



# -LEARNING COMMUNITY

## Foods From Scratch

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We continually curate and build content while also posting on social media.

Facebook conversations are identified by  throughout the materials.

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For additional resources, visit the [Fundamentals](#), [Develop a System](#), and [Rooted in ME](#).



## Ideas, Creamy, and Staples

### 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



... several 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

One idea is to set up a plate with grains and then surround it with a few vegetables - a potluck-style arrangement. Then pour over some sauce. Please see additional ideas on the [Rooted in ME](#) page on [www.V-LC.org](http://www.V-LC.org)

#### 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, brussel sprouts, okra, artichoke, rutabaga, turnips, parsnips, sweet potato, yams, and greens.
- Fermented: Cabbage (sauerkraut), cucumbers (pickles), miso (sea vegetables), and olives
- Fruits: Apples, pears, oranges, grapes, melon, berries, peaches, and bananas
- Dried Fruit: Apples, pears, oranges, currants, mangoes, strawberries, blueberries, peaches, bananas, figs, persimmons, apricots, papaya, pineapple, mulberries, cherries, coconut, and dates ([Top 6 Health Benefits of Dates](#)).
- Grains: Millet, quinoa, amaranth, amaranth pop, teff, sorghum, kamut, fonio, rolled oats, polenta, and buckwheat
- Legumes: Chickpeas, black, kidney, great northern, cannellini, adzuki, navy, soy, mung, fava, black eye pea, and pinto. Green, red, brown, and black lentils
- Nuts: Brazil, walnut, pine, cashew, pecan, hazelnut, pistachio, and almonds
- Seeds: Chia, flax, pumpkin, sunflower, sesame, sacha inchi, and hemp

Refer to [Rooted in ME](#) for additional ideas.



## 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 is 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, and other toppings sprinkled on top of a dish or added to a sauce make the flavor stand out.
- Dates are a whole food sweetener.

### Legumes

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



### Nuts

- Cashews and soybeans 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.

### Seasoning

18 Flavorful Salt Alternatives: Garlic, lemon, lime, black pepper, dill, onion, nutritional yeast, balsamic vinegar, smoked paprika, truffle oil, rosemary, ginger, coconut aminos, coriander, red pepper flakes, apple cider vinegar, cinnamon, sage, and tarragon

Shaking the Salt Habit: Pepper, onion, garlic, tomato, sweet peppers, basil, parsley, thyme, lime, chili, nettle, rosemary, smoke flavor, curry, coriander, and lemon.

Additional: Sea Seasoning (with iodine), umami, India black salt (kala namak), truffle salt, pumpkin spice, oregano, mustard seed, turmeric, wasabi, and date sugar.



## Base

Begin with a Base to create sauces and creams.

Frozen Vegetable Assortment: carrots, butternut squash, cauliflower, and green beans

Frozen Vegetable Assortment: corn, peas, mushrooms, avocado, and broccoli

Fresh Vegetable Assortment Chopped and Frozen: zucchini, yellow squash, asparagus, and brussel sprouts

Fresh Vegetable Assortment Chopped and Frozen (Root): Rutabaga, turnips, parsnips, sweet potato, and yams

Dried and Cooked Legume Assortment: chickpeas, black, kidney, great northern, cannellini, adzuki, navy, soy, mung, fava, and pinto

Note: These combinations were established for incorporation into the Base and other meals.

Select 4 cups from the options above and add them to a Vitamix or preferred blender. Incorporate sweet flavors using Deglet and Medjool dates.



The sauce takes on different colors depending on the variety of vegetables, such as beets, which create a red hue.



## Creamy

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

### Creamy

- 4 cups of Base
- ½ cup of hemp seeds
- ½ cup of rolled oats

*Blend all recipe ingredients until smooth with a Vitamix (or another blender device). Add water as needed for the desired consistency.*

