlic powder
- 1 cup seedless red grapes, halved
- 1/2 cup cashews, chopped

*This recipe includes cooking the chicken. If the chicken is already cooked pulse chop it in a food processor and finish sauce and combining salad ingredients.*

In a large, self-sealing bag, combine honey and Worcestershire sauce. Add chicken and place bag in a shallow dish in the refrigerator. Chill 2 to 4 hours, turning bag

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occasionally. Remove chicken and discard marinade.

Grill chicken over medium heat for 12 to 15 minutes, until juices run clear and chicken is no longer pink inside. Remove from grill, cool and chop.

In a medium bowl, whisk together the remaining honey, mustard, vinegar, lemon zest, lemon pepper, poppy seeds and garlic powder. Add chicken, grapes and cashews and toss until evenly coated.

Cover and chill until serving.

### Biscuits and Gravy§

- 1 pound pork sausage
- 1 stick butter
- 4-1/2 cup flour
- 2 gallon whole milk
- 2 canisters premade biscuits

*Clearly **NOT** a real healthy entrée ... once and a while ...*

Preheat oven to 350°.

Line a baking sheet with parchment paper and fill with biscuits.

Sauté sausage until browned. Drain if necessary.

Scrap a whole in center of the sausage. Melt the butter.

While butter is melting combine 2 cups of milk with flour. Stir in more milk to make a quart.

Place biscuits in a preheated oven and brown according to package direction.

When butter is melted stir in the milk and flour. Add additional milk to thin the mixture.

Keep stirring the gravy and sausage to thicken the gravy and blend the sausage. Once mixture is boiling and thickened, remove from heat.

Serve gravy over biscuits when finished.

### Blackberry Cobbler

- 1 cup flour
- 1/2 cup cane sugar
- 2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 cup almond milk
- 2 tablespoons heavy cream
- 1 quart blackberries|peaches|cherries
- coconut oil
- 2 tablespoons **Vegan Butter Substitute**
- 1/2 cup cane sugar

*Included here because this is a classic ...*

Preheat oven to 400° F.

Combine flour, sugar, baking powder, salt, almond milk and cream in a bowl. Spread in a well buttered baking dish.

Heat fruit with 3 tablespoons of butter and sugar. Bring to a boil and pour over batter in the baking dish.

Bake until golden brown about 20-25 minutes.

Cool some before serving in bowls.

### Boston Baked Beans§

- 2 cups Navy beans
- filtered water
- 1/2 pound bacon
- 1 onion, finely minced
- 3 tablespoons molasses
- 1 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1/2 cup ketchup, preferably made without high fructose corn syrup
- 1 tablespoon Worcestershire sauce
- 1/4 cup brown sugar
- filtered water

Rinse beans. Add to a pot and cover with water. Bring to a boil and then remove from heat. Let stand. Simmer the beans in FRESH water until tender, less than 1 hour. Drain the liquid.

Preheat oven to 325° F. Cook bacon on a griddle until just done, draining grease. Blot up extra grease on a plate with paper towels. Arrange the beans in a large baking dish by placing a portion of the beans in the bottom of dish, and layering them with bacon, cutting up bacon with a scissors, and onion.

In a sauce pan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar. Bring the mixture to a boil. Watch carefully. On high this mixture comes to a boil VERY quickly. Pour boiled mixture over beans. Pour in just enough fresh water to cover the beans, about 2 1/2 cups. Cover the dish with a lid or aluminum foil.

Bake for 2 hours. Remove the lid about halfway through cooking, to check on water content, and add more liquid if necessary to prevent the beans from getting too dry. Add more water if water has evaporated too far. Replace aluminum foil lid and return to oven. Bake for 2 more hours until beans are tender. The time specifications indicated here are only approximate. While baking, monitor to prevent water from totally evaporating.

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## Bourbon Chicken§

- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 clove garlic, minced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon red pepper flakes
- 1/4 cup apple juice
- 1/4 cup brown sugar
- 2 tablespoons ketchup, preferably made without high fructose corn syrup
- 1 tablespoon apple cider vinegar
- 1/2 cup filtered water
- 1/3 cup soy sauce
- brown rice, cooked
- additional red pepper flakes, to taste, optional

Precook chicken and place in bottom of large slow cooker. Cover with other ingredients. Let cook 6-8 hours on low.

Remove chicken and shred or cut into chunks. Return to slow cooker and stir to combine. Serve over rice with more crushed red pepper flakes on top.

Can also be made in a frying pan via precooking the chicken and then by adding the remaining ingredients and cooking to reduce for 30-45 minutes.

*In spite of the name, there is no bourbon, or any other kind of whiskey, in this recipe.*

## Braised Chicken with Olives and Orange§

- 1 3 1/2 pounds skinless boneless chicken breast
- kosher salt
- pepper, to taste
- 2 1/2 teaspoons paprika
- 1 tablespoon olive oil
- 1 tablespoon **Vegan Butter Substitute**
- 1/2 onion, diced
- 2 cloves garlic, chopped
- 2 shallots, quartered
- 1 handful grapes, crushed, with juice
- 1 1/2 cups **Vegetable Soup Stock**
- 1 14.5 ounce can diced tomatoes
- 3/4 cup olives, pitted
- 1 orange, juiced
- 2 teaspoons fennel seeds
- 1 cup red bell pepper, sliced

Preheat an oven to 350° F.

Pat the chicken dry and season with salt and pepper. Sprinkle the chicken all over with the paprika. In a Dutch oven over medium high heat, warm the olive oil. Working in batches, brown the chicken on all sides, 8 to 10 minutes per batch.

Transfer the chicken to a plate and carefully pour the fat from the pot. Add the butter to the pot. When it has melted, add the onion and sauté until translucent, 4 to 6 minutes. Add the garlic and shallots and continue to cook for 1 minute more. Add the grapes and juice and cook, stirring to scrape up the browned bits from the bottom, until the wine reduces slightly, about 2 minutes. Add the broth, diced tomatoes with juices, olives, orange zest, fennel seeds and roasted red peppers. Return the chicken to the pot.

Cover the pot, transfer to the oven and cook until the chicken is tender, 1 to 1 1/2 hours. When the chicken is cooked, transfer the chicken pieces to a plate and place the pot on the stove top over medium high heat. Add the orange juice and cook until the braising liquid is thickened slightly, about 5 minutes. Season with salt and pepper and return the chicken to the pot.

Serve immediately.

## Bread Machine Dinner Rolls, Crescent Rolls Option§

- 1/2 cup water
- 1/2 cup milk, previously scalded and then cooled
- 1/4 cup butter, softened
- 1 egg
- 3 3/4 cups bread flour
- 1/4 cup cane sugar
- 1 teaspoon kosher salt
- 1 tablespoon active dry yeast
- several sticks of butter, melted
- 2-3 cups sesame seeds, as needed

*This recipe is for ONE batch of rolls. For enough for a significant holiday gathering double the ingredients and follow the instructions for 2 batches.*

### BATCH 1

Measure carefully, placing all the ingredients in the bread machine except the yeast.

Form a well in the middle of the flour and add yeast.

Select “Dough” setting.

Press “Start/Stop”.

Double check, several times, while rolls are mixing to make sure that the batter is properly combining and scrape down edges to force ingredients to the center if necessary.

When unit signals and display reads “0:00” press “Start/Stop” and remove dough and place it on a floured work surface, if making a single batch. If making a double batch, place dough in a plastic container and cover with a clean dish towel.

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### BATCH 2

Repeat the above steps.

When second batch is ready, combine both batches on a floured work surface.

### FOR ONE OR TWO BATCHES

Remove dough from pan (or plastic bowl for the first batch), using lightly floured hands.

Place parchment paper on a cookie sheets, 2 for single batch or 4 for a double batch.

Cut dough into 2 equal pieces for a single batch, or into 4 equal pieces if making a double batch.

On a large bread board, roll each piece of dough into as big of a circle as possible on a floured surface.

Spread with melted butter and top with sesame seeds.

Cut into 16 wedges with a pizza cutter.

Roll up each piece beginning at thick side.

Place rolls, with the points underneath, on a parchment paper lined cookie sheet. Set pans aside.

Brush tops with melted butter and sprinkle with additional sesame seeds.

Cover and let rolls rise about 30 minutes.

Preheat oven to 400° F.

Bake 12-18 minutes until golden brown.

Remove rolls from butter and apply additional layer of melted butter. The butter will be readily absorbed into the rolls.

*There is a lot of butter used in this recipe. You might say that I like a little roll with my butter. It makes the rolls incredibly moist and flaky.*

Allow rolls to totally cool on baking sheets.

Once cooled, place in a plastic freezer bag and store in a bread box until dinner time.

*One batch will make 32 rolls, 2 will make 64 rolls.*

### Bread Stuffing

- 3/4 cup **Vegan Butter Substitute**
- 2 large stalks celery, chopped
- 1 medium onion, chopped
- 1/2 red bell pepper, seeded and diced
- 9 cups fresh bread cubes
- 1/2 teaspoon dried thyme
- 1 teaspoon sea salt
- 1/2-1 teaspoon rubbed sage
- 1/4 teaspoon pepper

- 1 cup **Vegetable Soup Stock**
- 1 additional cup **Vegetable Soup Stock**, optional

Melt butter in 4-quart Dutch oven over medium high heat. Cook celery and onion in butter 6 to 8 minutes, stirring occasionally, until tender. Remove Dutch oven from the heat. Gently toss celery mixture and remaining ingredients, using spoon, until bread cubes are evenly coated. Bake stuffing separately by greasing a 3 quart rectangular baking dish, 9×13 inches.

Preheat oven to 325° F. Place stuffing in baking dish. Cover with lid or aluminum foil and bake at 325° F for 30 minutes.

Uncover and bake 15 minutes longer to brown. Serve warm.

### Breaded 'n Baked Zucchini Chips

- 2 medium zucchini squash, cut into 1/4 inch slices
- 1 egg
- 2 tablespoons almond milk
- 1 clove garlic, crushed
- 1/2 cup bread crumbs, or more as needed
- 2 tablespoon **Vegan Parmesan 'Cheese' Substitute**, or more as needed
- 1 tablespoon fresh parsley, or more as needed
- 1/2 teaspoon pepper

Preheat oven to 350° F (or as much as 400° F).

Combine egg, almond milk and garlic in a shallow dish and set aside for about 15 minutes to let flavors combine.

Combine bread crumbs, cheese, parsley and pepper in another shallow dish.

Dip zucchini slices into egg mixture, then into crumbs and place on a baking rack on a baking sheet.

*If you run out of coating, just make more.*

Bake for 15 minutes until brown and crispy.

### Busy Day Slow Cooker Chili§

- 1 pound ground beef
- 1 15 ounce can chili beans, rinsed and drained
- 1 14 1/2 ounce can diced tomatoes, drained
- 2 14 1/2 ounce cans Mexican-style stewed tomatoes, drained
- 1 onion, diced
- 1 green bell pepper, seeded and chopped
- 1 4 ounce can diced green chili peppers
- 1 teaspoon chili powder
- 2 cloves garlic, minced
- 1 teaspoon sea salt
- pepper, to taste

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- 1 can Mexican style corn, drained

Heat a large skillet over medium high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease.

Transfer beef to slow cooker. Stir in remaining ingredients. Cook on Low 5 1/2 to 7 1/2 hours.

### Byrdhouse Spicy Chicken and Peaches§

#### SAUCE

- 1 15 ounce can peaches, in light syrup, drained and chopped
- 4 cloves garlic, minced
- 1 1/2 cups orange juice
- 2 tablespoons white vinegar
- 2 tablespoons brown sugar
- 1 1/2 teaspoon ground nutmeg
- 1/2 teaspoon red pepper flakes
- 2 teaspoons dried basil

#### COATING

- 1 cup flour
- 2 tablespoons sea salt, or to taste
- 1 teaspoon pepper, or to taste
- 4 6 ounce skinless boneless chicken breast halves, cut into 1 inch pieces
- 3 tablespoons **Vegan Butter Substitute**

An okay—not great—recipe. To facilitate cutting the chicken, take four frozen chicken breast and set on defrost in microwave. Once softened but still firm, cut into 1-inch pieces. Place in a plastic bag to thaw the rest of the way before preparing.

Bring peaches, garlic, orange juice, vinegar, sugar, nutmeg, red pepper flakes, and basil to a boil in a sauce pan over high heat. Reduce heat to medium low, and simmer for 15 minutes, stirring occasionally.

Combine flour, salt and pepper in a re-closable container. Add butter to a large skillet and heat over medium low to melt. Season the chicken in the flour mixture.

Add the chicken, and cook until lightly brown on both sides, but still pink in the center. Pour orange and peach sauce over browned chicken. Return the chicken to a simmer, then reduce heat to medium low, and simmer 30-plus minutes more, until the chicken is no longer pink in the center.

Transfer to a serving bowl and serve warm.

### Cheesy Scalloped Potatoes with Ham§

- 4 cups potatoes, see instructions
- 2 cups ham, diced
- 1/2 onion, chopped

- 2 cups almond milk
- 1 cup peas, frozen
- 3 tablespoons flour
- 2 tablespoons **Vegan Butter Substitute**
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 teaspoon dried parsley
- 3/4 cup cheddar cheese, shredded
- pinch paprika, optional, or to taste

*While not difficult to make, this recipe takes a long time to prepare. It requires about one hour and 15 minutes cooking time and about 45 minutes before that to actually prepare the entrée for baking.*

Peel potatoes and remove blemishes and buds from potatoes. Slice potatoes in a food processor using slicing blade. Rinse sliced potatoes in a salad spinner to remove excess starch.

Preheat oven to 350° F. Layer half the potatoes, half the ham, and half the onion in an 2-quart baking dish. Repeat the layers.

Add almond milk, peas, flour, butter, salt, black pepper, garlic powder, onion powder and parsley in a saucepan. Turn stove on to medium heat, stirring constantly, until thickened, 7 to 10 minutes.

Stir in cheddar cheese into sauce until cheese is melted. Pour sauce over potato and ham mixture. Optionally, lightly sprinkle with paprika.

Cover baking dish with aluminum foil. Bake in the preheated oven until potatoes are tender, about 1 hour.

Remove foil and continue baking until lightly browned, about 15 minutes more.

### Cheesy Tuna Melts

- 1 6 ounce can tuna in water, drained
- 1/3 cup celery, chopped
- 2 tablespoons mayonnaise
- 1 pinch sea salt
- 4 English muffins, split and toasted
- 8 slices ripe tomato
- 8 slices cheddar cheese

Preheat oven to broil.

In a bowl, mix together tuna, celery, mayonnaise and salt. Spread tuna mixture onto the toasted muffin halves and place them on a baking sheet. Top each half with a slice of tomato and a slice of cheese. Broil until cheese is melted, about 3 to 5 minutes.

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## Chicken Black Bean Taco Bake§

- 2 tablespoon coconut oil, or butter
- 1 cup white onion, finely chopped
- 2 cups chicken, cooked, shredded
- 1 15 ounce can black beans, drained and rinsed
- 1/4 cup black olives, sliced
- 5 corn tortillas, cut into eighths (tortilla chip shaped)
- 1 cup mild salsa
- 1/2 cup sour cream
- 1 tablespoon ground cumin
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper, optional
- 1/4-1/2 cup **Vegetable Soup Stock**
- 1/4 cup cheddar cheese, shredded

Preheat oven to 350° F. Place coconut oil into a 12 inch cast iron skillet over medium heat. Briefly sauté onions until tender.

Add chicken, beans, olives and cut up tortillas. Stir to combine. Place salsa and cream into a medium bowl and add to skillet, stirring to combine. Stir in cumin, salt and pepper.

Transfer mixture to a small 8×8 inch baking dish and smooth down. Pour **Vegetable Soup Stock** over mixture. Bake for 20 minutes.

Top with shredded cheese and return to oven for an additional 2-3 minutes, until cheese is melted. Serve warm.

