



Easy to Moderate

Recipes from Summer 2020

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Lettuce Wraps

Makes 4 servings

easy

Serve with: Cooked rice and steamed broccoli

1. Dipping Sauce(optional): mix all the ingredients in a small bowl until sugar dissolves. Set aside.

- 1 tablespoon sugar
- 1/4 cup water
- 1/2 tablespoon tamari
- 1/2 tablespoon rice wine vinegar
- 1/2 tablespoon ketchup
- 1 teaspoon lemon juice
- 1/8 teaspoon toasted sesame seed oil

2. Stir Fry Sauce: mix all the ingredients and set aside.

- 3 tablespoons tamari
- 2 tablespoons brown sugar
- 1 teaspoon rice wine vinegar

3. Stir Fry: Heat the oil in a large skillet or work over medium-high heat. Add the protein and cook until golden, about 5 minutes.

- 1 tablespoon olive oil
- 4 seitan cutlets, 1 package firm tofu
or 4 Gardein scallopini, chopped

4. Add the water chestnuts, mushrooms and onions. Cook until the chestnuts are golden, another 5 minutes.

- 1 (8-oz) can water chestnuts, minced
- 1 cup mushrooms, minced (optional)
- 1/4 small onion, minced

5. Add the Stir Fry Sauce, mix and cook until it evaporates about 1 minute.

6. Serve the Stir Fry with the lettuce leaves and optional Dipping Sauce or chili oil or hot mustard.

- Lettuce leaves
- Fried rice noodles (optional)

Nacho Burritos

Makes 4 servings

moderate

1. Rice: Cook the rice in a rice cooker, or as desired, with the spices.

1 cup brown rice

1 1/4 cup water

1/2 teaspoon Mrs. Dash or adobo, or etc.

1/2 teaspoon salt (if using salt-free seasoning)

2. Cheese Sauce: Combine the ingredients in a blender. Blend until very smooth.

1 cup mashed tofu, regular or silken

3/4 cups unsweetened dairy-free milk

2 tablespoons jarred roasted red pepper

2 tablespoons nutritional yeast

4 teaspoons cornstarch

1 teaspoon salt

3. Add the Cheese Sauce to a medium pot. Stir in the beans, tomatoes and cheese. Cook over medium heat, stirring continuously, until the cheese melts and sauce thickens. Keep warm.

1 (15-ounce) can black beans, rinsed and drained

1/2 cup drained diced tomatoes with chiles (like Rotel)

2 slices or 1/2 cup shredded yellow vegan cheese

4. Assemble: Warm a tortilla over a burner. Add Rice, top with layer of tortilla chips, add lots of Cheese Sauce, add toppings as desired and roll:

4 burrito-sized tortillas

tortilla chips

lettuce, shredded

scallions, minced

fresh or pickled jalapenos

tomatoes, diced

olives, sliced

avocado, chopped

Saucy Basil and Bok Choy Pasta

Makes 4 servings

[moderate](#)

1. Pasta: Cook the pasta in a medium pot of salted boiling water, 2 minutes shy of al dente:

12 ounces pasta, fettucine, spaghetti, etc

2. Crispy Tofu: Press and cut the tofu into 3/4 -inch cubes. Toss with the cornstarch and spray with oil. Air-fry for 15-20 minutes (425 F) or pan-fry in 1 tablespoon oil:

16 ounces tofu

1/4 cup cornstarch

3. Cooking Sauce: mix all the ingredients in a bowl until sugar dissolves. Set aside.

2 cups vegetable broth

1/4 vegetarian fish sauce, commercial or [homemade](#)

3 tablespoons brown sugar

3 tablespoons lime juice

4. Onion Paste: blend all the ingredients in a small blender and set aside:

1/2 small onion

3 garlic cloves

5. Stir Fry Vegetables: Heat a large skillet over medium-high heat and add:

1 tablespoon olive oil

1 cup sliced carrots

5 baby bok choy

6. Remove the vegetables and set aside. To the skillet add the Onion Paste and cook until browned. Add the Cooking Sauce and the semi-cooked Pasta and cook until the pasta is tender and the broth is mostly evaporated or thickened.

7. Serve: Add the Stir Fry Vegetables and basil to the dish. Mix well. Serve with the Crispy Tofu. Serve with chili crisp or Sriracha, if desired.