<b>Creamy (fridge)/Ice Cream (freezer)</b> Add a cup of dried fruit, <u>carob</u> , or other flavors to create variations.
<b>Sour Cream</b> <ul style="list-style-type: none"><li>• Creamy</li><li>• 1 tablespoon of apple cider</li></ul>
<b>Cream of Soup</b> <ul style="list-style-type: none"><li>• Creamy</li><li>• 2 tablespoons of nutritional yeast</li><li>• 1 tablespoon of miso</li><li>• ½ teaspoon of stevia, 2 teaspoons agave, or 2 pitted dates</li></ul> <p><i>Optional: 2 teaspoons dried thyme, 2 teaspoons of garlic powder, and 1 teaspoon onion powder</i></p>
<b>Cheese Sauce</b> <ul style="list-style-type: none"><li>• <u>Base</u></li><li>• 2 tablespoons of <u>Nutritional Yeast</u></li><li>• 1 tablespoon of <u>Miso</u></li><li>• 1 tablespoon of <u>Sauerkraut</u> (<i>optional</i>)</li></ul> <p>See <u>Cheese</u> for an alternative.</p>
<b>Mayonnaise</b> <ul style="list-style-type: none"><li>• <u>Base</u></li><li>• 2 tablespoons of apple cider vinegar</li><li>• 1 tablespoon of miso</li><li>• 1 teaspoon of lemon powder</li><li>• 1 teaspoon of umami</li><li>• 1 teaspoon of black salt</li><li>• 1/2 teaspoon of wasabi powder</li></ul> <p>See <u>mayonnaise</u> for an alternative.</p> <p><b>Tartar Sauce:</b></p> <ul style="list-style-type: none"><li>• Mayonnaise</li><li>• 2 tablespoons of dill weed spice or 3 chopped dill pickles</li></ul> <p><b>Salad Dressing:</b></p> <ul style="list-style-type: none"><li>• Mayonnaise</li><li>• 2 cups of vegetable broth, water, or olive oil</li><li>• 1 cup nutritional yeast (<i>optional</i>)</li></ul>

Refer to Rooted in ME for additional ideas.





## Condiments

### Olive Oil

Blend canned olives to make olive oil. May want to consider using low-sodium olives to reduce 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 they reach the 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, root vegetables, homemade tofu, etc.)
- 1/2 teaspoon salt, miso, or nutritional yeast
- 1/4 teaspoon 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
- *Optional:* 1 teaspoon of lactic acid 

Blend ingredients until smooth with a blender.

## Scrambled Eggs

Scrambled Eggs with cheese and sautéed vegetables.

- Roast or sauté vegetables
- Crumble homemade tofu
- See Cheese or Cheese Sauce for homemade options
- Stir in all ingredients until desired warmth and texture are met.





## 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, brussel sprouts, along with eating apples, pears, and grapes. In the next couple of 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 with plain or fruit cream
- Greens chopped up and stored in containers with vented lids and placed in the freezer for weeks
- See the [Rooted in ME](#) page for more details and ideas



## Crispy Cabbage

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



## Vegetable Rice

Using a food processor, vegetables are processed into a rice-like texture, similar to cauliflower rice.

Vegetables (peppers, lima beans, brussels sprouts, edamame, butternut squash, asparagus, and carrots) mixed in food processor



Rice can be added to a variety of recipes, like pancakes and wraps. 



## Legumes and Grains

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

For example, pressure cook legumes in batches that last a couple of weeks and use them as the foundation for a hearty cheese sauce or a single type, like soy beans, for whipped cream. Then, freeze what 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 an assortment of legumes or grains in the same container.

These and more food options help keep your meals on track.



### Flat Bread, Pizza, Pancake, and Pie Crust

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

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

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

Optional: Use a dry blender to make flour from a single ingredient or a mix. My preference is to combine grains, legumes, nuts, and seeds.

- Grains: Millet, quinoa, amaranth, teff, sorghum, kamut, fonio, rolled oats, and buckwheat
- Legumes: Chickpeas, black beans, kidney beans, great northern beans, cannellini, adzuki, navy beans, soy beans, mung beans, fava beans, and pinto beans
- Nuts: Brazil nuts, walnuts, pine nuts, cashews, pecans, and almonds
- Seeds: Chia, flaxseed, pumpkin, sunflower, sesame, and hemp

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



## Crepes

Grains: millet, quinoa, amaranth, amaranth pop, teff, sorghum, kamut, fonio, rolled oats, polenta, and buckwheat.

Legumes: chickpeas, black beans, kidney beans, great northern beans, cannellini beans, adzuki beans, navy beans, soybeans, mung beans, fava beans, black-eyed peas, and pinto beans. Includes green, red, brown, and black lentils.

Create grain and legume flour for each using the [Vitamix Grains Container](#) with the [Vitamix](#) blender, then combine them to make a flour mixture:

- 1/2 cup of grain flour
- 1/2 cup of legume flour
- 1 cup of water



Blend ingredients to make crepe batter. Use 1 [tablespoon](#) to scoop batter onto the [crepe maker](#) and press to the desired thickness.

These can be used with [bowls](#) and [racks](#).





## Pasta

### Mac and Cheese

This is a favorite comfort food made vegan.

- 4 tablespoons all-purpose flour
- 2 teaspoons salt, miso, or nutritional yeast
- 5 cups vegan milk—such as oats, hemp, almond, rice, soy, or coconut
- 4 tablespoons vegan butter (see homemade version in this resource)

16 oz of Daiya cheese—Mozzarella or Cheddar (2 packages)

OR

See [Cheese](#) and [Cheese Sauce](#) for homemade options

16 oz of elbow pasta

1. Combine ingredients (except the pasta) in a blender until warm and melted.
2. Add cooked elbows and blended ingredients into a baking dish.
3. Bake uncovered at 375°F for 25 minutes or until lightly browned.

