

My Favorite Vegan Recipes

Chinese Fried Rice

Preparation Time: 30 Minutes

Cooking Time: 20 Minutes (Cooked Rice Needed)

Serves: 6

Ingredients

4 tablespoons low sodium soy sauce
2 tablespoons cider vinegar
2 cloves garlic, crushed
2 teaspoons grated fresh gingerroot
¼ teaspoon crushed red pepper
1 onion, cut in half and sliced
½ pound mushrooms, sliced
1 cup bean sprouts
2 cups optional sliced vegetable (asparagus, snow peas, celery, carrots, green onions, etc.)
4 cups cooked brown rice
1 tablespoon low sodium soy sauce (optional)
3-4 tablespoons chopped fresh cilantro

How To Prepare:

Place first 5 ingredients in a wok or large pot. Bring to a boil. Add vegetables in batches (see HELPFUL HINTS) and cook and stir over medium-high heat until crisp-tender (about 10-15 minutes depending on the size of the vegetable pieces). Add the cooked rice, the soy sauce and the cilantro. Cook and stir until heated through. Serve at once.

Spinach Enchiladas

Preparation Time: 15 Minutes

Cooking Time: 50 Minutes

Serves: 4-6

Ingredients

4 medium-large firm potatoes, peeled and diced
1 onion, chopped
1-2 cloves fresh garlic, minced
1/2 - 3/4 cup vegetable broth
1 can of chopped green chilies
1 teaspoon chili powder
freshly ground pepper
1 cup fresh spinach, thinly sliced
1/2 cup Daiya cheddar cheese
8 corn tortillas
2 1/2 cups enchilada sauce

How To Prepare:

Preheat oven to 350 degrees. Cook potatoes in water to cover until almost tender, about 5 to 7 minutes. Drain and set aside. Place the onions and garlic in about 1/4 cup of the broth in a large non-stick frying pan. Cook, stirring frequently until onion softens slightly. Add green chilies and another 1/4 cup of the broth. Cook for an additional minute. Add potatoes, mix well and continue to cook and stir. Add the remaining broth, the chili powder and several twists of freshly ground pepper. Cook and stir for another minute. Add the spinach and soy cheese. Mix well. Remove from heat and set aside. Place 1/2 cup of the enchilada sauce in the bottom of a lightly oiled baking dish. (To lightly oil a baking dish, place a small amount of oil on a paper towel and rub over the bottom of your baking dish.) Take 1 tortilla at a time and spread a line of about 1/4 cup of potato mixture down the center of each tortilla. Roll up and place seam side down in the baking dish. Repeat until all filling is used. Pour remaining sauce over the tortillas. Cover and bake for 30 minutes.

My Favorite Vegan Recipes

Black Bean Chili

Preparation Time: 20 Minutes

Cooking Time: 30 Minutes

Serves: 4

Ingredients

2 1/2 cups vegetable broth
1 medium onion, chopped
1 red bell pepper, chopped
1 - 4 ounce can chopped green chilies
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon oregano
1 - 15 ounce can black beans, drained and rinsed
1 - 15 ounce can chopped tomatoes
2/3 cup textured Vegetable protein
3 tablespoons chopped fresh cilantro
dash salt

How To Prepare:

Place 1/2 cup of the vegetable broth in a large pot. Add onions, bell pepper and garlic. Cook and stir frequently for 3 minutes. Add green chilies, chili powder, cumin, and oregano. Cook and stir for 2 minutes. Add remaining broth, beans, tomatoes, and barley. Bring to a boil, reduce heat, cover, and cook for 10 minutes. Uncover and cook for 15 minutes. Stir in cilantro and salt to taste. Serve over brown rice, if desired, or ladle into a bowl. Add optional toppings as desired. I have been making vegetarian chili for many years. I usually start with dried beans and cook the chili for several hours to make a hearty, rich sauce. However, sometimes I look for a delicious meal that doesn't take hours to cook. This is a chili that has been a winner with everyone that tries it. The avocado topping and tofu sour cream are optional, as are the chips. Sometimes I serve this over brown rice, that cooks while the chili is simmering. This makes a hearty meal for four people, with no leftovers. It also reheats well, so saving some for the next day's lunch is an option.

Baked Potatoes

Ingredients

Topping Ideas

Salsa or barbecue sauce

Tofu sour cream and chives

Baked beans

Chili

Pea soup or bean soup

Fat free dressings

How To Prepare:

Baked potatoes are a simple and versatile meal. They can be eaten plain or with a wide variety of toppings. Potatoes may be microwaved if you are in a big rush, but the flavor and texture of the potato won't be nearly as delicious as those baked in an oven. Our favorite potatoes for baking are the large brown-skinned russet variety. Preheat oven to 475 degrees. Scrub the potatoes well and prick them all over with a fork. Bake potatoes directly on the oven rack, for one hour. They will be fluffy and delicious. Make extra potatoes for leftovers. Store unwrapped in the refrigerator. Eat them cold or reheat in the microwave.