2 ounces basil, about 2 cups (Thai or regular), torn
Sriracha or Chili Crisp (optional)

Mac-n-Cheeseburger Pasta

Makes 4 servings

easy/moderate (baking time kicks it to moderate)

Serve with: Green Salad

Preheat oven to 400-F

1. Pasta: Cook the pasta in a medium pot of salted boiling water, 2 minutes shy of al dente. Drain but **reserve 1/2 cup of cooking water:**

12 ounces elbow pasta

2. Grounds: Heat a large oven-safe skillet over medium-high heat. Add the oil, onions, garlic and grounds. Cook, covered, until golden, about 5 minutes. If using beans, add beans after onions have cooked 3 minutes:

1 tablespoon olive oil

1 medium onion, chopped (**reserve 2 tablespoons**)

2 garlic cloves, minced

1-pound vegan grounds or 2 cans black beans

3. Sauce: Add the Reserved Cooking Water, tomato sauce, pickles, Worcestershire, mustard and salt and pepper. Mix well, bring to boil and add the cooked Pasta.

1 (15-ounce) can tomato sauce

1/2 cup chopped dill pickles

1 tablespoon vegan Worcestershire sauce

1 tablespoon mustard

4. Bake: Cover the pan with an oven-safe lid (or foil) and bake for 15 minutes. Remove the lid, add the cheese, cover again and bake until cheese melts, about 3 minutes:

8 slices vegan yellow cheese

5. Serve: Top with the optional tomatoes and Reserved Chopped Onions:

2 tablespoons chopped tomatoes (optional)

Dan Dan Noodles

Makes 4 servings

easy

- 1. Pasta:** Cook the pasta in a medium pot of salted boiling water, until al dente. Drain and use the pot for the Sauce:
12 ounces thin spaghetti
- 2. Protein:** Cook in a large skillet over medium-high heat, with a lid:
1 teaspoon olive oil
16 ounces tofu, sliced or 4 Gardein scallopi
- 3.** Remove from the skillet and set aside to cool. Once cool, mince.
- 4. Cooking Sauce:** mix all the ingredients in a large measuring cup until sugar dissolves. Set aside.
1 1/3 cups vegetable broth
1/3 cup tamari
1/3 cup brown sugar
2 teaspoons garlic-chili sauce
2 tablespoons cornstarch
- 5. Dan Dan Sauce:** using the medium pot from the pasta, heat over medium-heat and add:
1 teaspoon olive oil
2 tablespoons minced garlic
5 scallions, minced
- 6.** When golden (do not burn), add the Cooking Sauce (stir the sauce first) and the minced Protein. Cook until thickened, about 3 minutes.
- 7. Stir Fry Vegetables (optional):** Heat the large skillet from the Protein step over medium-high heat and cook until tender:
1 teaspoon olive oil
3 cups stir-fry vegetables (if frozen, thaw first)
- 8. Serve:** Add cooked Pasta to a bowl, top with Stir Fry Vegetables (if using) and Dan Dan Sauce.

Hungarian Paprika Potato Pasta

Makes 4 servings

moderate

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

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

8 ounces flat pasta (bowtie, shell, broken lasagna)

2. Base: Cook in a medium skillet over medium-high heat, with a lid, until golden brown, about 5 to 8 minutes. Stir often:

1 teaspoon toasted sesame seed oil

1 medium onion, chopped

2 garlic cloves, minced

3. Remove the skillet from the heat and add the paprika. Stir very well and add the water. Do not burn the paprika or it will be bitter.

2 teaspoons Hungarian paprika

2 cups water

4. Potatoes: Add the potatoes, tomato, bell pepper and salt to the Base. Stir very well, cover and cook over medium heat until the potatoes are tender, about 10 to 15 minutes:

1-pound potatoes, peeled and chopped

1 tomato, chopped

1 small pepper (bell or Hungarian), chopped

1 teaspoon salt

5. Fry: Coarsely mash the Potatoes with the cooking liquid. Add the Potatoes to the drained Pasta. Mix well. Taste and adjust seasoning. Add the mixture to a shallow pan that fits in the air-fryer or on a baking sheet for the oven. Spray with oil. Bake until the pasta is as crisp as you like it, about 5 to 10 minutes. Serve.

Spray oil

Green Enchiladas

Makes 4 servings

moderate

Serve with: Green Salad

Preheat oven to 450-F

1. Protein: Heat a large skillet over medium heat. Cook scallopini until golden, on both sides, about 8 minutes, covered with a lid. Remove to a cutting board and chop when cool enough.

