



## **Vegan Recipe Pack: 106 Recipes for Vegan Dining Options**

### **Starters, Salads, and Soups**

1. Fresh Asian Noodle Salad
2. Buffalo Fireballs
3. 'Chicken' and Dumplings
4. Carrot-Ginger Soup
5. Coconut-Cabbage Salad
6. Corn Chowder
7. Cuban Black-Bean Stew
8. Hot-and-Sour Soup
9. Vegan Gumbo
10. Potato-Leek Soup
11. Gazpacho
12. Creamy Artichoke-Filled Puff Pastry
13. Vidalia Onion Tart
14. Zucchini Boats
15. Tomato-Pesto Platter
16. Mushroom Phyllo

### **Entrées**

17. Bean Curd With Chili Sauce
18. Black-Bean Cakes With Lime-Pepper 'Mayo'
19. Blackened Tofu With Remoulade Sauce
20. Frittata
21. Endless Summer Vegetable Strata With Cilantro-Lemon Pesto
22. Vegan French Toast
23. Ginger-Baked Tofu
24. Grilled Teriyaki Shiitake Mushrooms and Pineapples With Asian Slaw
25. Hungarian-Style Braised Mushrooms
26. Johnny Cakes
27. Lasagne
28. Pad Thai
29. Potato-and-Soy-Beef Empanadas
30. Potato Torta With 'Sausage' and Chard
31. Vegetarian Riblets With South American Pesto Sauce
32. Tequila-Lime Tofu Wrap With Avocado
33. Tempeh Provençale
34. Texas Grinders
35. Thai 'Chicken' Wraps
36. Tofu 'Scampi' Wraps
37. Tom Yam Kung
38. Walnut-Dusted Artichoke-and-Two-Potato Gratin
39. Quinoa Casserole
40. Millet Casserole
41. Jamaican Tortellini Primavera
42. Tortellini in Roasted Tomato and Rosemary Sauce With Baby Squash
43. Stuffed Shells With Chipotle Tomato Sauce and Mozzarella 'Cheese'

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



44. Ravioli With Spring Vegetables

45. Cajun-Seared Garden Protein Chicken Breast With Maple-Roasted Sweet Potatoes and Red Onions and Avocado Cream

46. Caribbean-Spiced 'Chicken' on Chipotle Mashed Sweet Potatoes With Garlic Wilted Greens

47. Tofu and Garden Veggie Skewers With Orange-Maple Glaze

48. Tofu and Japanese Eggplant Skewers With Red Curry Coconut Sauce

49. Chipotle Barbecue Tofu Kebabs

50. Seitan Strips With Balsamic Caramelized Sweet Onions, 'Buttered' Bliss Potatoes, and Herbed Green Beans

51. Grilled Seitan and Veggie Wraps With Sweet Garlic Aioli

52. Seared Seitan Strips and Veggies With Mushroom Gravy

53. Seitan Strips and Mushrooms in Beef Gravy With Roasted Peppers

54. Sweet and Spicy Seitan With Baby Bok Choy Over Vegetarian Fried Rice

55. Tempeh Piccata

56. Tempeh With Marsala and Mushroom Sauce

57. Cajun-Rubbed Tempeh With Dirty Rice

58. Grilled Tempeh Focaccia With Veggies and Vegan Pesto Mayo

59. Herb-Rubbed Tempeh Over Rice and Corn Pilaf

60. Sweet Pepper- and Onion-Smothered Tempeh Over Eggless Noodles

61. Tempeh Cacciatore With Roasted Veggies

62. Coconut Curry Tempeh With Sweet Pea Jasmine Pilaf

63. Chipotle Barbecue Tempeh Sandwiches With Vegan Potato Salad

64. Vegan Eggless Egg Salad

65. Baked Five-Spice Seasoned Tofu

66. Creamy Baked Vegan Macaroni Casserole

67. Vegan Beef Stroganoff

68. Vegan Shepherd's Pie

69. Vegan Spanish Paella

70. Tempeh Creole

71. Tempeh Scaloppini With Lemon-Caper Sauce

72. Enchilada Bake

73. Fattoush (Persian Bread Salad)

74. Vegan Moussaka

75. Asian Turnovers

76. Tofu Breakfast Scramble

77. Vegan Sausage-and-Bean Burritos

#### **Sides**

78. Couscous Salad

79. Macaroni Salad

80. Quinoa and Roasted Zucchini

81. Savory Vegetable Rice Pilaf

82. Tortellini Salad

83. Vegan Fried Rice

#### **Sauces, Dressings, Marinades, and Fillings**

84. Peanut Sauce

85. Creamy Dill Salad Dressing

86. Maple-Mustard Dressing

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



87. Balsamic-Poppy Dressing

88. Tofu Ricotta

89. Sesame-Ginger Dressing

90. Vegan Caesar Dressing

91. Tofu Sour Cream

92. Roasted Vegetable Stock

### **Desserts/Baking**

93. German Chocolate Brownies

94. Vegan Layered Chocolate-Mousse Cake

95. Raspberry Phyllo Cups

96. Poached Pears

97. Vegan Oatmeal Cookies

98. Peanut Butter-Chocolate Chunk Cookies

99. Chocolate-Peanut Butter Pie

100. Lemon Tart

101. Vegan Pancake Batter

102. Polynesian Crisp

103. Chocolate-Banana Cupcakes With Peanut Butter Frosting

104. Carrot Cake

105. Easy Chocolate Crème Dessert Cups

106. Berry-Peach Crisp



### **Fresh Asian Noodle Salad**

*For the Noodles:*

44 qts. boiling water

6 lbs. thick vermicelli rice noodles

- Bring the water to a boil. Add the rice noodles and turn off the flame. Let stand for about 5 minutes. Drain the noodles, rinse with cold water, and place in a large bowl.

*For the Dressing:*

18 cloves garlic

3 cups soy sauce

4 cups water

3 cups rice vinegar

3 cups lime juice

3 cups brown sugar

12 jalapeño chilies, seeded and chopped

- Combine all the ingredients in a blender or food processor.

*For the Salad:*

12 cups shredded green cabbage

12 whole scallions, thinly sliced

6 large carrots, cut into thin slivers

2 cups spinach leaves, thinly sliced

9 cups diced water chestnuts

3 tightly packed cups basil leaves, chopped

3 green papayas or 12 oranges, peeled and thinly sliced (optional)

6 cups salted peanuts, coarsely chopped

- Toss the noodles and the salad ingredients with the dressing and serve.

*Makes 24 servings*



### **Buffalo Fireballs**

*For the Sauce:*

2 cups Texas Pete brand hot sauce

2-2 1/2 cups vegan margarine (using 2 1/2 cups vegan margarine will make the sauce less hot)

- Combine the hot sauce and the margarine in a medium saucepan and heat over medium heat. Stir until the margarine is melted.

*For the 'Meatballs':*

4 Tbsp. olive oil

2 small onions, diced

4 green bell peppers, diced

4-8 cloves garlic, chopped

8 lbs. Eco Cuisine Ground-Beef-Style Quick Mix (already reconstituted)

3/4 cup ketchup

1/2 cup spicy mustard

3/4-1 cup Texas Pete brand hot sauce

1 cup wheat germ

1 cup vegan parmesan cheese

Salt and pepper, to taste

- Preheat the oven to 350°F. Lightly grease a baking sheet.
- In a large saucepan, heat the olive oil over medium heat. Sauté the onion, peppers, and garlic.
- In a large bowl, combine the Ground-Beef-Style Quick Mix with the onion, peppers, and garlic. Add the remaining ingredients, except the salt and pepper. Mix with your hands thoroughly, roll into balls, and place on the prepared baking sheet.
- Season with the salt and pepper.
- Bake for 30 minutes, turning after 20 minutes.
- Top with the vegan-margarine mixture and cook for an additional 20 minutes.

*Makes approximately 24 servings*



### **‘Chicken’ and Dumplings**

*For the Dumplings:*

8 cups flour  
4 Tbsp. baking powder  
2 tsp. salt  
1 cup vegan margarine, softened  
3 cups soy milk

- Combine the dry ingredients in a bowl.
- Mix the vegan margarine with the dry mixture until crumbly. Add the soy milk, stirring until moistened.
- Add more soy milk, as needed, if the mixture is too dry.
- Knead the dough for 30 seconds on a well-floured surface, then roll to a 1/8-inch thickness and cut into 1/2-inch squares.

*For the Soup:*

1 cup margarine  
2 cups onion, chopped  
2 cups celery, chopped  
2 cups flour  
1 tsp. celery salt  
2 tsp. pepper  
2 gallons vegetable broth  
8 medium carrots, peeled and diced  
4 lbs. faux chicken, torn into small pieces (try Garden Protein’s Garden Chicken)  
4 bay leaves

- Place the margarine, onion, and celery in a large saucepan and sauté until the vegetables are soft.
- Add the flour, salt, and pepper to make a thick paste. Slowly mix in the broth and bring to a boil.
- Add the carrots, faux chicken, and bay leaves.

*To Assemble:*

- Add the dumpling squares to the soup one at a time, stirring gently. Reduce the heat and simmer for 20 minutes, stirring often. Serve hot.

*Makes 24 servings*



### **Carrot-Ginger Soup**

1/2 cup vegan margarine  
6 onions, chopped  
9 lbs. carrots, peeled and diced  
2 Tbsp. fresh grated ginger  
1/4 cup coriander seeds, crushed  
1 1/2 gallons vegetable stock or water  
Salt and pepper, to taste

- Heat the vegan margarine and fry the onions for about 5 minutes, or until transparent. Add the carrots, ginger, and crushed coriander seeds and stir over medium heat for 5 minutes.
- Add the stock or water and bring to a boil. Cover and cook until the carrots are tender.
- Purée the soup in a blender and then strain through a sieve.
- Reheat and season with the salt and pepper, ladle into bowls, and serve hot with bread.

*Makes 24 servings*



### **Coconut-Cabbage Salad**

1/4 cup vegetable oil  
3 tsp. mustard seeds  
12 green chilies, chopped lengthwise  
48-50 curry leaves (optional)  
12 cups finely chopped fresh green cabbage  
2 tsp. turmeric powder  
3 cups grated coconut, fresh or dried  
Salt, to taste  
6 tsp. lemon juice  
1 1/2 cups chopped coriander  
10 2-inch coriander sprigs

- Heat the oil. Add the mustard seeds and heat over medium heat until popped. Add the chilies and curry leaves.
- Add the cabbage and turmeric powder and stir for 1 minute.
- Add the coconut, salt, lemon juice, and chopped coriander. Stir for 2 minutes. Adjust the seasonings as necessary.
- Remove from the heat and cool.
- Serve at room temperature, garnished with the coriander sprigs.

*Makes 24 servings*



### **Corn Chowder**

15 ears yellow corn  
1 1/4 cups vegan margarine  
5 large onions, chopped  
1 1/2 Tbsp. fresh minced thyme  
3 1/3 Tbsp. Hungarian paprika  
7 1/2 lbs. white potatoes, peeled and cut into bite-size cubes  
3/4 cup faux bacon bits (try Bacos brand)  
1 1/4 gals. faux chicken broth (try Eco Cuisine or RC Fine Foods brands)  
5 cups nondairy creamer or plain-flavored soy milk  
Salt and freshly ground black pepper, to taste  
1 cup minced fresh chives

- Cut the kernels from the ears of corn and set aside.
- In a large pot over medium heat, melt the vegan margarine. Add the onion and thyme and cook about 5 minutes, or until the onion is translucent. Add the paprika and cook 1 minute longer, stirring continuously.
- Add the potatoes, faux bacon bits, faux chicken broth, and reserved corn kernels. Bring to a boil, then reduce the heat, cover, and simmer for 10 to 15 minutes, or until the potatoes are soft but still firm.
- Smash a few of the potato chunks against the side of the pot, stir, and cook for 1 or 2 minutes longer to thicken the chowder.
- Reduce the heat to low. Add the nondairy creamer or soy milk and heat through, but do not boil.
- Season with the salt and pepper.
- Ladle into bowls and sprinkle with the chives.

*Makes 25 servings*



### **Cuban Black-Bean Stew**

*by Chef Ron Pickarski, CEC*

3 3/4 cups dried black beans  
2 1/2 qts. water  
7 1/2 cups diced onions  
5 cups diced carrots  
2 1/2 cups diced red bell pepper  
2 1/2 cups diced yellow bell pepper  
6 1/2 Tbsp. minced garlic  
1/2 cup sesame oil  
1 1/2 Tbsp. salt  
5 Tbsp. dried thyme  
5 Tbsp. cumin  
1/2 cup tamari  
2 qts. water  
1/2 cup cornstarch  
1 cup water

- Soak the beans in water for a few hours. Discard the water and cook the beans in the 2 1/2 qts. of fresh water over medium-low heat for about 1 1/2 hours.
- Sauté the onions, carrots, peppers, and garlic in the oil along with the seasonings and the tamari for about 5 to 7 minutes, stirring occasionally.
- Add the cooked beans and the 2 qts. of water. Continue to cook in a covered pot for another 10 to 15 minutes.
- Dissolve the cornstarch in the remaining water. Add to the stew and stir rapidly to make a smooth sauce. Cook until thickened.

*Makes 25 servings*



### **Hot-and-Sour Soup**

*You can reduce the quantity of dried chili to make this soup less hot!*

*For the Chili-Garlic Paste:*

18 dried red chilies, deseeded and soaked for 3-4 hours

18 garlic cloves, peeled

6 tsp. vinegar

3/4 cup water

- Using a food processor, grind all the ingredients together to form a paste.

*For the Soup:*

1/4 cup oil

3/4 cup minced French beans

3/4 cup minced mushrooms

3 cups finely shredded cabbage

3 cups minced carrots

6 Tbsp. ketchup

6 tsp. sugar

Salt and pepper, to taste

3/4 cup soy sauce

1/2 cup vinegar

3/4 cup corn flour mixed with 3 cups water

1 1/2 gals. water

- In a stockpot over medium-high heat, heat the oil. Add the French beans and mushrooms and stir for 2 to 3 minutes.
- Add the cabbage and carrots and stir-fry for 2 minutes.
- Add the Chili-Garlic Paste and all the other ingredients, stirring well.
- Boil for 5 minutes. Serve hot.

*Makes 24 servings*



### **Vegan Gumbo**

12 lbs. greens (collard, mustard, or turnip), washed and stemmed  
1 1/2 cups plus 2 Tbsp. vegetable oil  
1 1/2 cups flour  
12 large onions, finely diced  
6 green bell peppers, finely diced  
24 stalks celery, finely diced  
96 oz. canned plum tomatoes, drained and coarsely chopped  
1 1/2 cups liquid hot sauce (try Texas Pete's brand)  
18 bay leaves  
6 tsp. file powder (a Cajun spice)  
Cayenne pepper, to taste  
3 tsp. thyme  
3 tsp. oregano  
3 tsp. basil  
1 1/2 cups chopped fresh parsley  
18 garlic cloves, minced  
Salt and freshly ground black pepper, to taste  
2 1/4 gals. vegetable or faux-chicken broth  
60 oz. package frozen okra  
96 oz. can kidney beans, drained and rinsed  
12 cups cooked white rice

- Place the greens in a large soup pot and just cover with water. Bring to a boil and cook for 15 minutes. Drain, reserving 2 cups of the cooking water. On a cutting board, coarsely chop the greens and set aside.
- In a small saucepan over medium-low heat, whisk 1 1/2 cups of the oil and the flour together and cook, stirring constantly, for approximately 15 minutes, or until the roux is a dark reddish-brown. Remove the pan from the heat and set aside.
- In the large soup pot, over medium heat, heat the remaining 2 Tbsp. of oil and sauté the onions, bell peppers, celery, and tomatoes for about 10 minutes, or until the vegetables are wilted.
- Add the hot sauce, bay leaves, file powder, cayenne, thyme, oregano, basil, parsley, garlic, salt, and pepper and cook for 5 minutes.
- Add the roux, vegetable or faux-chicken broth, and the reserved greens-cooking water, stirring well to blend in the roux.
- Reduce the heat and simmer, uncovered, for 15 minutes. Add the cooked collard greens, okra, kidney beans, and rice and cook for 5 minutes.
- Remove the bay leaves and serve warm.

*Makes 24 servings*



### **Potato-Leek Soup**

20 leeks (white part only), sliced

30 Yukon Gold potatoes

Water sufficient to cover the leeks and potatoes

10-12 vegetable bouillon cubes

10 spring (green) onions, chopped

- Place the leeks and the potatoes in a large stockpot. Add the water and bring to a boil. Add the bouillon cubes and simmer, covered, for 20 minutes.
- Remove from the heat. With an immersion blender, blend until thick and smooth.
- Garnish with the spring onions.

