



Easy to Moderate

Recipes from Fall 2020

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Breakfast Tofu - Sandwich

Makes about 10-12 sliced (6 servings); doubles easily
easy

1. Tofu: Rinse the tofu and slice into 10 to 12 slices. *Do this while the tofu is in the package container to keep the tofu together and make it easy to transfer to the pan.*

1 package tofu (any type except silken)

1. Sauté: Add oil spray to a large pan set over medium heat. Add the Tofu slices, cramming them into the pan. Cook the slices until golden on the bottom, about 5 minutes.

Oil spray

2. Flavoring: Sprinkle the turmeric and nutritional yeast evenly over the Tofu. Add salt to taste. Pour the water over the Tofu slowly and evenly. Use a spatula to gently loosen the tofu from the bottom of the pan. *If using black salt, keep in mind that the black salt will also add saltiness. Add black salt after tofu is cooked because heat dissipates the flavor of black salt. Adding the water slowly and evenly will mix the yeast and turmeric efficiently.*

2 tablespoons nutritional yeast

1/16 teaspoon (half of 1/8 teaspoon) turmeric

Salt

1 cup water

3. Cook: Cook the Tofu in the Flavoring until the liquid evaporates, about 4 to 7 minutes. Store until needed, up to 7 days, and season with black salt after reheating, if desired.

4. Sandwich: Toast/Air-fry English muffin and vegan sausage patty. Heat tofu with vegan cheese in microwave until heated and cheese is melted. Add avocado or vegan mayo to English muffin. Add warmed tofu, sausage and slices of tomato, onion, jalapeno, etc. Serve.

Curried Chicken-Free Salad Sandwich

Makes 4-6 servings

moderate (Preparation time for the protein kicks it to moderate)

- 1. Protein:** Prepare one of the proteins of your choice:
4 cups chopped air-fried soy curls **or**
4 cups cubed, air-fried chicken-like tofu, **or**
4 cups chopped Gardein slices, sautéed
- 2. Dressing:** Combine in a medium bowl:
3/4 cup vegan mayo
1/4 to 1/2 cup mango chutney
2 tablespoons vegan milk (optional, to thin dressing)
1 tablespoon mild curry powder
1/2 teaspoon salt
- 3.** Add the Protein to the Dressing. Also add:
1/2 cup raisins
1/2 cup minced scallions
1/2 cup toasted almond slices
- 4. Serve:** Stir very well to combine. Taste and adjust seasoning.
Chill if not eating right away. Serve in pita, in tortilla, in lettuce leaves,
on bread or on crackers.

French Dip Sandwich

Makes 4 servings

easy

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1. Au Jus: Combine the broth, thyme, oregano and vegan butter in a medium or large pot. Bring to boil and reduce to simmer. Cook for 5 minutes.

3 cups vegetable broth (or 3 cups water and 1
Tablespoon mix)

3 tablespoons vegan worcestershire sauce

2 tablespoons vegan butter

1/2 teaspoon thyme

1/2 teaspoon oregano

2. Seitan: Add the seitan to the Au Jus, return to simmer and cook for 5 minutes:

1 (16-ounce) loaf Easy Simple Seitan, sliced as thin
as possible (p.22)

3. Serve: Split 4 rolls, toast and fill with equal portions of Seitan from the Au Jus. Serve with the Au Jus on the side:

4 hard rolls or [Aquafaba rolls](#)

Sliced Seitan

Au jus

Creamy Lemon Pasta with Crispy Lentils

Makes 4 servings

easy

Preheat air-fryer to 400-F

1. Pasta: Cook the pasta in a medium pot of salted boiling water, until al dente. Drain the pasta, return to the pot and add the lemon juice. Stir well; the pasta will absorb the juice:

12 ounces fettuccine or spaghetti

2 tablespoons lemon juice (zest lemon first) **

2. Lentils: Rinse and drain the lentils. Add to the basket of an air-fryer and season with salt. Cook until crisp but not dried out, about 8 to 12 minutes:

1 (15-ounce) can green or brown lentils

3. Onions: Heat the oil over medium heat. Add the onions, garlic and lemon zest. Cover with a lid and cook until the onions are golden, about 10 minutes. Stir as needed.

2 tablespoons olive oil

1 medium onion

2 teaspoons minced garlic

1 lemon zested**

4. Sauce: add the flour to the Onions and cook for 2 minutes. Add 1 cup of the milk and stir until there are no lumps. Add the rest of the milk and the cheese, if using, and simmer until thickened, about 3 minutes. needed.