## Chicken Black Bean Taco Bake

- 2 tablespoon coconut oil, or butter
- 1 cup white onion, finely chopped
- 2 cups chicken, cooked, shredded
- 1 15 ounce can black beans, drained and rinsed
- 1/4 cup black olives, sliced
- 5 corn tortillas, cut into eighths (tortilla chip shaped)
- 1 cup mild salsa
- 1/2 cup sour cream
- 1 tablespoon ground cumin
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper, optional
- 1/4-1/2 cup **Vegetable Soup Stock**
- 1/4 cup cheddar cheese, shredded

Preheat oven to 350° F. Place coconut oil into a 12 inch cast iron skillet over medium heat. Briefly sauté onions until tender.

Add chicken, beans, olives and cut up tortillas. Stir to combine. Place salsa and cream into a medium bowl and add to skillet, stirring to combine. Stir in cumin,

salt and pepper.

Transfer mixture to a small 8×8 inch baking dish and smooth down. Pour **Vegetable Soup Stock** over mixture. Bake for 20 minutes.

Top with shredded cheese and return to oven for an additional 2-3 minutes, until cheese is melted. Serve warm.

## Chicken Cordon Bleu§

- organic olive oil spray
- 12 skinless boneless chicken breast
- sea salt
- pepper
- 1 large egg
- 2 large egg whites
- 1 tablespoon filtered water
- 1/2 cup bread crumbs, fresh
- 1/4 cup grated Parmesan cheese
- 6 slices quality deli ham, thickly sliced and cut in half
- 6 slices Swiss cheese, thickly sliced and cut in half
- olive oil cooking spray, optional

*When I made this I started with large chicken breast, which I cut in half. I ended up with 12 servings. The leftovers were frozen for three additional dinners.*

Preheat oven to 450° F. Spray a large non-stick baking sheet with cooking spray (or add parchment paper).

Wash and dry the chicken pieces. In a medium bowl, whisk eggs, egg whites and water to make an egg wash. In another medium bowl, combine breadcrumbs and Parmesan cheese. Dip the chicken into the egg wash, then into the breadcrumbs. Lightly season with salt and black pepper.

Lay the chicken on a pan and place a slice of ham on top of the chicken, then the cheese. Roll and set aside, seam side down. Use a toothpick to hold chicken together over ham and cheese.

Optionally, spray the top of the chicken with cooking spray. Bake about 25 minutes, or until cooked through.

## Chicken Enchiladas§

- 1 whole chicken or 2 1/2-3 pounds of chicken breast
- 2 teaspoons cumin powder
- 2 teaspoons garlic powder
- 1 teaspoon **Mexican Spice Blend**
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 cup frozen corn
- 5 canned whole mild green chili peppers, coarsely chopped

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- 4 canned chipotle chilies, minced, VERY optional
- 1 28 ounce can stewed tomatoes, diced
- 16 corn tortillas
- 1 10 ounce can of green enchilada sauce
- 1-2 cups cheddar and Jack cheese, shredded
- cilantro, chopped
- green onions, chopped, as a garnish
- sour cream, as a garnish
- tomatoes, chopped, as a garnish
- Spanish or Mexican rice, optional

In a large pot, boil chicken for 2-3 hours, as necessary, to thaw the chicken, if frozen, and completely cook it. Cool chicken sufficiently to handle and pull meat from bones. Sprinkle chicken with cumin, garlic powder and Mexican spices before turning. Remove chicken to a platter, allow to cool completely.

*Use great care if adding chipotle peppers. When I made this I added too many and the resulting enchiladas were very hot. Unless you like hot, I would recommend leaving the chipotle peppers out all together.*

Sauté onion and garlic in chicken drippings until tender. Add corn and chilies. Stir well to combine. Add canned tomatoes, sauté 1 minute.

Pull chicken apart by hand into shredded strips. Add shredded chicken to sauté pan, combine with vegetables.

Coat the bottom of 2 9×13 inch pans with a ladle of enchilada sauce.

Lay the tortilla shells in layers, cutting or tearing in half as necessary.

Carefully spoon cup chicken mixture over tortilla.

Repeat for 2 more layers.

Top with remaining enchilada sauce and cheese. Bake for 15 minutes in a preheated 350 degree F oven until cheese melts.

Garnish with cilantro, scallions, sour cream and chopped tomatoes before serving. Serve with Spanish rice and beans.

### Chicken Fajitas§

#### MARINADE

- 2-3 tablespoons vegetable oil, divided
- 2-3 tablespoons lemon juice
- 1 1/2 teaspoons seasoned salt
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder, or to taste, optional

- 1/2 teaspoon paprika, or to taste, optional
- 1/2 teaspoon red pepper flakes, or to taste, optional

#### MAIN DISH

- 1 1/2 pound boneless skinless chicken breast, cut into thin strips
- 2 tablespoons vegetable oil
- 1/2 red bell pepper, seeded and julienned
- 1/2 green bell pepper, seeded and julienned
- 4 green onions, thinly sliced
- 1/2 cup onion, chopped
- 6 8 inch flour tortillas, warmed
- sour cream
- salsa
- **Guacamole**
- Mexican or cheddar cheese, shredded

*A straightforward way to cut the chicken into strips is to start with frozen chicken and then place it in the microwave on defrost. The chicken will thaw enough to cut but still be sufficiently hard to readily cut into strips. Once in the marinating bag the chicken will unthaw on its own the rest of the way.*

In a bowl, combine 2 table tablespoons of oil, lemon juice and seasonings. Add chicken to a resealable bag and pour in marinade. Seal and turn to coat. Refrigerate 1-4 hours.

In a large skillet, or wok, heat oil and sauté peppers and onion in remaining oil until crisp tender. Remove and keep warm. In the same skillet, cook chicken and marinade over medium high heat for 5-6 minutes, or until meat is no longer pink. Return pepper mixture to pan and heat through.

Spoon filling down the center of tortillas. Fold in half. Serve with cheese, salsa, **Guacamole** and sour cream.

### Chicken Pot Pie§

- 1 pound skinless boneless chicken breast halves, cubed and cooked
- 1 cup carrots, sliced
- 1 cup peas, frozen
- 1/2 cup celery, sliced
- 1 1/2 cups filtered water
- 2 cups filtered water
- 1/3 cup **Vegan Butter Substitute**
- 1/3 cup onion, chopped
- 1/3 cup flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon celery seed
- 1 3/4 cups **Vegetable Soup Stock**
- 2/3 cup almond milk
- 2 9 inch unbaked pre-made pie crusts

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Preheat oven to 425° F.

In a sauce pan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the sauce pan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in **Vegetable Soup Stock** and almond milk. Simmer over medium low heat until thick. Remove from heat and set aside.

Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly.

Cool for 10 minutes before serving.

### Chicken Salad§

- 1/2 cup mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 2 cups chicken or turkey, cooked and chopped
- 1/3 cup almonds or other nuts
- 2 teaspoons pickle
- 2 stalks celery, coarsely diced
- 1/4 cup onions, coarsely diced
- 2 + tablespoons mayonnaise, optional, or more as needed to make moist

*This recipe will work for chicken, turkey or tuna. If using tuna, make sure it a quality white albacore tuna, packed in water and well drained.*

Mix mayonnaise, lemon juice, salt and pepper. Combine chicken, almonds, pickles, celery and onions in a food processor. Pulse chop until desired texture is reached. Combine with mayonnaise mixture. If the mixture seems a bit dry, add the 2 remaining tablespoons of mayonnaise and toss to coat. Cover and refrigerate at least 3 hours.

Serve on salad greens or as a filling for sandwiches.

### Chicken Tetrazzini§

- 1/4 cup **Vegan Butter Substitute**
- 1/4 cup flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 cup **Vegetable Soup Stock**
- 1 cup whipping cream
- 1 handful grapes, pureed in a food processor

- 1 12 ounce package spaghetti, pre-cooked and drained
- 2 cups chicken or turkey
- 1 cup fresh mushrooms, diced
- 1/2 cup **Vegan Parmesan 'Cheese' Substitute**

Heat oven to 350° F. Melt butter in a large skillet over low heat. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in broth and cream. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Stir in pureed grapes, spaghetti, chicken and mushrooms.

Pour into ungreased 2 quart casserole. Sprinkle with **Vegan Parmesan 'Cheese' Substitute**. Bake uncovered for 30 minutes or until bubbly. Optionally, to brown, place briefly under broiler.

### Chicken and Mushroom Fettuccine Alfredo

- coconut oil
- 1 1/2 pounds chicken breast tenders, thawed
- 2 8 ounces packages white mushrooms, cut into thirds
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 2 8 ounces packages cream cheese, cut into chunks
- 1 cup **Vegan Butter Substitute**, cut into pieces
- 1 1/2 cups **Vegan Parmesan 'Cheese' Substitute**, plus additional for garnish
- 1 1/2 cups almond milk
- 1 pound package fettuccine noodles

Coat the inside of 5-quart slow cooker with coconut oil. Arrange chicken in single layer in bottom of your slow cooker. Top with mushrooms. Sprinkle salt, black pepper and garlic powder over mushrooms.

Stir together cream cheese, butter, **Vegan Parmesan 'Cheese' Substitute** and almond milk in medium sauce pan over medium heat. Whisk constantly until smooth and heated through. Pour over mushrooms, pushing down any that float to surface. Cover and cook on low 4 to 5 hours or on high 2 to 2 1/2 hours.

One-half hour before stirring, bring a pot of water to boiling. Cook fettuccine noodles. Stir cooked noodles into sauce in crock pot and serve.

### Chicken with Mushrooms§

- 4-5 boneless chicken breast halves
- sea salt, as needed
- pepper, as needed
- 1/4 cup olive oil
- 1 pound fresh mushrooms, sliced into 1/4 inch or less strips

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- 1/2 stick **Vegan Butter Substitute**, or unsalted butter, cut into 8 1/2 inch pieces
- 1 cup filtered water
- 1/2 additional tablespoons stick **Vegan Butter Substitute**, or unsalted butter

Preheat oven to 400° F.

Season chicken on all sides with salt and ground black pepper. Heat olive oil over medium high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes. Turn chicken over.

In a separate pan, add mushrooms. Add 8 pieces of butter to mix. Increase heat to high and cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.

Transfer chicken and mushrooms to a parchment paper lined line baking dish and place in oven. Once mushrooms are sautéed, transfer them to pan previously used to cook chicken.

Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Stir second half butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.

Remove chicken from oven. Top chicken with sautéed mushrooms and butter. Return chicken to oven cook and additional 15-20 minutes.

### Chili Soup§

- 1/4 cup coconut oil
- 1 pound ground beef or ground turkey
- 1 onion, diced
- 1 green bell pepper, seeded and diced
- 2 cans tomato juice, 1 for when the soup is made and 1 for when the leftover soup is reheated the next day
- 2-4 cups filtered water, depending on thickness desired
- 1 15 ounce can red kidney beans, undrained
- 1 cup frozen corn
- 1 teaspoon chili powder, or to taste
- 1 cup uncooked pasta such as elbow macaroni, uncooked
- sea salt, to taste
- cheddar cheese, shredded, optional
- saltine crackers, optional
- **Vegan Butter Substitute**, softened, optional

*This is an old recipe my mother used to make when it got cold. It's a main dish in and of itself. You can*

*use either ground beef or ground turkey. Ground beef works better.*

Melt 1/4 cup of coconut oil in a frying pan. Sauté onion and green pepper until softened.

In the meantime brown ground beef in a skillet and drain, as necessary.

Add ONE can of tomato juice, water, kidney beans, corn (if used), chili pepper and sautéed onions and peppers to a soup pot. Bring to a boil. Simmer for about 20 minutes.

Stir in pasta and salt, to taste, and simmer for an additional 30-40 minutes, until macaroni is tender.

Optionally serve topped with cheddar cheese and served with buttered saltine crackers.

*Store left over soup in Dutch oven or a sealed plastic container. The SECOND can of tomato juice is for the next day to reconstitute the considerable thickened soup back to a thinner state.*

### Chunky Chicken Noodle Soup§

- 6 cups filtered water
- 6 cups **Vegetable Soup Stock**
- 4 cubes vegetable bouillon
- 2 cups cooked chicken, cut up
- 1/2 cup peas and carrots, frozen
- 1 carrot, peeled and diced
- 1 stalk celery, chopped
- 2 tablespoons onion, chopped
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/8 teaspoon dried basil
- 1/8 teaspoon bay leaf, crushed
- 1/8 teaspoon dried oregano
- 1/2 batch of **Granny's Homemade Noodles**

Ahead of time, make **Granny's Homemade Noodles** so they have enough time to properly dry.

*I find it convenient to make **Granny's Homemade Noodles** separately and then freeze 2 half batches so it's readily available when needed.*

Bring water, **Basic Chicken Stock**, and vegetable bouillon to a boil in a soup pot. Add chicken breast, peas and carrots, chopped carrots, celery, onion, salt, pepper, basil, bay leaf, and oregano. Continue to boil, uncovered, for 20 minutes. Reduce heat to medium and simmer until chicken is no longer pink in the center, 5 to 10 minutes more.

Add **Granny's Homemade Noodles**. Cook until noodles are tender, about 10-15 minutes.

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## Classic Pumpkin Pie§

<http://www.bettycrocker.com/recipes/classic-pumpkin-pie/62ee2150-fe4c-4547-b54b-7383e9da58d4>

### PIE CRUST

- 1 pre-made refrigerated pie shell

### FILLING

- 2 eggs
- 1/2 cup cane sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1 15-ounce can pumpkin
- 1 12-ounce can condensed milk

### SPICED CREAM TOPPING

- 1 cup whipping cream
- 1 tablespoon cane sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon pumpkin pie spice, or ground cinnamon

*The original instructions provided for making the pie crust from scratch. Who does that any more? I simplified it to simply getting a premade pie shell.*

Take pie shell out of refrigerator and press into a 9-10 inch pie plate.

### FILLING

In medium bowl, beat eggs slightly with wire whisk. Beat in remaining filling ingredients.

Place parchment paper lined pan on lower oven rack to prevent spilling the filling.

Pour filling into pie plate.

Bake 15 minutes. (If baking 2, bake for 25 minutes.)

Reduce oven temperature to 350° F.

Bake about 45 minutes longer, until tooth pick inserted in center comes out clean. (If baking 2, a 1/2 hours would be the more likely baking time required.)

*Whatever the case, the pies are done when swelled and solid. Watch for air bubbles and pop if they form. When a toothpick inserted into several spots toward the middle of the pie come out clean the pie is done. If in doubt, it better to over bake then to under bake the pie.*

Cool 30 minutes.

Refrigerate about 4 hours or until chilled. At the same time, place a glass mixing bowls, with the mixer blades

in them, in the freezer to become very cold before making the SPICED CREAM TOPPING later.

### SPICED CREAM TOPPING

In chilled small to medium bowl, beat SPICED CREAM TOPPING ingredients with electric mixer on high speed until soft peaks form and whipped cream becomes solid.

Top chilled pie with prepared topping and refrigerate until ready to serve.

## Classic Split Pea Soup§

- 3 1/2 cups dried green split peas, well rinsed
- 2 quarts **Vegetable Soup Stock**
- 1 quart filtered water
- ham bone and ham, previously cooked, optional
- 1 1/2 pounds ham, previously cooked
- 2 onions, thinly sliced
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- pinch of dried marjoram
- 3 stalks celery, chopped
- 3 carrots, peeled and chopped
- 1 potato, peeled and diced

In a large stock pot, cover peas with 2 quarts cold water. Bring to a boil. Turn off and let sit for 1-2 hours. Drain.

If using a ham bone, boil the ham bone for 15 minutes or so. Cool in Refrigerator. Separate any meat from ham bone. Give bone to dog(s).

Once peas are soaked, add bone, onion, salt, pepper and marjoram. Cover, bring to boil and then simmer for 1 1/2 hours, stirring occasionally.

Add celery, carrots and potatoes. Cook slowly, uncovered for 30 to 40 minutes, or until vegetables are tender.

*Ideally, refrigerate soup overnight and then re-heat it the next day to serve. The soup will thicken considerably overnight.*

## Cranberry Chicken§

- 1/2 cup flour
- 1/4 teaspoon pepper
- 6 boneless skinless chicken breast halves
- 3 tablespoons **Vegan Butter Substitute**
- 1 cup filtered water
- 1 cup cranberries, thawed
- 1/2 cup brown sugar
- dash ground nutmeg
- tablespoon red wine vinegar
- brown rice, cooked and hot, optional

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In a shallow dish, combine flour and pepper. Dredge chicken over flour and pepper. In a skillet, melt butter over medium heat. Brown the chicken on both sides. Remove chicken and keep warm.

