



Weekday to Weekend

Recipes from Winter 2021

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Stroganoff Burrito

Makes 2 to 3 servings

weekday

1 teaspoon olive oil
1 1/2 pounds mushrooms (button, cremini, portobello, oyster), sliced
1 small pepper, diced
1/2 small onion, diced
4 garlic cloves, minced
1 tablespoon [Easy Savory Broth mix](#)
2 teaspoons Dijon mustard
2 teaspoons tomato paste
1/2 cup vegan sour cream
2 or 3 large burrito-size tortillas
Oil spray

1. Mushroom: Add the oil to a large skillet, over high heat. Add the mushrooms, bell pepper, onion and garlic. Season with salt. Cook until the mushrooms are golden and the pan is almost dry, about 10-15 minutes. Stir only as needed.

2. Seasoning: Add the broth mix, mustard, and tomato paste to the Mushrooms. Mix well. Cook for 1 minute.

3. Sour Cream: Turn off the heat. Preheat the broiler. Add the sour cream to the Mushrooms. Mix well. Season with salt and black pepper.

4. Broil: Warm the tortillas over the stove burner or microwave for 10 seconds. Fill the tortillas with the Mushrooms. Roll and place on a baking sheet. Spray with oil and broil until golden, about 3 minutes. Serve.

Teriyaki Tempeh Hoagies

Makes 2 (6-inch) subs

weekday

6 tablespoons tamari
3 tablespoons sweet rice wine, mirin or sherry
4 teaspoons brown sugar
2 teaspoon2 toasted sesame seed oil
1 teaspoon garlic granules or powder
1 teaspoon ground ginger
1 (8-ounce) package tempeh, sliced 1/2-inch thick
1 bell pepper, sliced
1/2 small onion, sliced
2 (6-inch) [hoagie rolls](#)
4 slices of white nondairy cheese

1. Tempeh and Vegetables: Add the tamari, wine, sugar, oil, garlic and ginger to a shallow baking pan (cake pan is perfect). Add the slices of tempeh and set aside while you preheat the oven to 400F, 5 to 15 minutes. Can be covered and marinated overnight. Transfer to a baking sheet, reserving the marinade.

2. Bake and Hoagie: Bake the Tempeh and Vegetables until the tempeh is browned, 20 minutes, basting every 5 minutes. Reserve some marinade for adding to the hoagies. Split the rolls. Add the cheese. Add the rolls to the same oven during the last 5 minutes of baking time, and bake until the cheese melts and the hoagie is toasted.

3. Serve: Divide the Tempeh and Vegetables among the toasted Hoagies. Add the reserved marinade. Serve.

Mexican Breakfast Burrito with Salsa Fresca

Makes 4 servings

weekday

2 medium sweet potatoes or regular potatoes, peeled and chopped
1 teaspoon chili powder
1 teaspoon ground cumin
2 small tomatoes, diced
1 garlic clove, minced
1/4 small onion, finely minced
1/2 small jalapeno, finely minced
1 tablespoon lime juice
1 (15-ounce) can black beans, rinsed and drained
2 cups mashed [Breakfast Tofu](#) (1 recipe)
1/2 cup shredded or 4 slices nondairy yellow or orange cheese
4 fajita-size flour tortillas
1/2 cup vegan sour cream
1/2 cup salsa
1 avocado, sliced

1. Potatoes: Preheat air-fryer or oven to 400F. Peel and dice the potatoes. Spray with oil. Season with chili powder, cumin and salt. Bake until tender. Air-fryer: 15-20 minutes, shaking the basket as needed. Oven: 30-40 minutes.

2. Salsa Fresca: Combine the tomato, garlic, onion, jalapeno and lime juice in a medium bowl. Salt to taste.

3. Beans and Tofu: Heat a medium skillet over medium heat. Add the beans, tofu and cheese. Cook until heated through, about 4 minutes.

4. Burrito: Warm the tortillas in the microwave (between two plates for 1 minute), oven or over the stove. Divide the baked sweet [Potatoes](#) and the [Beans and Tofu](#) among the burritos. Add sour cream, [Salsa Fresca](#) and avocado. Season generously with salt. Roll up and serve.