4 Gardein scallopini

2. Filling: To the now empty skillet, add the onion, garlic, corn and cumin and cook until lightly browned, about 8 minutes, covered with a lid:

1 onion, minced

4 garlic cloves, minced

1 cup frozen corn

1 teaspoon ground cumin

3. Add to the skillet the Chopped Protein, chilies, sauce and cheese. Bring to boil and simmer for 3 minutes:

2 (4-oz) cans green chiles

1 (10-oz) can green enchilada sauce**

1/2 cup vegan shredded cheese (optional)

4. Tortillas: cook the tortillas in the microwave (wrapped in damp towel for 1 minute) or over the stove burner and then wrap in towel to steam:

16 corn tortillas

5. Fill: Use a scooper to fill the warm Tortillas with the Filling and place, seam-side down, in a 9X13 baking dish. Spray with cooking oil and add the other can of enchilada sauce. Top with cheese, if using:

Oil spray

1 (10-oz) can green enchilada sauce**

1/2 cup vegan shredded cheese (optional)

6. Bake and Serve: Cover dish with foil and bake for 15 minutes. Uncover and bake until cheese melts, 5 minutes (optional). Serve.

** Need a total of 2 (10-ounce) cans green enchilada sauce

Huli Huli

Makes 4 servings

easy

Serve with: Rice, Green Salad and mangoes

1. Tofu: Press the tofu for 5 minutes using a press or wrap in a lint-free kitchen towel (which has the same effect). Then slice the tofu into 10 slices the long way.

1 package firm or extra-firm tofu

2. Marinade: Combine the ingredients in a shallow cake pan (or another shallow dish). Mix well.

1/2 cup ketchup

6 tablespoons tamari

6 tablespoons brown sugar

1/4 cup rice or apple cider vinegar

1-inch ginger, grated

1 teaspoon minced garlic

3. Green Beans: Add to the Marinade the Tofu and trimmed green beans. Set aside overnight or 10 minutes:

2 large handfuls green beans

4. Grill: Prepare outdoor grill or preheat a grill pan over medium-high heat. Brush the pan with oil or use oil spray. Grill the Tofu 4 minutes per side, rotating the tofu 45-degrees halfway through. This leaves pretty grill marks and prevents tofu from burning. Grill the Green Beans until tender. Brush the tofu and green beans with the Marinade as they grill.

5. Serve: Serve the Huli Huli with rice, green salad with an Italian dressing, and mangoes.

California Air-Wedges

Makes 4 servings

moderate

Preheat air-fryer to 400-F

1. Potatoes: Chop the potatoes into 1/2-inch thick wedges. Soak them in water while the air-fryer preheats, 3–4 minutes. Drain well and season with chili, garlic and salt. Air-fry for 30 minutes total.

- 3 pounds red potatoes
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt

2. Lentils: Rinse and drain the lentils very well using a strainer. Drain while the potatoes are cooking. Add the lentils to the Potatoes in the air-fryer when the potatoes are half way through cooking (at 15 minutes)

- 1 (15-ounce) can green or brown lentils

3. Sauce: Heat 1/2 cup water in the microwave for 1 minute. Add the tomatoes to soak for 5-15 minutes. Mince the tomatoes well and mix with the Ranch. Thin the sauce with 1/4-teaspoon soaking water if too thick.

- 3 sun-dried tomato halves
- 1/4 cup vegan ranch dressing

4. Vegetables: finely shred the sprouts, thinly slice the onion and carrot and slice the peppers. Add them to a large skillet, heated over medium-high heat. Cook, stirring often, using a lid, until tender.

- 1 teaspoon olive oil
- 12-16 ounces brussels sprouts
- 1 medium carrot
- 1 medium bell pepper
- 1 small onion

5. When the Potatoes are crisp, add and cook for 1 minute to melt:
5 vegan cheese slices or 1/2 cup shreds

6. Serve: Layer the Potato mixture on a plate, add the Vegetables, top with the Sauce and garnish with any or all of the following:

- 1 jalapeno, thinly sliced
- 2 scallions, thinly sliced
- 1/2 avocado, chopped

Chilaquiles

Makes 4 servings

easy

Preheat air-fryer to 375F

1. Tortillas: Slice the tortillas into strips. Spray with oil and air-fry until golden, 10 to 15 minutes.

12 corn tortillas

oil spray

2. Sauce: Add the ingredients to a blender and blend until smooth. Add to a large skillet and set aside.

1 1/2 cups vegetable broth

1 (15-ounce) can diced tomatoes, lightly drained

1/2 small onion, quartered

1/2 Anaheim pepper (the other half in the Beans)

2 garlic cloves

3. Vegetables: Add to a medium skillet over medium heat and cook until golden, about 8 minutes, using a lid. Season with salt:

spray of oil

1 medium zucchini, chopped

1/2 Anaheim pepper, chopped

1/2 teaspoon ground cumin

4. When the zucchini is golden, heat the Sauce over high heat until boiling. Reduce to simmer and cook for 3 to 5 minutes. Add the Tortilla strips a few minutes before serving and cook for 2 to 3 minutes until the strips are softened. Season with salt and pepper.