*Makes 25 servings*



### **Gazpacho**

8 cucumbers, peeled, seeded, and chopped  
1 bunch celery, chopped  
4 bunches green onions, chopped  
2 red peppers, chopped  
4 green peppers, chopped  
14 tomatoes, seeded and chopped  
1 gallon V-8 juice  
1 gallon tomato juice  
4 garlic cloves, crushed  
1 1/2 cups olive oil  
1 1/2 cups red-wine vinegar  
Hot sauce, to taste  
Salt, to taste  
4-5 Tbsp. lemon juice  
3/4 cup chopped parsley

- Combine all the ingredients and place in the refrigerator overnight.
- Serve in cups.

*Optional:* If serving the soup in a punch bowl, add an ice ring. To make, cover the bottom of a decorative mold with green-onion slivers and thin slices of fresh lemon. Carefully add equal amounts of water and tomato juice. Freeze until solid.

*Makes 30 to 35 servings*



### **Creamy Artichoke-Filled Puff Pastry**

3 Tbsp. vegan margarine  
3 Tbsp. water  
1 1/2 cups finely chopped onion or green onion  
3 Tbsp. cornstarch  
1 qt. soy milk  
42 oz. artichoke hearts  
Paprika, to taste  
Salt and pepper, to taste  
2 sheets puff pastry

- Preheat the oven to 400°F.
- Heat the margarine and the water in a sauté pan over medium heat. Add the onion and cook for 10 minutes, or until transparent. Stir in the cornstarch and continue cooking for an additional 1 to 2 minutes. Add the soy milk and stir until thickened. If needed, add additional cornstarch to thicken. Remove the pan from the heat and set aside to cool.
- Drain the artichoke hearts and chop coarsely. Add to the creamed mixture and season with the paprika, salt, and pepper. Divide the filling into 2 portions.
- Place half the filling on one pastry sheet.
- Carefully roll and fold the sheet over the filling, then crimp the edges. Using a fork, poke holes in the top. Repeat with the remaining filling and pastry.
- Bake for 15 to 20 minutes, or until golden.

*Makes 16 to 20 servings*



### **Vidalia Onion Tart**

4 Tbsp. unsalted vegan margarine  
2 Tbsp. sugar  
24 small onions, peeled and cut in half crosswise  
4 Tbsp. fresh thyme, plus more for garnish  
Salt and freshly ground black pepper, to taste  
1 1/2 qts. faux chicken broth or roasted vegetable stock  
1 Tbsp. balsamic vinegar  
4 sheets frozen puff-pastry dough, thawed

- Melt the margarine in a large skillet. Remove from the heat and sprinkle with the sugar.
- Fit the onions snugly into the skillet, cut sides facing down. Sprinkle with the thyme, salt, and pepper. Cook over medium heat for 10 minutes, or until deep golden-brown on the cut sides.
- Mix the broth and the vinegar and pour over the onions. Bring to a simmer, cover, and cook over low heat for 25 minutes. Remove the lid, raise the heat, and cook until the liquid is syrupy and almost completely reduced. Remove from the heat, leaving the onions in the skillet.
- Preheat the oven to 375°F.
- Roll the puff pastry to a size slightly larger than the skillet, and then trim into a round shape. Place over the skillet, tucking in the edges and poking a few holes in the top.
- Bake for approximately 30 minutes, or until puffy and golden. Remove from the oven and allow to cool for 10 minutes. Invert onto a serving plate.
- Garnish with the fresh thyme and serve warm.

*Makes 32 servings*



### **Zucchini Boats**

12 medium zucchini  
4 medium onions, chopped  
1/4 cup olive oil  
48 oz. vegetarian burger crumbles  
3/4 cup nutritional yeast flakes  
4 tsp. garlic salt  
2 tsp. oregano  
6 1/4 pts. tomato sauce

- Preheat the oven to 375°F.
- Slice the zucchini lengthwise and scoop out the pulp. Chop the pulp and set aside.
- In a large sauté pan, brown the onion in the olive oil.
- Combine the onion, burger crumbles, chopped zucchini pulp, nutritional yeast, garlic salt, and oregano in a large bowl.
- Pour the tomato sauce into a hotel pan.
- Place the zucchini boats in the sauce, open side up. Fill with the crumble mixture.
- Cover with foil and bake for 20 minutes.
- Remove the foil and bake for an additional 15 minutes.
- Serve hot.

*Makes 24 servings*

### **Tomato-Pesto Platter**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Basil Pesto:*

3 garlic gloves, peeled  
1/3 cup pine nuts  
3 cups firmly packed fresh basil leaves  
1/2-3/4 tsp. salt  
1/8 tsp. freshly ground black pepper  
1/2 cup extra-virgin olive oil  
1/4 cup soy parmesan cheese

- Place the garlic and the pine nuts in a food processor and process until minced. Add the basil, salt, and pepper and process until ground into a paste.
- With the machine running, pour the oil into the feed tube in a slow, steady stream until well blended. Transfer to a bowl and stir in the soy cheese.
- Cover and refrigerate until ready to serve.

*For the Platter:*

1 bottle Italian dressing or olive oil, red-wine vinegar, lemon juice, salt, and pepper to taste  
2-3 rounded Tbsp. Basil Pesto  
15 ripe medium tomatoes, cut into 1/4-inch-thick slices  
2 white onions, thinly sliced  
2 cucumbers, peeled and sliced into 1/4-inch-thick rounds  
1 bunch fresh basil, chiffonade half of the bunch and leave the rest for garnish

- Mix the Italian dressing and the Basil Pesto. Shake well.
- Arrange a layer of tomatoes on a platter (overlapping approximately one-half). Insert 1 to 2 onion slices between each tomato and 1 cucumber slice between every 2 tomatoes. Repeat until all the vegetables are used. (This can be prepared a few hours ahead of time and refrigerated.)
- Drizzle the pesto vinaigrette over each tomato 20 minutes before serving. Decorate with the basil sprigs.

*Makes 30 servings*

## **Mushroom Phyllo**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



1 lb. shiitake mushrooms  
1 lb. common mushrooms  
2 onions  
2 large garlic cloves  
2 Tbsp. vegan margarine (try Earth Balance brand)  
1/2 tsp. thyme  
1/4 cup red wine  
2 8-oz. containers vegan cream cheese  
Salt and pepper, to taste  
1 stick vegan margarine, melted  
1 pkg. frozen phyllo dough, cut into 1 1/2-inch-wide strips and covered with a damp towel

- Preheat the oven to 350°F. In a food processor, combine the mushrooms, onions, and garlic. Pulse for approximately 20 seconds, or until finely chopped.
- Place the 2 Tbsp. margarine and the thyme in a skillet and add the mushroom mixture. Sauté over medium-high heat for approximately 6 to 8 minutes. Add the red wine. Cook for an additional 5 minutes, or until starting to brown. Mix in the vegan cream cheese, salt, and pepper. Continue cooking for 3 minutes. Let cool for 20 minutes.
- Add approximately 1 rounded tsp. of the mushroom mixture to the center of each phyllo strip. Wrap in triangles (like a flag), using 2 strips if necessary. These can be frozen ahead of time.
- Brush with the melted margarine. Bake for approximately 20 minutes, or until golden. Serve in a basket with the salad course.

*Makes 50 servings*

### **Bean Curd With Chili Sauce**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



1 cup plus 2 Tbsp. corn flour or plain flour  
3 tsp. salt  
Water sufficient to form a paste for coating  
Vegetable oil for deep-frying  
1 4/8 lbs. bean curd, cut into 1-inch cubes  
1/4 cup vegetable oil  
24-25 green chilies, chopped into long shreds  
16 garlic cloves, crushed  
3 Tbsp. soy sauce  
1/4 cup plus 2 Tbsp. chili sauce  
3/4 cup tomato sauce  
3 tsp. sugar  
1 1/2 tsp. pepper  
1 1/2 tsp. salt  
1/4 cup plus 2 Tbsp. chopped fresh coriander  
6 spring onions, shredded

- Mix the flour and the salt in a bowl with enough water to make a batter that can be poured but that is thick enough to coat the bean curd cubes.
- In a heavy skillet over medium heat, heat the oil for deep-frying.
- Dip each piece of the bean curd into the batter and then deep-fry until brown and crispy.
- In a wok, heat the 1/4 cup of oil and stir-fry the green chilies and the garlic. Add the soy sauce, chili sauce, and tomato sauce.
- Add the sugar, pepper, and salt and then add the bean curd cubes, stirring well.
- Cook over medium heat until the sauce coats the bean curd cubes. Stir in the coriander.
- Garnish with the spring onions and serve immediately.

*Makes 24 servings*

### **Black-Bean Cakes With Lime-Peppered 'Mayo'**

*For the Black-Bean Cakes:*

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



1 1/4 lbs. cooked black beans, rinsed and drained  
3/4 cup vegan margarine, softened (try Earth Balance brand)  
3/4 cup chopped cilantro  
3/4 cup chopped shallots  
4 Tbsp. minced garlic  
4 Tbsp. Creole seasoning  
1 1/2 cups breadcrumbs  
Salt and pepper, to taste  
1 1/2 cups canola oil

- Preheat the oven to 300°F.
- Place the beans on paper towels to soak up the excess moisture. Bake on a cookie sheet for 20 minutes. Let cool.
- In a food processor, combine the beans, vegan margarine, cilantro, shallots, garlic, Creole seasoning, breadcrumbs, salt, and pepper. Refrigerate for 1 to 2 hours.
- Form into patties.
- Heat the oil in a skillet over medium heat. Fry the cakes for 4 minutes, or until browned and crispy, then flip and cook on the other side. Drain on paper towels. Serve with the Lime-Peppered “Mayo.”

*For the Lime-Peppered ‘Mayo’:*

6 cups vegan mayonnaise (try Vegenaïse brand)  
3 Tbsp. fresh lime juice  
6 jalapeño peppers, minced  
Salt and pepper, to taste

- Mix the vegan mayonnaise, lime juice, and jalapeño in a bowl. Season with the salt and pepper and refrigerate until ready to serve.

*Makes 24 servings*

## **Blackened Tofu With Remoulade Sauce**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Remoulade Sauce:*

72 oz. vegan mayonnaise  
8 oz. chopped capers  
12 Tbsp. chopped chives  
12 Tbsp. chopped chervil  
12 Tbsp. chopped tarragon  
12 tsp. Dijon mustard  
3 tsp. salt  
Tabasco sauce, to taste

- Combine all the ingredients.

*For the Tofu:*

3 tsp. paprika  
6 tsp. onion powder  
6 tsp. garlic powder  
1 1/2 tsp. cayenne pepper  
1 1/2 tsp. white pepper  
3 tsp. whole black peppercorns  
1 tsp. thyme  
2 tsp. oregano  
Salt, to taste  
6 cups flour  
6 lbs. extra-firm tofu  
3 cups melted margarine  
Oil for frying

- Grind all the spices together in a food processor. Mix with the flour.
- Dip the tofu in the margarine and dredge in the flour mixture. Fry in the oil until golden brown and serve with the Remoulade Sauce.

*Makes 24 servings*

## **Frittata**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



3/4 cup olive oil  
4 onions, finely chopped  
16 green onions, chopped, with the green and white parts separated  
16 cloves garlic, minced  
8 medium potatoes, shredded  
2 1/2 Tbsp. salt, divided  
2 tsp. pepper, divided  
8 lbs. firm tofu  
1/2 cup soy sauce  
2 cups nutritional yeast (optional)  
1/2 cup faux bacon bits (try Bacos)

- Preheat the oven to 350°F.
- In a large skillet, heat the olive oil over medium heat. Add the onion and the white parts of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 1/4 tsp. of the salt, and 1 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until well-browned.
- Blend the remaining salt and pepper, the tofu, soy sauce, and nutritional yeast in a food processor until creamy. Fold in the faux bacon bits, the green parts of the green onions, and the fried potatoes. Pour in to a large, oiled pie or tart pan. Bake for 30 to 40 minutes, or until the center is firm.
- Allow to cool for 10 minutes, then invert onto a serving plate.

*Makes 24 servings*

### **Endless Summer Vegetable Strata With Cilantro-Lemon Pesto**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



12 cloves garlic, peeled  
3 tsp. salt, plus more for seasoning  
12 cups chopped fresh cilantro  
3 cups chopped fresh parsley  
6 cups cooked white beans, drained and rinsed if canned  
1 cup plus 2 Tbsp. olive oil  
1 cup plus 2 Tbsp. lemon juice  
1 1/2 tsp. cayenne pepper  
3 cups vegetable stock  
6 Vidalia onions, chopped  
6 red bell peppers, seeded and chopped  
6 yellow bell peppers, seeded and chopped  
18 cups cubed day-old French or Italian bread, crusts removed  
9 lbs. zucchini or yellow summer squash, trimmed and thinly sliced  
Salt and pepper, to taste  
6 large russet potatoes, peeled and thinly sliced  
24 ripe plum tomatoes, thinly sliced  
1 cup plus 2 Tbsp. toasted chopped almonds, breadcrumbs, or grated soy parmesan cheese

- Preheat the oven to 375°F. In a food processor, combine the garlic and 1/2 tsp. of the salt and process until the garlic is minced. Add the cilantro and parsley and process until well-minced. Add the beans, 2 Tbsp. of the olive oil, the lemon juice, cayenne pepper, and vegetable stock and blend until smooth to make a pesto. Set aside.
- In a large sauté pan, heat the remaining 1 cup of oil over medium heat. Add the onion and bell peppers, cover, and cook for 5 minutes, or until softened. Remove the pan from the heat and set aside.
- Spread the bread cubes on the bottom of a lightly oiled hotel pan and layer half the zucchini or squash slices on top. Season with salt and pepper, to taste. Spoon about 1/4 of the pesto on the zucchini or squash and top with 1/2 of the potato slices. Season with salt and pepper, to taste, and layer with 1/3 of the tomato slices. Layer 1/2 of the onion-and-bell-pepper mixture evenly across the tomato slices. Top with a layer of the remaining zucchini slices. Season with salt and pepper and top with 1/4 of the remaining pesto. Continue layering in the same order with the remaining ingredients (excluding the almonds, breadcrumbs, or cheese). Season with salt and pepper, to taste.
- Cover and bake about 45 to 50 minutes, or until the vegetables are tender. Remove the cover, top with the almonds, breadcrumbs, or cheese and return to the oven for about 10 minutes, or until the top is browned.

*Makes 24 servings*



## **Vegan French Toast**

*by Chef Tanya Petrovna*

1/2 gal. water  
1 cup plus 2 Tbsp. unbleached flour  
3/4 cup melted vegan margarine  
6 Tbsp. cornstarch  
6 Tbsp. maple syrup  
1 1/2 tsp. almond extract  
1 1/2 tsp. cinnamon  
1 1/2 tsp. turmeric  
1/4 tsp. salt  
36 1-inch slices of French bread  
3/4-1 cup shortening

- In a blender, combine the water, flour, vegan margarine, cornstarch, maple syrup, almond extract, cinnamon, turmeric, and salt.
- Pour in to a pan and cook, whisking constantly, over medium heat until thickened. Remove from the heat and cool to room temperature.
- Soak the bread in the batter.
- While the bread is soaking, melt the shortening in a skillet over medium heat. Cook the bread for 3 to 5 minutes on each side, flipping once the bottom is browned.

*Makes 24 servings*



### **Ginger-Baked Tofu**

6 blocks firm tofu  
1 cup soy sauce  
3 cups water  
3 Tbsp. minced ginger  
3 Tbsp. minced garlic  
3 Tbsp. sesame oil  
1/3 cup sesame seeds

- Preheat the oven to 425°F. Spray a baking sheet with cooking spray.
- Slice each tofu block into 4 large rectangular pieces and lay in a single layer on the baking sheet.
- Whisk together the soy sauce, water, ginger, garlic, and sesame oil and pour over the tofu. Sprinkle with the sesame seeds.
- Bake for 30 minutes, then rotate the pan and cook for 15 minutes, or until the liquid is mostly, but not completely, gone.

*Makes 24 servings*



### **Grilled Teriyaki Shiitake Mushrooms and Pineapples With Asian Slaw**

*For the Grilled Teriyaki Shiitake Mushrooms and Pineapples:*

2 1/2 cups firmly packed brown sugar  
2 Tbsp. grated fresh ginger  
4 Tbsp. minced garlic  
6 cups pineapple juice  
3 cups soy sauce  
Salt and pepper, to taste  
6 lbs. shiitake mushrooms, cleaned and stems removed  
12 cups cubed pineapple

- Whisk together the sugar, ginger, garlic, pineapple juice, soy sauce, salt, and pepper to create a marinade.
- Marinate the mushrooms for 30 minutes. Remove from the marinade and set aside.
- Thread the mushrooms and pineapple onto skewers and grill over an open flame, basting occasionally, until the pineapple caramelizes and the mushrooms are cooked. Serve with the Asian Slaw.