In the same skillet, combine water, cranberries, brown sugar, nutmeg and vinegar. Cook and stir until berries burst, about 5 minutes.

Return chicken to the skillet. Cover and simmer for 20-30 minutes in cranberry sauce until chicken is tender, basting occasionally with the sauce. Serve over rice if desired.

## Creamy Au Gratin Potatoes§

- 4-5 russet potatoes, sliced into 1/4 inch slices
- 1 onion, peeled and diced
- sea salt
- pepper, to taste
- 3 tablespoons **Vegan Butter Substitute**
- 3 tablespoons flour
- 1 teaspoon sea salt
- 2 cups almond milk
- 1 1/2 cups cheddar cheese, shredded

Preheat oven to 400° F.

Butter a 1 quart casserole dish. Layer one-half of the potatoes into the bottom of the casserole dish. Top with onions. Add the remaining potatoes. Season with salt and pepper.

In a medium sauce pan, melt remaining butter over medium heat. Mix in the flour and salt, stirring constantly with a whisk for one minute. Stir in almond milk. Cook until mixture has thickened. Stir in cheddar cheese and stir until melted, 30-60 seconds. Pour cheese sauce over the potatoes. Cover casserole with aluminum foil

Bake in oven for 1 1/2 hours.

Let stand for a few minutes to thicken before serving.

## Creamy Bruschetta Chicken§

<http://allrecipes.com/recipe/245949/creamy-bruschetta-chicken/>

- 2 tablespoons olive oil, divided
- 1 pound boneless, skinless chicken breasts, sliced
- 1 clove garlic, chopped
- 1 5.7 ounce package Knorr® Rice Sides™ - Creamy Chicken flavor
- 3 cups filtered water
- 1 tablespoon butter
- 2 large tomatoes, seeded and chopped
- 1 cup shredded mozzarella cheese
- 1 tablespoons dried basil

While the original recipe calls for “Knorr® Rice Sides™

- Creamy Chicken flavor”, just about any of Knorr’s packaged rice mix will work for this recipe. When I made this I used a mushroom mix. I changed the recipe, considerably, so this doesn’t turn out quite as originally designed. (See the web source for the totally original recipe.)

Heat half the oil in large nonstick skillet over medium-high heat and cook chicken, stirring frequently, until chicken is thoroughly cooked, about 4 minutes. Add garlic and remaining olive oil during the last 30 seconds of cook time. Remove and set aside.

Prepare Knorr® Rice Sides™ in same skillet according to package directions adding butter and three cups of water instead of the two cups suggested.

Stir in chicken and tomatoes. Sprinkle and stir in mozzarella and basil to serve.

Unless using a truly non-stick pan to make this, the entrée tends to stick to the pan. Scrape as much as possible with a metal pancake turner to serve.

## Creamy Chicken Noodle Casserole§

### MAIN DISH

- 6 ounces extra broad egg noodles, about 2 cups of dry noodles
- 1 tablespoon olive oil
- 1 8 ounce package fresh mushrooms, sliced
- 2 stalks celery, chopped
- 3 medium carrots, sliced
- 1 small onion, chopped
- 1 teaspoon garlic powder
- 1 quart **Vegetable Soup Stock**
- 1 teaspoon thyme
- 1 8 ounce package cream cheese, softened
- 1/2 cup **Vegan Parmesan ‘Cheese’ Substitute**, grated
- 1 1/2 tablespoons flour
- 2 chicken breasts, cooked and chopped

### TOPPING

- 1 cup bread crumbs
- 1 tablespoon **Vegan Butter Substitute**, melted
- sea salt, to taste
- pepper, to taste

This makes enough for a couple of meals. It’s not the most exciting entrée in this collection but it serves the basic purpose as a filling main dish.

Combine TOPPING ingredients and set aside.

Preheat oven to 400° F.

Add olive oil to a Dutch oven and sauté mushrooms,

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celery, carrots, onions and garlic powder for 3-4 minutes over medium heat. Add **Vegetable Soup Stock** and thyme and bring to a boil, stirring occasionally. Add cream cheese, **Vegan Parmesan 'Cheese' Substitute** and noodles. Stir until well blended. Sprinkle flour over top of mixture. Stir and cook for 1-2 minutes, or until mixture begins to thicken. Fold in chicken.

Pour into an 9×13 inch baking dish. Sprinkle on reserved topping mixture. Bake uncovered 15 minutes.

Remove from oven and let stand 10 minutes before serving.

### Creamy Fettuccine Alfredo

- 1 cup **Vegan Butter Substitute**, softened
- 2 cups whipping cream
- 2 cups **Vegan Parmesan 'Cheese' Substitute**
- 1 pound box fettuccine noodles
- 1/8 teaspoon sea salt
- 1/8 teaspoon pepper
- basil

Place butter in a large heat proof bowl. Using a wooden spoon or an electric mixer set on low, beat until smooth. Add the cream and **Vegan Parmesan 'Cheese' Substitute**. Stir until well blended. Set aside.

Bring a Dutch oven salted water to a boil. Add the pasta and cook according to package directions. Drain well and immediately add the hot pasta to the butter mixture in a large bowl. Using two forks, toss the fettuccine in the butter mixture to coat. Add the salt and pepper.

Divide the pasta between 4 serving plates. Quickly slice the basil into shreds to equal 1/4 cup. Sprinkle shredded basil over each serving. Serve immediately.

### Creamy Tomato Slow-Cooker Chicken§

- olive oil cooking spray
- 4 boneless skinless chicken breasts, cooked
- 2 cloves garlic, finely chopped
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 15 ounce jar Alfredo Sauce
- 1 14 1/2 can diced tomatoes, drained
- 1 6 ounce can tomato paste, preferably organic
- 1 14 1/2 can tomatoes, with juice
- 1 Anaheim pepper, seeded
- 1 slice onion
- 1 cup uncooked penne pasta
- 2 tablespoons cornstarch
- 2 tablespoons filtered water

- 1/2 cup Mozzarella cheese, shredded

Spray 3- to 4-quart slow cooker with cooking spray. Arrange chicken in bottom of slow cooker. Top with garlic, basil, oregano, salt and pepper.

Combine can of tomato paste, tomatoes, Anaheim pepper and onion in a food process. Puree mixture.

In separate bowl, stir together Alfredo sauce, tomatoes and sauce from steps 3-4 until well combined. Pour mixture over chicken. Cover. Cook on low heat setting 5 to 6 hours.

Ten to 15 minutes before serving time, cook pasta as directed on package. In small bowl, stir together cornstarch and water. Stir into mixture in slow cooker. Increase heat setting to high. Cook uncovered 5 to 10 minutes longer. Serve chicken with pasta. Top with Mozzarella cheese.

### Creamy Wild Rice Chicken Casserole

- olive oil cooking spray
- 1 6 ounce package of long grain and wild rice mix
- 2 tablespoons **Vegan Butter Substitute**
- 6 large mushrooms, sliced
- 2 tablespoons olive oil
- 12 ounces skinless boneless chicken breasts, cut into bite size pieces
- sea salt, to taste
- pepper, to taste
- garlic powder, to taste
- 1 15 ounce jar Alfredo Sauce, divided
- 20 saltine crackers, crushed
- 1 tablespoon **Vegan Butter Substitute**, melted
- 1 tablespoon parsley, chopped

Preheat oven to 350° F. Spray 2 quart baking dish with cooking spray.

Prepare rice according to package directions.

Melt butter in a skillet over medium to medium high heat. Add mushrooms and sauté until they release some moisture and begin to brown, 4 to 5 minutes. Remove mushrooms from pan. Heat 2 tablespoons olive oil over medium heat in the same skillet. Sauté chicken pieces until browned. Season with salt, pepper, and garlic powder to taste.

Combine the rice, chicken, mushrooms, and 3/4 of the jar of Alfredo sauce in the prepared baking dish. Mix well, and then spread remaining sauce over the top. Sprinkle crushed crackers evenly over casserole and drizzle 1 tablespoon melted butter over top. Bake until heated through and topping is golden, about 30 minutes. Garnish with parsley.

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## Crock Pot Garlic Baked Potatoes§

- 8 or so cloves garlic, about 1 bulb's worth of garlic, crushed
- 4 large potatoes
- 1 tablespoon sea salt, or to taste
- 1/2-1 tablespoon pepper, or to taste
- 2-3 tablespoons **Vegan Butter Substitute**, or salted butter, melted
- 2-3 tablespoons olive oil
- 1/2 cup **Vegan Butter Substitute**, or salted butter, softened
- sour cream, optional
- cheddar cheese, shredded, optional
- milk, as needed, optional
- **Perfect Turkey Gravy**, optional

*This recipe allows for slowly cooking the potatoes in a crock pot all day. Potatoes can be served either whole or mashed. The advantage of using this recipe is that it frees up resources for making other entrées.*

Wash potatoes, and pat dry. Carefully cut slits into each potato horizontally about 1/2 inch thick almost to the very base. Cut the potatoes as if cutting into chunks but only cut through about half way. The slit won't be long enough to insert the garlic but it will allow for adequate air flow when cooking. Nestle the potatoes into your crock pot. Sprinkle with minced garlic. Liberally salt and pepper. Combine the butter, melted with the olive oil. Pour olive oil and butter mixture over potatoes, moving any potatoes on the top layer to ensure that some of the mixture covers the bottom layer. Cover and cook on high for 2-4 hours or on low for about 6 hours.

An hour or so into the process, spread the softened butter over the potatoes. They are done when the potatoes reach desired tenderness. Optionally, top with sour cream and additional butter (and perhaps shredded cheese) to serve.

*For mashed potatoes, especially for Thanksgiving, remove the cooked potatoes from the crock pot and mash with a hand potato masher incorporating the additional butter into the potatoes and, optionally, milk to moisten the potatoes if they are too dry. Serve with **Perfect Turkey Gravy**.*

## Crock Pot Hawaiian Chicken§

- coconut oil
- 4 boneless skinless chicken breasts
- sea salt, to taste
- 1 15 ounce can pineapple slices, juice reserved
- 1/3 cup brown sugar
- 2 tablespoons lemon juice
- 1/4 teaspoon ground ginger

- 1/4 cup cornstarch
- 4 cups brown rice, previously cooked and warm

Line a crock pot with coconut oil, heavily applied to the sides.

Place chicken in slow cooker and sprinkle with a little salt. Place pineapple slices over chicken.

In a small bowl, combine pineapple juice, brown sugar, lemon juice, ginger and cornstarch and stir until combined. Pour over chicken. Cover and cook on low for 4 to 5 hours or high for 2 1/2 to 3 hours.

Serve over rice.

## Crock Pot Rotisserie Style Chicken§

- coconut oil
- 1 4-5 pound whole roasting chicken
- 3 teaspoons kosher salt
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1 teaspoon Italian Seasoning
- 1/2 teaspoon cayenne pepper, optional
- 1/2 teaspoon pepper, optional
- 4 cloves garlic, optional
- 1 yellow onion, quartered, optional

Spray the inside of a 5 quart or larger crock pot with coconut oil. (Whether you spray the crock pot or not doesn't really seem to matter though adding the coconut oil is always a good idea.)

Combine all dry ingredients. Rub the dry ingredients all over the chicken, inside and out, and place in crock pot, breast side down. Place onion and garlic inside chicken cavity. **DO NOT ADD ANY WATER.** Enough liquid is created during the cooking process.

Cook 4-5 hours on high, or 8 hours on low.

*The chicken will be so tender it will fall off the bone. Use two large spoons to remove it, most likely in pieces, from the crock pot to a serving platter.*

*There will be a lot of liquid chicken broth left once the chicken is removed. This can easily be turned into chicken gravy. To do so, strain the broth through a sieve. Add several tablespoons of both flour and butter as you heat the broth on the stove. At the same time, you might want to cook some peeled potatoes, something to put the gravy on. Add one-half to one teaspoon of sea salt. Stir to dissolve all ingredients and simmer to meld flavors. The chicken gravy is, of course, an afterthought, but the broth does make a good chicken gravy, though nothing to get too excited about.*

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### Deviled Egg Salad

- 1/4 cup mayonnaise
- 1/4 cup green onions, finely chopped
- 1/2 teaspoon prepared mustard
- 1/4 teaspoon sea salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 6 eggs, hard-boiled, chilled, peeled and chopped

Stir mayonnaise, green onion, mustard, salt, garlic powder, paprika, and black pepper together in a bowl until smooth. Add eggs and gently mix to coat in the mayonnaise mixture.

### Deviled Eggs§

- 8 eggs
- 1 teaspoons prepared mustard
- 1-2 tablespoons mayonnaise
- sea salt, to taste
- pepper, to taste
- paprika

Place eggs in saucepan and cover with water. Bring to boil. Cover, remove from heat, and let eggs sit in hot water for 10 to 12 minutes. Remove from hot water and cool. Peel and cut in half lengthwise. Remove yolks.

Combine yolks with mustard, mayonnaise and salt and pepper. Mix together until smooth. Refill each egg half with the yolk mixture. CAREFULLY sprinkle with paprika-it can come out of the shaker very aggressively.

### Easy Bake Fish

- 3 tablespoons honey
- 3 tablespoons prepared mustard
- 1 tablespoon lemon juice
- 4 fish fillets, frozen
- 1/2 teaspoon pepper
- tarter sauce, optional

Preheat oven to 325° F. In a small bowl, mix honey, mustard, and lemon juice. Arrange in a parchment paper lined medium baking dish. Spread the mixture over the fish. Season with pepper. Bake 10-15 minutes in the preheated oven, or until fish easily flakes with a fork.

### Easy Breakfast Bake§

- 12-16 ounces pork sausage, or bacon, cooked
- 3 cups **Hash Browns**, prepared
- 1 medium red bell pepper, washed, seeded and chopped
- 1 medium onion, chopped
- 2 tablespoons **Vegan Butter Substitute**
- 2 cups cheddar cheese, shredded

- 3/4 cup Bisquick Baking Mix
- 2 cups almond milk
- 1/4 teaspoon pepper
- 6 eggs

Heat oven to 400°F.

Spray 13×9 inch (3 quart) glass baking dish with cooking spray.

On a griddle, cook sausage at 200° F until no longer pink.

Remove sausage from griddle, wipe off, and turn griddle up to 250° F.

Prepare **Hash Browns** as described under this heading.

Allow 15-20 minutes to prepare **Hash Browns** once they are rinsed, dried and shredded.

While **Hash Browns** are cooking, line a frying pan with 2 tablespoons of butter.

Sauté red pepper and onions.

Slice sausage into 1/2-3/4 inch pieces.

In a large bowl, combine sausage, potatoes, onions, peppers, **Vegan Butter Substitute** and the 1 1/2 cups of cheese.

Pour mixture into baking dish.

Using the same bowl (washing is not necessary) combine Bisquick mix, almond milk, pepper and eggs until blended.

Pour egg mixture over sausage mixture in baking dish.

Bake 30 to 35 minutes or until knife inserted in center comes out clean.

Sprinkle with remaining 1/2 cup cheese.

Bake about 3 minutes longer or until cheese is melted.

Let stand 5 minutes before serving.

### Easy Slow Cooker Pot Roast§

- 4 pounds chuck roast, mostly thawed if frozen
- sea salt, to taste
- pepper, to taste
- 1 cup filtered water
- 3 large carrots, sliced
- 1 large onion, peeled and diced
- 3 potatoes, peeled and diced
- 2-3 bay leaves

Season the roast with salt and pepper to taste. Brown on all sides in a large skillet over high heat, about 4 minutes per side.

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Cut pot roast into large chunks and place the roast in the slow cooker and add the soup mix, water, carrots, onion, potatoes, and celery.

Cover and cook on low setting for 8 to 10 hours or high for 3-4 hours, until meat falls apart.

