



-LEARNING

COMMUNITY

From Scratch

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Plant-based Meats	Tofu
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We're continually curating and building content, along with posting on social media.

Facebook conversations are identified by  throughout the materials.



Meal Ideas

Combining Ingredients

By keeping a few ingredients on hand like...

- Tofu
- Flat Bread
- Creamy base
- Chickpea tuna
- Mix of vegetables, grains, and legumes

...a number of dishes can be easily prepared by adding ingredients or combining a few items.

- Mac & cheese
- Tuna casserole
- Tofu eggs with yuba or tofu bacon
- Pizza with tomato, cheese sauce, and vegetables
- Creamy legumes for a soup base, dressings, etc.

Developing a system for meals

I often setup my plate with grains and then a few vegetables surrounding it - potluck style. Then pour over some type of sauce.

Kitchen and Pantry Staples:

- Fresh and frozen vegetables: mushrooms, broccoli, cauliflower, carrots, tomato, green beans, corn, peas, zucchini, squash (yellow, butternut, and spaghetti), eggplant, asparagus, brussels sprout, rutabaga, turnips, parsnips, sweet potato, yams, kale and spinach.
- Fermented: cabbage (sauerkraut), cucumbers (pickles), miso (sea vegetables), and olives
- Fruits: apples, pear, orange, grapes, mango, melon, berries, peach, banana, and dates
- Grains: millet, quinoa, amaranth, teff, sorghum, kamut, fonio, rolled oats, and buckwheat
- Legumes: chickpeas, black, kidney, great northern, cannellini, adzuki, navy, soy, mung, fava, and pinto
- Nuts: brazil, walnut, pine, cashew, pecan, and almonds
- Seeds: chia, flax, pumpkin, sunflower, sesame, and hemp
- Spices: nutritional yeast, dill weed, Himalayan pink salt, black salt, pumpkin spice, rosemary, oregano, basil, thyme, garlic, onion, mustard seed, turmeric, and chili



Flavor and Texture Ideas

Vegetables

- Instead of using olive oil, create a similar product by putting olives in a blender for a minute or two.
- Mushrooms can be used as a meat or seafood substitute. There's even a lobster mushroom.
- Spaghetti squash can be an alternative to pasta.  In addition, spiralizing vegetables like zucchini, squash or sweet potato are another option.

Using spaghetti squash as the base, then adding peas, chickpea tuna, and topping it with a legume dressing



Fruit

- Chopped fruit (raw or roasted), pickles, etc. sprinkled on top of a dish or added to a sauce makes the flavor standout.
- Dates are a whole food sweetener.

Legumes

- Soy beans don't have a strong flavor - so it can be added.
- Blended cooked mung beans create a custard texture.
- Chickpeas taste and smell like tuna.

Nuts

- Cashews and soy beans make a good base for cheese.
- Chopped nuts and seeds add a crunchy texture.

Seeds

- Chia seeds can be used as a gelatin in baking or pudding.
- Flax seeds and aquafaba can be used as an egg replacer in baking.

Spices

- Nutritional Yeast tastes like cheese.
- Black salt has an egg flavor.



Creamy

Begin with a cream base, then create cheese, sour cream, soup, mayonnaise, etc. by adding a few ingredients.

Cashew Cream Base

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potatoes, yams, avocado, etc.)
- 1/2 teaspoons salt, miso or nutritional yeast
- 1/4 teaspoons lemon powder, grass or lemon peel spice; or 1/2 tablespoon lemon juice (optional)
- Cover with water or vegan milk – oats, hemp, almond, rice, soy, or coconut.
Note: milk can be made with water and oats, hemp, etc. in a blender.

Blend all recipe ingredients until smooth with Vitamix (or another blender device).

Sour Cream

- Cashew cream base
- 1/2 tablespoon apple cider, balsamic, or UME plum vinegar

Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

Please also see [Dairy and Egg Free](#) for additional options.

Cream Soup Base

- Cashew cream base
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

Optional: 1/2 teaspoon dried thyme, 1/2 teaspoon of garlic powder, and 1/4 teaspoon onion powder

Whipped Cream (fridge)/Ice Cream (freezer)

- Cashew cream base
- 1 tablespoon avocado, banana, applesauce, soaked nuts/seeds, coconut butter or flakes
- 1/8 teaspoon stevia, 1/2 teaspoon agave or pitted dates

Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons apple cider, balsamic, or UME plum vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

Salad Dressing:

- Mayonnaise base
- 1 cup of vegetable broth, water, or olive oil
- 1/4 cup nutritional yeast (*optional*)



Condiments

Olive Oil

Blend canned olives to make olive oil. May want to use low sodium olives to reduce the salt intake.

Dairy and Egg Free

Butter

Using whole foods and just a few ingredients, this recipe offers a sweet and salty option.