*For the Asian Slaw:*

1 1/2 cups rice vinegar  
3/4 cup soy sauce  
4 Tbsp. sesame oil  
1 1/2 tsp. red pepper flakes  
12 cups shredded green cabbage  
6 cups shredded red cabbage  
6 large carrots, julienned  
2 cups snow peas  
1 1/2 cups thinly sliced green onions  
1/3 cup chopped parsley  
4 Tbsp. toasted sesame seeds

- Combine the vinegar, soy sauce, sesame oil, and red pepper flakes. Toss with the cabbage, carrots, snow peas, green onions, and parsley. Garnish with the sesame seeds.

*Makes 24 servings*



### **Hungarian-Style Braised Mushrooms**

*The paprika, Cashew Crème, and apple cider vinegar supply the flavor and feel of a typical Hungarian-style dish. A mixture of mushroom varieties would work well too.*

*For the Mushrooms:*

4 lbs. sweet onions, sliced  
1/2 cup olive oil  
1/2 cup minced garlic  
8 cups julienned sweet red peppers  
8 lbs. baby bella or white button mushrooms  
Salt and ground black pepper, to taste  
4 Tbsp. paprika  
1/4 tsp. cayenne  
1 1/4 cups flour  
1 cup tomato paste  
1 gal. Mushroom Stock (See recipe below)  
3/4 cup soy sauce  
4 cups Cashew Crème (See recipe below)  
4 Tbsp. apple cider vinegar

- Sauté the onions in the olive oil over medium-high heat for 5 minutes. Add the garlic and red peppers and sauté for 2 minutes. Add the mushrooms and sauté for 5 minutes.
- Stir in the salt, pepper, paprika, cayenne, and flour. Stir in the tomato paste and then slowly stir in the Mushroom Stock and soy sauce and bring to a boil. Simmer for 10 minutes, then add the Cashew Crème and the apple cider vinegar. Cook a few minutes longer. Season, to taste.
- Serve with noodles, rice, or some other grain.

*For the Mushroom Stock:*

4 cups dried mushrooms  
5 qts. vegetable stock

- Simmer the dried mushrooms in the stock for 10 minutes. Remove the mushrooms with a slotted spoon and rinse if needed. Chop coarsely and set aside.
- Strain the stock through a fine sieve or coffee filter to remove any soil. Add the mushrooms and keep warm until ready to use.

*For the Cashew Crème:*

2 cups raw cashews\*  
3 cups water

- Place the cashews and the water in a blender. Let sit for 20 minutes. Using pulsing actions, blend until very smooth.

*\*Note:* Roasted cashews may be used instead of raw cashews. If only salted cashews are available, reduce or eliminate the salt in the mushroom recipe.

*Makes 24 servings*

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



### **Johnny Cakes**

6 Tbsp. sugar

3 tsp. sea salt

6 cups corn meal

6 cups boiling water

1 cup plus 3 Tbsp. plain soy milk

Vegetable oil sufficient for frying

Vegan margarine

- In a large bowl, combine the sugar, salt, and corn meal. Add the boiling water and stir well. Thin immediately with the soy milk to achieve a consistency that will drop easily from a spoon. (Additional soy milk may be necessary: The mixture should be the consistency of thin mashed potatoes.)
- Heat the vegetable oil on the griddle. Drop the batter onto the griddle by spoonfuls and cook for 5 to 6 minutes on each side, or until a brown, crunchy crust is formed and the inside is soft. Serve hot with the vegan margarine.

*Makes 24 servings*



### **Lasagne**

2 lbs. lasagne noodles  
80 oz. frozen chopped spinach, thawed and drained  
4 lbs. soft tofu  
4 lbs. firm tofu  
4 Tbsp. sugar  
1 cup soy milk  
2 tsp. garlic powder  
1 cup lemon juice  
1/4 cup minced fresh basil  
8 tsp. salt  
1 gal. tomato sauce

- Cook the lasagne noodles according to the package directions. Drain and set aside.
- Preheat the oven to 350°F.
- Squeeze the spinach as dry as possible and set aside.
- Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.
- Cover the bottom of a 9 x 13-inch baking dish with a thin layer of the tomato sauce, then a layer of the noodles (use about 1/3 of the noodles). Follow with 1/2 of the tofu filling. Continue in the same order, using 1/2 of the remaining tomato sauce and noodles and all the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

*Makes 24 servings*



### **Pad Thai**

8 lbs. soba, rice, or other noodles  
2 1/2 cups tamari or soy sauce  
2 1/2 cups lemon or lime juice  
1/2 cup peanut butter  
1/2 cup tahini (or omit and use more peanut butter)  
16 green chilies, seeded and minced  
2 cups sugar or other sweetener  
8 large onions, chopped  
32 garlic cloves, peeled and minced  
4 lbs. tofu, cubed (optional)  
1/3 cup minced fresh ginger, (optional)  
1 cup sesame oil  
18 cups chopped carrots  
2 cans water chestnuts  
8 cups bean sprouts  
8 broccoli stalks, steamed  
Limes for garnish (optional)  
Chopped peanuts for garnish (optional)  
Sliced green onions for garnish (optional)

- Prepare the noodles, then drain and set aside. In a separate bowl, mix the tamari or soy sauce, lemon or lime juice, peanut butter, tahini, chilies, and sugar and set aside.
- In a wok, stir-fry the onion, garlic, tofu, and ginger in the sesame oil. Add the carrots, water chestnuts, and a little water and stir-fry for a few minutes. Add the tamari mixture, bean sprouts, broccoli, and noodles. Stir and cook over medium heat for about 5 minutes, or until the sauce thickens. Serve with the limes, chopped peanuts, and/or sliced green onions.

*Makes 24 servings*



### **Potato-and-Soy-Beef Empanadas**

6 medium potatoes, boiled for 5 minutes

3 onions, diced

4 Tbsp. olive oil

3 lbs. Eco-Cuisine Ground-Beef-Style Quick Mix (reconstituted)

3 tsp. chili powder

1 tsp. cumin

Salt and pepper, to taste

Puff pastry sheets sufficient to wrap the filling or 48 vegan wonton wrappers

- Shred the potatoes.
- Sauté the onions and the potatoes in the olive oil until soft and starting to brown. Add the “beef,” chili powder, cumin, salt, and pepper and cook over medium heat for an additional 5 minutes.
- Wrap the filling in the puff pastry or wonton wrappers. Fry until golden.

*Makes 24 servings*



### **Potato Torta With ‘Sausage’ and Chard**

*A mandolin slicer can be used to slice the onions and potatoes—the thinner the slices, the less time this will take to bake. Baby spinach or kale can be substituted for the chard. Breadcrumbs can be sprinkled on with the final sprinkling of cheese, if desired.*

1/2 cup olive oil  
4 yellow onions, minced  
4 bunches Swiss chard, finely chopped  
1 1/2 qts. crumbled vegetarian sausage (try Tofurky Italian Sausages or Gardenburger breakfast patties)  
Salt and pepper, to taste  
4 large ripe tomatoes, thinly sliced  
6 lbs. Yukon Gold potatoes, thinly sliced  
32 oz. shredded vegan mozzarella cheese

- Preheat the oven to 400°F. Lightly oil a hotel pan and set aside.
- Heat 1 Tbsp. of the oil in a large sauté pan and add the onion. Cover and cook over medium heat until softened, about 5 minutes. Add the chard and cook until wilted. Stir in the “sausage” and cook until the mixture is well-combined. Season, to taste, with the salt and pepper. Set aside.
- Spread the tomato slices in the bottom of the prepared pan. Top with a layer of slightly overlapping potato slices. Brush the potato layer with some of the remaining olive oil and season with the salt and pepper.
- Spread about 1/2 of the “sausage”-and-chard mixture over the potatoes and sprinkle with 1/2 of the “cheese.” Top with another layer of potatoes, followed by the remaining “sausage”-and-chard mixture.
- Top with a final layer of potatoes, brush on or drizzle with more olive oil, and season with the salt and pepper, to taste. Sprinkle with the remaining “cheese.”
- Cover and bake for 45 minutes to 1 hour, or until the potatoes are tender. Uncover and continue baking for 10 to 15 minutes, or until the top is brown.

*Makes 24 servings*



### **Vegetarian Riblets With South American Pesto Sauce**

*For the South American Pesto Sauce:*

18 bunches Italian (flat-leaf) parsley  
1 cup olive oil  
4 1/2 cups white wine vinegar  
Juice of 18 lemons  
36 garlic cloves, peeled  
1/4 cup salt  
3 tsp. coarsely ground black pepper  
9 tsp. crushed red pepper flakes

- Purée all the ingredients in a food processor.

*To Assemble:*

24 “naked” vegetarian riblets

- Brush each “riblet” with some of the South American Pesto Sauce and grill over an open flame for 3 to 5 minutes, turning once.
- Spoon 1 tsp. of the remaining sauce over each “riblet” before serving.

*Makes 24 servings*



### **Tequila-Lime Tofu Wrap With Avocado**

4 Tbsp. olive oil  
2 1/4 lbs. Pete's Tequila-Lime Tofu Cubes  
4 cups diced green pepper  
4 cups diced onion  
8 small jalapeño peppers, diced (optional)  
4 cups canned tomatoes, drained  
Salt, to taste  
24 flour tortillas  
4 cups refried beans (optional)  
4 avocados, sliced

- Heat the oil in a nonstick frying pan over medium heat. Add the tofu cubes. Stir gently to prevent the cubes from sticking together.
- Add the green pepper, onion, and jalapeños. Stir-fry for 5 minutes, or until the desired tenderness is reached.
- Add the tomatoes and the salt. Stir-fry until simmering.
- Prepare a flour tortilla by spreading some of the refried beans lengthwise down the middle.
- Add 2 to 3 Tbsp. of the tofu-and-vegetable stir-fry and the avocado. Roll tight. Repeat until the remaining ingredients are used.

*Makes 24 servings*



## **Tempeh Provençale**

*by Chef Tanya Petrovna*

### *For the Tempeh:*

36 tempeh patties, sliced 1/4-inch scaloppini  
1 1/4 cups soy sauce  
20 slices fresh ginger  
4 1-inch pieces kombu (sea vegetable)  
1 tsp. sea salt  
4 garlic cloves, sliced  
1 1/2 gallons water

- In a large pot, combine all the ingredients and simmer for 1 hour. Drain the tempeh and set aside.

### *For the Sauce:*

1 1/4 cups olive oil  
12 tomatoes, chopped  
12 garlic cloves, minced  
6 cups canned or bottled artichoke hearts, sliced lengthwise  
1 1/4 cups sliced kalamata olives  
6 Tbsp. capers  
6 tsp. sea salt  
1 tsp. black pepper  
3 cups white wine

- Heat the olive oil in a skillet and sauté the tomatoes and garlic for 2 to 3 minutes. Add the artichoke hearts, olives, capers, salt, and pepper. Sauté for another minute.
- Add the white wine and simmer for approximately 3 minutes.

### *To Assemble:*

Fresh lemon slices for garnish  
2 Tbsp. chopped parsley

- Spoon the sauce on top of the tempeh and garnish with the lemon slices and parsley.

*Makes 24 servings*



### **Texas Grinders**

5 peppers, sliced

3 large onions, sliced

4 Tbsp. olive oil

1/4 cup vegan margarine

24 hoagie rolls

24 vegan riblets

24 oz. barbecue sauce

24 oz. shredded Monterey Jack “cheese” (try Follow Your Heart brand)

- Sauté the peppers and onions in the olive oil until the onions are translucent.
- Spread the margarine on the rolls and toast until lightly browned.
- Cook the “riplets” on a grill until hot. Spread with the barbecue sauce and place on the rolls.
- Top with the grilled peppers and onions and the vegan cheese. Broil for 30 seconds, or until the “cheese” is melted. Serve immediately.

*Makes 24 servings*



### **Thai ‘Chicken’ Wraps**

*For the ‘Chicken’:*

4 Tbsp. canola oil

3 lbs. vegetarian chicken strips (try Garden Protein’s Gardien Chicken or Sysco MoonRose Unsauced Soy Chicken Shreds)

6 Tbsp. tamari or soy sauce

6 Tbsp. grill seasoning

- Heat the oil in a grill pan or a sauté pan over high heat. Add the “chicken” strips, soy sauce, and grill seasoning. Cook for 3 minutes, making sure both sides are seared. Set aside and let cool.

*For the Filling:*

6 tsp. agave nectar or rice syrup

3/4 cup rice wine vinegar

Salt, to taste

3 cucumbers, peeled and cut into 1/4-inch pieces

12 cups fresh bean sprouts

6 cups shredded carrots

18 scallions, thinly sliced

42 basil leaves, chopped

- In a medium bowl, combine the agave nectar, vinegar, and salt and mix well. Toss with the cucumbers, sprouts, carrots, scallions, basil, and salt, then mix in the cooled “chicken” strips.

*For the Thai Peanut Sauce:*

3/4 cup freshly grated ginger

1 1/2 cups soy sauce

1 1/2 cups olive oil

1 1/2 cups creamy peanut butter

1 1/4 cups lemon juice

4 1/2 Tbsp. chopped garlic

6 Tbsp. agave nectar

3/4 tsp. crushed red pepper

- Combine all the ingredients in a food processor until smooth.

*To Assemble:*

24 flour tortillas

- In a hot skillet, heat the tortillas for 15 seconds on each side. Pile on the “chicken” mixture and drizzle with the Thai peanut sauce, then roll up like a burrito.

*Makes 24 servings*



### **Tofu 'Scampi' Wraps**

4 Tbsp. olive oil  
1 tsp. red pepper flakes  
4 garlic cloves, crushed  
1 lb. extra-firm tofu, cut into 1/2-inch cubes  
1 1/2 tsp. vegan steak seasoning (try Montreal Steak Seasoning)  
2 hearts romaine lettuce, chopped  
3 Tbsp. capers  
Juice and zest of 1 lemon  
Salt and pepper, to taste  
4 spinach tortillas

- Heat a large sauté pan over medium-high heat. Add 2 Tbsp. of the olive oil, the red pepper flakes, and the garlic. Add the tofu and the steak seasoning. Cook for 10 minutes, stirring frequently, until the tofu is browned. Transfer to a plate and let cool.
- Meanwhile, place the lettuce in a large bowl. Add the cooled tofu, the capers, and the lemon juice and zest. Toss with the remaining oil and season with the salt and pepper.
- Heat the tortillas briefly to soften. Fill with the tofu mixture and wrap up.

*Makes 4 servings*



### **Tom Yam Kung**

1 1/2 gallons water  
12 stems lemon grass, cut into small pieces  
30 thin slices galangal (baby ginger)  
18 shallots, finely chopped  
24 fresh lime leaves, torn  
18 Thai hot chilies, crushed  
1 1/2 cups lime juice  
9 cups halved button mushrooms  
12 cups chopped tofu  
Salt, to taste  
3/4 cups chopped coriander leaves

- Bring the water to a boil.
- Add the lemon grass, galangal, shallots, lime leaves, chilies, lime juice, mushrooms, and tofu. Season with the salt to taste.
- Top with the coriander leaves. Serve hot.

*Makes 24 servings*



### **Walnut-Dusted Artichoke-and-Two-Potato Gratin**

*Crumbled vegetarian sausage or burger crumbles can be added to this recipe, if desired.*

11 cups plus 5 oz. canned white beans, drained and rinsed  
3 tsp. dried oregano  
3 cups vegetable stock  
Salt and pepper, to taste  
12 Tbsp. olive oil  
12 garlic cloves  
6 cups minced scallions  
12 tomatoes, chopped  
13 1/2 cups frozen artichoke hearts, thawed and chopped  
4 1/2 lbs. new potatoes, sliced 1/8-inch thick  
4 1/2 lbs. sweet potatoes, peeled and thinly sliced  
3 cups ground walnuts

- Preheat the oven to 375°F. In a blender or food processor, combine the beans, oregano, and vegetable stock. Season with the salt and pepper. Set aside.
- Heat the oil in a sauté pan. Add the garlic and scallions and cook until fragrant and slightly softened. Stir in the tomatoes and artichoke hearts and cook 5 minutes longer. Remove from the heat and set aside.
- Lightly oil a 2-quart gratin dish. Seasoning each layer with salt and pepper as you go, layer half of the new potatoes, sweet potatoes, and artichoke mixture in the prepared dish. Pour on half of the bean mixture and repeat the layering with the remaining vegetables, ending with the remaining bean mixture.
- Sprinkle the walnuts on top. Cover and bake until tender, about 45 minutes. Remove and continue to bake, covered, until the top is golden brown, about 15 minutes.