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



## Plant-based Meat

### Veggie Burger

1 cup of cooked mixed legumes

3/4 - 1 cup of vegetables (sweet potatoes, peppers, mushrooms, broccoli, etc.)

1/2 cup of cooked mixed grains

You may also want to add other flavorings like tamari.

Place ingredients in a food processor. Form mixture into patties and place on a griddle or frying pan on the stove. Cook to your desired doneness.



## Tofu

### Tofu Steaks and Bread

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

Make marinade:

- 1/8 cup of soy sauce
- 1/8 cup of canola oil, water, or vegetable broth
- 1 tablespoon of nutritional yeast

Cut tofu steaks about ½ inch to 1 inch thick. Dip tofu steaks in marinade on each side. Lightly coat with flour (optional).

Place in a 4-cup bowl. You may want to flip the bowl a couple of times to ensure even marinating.

After marinating for about 30 minutes, cook in a skillet or air fryer (set at 350 degrees for 10 minutes on 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 achieve a smooth consistency.

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





## Bacon and Chicken Strips

Yuba (tofu skin) or rice paper are excellent for making crispy bacon, chicken strips, and more.

- Pour soy milk into a wide skillet about half an inch deep.
- Set the heat to medium-low. Too hot, and it will bubble excessively.
- Wait until a thin layer of skin forms on top.
- Use a knife to loosen around the edges.
- With tongs, lift the skin and drape it over a dowel placed on the rim of a bowl. Let it drip for a couple of minutes.
- Unwrap if necessary and lay flat in a bowl to marinate, or
- Cut rice paper into strips or slice tofu thinly.

Marinate Yuba or rice paper for a few minutes. The amount depends on your taste and how much Yuba you have.

- For bacon: use soy sauce, vegetable broth (water or canola oil), and nutritional yeast. You might also want to add a sweetener like maple or date syrup, blended pitted dates, and optionally a small amount of liquid smoke.
- For chicken strips (which can be wrapped around marinated, pressed homemade tofu): use vegetable broth (water or canola oil), nutritional yeast, and poultry seasoning.
- Cook in a skillet or air fryer (set to 300°F for about 5-6 minutes) until crispy.

Note: These strips can also be added to soups, noodles, or rice dishes.



## Tuna Fish

Chickpeas have a “tuna” flavor and can be used to make vegan tuna.

- 2 cups cooked or canned chickpeas (also known as garbanzo beans)
- 1 teaspoon salt, miso, or nutritional yeast
- 2 teaspoons gluten-free tamari
- 1/2 cup mayonnaise (see [Creamy](#) or alternative below for a homemade version)
- 1 teaspoon ground dill weed or 2 tablespoons chopped pickles

Combine all ingredients in a blender or food processor. Blend for a few seconds.

Mayonnaise:

- 1 cup soaked cashews (substitutes: soaked nuts/seeds, legumes, root vegetables, [homemade](#) tofu, etc.)
- 1/2 teaspoon salt, miso, or nutritional yeast
- 1/4 teaspoon lemon powder, lime, or lemon peel spice, or 1/4 tablespoon lemon juice (optional)
- 1 1/2 tablespoons apple cider vinegar, balsamic vinegar, or UME plum vinegar
- 1/2 teaspoon dried mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Cover with water or vegan milk—soy, coconut, hemp, or almond.

See [Mayonnaise](#) for an alternative.



## Sweets

### Nut Butter Popsicle and Cup

#### Nut Butter

Nuts: Brazil nut, walnut, pine nut, cashew, pecan, hazelnut, pistachio, and almonds.

Nut Butter: Peanut.

Mix nuts in a food processor with the Vitamix, then add sweet flavors using date sugar and pumpkin spice.

Popsicle: Pour nut butter into a truffle mold and place in the freezer. After about an hour, insert reusable glass (5.5") or acrylic sticks. Once frozen, remove the popsicles and transfer them to a bowl.



Cup: Pour nut butter into a cup and place it in the freezer, and then eat with a tiny spoon.

#### Granola

Seeds: chia, flax, pumpkin, sunflower, sesame, sacha inchi, and hemp.

Blend seeds in a food processor with the Vitamix, then add sweet flavors using Deglet and Medjool dates, and pumpkin spice.

Bake in the indoor grill or griddle for about 5 minutes.



#### Date Syrup

- 1 cup of pitted dates
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup of water

Optional: add a tablespoon of hemp seeds, rolled oats, almonds, etc., for a creamier texture.