- 2½ cups of corn
 - 2- 4 dates
 - ½ teaspoon of salt
 - Approximately a ¼ cup of water to blend the ingredients
- Note: microwaving the corn will make it easier to blend

A more traditional butter recipe

- ¾ cup coconut butter or flakes
- ¼ cup of vegan milk – oats, hemp, almond, rice, soy, or coconut
- ¼ teaspoon of salt
- 1 tablespoon of coconut oil

For both place ingredients in a blender and run until it reaches desired consistency.



Milk



- 1 cup water
 - 1/3 cup of almonds, hemp seeds, or rolled oats
- Blend ingredients into a creamy milk alternative.

Cheese

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potatoes, yams, etc.)
- 1/2 teaspoon salt or miso
- 1/4 teaspoons lemon powder, grass or lemon peel spice, or 1/4 tablespoon lemon juice (optional)
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard
- Cover with water or vegan milk – oats, hemp, almond, rice, soy, or coconut

Blend ingredients until smooth with a blender.

Alternative cheese recipe: combine legumes, sweet potato, carrots, miso, nutritional yeast, sauerkraut, and water in a blender to create a creamy cheese. Legumes are the base with the remaining ingredients added according to your desired taste.



Scrambled Eggs

Scrambled Eggs with cheese and sautéed vegetables.

- Roast or sauté vegetables
- Crumble tofu and sauté in a pan (*optional*)

Cheese Sauce

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potatoes, yams, etc.)
- 1/2 teaspoon black salt (egg flavor), salt, or miso
- 1/4 teaspoons lemon powder, grass or lemon peel spice, or 1/4 tablespoon lemon juice (*optional*)
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard
- Cover with water or vegan milk – oats, hemp, almond, rice, soy, or coconut

Blend ingredients until smooth with a blender.

Alternative cheese recipe: combine legumes, sweet potato, carrots, miso, nutritional yeast, sauerkraut, and water in a blender to create a creamy cheese. Legumes are the base with the remaining ingredients added according to your desired taste.

- Stir in all ingredients until desired warmth and texture.



Fruits and Vegetables

Keeping a variety of fruits and vegetables readily available, makes it easy to create a wide range of meals during the week.

Rotating fresh and frozen fruits/vegetables allows for a greater mix of nutrients and potentially fewer visits to the store.

For example, let's say groceries were bought the first week of the month. During the first week or two, the most perishable food items could be steamed, roasted or baked - like eggplant, zucchini, mushrooms, brussels sprouts, along with eating apples, pears, and grapes. In the next couple weeks less perishable foods could be eaten like yams, sweet potatoes, and rutabaga, along with frozen broccoli, spinach, green beans, squash, peas, corn, berries, and peaches.

Potential meals:

- Fruits and vegetables can be used as part of a potluck style meal
- Yams make a great sandwich base
- Desert with baked apples, granola and cashew cream.

Crispy Cabbage



Cabbage can be a crispy alternative to corn chips. By cutting a half-moon and slice, a few variations can be created - like a bowl of cabbage, a flat sandwich (by pulling out the middle of the bowl), or cutting up the slice for cabbage chips. Then maybe topping them off with homemade chickpea tuna, peas, corn, nutritional yeast, and a bean-based sauce.



Legumes and Grains

Having a variety on hand, makes it simple to use legumes as a base for creams and dressings, and grains as a staple for many meals.

For instance, pressure cook legumes in batches that last a couple weeks with either a mix for a hearty cheese sauce, or a single source like soy beans for whipped cream. Then freeze whatever can't be used immediately in serving sizes that allow for thawing just the right amount for a creamy dressing.

Another option is to soak, pressure cook, and store as assortment of legumes or grains in the same bowl.

These and many others make great food systems help to stay on track.

Granola

Mix these ingredients in a food processor for a few seconds with a little bit of water to reach desired consistency: rolled oats, chia seeds, hemp seeds, popped amaranth, pumpkin seeds, sesame seeds, flax seeds, sunflower seeds and cinnamon spice.

Note: adding dates makes a delicious cookie or pie base

Potential granola ingredients



Mixed granola



Cookie with fruit topping or ball rolled in cacao, carob, or another sweetener



Pie base with fruit and/or cream on top



Flat Bread, Pancake, Pizza or Pie Crust

Simple bread recipe that can be used for open flat bread sandwiches, pancakes, pizza, or pie crust.

- 1 1/2 cups of flour
- 1 cup of water

Add flour and water to blender to create batter. Pour batter onto a pan or skillet and bake until cooked all the way through.

Optional: use a dry blender to create flour from a single source or a combination. My preference is to use a mix of grains, legumes, nuts, and seeds.

- Grains: millet, quinoa, amaranth, teff, sorghum, kamut, fonio, rolled oats, and buckwheat
- Legumes: chickpeas, black, kidney, great northern, cannellini, adzuki, navy, soy, mung, fava, and pinto.
- Nuts: brazil, walnut, pine, cashew, pecan, and almonds
- Seeds: chia, flax, pumpkin, sunflower, sesame, and hemp

Optional: add spices for desired taste like nutritional yeast, dill weed, Himalayan pink salt, black salt, pumpkin spice, rosemary, oregano, basil, thyme, garlic, onion, mustard seed, turmeric, chili, or dates

Pasta

Mac and Cheese Recipe

This is a favorite comfort food made vegan style.