*Makes 24 servings*



### **Quinoa Casserole**

*Serve slices of this loaf with a vegetable side dish and perhaps a leafy green salad. You may also wish to serve it with a sauce, such as a tahini-lemon, carrot, or tomato sauce.*

6 cups quinoa  
12 cups water  
2 tsp. sea salt  
1/2 cup olive oil  
8 cups finely diced celery  
2 cups finely diced fennel  
4 cups finely diced onions  
5 Tbsp. minced garlic  
2 cups finely diced red bell pepper  
4 tsp. sea salt  
8 tsp. dried marjoram  
2 tsp. cardamom  
1/2 cup sesame seeds  
6 cups cooked pinto beans  
1 cup tahini  
1 cup stone-ground whole-wheat flour  
1 cup gluten flour

- Place the quinoa, water, and 2 tsp. sea salt in a medium saucepan. Bring to a simmer and cook, covered, for about 15 minutes, or until all the water is absorbed. Set aside.
- Heat the oil in a medium saucepan. Add the celery, fennel, onions, garlic, bell peppers, 4 tsp. sea salt, marjoram, and cardamom and sauté for about 5 minutes, stirring occasionally to prevent burning.
- Add the cooked quinoa and stir in the sesame seeds, pinto beans, and tahini.
- Mix the 2 flours together and stir into the vegetable and quinoa mixture. Lightly oil a full-size shallow steam pan or oil and flour the pan. Evenly press the mixture into the pan. Bake at 400°F for about 45 minutes, or until the loaf reaches an internal temperature of 180-200°F. Remove from the oven and let sit for 10 minutes before serving.

*Makes 24 servings*



### **Millet Casserole**

*Serve this versatile casserole as a lunch or dinner entrée.*

4 1/2 cups millet, rinsed  
2 3/4 gallons water  
2 Tbsp. sea salt  
4 1/2 cups peeled and finely diced carrots  
3 cups finely diced celery  
3 cups finely diced onions  
3 garlic cloves, minced  
6 Tbsp. sesame oil  
4 1/2 tsp. dill weed  
3 tsp. dried thyme  
3 cups pistachio nuts or roasted sunflower seeds (optional)  
1/2 cup plus 1 Tbsp. unbleached flour  
1/2 cup plus 1 Tbsp. gluten flour

- Place the millet in a medium saucepan with the water and 1 Tbsp. of the sea salt and cook, covered, over medium heat for about 30 minutes, or until soft.
- Sauté the carrots, celery, onions, and garlic in the oil for 10 to 15 minutes, or until the onions are translucent. Add the dill weed, thyme, remaining salt, and, if using, the pistachio nuts or sunflower seeds. Mix the 2 flours together and add to the millet mixture, blending well so the casserole will hold together.
- Lightly oil and flour a shallow full-size steam table pan. Press the millet mixture into the pan and bake in a preheated 400°F oven for about 1 hour. (If the millet mixture is warm when you put it in the pan, reduce the baking time to about 45 minutes.) Remove from the oven and let cool for 10 minutes. Remove from the pan, being careful not to break the casserole. (To avoid doing so, you may wish to slice it while it is still in the pan.)

*Makes 24 servings*

### **Jamaican Tortellini Primavera**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Sauce:*

1/4 cup vegetable oil  
1 lb. onions, chopped  
1 lb. green peppers, chopped  
1 lb. carrots, chopped  
1 lb. celery, chopped  
3 Tbsp. garlic, minced  
10-lb. can diced tomatoes  
2-qt. container Minor's Caribbean Style prepared sauce  
3 Tbsp. salt  
2 jalapeño peppers, seeded and finely minced  
3 bay leaves  
1/4 cup fresh parsley, chopped  
Salt and pepper, to taste

- Heat the oil in a medium saucepan over medium heat. Add the onions, peppers, carrots, and celery. Sauté for 10 to 12 minutes, or until soft.
- Add the garlic and cook for 3 minutes.
- Add the remaining ingredients, except for the parsley, salt, and pepper.
- Simmer for 45 minutes.
- Add the parsley. Season with the salt and pepper.

*For the Pasta:*

5 lbs. Carla's Pasta Vegan Tortellini

- Place the pasta in a large pot of boiling salted water. Cook according to the package directions and drain.

*To Assemble:*

- Toss the pasta with the sauce and serve immediately.

*Makes approximately 20 servings*

## **Tortellini in Roasted Tomato and Rosemary Sauce With Baby Squash**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Sauce:*

1/2 cup olive oil  
10 lbs. plum tomatoes, cut in half lengthwise  
1/2 cup whole garlic cloves, peeled  
5 large white onions, coarsely chopped  
3 Tbsp. fresh rosemary leaves, pulled off the stems  
3 Tbsp. salt  
1 Tbsp. black pepper  
1 1/2 tsp. sugar

- Spread half of the olive oil onto 4 or 5 sheet pans.
- Place the tomatoes, cut side down, onto the pans.
- Sprinkle the garlic cloves and onions around the tomatoes, along with the rosemary, salt, and pepper.
- Sprinkle the remaining olive oil on top of everything and cook in a 425°F oven, uncovered, for 35 to 40 minutes, or until the tomatoes and garlic are browned and cooked through.
- Pour the entire contents of each sheet pan, including all the liquid, into a food processor. Add the sugar and pulse just long enough to liquefy.
- Strain through a mesh strainer.
- Season with salt and pepper, if needed. If too thin, bring to a simmer and then add 3 Tbsp. cornstarch and 3 Tbsp. cold water. Whisk thoroughly and bring to a simmer again, cooking for 2 minutes.

*For the Squash:*

3 lbs. yellow patty pan squash, stems removed and cut into halves or quarters  
3 lbs. green patty pan squash, stems removed and cut into halves or quarters\*

- Place the squash in a large pot of boiling water and lightly blanch for 3 to 4 minutes, or until almost cooked through but still crunchy.
- Strain and plunge into an ice bath to stop the cooking process.
- Remove from the ice bath after 5 minutes, or when completely cooled.

*For the Pasta:*

5 lbs. Carla's Pasta Vegan Tortellini

- Place the pasta in a large pot of boiling salted water. Cook according to the package directions and drain.

*To Assemble:*

Fresh sprigs of parsley for garnish (optional)

- Toss the pasta, sauce, and squash together. Garnish with the parsley, if using, and serve.

*Makes approximately 30 servings*

\*Note: Zucchini and yellow squashes, cut into 3/4-inch dice, may be substituted.



## **Stuffed Shells With Chipotle Tomato Sauce and Mozzarella ‘Cheese’**

### *For the Sauce:*

1/2 cup vegetable oil, preferably pure olive oil  
2 1/2 cups diced white or yellow onion  
3 Tbsp. minced garlic  
1 cup dry white wine  
3 cans diced tomatoes  
1 cup tomato paste  
4 bay leaves  
2 1/2 Tbsp. chili powder  
2 tsp. cumin  
2 tsp. coriander  
2 1/2 Tbsp. chipotle in adobo  
2 Tbsp. white sugar  
1/4 cup freshly chopped basil  
1/2 cup freshly chopped flat-leaf parsley  
Salt and black pepper, to taste

- Heat the oil in a medium stockpot. Add the onions and cook until soft, about 5 to 8 minutes.
- Add the garlic and cook for an additional 3 minutes.
- Add the wine and stir well. Cook for 1 to 2 minutes to allow some of the alcohol to cook off.
- Add the remaining ingredients, except for the fresh herbs, salt, and pepper, and stir well. Bring to a simmer, then lower the heat and slowly simmer for 1 1/2 hours, stirring every 10 minutes.
- Add the fresh herbs and season with the salt and pepper.

### *To Assemble:*

10 lbs. Carla’s Pasta Vegan Stuffed Shells, fully thawed  
2 1/2 lbs. shredded vegan mozzarella  
1/2 cup chopped parsley for garnish

- Spread the shells in a single layer in 2-inch-deep hotel pans.
- Pour the sauce on top and bake, covered, at 350°F for 20 minutes.
- Sprinkle the “cheese” on top and bake for an additional 5 minutes, uncovered, or until the “cheese” melts. Sprinkle with the parsley and serve.

*Makes approximately 40 servings*



## Ravioli With Spring Vegetables

### *For the Sauce:*

1/2 cup vegetable oil, preferably pure olive oil  
2 1/2 cups diced white or yellow onion  
3 Tbsp. minced garlic  
1 cup dry white wine  
1/4 cup dried Italian seasoning  
4 bay leaves  
2 Tbsp. white sugar  
3 cans diced tomatoes  
1 cup tomato paste  
1/4 cup freshly chopped basil  
1/2 cup freshly chopped flat-leaf parsley  
Salt and black pepper, to taste

- Heat the oil in a medium stockpot. Add the onions and cook until soft, about 5 to 8 minutes.
- Add the garlic and cook for an additional 3 minutes.
- Add the wine and stir well. Cook for 1 to 2 minutes to allow some of the alcohol to cook off.
- Add the remaining ingredients, except for the fresh herbs, salt, and pepper, and stir well. Bring to a simmer, then lower the heat and slowly simmer for 1 1/2 hours, stirring every 10 minutes.
- Add the fresh herbs and season with the salt and pepper.

### *For the Vegetables:*

1/4 cup olive oil  
1 qt. diced red onion  
1 qt. sliced green onion  
1 qt. diced green peppers  
1 qt. diced red peppers  
1 qt. seeded, diced tomatoes  
1 qt. diced yellow squash  
1 qt. diced zucchini  
1 Tbsp. chopped garlic  
3/4 cup chopped parsley  
Salt and pepper, to taste

- Heat the oil in a large flat-bottomed pan.
- Add the remaining ingredients, except for the parsley, salt, and pepper, and sauté for 10 minutes, or until the vegetables are softened but still slightly crunchy.
- Add the parsley and season with the salt and pepper.

### *To Assemble:*

10 lbs. Carla's Pasta Vegan Ravioli, prepared according to package directions

- Combine the sauce and the vegetables.
- Ladle over the ravioli and serve immediately.

*Makes approximately 35 to 40 servings*

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



## **Cajun-Seared Garden Protein Chicken Breast With Maple-Roasted Sweet Potatoes and Red Onions and Avocado Cream**

### *For the Avocado Cream*

4 large avocados, peeled and pitted  
3/4 cup vegan mayonnaise (try Vegenaïse)  
Juice of 2 limes (or more, to taste)  
2 tsp. salt (or more, to taste)  
1/4 tsp. ground white pepper (or more, to taste)

- Place all the ingredients in a food processor and blend until smooth. Adjust the seasonings.
- Place in squeeze bottles and refrigerate.

### *For the Sweet Potatoes and Red Onions:*

3/4 cup real maple syrup  
2 tsp. salt  
1/4 tsp. cayenne pepper  
1/2 tsp. ground cinnamon  
4 lbs. sweet potatoes, sliced into 1/2-inch rounds  
3 lbs. red onions, sliced into 1/2-inch rounds

- Combine the maple syrup, salt, pepper, and cinnamon and mix well.
- Line 2 sheet pans with parchment paper. Lay out the sweet potato slices on one and the onion slices on the other. Brush carefully with the syrup mixture.
- Bake in a 375°F oven for about 25 minutes, or until the sweet potatoes are just soft and the onions are soft.

### *For the 'Chicken Breasts':*

24 Garden Protein vegan chicken breasts, fully thawed  
3/4 cup vegan margarine, melted (try Earth Balance brand)  
1/2 cup prepared Cajun or blackening spice

- Coat each vegan chicken breast with the melted margarine.
- Sprinkle the Cajun or blackening spice liberally on both sides.
- Sear for 3 to 5 minutes on each side, or until golden brown and heated through.

### *To Assemble:*

- Place 3 slices each of the sweet potatoes and the onions on a plate.
- Slice one vegan chicken breast on a bias and fan out opposite of the potato and onion slices. Using the squeeze bottle, apply the avocado cream in a zigzag cross-hatch pattern. Serve immediately.

*Makes 24 servings*



## **Caribbean-Spiced ‘Chicken’ on Chipotle Mashed Sweet Potatoes With Garlic Wilted Greens**

### *For the Mashed Potatoes:*

5 lbs. sweet potatoes, peeled and roughly diced  
1/2 cup vegan margarine (try Earth Balance brand)  
1 Tbsp. finely chopped fresh thyme  
3 Tbsp. puréed chipotle in adobo  
2 Tbsp. salt

- Boil the sweet potatoes in lightly salted water for 45 minutes, or until tender. Do not overcook. Drain well.
- Add the remaining ingredients and mix well. Be sure to completely break apart all the chunks of sweet potatoes to achieve a smooth texture.

### *For the Garlic Greens:*

1/2 cup vegetable oil  
2 lbs. braising greens, washed, dried, and cut into 1 1/2-inch pieces (try Swiss chard or kale)  
2 Tbsp. chopped garlic  
Salt and pepper, to taste

- Heat the oil in a pan and add the greens, cooking for 2 minutes. Add the garlic and continue cooking for 3 to 5 minutes, or until the greens are completely cooked. Season with the salt and pepper.

### *For the ‘Chicken’:*

2 Tbsp. vegetable oil  
3 lbs. Garden Protein vegan chicken breasts  
Minor’s Caribbean-style sauce

- Heat the oil in a pan and sear the “chicken.”
- Coat with the Caribbean-style sauce.

### *To Assemble:*

- Place an approximately 4-oz. scoop of the hot mashed potatoes on a plate. Add approximately 2 oz. of the hot garlic greens.
- Slice a cooked breast in half on the bias or into strips and fan out on top of the mashed potatoes. Use a little of the excess sauce from cooking the “chicken” to drizzle on top.

*Makes 20 servings*



## **Tofu and Garden Veggie Skewers With Orange-MapleGlaze**

### *For the Glaze:*

4 cups B-grade maple syrup  
Juice of 4 lemons  
1 cup fresh orange juice  
Zest of 2 oranges  
3 tsp. salt  
1/4 tsp. cayenne pepper  
1/2 cup vegan margarine (try Earth Balance brand)

- Combine the maple syrup, juices, zest, salt, and pepper in a saucepan. Bring to a simmer and cook for 15 to 20 minutes, or until reduced by 1/3 and syrupy.
- Remove from the heat and whisk in the margarine 1 Tbsp. at a time.

### *For the Skewers:*

3 lbs. extra-firm tofu  
4 large onions, cut into 3/4-inch dice  
2 yellow peppers, seeded and cut into 3/4-inch dice  
2 green peppers, seeded and cut into 3/4-inch dice  
2 red peppers, seeded and cut into 3/4-inch dice  
3 lbs. whole cherry tomatoes  
2 lbs. whole crimini mushrooms  
20 garlic-herb skewers  
6-8 Tbsp. olive oil

- Thread the tofu, onions, peppers, tomatoes, and mushrooms on the skewers.
- Brush with the olive oil and grill for 3 minutes on each side, or until the vegetables are softened and browned.
- Brush with the prepared glaze and cook for 2 minutes on each side, or until caramelized.
- Brush with additional glaze and serve immediately.

*Makes 20 skewers*



## **Tofu and Japanese Eggplant Skewers With Red Curry Coconut Sauce**

### *For the Sauce:*

1 2/3 cups unsweetened coconut milk  
12 green cardamom pods, crushed  
2 tsp. freshly minced Kaffir lime leaves  
2 garlic cloves, chopped  
2 Tbsp. brown sugar, packed  
1 Tbsp. fresh lime juice  
1 Tbsp. Thai red curry paste  
1 1/2 tsp. kombu  
Salt, to taste

- Combine all the ingredients in a small saucepan.
- Bring to a simmer and cook for 10 minutes. Turn off the heat and steep, covered, for 15 minutes.
- Strain and reserve the sauce. Adjust the seasonings.

### *For the Skewers:*

1 1/2 lbs. extra-firm tofu, cut into 3/4-inch dice  
1 1/2 lbs. Japanese eggplant, skin on and cut into 3/4-inch dice  
3/4 lb. whole shiitake mushrooms  
1 lb. red peppers, cut into 3/4-inch dice  
15 coconut-lime skewers  
1/2 cup vegetable oil  
1 1/2 Tbsp. toasted sesame oil  
Salt and freshly cracked black pepper, to taste

- Thread the tofu, eggplant, mushrooms, and peppers on the skewers.
- Brush with the oils and season with the salt and pepper.
- Grill on each side for 5 minutes, or until the vegetables are softened and browned.
- Serve with the prepared sauce.

