

# Tasty Veg Recipes

Prepared by **Vegetarian Advocates**

Box 201791 • Cleveland, OH 44120

216-283-6702

## *Marinated Grilled Veggie Wraps* serves 6

Whatever options you choose, remember that the filling should be moist but not wet. After the wraps sit in the refrigerator for several hours, the layers should melt together for easy slicing and handling. If too wet, the wraps become mushy; if too dry, the wrapper breaks and the fillings fall out.

Slice some or all of the following into ½" slices:

- 1 purple eggplant
- 1 green, red, and/or yellow pepper
- 1 zucchini (lengthwise slices)
- 2 red onions
- salt and freshly ground black pepper, to season
- olive oil for brushing vegetables
- ½ cup balsamic vinegar
- ¼ cup olive oil
- ¼ cup vegetable oil
- 3 cloves garlic, mashed
- ¼ cup chopped basil
- 2 tablespoons chopped fresh parsley
- ½ cup soy cheese
- 6 pitas

Arrange vegetables in jelly-roll pan fitted with a sheet of aluminum foil. Brush vegetables with a little olive oil and season with salt and pepper. Preheat the broiler and broil 4 inches from the heat source until the vegetables become soft. Turn the vegetables and broil for another 5-7 minutes. Remove from the broiler and set them aside while you prepare the marinade.

In a small glass mixing bowl, combine the vinegar, oils, garlic and herbs, whisking the mixture together. Using a 9" by 13" pan, layer the vegetables, beginning with the eggplant. After each layer is

complete, spoon on about 2 tablespoons of the marinade. When finished layering, spoon the remaining marinade over the vegetables. Cover with plastic wrap and refrigerate for 4 hours or overnight.

When ready to serve, open the pitas and spread the insides with a thin layer of soy cheese. Slice a portion of the layered vegetables and stuff it into each pita pocket.

Tomatoes, yellow squash, and other vegetables can also be used. Some will wither if kept overnight and should be prepared the same day as their serving.

## *Roots and Rice Supper* serves 2

- 1 medium onion, sliced
- 2 tablespoons vegetable oil
- ½ cup center of ribs of celery, cut into ½" pieces; save leaves for garnish
- 14 ½ oz. vegetable broth
- 1 ½ cups sliced carrots
- 1 ½ cup parsnips, peeled, ½" cubes
- 1 ½ cups water
- ½ cup rice

In a 2-quart saucepan, over medium heat, sauté onion in vegetable oil until tender. Add celery and sauté 3 minutes. Add broth, carrots, parsnips, and water. Increase heat, bring to a simmer, and adjust heat so soup cooks gently for about 10 minutes, until carrots are tender. Add rice, cover and simmer another 15-20 minutes, until rice is tender.

## *Corn and Rice Casserole* serves 8

- 3 14 ½ -oz. cans of vegetable broth
- 1 cup rice

- 15 oz. can corn, drained
- 1 cup chopped onion
- ¾ cup chopped green bell pepper
- 2 cups shredded soy cheddar cheese
- salt and pepper to taste

Preheat oven to 350°. In a 2-quart covered saucepan, over high heat, heat 2 cans of broth to a boil. Stir in rice; cook according to package directions. In a greased 2-quart baking dish, combine cooked rice, corn, onion, green pepper, and cheese. Use remaining can of broth and salt and pepper to taste. Bake uncovered for 15 minutes or until heated through. Serve warm.

## *Tofu Vegetable Shish Kebab* serves 4

- 1 ½ cup oil
- 1 ¼ cup vinegar
- 2 tablespoons red wine
- 2 cloves crushed garlic
- salt and pepper to taste
- garden herbs, such as basil and oregano
- 2 onions, sliced into pieces
- 1-2 lbs. frozen tofu, thawed and squeezed dry
- 2 green or red peppers, in chunks
- 2 zucchini, sliced thickly
- 16 cherry tomatoes
- other available vegetables

Whisk first 7 ingredients together for a marinade. Pour marinade over vegetables and tofu and cover, allowing it to soak for two to three hours. Skewer vegetables, allowing the onion pieces to cover the adjacent vegetables. Place on the grill, and turn occasionally. Cooking time will depend on the heat of the fire and your preference for crisp or well-done vegetables; 15-30 minutes is about right.