### Fabulous Wet Burritos

- 1 pound ground beef
- 1/2 pound onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/8 teaspoon pepper
- 1 4.5 ounce can green chili peppers, diced
- 1 16 ounce can refried beans
- 1 15 ounce can chili without beans
- 1 10.75 ounce can condensed tomato soup
- 1 10 ounce can enchilada sauce
- 6 12 inch tortillas, warmed
- 2 cups lettuce, shredded
- 1 cup tomatoes, chopped
- 2 cups Mexican cheese, grated
- 1/2 cup green onions, chopped

Crumble ground beef into a skillet over medium-high heat. Cook and stir until evenly browned.

Add onion, and cook until translucent. Drain grease, and season with garlic, cumin, salt and pepper.

Stir in the green chilies and refried beans until well blended. Turn off heat, but keep warm.

In a saucepan, combine the chili without beans, tomato soup and enchilada sauce. Mix well, and cook over medium heat until heated through. Turn off heat and keep warm.

Place a warmed tortilla on a plate, and spoon a generous 1/2 cup of the ground beef mixture onto the center. Top with lettuce and tomato to your liking. Roll up tortilla over the filling. Spoon a generous amount of the sauce over the top, and sprinkle with cheese and green onions. Heat in the microwave for 30 seconds, or until cheese is melted. Repeat with remaining tortillas.

### Fourth of July Fresh Strawberry and Blueberry Pie§

- 1 9-inch pre-made pie crust
- 1 quart fresh strawberries, hulled and sliced
- 2 cups blueberries, fresh or frozen
- 3/4 cup cane sugar
- heavy whipping cream
- 1-2 teaspoons vanilla extract
- 1-2 teaspoons cane sugar

*The original recipe calls for 2 pie crust where one is cut into star shapes as a topping for the pie and topped with sugar and cinnamon. After my stars burned to a crisp, I removed this part of the process. Still, for the fourth of July, this is a delicious dessert to go with the festivities.*

Preheat oven to 425° F.

Layout pie crust and PUNCH SEVERAL HOLES into the crust to allow steam to escape. (Crust will swell when baking). CAREFULLY watch pie crust, baking for several minutes until just golden brown.

Combine strawberries, blueberries and 3/4 cup sugar and let sit for 20 minutes (or longer).

IN A PRE-FROZEN GLASS BOWL with chilled mixing attachments, whip the cream, adding 1-2 teaspoons of vanilla extract and 1-2 teaspoons of sugar. Whip cream until peaks start to form.

Pile the strawberries and blueberries in the pre-baked pie shell and top with whipping cream, smoothing the whipped cream to the edges.

Refrigerate until ready to serve.

Note that this pie has a very short shelf life. Eat within 24-36 hours of making.

### Garlic Mashed Potatoes in the Slow Cooker§

- 5 pounds red potatoes, peeled and cut into chunks
- 2 teaspoons sea salt, or to taste
- 1 8 ounce package cream cheese, softened
- 1 cup sour cream
- 1 cup **Vegetable Soup Stock**
- 1 cup evaporated milk
- 6 cloves garlic, crushed
- 1/2 cup dried chives
- 1/2 cup **Vegan Butter Substitute**, melted
- **Perfect Turkey Gravy**, optional

Primarily a Thanksgiving recipe to free up cooking space and time toward dinner time.

Place potatoes into a soup pot and cover with salted water. Bring to a boil. Reduce heat to medium low and simmer until tender, about 20 minutes. Drain.

Transfer potatoes to a large bowl and mash with cream cheese and sour cream until thoroughly combined. Slowly mash in **Vegetable Soup Stock**, followed by garlic, chives and salt. Beat potatoes with an electric mixer on high speed until whipped, about 2 minutes.

Transfer potatoes to a slow cooker. Set slow cooker to low and cook for 3 hours. Stir melted butter into potatoes just before serving. Serve with salt available. It's a

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much safe option than adding it as the original recipe suggested. Optionally, serve with **Perfect Turkey Gravy**.

### German Chocolate Cookies Recipe§

<https://www.tasteofhome.com/recipes/german-chocolate-cookies>

- 1 package German chocolate cake mix
- 2 eggs
- 1/2 cup butter, melted
- 1/2 cup rolled oats
- 1 cup semisweet chocolate chips
- 1/2 cup raisins

In a mixing bowl, combine dry cake mix, eggs, butter and oats; mix well. Stir in the chocolate chips and raisins.

Drop by heaping tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 350° for 9-11 minutes or until set. Cool for 5 minutes; remove to wire racks.

*Notes: Yield: About 3-1/2 dozen.*

### German Chocolate Picnic Cake§

- 1 package German chocolate cake mix
- 1 cup filtered water
- 3 eggs
- 1/2 cup vegetable oil
- 1 14 ounce sweetened condensed milk, divided as 1/3 cup plus the rest of the can
- coconut oil
- flour
- 1 egg yoke
- 3 tablespoons **Vegan Butter Substitute**
- 1/3 cup pecans, or walnuts, chopped
- 1/3 cup coconut
- 1 teaspoon vanilla extract
- 1 container pre-made coconut pecan frosting, optional

*Other than carrot cake, German chocolate cake is a close second. This is a relatively easy one to make and is exceptionally moist and delicious.*

Preheat oven to 350° F.

In large bowl, combine cake mix, water, 3 eggs, oil and 1/3 cup sweetened condensed milk. Use ONLY the three WHOLE eggs. The separated egg yoke is for the frosting later. Beat on low speed until moistened, and then beat on high speed 2 minutes.

Grease 9×13 inch baking pan with coconut oil and flour. Pour into well-greased and floured 9×13 inch baking pan. Bake 40 to 45 minutes or until wooden toothpick inserted near center comes out clean.

In small saucepan, combine remaining sweetened con-

densed milk, egg yolk and butter. Over medium heat, cook and stir until thickened, about 4-6 minutes. Add nuts, coconut and vanilla. Spread over warm cake.

*Do not cook the frosting too long or it will become thick and hard to spread.*

At this point, depending on how the frosting above spread, it may be necessary to finish frosting the cake with pre-make coconut pecan frosting. When I made this the above frosting was too thick and trying to spread it caused the cake to break up. I finished with the can of pre-make coconut pecan frosting to make sure the whole cake was covered. I like a little cake with my frosting.

### Gourmet Chili§

- 2 pounds lean ground beef
- 1/4 cup coconut oil
- 2 15 1/2 ounce cans pinto beans
- 1-6 teaspoons chili powder, or to taste
- 1 1/2 teaspoons ground cumin
- 1 teaspoon white pepper
- 1 teaspoon sea salt, or to taste
- 6 cloves garlic, minced
- 1/4 teaspoon cayenne pepper, or to taste
- 2 tablespoons unsweetened baking cocoa powder
- 1 4 ounce can green chilies, chopped
- 1 cup tomato juice
- sour cream, optional

Brown the ground beef. Drain.

Return beef to pan and melt in coconut oil in a large skillet.

Place the ingredients in a large crock pot. Stir to combine. Cook on low for 4-6 hours or high or 2-3 hours, until flavors are well combined. Stir several times while cooking to combine.

Optionally, serve with sour cream.

### Granny's Homemade Noodles§

- 4 eggs
- 2 tablespoons filtered water
- 3 cups flour
- 1 teaspoon sea salt
- 1/2 teaspoon baking powder
- additional flour
- additional filtered water, optional

Beat the eggs and water together in a bowl. Combine flour, salt, and baking powder into a separate large bowl and make a well in the center. Pour the beaten eggs into the well. Stir in the flour mixture until a soft dough forms. Knead dough with hands to form a dough

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ball. Add a little water if dough does not hold together. Roll the dough into a very thin layer on a lightly-floured surface. Dough will be about 18×24 inches. Initially cut into about 4 1/2 inch sections and then individual noodles. Cut into 1/2 inch strips.

Place noodles on 2 large baking sheets once cut. Allow to dry at least 4 hours before using. Dip into boiling water to cook, typically as part of a soup.

## Greek Style Chicken Wraps

- 1 cup grape tomatoes, halved
- 3 tablespoons olives, pitted, coarsely chopped
- 2 tablespoons feta cheese, crumbled
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon olive oil
- 1/8 teaspoon red bell pepper
- 4 ounces rotisserie chicken breast, cooked and shredded
- 2 small cucumbers, chopped
- 6 tablespoons **Hummus**
- 6 8-inch whole-wheat flour tortillas

Place tomatoes, olives, feta, juice, oregano, oil, pepper, chicken, and cucumber in a large bowl. Toss to combine.

Spread 1 tablespoon **Hummus** over 1 side of each tortilla. Top each tortilla with about 1/2 cup chicken mixture. Roll up wraps. Cut in half to serve.

## Grilled Garlic Potatoes§

- 6 medium baking potatoes, peeled and thinly sliced
- 1 large white onion, sliced
- 3 tablespoons **Vegan Butter Substitute**, sliced
- 3 cloves garlic, minced
- 1 teaspoon parsley, chopped
- sea salt, to taste
- pepper, to taste
- 1 cup cheddar cheese, shredded

Preheat electric griddle to 300° F.

Arrange potato slices, separated by onion and butter slices in a large piece of aluminum foil. Top with garlic, and season with parsley, salt, and pepper. Tightly seal potatoes in the foil.

Place on the preheated electric griddle. Cook 20 minutes, turning once, or until potatoes are tender.

Sprinkle potatoes with cheddar cheese, reseal foil packets, and continue cooking 5 minutes, until cheese is melted.

## Grown-Up Grilled Cheese Sandwiches§

<http://blog.williams-sonoma.com/gruyere-and-onion-grilled-cheese-recipe/>

- 2 tablespoons olive oil, plus more for brushing
- 1 large yellow onion, sliced 1/4 inch thick
- kosher salt
- pepper
- 8 slices of a quality bread, cut on the diagonal 1/2 inch thick
- 4 teaspoons Dijon mustard
- smoked Swiss cheese, sliced
- provolone cheese, sliced
- a handful of arugula, washed and dried

*One of my favorite comfort foods are is a grilled cheese sandwich which is two slices of bread, butter spread on both sides, and a couple of slices of cheese in the toaster oven. Presented here is what the recipe calls a grown-up grilled cheese sandwich. Who am I to argue.*

*The original recipe called for “sweet batard” bread. My local grocer had never heard of it. Apparently its some kind of a French bread. I used one called Granola bread. Of the Gruyère cheese, at \$11.99 for a 10 ounce package ... I don’t think so. I changed it to smoked Swiss and provolone, both which have excellent melting properties.*

In a griddle pan over medium heat, warm the 2 tablespoons of olive oil. Add the onion and cook, stirring occasionally, until caramelized, about 30 minutes. Season with salt and pepper and transfer to a bowl. Wipe the pan with paper towels to clean.

Brush one side of each bread slice with olive oil. Turn the slices over and spread each with 1/2 teaspoon of mustard. Place half of the cheese on 4 of the bread slices. Top evenly with the caramelized onions and then the remaining cheese. Top each sandwich with one of the remaining bread slices, oiled side up.

Preheat the griddle pan over medium-high heat. Working in batches, place the sandwiches on the pan and cook, turning once, until the bread is golden brown and the cheese is melted, 2 to 3 minutes per side.

Transfer the sandwiches to a cutting board, gently open them and arrange the arugula on top. Close the sandwiches and cut them in half. Serves immediately.

*Serves 4. Adjust ingredients accordingly for fewer portions.*

## Harvest Chicken Soup

- 3 medium onions
- 3 chicken breast halves, skinned
- 4 cups filtered water

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- 3 stalks celery, halved
- 1/8 teaspoon pepper
- 3 medium carrots, thinly sliced
- 1 14 1/2 ounce can diced tomatoes, with juice
- 4 cubes vegetable bouillon
- 1 small zucchini squash, peeled, halved and thinly sliced
- 1 cup peas, frozen

Chop up one onion. Set aside. Quarter the other two. Place onion in a soup pot with chicken, water, celery and pepper. Cover and simmer for two hours until chicken is tender. Remove the chicken and set aside. Discard celery and onions.

To the broth add carrots, tomatoes, bouillon and chopped onion. Cover and simmer for 30 minutes until carrots are tender. Cut chicken into cubes. Add chicken, zucchini and peas to soup. Cover and simmer for 10 minutes or until zucchini is tender.

### Hearty Beef Soup

- 2 pounds boneless beef top sirloin steak, cut into 1/2 inch cubes
- 2 cups onions, chopped
- 2 tablespoons **Vegan Butter Substitute**
- 4 cups filtered water, heated in pan on stove until hot
- 2 cups carrots, sliced
- 2 cups potatoes, peeled and cubed
- 1 cup cabbage, chopped
- 1/2 cup celery, chopped
- 1 1/2 teaspoons seasoned salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon pepper
- 2 bay leaves
- 3 cups tomato juice

In a soup pot, brown the beef and onions in butter. Drain. Add the water, vegetables and seasonings. Bring to a boil. Reduce heat. Cover and simmer for 20 minutes. Add tomato juice. Cover and simmer to 10 minutes longer or until the beef and vegetables are tender. Discard the bay leaves to serve.

### Italian Sausage Lasagna§

- 1-1 1/2 pounds bulk Italian pork sausage
- 1 medium onion, chopped, about 1/2 cup
- 1-4 cloves garlic, crushed, to taste
- 3 tablespoons parsley, chopped
- 1 teaspoon dried basil leaves
- 1 teaspoon cane sugar
- 1 28 ounce can diced tomatoes, with juice
- 1 15 ounce can tomato sauce, or you can make your own **Tomato Sauce**

- 12 ounces lasagna noodles
- 1 15 ounce container ricotta cheese
- 1/4 cup **Vegan Parmesan 'Cheese' Substitute**
- 1/4 cup parsley, chopped
- 1 1/2 teaspoons dried oregano
- 3 cups Mozzarella cheese, shredded
- 1/4 cup **Vegan Parmesan 'Cheese' Substitute**

*This is a once in a while entrée for special occasions. It's definitely not low-fat or low calorie, but it really delicious.*

In 10 inch skillet, cook sausage, onion and garlic over medium heat, stirring occasionally, until sausage is no longer pink. Drain, if necessary. Stir in 2 tablespoons of parsley, the basil, sugar, tomatoes and tomato sauce. Heat to boiling, stirring occasionally. Reduce heat to low and simmer uncovered about 45 minutes or until slightly thickened.

Pre-heat oven to 350° F.

Cook and drain noodles as directed on package.

In medium bowl, mix ricotta cheese, 1/4 cup **Vegan Parmesan 'Cheese' Substitute**, 1/4 cup of parsley and the oregano.

Spread 1 cup of the sauce mixture in ungreased 9×13 inch glass baking dish. Top with 4 noodles. Spread 1 cup of the cheese mixture over noodles. Spread with 1 cup of the sauce mixture. Sprinkle with 2/3 cup of the Mozzarella cheese. Repeat with 4 noodles, the remaining cheese mixture, 1 cup of the sauce mixture and 2/3 cup of the Mozzarella cheese. Top with remaining noodles and sauce mixture. Sprinkle with remaining Mozzarella cheese and 1/4 cup **Vegan Parmesan 'Cheese' Substitute**.

Cover with aluminum foil and bake 30 minutes. Uncover and bake about 10-15 minutes longer or until hot and bubbly. Let stand 10-15 minutes before serving.

### Italian Sausage Pasta Skillet§

- 2-3 tablespoons olive oil
- 12 ounces Italian sausage, thawed if frozen
- 1/2 cup onion, diced
- 1/2 cup green or red peppers, diced
- 3 cloves garlic, minced
- 8 ounces button mushrooms, washed and sliced
- 2 cups **Vegetable Soup Stock**
- 1 14 1/2 ounce can diced tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried garlic
- 8 ounces pasta, penne or shells work well
- 1/4 cup **Vegan Parmesan 'Cheese' Substitute**

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- 1 cup Mozzarella cheese, grated
- 1 tablespoons parsley, chopped

*This recipe was originally called “Lightened Up Italian Chicken Sausage Pasta Skillet. It called for sausage made from chicken and low fat ingredients. I changed it to reflect using real Italian sausage and full bodied ingredients therefore deleting both the “Lighted Up” and “Chicken” from the recipe.*

*While I did this on the fly, processing ingredients as encountered, it’s probably a good idea to have all the ingredients at hand before starting.*

Preheat oven to 350° F.