One Pot Tetrazzini

Makes 4 to 6 servings

[weekday](#)

Preheat oven to 450-F

1 tablespoon olive oil
8 ounces sliced mushrooms
1 small onion, sliced
5 garlic cloves, minced
2 teaspoons thyme
5 tablespoons all-purpose flour
1 tablespoon [Easy Savory Broth Mix](#) or 2 teaspoons Better Than Bouillon
4 cups unsweetened, plain nondairy milk
1 cup water
12 ounces pasta (penne, rigatoni, etc)
1 recipe (about 2 1/2 cups) [Savory Tofu](#) or equivalent (like seitan)
1 cup peas
1/2 cup breadcrumbs, regular or panko
1/2 cup nondairy parmesan or white cheese (optional)

1. Mushrooms: Add the oil to a large skillet (oven-safe, if possible) over medium-high heat. Add the mushrooms, onion, garlic, thyme and 1 teaspoon salt. Cook until golden, about 8 minutes. Stir as needed.

2. Flour: Add the flour and broth mix to the Mushrooms and stir well. Cook for 1 minute.

3. Liquid: Add the milk and water to the Mushrooms, 1/2 cup at a time, stirring well. Bring sauce to simmer, about 4 minutes.

4. Pasta: Add the pasta and peas; stir well. If the skillet is not oven-safe, transfer to a 9x13 baking pan. Bake covered for 20 minutes.

5. Uncover the Pasta, sprinkle it with the breadcrumbs and cheese, if using. Bake until the breadcrumbs are golden, about 10 minutes. Serve.

One Pot Chili Mac

Makes 4 servings

weekday

- 1 tablespoon olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 3 cups (about 1 bag) frozen grounds
- 12 ounces elbow pasta
- 4 cups vegetable broth
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 (5-ounce) bag baby spinach (optional)
- 1 cup vegan shredded yellow or orange cheese (optional)

1. Protein: Add the oil to a large pot or skillet, over medium heat. Add the onion, garlic and grounds. Cover and cook until the onion is golden, about 5 minutes. Stir as needed.

2. Pasta: Add the pasta to the Protein and stir well to coat the pasta evenly.

3. Beans and Broth: Add the broth, beans, tomato, chili powder, cumin, and salt to the Pasta. Stir well. Bring to boil and reduce to simmer. Cover and cook until the pasta is tender, about 10 minutes.

4. Spinach and Cheese (optional): Stir in the spinach. Mix well to wilt. Add the vegan cheese, cover and cook until the cheese melts, about 5 minutes. Serve.

Ratatouille Pasta

Makes 4 servings

weekday/weekend

Preheat oven to 400-F

3 tablespoons olive oil
1 large onion, diced
1/2 teaspoon red chili flakes
6 garlic cloves, minced
3 medium summer squash (18 ounces), cut into 1-inch dice
1 medium eggplant (14 ounces), cut into 1-inch dice
2 medium tomatoes (15 ounces), chopped
3 tablespoons tomato paste
1 1/4 cup vegetable broth
12 ounces pasta
1/4 cup minced parsley

1. Onion: Heat the oil in a large oven-safe skillet over medium heat. Add onion and chili flakes and garlic. Cook until the onion is golden, covered, about 8 minutes. Stir as needed.

2. Squash: Add the squash and eggplant to the Onion. Cook until squash is starting to brown, 4 minutes. Stir as needed.

3. Tomato: Add the tomato and paste to the Onion. Mix well. Cook until the paste is browning, about 2 minutes. Season with salt and pepper.

4. Broth and Bake: Add the broth to the Onion. Bring to boil and reduce to simmer. Cover and cook for 10 minutes while you preheat the oven to 400-F. Uncover and transfer to oven. Bake for 25 minutes. Alternately, transfer to an oven-safe dish to bake.

5. Pasta: Cook the pasta according to package directions. Drain and set aside.

6. Serve: Remove from the oven and stir in the parsley. Taste and adjust seasoning. Toss with Pasta. Serve.

Tex-Mex Tortilla Bake

Makes 4 servings

weekday

Preheat oven to 425-F

- 1 (15-ounce) can diced tomatoes (with chilis, if available)
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can pinto beans, rinsed and drained
- 2 cups frozen corn
- 1 cup nondairy milk
- 12 corn tortillas, chopped
- 1 1/4 - 1 3/4 cups shredded yellow or orange nondairy cheese, divided
- 1 tablespoon chili powder
- 2 teaspoons [Easy Savory Broth Mix](#) or Better than Bouillon
- Salt to taste
- 1/2 cup vegan sour cream (optional)
- 1/4 cup diced red onion (optional)
- 1/4 cup minced cilantro (optional)

1. Bake: Combine the tomato, beans, corn, milk, tortillas, 3/4 cups cheese, chili powder, broth mix and salt in a large bowl. Mix well and add to a 9x13 baking dish (or equivalent). Cover and bake for 20 minutes.