- 4 tablespoons of all-purpose flour
 - 2 teaspoons of salt, miso, or nutritional yeast
 - 5 cups vegan milk – oats, hemp, almond, rice, soy, or coconut
 - 4 tablespoons of vegan butter (see VLC Recipe Book at www.vlearningcommunity.org for homemade butter)
 - 4 cups (2 packages - 16 oz) of Daiya Cheese Mozzarella or Cheddar
OR
 - See [Cheese](#) section for homemade options
 - 16 oz of elbow pasta
1. Combine ingredients (except pasta) in blender until warm and melted.
 2. Add cooked elbows and ingredients from blender into baking dish.
 3. Bake uncovered in 375 degrees F oven for 25 minutes or until lightly browned.

Makes: 8-12 servings. Fills a 2"x 8.5" x 12.5" baking dish.



Plant-based Meat

Tofu

Tofu Steaks and Bread

Tofu Steaks are a great meat alternative or as a base for an open sandwich. Sliced sweet potato or yams also make a good sandwich base.

- Make marinate:
 - 1/8 cup of soy sauce
 - 1/8 cup of canola oil, water, or vegetable broth
 - 1 tbsp of nutritional yeast
- Cut tofu steaks about a 1/2 inch to inch thick.
- Dip tofu steaks in marinate on each side.
- Lightly cover with flour (optional)
- Place in 4 (or more) cup bowl. May want to flip in bowl a couple times to marinate further.
- After marinating for about 30 minutes, cook in skillet or air fryer (350 degrees for 10 minutes in each side) until crispy on the outside.

Homemade Tofu

2 cups of cooked soybeans

3 tablespoons of flaxseed or chia seeds (*optional*). May need to add 3-5 tablespoons of water to reach smooth consistency.

Blend ingredients in a food processor until it's relatively smooth. Form to desired shape, which could be a block (using tofu press), strips, or base for an open sandwich. Bake or air fry for 10 min, which will make the outside crispy and help hold its shape. This can be eaten as is, or marinated and cook again for a few more minutes.



Bacon and Chicken Strips

Yuba (Tofu Skin) or Rice Paper are a great way to make crispy bacon, chicken strips, etc.

- Pour soy milk in wide skillet - about a half inch deep.
- Turn the heat to medium-low. Too hot and it will bubble.
- Wait for a thin layer of skin to form on the top.
- Run knife around the perimeter to loosen it.
- With tongs, pick up the skin and drape over a dowel that's placed on the rim of a bowl. Allow it to drip for a couple minutes.
- Unwrap (if needed) and lay flat in a bowl to marinate. **Or**
- Cut Rice Paper into strips or use thinly slice tofu.

Marinate Yuba or Rice Paper for a couple minutes. Portions depend on your taste preference and the amount of Yuba you made.

- Bacon: soy sauce, vegetable broth (water or canola oil), and nutritional yeast. May also want to add a sweetener like maple or date syrup, or blended pitted dates, and a small amount of liquid smoke.
 - Chicken Strips (which can be wrapped around marinated pressed tofu): vegetable broth (water or canola oil), nutritional yeast, and poultry seasoning.
- Cook in a skillet or air fryer (320 degrees for 7-8 minutes) until it becomes crispy.

Note: these strips can also be added to soup, noodle, or rice dishes.

Tuna Fish

Chick peas have a "tuna" taste and can be used to make vegan tuna fish.

- 2 cups cooked or canned Chick Peas (aka Garbanzo beans)
- 1 teaspoon salt, miso, or nutritional yeast
- 2 teaspoon gluten-free tamari
- 1/2 cup mayonnaise (see [Creamy](#) for homemade option)
- 1 teaspoon ground dill weed or 2 tablespoons of chopped pickles

Put all ingredients in a blender or food processor. Run for a few seconds.



Veggie Burger

1 cup of mixed cooked legumes

$\frac{3}{4}$ -1 cup of vegetables (sweet potatoe, peppers, mushrooms, broccoli, etc.)

$\frac{1}{2}$ cup of mixed cooked grains

May want to also add other flavoring like tamari.

Put ingredients in a food processor. Create patties from mixture and place on griddle or frying pan on the stove. Cook to desired doneness.

Sweets

Carob Ganache

1 cup carob powder

$\frac{1}{2}$ cup berries, banana, applesauce, soaked nuts/seeds, coconut butter or flakes

$\frac{1}{8}$ teaspoon stevia, $\frac{1}{2}$ teaspoon agave or a pitted date

Pinch of salt

1 cup of vegan milk – oats, hemp, almond, rice, soy, or coconut

Put ingredients in the blender. Add more or less vegan milk based on desired consistency.