2 tablespoons all-purpose flour

2 cups plain, unsweetened nondairy milk

2 slices or 1/4 cup shredded vegan cheese (optional)

5. Serve: Add the Sauce to the Pasta and season with black pepper. Toss well and divide into bowls. Top with Lentils and serve.

** 1 lemon. Use peeler to peel zest very thin, not peeling any white pith. Then mince the zest strips. Then juice the lemon.

Creamy Vodka Sauce Pasta

Makes 4 servings

easy

Serve with baked tofu and/or garlicky greens

1. Pasta: Cook the pasta in a medium pot of salted boiling water, until al dente. Drain the pasta:

12 ounces pasta (rigatoni is good)

2. Sauce: Add the ingredients to a medium pot and cook over medium heat, 15 minutes:

1 medium carrot, shredded

1 teaspoon dried oregano

1 teaspoon garlic powder

2 teaspoons dried basil

1 (28-ounce) can diced or whole tomatoes

1/2 cup vodka (optional)

3. Use an immersion blender to blend the Sauce.

4. Cream: Blend the nuts and water very well. Strain the Cream using a nut milk bag. Strain right into the Sauce. Compost the nut meal.

1/2 cup raw almonds

3/4 cups water

5. Return Sauce to a simmer to thicken, about 5 minutes, and adjust seasoning with salt and pepper.

6. Serve: Serve the Sauce with the Pasta.

Alfredo Scampi Pasta Bake

Makes 4 servings

moderate

Preheat oven to 425-F

1. Pasta: Add the pasta to an oiled 9X13-inch baking pan (or equivalent). Spread evenly. Pour the broth over the pasta.

12 ounces rotini pasta (or equivalent)

4 cups vegetable broth

2. Vegetables: Spread the vegetables and beans evenly over the Pasta. Sprinkle with garlic, lemon zest, chili flakes, salt and pepper. Cover tightly with foil or lid and bake for 30 minutes.

3 cups chopped vegetables (zucchini, broccoli, cauliflower, pepper)

2 cups (an 15-ounce can) white beans, rinsed

2 teaspoons minced garlic

Zest of 1 lemon

1 teaspoon red chili flakes (optional)

3. Cheese: Add the milk to the Pasta. Add the optional cheese. Return to the oven (uncovered) and bake until the cheese melts, about 10 minutes. Serve.

1 cup nondairy milk

1 cup vegan shredded white or Parmesan-style cheese (optional)

Picatta

Makes 4 servings

easy

Serve with: mashed potatoes and green salad

1. Seitan: Cut a loaf of Easy Simple Seitan into 1/4-inch-thick slices.
14-ounces Simple Seitan (1 loaf – p.22)

2. Breading: Combine the ingredients in a cake pan and stir well:
1 cup dried regular breadcrumbs
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt

3. Coating: Combine the ingredients in a second cake pan and stir:
6 tablespoons unsweetened nondairy milk
3 tablespoons cornstarch

4. Heat a large skillet over medium heat. Add 1 tablespoon oil. Dredge a few slices of Seitan in the Coating and then in the Breading. Add to the skillet. Repeat with as many slices as will fit. Cook until golden on both sides, about 5 minutes, and remove to a plate. Repeat until all the seitan is cooked. You might need to wipe the pan between batches to avoid burnt breading.
2 tablespoons olive oil, divided

5. Sauce: Add to the empty skillet the broth and lemon juice. Cook until reduced by about a third, over medium heat, about 5 minutes.
2 cups vegetable broth
1/2 cup fresh lemon juice

6. Serve: Add the Seitan to the Sauce and cook 2 minutes to thicken the Sauce. Serve.

Kung Pao Tofu

Makes 4 servings

easy

Serve with: rice and steamed broccoli

Preheat oven to 350-F

1. Tofu: Combine the tofu and teriyaki sauce on a 9X9 baking dish. Bake for 20 minutes.

1-pound (pressed preferably) tofu, cut into 1/2-inch cubes

1/2 cup teriyaki sauce

2. Sauce: Combine the ingredients in a measuring cup and stir well:

3 tablespoons Blackstrap molasses

2 tablespoons maple syrup

2 tablespoons rice wine vinegar

1 tablespoon cornstarch

3. Vegetables: Heat a large skillet over medium heat. Add the ingredients and cook for 5 minutes, until peanuts are golden, stirring often:

2 teaspoons toasted sesame seed oil

1 teaspoon red chili flakes

2 garlic cloves, minced

1 teaspoon grated ginger

2/3 cup peanuts

1 bell pepper, chopped

3 scallions, chopped

4. Add the Tofu and Sauce to the skillet, stir and cook for 2 minutes until thickened. Taste and add salt and pepper. Serve with rice and broccoli.

