



# -LEARNING COMMUNITY

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## 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.

### 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 – soy, coconut, hemp, or almond

*Blend all recipe ingredients until smooth with a 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

### Caesar Salad Dressing

Shared by community member

- 2 tbsp apple cider vinegar
- 1/2 cup raw cashews
- 3 tbsp nutritional yeast
- 1 tbsp hemp seeds
- 10 walnuts
- 1/4 cup lemon juice or 1/2 tsp of lemon powder
- 1/4 cup olive oil, vegetable broth, or vegan milk – soy, coconut, hemp, or almond
- 2 cloves garlic or 1/4 teaspoon of garlic powder
- 1 teaspoon salt or miso
- Black pepper to taste
- 1/4 cup water

Blend all ingredients to a high-speed blender, add to your greens, and enjoy!

### Jam

Click: <https://sugarfreelondoner.com/sugar-free-strawberry-jam/>

### Lemon Cubes

Shared by community member

These cubes can be used to enhance a simple container of water or tea. Measurements are chosen by the cook.

- Filtered water
- Cleaned, organic lemons
- Turmeric
- Ground cinnamon
- Ground ginger

Clean and cut lemons, then add all ingredients into an emulsifier (re: Nutri Ninja). Blend well until smooth. Add mixture into as many ice trays that can accommodate the mixture. Place filled trays in the freezer, allowing them to freeze solid for 24 hours. Take cubes from trays and store them in a freezer bag for later use.

### Olive Oil

Put can of olives in blender 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 – soy, coconut, hemp, or almond
- ¼ teaspoon of salt
- 1 tablespoon of coconut oil

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

### Cheese

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potatoes, yams, etc.)
- ½ teaspoon salt or miso
- ¼ teaspoons lemon powder, grass or lemon peel spice, or ¼ tablespoon lemon juice (optional)
- ¼ cup nutritional yeast
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon coriander
- ½ teaspoon dry mustard
- Cover with water or vegan milk – soy, coconut, hemp, or almond

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.*

### Various Vegan Cheeses

Shared by community member

[Homemade Vegan Cheese](#)



## **Parmesan Cheese**

Shared by community member

- 1 cup of cashew nuts
- 4 tablespoon nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt

Put all in blender and blend until powder

## **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 – soy, coconut, hemp, or almond

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.





## Cheesy Tofu Scramble

Shared by community member

### Ingredients

- 1/4 cup vegan milk – soy, coconut, hemp, or almond
- 2 tablespoons apple cider, balsamic, or UME plum vinegar
- 2 tablespoons Bragg's Liquid Aminos, soy sauce or tamari, to taste
- 1/2 cup nutritional yeast
- 1 1/2 teaspoons smoked paprika or chili powder
- 1 pound firm tofu, drained and squeezed

### Directions

1. Mix vegan milk, vinegar and soy sauce in a small bowl. Add nutritional yeast and paprika.
2. Heat oil, water, or vegetable both over medium heat. Crumble in tofu and cook for 4 minutes, scrambling tofu in pan.
3. Pour in the liquid mixture and continue to cook until all the liquid is absorbed.
4. Salt and pepper to taste; add hot sauce, if desired.

## Soup

### Vegetable Broth

- Add vegetables and herbs to a large pot – like mushrooms, onions, peppers, garlic, thyme, rosemary, and bay leaves.
- Some peels, stems and roots are edible – like cleaned carrot peels and greens, mushroom bottoms, onion tops, beet and turnip greens. You may want to add these too.
- Cover with water
- Cover and bring to a boil.
- Lower heat a little and simmer for an hour
- Strain the vegetables and herbs out of broth.

## 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.



## Sweet Potato Casserole

Click: <https://www.mydarlingvegan.com/vegan-sweet-potato-casserole/>

## Kale Chips

Shared by community member

- 1 bunch organic kale - leaves torn/ finely chop stems
- 2-3 cloves fresh minced garlic
- Extra Virgin Olive Oil to coat
- Sprinkle of kosher salt (or salt substitute, i.e., Trader Joe's Umami)
- Sprinkle of nutritional yeast
- 1/4 cup chopped mixed nuts, i.e., walnuts, almonds, cashews

Spread kale on parchment covered roasting pan or in Dutch oven, coat with oil, sprinkle salt and toppings and roast at 450 degrees for about 20 minutes until garlic and toppings are brown. Be sure to check and mix half way so kale does not burn. Top off with fresh or dried pizza herb.