*Makes 15 skewers*



## Chipotle Barbecue Tofu Kebabs

*For the Barbecue Sauce:*

1/4 cup vegetable oil  
3/4 lb. onion, diced  
2 tsp. chopped garlic  
1/2 tsp. chili powder  
1/2 tsp. coriander powder  
1/2 tsp. onion powder  
1/2 tsp. curry powder  
1/2 tsp. ground cumin  
1/2 tsp. ground thyme  
2 tsp. strong Dijon mustard  
1 Tbsp. vegan Worcestershire sauce  
2 Tbsp. molasses  
2 Tbsp. light brown sugar, lightly packed  
1/4 cup apple cider vinegar  
1 Tbsp. salt  
2 tsp. chipotle paste  
2 qts. ketchup

- Heat the oil in a medium saucepan.
- Add the onions and cook for 10 to 12 minutes, or until lightly browned.
- Add the garlic and cook for 2 minutes.
- Add the remaining ingredients, stirring well, and bring to a slow simmer.
- Stirring often, allow to simmer for 45 minutes to 1 hour, or until thickened.

*For the Skewers:*

3 lbs. extra-firm tofu  
4 large onions, cut into 3/4-inch dice  
6 red peppers, seeded and cut into 3/4-inch dice  
3 lbs. whole cherry tomatoes  
2 lbs. whole crimini mushrooms  
30 Mexican fiesta skewers  
1/2 cup olive oil

- Thread the tofu, onions, peppers, tomatoes, and mushrooms on the skewers.
- Brush with the olive oil and grill for 3 minutes on each side, or until the vegetables are softened and the seitan is browned.
- Brush with the prepared barbecue sauce and cook for 2 minutes on each side to caramelize.
- Brush with additional sauce and serve immediately.

*Makes 30 skewers*



## **Seitan Strips With Balsamic Caramelized Sweet Onions, ‘Buttered’ Bliss Potatoes, and Herbed Green Beans**

*For the Balsamic Onions:*

1/2 cup vegetable oil  
5 lbs. white or yellow onions, thinly sliced  
1/4 cup dark brown sugar, lightly packed  
1 1/2 cups balsamic vinegar  
1 1/2 Tbsp. salt

- Heat the oil in a large flat-bottomed pan over medium heat. Add the onions and cook for 30 to 35 minutes, or until golden brown.
- Add the brown sugar and cook for 5 minutes.
- Add the vinegar and salt and cook for 20 to 25 minutes, or until the liquid is reduced by 3/4 and has become very thick and syrup-like in consistency. Allow to cool completely.

*For the ‘Buttered’ Potatoes*

5 lbs. red bliss potatoes (may substitute any variety), washed well and cut into 1 1/2-inch chunks  
3 Tbsp. salt  
1/4 cup vegan margarine (try Earth Balance brand)  
2 tsp. ground black pepper  
Salt, to taste

- Place the potatoes and salt in a large stockpot filled with water. Bring to a boil, then reduce the heat and simmer for 15 to 20 minutes, or until the potatoes are just tender. Drain well.
- Place in a large mixing bowl and add the margarine and black pepper. Mix well, being careful not to break up the potato pieces. Adjust the seasoning with salt.

*For the Green Beans:*

1/4 cup vegetable oil  
1 lb. onion, diced  
4 number 10 cans of green beans, drained (reserve 4 quarts of the liquid)  
1/4 cup Minor’s Herb de Provence vegetable base  
1 tsp. ground black pepper  
1 Tbsp. salt

- Heat the oil in a medium stockpot. Add the onions and cook for 5 minutes, or until soft. Add all the other ingredients.
- Bring to a slow simmer and turn off the heat. Serve immediately or hold in hot liquid for up to 1 hour.

*For the Seitan:*

5 lbs. prepared seitan, cut into thin strips  
1/4 cup vegetable oil

- Heat the oil in a large flat-bottomed pan. Add the seitan strips and cook at a high temperature for 5 minutes, or until browned and crisp.
- Assemble the dish by serving approximately 3 oz. of the strips, 4 oz. of the potatoes, and 4 oz. of the beans.

*Makes 24 servings*

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



## Grilled Seitan and Veggie Wraps With SweetGarlic Aioli

### *For the Aioli:*

15 whole garlic cloves, peeled  
1/4 cup olive oil  
2 1/2 cups vegan mayonnaise (try Vegenaïse)  
1 1/2 Tbsp. Dijon mustard  
1 1/2 Tbsp. lemon juice  
2 tsp. salt  
1/4 tsp. ground white pepper

- Combine all the ingredients in a shallow pan. Cover with foil and bake at 350°F for 35 minutes, or until the garlic is soft and browned. Remove from the oven and let cool.
- Blend in a food processor until smooth.

### *For the Veggies:*

7 zucchini, sliced lengthwise  
7 yellow squash, sliced lengthwise  
3 red peppers, deribbed and cut lengthwise into 4 equal pieces  
3 yellow peppers, deribbed and cut lengthwise into 4 equal pieces  
6 cloves garlic, sliced  
1/2 cup extra virgin olive oil  
1 Tbsp. finely chopped fresh rosemary  
1 Tbsp. finely chopped fresh tarragon  
1/4 cup chopped fresh parsley\*

- Combine all the ingredients in a large mixing bowl, coating the vegetables well.
- Place on a grill and cook for 3 to 5 minutes on each side, or until cooked through.

### *To Assemble:*

4 lbs. seitan, sliced into 1/4-inch-by-2-inch strips  
4 Tbsp. vegetable oil  
1 tsp. salt  
1 tsp. black pepper  
20 tortillas

- Combine the seitan, oil, salt, and pepper. Sear the strips on a flat top griddle or in a large flat-bottomed pan for 5 minutes, or until slightly crispy and heated through.
- Place 3 or 4 strips, 3 oz. of the vegetables, and 2 oz. of the aioli in each tortilla and roll up like a burrito.

*Makes approximately 20 wraps*

\*Note: 4 Tbsp. dry Italian seasoning may be substituted for the fresh herbs.



## Seared Seitan Strips and Veggies With Mushroom Gravy

### *For the Gravy:*

1/3 lb. vegan margarine (try Earth Balance brand)  
1/4 cup all-purpose flour  
3 Tbsp. vegetable oil  
1/4 lb. onion, chopped  
1 1/2 lbs. white mushrooms, sliced  
1 Tbsp. chopped garlic  
1/2 cup white cooking wine  
1 1/2 quarts vegetable stock  
2 bay leaves  
1 tsp. dry thyme  
Salt and pepper, to taste

- Melt the margarine in a saucepan. Add the flour and cook for 5 minutes to form a roux. Set aside.
- Heat the oil in a medium saucepan. Add the onions and sauté for 5 minutes, or until just soft.
- Add the mushrooms and cook for 7 to 8 minutes, or until mostly cooked through.
- Add the garlic and sauté for 3 minutes.
- Add the wine and simmer for about 8 minutes, or until reduced by 2/3.
- Add the vegetable stock, bay leaves, and thyme and simmer for 15 minutes.
- While simmering, whisk in the prepared roux a little at a time to prevent clumping. Bring back to a slow simmer and cook for 10 minutes. If the gravy seems too thin, prepare a small amount of additional roux and repeat the thickening process.
- Season with the salt and pepper.

### *For the Veggies:*

7 zucchini, sliced lengthwise  
7 yellow squash, sliced lengthwise  
3 red peppers, deribbed and cut lengthwise into 4 equal pieces  
3 yellow peppers, deribbed and cut lengthwise into 4 equal pieces  
6 cloves garlic, sliced  
1/2 cup extra virgin olive oil  
1 Tbsp. finely chopped fresh rosemary  
1 Tbsp. finely chopped fresh tarragon  
1/4 cup chopped fresh parsley\*

- Combine all the ingredients in a large mixing bowl, making sure the vegetables are well coated.
- Place on a grill and cook for 3 to 5 minutes on each side, or until cooked through.

### *To Assemble:*

5 lbs. seitan strips  
4 Tbsp. vegetable oil  
1 tsp. salt  
1 tsp. black pepper  
6 lbs. cooked white rice

- Combine the seitan, oil, salt, and pepper. Sear the strips on a flat top griddle or in a large flat-bottomed pan for 5 minutes, or until slightly crispy and heated through.



- Place 4 oz. of the rice, 4 oz. of the grilled vegetables, 3 or 4 seitan strips, and 3 oz. of the gravy on a plate and serve.

*Makes approximately 25 servings*

*\*Note: 4 Tbsp. dry Italian seasoning may be substituted for the fresh herbs.*

### **Seitan Strips and Mushrooms in Beef Gravy With Roasted Peppers**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Gravy:*

1/3 lb. vegan margarine (try Earth Balance brand)  
2/3 cup all-purpose flour  
1 1/2 cups red cooking wine  
3 1/2 qts. vegetarian “beef” stock (try RC or Eco Cuisine brand or Better Than Bouillon’s “No Beef, Beef Broth”)  
3 bay leaves  
1 Tbsp. dry thyme  
Salt and pepper, to taste

- Melt the margarine in a saucepan. Add the flour and cook for 5 minutes to form a roux.
- Add the wine and simmer for about 8 minutes, or until reduced by 2/3.
- Add the vegetable stock, bay leaves, and thyme and simmer for 15 minutes.
- While simmering, whisk in the prepared roux a little at a time to prevent clumping. Bring back to a slow simmer and cook for 10 minutes. If the gravy seems too thin, prepare a small amount of additional roux and repeat the thickening process.
- Season with the salt and pepper.

*For the Strips, Mushrooms, and Roasted Peppers:*

3 lbs. whole red peppers  
1/4 cup vegetable oil  
3 lbs. white mushrooms, sliced  
5 lbs. seitan, sliced into thin strips  
3 Tbsp. chopped garlic  
1/4 cup chopped fresh parsley  
1 Tbsp. salt  
1 1/2 tsp. black pepper

- Place the red peppers either on gas stovetop burners, on a grill, or under a salamander. Cook, turning quickly, until the entire surface of the skin is blistered and blackened.
- Place in a large bowl. Cover with plastic wrap and let steam for 10 minutes.
- Peel away and discard all the blackened skin.
- Cut the pepper flesh into strips approximately 2 inches long by 1/4 inch wide.
- Heat the oil on a flat top griddle or in a large sauté pan.
- Add the mushrooms and seitan strips and cook for about 7 minutes, or until browned and nearly cooked through.
- Add the garlic and cook for 2 minutes.
- Add the parsley, peppers, salt, and pepper. Toss well and place in a shallow hotel pan.
- Add the gravy and serve over rice or noodles or with potatoes.

*Makes approximately 35 servings*

**Sweet and Spicy Seitan With Baby Bok Choy Over Vegetarian Fried Rice**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Bok Choy:*

5 lbs. baby bok choy  
3 Tbsp. salt

- Remove any discolored leaves from the outside of the bok choy. Cut the larger bulbs into quarters and the smaller ones into halves.
- Place the salt in a pot of boiling water. Add the bok choy and cook for 5 minutes, or until softened.
- Remove from the water and plunge into an ice bath for 5 to 7 minutes to stop the cooking process. Remove from the ice bath and drain well.

*For the Seitan:*

1/4 cup vegetable oil  
5 lbs. seitan, cut into thin strips  
3 qts. Minor's Sweet and Spicy Plum prepared sauce

- Heat the oil in a large flat-bottomed pan. Add the seitan strips and sauté for about 5 minutes, or until crispy and heated through.
- Add the prepared sauce and the bok choy and simmer for 5 minutes.

*For the Rice:*

1/2 cup vegetable oil  
3/4 lb. chopped onions  
1/2 lb. chopped carrots  
1 Tbsp. minced fresh ginger  
1 1/2 gallons cooked white rice, cold  
1 cup green onions, sliced on the bias  
1 1/2 cups soy sauce

- Heat the oil in a large flat-bottomed pan. Add the onions and carrots and stir-fry for 8 minutes, or until soft.
- Add the ginger and cook for 3 minutes.
- Add the rice and cook, stirring constantly, for 5 minutes, or until heated through.
- Add the remaining ingredients and stir well.
- Serve 6 oz. of the cooked rice with a 6-oz. ladle of the sauced "beef" and bok choy.

*Makes about 25 servings*

## **Tempeh Piccata**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Piccata:*

3 cups unbleached flour  
Salt and pepper, to taste  
Prepared tempeh  
1 cup canola oil  
4 garlic cloves, minced  
8 finely minced shallots  
3/4 cup olive oil  
3/4 cup capers, drained  
1 qt. plus 1 pt. dry white wine  
1 pt. vegetable stock  
3/4 cup vegan margarine (try Earth Balance brand)  
1/4 cup fresh lemon juice  
2/3 cup freshly chopped parsley

- Combine the flour, salt, and pepper and dredge the tempeh, coating completely.
- Heat the canola oil in a large pan. Brown the tempeh on both sides. Remove from the pan and set aside.
- Lower the heat and sauté the garlic and shallots in the olive oil for 3 minutes, taking care not to burn the garlic. Add the capers and sauté for 1 minute.
- Add the white wine and reduce by 1/2.
- Add the vegetable stock and reduce by 1/2.
- Return the tempeh to the pan and cook for 5 to 10 minutes.
- Stir in the margarine, lemon juice, and parsley. Serve immediately.

*Makes 20 servings*

### **Tempeh With Marsala and Mushroom Sauce**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Marsala Sauce:*

3 cups unbleached flour  
Salt and pepper, to taste  
Prepared tempeh  
1 cup canola oil  
4 garlic cloves, minced  
8 finely minced shallots  
3/4 cup olive oil  
2 lbs. mushrooms, sliced  
1 qt. marsala cooking wine  
1 pt. vegetable stock  
3/4 cup vegan margarine (try Earth Balance brand)  
1/4 cup fresh lemon juice  
2/3 cup freshly chopped parsley

- Combine the flour, salt, and pepper and dredge the tempeh, coating completely.
- Heat the canola oil in a large pan and brown the tempeh on both sides.
- Remove from the pan and set aside.
- Lower the heat and sauté the minced garlic and shallots in the olive oil for 3 minutes, taking care not to burn the garlic. Add the mushrooms and sauté for 5 minutes.
- Add the wine and reduce by 1/2.
- Add the vegetable stock and reduce by 1/2.
- Return the “chicken” to the pan and cook for 5 to 10 minutes.
- Stir in the margarine, lemon juice, and parsley. Serve immediately.

*Makes 20 servings*

## **Cajun-Rubbed Tempeh With Dirty Rice**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Dirty Rice:*

1/4 cup vegetable oil  
1 cup chopped onions  
1 cup chopped celery  
1 cup chopped green peppers  
3 Tbsp. chopped garlic  
1 qt. rice  
2 qts. water  
4 bay leaves  
3 Tbsp. Cajun seasoning mix (any brand will work)  
1 lb. Eco Cuisine “beef” quick mix (or Gardenburger vegan beef-style crumbles)  
2 Tbsp. salt  
1/4 cup chopped parsley  
1/4 cup vegan margarine (try Earth Balance brand)

- Heat the oil in a medium saucepot. Add the vegetables and sauté for 8 to 10 minutes, or until soft. Add the garlic and cook for an additional 3 minutes.
- Add all the other ingredients, except for the parsley, margarine, and “chicken breasts,” and bring to a simmer. Cook, covered, for 30 minutes, or until the liquid has been absorbed and the rice is cooked through. Add the parsley and margarine and mix thoroughly.
- Place in a 2-inch-tall hotel pan. Top with the cooked tempeh and serve.

*Makes 20 servings*

*Note:* Top the dish with vegetable broth to moisten.

## **Grilled Tempeh Focaccia With Veggies and Vegan Pesto Mayo**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Pesto:*

1 qt. vegan mayonnaise (try Vegenaïse)  
1/2 cup chopped basil  
3 Tbsp. lemon juice  
1 1/2 tsp. salt  
1/4 tsp. ground white pepper

- Mix all the ingredients well and set aside.

*For the Veggies:*

7 zucchini, sliced lengthwise  
7 yellow squash, sliced lengthwise  
3 red peppers, deribbed and cut lengthwise into 4 equal pieces  
3 yellow peppers, de-ribbed and cut lengthwise into 4 equal pieces  
6 garlic cloves, sliced  
1/2 cup extra virgin olive oil  
1 Tbsp. finely chopped fresh rosemary  
1 Tbsp. finely chopped fresh tarragon  
1/4 cup freshly chopped parsley

- Combine all the ingredients in a large mixing bowl, coating the vegetables well.
- Place in a single layer on sheet pans and roast at 375°F for 30 to 40 minutes, or until slightly soft.

*To Assemble:*

Prepared pesto  
20 sandwich-sized pieces of focaccia, cut in half widthwise  
Prepared tempeh  
Prepared veggies

- Spread the pesto on both sides of the focaccia.
- Place the tempeh on the bottom half and top with the roasted vegetables. Slice on the bias and serve.