## Orange-Scented Roasted Root Vegetables serves 6

4 cups 1" cubed, peeled sweet potato  
 3 cups 1" cubed peeled rutabaga  
 2 cups 1" sliced parsnip  
 1 tablespoon vegetable oil  
 2 medium onions, cut into 8 wedges  
 cooking spray  
 1/3 cup packed brown sugar  
 2 tablespoons orange marmalade  
 2 tablespoons lemon juice  
 1 tablespoon sweet mustard  
 1/4 teaspoon salt  
 1/8 teaspoon ground red pepper  
 dash of ground nutmeg

Preheat oven to 400°. Combine first 5 ingredients in a bowl; toss. Arrange vegetables in a single layer in a shallow roasting pan coated with cooking spray. Bake at 400° for 45 minutes; stir twice. Combine sugar and remaining ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 1 minute. Pour over vegetables; toss gently. Bake an additional 15 minutes or until vegetables are tender.



## Corn and Wild Rice Salad serves 4 or 5 as main course or 8 as side

1 1/2 cups uncooked wild rice blend  
 2 cups fresh corn kernels (about 4 ears)  
 1 cup finely chopped celery  
 3/4 cup shredded carrot  
 3/4 cup dried cranberries  
 2/3 cup unsalted sunflower seeds  
 1/2 cup finely chopped red onion  
 1/4 cup raspberry vinegar or dressing  
 1 tablespoon olive oil  
 1 tablespoon soy sauce  
 1 teaspoon grated orange peel  
 1/2 teaspoon pepper (optional)



Cook rice; set aside and cool. Combine rice, corn, and remaining ingredients in a bowl and stir well. Cover and chill.

## Grilled Vegetables with Balsamic Vinaigrette serves 8

1/4 cup balsamic vinegar  
 2 tablespoons maple syrup  
 1 teaspoon coarsely ground black pepper  
 1/2 teaspoon salt  
 4 garlic cloves, minced  
 4 plum tomatoes, halved  
 2 zucchinis, cut lengthwise into 1/4" slices  
 1 1-lb eggplant, cut crosswise into 1"-thick slices  
 1 red bell pepper, cut into 8 wedges  
 1 onion, cut into 2"-thick wedges  
 1 small bunch kale (about 8 oz.)  
 cooking spray

Combine first 6 ingredients in bowl. Combine tomatoes and the next 5 ingredients (tomatoes through kale) in a bowl. Divide balsamic vinaigrette and vegetable mixture evenly between 2 large zip-top plastic bags. Seal; marinate in refrigerator 1 hour, turning bags occasionally.

Remove vegetables from bags; reserve marinade. Prepare grill. Place vegetables on grill rack coated with cooking spray; grill 7 minutes on each side or until onion is tender, basting with reserved marinade.



## Mexican Corn Soup serves 4

1 tablespoon vegetable oil  
 1 large onion, finely chopped  
 2 small sweet red peppers, cored, seeded, and chopped  
 1 hot pepper, such as jalapeño  
 2 cloves garlic, finely chopped  
 6 large ears shucked fresh corn, kernels cut and milk scraped from cob with back of knife  
 1 small tomato, seeded and chopped  
 2 to 3 drops hot-pepper sauce  
 3 cups water  
 1 1/4 teaspoon salt

Garnish: 1 lime, sliced into wedges; 8 tortilla chips, broken into pieces

Heat oil in a Dutch oven. Add onion, red pepper and hot pepper; sauté 4 minutes. Add garlic; sauté until softened, 30 seconds. Add corn and tomato; sauté 1 minute. Add pepper sauce, water, and salt. Simmer 30 minutes or until vegetables are tender. Refrigerate to room temperature.

Purée half the soup in blender or food processor. Return soup to the pot. Heat gently. Garnish with lime and chips.



## Merry Miker

(from *Vegan Vittles* by Joanne Stepaniak et al., © 1997)

1 tablespoon olive or canola oil  
 1 medium onion, diced  
 1 8-oz. package tempeh, crumbled  
 2 tablespoons tamari soy sauce  
 1/2 cup ketchup  
 1 teaspoon prepared yellow mustard  
 1 teaspoon apple cider vinegar  
 1 teaspoon sugar or other sweetener

Heat the oil in a 2-quart saucepan over medium-high. Add the onion, tempeh, and soy sauce, and sauté until the onion is tender and lightly browned—about 10 minutes. Add the remaining ingredients, and mix well. Reduce the heat to medium and simmer the mixture uncovered, stirring often, for 10 minutes. Serve over split burger buns.