## 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.

## Easy Bake Falafel

Shared by community member

Click <https://www.eatingbirdfood.com/easy-baked-falafel/#tasty-recipes-33000>



## Vegetable and Tempeh Fried Rice

Shared by community member

The Rice: 1 1/2 cups of rice (brown or white) and 3 cups of water

Procedure:

1. Bring the water with the rice to a boil.
2. Let it simmer (best to leave the pan completely uncover since the rice will be further cooked later).
3. Fluff the rice with a fork and let it cool down (preferably 24 hours before frying it with other ingredients).

The Vegetable and Tempeh Fried Rice:

- 1 onion (red or white);
- 2 cloves of garlic;
- 1 cup of frozen peas and carrots;
- 1 cup of frozen broccoli and cauliflower;
- 1 tempeh;
- Black pepper to taste;
- 3 tablespoons of soy sauce; and
- 3 tablespoons of peanut or other vegetable oil, or vegetable broth
- 1 green onion.

Procedure:

1. Cut up tempeh into thin slices so they can easily be cooked through
2. Coat the cut-up tempeh slices with one tablespoon of soy sauce.
3. Mince onion and garlic.
4. In a large wok (nonstick if possible) add oil or broth, onion, garlic, frozen vegetables, and tempeh on high heat. Make sure the ingredients are in a single layer if possible, stirring frequently until the onion and garlic are caramelized and the vegetables are tender.
5. Add the remaining soy sauce and black pepper and keep stirring. Stirring frequently will ensure ingredients are evenly cooked and won't burn or stick to the pan.
6. Add the rice and cook the rice with the other ingredients until the rice is heated as well.
7. Turn off the stove and add the chopped green onion and keep stirring with the other ingredients. The remaining heat will cook the green onion and prevent overcooking.
8. Serve it with more soy sauce and peanuts if desired.

## 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.



## **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 – soy, coconut, hemp, or almond
  - 4 tablespoons of vegan butter (see VLC Recipe Book at [www.vlearningcommunity.org](http://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

### Thanksgiving Loaf with Cranberry Glaze

Shared by community member

[The Ultimate Vegan Thanksgiving Loaf with Cranberry Glaze](#)

## 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.

## New England Glam Chowder

Shared by community member

Click <https://www.theppk.com/2013/10/new-england-glam-chowder-video/> for recipe.



## **Gardein Recipes**

Shared by community member

Click <https://gardein.ca/recipes/> for recipes.  
Click the **Recipe** tab for additional Gardein recipes.

## **Vegan Lobster Roll**

Shared by community member

Click <https://www.thespruceeats.com/> for the homepage of the website, or click [Vegan Lobster Roll](#)

## **Vegan Lobster Mushroom Mac and Cheese Recipe**

Shared by community member

Click <https://vegnews.com/> for the homepage of the website, or click [Vegan Lobster Mushroom Mac and Cheese](#)

## **Jackfruit**

Shared by community member

2 - 20 ounce cans jackfruit in water or brine, drained and rinsed  
1 large onion  
1 large pepper  
2-3 cloves garlic, minced  
Vegetable broth for cooking

Chop the onion, pepper, and garlic. Cook on the stove, with broth until brown.

Drain and rinse canned jackfruit. Chop the jackfruit.  
Add chopped jackfruit to the onion, pepper, and garlic.

Cook on medium, stirring until jackfruit is completely cooked.

## **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  
1/2 cup berries, banana, applesauce, soaked nuts/seeds, coconut butter or flakes  
1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date  
Pinch of salt

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

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

### Chocolate Ice Cream

Shared by community member

Click <https://thevegan8.com/4-ingredient-vegan-chocolate-ice-cream/>

### Black Bean Chocolate Cookies

Shared by community member

Combine dry ingredients and set aside:

1/2 cup flour (any flour - see healthy choices below)  
1/8 cup ground flax  
6 tablespoon pure unsweetened cocoa powder  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1/4 cup brown sugar (or substitute white sugar or stevia)

Combine wet ingredients: (blender or food processor - I prefer stand mixer but you have to blend black beans first)

1 15 oz can organic black beans  
1 tablespoon of flaxseed and 3 tablespoons of water stirred together until thick  
2 tablespoon maple syrup or agave  
2 teaspoon vanilla  
1 teaspoon almond extract (optional but delicious)  
Half stick vegan butter (melted) or 1/4 cup coconut oil (melted)  
3 tablespoon milk

Add dry ingredients to wet ingredients and mix – if too dry, add 1 tablespoon or more milk to get a thick cookie batter. Spoon into any size cookie - I get 9 large cookies. I flatten them a bit to desired cookie shape on a greased cookie sheet, pizza pan, or over parchment paper.  
Bake at 350 for 21 minutes. Let sit 10 minutes.