*Makes 20 servings*

## **Herb-Rubbed Tempeh Over Rice and Corn Pilaf**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Rice:*

1 cup diced onion  
1 cup diced bell peppers (preferably mixed colors)  
1 cup diced celery  
1/4 cup olive oil  
1 qt. white rice, rinsed well  
2 cups raw corn kernels  
2 1/2 qts. water  
5 bay leaves  
2 Tbsp. fresh thyme  
4 Tbsp. salt  
1 Tbsp. black pepper  
1/4 cup vegan margarine (optional)

- Cook the onions, peppers, and celery in the oil for 3 minutes, or until tender.
- Add the remaining ingredients, except the margarine if using, and bring to a simmer.
- Reduce to a slow simmer and cook for 30 to 35 minutes, or until the rice is done. Drain any excess water.
- Stir in the margarine, if using.

*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water  
1/4 cup olive oil  
1/4 cup chopped parsley  
2 Tbsp. chopped thyme (or 2 1/2 tsp. dried thyme)  
2 Tbsp. chopped rosemary (or 2 1/2 tsp. dried rosemary)  
1/4 cup chopped basil (or 2 1/2 Tbsp. dried basil)

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through. Drain.
- Brush the tempeh with the oil and sprinkle with the herbs.
- Serve over the rice pilaf.

*Makes approximately 30 servings*

*Note:* Top the dish with vegetable broth to moisten.

## **Sweet Pepper- and Onion-Smothered Tempeh Over Eggless Noodles**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Peppers and Onions:*

1/4 cup vegetable oil  
3 lbs. white onions, seeded, deribbed, and sliced into thin strips  
3 lbs. bell peppers (preferably different colors), seeded, deribbed, and sliced into thin strips  
1 cup chopped celery  
3 Tbsp. chopped garlic  
2 bay leaves  
1 Tbsp. dried thyme  
1 Tbsp. dried oregano  
1 cup white wine  
1-lb. can chopped tomatoes, crushed into small chunks  
1 1/2 tsp. sugar  
3 Tbsp. salt  
1 1/2 Tbsp. coarse ground black pepper  
1/4 cup chopped parsley  
1/4 cup chopped basil  
Prepared tempeh

- Heat the oil in a large flat-bottomed pan.
- Add the onions, peppers, and celery and sauté rapidly for 3 minutes.
- Add the garlic, bay leaves, thyme, and oregano and cook for 2 minutes.
- Add the wine, tomatoes, sugar, salt, and pepper and bring to a simmer. Cook for 15 minutes, or until the vegetables have softened and the tomatoes are cooked.
- Stir in the fresh herbs. Add the tempeh and cook until heated through. Serve on top of prepared eggless noodles.

*Makes approximately 25 servings*

## **Tempeh Cacciatore With Roasted Veggies**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Sauce:*

1/2 cup vegetable oil  
2 cups diced white or yellow onions  
3 Tbsp. minced garlic  
1 cup dry white wine  
3 cans diced tomatoes  
1 cup tomato paste  
2 cups diced carrots  
1/4 cup dried Italian seasoning  
4 bay leaves  
1/4 cup freshly chopped basil  
1/2 cup freshly chopped flat-leaf parsley  
Salt and black pepper, to taste

- Heat the oil in a medium stockpot. Add the onions and cook until soft, about 5 to 8 minutes. Add the garlic and cook for an additional 3 minutes. Add the wine and stir well. Cook for 1 or 2 minutes, allowing some of the alcohol to evaporate.
- Add all the remaining ingredients, except for the fresh herbs, salt, and pepper, and stir well. Bring to a simmer, then lower the heat and slowly simmer for 1 1/2 hours, stirring every 10 minutes. Add the fresh herbs and season with the salt and pepper.

*For the Veggies:*

7 zucchini, sliced lengthwise  
7 yellow squash, sliced lengthwise  
3 red peppers, deribbed and cut lengthwise into 4 equal pieces  
3 yellow peppers, deribbed and cut lengthwise into 4 equal pieces  
6 garlic cloves, sliced  
1/2 cup extra virgin olive oil  
1 Tbsp. finely chopped fresh rosemary  
1 Tbsp. finely chopped fresh tarragon  
1/4 cup freshly chopped parsley

- Combine all the ingredients in a large mixing bowl, coating the vegetables well. Place in a single layer on sheet pans and roast at 375°F for 30 to 40 minutes, or until slightly soft.
- To assemble, place the veggies in the bottom of a 2-inch hotel pan.
- Place the cooked tempeh on top and smother with the sauce.
- Serve with cooked pasta.

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*Makes approximately 30 servings*

### **Coconut Curry Tempeh With Sweet Pea Jasmine Pilaf**

*For the Tempeh.*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Rice:*

1/4 cup olive oil  
1 cup diced onion  
1 cup diced celery  
1 cup diced carrot  
2 qts. jasmine rice  
3 qts. water  
20 oz. unsweetened coconut milk  
4 Tbsp. salt  
1 Tbsp. black pepper  
5 bay leaves  
2 cups frozen green peas  
1 1/2 cups fresh coconut, toasted

- Heat the oil in a medium stockpot. Add the onions, celery, and carrots and sauté for 10 minutes, or until soft.
- Add the remaining ingredients, except the peas and coconut, and bring to a simmer. Cook for 30 to 45 minutes, or until the liquid is absorbed and the rice is tender.
- Add the peas and coconut, mixing well.
- Serve heated tempeh over the rice.

*Makes 30 servings*

## **Chipotle Barbecue Tempeh Sandwiches With VeganPotato Salad**

*For the Barbecue Sauce:*

1/4 cup vegetable oil

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



1 1/2 lbs. onions, diced  
1 Tbsp. chopped garlic  
2 tsp. chili powder  
2 tsp. coriander powder  
2 tsp. onion powder  
1 tsp. ground cumin  
1 tsp. ground thyme  
1/4 cup chipotle in adobo, puréed smooth  
1/4 cup mustard  
3 Tbsp. vegan Worcestershire sauce  
1/4 cup molasses  
1/4 cup light brown sugar, lightly packed  
1/4 cup apple cider vinegar  
3 Tbsp. salt  
2 Tbsp. ground black pepper  
5 qts. ketchup

- Heat the oil in a medium saucepot. Add the onions and cook for 10 to 12 minutes, or until lightly browned.
- Add the garlic and cook for an additional 2 minutes.
- Add the remaining ingredients, stirring well, and bring to a slow simmer. Stirring often, simmer for 45 minutes to an hour, or until thickened.

*For the Tempeh:*

4 lbs. tempeh, sliced on the bias into 2 1/2-inch beveled slices  
2 cups soy sauce  
1 cup orange juice  
1/4 cup fresh ginger, sliced  
1 1/2 qts. water

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

*For the Potato Salad:*

3/4 cup apple cider vinegar  
2 Tbsp. salt  
4 Tbsp. sugar  
7 lbs. potatoes, peeled and cut into 1/2-inch dice  
4 Tbsp. salt  
1 1/2 cups vegan mayonnaise (try Vegenaïse)  
3 Tbsp. Dijon mustard  
2 cups chopped green onions

1/2 cup chopped chives

- Mix the vinegar, 2 Tbsp. salt, and sugar in a small bowl. Set aside.
- Place the potatoes and 4 Tbsp. salt in a large pot. Cover with water and bring to a simmer, cooking for 30 minutes, or until cooked through.

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



- Drain well and spread out onto sheet pans. While still hot, sprinkle with the prepared vinegar mixture.
- Allow to cool, then mix well with the remaining ingredients.

*To Assemble:*

- Brush the tempeh with the barbecue sauce and grill for 1 minute. Remove from the grill and brush liberally with more sauce.
- Serve on hearty, whole-grain bread with 4 oz. of the potato salad as a side.

*Makes 30 servings*

**Vegan Eggless Egg Salad**

6 lbs. firm tofu, mashed  
2 1/2 cups vegan mayonnaise  
2 cups chopped fresh parsley  
1 cup sweet pickle relish  
2 medium onions, diced

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



4 stalks celery, diced  
2 Tbsp. plus 1 tsp. garlic powder  
2 tsp. turmeric  
1/3 cup prepared mustard  
Salt and pepper, to taste

- Combine all the ingredients in a large bowl.

*Makes 25 servings*

### **Baked Five-Spice Seasoned Tofu**

5 1-lb. blocks firm tofu  
2 qts. vegetable stock  
1 cup tamari  
2/3 cup toasted sesame oil  
1/4 cup minced garlic  
1/4 cup minced ginger

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



1/4 cup sesame seeds, toasted  
1 1/2 tsp. Chinese five-spice powder  
1 1/2 tsp. salt  
1 1/2 tsp. black pepper  
1 Tbsp. sugar

- Wrap the tofu in a clean towel, place in a colander in the sink, and top with a plate and a heavy can or other weight for 30 minutes.
- Preheat the oven to 350°F.
- Remove the tofu from the towel and cut into 1/2-inch slices. Lightly oil 2 sheet pans.
- Place a single layer of tofu slices on each sheet pan and set aside.
- In a bowl or measuring jug, whisk together the remaining ingredients, then pour over the tofu slices. Bake for 15 minutes.
- Remove the dish from the oven, carefully turn the tofu, and bake for an additional 10 to 15 minutes, or until all the liquid has been absorbed.
- Serve in sandwiches, salads, and side dishes or add to stir-fries. If refrigerated, the tofu will keep for up to 7 days.

*Makes 45 slices*



### **Creamy Baked Vegan Macaroni Casserole**

8 lbs. elbow macaroni  
2 1/2 cups vegan margarine  
2 1/2 cups unbleached white flour  
1 gal. plus 1 pt. boiling water  
2-3 Tbsp. salt  
2/3 cup soy sauce  
2 1/2 Tbsp. garlic powder  
1 tsp. turmeric  
1 cup canola oil  
5 cups nutritional yeast flakes  
Paprika, to taste

- Preheat the oven to 350°F.
- Cook the elbow macaroni according to the package directions. Drain and set aside.
- In a stockpot, melt the margarine over low heat. Whisk in the flour. Continue to whisk over medium heat until smooth and bubbly.
- Whisk in the boiling water, salt, soy sauce, garlic powder, and turmeric. Continue beating well to dissolve.
- Once thick and bubbling, whisk in the oil and the nutritional yeast.
- Mix 3/4 of the sauce with the noodles and place in hotel pans. Cover the noodles with the remaining sauce. Sprinkle the paprika on top.
- Bake for 15 minutes.
- Broil for a few minutes until the “cheese” sauce is crisp.

*Makes 25 to 30 servings*



### **Vegan Beef Stroganoff**

1 5-lb. bag egg-free pasta  
1 qt. chopped onion  
1/3 cup vegetable oil  
4 lbs. vegetarian burger crumbles or Sysco Moonrose-brand “beef” strips  
1 qt. mushroom gravy or vegan brown gravy (try Campbell’s Franco-American brand)  
40 oz. sliced mushrooms, drained  
1 tsp. garlic powder  
Pepper, to taste  
Salt, to taste  
24 oz. vegan sour cream (try Tofutti Sour Supreme)  
3 cups white wine (optional)

- Cook the pasta in boiling water to the desired tenderness.
- In a large skillet, brown the onion in the oil. Add the remaining ingredients, stir, and cook over medium heat for 15 minutes.
- Drain the pasta and cover with the sauce.

*Makes 25 to 30 servings*



### **Vegan Shepherd's Pie**

25 medium potatoes, diced

2/3 cup vegan margarine

1 1/4 cups soy milk or nondairy creamer

Salt and pepper, to taste

48 oz. vegetarian burger crumbles

1 qt. plus 1 pt. mushroom gravy or vegan brown gravy (try Campbell's Franco-American brands)

1 qt. mixed peas, corn, and carrots, drained

Garlic powder, to taste

Cayenne pepper, to taste

- Preheat the oven to 350°F.
- Boil the potatoes for 20 minutes, or until tender. Drain and mash with the margarine and soy milk or nondairy creamer. Add the salt and pepper.
- In a large bowl, mix the crumbles, gravy, peas, corn, carrots, and spices and pour into a hotel pan.
- Top with the potatoes.
- Bake for 30 to 40 minutes, or until the potatoes are browned and the crumble mixture is bubbling.

*Makes 25 servings*



### **Vegan Spanish Paella**

3/4 cup olive oil

2 1/2 lbs. sweet Italian vegan sausage, sliced into 1/2-inch pieces, optional (try Sysco's Tofurky brand)

6 carrots, sliced into 1-inch rounds

6 onions, peeled and quartered

6 celery stalks, cut into 1-inch pieces

2 qts. oyster mushrooms

10 garlic cloves, roughly chopped

1 qt. vegetable stock

1/3 cup chopped green olives with pimento

1-2 Tbsp. salt

1 tsp. ground oregano

1 tsp. ground saffron

1 pt. long-grain rice

1 pt. artichoke hearts, drained and quartered

24 oz. hearts of palm, sliced into 1/2-inch rounds

- In a large stockpot, heat the olive oil. Add the “sausage” and cook over medium heat for 5 minutes, or until browned.
- Add the carrots, onions, celery, oyster mushrooms, and garlic. Sauté for 5 minutes. Add the vegetable stock, olives, salt, oregano, saffron, and rice. Simmer for 30 minutes.
- Add the artichoke hearts and the hearts of palm.
- Cover and simmer for 10 to 15 minutes.

*Makes 22 to 24 servings*



### **Tempeh Creole**

*For the Marinade:*

1 1/4 cups soy sauce  
3 Tbsp. Creole seasoning  
20 slices fresh ginger  
1 tsp. sea salt  
8 garlic cloves, smashed  
1 1/2 gallons water  
15 peppercorns

- Combine all the ingredients.

*For the Tempeh:*

32 oz. tempeh  
1/2 cup Creole seasoning  
2 cups unbleached flour  
1 cup canola oil  
2 qts. diced onion  
1 qt. chopped bell pepper  
1 qt. chopped celery  
2 qts. peeled, seeded, and chopped tomatoes  
1/4 cup chopped garlic  
8 bay leaves  
1 tsp. dried thyme  
1 tsp. dried oregano  
1 tsp. dried basil  
1 pt. dry red wine  
Salt, to taste  
Cayenne pepper, to taste  
Freshly ground black pepper, to taste  
1/4 cup chopped green onion  
1/3 cup finely chopped parsley

- Cut the tempeh into thin slices on a bias and simmer in the marinade for a minimum of 1 hour. Remove the tempeh, reserving the liquid.
- In a bowl, combine the Creole seasoning and the flour and mix well. Dredge the tempeh, coating completely.
- Heat a large pan and add the canola oil. When hot, brown the tempeh on both sides. Remove from the pan and set aside. (It might be necessary to do this in batches.)
- Place the onions, bell pepper, and celery in the same pan. Cook for 5 minutes, or until wilted. Add the tomatoes and the garlic. Cook for an additional 3 minutes.
- Add the tempeh, bay leaves, thyme, oregano, basil, strained marinade liquid, and wine. Season with the salt, cayenne pepper, and black pepper. Bring to a simmer and cook for 30 minutes.
- Remove the bay leaves before serving.
- Garnish with the green onion and the parsley and serve over rice.

*Makes 25 servings*

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



## **Tempeh Scaloppini With Lemon-Caper Sauce**

*For the Braising Liquid:*

- 1 1/4 cups soy sauce
- 20 slices fresh ginger
- 4 1-inch pieces kombu (sea vegetable)
- 1 tsp. sea salt
- 4 garlic cloves, sliced
- 1 1/2 gallons water

- In a large pot, combine all the ingredients and simmer.

*For the Tempeh:*

- 4 8-oz. pkgs. tempeh
- 3 cups unbleached flour
- Salt and pepper, to taste
- 1 cup canola oil
- 4 garlic cloves, minced
- 8 finely minced shallots
- 3/4 cup olive oil
- 3/4 cup capers, drained
- 1 qt. plus 1 pt. dry white wine
- 1 pt. vegetable stock
- 3/4 cup Earth Balance (cold-pressed nonhydrogenated margarine)
- 1/4 cup fresh lemon juice
- 2/3 cup fresh chopped parsley

- Cut each piece of tempeh diagonally into 12 thin slices, add to the braising liquid, and simmer for at least 1 hour. Remove and cool on a dry surface.
- Combine the flour, salt, and pepper and dredge the tempeh, coating completely.
- Heat the canola oil in a large pan. Brown the tempeh on both sides, remove from the pan, and set aside.
- Lower the heat and sauté the minced garlic and shallots in the olive oil for 3 minutes, taking care not to burn. Add the capers and sauté for 1 minute.
- Add the white wine and reduce the liquid by 1/2.
- Add the vegetable stock and reduce the liquid by 1/2.
- Return the tempeh to the pan and cook for 5 to 10 minutes.
- Stir in the Earth Balance, lemon juice, and parsley. Serve immediately over pasta.