5. Add the beans and spinach to the Vegetables. Cover and cook until the spinach is wilted.

1 (15 ounce) can black beans, rinsed and drained

4 to 5-ounce baby spinach (about 4 cups)

6. Serve: Add some Tortillas with the Sauce to a plate, top with the Vegetables and Beans and avocado or vegan cheese. Season with salt:

1 diced avocado or shredded vegan cheese (optional)

Chicago Deep-Dish Pizza

Makes 4 to 6 servings

moderate

Preheat oven to 450-F

1. Dough: Combine the ingredients in a bread machine or food processor with plastic blade. Knead the dough until smooth, Dough cycle for bread machine and 2 to 3 minutes for food processor. Leave in bread machine or remove and set in a bowl to double, about 1 hour.

3/4 cup plus 2 tablespoon water

1 teaspoon salt

1/2 teaspoon sugar

1 tablespoon olive oil

2 1/4 cups all-purpose flour

2 1/4 teaspoons yeast (1 package)

2. Add the Dough to an oiled 12-inch cast iron pan. Spread out to the sides and set aside to relax 15 minutes. Then press the dough up the sides of the pan.

3. Layer the ingredients on top of the Dough in order:

6 to 10 slices vegan white cheese

4 links Beyond Meat sausages, crushed with hands

1 (16-ounce) bag frozen spinach, thawed and squeezed well

1 tablespoon pizza seasoning**

1 (28-ounce) can crushed fire-roasted tomatoes

2 tablespoons nutritional yeast

4. Arrange the edges of any dough hanging over the pan so it looks nice. Brush any visible dough with olive oil. Bake in the oven for 50 to 60 minutes, until the pizza is bubbling or internal temp is 165-F. Cover the pizza with a silicone mat when the dough is getting too brown. Remove from oven and allow to sit for 10 minutes. Serve.

** Pizza Seasoning: blend of dried garlic, onion, chili flakes, salt, basil, oregano. Substitute with 1/4 teaspoon each of garlic powder, onion powder, basil, oregano and chili flakes and 1/2 teaspoon salt.

Butternut Squash and Crispy Kale Noodle Salad

Makes 4 servings

moderate

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

1. Pasta: Cook the pasta in a medium pot of salted boiling water, until al dente. Add the beans right before draining the pasta. Add 1 tablespoon of Dressing to Pasta after draining.

4 ounces spaghetti

1 cup white beans

2. Squash: Peel and chop the squash. Spray with oil and season with salt, add to air-fryer. Cook for 13 minutes or until almost tender.

1 medium butternut squash (4 cups, 1/2-inch cubed)

3. Dressing: mix the dressing in a measuring cup. Stir until sugar dissolves:

1/4 cup rice vinegar

1 tablespoon fresh lime juice

1 tablespoon tamari

1 teaspoon sambal oelek

1 tablespoon sugar

1-inch ginger, grated

4. Kale: add the kale to the Squash. Spray with oil and season with salt. Cook for 7 more minutes:

1 bunch kale, tough stem removed and chopped

5. Peanuts: add the peanuts and garlic to the Squash (remove any kale that is getting too dark). Cook for 3 more minutes.

1/2 cup peanuts

3 garlic cloves, minced

6. Salad: Remove the large crispy Kale pieces to the side. Add the Squash mixture to the Pasta. Mix with a tablespoon of Dressing. Serve the Squash-Pasta mixture over the greens, sprinkle with the scallions and the reserved crispy Kale. Serve with the rest of the Dressing.

6 cups chopped lettuce

2 scallions, minced

Shawarma Salad

Makes 4 servings

moderate

Preheat air-fryer to 400-F or oven to 475-F

1. Potatoes: Peel and chop the potatoes into 1/2 to 3/4-inch cubes. Soak in cool water for 5 minutes. Drain well.

4 medium to large potatoes

Note: The smaller you cut the potatoes, the shorter the baking time.

2. Roasting: Toss the ingredients in a large bowl and add to baking sheet or fryer basket. Bake/air-fry for 20 minutes (for 3/4-inch dice).

Drained Potatoes

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon paprika

3. Protein: Add to the pan or basket of Roasting and continue to bake 20 minutes, or until the potatoes are crisp and tender.