Shepherd's Pie

Makes 4 servings

moderate

Preheat oven to 400-F

1. Potato: Cook the potatoes in a large pot with just enough salted water to cover. Heat on high with a lid until boiling and reduce to medium-high heat. Cook until tender, about 15 minutes. Drain the potatoes but **RESERVE 1/2 UP OF COOKING WATER:**

3 pounds potatoes, peeled and diced

2. Vegetables: Cook the vegetables in a 10-inch oven-safe skillet over medium-high heat, using a lid, for 5 minutes, until golden.

1/4 onion, finely chopped

2 medium carrots, finely chopped

1 teaspoon minced garlic

3. Grounds: Add the grounds to the Vegetables and cook for 5 minutes, using a lid:

15-ounces vegan grounds, frozen is fine

4. Add the seasonings to the Grounds and cook for 2 minutes, mixing well to remove all traces of flour:

3 tablespoons all-purpose flour

1 tablespoon Easy Savory Broth mix** (p.21)

2 teaspoons tomato paste

4. Add the water and flavorings to the Grounds while mix well with a spoon to prevent lumps. Season to taste and cook until thickened, 2 minutes. Add the peas after the sauce is thickened:

2 cups water

2 teaspoons vegan Worcestershire sauce

salt and black pepper

1 cup green peas

5. Mash the drained Potatoes. Add the reserved Potato Water and vegan butter, if using. Season with salt and pepper. Dollop mashed potatoes over the Grounds and spread to smooth, using a large spoon. Spray with oil and bake for 10 minutes. Then broil high for 5 minutes or until golden. Serve:

2 tablespoon vegan butter or olive oil (optional)

Ginger Crunch Salad

Makes 4 servings

easy

Preheat air-fryer to 400-F or oven to 450-F

1. Marinade: Combine the marinade ingredients:

- 1 tablespoon toasted sesame seed oil
- 1/4 cup molasses
- 1/4 cup apple cider vinegar
- 1 tablespoon grated ginger
- 1 tablespoon tamari
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne (optional)

2. Tofu: Press the tofu for 5 minutes. Cut into 1/2-inch cubes. Add to the Marinade. Set aside for 10 minutes.

- 1-pound regular tofu

3. Bake: Add the Tofu (without the marinade) to the air-fryer basket. Cook for 10 minutes. If baking in oven, add to a baking sheet and bake for 15 minutes.

4. Cashews: Add the cashews to the marinade while the tofu bakes. When 10 minutes is up, add the cashews to the basket with the Tofu and bake for another 5 minutes (same for oven). Set the Marinade aside as dressing.

- 3/4 cup cashews

5. Salad: Serve Salad ingredients with the Tofu/Cashews and leftover Marinade as dressing:

- 4 cups shredded lettuce
- 4 cups baby spinach
- 1 cup shredded cabbage
- 3 scallions, sliced
- 2 carrots, shredded
- 1 (10-ounce) can mandarin oranges, drained
- 2 cups chow Mein noodles

Southwest Vegetable Soup

Makes 4 servings

easy

1. Base: Add the broth, tomatoes and tortillas to a large pot. Bring to boil over high heat with a lid. Reduce to a low boil/strong simmer. The tortillas need to dissolve to thicken the soup.

8 cups vegetable broth

1 (15-ounce) can diced tomatoes (do not drain)

6 minced corn tortillas

2. Soup: Add the rest of the ingredients to the Base as they are ready:

1 (15-ounce) can kidney beans (do not drain)

1 cup frozen corn

1/2 cup tomato sauce

1 (4-ounce) can diced chiles

2 teaspoons chili powder

2 teaspoons onion powder

3. Cook the Soup at a strong simmer until the tortillas disintegrate, about medium heat, about 20 minutes. Season with salt and pepper to taste.

4. Serve: Ladle into bowls and top as desired:

Shredded vegan yellow cheese

Diced avocados

Broken tortilla chips

Minced cilantro

Vegan Beef and Barley Stew

Makes 4 servings

easy/moderate (ingredients list kicks it to moderate)

Slow Cooker Recipe. Pressure cook option possible. High pressure, 30 min.