In a large skillet add olive oil. Brown up the sliced sausage over medium high heat (about 4-5 minutes) Add in the onion and bell peppers. Cook until the onion becomes translucent and the peppers begin to soften (about 5 minutes).

Add in the garlic and cook another minute or until it becomes fragrant. Add in the mushrooms and allow them to cook until softened and most of the moisture has absorbed (about 5 minutes).

Add in broth, tomatoes, oregano, basil, dried garlic and pasta. Stir until combined. Allow the liquid to come to a boil, then cover, and turn heat down to medium low. Simmer, partially covered, until pasta is tender, about 15 minutes.

Remove cover and stir in evaporated milk and allow it to heat through. Remove from heat and stir in the **Vegan Parmesan ‘Cheese’ Substitute**.

Transfer mixture to a 9×13 inch baking pan. Top with 1 mozzarella cheese.

Place in oven for 25-30 minutes to melt the cheese and continue to evaporate excess liquid.

Remove and sprinkle with chopped parsley.

Allow to sit for about 5 minutes before serving to let the sauce thicken up.

### Juicy Lucy Burgers

<http://allrecipes.com/recipe/213797/juicy-lucy-burgers/>

- 1 1/2 pounds ground beef
- 1 tablespoon Worcestershire sauce
- 3/4 teaspoon garlic salt
- 1 teaspoon pepper
- 4 thick slices American cheese
- 4 hamburger buns split

Preheat oven to 350° F.

Combine ground beef, Worcestershire sauce, garlic salt,

and pepper in a large bowl. Mix well.

Form 8, THIN patties from the beef. Each patty should be slightly larger than a slice of cheese.

Stack the cheese on half the burgers. Sandwich one stack of cheese between 2 ground beef patties. Tightly pinch edges together tightly seal the cheese within the meat. Repeat with the remaining cheese and patties.

Bake burgers until well browned on a parchment paper lined baking dish.

*It is common for burgers to puff up due to steam from the melting cheese.*

Turn burgers and prick the top of each to allow steam to escape. Bake until browned on the outside and no longer pink on the inside.

Serve on hamburger buns with toppings of choice.

*One burger is typically all your guest will be able to eat. They are VERY filling.*

### Juicy Roasted Chicken§

- 1 3 pound whole chicken, giblets removed
- sea salt, to taste
- pepper, to taste
- 1 tablespoon onion powder, or to taste
- 1/2 cup **Vegan Butter Substitute**, divided
- 1 stalk celery

Preheat oven to 350° F.

Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 tablespoons butter in the chicken cavity. Arrange dollops of the remaining butter around the chicken’s exterior. Cut the celery into 3 or 4 pieces, and place in the chicken cavity. Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180° F.

Remove from heat, and baste with melted butter and drippings. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

### Juicy Thanksgiving Turkey§

- 2 tablespoons dried parsley
- 2 tablespoons dried rosemary
- 2 tablespoons dried sage
- 2 tablespoons dried thyme
- 1 tablespoon lemon pepper
- 1 tablespoon sea salt
- 1 15 pound whole turkey, neck and giblets removed
- 2 stalks celery, chopped
- 1 orange, cut into wedges
- 1 onion, chopped

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- 1 carrot, chopped
- 1 cup **Vegetable Soup Stock**
- 1 bottle of champagne or sparkling grape juice

*For the following, skip the aluminum foil if using a turkey roasting pan.*

Preheat an oven to 350° F. Line a turkey roaster with long sheets of aluminum foil. Reserve a second piece for topping the turkey when done adding herbs and vegetables.

Combine parsley, rosemary, sage, thyme, lemon pepper, and salt in a small food processor. Generously rub the herb mixture into the cavity of the turkey, and then over the rest of the turkey.

Combine celery, orange, onion, and carrot in a food processor. Stuff turkey cavity with vegetable mixture. Truss (tie turkey legs together) if desired (and not done so already), and place the turkey into the roasting pan.

Pour the **Vegetable Soup Stock** and champagne or sparkling grape juice over the turkey, making sure to get some champagne in the cavity. Place the remaining piece of aluminum foil over the top of the turkey, and seal. Bake the turkey in the preheated oven for 2 1/2 to 3 hours until no longer pink at the bone and the juices run clear.

*After 2 1/2 hours, check turkey every half hour to prevent the turkey from burning.*

Check turkey for doneness.

If covered with aluminum foil, uncover the turkey, and continue baking until the skin turns golden brown, 30 minutes to 1 hour longer. (An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180° F. Alternately, if the pop up thermometer has popped up, the turkey is done.)

*If using the broth for Perfect Turkey Gravy, remove it at this time.*

Remove vegetables from cavity and discard. Remove the turkey from the oven, cover and allow to rest in a warm area 10 to 15 minutes before slicing.

### Loaded Potato Soup

- 12 ounces bacon
- 1 1/2 cups onion, chopped
- coconut oil
- 2 quarts **Vegetable Soup Stock**
- 1 pound potatoes, peeled and cubed
- 2/3 cup coconut oil
- 3/4 cup flour
- 4 cups almond milk
- 1 teaspoon sea salt

- 1 teaspoon pepper
- 1 cup ham, cooked and diced
- 8 ounces sour cream
- 2 1/2 cups cheddar cheese, shredded
- 3/4 cup green onions, sliced

*Looking for a healthy vegan soup? This isn't it. However, this is a soup that's a meal in itself. It's really excellent but not something to be eaten habitually. Cook bacon on a griddle until just done, draining fat. Place in paper towels to absorb excess fat and set aside. Cook onion in coconut oil over medium high heat 6 minutes or until almost tender.*

In a soup pot mix onion, broth and potatoes. Heat to boiling and reduce heat. Cook 10 minutes or until potatoes are very tender.

In a large skillet, melt coconut oil over low heat. Stir in flour with whisk until smooth. Cook and stir 1 minute. IMMEDIATELY remove the pan from the burner. Stir flour mixture into potato soup and whisk to combine. Add remaining 2 cups almond milk, the salt and pepper. Cook over medium heat, stirring constantly with whisk, until mixture is thickened and bubbly. At this point, if the soup is not going to be served within the next half hour, turn the burner off and let the soup sit, covered. A half and hour before serving, turn the burner back on and continue. Cut the bacon into small pieces, discarding any obvious pieces of fat. Stir in ham, half of the bacon, the sour cream, 2 cups of the cheese and 1/2 cup of the green onions. Cook until thoroughly heated and cheese is melted. Serve warm.

This soup is delectably thick and could almost serve as a sauce. The bacon and ham make for a hearty meal.

### Macadamia-Crusted Tilapia

FISH

- 2 eggs
- 1/8 teaspoon cayenne pepper
- 1 cup flour
- 1 3/4 cups macadamia nuts, finely chopped
- 4 6 ounce each tilapia fillets
- 1 tablespoon **Vegan Butter Substitute**, melted

PINEAPPLE SALSA

- 1 cup pineapple, peeled and cut into 1/2 inch cubes
- 1/4 cup red bell pepper, chopped
- 3 tablespoons green onions, thinly sliced
- 2 tablespoons cane sugar
- 1 jalapeño pepper, seeded and chopped
- 1 tablespoon lime juice
- 1/2 teaspoon fresh ginger root, minced
- 2 tablespoons cilantro, minced

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Preheat oven to 375° F.

In a shallow bowl, whisk eggs and cayenne pepper. Place flour and macadamia nuts in separate shallow bowls. Coat tilapia with flour and then dip into egg mixture and coat with nuts. Bake for 15-20 minutes or until fish flakes easily with a fork.

Meanwhile, in a small serving bowl, combine the pineapple, red pepper, onions, sugar, jalapeno pepper, lime juice and ginger. For a finer salsa, pulse chop in a food processor to break up and return to serving bowl. Sprinkle with cilantro. Serve with fish.

## Macaroon Cookies

- 5 1/3 cups shredded coconut
- 1 14 ounce can sweetened condensed milk
- 2 teaspoons vanilla extract

In a large bowl, combine all ingredients.

Drop 2 inches apart onto parchment paper lined baking sheets. Bake at 350° F for 10-12 minutes or until lightly browned.

With a spatula dipped in water, immediately remove to wire racks to cool. Yields 4 1/2 dozen cookies.

## Maple-Roasted Chicken with Sweet Potatoes

[http://www.yummly.com/recipe/Maple-Roasted-Chicken-with-Sweet-Potatoes-1326775?prm-v1&utm\\_medium=email&utm\\_campaign=popular-searches-email](http://www.yummly.com/recipe/Maple-Roasted-Chicken-with-Sweet-Potatoes-1326775?prm-v1&utm_medium=email&utm_campaign=popular-searches-email)

- 1 3 1/2- to 4 pound chicken, cut into 8 pieces
- 1 yellow onion, cut into 1-inch wedges
- 2 small sweet potatoes, peeled and cut into 1-inch chunks
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon pepper
- 3 tablespoons maple syrup
- 1 tablespoon dried thyme

Heat oven to 400°F.

Rinse the chicken and pat it dry. Arrange the chicken, onion, and sweet potatoes in a 9×13 inch baking dish. Drizzle the oil over the chicken and vegetables and season with the salt and pepper. Toss to coat. Drizzle with the maple syrup and top with dried thyme.

Roast, stirring the vegetables once, until the chicken is cooked through, about 1 hour, 15 minutes. Let rest for 10 minutes before serving.

## Mediterranean Tuna Salad Wraps

- 2 tablespoons mayonnaise
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon prepared mustard

- 2 6 ounces cans water packed tuna, drained
- 1 tomato, seeded and chopped
- 2 tablespoons olives, chopped
- 2 green onions, thinly sliced
- 8 large lettuce leaves, such as Boston or leaf
- 4 whole-wheat flour tortillas

In a medium bowl, combine the mayonnaise, oil, lemon juice, and mustard. Stir in the tuna, tomato, olives, and green onions. Arrange the lettuce on a work surface with the rib ends closest to you. Divide the tuna salad among the lettuce leaves and roll to enclose. Place 2 wraps on each of 4 plates and serve.

## Mexican Creamy Chicken Stew

- 6 skinless boneless chicken breast halves
- 3 14 1/2 ounce cans diced tomatoes, drained if going for a stew-like result
- 1 16 ounce jar green salsa
- 1 pound ground beef
- 1 15 ounce can black beans, rinsed and drained
- 1/2 cup green onions, sliced and divided
- 1 15 ounce can pinto beans, drained and rinsed
- 1 cup thick and chunky salsa
- 2 cups frozen corn
- 2 tablespoon **Taco Seasoning Mix**
- 3/4 teaspoon ground cumin
- 1 tablespoon dried cilantro
- 1 11 ounce can Mexican corn, drained

Place the chicken breasts into the bottom of a slow cooker. Pour the tomatoes, green salsa, black beans, pinto beans, and corn over the chicken. Stir to combine. Cover the cooker, set on low, and cook until chicken is very tender and the mixture has thickened, 8 to 10 hours. For a soup like texture, leave all liquid in the cooker and for a thicker stew, remove some liquid if desired.

Mix 1 or 2 tablespoons of liquid with cream cheese in a food processor. Blend until smooth, and mix the cream cheese sauce into the cooker to make a creamy sauce. Continue to cook for 15 minutes.

Top with shredded cheddar cheese to serve.

## Mexican Shephard's Pie§

- 1 4 potatoes, peeled and cut into chunks
- 1 filtered water
- 1 pound ground beef
- 1/2 cup green onions, sliced and divided
- 1 15 ounce can diced or whole tomatoes, diced if whole
- 1 1/2 teaspoons chili powder, or to taste
- 3/4 teaspoon ground cumin
- 1 11 ounce can Mexican corn

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- 2 cups shredded cheese
- tortilla chips, optional

Boil potatoes in water until cooked. Drain and set aside to cool.

In a 10 inch skillet, cook the ground beef and 1/4 cup of the green beans over medium-high heat 5-7 minutes, stirring occasionally until beef is thoroughly cooked. Drain as necessary. Stir in salsa, tomatoes, cumin and chili powder. Heat through.

Preheat oven to 350 degrees.

Place ground beef mixture in 10-inch Pyrex pie plate. Top with Mexican corn and spread to distribute corn. Cut potatoes into slices and distribute over corn. Top potatoes with 2 cups of shredded cheddar cheese. Place pie plate on a baking sheet. Bake in oven until heated through and till cheese is well melted.

Serve topped with remaining green onions. Optionally, serve with tortilla chips.

### Mouse's Macaroni and Cheese§

- coconut oil
- 1 1/2 cups elbow macaroni, uncooked
- filtered water
- kosher salt
- additional coconut oil
- 1/4 cup **Vegan Butter Substitute**
- 2 tablespoons flour
- 1 teaspoon dry mustard
- 1 teaspoon pepper
- 2 cups almond milk
- 8 ounces American cheese, or other cheese of choice, sliced or cubed
- 8 ounces processed Velveeta cheese
- 1/4 seasoned dry bread crumbs

Preheat oven to 400° F.

Line a 9×13 inch baking dish with coconut oil.

Bring a sauce pan of lightly salted water, with additional coconut oil, to a boil. Add pasta, and cook until not quite done, about 6 minutes. Drain.

*While the original recipe calls for sliced American cheese, assumed to be from the dairy case, getting a 1/2 pound chunk of deli yellow (or white) American cheese makes for a MUCH better macaroni and cheese. This could be because many of the sliced cheese products are not real cheese, but rather a combination of dairy and vegetable oil.*

While pasta is cooking, in a separate sauce pan, melt the butter over medium heat. Blend in the flour, mustard powder, and pepper until smooth. Slowly stir

in the almond milk, beating out any lumps. Add the American and processed cheeses, and stir constantly until the sauce is thick and smooth.

Drain macaroni and stir them into the cheese sauce. Transfer the mixture to the prepared casserole dish. Sprinkle bread crumbs over the top. Cover the dish, and bake for 20 to 25 minutes, or until sauce is thick and bubbly.

### Mushroom Pork Chops§

- 2 tablespoons coconut oil, or **Vegan Butter Substitute**
- 4-8 butterfly pork chops, or other large pork chops
- sea salt, to taste
- pepper, to taste
- pinch garlic salt, or to taste
- 1-2 onions, chopped
- 1/2-1 pound fresh mushrooms, sliced
- 1 recipe of **Cream of Mushroom Soup**

*Admittedly, not the healthiest entrée but much better with fresh, as opposed to canned, **Cream of Mushroom Soup** used.*

Prepare **Cream of Mushroom Soup** and set it aside.

Melt coconut oil or butter on an electric griddle. Optionally, season pork chops with salt, pepper, and garlic salt to taste. (Seasoning can be added later)

On the griddle, BROWN (do not cook) the chops over medium high heat. Place pork chops in a crock pot.

Add, and herbs if not already applied, the onions and mushrooms. Pour cream of mushroom soup over chops.

Cook on low for 6-8 hours or high for 3-4, stirring occasionally, until pork chops are thoroughly cooked and tender.

### Navy Bean Soup

- 1 16 ounce package dried navy beans
- 6 cups filtered water
- 1 14.5 ounce can diced tomatoes
- 1 yellow onion, chopped
- 2 stalks celery, chopped
- 1 clove garlic, minced
- 1/2 pound chopped ham
- 1 cube vegetable bouillon
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dried parsley
- 2 teaspoons garlic powder
- 1 bay leaf
- 1 teaspoon sea salt
- 1/2 teaspoon pepper

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- 3 cups filtered water

Combine beans, water, tomatoes, onion, celery, garlic, ham, bouillon, Worcestershire sauce, parsley, garlic, and bay leaf in a stock pot. Bring to a boil. Lower heat, cover, and simmer for two hours. Add additional water. Season with salt and pepper. Simmer for an additional two hours. Discard bay leaf.