*Makes 20 servings*



### **Enchilada Bake**

4 lbs. vegetarian burger crumbles

6 oz. taco seasoning

Spray oil sufficient to coat a hotel pan

65 oz. enchilada sauce

72 corn tortillas

60 oz. canned pinto beans, drained

6 green onions, chopped

8 cups vegan cheddar cheese, shredded (try Follow Your Heart brand, available at [followyourheart.com](http://followyourheart.com))

16 oz. diced green chilies

- Preheat the oven to 375°F.
- In a large bowl, combine the burger crumbles and the taco seasoning and set aside.
- Spray a hotel pan with the oil.
- In layers, spread generous amounts of the enchilada sauce, corn tortillas, and pinto beans, a handful of the green onions, 1/3 of the shredded “cheese,” and 1/2 of the green chilies in the pan.
- Continue layering with additional enchilada sauce, additional tortillas, all the seasoned burger crumbles, 1/3 of the “cheese,” and the remaining pinto beans, green onions, and green chilies.
- Add an additional layer of the enchilada sauce and the remaining tortillas. Top with the remaining enchilada sauce and the remaining “cheese.”
- Cover in foil and bake for 30 minutes.
- Remove the foil and bake for an additional 15 to 30 minutes, or until browned and bubbling.

*Makes 25 servings*



**Fattoush (Persian Bread Salad)**

6 ears fresh sweet corn  
4 loaves seeded sourdough bread, diced  
6 large heirloom tomatoes, chopped and juice reserved  
1 bunch chopped basil  
1 onion, finely chopped  
1/4 cup fresh chopped garlic  
1/2 cup cider vinegar  
1/4 cup balsamic vinegar  
1 cup olive oil  
Salt and pepper, to taste

- Remove the kernels from the corn cobs and combine with the remaining ingredients, including the juice from the tomatoes. Refrigerate overnight.
- Serve hot or cold.

*Makes 32 side-dish servings or 26 main-course servings*



## **Vegan Moussaka**

*For the Eggplant:*

4-5 eggplant, peeled and cut into 1/4-inch slices  
Heavily salted water sufficient to cover the eggplant  
1/2 inch olive oil

- In a large bowl, soak the eggplant in the water for 20 minutes.
- Drain and rinse, then drain for an additional 10 to 15 minutes. Pat dry.
- Heat the olive oil in a large sauté pan over medium heat. Sauté the eggplant for a couple of minutes on each side.

*For the ‘Beef’ Sauce:*

3 large onions, finely chopped  
4 large garlic cloves  
2 lbs. mushrooms, sliced  
1 cup red wine  
1 cup vegetable broth  
4 lbs. vegetarian beef crumbles  
1 tsp. dried rosemary  
1 tsp. allspice  
4 tsp. cinnamon  
4 tsp. oregano  
1-2 tsp. salt  
2 tsp. black pepper  
3 cups tomato sauce

- In a large saucepan, cook the onions, garlic, mushrooms, and wine over medium heat for 15 minutes.
- Add the remaining ingredients and cook for 5 minutes. Set aside.

*For the Custard:*

32 oz. silken tofu  
2 heads roasted garlic  
3/8 cup light miso  
2 Tbsp. nutritional yeast  
2 Tbsp. egg-replacement powder  
1/2 tsp. nutmeg  
1 tsp. salt  
3/8 cup soy milk

- In a food processor, blend all the ingredients until smooth. Set aside.

*To Assemble:*

Seasoned bread crumbs  
2 cups marinara sauce

- Preheat the oven to 350°F.
- In a large, oiled 24-inch casserole dish, layer 1 cup of the marinara sauce, 1/2 of the eggplant, and 1/2 of the vegan “beef” sauce. Repeat. Top with the custard.
- Bake for 30 minutes. Top with the bread crumbs. Bake for an additional 15 minutes.

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



*Variation.* Substitute 12 large cooked potatoes, sliced (leave the skins on), for the eggplant. Follow the same directions, but do not soak the potatoes in salted water.

*Makes 16 to 20 servings*



### **Asian Turnovers**

*For the Turnovers:*

2-3 Tbsp. sesame oil

1/2 lb. Napa cabbage or bok choy, sliced into thin strips approximately 1/2-inch long

1/2 cup peapods, cut diagonally into small pieces

1 bunch green onions, chopped

8 oz. shiitake mushrooms, thinly sliced

1 Tbsp. sesame seeds

1 Tbsp. fresh minced garlic

1 Tbsp. fresh minced ginger

1 Tbsp. soy sauce

1 Tbsp. dry sherry

Salt and pepper, to taste

2 boxes puff pastry

- Preheat the oven to 375°F. Heat the oil in a fryingpan. Add the cabbage, peapods, onions, and mushrooms. Stirring occasionally, sauté for 3 to 4 minutes or until the cabbage begins to wilt.
- Combine the sesame seeds, garlic, ginger, soy sauce, sherry, salt, and pepper and add to the cabbage mixture. Cook for 4 to 5 minutes, then cool.
- Open the pastry sheets and cut into 2-inch circles. Roll out slightly.
- Fill with the cabbage mixture. Seal the edges with water, then press to close.
- Bake for 15 minutes, or until golden brown. Serve with the dipping sauce.

*For the Dipping Sauce:*

1 cup soy sauce

1/2 cup rice wine vinegar

1 1/2 tsp. Florida Crystals or sugar

1/2 tsp. red pepper flakes

1 cup finely chopped cilantro

- Combine all the ingredients 60 minutes before serving.

*Makes approximately 30 to 35 pieces*



### **Tofu Breakfast Scramble**

*This is also great when stuffed in a tortilla as a burrito.*

3/4 cup extra-virgin olive oil  
3 medium onions, diced  
12 garlic cloves, minced  
2 tsp. ground ginger  
6 lbs. firm tofu, drained  
3 Tbsp. tamari  
3 yellow or green bell peppers, seeded and chopped  
6 cups sliced mushrooms (optional)  
15 freshly diced tomatoes  
3 Tbsp. nutritional yeast flakes  
Salt and freshly ground pepper, to taste  
Freshly chopped chives, to taste

- Heat the olive oil over medium heat in a large skillet and sauté the onions for 5 minutes, or until softened. Add the garlic and the ginger, stir, and cook for 1 minute, then crumble in the tofu with your hands. Add the tamari, peppers, and mushrooms and continue stir-frying until tender-crisp. Add the tomatoes and nutritional yeast flakes and gently stir-fry for an additional 3 to 4 minutes.
- Season with the salt and pepper and garnish with the chives.

*Makes 24 servings*



## **Vegan Sausage-and-Bean Burritos**

*For the Tomatillo Sauce.*

8 tomatillos  
3 jalapeño peppers, stems removed  
1/2 bunch cilantro  
Garlic salt, to taste  
1 ripe Hass avocado (optional)

- Remove the wrappers from the tomatillos.
- Immerse the tomatillos and the peppers in boiling water until soft. In a blender, purée the remaining ingredients until smooth. Combine with the tomatillo mixture.

*For the Burritos:*

1 Tbsp. vegetable oil  
30 6-inch soft flour tortillas  
2 cans spicy vegetarian refried beans  
36 oz. vegan sausage crumbles  
6 cooked potatoes, sliced  
Yellow, green, or red peppers sautéed (optional)  
1 white onion, sliced and sautéed (optional)  
2 cups shredded vegan cheddar cheese  
1 cup chopped cilantro  
2 cups vegan sour cream (try Tofutti Sour Supreme)  
2 cups guacamole  
2 cups salsa

- Preheat the oven to 350°F. Warm the oil in a sauté pan over mediumheat. Quickly heat 1 tortilla on each side.
- Immediately fill with 2 to 4 Tbsp. of the tomatillo sauce and small amounts of the refried beans, sausage crumbles, potato slices, peppers, and onions, then wrap. Place seam-side-down in a large, oiled casserole dish. Fill the remaining tortillas and place side-by-side in the casserole dish (do not stack).
- Top the entire casserole with 1/2 to 3/4 cup of the tomatillo sauce, leaving a 1/2-inch border sauce-free. Top with the vegan cheese.
- Bake, covered, for 15 minutes. Uncover and cook for an additional 15 minutes, or until hot.
- Remove from the oven and top with the cilantro. Serve with the vegan sour cream, the guacamole, and the salsa.

*Makes 30 servings*



### **Couscous Salad**

30 oz. couscous

1-1 1/2 gallons boiling water

4 1/2 cups chickpeas

4 red bell peppers, roasted, peeled, and chopped

2 cups black olives, pitted

2 cups onions, chopped

1 cup fresh mint, chopped

1 cup olive oil

3/4 cup lemon juice

Salt, to taste

Freshly ground pepper, to taste

Lettuce leaves for garnish

Fresh mint leaves for garnish

- Add the couscous to the boiling water. Cover and let stand for 2 minutes. Drain and place in a dish. Add the chickpeas, bell peppers, olives, onions, and mint. Toss with the olive oil and lemon juice and season with the salt and pepper.
- Lay the lettuce leaves in a serving dish and pile the salad on top. Make a flower in the center with the mint leaves.
- Refrigerate until ready to serve.

*Makes 24 servings*



### **Macaroni Salad**

*by Chef Tanya Petrovna*

12 cups cooked elbow macaroni  
6 cups corn kernels  
3 cups chopped celery  
3 cups chopped carrots  
3 cucumbers, peeled, seeded, and cut into quarters  
3 cups chopped red bell peppers  
1 1/2 cups chopped parsley  
1 1/2 cups chopped chives or green onions  
1 1/2 cups lemon juice  
6 cups vegan mayonnaise  
3 Tbsp. salt  
3 tsp. pepper

- Toss all the ingredients together until combined.

*Makes 24 servings*



### **Quinoa and Roasted Zucchini**

6 zucchini, chopped  
6 yellow squash, chopped  
6 bell peppers, seeded and chopped  
6 carrots, chopped  
2 cups olive oil, plus more for drizzling on the vegetables  
Salt and black pepper, to taste  
Rosemary, to taste  
5 onions, chopped  
10 garlic cloves, minced  
48 oz. prepared quinoa

- Preheat the oven to 400°F. Place the zucchini, squash, peppers, and carrots on a baking sheet. Drizzle with olive oil and season with the salt, pepper, and rosemary. Cook until golden, about 15 minutes.
- Heat the 2 cups of olive oil in a large pan and sauté the onions and garlic until caramelized.
- Combine the quinoa, roasted vegetables, and caramelized onions in a large bowl.

*Makes 24 servings*



### **Savory Vegetable Rice Pilaf**

*by Chef Ron Pickarski, CEC*

2 qts. water  
5 1/3 cups short-grain brown rice  
2 tsp. salt  
1/2 cup olive oil  
6 cups julienned carrots  
6 cups julienned onions  
4 Tbsp. minced garlic  
2 1/2 Tbsp. dried savory  
2 1/2 Tbsp. dried basil  
4 tsp. cumin  
1 tsp. black pepper  
6 cups thinly sliced celery

- Bring the water to a boil in a medium saucepan. Add the rice and 1/2 tsp. of the salt. Cook, covered, for about 1 hour.
- Heat the oil in a large skillet. Sauté the carrots, onions, garlic, savory, basil, cumin, and pepper for 5 minutes. Add the celery and continue cooking for an additional 3 to 4 minutes. Stir in the cooked rice and pour into a baking dish. Cover and bake at 350°F for 1 hour.

*Makes 24 servings*



### **Tortellini Salad**

*For the Dressing:*

1 1/2 cups finely chopped parsley  
6 garlic cloves, minced  
3/4 cup olive oil  
6 Tbsp. vegan Parmesan cheese  
3 Tbsp. red wine vinegar

- Whisk all the ingredients together.

*For the Salad:*

3 lbs. tofu-filled tortellini  
3/4 cup olive oil  
1 1/2 lbs. vegetarian pepperoni, julienned  
3 cups frozen peas, thawed  
6 carrots, grated  
1 1/2 large red bell peppers, thinly sliced  
3 celery stalks, diced  
3 small red onions, chopped  
24 cherry tomatoes, halved

- Cook the tortellini according to the package directions. Drain and toss in the olive oil.
- Toss all the ingredients together with the dressing.

*Makes 24 servings*



### **Vegan Fried Rice**

*by Chef Tanya Petrovna*

1/2-3/4 cup olive oil  
2 Tbsp. toasted sesame oil  
2 cups diced carrots  
2 cups diced red bell peppers  
18 cups cooked rice, cooled  
3 cups diced seitan or vegetarian chicken  
2 cups green peas  
2 cups chopped green onions  
2 Tbsp. salt  
3/4 cup toasted sesame seeds

- Heat the oils in a skillet over medium heat. Sauté the carrots and bell peppers for 1 minute. Add the cooked rice and stir-fry for 1 minute.
- Add the remaining ingredients, except the sesame seeds, and stir-fry for 1 to 2 minutes. Garnish with the sesame seeds.

*Makes 24 servings*



### **Peanut Sauce**

*This tasty sauce is great as a dip for fresh spring rolls or on Thai-style noodles.*

8 cups peanut butter  
1 cup sugar  
2 cups tamari  
2 cups apple cider vinegar or rice wine vinegar  
6-inch piece of ginger, peeled and chopped  
12 garlic cloves, chopped  
1/4 cup chili powder  
8 cups hot water  
1 bunch cilantro, chopped  
1 cup sesame oil

- Using an immersion blender, purée all the ingredients until smooth.

*Makes approximately 1 1/3 gallons*



### **Creamy Dill Salad Dressing**

*This ranch-style dressing is perfect for salads and sandwiches or as a dip.*

4 cups vegan mayonnaise  
1 cup water  
4 Tbsp. wet mustard  
4 Tbsp. dried dill  
1 Tbsp. salt  
1 tsp. pepper  
1/2 cup lemon juice  
1/2 cup apple cider vinegar

- Whisk together all the ingredients until combined. Refrigerate until ready to use.

*Makes approximately 6 cups*



### **Maple-Mustard Dressing**

*This dressing is great as a marinade for tofu or veggies. Also try it as a salad dressing.*

2 cups safflower oil  
1 cup Dijon mustard  
1/2 cup maple syrup  
1/2 cup apple cider vinegar  
1 Tbsp. salt  
1 Tbsp. pepper  
2 Tbsp. dry mustard  
1 cup water

- Whisk all the ingredients together until combined.

*Makes approximately 5 cups*



### **Balsamic-Poppy Dressing**

1 cup balsamic vinegar  
2 cups safflower oil  
1/4 cup lime juice  
1/4 cup poppy seeds  
1 Tbsp. salt  
1 Tbsp. pepper  
1 Tbsp. rosemary  
1 cup water

- Whisk all the ingredients together until combined.

*Makes approximately 4 1/2 cups*



### **Tofu Ricotta**

*Use this in lasagne or stuffed shells.*

- 2 pkgs. silken tofu
- 2 pkgs. water-packed firm tofu
- 3/4 cup olive oil
- 1/4 cup chopped garlic
- 1/4 cup nutritional yeast
- 2 Tbsp. salt
- 1 Tbsp. pepper
- 1 Tbsp. mixed herbs (basil, parsley, oregano)
- 1/4 cup lemon juice

- Blend all the ingredients together until combined.

*Makes approximately 1 1/2 qts.*



### **Sesame-Ginger Dressing**

*Toss this dressing with an Asian noodle salad or use it as a sauce for tofu.*

1 cup tahini  
1/4 cup chopped garlic  
1/4 cup chopped ginger  
1/3 cup apple cider vinegar or rice wine vinegar  
1/2 cup sesame oil  
3/4 cup tamari  
1 cup water  
2 Tbsp. maple syrup

- Purée all the ingredients until combined.

*Makes approximately 1 qt.*



### **Vegan Caesar Dressing**

32 oz. soft tofu, drained  
1 cup lemon juice  
3 Tbsp. water  
17 garlic cloves, crushed  
1/2 cup tahini  
1/4 cup fresh parsley  
Salt and pepper, to taste  
3 tsp. Dijon mustard  
1/2 cup capers  
2 1/2 cups olive oil

- In a blender, combine the tofu, lemon juice, water, garlic cloves, tahini, parsley, salt and pepper, Dijon mustard, and capers.
- While blending, slowly add the olive oil and process until the mixture is smooth.

*Makes 25 servings*

### **Tofu Sour Cream**

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



32 oz. silken tofu  
1 cup safflower oil  
2 Tbsp. cider vinegar  
1/2 cup lemon juice  
1 tsp. sugar  
1 Tbsp. salt  
1 Tbsp. pepper

- Combine all the ingredients in a blender until smooth.