## PLTs (vegan BLTs)

(from *Table for Two* by Joanne Stepaniak, © 1998)

4 slices of whole grain bread, toasted if desired  
 2-3 tablespoons tahini  
 2 dill pickles, patted dry and thinly sliced lengthwise  
 1 ripe tomato  
 2 large, thin onion slices  
 2 large leaves of lettuce

salt and pepper

Spread tahini on each slice of bread. Place pickle and then tomato over bread and add salt and pepper to taste. Add onion, then lettuce, and then top with bread.



### Chocolate Pudding

- 1 ½ cup firm silken tofu, crumbled and packed
- 2/3 cup sugar
- ½ cup unsweetened cocoa powder
- 2 teaspoons vanilla extract
- very tiny pinch of salt

Place all the ingredients in a food processor fitted with a metal blade and process several minutes until thick, creamy, and smooth. Chill before serving.



### Potato Salad

- 10 potatoes, washed and cubed
- 3 green peppers, chopped
- 4 carrots, chopped
- 3 stalks celery, chopped
- 2 scallions, diced
- 1 onion, diced
- 2 cups soy mayonnaise
- 1 teaspoon paprika
- 1 teaspoon basil
- 1 teaspoon sea salt
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- dash of red pepper
- 4 tablespoons tamari

Cover cubed potatoes with water and boil for until soft, or add a little water, cover, and microwave about 20 minutes. Drain and chill. Combine the cold potatoes with the remaining vegetables and spices; add the soy mayonnaise. (Don't make the mayonnaise too thin; thicken it by adding oil if needed.) Mix thoroughly and season to taste. Chill and serve.

*Alternate:* Substitute tahini dressing plus 2 tablespoons apple cider vinegar for soy mayonnaise.

### Tarty Veg Recipes

### Guacamole

serves 8

- 1 ripe avocado
- 1 cup frozen peas (thawed)
- 3 cloves garlic
- juice of 1 lime
- 1 cup chopped onion

Place all ingredients except onion in a food process or blender; process until smooth. Stir in onion. Salt and pepper to taste.



### Curried Garbanzo Beans

- 2 cans garbanzo beans, drained and partially mashed
- 1 large onion, chopped
- 1 teaspoon curry powder
- 1 teaspoon corrandor
- 1 teaspoon cumin
- 1/3 (approx.) jar mango chutney
- 2 cans diced tomatoes
- ½ cup vegetable broth
- 1 cup brown rice, cooked separately

Sauté onions in the vegetable broth. Add beans and spices to taste, add mango chutney to taste, add tomatoes, mixing well. Serve on brown rice or pasta.



### Hoisin and Black Bean Stir-Fry

serves 4

- ¼ cup hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil



- ¼ teaspoon red pepper flakes
- 1 tablespoon peanut oil
- 2 tablespoons chopped fresh ginger
- 2 cloves garlic, minced
- 2 cups thinly sliced carrots
- ½ cup vegetable stock
- 1 green pepper, cut into strips
- 1 yellow squash, thinly sliced
- 1 cup snow peas
- 1 ½ cups canned black beans, rinsed and drained
- ½ cup sliced water chestnuts
- 3 cups hot cooked rice

Combine hoisin sauce, soy sauce, vinegar, sesame oil, and pepper flakes; set aside. In a wok or large non-stick frying pan over medium-high heat, warm the peanut oil. Add the ginger and garlic; stir-fry for 1 minute. Add the carrots; stir-fry for 3-4 minutes, or until just tender.

Add the stock; cook for 2-3 minutes, or until the liquid has evaporated. Add the green peppers, squash, and snow peas; stir-fry 4-5 minutes, or until just tender. Stir in the beans, water chestnuts, and hoisin sauce mixture; stir-fry for 2 minutes, or until heated through. Serve over rice.

### Substitution Guide

You can continue to prepare your favorite dishes and avoid animal products by making simple substitutions:

- \* **Milk** . . . . soy milk or rice milk
- \* **Cheese** . . . . soy cheese
- \* **Egg** . . . . Ener-G egg substitute (at health-food stores) or ½ banana per egg for baked goods and cakes
- \* **Butter** . . . . Margarine
- \* **Meat** . . . . Textured Vegetable Protein (TVP), seitan, or Morningstar Farms Ground Meatless

### Quintessensual Chili serves 6

3 medium onions and 2 green bell peppers, chopped and sautéed in extra-virgin olive oil  
2 29-oz. cans tomato sauce  
3 small cans pinto beans, undrained  
3 small cans kidney beans, undrained  
1 bottle beer (optional)  
1-1 ½ tubes Morningstar Farms Ground Meatless  
1 cup chunk style TVP (textured vegetable protein)  
water as desired for consistency  
3 tablespoons chili powder  
2-3 tablespoons cumin  
cilantro, garlic powder, basil to taste  
1 (or more) chopped dried chipotle peppers

Cook for at least one hour. The TVP should not be chewy.