### Oatmeal Peanut Butter Cookies§

- 1/2 cup Crisco
- 1/2 cup **Vegan Butter Substitute**, softened
- 1 cup brown sugar
- 3/4 cup cane sugar
- 1 cup peanut butter
- 2 eggs
- 1 1/2 cups flour
- 2 teaspoons baking soda
- 1 teaspoon sea salt
- 1 cup rolled oats

*A nice change of pace from the usual peanut butter cookie. The original recipe makes 4 dozen. Too, the original author is right: they really are delicious and much easier to make than traditional peanut butter cookies. Still, good luck keeping them around for more than a day.*

Preheat oven to 350° F.

In a large bowl, cream together Crisco, butter, brown sugar, cane sugar and peanut butter until smooth. Beat in the eggs one at a time until well blended.

In a separate bowl, combine the flour, baking soda and salt. Stir into the cream mixture. Mix in the oats just until combined.

Drop by teaspoonfuls onto a parchment paper lined baking sheet. Bake for 10-15 minutes until just light brown.

Watch carefully so as not to over-bake! It's very easy for these cookies to go from pleasantly golden brown to burnt.

Cool on a wire rack and store in an airtight wax paper lined container.

### Old Fashioned Chicken and Noodles

#### SOUP

- several quarts filtered water
- 2 teaspoons sea salt
- several quarts of ice
- 1 2-3 pound whole chicken, cut up into pieces
- 4 stalks celery, with tops, diced
- 1 carrot, peeled and diced

- 1 onion, unpeeled and halved
- pepper, to taste
- 3 quarts **Vegetable Soup Stock**

#### NOODLES

- 2 eggs, beaten
- 1 cup filtered water, heated in pan on stove until warm
- 2 tablespoons vegetable oil
- 1 teaspoon sea salt
- 3 cups flour
- up to 1 cup additional flour

In a large soup pot, fill it about 3/4 with water and add salt. Rinse chicken and place in pot. Bring to a boil. Cook chicken, up to 4 hours for a very tough chicken, until tender. Remove chicken from broth and cool in a bowl full of ice and water. Strain the broth through a sieve to remove any solids. Clean pot and then return 3 quarts of broth to pot. Add celery, carrots, onion and pepper to soup. Bring to a boil. Reduce heat and simmer on medium for 30-45 minutes.

While soup is cooking, make noodles. Place a Dutch oven 2/3 filled with water on stove to boil. In a large bowl combine eggs, water, oil, salt and flour. Blend to form a stiff though still sticky dough. Generously flour a large wooden board. Pour dough onto board. Work flour into dough until dough is no longer sticky. Re-flour board and flatten dough with a rolling pin to about 1/4 of an inch. Cut the noodles into 1/4 to 1/2 inch strips with a pizza cutter. Drop noodles into boiling water and cook for 10 minutes or so until plump and tender. Scoop out the noodles and place them in the soup. Cook for an additional 10-15 minutes until noodles are well flavored with the broth. Serve hot.

### Old Fashioned Potato Salad§

- 5 red or gold potatoes, peeled and cut into chunks
- 3 eggs
- 1 cup celery, chopped
- 1/2 cup onion, chopped
- 1/2 cup dill pickles, chopped
- 1/4 teaspoon garlic salt
- 1/4 teaspoon celery salt
- 1 tablespoon mustard
- black pepper, to taste
- 1/2 cup mayonnaise, or to taste

*Red or gold potatoes are specified. Any quality potato can be used.*

Several hours before making salad, bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. DO NOT OVER COOK. Drain and cool. In a separate pan, place eggs in

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a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water and cool.

Refrigerate potatoes and eggs, until well chilled, up to 3-4 hours. Dice potatoes and carefully peel and dice eggs.

In a large bowl, combine the potatoes, eggs, celery, onion, relish, garlic salt, celery salt, mustard, pepper and mayonnaise. Mix together well, cover with plastic wrap and refrigerate until chilled before serving.

### Orange Tilapia

- 4 tilapia fillets
- 1 1/2 cups orange juice
- 6 tablespoons **Vegan Butter Substitute**, softened
- 3/4 cup bread crumbs
- 3 tablespoons orange juice
- 2 cloves garlic, minced
- 1 tablespoon basil, minced
- 1/2 cup orange juice

Pour 1 1/2 cups orange juice into a resealable plastic bag. Add tilapia fillets, coat with the juice, squeeze bag to remove excess air, and seal the bag. Marinate in the refrigerator 3 hours to overnight.

Preheat oven to 400° F. Whisk butter, bread crumbs, baking soda, 3 tablespoons orange juice, garlic, and basil together in a bowl. Remove tilapia from the orange juice and shake to remove excess liquid.

Arrange fillets in a parchment paper lined 9×13 inch baking dish. Discard marinade. Pour 1/2 cup orange juice over the tilapia fillets. Spread butter mixture over the top of the filets to cover each completely. Bake in preheated oven until the liquid is bubbling and the fish flakes easily with a fork, about 15 minutes.

### Overstuffed Chicken Burritos§

- coconut oil
- 2 cups yellow rice, cooked
- 1 1/2 cups chicken, cooked and diced
- 1 15 ounce can black beans, drained and rinsed
- 1 cup frozen corn
- 2 cups Mexican cheese blend, shredded
- 1 1/2 cups salsa
- 2 teaspoons ground cumin
- 1 tablespoon dried cilantro
- 6+ 10-inch spinach flour tortillas, or regular tortillas

*While this recipe is okay, it's nothing to write home about. How much filling is made determines how*

*many tortillas will be needed.*

Preheat oven to 375° F. Coat a baking sheet with coconut oil.

In a large bowl, combine all ingredients except tortillas. Mix well. Spoon chicken mixture evenly onto center of each tortilla. Fold the bottom of tortilla over filling and pull back gently. Fold right side over followed by left side and roll up, forming an envelope. Place each burrito seam-side down on prepared baking sheet; cover with foil. Bake 45 to 50 minutes, or until heated through.

### Peanut Butter Cookies

- 1/2 cup Crisco
- 1/2 cup **Vegan Butter Substitute**, softened
- 1 cup brown sugar, packed
- 3/4 cup cane sugar
- 1 cup peanut butter
- 2 eggs
- 1 1/2 cups flour
- 2 teaspoons baking soda
- 1 teaspoon sea salt
- 1 cup rolled oats

*A slightly different kind of peanut butter cookie from the one in the Betty Crocker cookbook. The Original recipe makes 4 dozen. Unlike more traditional versions, this dough does NOT have to be refrigerated.*

Preheat oven to 350° F.

In a large bowl, cream together Crisco, margarine, brown sugar, white sugar, and peanut butter until smooth. Beat in the eggs one at a time until well blended.

In a separate bowl, combine the flour, baking soda, and salt. Stir into the creamed mixture. Mix in the oats until just combined.

Drop by teaspoonfuls onto parchment paper lined cookie sheets. Bake for 10 to 15 minutes in the preheated oven, or until just light brown. Watch carefully so as not to over-bake! It's very easy to go from pleasantly golden brown to burn.

Cool and store in an airtight container. It's very easy to over or under stuff the tortilla in the next step. Dividing the mixture into equal portions prevents an excess or shortage, and is easier to work with, too.

### Perfect Turkey Gravy§

- 1/2 cup Vegan Butter Substitute, or salted butter, cut into about 8 pieces
- 1 teaspoon pepper
- 1/2 cup flour

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- 4 cups turkey drippings, or a combination of drippings and/or **Vegetable Soup Stock**

*For vegan gravy, Vegetable Soup Stock can be used though instead of turkey/chicken broth, though this does seem counter intuitive.*

In a large sauce pan, melt 1/2 cup butter over medium low heat. Sprinkle in 1 teaspoon pepper. Slowly add in 1/2 cup all-purpose flour, constantly whisking to combine. Keep constantly stirring with wire whisk.

*Using a flour sifter to sift the flour into the gravy works exceptionally well to make sure the flour is both lump free and mixes readily.*

After a few minutes, the flour will be well incorporated into the butter. Slowly begin to pour in turkey broth or Basic Chicken Stock into the pan, CONSTANTLY whisking. Turn the burner to high and continuously whisk the gravy until it boils.

*Once the gravy starts boiling it can overflow the pan VERY quickly. Keep hold of the handle on the pan with a pot holder to quickly remove the gravy from the burner if it starts to rapidly rise.*

Allow the gravy to cook for several minutes, so that it can thicken up, continually stirring.

Remove from heat and place on a heat proof surface, stirring every couple of minutes to prevent a film from forming. Strain through a coarse sieve to remove any lumps.

Serve immediately, or keep on very low heat until you're ready to serve.

### **Pineapple Pepper Chicken§**

- 2 cups pineapple juice
- 1 1/4 cups cane sugar
- 1 cup white vinegar
- 1 1/4 cups filtered water
- 1/2 cup brown sugar
- 1/3 cup cornstarch
- 1/4 cup ketchup, preferably made without high fructose corn syrup
- 3 tablespoons soy sauce
- 2 cubes vegetable bouillon
- 1/2 teaspoon ground ginger
- 2 tablespoons vegetable oil
- 3-3 1/2 pounds chicken, cut up
- 1 8 ounce can pineapple chunks, drained
- 1 green bell pepper, julienned

Preheat oven to 350° F.

In a large sauce pan, combine first 10 ingredients. Stir until smooth. Bring to a boil. Cook and stir 2 minutes

until thicken. Set aside.

Heat oil in large skillet over medium high heat. Add the chicken. Brown on all sides. Place chicken in a 9×13 inch baking dish. Pour reserved sauce over chicken. Stir to coat chicken. Place baking dish on a cookie sheet (to catch any overflowing sauce). Bake uncovered for 45 minutes.

Add pineapple and green pepper. Stir to combine. Bake 15 minutes longer, or until heated through. Allow to sit for 5-10 minutes before serving. Sauce will be thin, but thickens with time once refrigerated (as leftovers).

### **Polar Express Hot Chocolate**

<http://allrecipes.com/recipe/240422/polar-express-hot-chocolate/?prop26=dailydish&prop25=113074&prop27=2016-12-25&did=113074-20161225>

- 6 cups almond or regular milk
- 1 14 ounce can sweetened condensed milk
- 1 1/2 cups heavy whipping cream
- 1 1/2 cups bittersweet chocolate chips
- 1 teaspoon vanilla extract
- 1/8 teaspoon sea salt

*The perfect drink for a cold winter day. As the promo for this recipe puts it: "Not for the light-hearted. Great for those looking to fatten up on a cold winter night."*

*This sounds delicious, but ... just be sure to have some extra time booked at the gym after the fact. It's would probably be okay if you didn't get too carried away.*

Combine milk, sweetened condensed milk, cream, chocolate chips, vanilla extract, and salt together in a large pot over low heat. Cook, stirring constantly, until chocolate is melted, 30 to 40 minutes.

*This sound like the kind of beverage that could also be made in a crock pot.*

### **Potato Salad§**

- 2 pounds potatoes, about 6 medium, peeled and cut into chunks
- 1 1/4-1 1/2 cups mayonnaise, to desired consistency
- 1 tablespoon apple cider vinegar
- 1 tablespoon prepared mustard
- 1 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/2 cup radishes, thinly sliced
- 1/2 cup cucumber, diced
- 1/2 cup green bell pepper, diced
- 2 medium stalks celery, diced
- 1 medium onion, peeled and diced
- 2-3 Kosher dill pickles, chopped and dried on paper towels
- 4 eggs, hard cooked, peeled and chopped
- 2 tomatoes, cut into wedges

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*Not exactly stellar in terms of healthiness but a standard classic.*

Boil potatoes until tender, 10-15 minutes. Cool and cut into cubes.

Combine mayonnaise, vinegar, mustard, salt and pepper in a large mixing bowl. Add potatoes, radishes, cucumber, green pepper, celery and onion. Toss to combine. Stir in chopped eggs. Top with tomato wedges.

Cover and refrigerate at least 4 hour before serving.

### Potato and Cheddar Soup§

- 2 cups red-skinned potatoes, peeled and cut into cubes
- 3 tablespoons **Vegan Butter Substitute**
- 3 tablespoons flour
- red bell peppers
- pepper
- 3 cups almond milk
- 1/2 teaspoon sea salt
- 1 cup ham, cooked and cubed
- 1 cup cheddar cheese, shredded

Bring 2 cups of water to a boil in a saucepan. Add potatoes. Simmer until tender. Drain, reserving liquid. Measure 1 cup reserved liquid, adding water if necessary.

Melt butter in the same saucepan over medium heat. Add onion. Cook and stir until tender but not brown. Stir in flour. Season to taste with red and black pepper. Cook 3-4 minutes.

Gradually add potatoes, reserved liquid, almond milk and salt to onion mixture. Stir well. Add ham. Simmer over low heat for 5 minutes, stirring frequently.

Remove from heat. Cool 5 minutes. Stir in cheese until melted and serve.

### Raspberry-Glazed Rosemary Chicken§

- 1 tablespoon crushed rosemary, or more as needed
- 1 tablespoon rubbed sage, or more as needed
- 1/2 teaspoon dried oregano, or more as needed
- 8 skinless, boneless chicken breast
- 1/4 cup **Vegetable Soup Stock**
- 1 cup raspberry preserves
- 1/2 teaspoon mustard
- 1/2 teaspoon honey
- 1 teaspoon fresh rosemary leaves, removed from stem

Preheat oven to 350° F.

In a small bowl, stir together crushed rosemary, sage, and oregano. Rub one side of each chicken breast with herb mixture. Place chicken herb-side on a parchment

lined baking sheet. If you run out of herb mix, make more adjusting mixture proportionally. Pour broth over the chicken.

Bake chicken for 20 minutes. Pour off any excess chicken broth.

Place raspberry preserves in a microwave-safe bowl, and heat for 20 to 30 seconds to soften. Stir in honey, mustard and rosemary.

Spread about 1 tablespoon of preserve mixture over each breast. Bake chicken for 10 to 15 minutes more.

### Rich Mexican Corn§

- 1 8 ounce package cream cheese
- 1/2 cup **Vegan Butter Substitute**
- 1/2 cup almond milk
- 2 cups frozen corn
- 1 red bell pepper, diced
- 1 green pepper, diced
- 2 jalapeno peppers, seeded and minced

Preheat oven to 350° F.

In a saucepan over medium-low heat, melt the cream cheese and butter, and mix with the almond milk until smooth and bubbly.

In a medium casserole dish, mix the frozen corn, red bell pepper, green peppers, and jalapeno peppers. Pour in the cream cheese mixture, and toss to coat.

Bake 35 to 45 minutes in the preheated oven, until bubbly and lightly brown.

### Rockin' Tacos§

- 1 pound lean ground beef
- 1 10 ounce can Ro\*Tel® Original Diced Tomatoes & Green Chilies
- 3 tablespoons **Mexican Spice Blend**
- 1 cup filtered water
- 1 box large taco shells
- cheese, shredded
- tomatoes, diced
- onions, finely diced
- lettuce, diced
- sour cream

Cook beef in large skillet over medium-high heat about 7 minutes or until crumbled and no longer pink, stirring occasionally; drain. Add 1 can undrained tomatoes and seasoning mix. Mix well. Stir in water; bring to a boil. Reduce heat to low; simmer 30 minutes, stirring occasionally, until water is mostly reduced.

Spoon meat mixture evenly onto taco shells and add toppings of choice.

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## Salsa Chicken§

- 4 boneless skinless chicken breast halves
- 4 teaspoons **Taco Seasoning Mix**
- 1 cup salsa
- 1 cup cheddar cheese, shredded
- 2 tablespoons sour cream, optional

Preheat oven to 375° F. Place chicken breasts in a parchment paper lined 9×13 inch baking pan. Sprinkle **Taco Seasoning Mix** on both sides of chicken breasts, and pour salsa over all. Bake at 375° F for 25 to 35 minutes, or until chicken is tender and juicy and its juices run clear. Sprinkle chicken evenly with cheese, and continue baking for an additional 3 to 5 minutes, or until cheese is melted and bubbly. Top with sour cream if desired, and serve.