2. Finish: Uncover, add the rest of the nondairy cheese and bake until cheese melts, about 5 to 10 minutes.

3. Serve: Garnish the dish with nondairy sour cream, onion and cilantro, if using.

Indian Makhani - Vegan Butter Seitan

Makes 4 servings

weekday

Serve with rice or naan.

1 cup plain, nondairy yogurt
1-inch ginger, grated
4 cloves garlic, grated
1 teaspoon turmeric
1 teaspoon chili powder
1 pound seitan ([Easy Simple Seitan](#) or store-bought), cut into 1-inch pieces
1 tablespoon oil
1 medium onion, finely minced
1/2 cup cashews
2 teaspoons garam masala
1 teaspoon ground cumin
2 cups vegetable broth
1 cup tomato sauce
4 whole cloves
1/2 cinnamon stick
1 tablespoon vegan butter or vegan ghee (optional)

1. Marinade: Add the yogurt ginger, garlic, turmeric and chili powder to a large bowl. Mix well. Stir in the seitan pieces. Set aside.

2. Onion: Add the oil to a large skillet over medium heat. Add the onion, cashews, garam masala and cumin. Cook until the onion is translucent, about 2 minutes.

3. Sauce: Add the broth, tomato sauce, cloves and cinnamon stick to the Onion. Cook over medium heat for 15 minutes, partly covered.

4. Air-Fry: Remove the seitan pieces from the marinade (save the Marinade). Either air-fry on 400F for 10 minutes, or bake in the oven for 20 minutes on 450F. Add the reserved Marinade to the Sauce. Taste and add salt and pepper. Thin with water if needed. Stir in the seitan. Stir in the optional butter. Serve with rice or naan.

Stromboli

Makes 4 servings

[weekday](#)/[weekend](#)

Preheat oven to 400F.

2 cups chopped, prepared Soy Curls (as prepared [HERE](#))
5 ounces spinach (cooked, if fresh; thawed and squeezed, if frozen)
1 tablespoon olive oil
2 teaspoons dried oregano, divided
2 teaspoons dried basil, divided
1/2 teaspoon chili flakes
1/2 teaspoon fennel seeds
1 pound pizza dough ([homemade](#) or store-bought)
5 garlic cloves, minced, divided
10 slices vegan cheese
1/4 cup vegan parmesan (optional)
1 (15-ounce) can tomato sauce
1 teaspoon onion granules

1. Protein: Mix the soy curls, oil, 1 teaspoon oregano, 1 teaspoon basil, chili flakes and fennel seeds together. Set aside.

2. Stromboli: Divide the dough into two. Roll each half into an 8X12 rectangle. Sprinkle each dough half with 2 minced garlic, add half the parmesan, if using, half the slices of cheese and half the reserved [Protein](#), leaving a 2-inch border without any toppings. Fold the dough around the filling, pinch the seam closed and place seam-side down on a baking sheet. Tuck each end under. Brush with oil, add salt. Pierce all over with a fork to allow steam to escape. Bake until golden, 17 to 25 minutes.

3. Sauce: Mix the tomato sauce, onion, 1 teaspoon oregano, 1 teaspoon basil, and garlic in a small pot. Bring to boil and reduce to simmer. Partly cover and cook until flavors meld, about 5 minutes. Add pinch sugar if too tart. Season with salt and pepper. Serve the sauce with the [Stromboli](#).

Pot Pie with Pizza Crust

Makes 4 servings

[weekday](#)

Preheat oven to 450-F

12 to 16-ounces [pizza dough](#)

4 to 6 slices vegan cheese (optional)

1 teaspoon olive oil

10-ounces vegan chicken-style strips **or** [Savory Tofu](#)

1/2 onion, chopped fine

3 medium carrots, sliced thin

2 cup chopped green beans **or** zucchini

1/2 cup corn **or** peas (optional)

6 tablespoons all-purpose flour

1 1/2 tablespoon [Easy Savory Broth Mix](#) **or** 2 teaspoons Better Than Bullion

2 1/2 cups unsweetened, plain nondairy milk

1. Crust: Allow pizza dough to come to room temperature, if chilled. Roll out to 12-inches. Place on a baking sheet and spray with oil. Bake for 10-15 minutes, until browned. If adding cheese, bake for 10 minutes, add cheese and bake for another 5 minutes. Remove and cut into wedges.