### Hearty Lentil-Barley Soup serves 5

¾ cup chopped onion  
¾ cup chopped celery  
1 clove garlic, minced  
¼ cup margarine  
6 cups water  
1 28-oz. can tomatoes, cut up  
¾ cup dry lentils, rinsed and drained  
¾ cup pearl barley  
6 vegetarian bullion cubes  
½ teaspoon dried rosemary, crushed  
½ teaspoon dried oregano, crushed  
¼ teaspoon pepper  
1 cup thinly sliced carrots  
1 cup shredded soy (Swiss) cheese  
1 loaf bread

In a 4-quart Dutch oven, cook onion, celery, and garlic in hot margarine until tender. Add water, undrained tomatoes, lentils, barley, bouillon

cubes, rosemary, oregano, and pepper. Bring to boiling; reduce heat. Cover and simmer for 45 minutes. Add carrots and simmer for 15 minutes more or just until carrots are tender. Ladle into soup bowls, top with cheese, and serve with thick slices of bread.

### Spinach Balls makes about 50 balls

vegetable oil cooking spray  
1 ¼ cups lite silken tofu (extra firm), drained  
2 tablespoons mellow white miso  
1 ½ tablespoons very dry sherry  
2 tablespoons egg replacer powder  
¼ cup water  
1 tablespoon Dijon mustard  
¼ cup nutritional yeast  
1 teaspoon dried parsley  
1 teaspoon tamari  
10-oz package frozen spinach, dried and well drained

Preheat oven to 350°. Spray two baking sheets with cooking spray. Blend tofu in a food processor. Add miso and sherry, and blend. Whisk egg replacer powder and water in a small bowl until frothy, and add to the mixture. Add the next five ingredients and blend. Add the spinach and pulse to mix. Place rounded tablespoonfuls of the spinach mixture on the prepared baking sheets. Bake for 15 minutes, then broil until brown. Serve hot.

### Banana Bread

1/3 cup margarine  
½ cup sugar  
2 cups unbleached all-purpose flour  
1 ½ teaspoons baking powder

½ teaspoons baking soda  
2 ripe bananas  
½ cup soy or rice milk  
1 teaspoon vanilla extract

Preheat oven to 350°. Cream margarine and sugar, then stir in flour, baking powder, and baking soda. Add remaining ingredients and mix well. Pour into oiled 9" by 5" bread pan and bake for 50 minutes.

### Cashew Chocolate Chip Puffed Grain Bars

These are great for camping trips and hikes. The barley malt syrup can be replaced with rice syrup or a mixture of rice syrup and barley malt. You can also replace the chocolate chips with dried fruit, such as a mixture of dried pineapple and papaya or dates.

½ cup barley malt syrup  
½ teaspoon salt  
5 cups puffed grain cereal (such as millet, rice, wheat)  
½ cup roasted cashew pieces  
1 cup dairy-free malt chocolate chips

Preheat oven to 300°. Lightly oil 9" by 13" glass baking dish. Combine syrup and salt in a small saucepan. Heat until it begins to foam, about 3 minutes. Remove from heat and set aside. Place grains in a large bowl with cashews. Pour warm syrup over cereal-nut mixture and toss to combine. Mix in chocolate chips. Press cereal mixture with your hands and prepare dish and bake for 10 minutes. Let cool on a wire rack and cut into squares. Squares can be refrigerated in an airtight container for several days.

## Recommended Cookbooks · Recommended Cookbooks · Recommended Cookbooks

- \* Klaper, Michael. *The Cookbook for People Who Love Animals*, \$10.
- \* Snyder, Millie & Hinman, Bobbie. *Lean, Luscious, and Meatless*, \$20.
- \* Newkirk, Ingrid. *The Compassionate Cookbook*, \$13.
- \* Stepaniak, Joanne. *The Uncheese Cookbook*, \$13.
- \* Raymond, Jennifer. *The Peaceful Palate*, \$12.
- \* Stepaniak, Joanne & Havalala, Suzanne. *Vegan Vittles*, \$13.
- \* Raymond, Jennifer. *Fat-Free and Easy*, \$10.
- \* Wasserman, Debra. *Simply Vegan*, \$13.