4 seitan cutlets (chopped), 2 cups re-hydrated Soy Curlz, 2 cups chickpeas **or** 1 package Gardein Beefless Tips

1 teaspoon paprika

4 pumps of oil spray

2 pita breads, cut into 1/2-inch strips, added to basket or pan during last 10 minutes of baking (optional)

4. Dressing: Mix with a whisk in a small bowl:

1/3 cup hummus

2 tablespoons fresh lemon juice

2 tablespoon water

salt and paprika, to taste

1 teaspoon hot sauce (optional)

5. Salad: Serve Salad ingredients with the Protein/Potatoes and Dressing.

6 cups shredded lettuce

1 large tomato, chopped

1 avocado, 1 carrot and/or 1/2 small cucumber, thin sliced

1/2 small red onion, thinly sliced

1 cup tortilla chips (if not using pita bread)

Fuji Apple Salad

Makes 3-4 servings

easy/ moderate (ingredients list kicks it to moderate)

1. Glaze: Whisk the ingredients in a measuring cup and add to a medium or large skillet:

- 1/2 cup orange juice
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon lemon-pepper or Mrs. Dash
- 1/2 teaspoon garlic powder
- salt to taste

2. Protein: Heat the Glaze over medium heat. Add and cook until golden brown and the Glaze is absorbed, about 10 to 13 minutes, stirring as needed:

- 4 Gardein scallopini, sliced **or** 1 (15-oz) chickpeas, drained
- 1 cup pecans

3. Dressing: Whisk the ingredients in the same measuring cup:

- 1/4 cup vegan mayo or plain yogurt
- 3 tablespoons apple butter
- 2 tablespoons water
- 1 tablespoon apple cider vinegar

4. Salad: Combine in a large bowl and divide as desired:

- 8 cups Romaine lettuce, chopped
- 3 cups kale or spinach, chopped
- 1/2 onion, thinly sliced
- 2 cups dried apple slices
- 1 cup shredded vegan cheese (optional)

5. Serve: Serve the Salad with the Protein and the Dressing.

Green Curry

Makes 4 servings

easy

Serve with rice

1. Base: Cook the curry paste and the 1/4 cup coconut milk in a large pot over medium heat. Stir and cook until the paste has released its aroma, about 3 minutes.

3 to 5 tablespoons green curry paste

1/4 cup of (14-ounce) can light coconut milk**

2. Soup: Add the rest of the liquid ingredients to the Base. Bring to light boil over medium-high heat and reduce to simmer over medium heat:

1 (14-ounce) can light coconut milk**

remainder of other can light coconut milk**

2 cups vegetable broth

2 tablespoons tamari

3. Vegetables: Add the vegetables to the soup as they are ready. Cook the soup until the vegetables are tender, about 10 to 15 minutes:

1-pound regular tofu, pressed 5 minutes, cubed

1 bell pepper, sliced

1 zucchini, sliced

3 scallions, sliced

zest of a lime

4. Greens: When the vegetables are tender add the spinach and cook to wilt:

4 to 6 cups baby spinach

5. Serve: When the spinach is tender add the herbs and lime and serve:

1/2 cup cilantro or basil, chopped

juice of the lime zested

** Need a total of 2 (14-ounce) cans of light coconut milk.

Vegetable Korma

Makes 4 servings

easy/moderate (ingredients list kicks it to moderate)

Serve with: Dal, Rice, Raita and/or flat bread, such as Roti or Naan

1. Spices: Heat a large shallow pan over medium heat. Add the coriander seeds and toast until they pop. Stir as needed.

2 teaspoons coriander seeds

2. Add the garam masala to the Spices and **IMMEDIATELY** add the water:

1 teaspoon garam masala

3 cups water

3. Vegetables: Add the vegetables to the Spices. Cover with a lid and cook for 10 minutes over high heat.

2 medium potatoes, peeled and chopped

2 medium carrots, chopped

2 large handfuls green beans, chopped

1/2 teaspoon salt

4. Onion-Coconut Paste: Blend in a blender as soon as possible:

2 garlic cloves

1 green chile (or 1/4 bell pepper)

1 small onion, coarsely chopped

1-inch piece ginger, chopped

1/2 cup dried coconut shreds

1/2 cup water

5. Zucchini or Peas: Add the zucchini (or peas), the tomato and the Onion-Coconut Paste to the Vegetables. Cover and cook for 8 minutes, or until the vegetables are tender, over medium-high heat.

1 large zucchini, chopped **or** 1 cup green peas

1 medium tomato, chopped

6. Serve: Taste and adjust seasoning. Stir in the cilantro, if using, and serve:

3 tablespoons minced cilantro (optional)