1. Sautee: Heat a pot or Instant pot over medium heat (Sauté function if using Instant Pot). Add the oil, onion, carrot, garlic and thyme. Cook for 5 minutes. Transfer to slow cooker, if not using Instant Pot.

- 1 tablespoon olive oil
- 3 small onions, finely chopped
- 2 medium carrots, sliced
- 5 garlic cloves, sliced
- 1/2 teaspoon thyme

2. Add the tomato paste, vegan beef option and barley. Stir well and cook for 2 minutes.

- 1 tablespoon tomato paste
- 1 1/3 cup Beef Not strips or 1-pound vegan beef (like Gardein or seitan)
- 1/3 cup pearled barley

3. Add the broth bullion, water, tomato, tamari and wine. Cover and cook on high until the barley is tender 6 to 8 hours.

- 1 tablespoon Better Than Bullion or equivalent
- 3 cups hot water
- 1 (15 ounce) can fire roasted crushed tomato
- 2 tablespoons tamari
- 2 tablespoons red wine (optional)

4.Serve: Season with salt and black pepper and sprinkle with parsley.

- 1/4 cup minced parsley

Chicken-Free Rice Soup

Makes 4 servings

easy

- 1. Rice:** Cook the rice as desired, in rice cooker or Instant Pot.
1 cup rice, any kind
- 2. Protein:** Spray the bottom of a large pot with oil. Add the scallopini and cook, covered, over medium heat, until golden on both sides, about 10 minutes. Remove to the cutting board and chop when cool.
oil spray
4 Gardein scallopini
- 3. Soup:** Add the oil and vegetables to the now empty pot. Cover and cook over medium-high heat for 5 minutes, stir as needed:
1 tablespoon olive oil
1 onion, diced
2 carrots, diced
2 celery ribs, diced
1 teaspoon minced garlic
salt
- 4. Broth:** Add the seasoning to the Soup and cook 1 minutes. Add the water and cover. Cook over medium-high heat until the carrots are tender, about 10 minutes.
2 tablespoons Easy Savory Broth Mix** (p.21)
8 cups water
- 5. Finish:** Add the Rice, Protein and greens. Cook for another 5 minutes. Taste and adjust seasoning. Serve
4 cups baby spinach or baby kale

** Substitute for Easy Savory Broth Mix: 3 tablespoons nutritional yeast, 1 teaspoon thyme, 1 teaspoon sage and 1 teaspoon oregano.

Roast (double recipe for Holiday Roast)

Makes 8 servings

- 1. Dry Mix:** Combine in a large bowl and set aside:
 - 2 3/4 cup (350 grams) vital wheat gluten (stir gluten before measuring)
 - 1/2 cup chickpea flour

- 2. Blender Mix:** Combine in a blender. Blend well and add to the Dry Mix in the large bowl:
 - 1 cup water
 - 1 (14-ounce) firm tofu
 - 1/4 cup olive oil
 - 1 tablespoon Umami Flavoring (p.18)
 - 3 tablespoons nutritional yeast
 - 2 tablespoons Easy Savory Broth Mix (p.21)
 - 1 1/2 teaspoon salt
 - 1 teaspoon onion granules/powder
 - 1 teaspoon garlic granules/powder

- 3. Knead:** Combine the Blender Mix and Dry Mix in the large bowl. Knead for 10 minutes. This is easier in a bread machine or stand mixer, but doable by hand. Take a break half-way through. Set aside while you prepare the broth.

- 4. Cooking Broth:** Combine in a roasting pan and set aside:
 - 4 cups vegetable broth
 - 5 garlic cloves
 - 1 teaspoon thyme
 - 1 teaspoon paprika

- 5. Form:** Form the gluten into a 6-8-inch long log and roll in a cheesecloth. Tie with twine and add to the Cooking Broth. Cover tightly with parchment paper and foil and put in the oven. Bake at 300-F (no need to preheat) for 3 hours. Flip the roast every hour.

- 6. Cool or Glaze.** Unwrap Roast to cool or Glaze.

Umami Flavoring

Makes 3/4 cups

1. **Combine:** Mix in a small bowl. Transfer to a mason jar and store in the refrigerator.