2. Protein: Heat the oil over medium heat in a large skillet. Add the protein and cook until browned, using a lid, about 5 minutes. Remove from heat and set aside. Chop when cool, if needed.

3. Vegetables: Add the onion, carrot, green beans and corn to the now empty skillet. Cook over medium heat, using a lid, until golden, about 5 minutes. Stir as needed:

4. Gravy: Add the flour and broth mix to the [Vegetables](#). Mix well and cook 3 minutes.

5. Add the milk to the [Gravy](#), 1/4-cup at a time, while stirring until smooth, to prevent lumps. Add the chopped [Protein](#). Season to taste. Bring to simmer and cook until [Vegetables](#) are tender. Serve with the [Crust](#) on top or as a side.

Knoephla Soup

Makes 4 to 6 servings

weekend

1 tablespoon olive oil
1 (15-ounce) can chickpeas, reserve the aquafaba (liquid)
2 carrots, sliced
2 celery ribs, sliced
1 medium onion, diced
2 garlic cloves, minced
2 bay leaves
1 tablespoon [Easy Savory Broth Mix](#) or 2 teaspoons Better Than Bouillon
1/2 teaspoon thyme
8 cups water
1 1/2 pounds potatoes, peeled and cut into 1/2-inch dice
1 1/2 cups all-purpose flour
3/4 teaspoon baking powder
7 tablespoons soy milk
3 tablespoons reserved aquafaba
2 cups soy milk
2 tablespoons minced parsley

1. Base: Add the oil to a large pot over medium-high heat. Add the chickpeas, carrot, celery, onion and 1/2 teaspoon salt. Cook until the onion is golden, about 5 minutes. Stir as needed.

2. Seasoning: Add the garlic, bay leaves, broth mix and thyme to the Base. Stir and cook for 1 minute.

3. Broth: Add the water, potatoes and chickpeas. Increase heat to high, bring to boil, reduce to strong simmer, and cook until the potatoes are tender, about 15 minutes.

4. Knoephla: Combine the flour, baking powder, 3/4 teaspoon salt and pepper (to taste) in a large bowl. Add the milk and aquafaba. Knead in the bowl until the dough is smooth. Add 1/2 - 1 tablespoon more flour only if needed. Roll the dough into a 1/2-inch thick rope. Cut off 1/2-inch pieces and add to the simmering Broth. Cover and continue to simmer the soup for 10 more minutes.

5. Finish: Add the milk and parsley to the Broth. Taste for seasoning. Discard bay leaf. Serve.

Kettle Goulash

Makes 4 to 6 servings

weekday

3 tablespoons olive oil
1 large onion, diced
3 garlic cloves, minced
4 cups frozen Gardein beefless tips **or** diced Easy Simple Seitan (Fall 2020)
6 tablespoons Hungarian paprika
2 large Russet potatoes (20 ounces total), peeled and diced into 1/2-inch cubes
2 celery ribs, sliced
1 medium carrots, sliced
1 medium bell pepper, seeded and chopped
1 tablespoon tomato paste
4 cups vegetable broth

1. Onion Base: Add the oil to a large pot over medium heat. Add the onion and garlic. Cook for 4 minutes, until the onion is golden.

2. Protein: Add the Gardein or seitan on top of the Onion Base. Add the paprika evenly. Do not stir. Cover and cook for 5 minutes.

3. Vegetables: Add the potato, celery, carrot, pepper, tomato paste and vegetable broth. Stir well. Season to taste with salt and pepper. Bring to boil and reduce to a medium simmer. Cook for 15 minutes, or until the potatoes are tender.

4. Serve: Season to taste and serve with crusty bread.

Sausage and Butternut Squash Stew

Makes 4 servings

weekday

Serve with crusty bread.

1 tablespoon olive oil
1 small onion, diced
4 garlic cloves, smashed
1/2 teaspoon fennel seeds
1/2 teaspoon cumin seeds
4 links (about 13 ounces) vegan sausage, sliced
3 tablespoons all-purpose flour
1 tablespoon smoked paprika
6 cups vegetable broth
1 pound red potatoes, chopped (peeled, optional)
4 cups chopped butternut squash (about 1 pound)
1/2 bunch kale, sliced into thin ribbons
1/2 cup nondairy sour cream
2 teaspoons prepared horseradish
1/2 teaspoon sugar

1. Base: Add the oil to a large pot over medium heat. Add the onion, garlic, fennel, cumin and sausage. Cover and cook until the onion is browned, about 5 minutes. Stir as needed.