*Makes 36 1-oz. servings*



### **Roasted Vegetable Stock**

*This stock really enhances the flavor of vegan dishes—it is great to use in sauces and is a wonderful replacement for beef or veal stock in traditional meat-based dishes.*

1/2 cup white beans, soaked and drained  
5 qts. water  
2 large carrots  
4 stalks celery  
3 medium onions  
4 medium shallots  
2 large garlic cloves  
2 medium parsnips  
2 medium potatoes  
3-4 Tbsp. olive oil  
3 large plum tomatoes, seeded and chopped  
1 *bouquet garni* (5 parsley stems, 2 bay leaves, 12 peppercorns, 2 springs fresh thyme, 2 cloves)  
1/4 cup red wine

- Preheat the oven to any temperature between 450°F and 475°F.
- In a medium stockpot, combine the beans and the water. Bring to a boil. Reduce the heat, cover, and simmer.
- Meanwhile, peel and evenly slice the carrots, celery, onions, shallots, garlic cloves, parsnips, and potatoes and mix with the oil. Place on a well-oiled baking sheet and roast until well-browned, stirring occasionally and adding the tomatoes toward the end of the roasting time.
- Add the roasted vegetables and the *bouquet garni* to the stockpot.
- Deglaze the baking sheet with the red wine, then scrape to loosen any hardened bits.
- Add the hardened bits to the stockpot. Simmer for 1 1/2 hours. Strain using a cheesecloth or fine sieve.

*Makes 1 gallon*



### **German Chocolate Brownies**

*For the Brownies:*

1 lb. Eco-Cuisine Chocolate Brownie Quick Mix  
1 cup water or soy milk

- Preheat the oven to 350°F.
- In a mixing bowl, combine the brownie mix with the water or soy milk and mix until evenly dispersed. Be careful not to overmix.
- Pour into an oiled and floured 10 1/4 x 6 1/2 x 1 1/4-inch baking pan. Bake for approximately 15 to 20 minutes, or until the center springs back when gently pressed.

*Variation.* For a fudgier brownie, add 1 oz. of sugar. For a cake-like brownie, add 1 oz. of flour.

*For the Icing:*

4 oz. Eco-Cuisine Instant Vanilla Soy Pudding  
1 1/4 cups hot water  
1/4 cup melted vegan shortening (try Spectrum brand)  
1 Tbsp. molasses  
2 tsp. pure vanilla extract  
1/2 cup chopped sweetened coconut\*  
1/2 cup coarsely chopped roasted pecans

- In a 2-quart mixing bowl, combine the pudding mix with the hot water and whip until evenly dispersed.
- Add the shortening, molasses, and vanilla extract and mix with a hand-held mixer on medium speed for 20 to 30 seconds. Add the coconut and pecans and stir to incorporate.
- Spread over the cooled brownies.

\**Note:* Toasted coconut can also be used.

*Makes 24 servings*



### **Vegan Layered Chocolate-Mousse Cake**

#### *For the Cake:*

1 1/2 cups unbleached all-purpose flour  
1 cup sugar  
3 Tbsp. cocoa powder  
1 tsp. baking soda  
1 tsp. vanilla extract  
1 Tbsp. distilled white vinegar  
5 Tbsp. oil or melted vegan margarine  
1 cup cold water  
1/2 cup semisweet chocolate chips (optional)

- Preheat the oven to 350°F.
- Using a fork, combine the flour, sugar, cocoa powder, and baking soda in a 9-inch square bakingpan. Stir in the vanilla extract, vinegar, and oil or margarine.
- Add the water and mix well.
- If desired, top with the chocolate chips.
- Bake for 30 to 35 minutes, or until a knife inserted in the center comes out clean. Cool.

#### *For the Tofu Mousse:*

1 pkg. silken tofu (try Mori-Nu brand)  
1/3 cup sugar  
1/4 tsp. salt  
1 tsp. vanilla  
1 cup semisweet chocolate chips, gently melted

- In a food processor, blend the tofu until very smooth.
- Combine with the sugar, salt, and vanilla and mix until smooth.
- Add the melted chocolate and stir until combined.

#### *For the Ganache:*

1 cup semisweet chocolate chips  
1/2 cup soy milk  
2 Tbsp. vegan margarine, optional (try Earth Balance brand)

- In a double boiler, combine all the ingredients and slowly melt until smooth. Cool for 10 minutes.

#### *To Assemble:*

- Cut the cake in half, creating 2 layers. Frost the top of 1 layer with the tofu mousse. Top with the remaining layer.
- While the ganache is still warm and soft, pour over the cake. Let cool.

*Note:* An additional frosting can be made by beating 2 cups of Rich's Nondairy Whipping Cream until stiff peaks form.

*Makes 8 servings*

For additional information or assistance, please call 1-800-760-8570 or e-mail [Info@vegadvantage.com](mailto:Info@vegadvantage.com).



### **Raspberry Phyllo Cups**

1 pkg. Mori-Nu-brand low-fat pudding mix (chocolate-, vanilla-, or lemon-flavored)  
1-2 Tbsp. Kahlúa (optional if using chocolate-flavored pudding)  
Silk-brand soy cream in French-vanilla flavor (optional)  
1 pkg. Mori-Nu-brand silken, lite extra-firm tofu  
Water as needed for consistency  
40 mini phyllo-dough shells  
3 pints large fresh raspberries  
Mint leaves for garnish

- Prepare the pudding according to the package directions, substituting the Kahlúa or the soy cream for the water if desired. (Avoid making too thin.) Blend with the tofu.
- Fill each shell 1/2 full with the pudding mix. Top with the raspberries. Refrigerate.
- Serve within 4 to 5 hours. Garnish with a mint leaf.

*Makes 40 servings*



### **Poached Pears**

*For the Pears:*

15 whole, firm pears, peeled, stems attached (try Bosc, Bartlett, Anjou, Comice, or Asian pears)  
2 cups red or white wine  
2 cups pear or apple juice  
1 cup sugar  
2 cinnamon sticks  
1/4 cup lemon juice  
1 2-inch piece vanilla bean, split in half, pods and seeds scraped  
4-8 cups water

- Preheat the oven to 350°F. Using a melon baller, core each pear from the bottom.
- Slice 1/4 inch off the bottom of each pear (to create a flat surface).
- Place in a deep pan.
- In a large pot, combine the wine, pear or apple juice, sugar, cinnamon, lemon juice, vanilla bean, and water. Bring to boil.
- Pour over the pears. Cover and bake for 15 to 25 minutes, or until just tender.
- Remove the pears to a serving dish. Cool in the refrigerator.

*For the Fruit Sauce:*

2 12-oz. pkgs. frozen, sweetened raspberries  
2 Tbsp. sugar  
1 Tbsp. lemon juice  
Fresh raspberries for garnish  
Fresh mint sprigs for garnish

- Purée all the ingredients in a blender until smooth. Pour through a fine sieve.

*To Assemble:*

- Spoon a small amount of the fruit sauce onto a plate, top with a pear half, and garnish with the fresh raspberries and the mint. Repeat with the remaining fruit and sauce.

*Makes 30 servings*



### **Vegan Oatmeal Cookies**

1 cup vegan margarine, softened  
1 1/2 cups tightly packed brown sugar  
1 cup sugar  
1 ripe, mashed banana\*  
3-5 tsp. vanilla extract  
2 Tbsp. water  
1 3/4 cups all-purpose or whole-wheat flour  
1 tsp. baking powder  
2 1/2 cups rolled oats (try quick-cooking oats)  
2 1/2 cups vegan chocolate chips

- Preheat the oven to 375°F.
- Cream the margarine and the sugars together. Add the well-mashed banana and mix well. Add the vanilla and the water. The water will try to separate; continue mixing in a “figure-eight” motion and add the dry ingredients in the order above in 1/2-cup increments.
- The final batter should be almost too dry to hold the chocolate chips. If it isn’t, adjust the amount of the flour or the oats. Drop the batter in rounded teaspoonfuls on an ungreased cookie sheet.
- Bake for 9 to 10 minutes.
- Leave on the cookie sheet for a few minutes before moving to a plate or a wire rack to cool.

\**Note:* If the banana peel isn’t spotted black, cover the mashed banana with the juice of half a lemon for 15 minutes before incorporating it into the mix.

*Makes approximately 3 dozen cookies*



### **Peanut Butter-Chocolate Chunk Cookies**

8 Tbsp. unsalted vegan margarine, chilled and cut into pieces

1/2 cup granulated sugar

1/2 cup firmly packed light brown sugar

1/4 cup soft, silken tofu

1/2 tsp. vanilla extract

1 1/2 cups all-purpose flour

3/4 tsp. baking soda

1/4 tsp. salt

1/2 cup smooth peanut butter

1 cup semisweet chocolate chunks

- Preheat the oven to 400°F.
- In a large bowl, cream the margarine with an electric mixer until smooth and fluffy. Add the sugars and blend well. Add the tofu and vanilla and blend again.
- In a medium bowl, sift the flour, baking soda, and salt. Add 1/3 of the flour mixture to the margarine mixture and mix well. Add an additional 1/3 of the flour mixture and mix well. Repeat with the remaining flour. Add the peanut butter and mix well. Fold in the chocolate chunks.
- Roll the cookie dough into 1-inch balls and place on a greased cookie sheet, allowing room for the cookies to spread. Press each twice with the back of a fork, flattening and making a crisscross pattern on top.
- Bake for 5 to 8 minutes, or until light golden brown. Allow to cool on the sheet.

*Makes 4 dozen cookies*



### **Chocolate-Peanut Butter Pie**

*For the Shortbread Crust.*

1 cup vegan margarine (try Earth Balance brand)  
1 cup sugar  
1/4 tsp. salt  
1/2 cup cocoa powder  
3 cups barley flour  
2 tart shells

- Preheat the oven to 350°F. Using a mixer, combine the margarine, sugar, salt, and cocoa powder. Slowly add the barley flour.
- Press into the tart shells. Bake for 10 to 15 minutes, or until light brown. Cool.

*For the Peanut Butter Filling.*

1 cup peanut butter  
3/4 cup sugar  
1/4 tsp. salt  
1 pkg. silken tofu (try Mori-Nu brand)

- Combine all the ingredients until smooth.

*For the Chocolate Filling.*

1 cup vegan chocolate chips, gently melted  
1/3 cup sugar  
1/4 tsp. salt  
1 tsp. vanilla  
1 pkg. silken tofu (try Mori-Nu brand)

- Combine all the ingredients until smooth.

*To Assemble.*

- Swirl the fillings into the prepared crusts.
- Refrigerate for 1 hour, or until the filling sets.

*Makes 2 pies (approximately 16 to 20 pieces)*



### **Lemon Tart**

*For the Crust:*

2 cups coconut  
1 cup barley flour  
1/4 tsp. salt  
1/3 cup maple syrup  
2 Tbsp. safflower oil  
1 tart shell, greased

- Preheat the oven to 350°F. Mix all the ingredients, except the tart shell, until thoroughly combined.
- Press into the tart shell.
- Bake for 10 to 15 minutes, or until golden brown.

*For the Filling:*

1 cup lemon juice  
1/2 cup water  
1 can coconut milk  
1/2 cup sugar  
3 Tbsp. plus 1 tsp. agar-agar  
1/4 tsp. salt  
1/4 tsp. turmeric  
1/2 cup arrowroot  
2/3 cup water

- Combine the lemon juice, 1/2 cup water, coconut milk, sugar, agar-agar, salt, and turmeric in a heavy pot and simmer, stirring often.
- Combine the arrowroot and the remaining water. Set aside.
- When the agar-agar is no longer lumpy, add the arrowroot mixture to the coconut-milk mixture. Return to a simmer. Remove from the heat. Cool slightly.
- Pour into the tart shell.
- Chill for 1 hour, or until set.

*Makes 10 servings*



**Vegan Pancake Batter**

4 cups all-purpose flour

4 cups barley flour

3/4 cup sugar

5 Tbsp. baking powder

1/2 tsp. salt

3/4 cup safflower oil

4 cups soy milk

4 cups water

- Whisk together the flours, sugar, baking powder, and salt. Set aside.
- In a separate bowl, combine the safflower oil, soy milk, and water.
- Slowly whisk the wet ingredients into the dry ingredients until smooth.

*Makes approximately 20 cakes*



## Polynesian Crisp

### *For the Crisp:*

1 cup unsweetened coconut  
5 gallons fresh pineapple, diced  
1 cup sugar (try Sucanat)  
1 1/3 cups whole-wheat pastry flour  
8 tsp. vanilla  
Topping (see recipe below)

- Mix together all the ingredients and press into a lightly oiled 10x12x2-inch pan. Spread the topping evenly on top. Bake in a preheated 375°F oven for about 45 minutes, or until the top is crispy and the fruit mixture is bubbly.
- Cool for about 10 minutes. Serve warm or cold with nondairy ice cream.

### *For the Topping:*

1 1/3 cups whole-wheat pastry flour  
3 cups rolled oats  
1 cup sugar  
1 1/3 cups chopped walnuts  
1 tsp. ginger powder  
1 cup canola oil

- Combine the dry ingredients in a small bowl. Cut in the oil until the mixture resembles coarse crumbs.

*Makes 24 servings*



## **Chocolate-Banana Cupcakes With Peanut Butter Frosting**

*For the Cupcakes:*

1 1/2 cups sugar  
1/2 cup plus 1 Tbsp. vegan margarine, softened (try Earth Balance brand)  
2 tsp. vanilla  
2 bananas, mashed well  
2 cups all-purpose flour  
1/2 cup unsweetened cocoa  
1 tsp. baking soda  
1/2 tsp. salt  
1 cup soy milk

- Preheat the oven to 350°F. Line a muffin pan with paper liners.
- Using a hand-held mixer, combine the sugar, margarine, and vanilla in a large bowl. Add the bananas, stirring well to combine.
- In a separate bowl, combine the flour, cocoa, baking soda, and salt, stirring well with a whisk. Alternating with the soy milk, add the flour mixture to the sugar mixture a little bit at a time, beginning and ending with the flour mixture and mixing after each addition.
- Spoon into the paper liners. Bake for 20 minutes, or until the cupcakes spring back easily when touched lightly in the center.
- Allow to cool completely before frosting.

*For the Peanut Butter Frosting:*

2 1/2 cups chunky peanut butter  
1/2 cup powdered sugar  
Dash of pure vanilla extract

- Using a hand-held mixer, combine all the ingredients in a bowl.
- Spread onto the cooled cupcakes.

*Makes approximately 2 dozen*



## Carrot Cake

### *For the Cake:*

1 cup silken tofu, puréed  
1 cup vegetable oil  
2 cups sugar  
2 cups flour  
2 tsp. baking soda  
1/4 tsp. baking powder  
2 tsp. cinnamon  
1/2 tsp. salt  
3 cups shredded carrots  
2/3 cups chopped walnuts

- Lightly grease a 15x10-inch baking pan. Preheat the oven to 350°F.
- In a large bowl, combine the tofu, oil, and sugar until incorporated.
- In another bowl, combine the dry ingredients. Add to the tofu mixture and beat to combine. Stir in the carrots and walnuts.
- Pour the batter into the prepared pan and bake for 35 minutes, or until a toothpick inserted in the center comes out clean. Let cool before frosting.

### *For the Frosting:*

8 oz. vegan cream cheese, softened  
1/2 cup margarine at room temperature  
1 tsp. vanilla  
4 cups powdered sugar  
2/3 chopped walnuts (optional)

- Using a mixer, combine the vegan cream cheese, margarine, and vanilla until smooth. Beat in the sugar.
- Ice the cake and top with the walnuts, if using.

*Makes 25-30 servings*



### **Easy Chocolate Crème Dessert Cups**

2 pkgs. chocolate pudding mix

6 cups soy milk

3 cups semisweet chocolate chips

- In a saucepan over medium heat, whisk together the pudding mixes and the soy milk. Continue to whisk until boiling. Remove from the heat.
- Add the chocolate chips and whisk until they have melted and the mixture is smooth.
- Spoon into individual serving cups, cover in plastic wrap, and refrigerate for 4 to 6 hours, or until cooled.
- Serve cold and top with Rich's nondairy whipped cream or fresh fruit.

*Makes 24 servings*



### **Berry-Peach Crisp**

3 cups rolled oats  
3 cups brown sugar  
1 tsp. cinnamon  
2 1/4 cups flour, divided  
1 1/2 cups margarine  
12 cups mixed berries  
6 cups sliced peaches

- Preheat the oven to 350°F. Lightly grease a hotel pan.
- In a large bowl, combine the oats, sugar, cinnamon, and 1 3/4 cups of the flour. Cut in the margarine until moist enough to form a ball.
- Place the berries in the prepared hotel pan and toss with the remaining flour. Add the peaches.
- Sprinkle the crumb mixture over the fruit until evenly covered. Bake for 35 to 40 minutes, or until golden brown.

*Makes 24 servings*