- 1 cup nutritional yeast
- 1/4 cup instant grain or decaf coffee
- 1/4 cup tomato paste
- 1/4 cup tamari
- 2 tablespoons water
- 1 teaspoon salt
- 1 teaspoon garlic granules/powder
- 1 teaspoon onion granules/powder

Glaze

Double recipe for Holiday Roast

Makes 1 cup

1. **Onion:** Heat a medium pan over medium heat. Add and cook for 3 minutes:
 - 1 tablespoon olive oil
 - 1/4 cup minced onions
 - 4 garlic cloves, minced
2. **Liquid:** Add the rest of the ingredients to the Onion mixture. Bring to boil and reduce to simmer. Cook until it reduces to 1 cup, about 15 minutes:
 - 1 cup apple juice or 3 tablespoons applesauce
 - 1/2 cup brown sugar
 - 1/4 cup tamari
 - 1/4 cup sweet rice wine (not vinegar)
 - 3 tablespoons lemon juice
 - 1/2-inch ginger
 - 1/8 teaspoon cayenne
 - 3 tablespoons whiskey (optional)
3. **Heat Roast:** Heat oven to 350-F. If the Roast is cold, cook for 30 minutes to heat first, on a baking sheet.
4. **Glaze Roast:** Set oven to 350-F. Baste the Roast with the prepared glaze and bake for 15 minutes. Flip Roast and glaze and bake for another 15 minutes. Repeat if more glaze is desired.

Gravy

Double recipe for Holiday Roast

Makes 8 servings

- 1. Base:** Heat the oil in a large pan over medium heat. Add the vegetables and cook for 4 minutes:
 - 3 tablespoons olive oil or vegan butter
 - 1/2 cup minced onions
 - 3 garlic cloves, minced
- 2. Roux:** Add the herbs and flour and cook until the flour smells nutty and is golden brown, about 3 to 5 minutes, stirring constantly:
 - 1 teaspoon thyme
 - 1/2 teaspoon rosemary
 - 1/2 teaspoon oregano
 - 1/4 teaspoon sage
 - 1/2 cup all-purpose flour
 - 1 tablespoon Easy Savory Broth Mix (p.21)
- 3. Broth:** Add the broth slowly, while whisking the Roux to prevent lumps. When all the broth is added, bring to boil and reduce to simmer. Simmer the mixture until it is as thick as you like, about 5 to 10 minutes. Thin with vegan milk, water or broth, if desired. Taste and adjust seasoning with salt and pepper:
 - 2 cups vegetable broth

Easy Savory Broth Mix

Makes 1/2 cup; doubles easily

1. Blend: Add the ingredients to a blender. Use the flat blade, if possible:

- 1/2 cup nutritional yeast
- 3 teaspoons onion powder
- 2 teaspoons salt
- 2 teaspoons dried sage
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano

2. Blend well into a powder. Transfer to an air-tight container and store away from light.

3. Use: Add 1 teaspoon to 1 cup of water. Mix well.

4. Optional: add an equal amount of nutritional yeast to the recipe. For instance, if making a cup of broth, add 1 teaspoon of Easy Savory Broth Mix to 1 cup water PLUS 1 teaspoon of nutritional yeast

Easy Simple Seitan

Makes 1 loaf or 8 cutlets; doubles easily

1. Broth mixture: Add the ingredients to an instant pot and bring to boil on the sauté setting, or bring to boil in a pot on the stove and transfer to a slow cooker.

- 4 to 6 cups water
- 1 tablespoon tamari
- 1 bay leaf

1. Liquid mixture: Add the ingredients to a measuring cup and mix:

- 1 cup water
- 1 tablespoon olive oil

2. Flour mixture: Add the ingredients to a medium bowl and mix:

- 1 1/4 cup vital wheat gluten (stir flour before measuring)
- 2 tablespoons chickpea flour
- 2 tablespoons Easy Savory Broth Mix (p.21)
- 2 tablespoons nutritional yeast
- 3/4 teaspoon salt

3. Knead: Mix the Liquid mixture into the Flour mixture and knead for 3 to 5 minutes to develop the gluten. Either form into a loaf about 1.5 inches thick or slice into 8 pieces and roll as thin as you like (1/4 - inch thickness is ideal for cutlets).

4. Cook: add the loaf or the cutlets to the simmer Broth mixture and reduce the temperature to barely simmering. In a slow cooker, cook on medium to high, covered. Cook for 45 to 60 minutes, until firm to the touch. Cool before using. Freezes well. Keep in the fridge in the broth for up to 1 week.

NOTE: If cooking the stove top make sure not to boil the broth while cooking the seitan or the seitan will have a unique flavor. Keeping the cooking below boiling keeps this unique flavor to a minimum.