2. Roux: Add the flour and the paprika to the Base (flour first, so the paprika doesn't burn). Stir and cook for 30 seconds.

3. Liquid: Add the broth to the Roux. Mix well. Bring to boil, reduce to simmer. Add the potatoes, squash and kale as they are chopped. Salt as needed. Cover and cook over medium heat until the vegetables are tender, about 15 to 20 minutes.

4. Cream: Mix the sour cream, horseradish and sugar. Serve the stew in bowls, add a dollop of Cream and add fresh ground pepper.

Making Savory Tofu

Makes about 2 1/2 cups; doubles easily

14-ounces firm or extra firm tofu

2 cups water

1 tablespoon [Easy Savory Broth Mix](#)

1 tablespoon nutritional yeast flakes

1/4 teaspoon salt

1 tablespoon olive oil

1. Tofu: Press the tofu for 15 minutes, up to overnight. Cut into 1/2-inch cubes.

2. Liquid flavoring: Add the ingredients to a medium pot, bring to boil, add the Tofu and reduce to simmer. Simmer for 10 minutes.. Remove from heat and set the tofu aside with the liquid for 10 minutes, or store the tofu with the liquid for up to 5 days. Keep in the refrigerator once cooled.

3. Sautee: Heat the oil in a large skillet over medium heat. Add the drained Tofu and cook, stirring as needed, until golden, about 10 to 15 minutes. Alternatively, spray with oil and air-fry 400F for 5 to 10 minutes. Use in recipes or serve as is. If storing for later use, store in an air-tight container for up to 3 days.

Making Easy Simple Seitan

Makes 1 loaf or 8 cutlets; doubles easily

Broth mixture:

4 to 6 cups water
1 tablespoon tamari
1 bay leaf

Liquid mixture:

1 cup water
1 tablespoon olive oil

Flour mixture:

1 1/4 cup vital wheat gluten (stir flour before measuring)
2 tablespoons chickpea flour
2 tablespoons [Easy Savory Broth Mix](#)
2 tablespoons nutritional yeast flakes
3/4 teaspoon salt

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

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

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

4. 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).

5. Cook: add the loaf or the cutlets to the simmering 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 on 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.

Making Savory Soy Curls

Makes about 4 1/2 to 5 cups

5 cups water

1 1/2 tablespoons [Easy Savory Broth Mix](#)

1 (8-ounce) bag Soy Curls (about 6 cups)

Oil spray

1. Rehydrating Curls: Add the water and broth mix to a medium pot, bring to boil, add the Soy Curls and reduce to simmer. Simmer until tender, about 5 to 10 minutes. Remove from heat and set aside for 5 minutes. Drain, if needed. Store the curls in the refrigerator for up to 5 days before air-frying or sauteing.

2. Air-Fry: Preheat the air-fryer to 400F. Add the Rehydrated Curls, spraying with oil. Season with salt. Air-fry in batches, shaking the basket every 5 minutes. Cook until crisp as you like it, about 10 to 20 minutes, depending on the amount of Curls added to the air-fryer. Use in recipes. Alternatively, saute in batches with oil in a large skillet over medium heat, until crisp, about 15 to 20 minutes.

Making Pizza Dough

Makes 1 pound dough

1. Knead: Add the ingredients to a machine or bowl (bread, food processor or stand mixer), in the order given:

3/4 cup plus 2 tablespoons water

2 tablespoons olive oil

1 teaspoon salt

1/2 teaspoon sugar

2 1/2 cups all-purpose flour

1 tablespoon vital wheat gluten

2 1/4 teaspoons (1 package) dry active yeast

2. Bread Machine: Pasta Cycle or Dough Cycle. If Pasta Cycle, add to a container to rise. Cover and rise for 1 hour.

3. Food Processor: Knead until dough ball forms. Knead for a minute to develop gluten. Add to a container to rise for 1 hour, covered.

4. Stand Mixer: Knead until dough ball forms. Knead for five minutes to develop gluten. Add to a container to rise for 1 hour, covered.

Making Vegan Savory Broth Mix

Makes 1/2 cup; doubles easily

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

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

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 Savory Broth Mix to 1 cup water PLUS 1 teaspoon of nutritional yeast.