## Scalloped Potatoes and Ham

- olive oil cooking spray
- 3/4 pound fully cooked boneless ham, cut into 1/2-inch chunks
- 1 26 ounce package frozen hash brown potatoes, frozen, shredded, thawed
- 2 10 ounce cans condensed Cream of Celery soup
- 1 cup peas, frozen
- 1 1/2 cups almond milk
- 1/4 teaspoon pepper

Preheat oven to 350 degree F. Coat a 9x13 inch baking dish with cooking spray. In a large bowl, combine all ingredients. Mix well then pour into prepared baking dish and cover tightly with aluminum foil. Bake 30 minutes then uncover and bake 50 to 60 more minutes, or until potatoes are tender and the top is golden.

## Seasonal Stir Fry with Garlic Sauce§

- 2 cups brown rice, cooked
- 1 onion, diced
- 2-3 carrots, peeled and cut on thin diagonals
- 8 ounces shrimp|chicken|beef, cooked and diced
- 2 stalks broccoli florets plus stems, cut in thin diagonals
- 2-4 cloves garlic, minced
- 3 tablespoons Bragg's Liquid Aminos, or tamari
- 1/4-1/3 cup filtered water
- 1 tablespoon honey
- 1 1/2 tablespoon sesame oil
- 1-2 green onions, minced, optional

*Listed as a transitional recipe, because of including shrimp, beef or chicken, this can easily be made vegetarian by leaving the meat out. However it's made, it's quite delicious.*

Add a small amount of water to an electric wok or

frying pan and water sauté onion for 2 minutes. Add carrots and cook for 1-2 minutes. Add meat and broccoli and cook for 2-3 minutes to heat through. Combine garlic, tamari, water, honey, and toasted sesame oil.

Pour in rice, cover, and cook for 2-3 more minutes till heated through. Serve garnished with scallions.

## Short and Sweet Baked Beans§

- 1 cup onion, chopped
- coconut oil
- 4 15 ounce cans pork and beans, drained
- 1/4 cup brown sugar
- 1/2 cup ketchup, preferably made without high fructose corn syrup
- 1/2 cup molasses
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper, optional
- 4 slices bacon, pre-cooked and crumbled
- 1 cup filtered water

*Beans can be made ahead of time. If so done, cover finished beans with aluminum foil until baking time.*

When ready to bake beans, preheat oven to 350° F.

In a large frying pan sauté the onions just until softened a bit. Add in pork and beans and stir to combine. Add brown sugar, ketchup, molasses, Worcestershire sauce, dry mustard, cayenne pepper, bacon and water. Stir to combine and dissolve sugar into beans.

Heat the beans over medium heat, stirring frequent to prevent from sticking, until well heated through and a till a sauce is formed, no more than a few minutes.

After being reduced, place beans in a 9×13 inch baking dish. Bake beans for 1 to 1 1/2 hours, or until liquid is reduced.

Let sit for 10 minutes for the mixture to cool and set. Stir before serving.

## Shredded Beef Chimichangas§

- 2 pounds boneless beef chuck roast
- enough filtered water to cover beef to over one inch
- 4 cups beef broth, or **Vegetable Soup Stock** can be used
- 6 tablespoons red wine vinegar
- 1/2-1 tablespoon chili powder
- 2 teaspoon ground cumin
- 7-8 8 inch flour tortillas
- 1/2 cup **Vegan Butter Substitute**, melted
- 3/4-1 cup salsa
- 1 cup salsa
- 1 cup Monterrey Jack cheese, shredded

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- 1 cup sour cream

Place beef in a Dutch oven over medium heat. Pour in water. Cover, and cook for 30 minutes. Remove cover, and cook until liquid has evaporated, and beef is well browned, about 10 minutes. Remove beef and drain any excess water.

In a medium bowl, combine beef (or chicken) broth, red wine vinegar, chili powder and cumin. Pour over beef. Cover, and cook over medium heat until meat is very tender, CHECKING EVERY 15 MINUTES, and pulls apart easily, about 2 hours. Allow to cool, then shred and mix into a bowl. Add the salsa and combine to coat beef.

Preheat oven to 500° F. Brush both sides of each tortilla with melted butter. Spoon shredded beef filling down center of each tortilla. Fold ends over filling and then fold sides to center to make a packet. Place chimichangas, seam side down, in a 9- by 13 inch baking pan. Bake in preheated oven for 8 to 10 minutes, or until golden brown.

Serve with salsa, shredded cheese and sour cream.

*The original recipe called for 4 tablespoons of chili powder, which I personally think would make this dish intolerably hot. I changed it to 1 tablespoon, and that's probably pushing it, and it probably needs even less.*

### Simple Whole Roasted Chicken§

- 2 teaspoons sea salt
- 1 teaspoon cane sugar
- 1/8 teaspoon ground cloves, or to taste
- 1/8 teaspoon ground allspice, or to taste
- 1/8 teaspoon ground nutmeg, or to taste
- 1/8 teaspoon ground cinnamon, or to taste
- 1 4 pound whole chicken, thawed if frozen
- 5 cloves garlic, crushed
- several tablespoons **Vegan Butter Substitute**

In a bowl, mix the salt, sugar, cloves, allspice, nutmeg, and cinnamon. Rub the chicken with the mixture. Cover chicken, and place in the refrigerator for 24 hours.

Preheat oven to 500° F.

Stuff the chicken cavity with the garlic. Place the chicken, breast side down, on a rack in a roasting pan. Cover the pan with roasting top. Roast 15 minutes in the preheated oven. Reduce heat to 425° F, and continue roasting 15 minutes. Baste chicken with pan drippings, if any, and top with butter. Let stand 20 minutes before serving.

### Skillet Chicken Nachos

- 1 tablespoon olive oil

- 1 1/4 pound boneless skinless chicken breasts, cut into 1/4-inch pieces
- 2-3 tablespoons **Taco Seasoning Mix**
- 1 8 ounce can tomato paste, preferably organic
- 1 medium red bell pepper, chopped
- 1 15 ounce can black beans, rinsed
- 1/2 cup frozen corn
- 2 cups Mexican cheese, shredded, divided into 2 single cups
- 1 bag tortilla chips
- 1/4 cup cilantro, chopped

In large frying pan, heat oil over medium high heat. Cook chicken in oil 3 to 5 minutes, stirring occasionally, until no longer pink in center. Stir in **Taco Seasoning Mix**, tomato sauce, bell pepper, beans, corn and 1 cup of the cheese. Reduce heat to medium. Cook 3 to 5 minutes, stirring occasionally, until heated through and cheese is melted. Fill each serving plate with nachos, enough to cover the bottom of the plate. Spoon chicken mixture evenly over chips. Sprinkle with remaining cheese and the cilantro.

### Sloppy Joes§

- 1 1/2-2 pounds ground turkey or beef
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 cup filtered water
- 1 1/4 cup ketchup, preferably made without high fructose corn syrup
- 2 tablespoons brown sugar
- 1 teaspoon prepared mustard
- 1 dash Worcestershire sauce
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon pepper
- 2 cups filtered water
- 1 pinch cayenne pepper, or to taste
- hamburger rolls

*Not the healthiest of meals but an old standard in terms of comfort food suitable once and a while for dinner.*

Combine the ground beef and onion in a cold skillet. Place the skillet onto a stove burner, and turn the heat to medium. Cook and stir until the beef is crumbly and browned. Drain fat as necessary.

Stir the garlic and bell pepper into the beef mixture. Continue cooking and stirring until the vegetables are tender, 2 to 3 more minutes. Add 1 cup of water. Mix in ketchup, brown sugar, mustard, Worcestershire, salt, and pepper. Pour in 2 more cups of water. Bring to a simmer. Reduce heat to low and cook until the mixture becomes very thick, 30 to 45 minutes. Adjust salt and

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pepper as needed. Season with cayenne pepper to taste.

Serve on hamburger rolls.

### Slow Cooked Chicken and Rice

- 1 1/2 pounds boneless skinless chicken breasts, cut into 1-inch cubes
- 2 1/2 cups filtered water
- 1 10 3/4 ounce can condensed Broccoli Cheese soup
- 1 medium onion, finely chopped
- 2 cups broccoli florets, fresh or frozen
- 2 6 ounce packages wild and long-grain converted rice mix with seasoning packets
- 2 cups sharp cheddar cheese, shredded

In a 4 quart slow cooker, combine chicken, water, soup, and onion. Mix well. Cover and cook on low setting for 4 hours. Add broccoli and rice. Cover and cook for an additional hour. Stir in cheese and serve.

### Slow Cooker Beef Stew§

- 1 medium onion, chopped
- 2 cup carrots, sliced
- 1 cups celery, sliced
- 1 pound potatoes, cubed
- 2 pounds beef stew meat, cut into bite size
- 2 teaspoons dried thyme
- 2-3 bay leaves
- 1 tablespoon dried sage
- 1 14 1/2 ounce canned diced tomatoes, with juice
- 1/4 cup filtered water
- 1 6 ounce can tomato paste, preferably organic

Place onions evenly on bottom of 3 1/2-quart or larger slow cooker. Top with layers of carrots, celery, potatoes and meat and sprinkle with thyme. Pour diced tomatoes with their juice and the water over meat. Cover slow cooker with lid. Cook on high for 4 to 5 hours, or until meat is tender.

Stir in tomato paste and cover. Cook an additional 10 minutes.

### Slow Cooker Beef and Mushrooms§

- 1 1/2 pound chuck roast, trimmed of any excess fat and cubed
- 2 tablespoons flour
- 4 teaspoons vegetable bouillon
- 2 tablespoons dried minced onion
- 1/2 teaspoon pepper
- 8 ounces mushrooms, sliced
- 1 teaspoon garlic powder
- 1/2 cup evaporated milk
- 1 tablespoon tapioca
- 1 tablespoon Worcestershire sauce
- 6 ounce can tomato paste, preferably organic

- 1/2 cup lemon lime soda
- parsley, minced, for garnish
- cooked noodles or rice, optional

Place cubed roast in bottom of slow cooker. Sprinkle the flour over the meat and stir to coat.

Add in the bouillon, onion, pepper, mushrooms, garlic powder, evaporated milk, tapioca, Worcestershire sauce, tomato paste and soda. Stir to coat.

Cover and cook on LOW for about 6-8 hours, or until beef is extremely tender (if it's not tender, it's not done).

Remove lid and stir a bit. Serve beef, sauce and mushrooms over noodles or rice (or whatever you feel like). Top with parsley for garnish.

### Slow Cooker Cabbage Rolls

- 12 full sized leaves cabbage, from green or red cabbage

#### FILLING

- 2 pounds lean ground beef
- 1 cup brown rice, uncooked
- 1 egg, lightly beaten
- 1/2 cup almond milk
- 1/2 onion, finely chopped
- 1 teaspoon sea salt
- 1 teaspoon garlic salt
- 1 teaspoon pepper

#### SAUCE

- 15-16 ounce bottle of ketchup, preferably made without high fructose corn syrup
- 2 tablespoons brown sugar
- 2 teaspoon Worcestershire sauce

Peel off the leaves of the cabbage and put them a pot of a water and bring up to boil (you just want to soften the leaves). Dunk the leaves in cold water to cool them off so you can handle them.

Mix the filling ingredients. Evenly distribute the filling among the leaves. Roll the leaves once over the filling, then tuck in the sides and roll again, holding as necessary with toothpicks.

Mix the sauce and put a little in the bottom of the slow cooker. Place a layer of cabbage rolls in. Cover each one with a little sauce.

Place remaining rolls in slow cooker and cover with rest of sauce. Cook 7-8 hours on low or 4-5 on high.

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## Slow Cooker Chicken and Noodles

<http://allrecipes.com/recipe/21788/slow-cooker-chicken-and-noodles/?prop26=dailydish&prop25=190814&prop27=2017-11-12&did=190814-20171112>

- 4 skinless and boneless chicken breast halves, thawed if frozen
- 6 cups filtered water or organic chicken broth
- 1 onion, diced
- 2 stalks celery, washed and chopped
- kosher salt, to taste
- pepper, to taste
- 1 12 ounce package frozen egg noodles, or preferably gluten free noodles

Place chicken, water, onion and salt and pepper to taste into a slow cooker. Add celery if desired. Set temperature to low and cook for 6 to 8 hours.

When chicken is tender, remove from the slow cooker and tear or chop into bite-sized pieces. Set aside in a small casserole dish to keep warm. Turn the slow cooker up to high heat and stir in the frozen egg noodles. Cook until noodles are tender then return the chicken pieces to the broth. Adjust seasonings to taste.

## Slow Cooker Chicken Cacciatore

- 6 skinless boneless chicken breast halves, cut into bite sized pieces
- 1 batch **Spaghetti Sauce**, or 1 28 ounce jar spaghetti sauce
- 2 green bell peppers, seeded and cubed
- 8 ounces fresh mushrooms, sliced
- 1 onion, finely diced
- 2 tablespoons garlic, minced
- 1 pound spaghetti, cooked according to package directions

Put the chicken, once cut, in the slow cooker and start on high.

*While the recipe calls for chicken breast any cut up chicken, boneless of course, can be used.*

Make **Spaghetti Sauce**. The sauce does not have to be cooked for the time indicated.

Top chicken with green bell peppers, mushrooms, onion, and garlic. Stir to combine.

Once Spaghetti Sauce is heated through, about 10 minutes, add it to the chicken mixture in the crock pot.

Cover and cook on low for 7-9 hours or high for 3-4 hours.

One-half hour before serving, cook spaghetti according to package directions in Dutch oven sized pan of boiling water with oil and salt added. Once spaghetti is cooked, serve Chicken Cacciatore over spaghetti and serve with

salad, bread sticks or other amenities of choice.

## Slow Cooker Creamed Corn

- 2 cups frozen corn
- 1 8 ounce package cream cheese
- 1/2 cup **Vegan Butter Substitute**
- 1/2 cup almond milk
- 1 tablespoon cane sugar
- sea salt, to taste
- pepper, to taste

In a slow cooker, combine corn, cream cheese, butter, almond milk, and sugar. Season with salt and pepper to taste. Cook on high for 2 to 4 hours, or on Low for 4 to 6 hours.

## Slow Cooker Creamy Chicken and Green Chile Tacos

- coconut oil
- 3 boneless skinless chicken breasts
- 1 14 1/2 ounce can diced tomatoes, drained
- 2 tablespoons **Taco Seasoning Mix**
- 1 4 1/2 ounce can green chilies, chopped
- 4 ounces cream cheese
- 8 soft flour tortillas
- toppings of choice

Line a 5-quart slow cooker with coconut oil. Place chicken breasts in slow cooker. Cover with tomatoes, **Taco Seasoning Mix** and chilies. Cover and cook on high heat setting 3 1/2 hours or on Low heat setting 7 hours.

Shred chicken. Place cream cheese over chicken. Cover and cook 30 minutes longer.

Meanwhile, heat tortillas and prepare toppings. Stir chicken mixture. Portion into tortillas, and serve with toppings.

## Slow Cooker Easy Baked Potato Soup

- 3 quarts red potatoes, cut into cubes
- 3 tablespoons flour
- 3/4 cup bacon, cooked and crumbled
- 1 small red onion, chopped
- 1 clove garlic, minced
- 2 tablespoons vegetable bouillon cubes
- 1 package Hidden Valley® Ranch Dressing mix
- 2 teaspoons dried parsley
- 1 teaspoon seasoned salt
- 1/2 teaspoon pepper
- 3 cups filtered water
- 1 cup of a thick mixture of Better Than Milk
- 1/2-3/4 cup cheddar cheese, shredded
- 1/4 cup green onions, chopped

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*More of a stew than a soup, this is really quite delicious. At first I thought cooking in on low in the crock pot for 5-7 hours would turn the potatoes into mush but such is not the case.*

Place potatoes in the bottom of your slow cooker crock. Scatter flour over the potatoes and toss to coat. Scatter bacon bits, red onion, garlic, chicken bouillon, Ranch Dressing mix, parsley, seasoned salt, and black pepper over the potatoes. Pour water into the slow cooker. Cook on low 7 to 9 hours. Pour half-and-half into the soup. Stir in cheddar cheese. Cook another 15-30 minutes. Garnish with green onions to serve.

## Slow Cooker Garlic Pork Roast with Potatoes§

- 1 boneless pork boneless loin roast, about 3 1/2 pounds
- 3-4 tablespoons vegetable oil
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 medium onion, sliced or chopped
- 3 cloves garlic, sliced
- 1 cup **Vegetable Soup Stock**
- 6-8 potatoes, peeled and cut into chunks
- 1 teaspoon salt
- 2 tablespoons **Vegan Butter Substitute**
- 2-3 tablespoons flour

Trim excess fat from pork. If boned, cut meat from bones. Cut pork into pieces.

Heat oil in 10-inch skillet over medium-high heat. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides. Sprinkle with salt and pepper.

Place onion and garlic in slow cooker. Place pork on onion and garlic. Pour broth over pork.

Cover and cook on low heat setting 8-10 hours, or high for 4-5 hours, or until pork is tender.

Serve pork, onions and garlic from slow cooker with a slotted spoon and cover with aluminum foil to keep warm.

Cook the potatoes in boiling water until tender. (These can readily be turned into mashed potatoes via adding almond milk or cream, salt, butter and dried chives).

To make the gravy, strain the reserved liquid through a sieve into to a pot. Add butter. Stir in flour and salt. Heat until smooth and creamy.

Serve gravy with potatoes on the side and pork as the main dish.

## Slow Cooker Hawaiian Pulled Pork§

- 2 teaspoons vegetable oil

- 2-3 pounds pork shoulder roast, or pork steak
- 2 cups pineapple juice
- 1 teaspoon powdered ginger
- 1 teaspoon paprika
- 2-3 cloves garlic, minced
- 3/4 cup brown sugar, packed
- 1/3 cup soy sauce
- 2/3 cup ketchup, preferably made without high fructose corn syrup
- 1/4 cup rice vinegar
- 1/2-2 tablespoons sriracha sauce, or Chinese chili sauce, to taste
- sea salt, to taste
- pepper, to taste
- rice, cooked, optional
- burritos, optional

*This is right up there with the best restaurant pulled pork. By the time the pork is done cooking, it almost falls apart on it's own.*

In a large skillet, heat oil over medium-high heat. Cut pork roast into half or thirds and sear on all sides until brown. Place pork roast into the bowl of a slow cooker.

In a medium bowl, whisk together remaining ingredients until well blended. Reserve 2 cups of the sauce. Pour the remaining sauce over the pork and cook for 6-8 hours on low, or until the roast shreds easily with a fork.

About 30 minutes before pork is ready, pour the reserved sauce into a medium sauce pan and simmer over medium heat until sauce thickens and reduces by about half. Remove the pork from the slow cooker and shred with two forks. Toss with reserved sauce and serve on rice, or as a filling for tacos or burritos.

## Slow Cooker Mexican Chili Bowls§

- 3 14 1/2 cans tomatoes
- 1 can mild green chilies
- 2 cups frozen corn
- 3 tablespoons **Taco Seasoning Mix**
- 2 tablespoons mini chocolate chips
- 1 red onion, diced
- 12 ounces boneless skinless chicken breasts or thighs, diced
- 2 cups **Basic Rice**
- sour cream, as a garnish
- cheddar cheese, shredded, as a garnish
- green onions, sliced, as a garnish
- cilantro, chopped, as a garnish
- lime wedges, as a garnish

Combine tomatoes, chilies, corn, beans, **Taco Seasoning Mix**, chocolate chips and onion in a 5 quart slow

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cooker. Add chicken, lightly press down into tomato mixture to cover slightly. Cover and cook 8 hours on low or 4 hours on high.

Prepare rice according to directions under **Basic Rice**.

Serve chili in bowls over rice, with toppings, as desired.

### Slow Cooker Tender and Yummy Round Steak§

- 3 potatoes, peeled and quartered
- 1 onion, chopped
- 6 carrots, sliced into one inch pieces
- 2 tablespoons coconut oil
- 2 pounds boneless round steak, sliced into 1/2-1 inch stripes
- 1 pound mushrooms, sliced
- 1 batch **Onion Soup Mix Substitute**
- 1 batch **Cream of Mushroom Soup**

If not done so already, make **Cream of Mushroom Soup** according to directions.

Place the potatoes, onions and carrots in the bottom of a slow cooker.

Brown and cook through beef slices in coconut oil. Place round steak pieces with oil on top of vegetables. Top beef with sliced mushrooms.

Pour **Cream of Mushroom Soup** over the beef and vegetables.

Cook on low of 7-10 hours, or high for 4-5 hours.

### Slow Cooker Texas Chili

- 1 pound ground beef
- 1 large onion, diced
- 2 green bell peppers, diced
- 1 4 ounce can green chili peppers, diced
- 1 14 ounce can beef broth
- 1 15 ounce can pinto beans, drained and rinsed
- 1 14 ounce can diced tomatoes, with juice
- 2 8 ounce cans tomato sauce, or you can make your own **Tomato Sauce**
- 1 6 ounce can tomato paste, preferably organic
- 3 cloves garlic, minced
- 1 tablespoon ground cumin
- 2 tablespoons chili powder
- 1 tablespoon cane sugar
- 1 teaspoon sea salt
- 1 teaspoon pepper
- dash red pepper flakes, optional, but it adds flavor
- cheddar cheese, shredded, as a garnish
- sour cream, as a garnish
- green onions, chopped, as a garnish
- Cheesy garlic Texas toast, optional

In a large sauce pan, brown ground beef and diced on-

ion. Add to slow cooker. Dump remaining ingredients, through the dash of red pepper flakes, on top and cook on low for 4-6 hours. Serve with shredded cheese, sour cream, green onions or any of your other favorite toppings! Serve with cheesy garlic Texas toast.

### Slow-Cooker Ham Sandwiches

#### HAM

- 1 1/2 cups filtered water
- 3/4 cup brown sugar
- 1/3 cup apple cider vinegar
- 1/4 cup vegetable oil
- 2 tablespoons Worcestershire sauce
- 2 tablespoons ketchup, preferably made without high fructose corn syrup
- 1 teaspoon hot sauce
- 1/2 teaspoon dry mustard
- 2 pound deli ham, shaved

#### SANDWICHES

- 8 deli rolls, pretzel rolls or Kaiser rolls, toasted
- 8 slices pepper Jack cheese
- 1 cup arugula
- 1/2 cup honey mustard or mayonnaise

In 2 quart sauce pan, mix all the HAM ingredients except the shaved deli ham. Heat to boiling. Boil 5 minutes, stirring occasionally. Place shaved deli ham in 3 1/2-to 4-quart slow cooker. Pour boiled liquid on top of ham. Cover and cook on high heat setting 2 hours.

Use fork or slotted spoon to transfer ham to rolls. Top ham immediately with a slice of cheese and arugula. Spread mayonnaise in tops of rolls, and place on top of arugula. Serve immediately.

### Sour Cream and Dill Chicken§

- 8 boneless skinless chicken breast halves
- pepper, to taste
- 1 recipe of **Cream of Mushroom Soup**
- 1 batch **Onion Soup Mix Substitute**
- 8 ounces sour cream
- 1 tablespoon lemon juice
- 1 teaspoon dried dill weed
- 1 4 ounce can sliced mushrooms, drained
- paprika

Preheat oven to 350° F.

Place chicken in a single lay in a parchment paper lined 9×13 inch baking pan. Sprinkle with pepper. Combine soup, soup mix, sour cream, lemon juice, dill and mushrooms. Pour over chicken. Sprinkle with paprika.

Bake, uncovered, in a 350° F for 1 hour or until chicken is tender and juices run clear.

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## Southern Candied Sweet Potatoes§

- 6 large sweet potatoes
- 1/2 cup **Vegan Butter Substitute**
- 2 cups cane sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- sea salt, to taste

Peel the sweet potatoes and cut them into slices. Melt the butter in a heavy skillet and add the sliced sweet potatoes. Mix the sugar, cinnamon, nutmeg and salt. Cover the sweet potatoes with sugar mixture and stir. Cover skillet, reduce heat to low and cook for no more than 1 hour, or until potatoes are “candied”. Stir and check often to prevent sweet potatoes from becoming too candied. Stir in the vanilla just before serving.

## Southern Creamed Corn§

- 4 cups frozen corn
- 2 tablespoons cane sugar
- 1 tablespoon flour
- sea salt
- pepper
- 1 cup heavy cream
- 1/2 cup filtered water, cold
- 2 tablespoons coconut oil
- 1 tablespoon **Vegan Butter Substitute**

In a small bowl, whisk together sugar, flour, and salt and pepper, to taste. Combine with corn. Add the heavy cream and water. Mix.

In a large skillet over medium heat, heat coconut oil. Add corn mixture and turn heat down to medium low, stirring until it becomes creamy, about 30 minutes.

Add the butter right before serving.

## Spanish Rice§

- 2 tablespoons coconut oil
- 6 slices bacon, pre-cooked, cooled and diced
- 1/4 cup onion, chopped
- 1/4 cup green bell pepper, chopped
- 3 cups brown rice, cooked
- 1 16 ounce can diced tomatoes, including liquid
- 1 1/2 teaspoon sea salt, to taste
- 1/8 teaspoon pepper, to taste

Heat coconut oil in a large skillet. Add onions and green pepper. Sauté until tender.

Stir in bacon and remaining ingredients. Cook uncovered over low heat until heated through, about 15 minutes.

## Stef's Super Cheesy Garlic Bread

<http://allrecipes.com/recipe/83537/stefs-super-cheesy-garlic-bread/>

- 1/2 cup butter, softened
- 3/4 cup mayonnaise
- 1 bunch green onions, chopped
- 3 cloves garlic, minced
- 1 1/4 cups **Vegan Parmesan ‘Cheese’ Substitute**
- 1 1/2 cups shredded Monterrey Jack cheese
- 1 1 pound loaf of French bread, halved lengthwise

*Super is the word for it. There is a very heavy coating of cheese on this bread. Feel free to use half the onions and cheese indicated.*

Preheat an oven to 350° F.

Combine the butter, mayonnaise, green onions, garlic, **Vegan Parmesan ‘Cheese’ Substitute**, and Monterrey Jack cheese in a large bowl. Cut each half of French bread into 4 pieces. Spread the cheese mixture evenly on the bread pieces.

Bake in the preheated oven for 8 minutes.

Optionally, set the oven to broil; broil until hot and bubbly, about 2 additional minutes.

## Stuffed Peppers

- 6 large bell peppers, green, red or yellow, washed with tops removed and hulled out for maximum capacity
- 1 pound ground beef
- 2 tablespoons onion, chopped
- 1 cup brown rice, precooked
- 1 teaspoon sea salt
- 1/8 teaspoon garlic salt
- 1 15 ounce can tomato sauce, or you can make your own **Tomato Sauce**
- 1 15 ounce can diced tomatoes, drained, optional
- 3/4 cup Mozzarella cheese, shredded

Cut out stem end of each pepper. Remove seeds and membranes. Rinse peppers. Cook peppers in enough boiling water to cover for 5 minutes, until softened. Drain.

Cook and stir ground beef and onion in a 10 inch frying pan until beef is light brown. Drain.

Preheat oven to 350° F. Stir in rice, salt, garlic salt and 1 cup of tomato sauce. Heat through.

Stuff each pepper with beef mixture. Line a 9×13 inch baking dish with parchment paper. Fill peppers with filling and stack in baking dish. Top with diced tomatoes and pour remaining tomato sauce over peppers.

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Cover dish and bake for 45 minutes. Uncover and top with cheese. Bake, uncovered, for 15 minutes longer. Serve warm.

### Tuna Salad§

- 1 24 ounce can white albacore tuna in water, drained
- 1/2-1 cup sweet pickles or pickle relish, drained
- 2 stalks celery, coarsely cut into sections
- 1/2 onion, minced
- 1 cup mayonnaise
- 1 teaspoon sea salt
- 1 small jar pimentos, drained and chopped, optional
- 2 eggs, hard boiled, chilled and peeled
- additional mayonnaise, optional

Place tuna in a large mixing bowl. Pulse chop pickles, celery and onion in a food processor until just chopped. Add pickles, celery, mayonnaise, salt and pimentos to the bowl. Peel and pulse chop eggs until just chopped. Add eggs to bowl. Combine with a spatula until well blended. If necessary, add additional mayonnaise and stir in until desired consistency is reached. Store, refrigerated, in a sealed plastic container.

### Tuna and Macaroni Salad§

- 2 6 ounce cans tuna in water, drained
- 3-4 dill pickles, drained and chopped
- 1-2 onions, washed, diced
- 1 can LeSeur baby peas (no substitutes), drained
- 1 small jar pimentos, diced
- 1-2 cucumbers, peeled and diced, optional
- 1-2 tomatoes, diced, optional
- 1 16 ounce can frozen corn
- 1 green or yellow bell pepper, diced, optional
- 2 eggs, boiled, cooled and chopped
- 1 pound elbow macaroni, precooked and cooled
- 1-2 cups mayonnaise, or to taste

*This recipe is based on one my mother used to make. It was a standard for warm night dinners. It's based on memory.*

If not done so already, cook the macaroni and boil the eggs. Cool both before proceeding.

Add tuna, pickles, onions, peas and pimentos to a large bowl. Stir to combine. Fold in any optional additional vegetables of choice. Fold in eggs and macaroni. Starting with 1 cup of mayonnaise, stir in to coat contents. Continue adding mayonnaise and stirring until mixture is well coated, yet not soggy.

Tightly cover in plastic wrap and refrigerate at least 6 hours.

Stir before serving.

### Turkey Tetrazzini with Cheddar and Parmesan§

- 4 cups whole wheat ziti or penne pasta, cooked according to package directions
- 2 tablespoons salted butter
- 1/4 cup flour
- 3 cups almond milk
- 1 1/2 cups **Vegetable Soup Stock**
- 1/3 cup Parmesan Cheese
- 2 cups white button mushrooms, sliced
- 2 cups turkey, cooked, diced
- 1/3 cup peas
- 1/2 teaspoon pepper, optional

Preheat oven to 350° F. Oil a shallow two to three-quart baking dish with oil and set aside. In a Dutch oven over medium heat, melt butter and stir in flour. Cook, stirring constantly, about 2 minutes. Whisk in almond milk, **Vegetable Soup stock** and pepper. Bring mixture to a boil. Stir in mushrooms. Reduce heat and cook, stirring frequently about 10 minutes or until mixture thickens and mushrooms are softened. Stir Parmesan cheese, pasta, turkey and peas into almond milk mixture.

Spoon into prepared baking dish. Top with cheddar cheese and cover loosely with foil. Bake about 45 minutes or until bubbling at edges and heated through.

### Vegan Noodles with Alfredo Sauce

Originally "Alfredo Sauce". VeggettiPro Gourmet Recipe Guide & Instructions, page 8.

- 1 pound zucchini squash, peeled
- 1/4 cup salted butter
- 1 cup heavy cream
- 1/2 cup frozen green peas, optional
- 1 clove garlic, crushed
- 1 1/2 cups Parmesan cheese
- 1/4 cup fresh parsley, chopped

*This recipe was originally from the source indicated. The spiralizer was a Christmas present.*

*This recipe was classified as transitional instead of vegetarian because of the addition of butter, heavy cream and Parmesan cheese, which are clearly a better choice than vegan alternatives for this recipe.*

Process squash with a spiralizer using a thick blade.

In a medium sauce pan, melt butter on medium-low heat. Add in creams and peas, if used, and simmer for 5 minutes. Add in crushed garlic and parmesan cheese and then quickly whisk in while heating through. Stir in parsley.

Serve sauce over sliced zucchini at room temperature.

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### Zesty Slow Cooker Chicken Barbecue\$

- 6 frozen skinless boneless chicken breast halves
- 1 batch **Barbeque Sauce**
- 1/2 cup **Italian Dressing**
- 1/4 cup brown sugar
- 2 tablespoons Worcestershire sauce
- sandwich rolls

Place chicken in a slow cooker. In a bowl, mix the barbecue sauce, Italian Salad Dressing, brown sugar, and Worcestershire sauce. Pour over the chicken. Cover, and cook 3 to 4 hours on high.

When done, pull chicken out break up with a fork. Return chicken to crock pot, mix with sauce.

Serve on sandwich rolls.

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