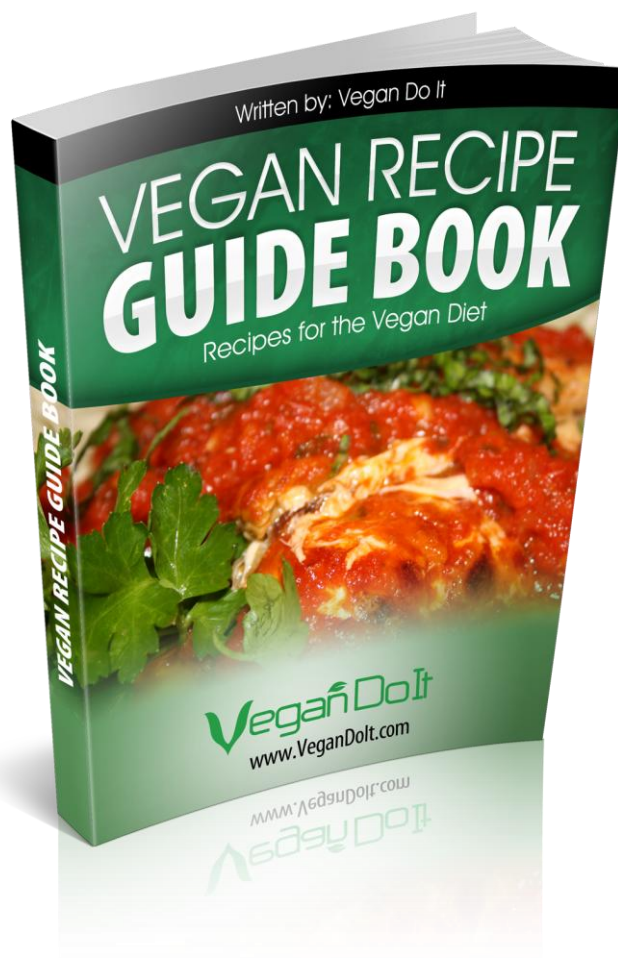


# THE VEGAN RECIPES GUIDE



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**Vegan Do It**

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## 1.1 Vegan Recipes – Miso Sesame Winter Squash

Are you looking for great [vegan recipes](#)? Try out Miso Sesame Winter Squash! These vegan recipes are flavor forward, and you will certainly enjoy the unexpected flavor combinations this recipe provides. If you are in a culinary rut, this is a great recipe to jump start your taste buds.

The primary ingredients of these vegan recipes are tossed in a citrus spiked, marinade that is infused with hints of molasses. The sweetness of the molasses is counterbalanced by complex salt flavors of the miso, tamari, and shoyu. A toasted sesame seed backdrop adds an additional measure of taste.

Before starting, preheat your oven to 425 degrees. The squash should be tossed in a bowl with the sesame oil. Afterwards, it should be spread on a well greased baking sheet and roasted in the oven for 40 minutes.

In a medium sized bowl, the molasses, tamari, maple syrup, miso, orange juice, lemon juice, lemon zest, water, and the remaining tablespoon of sesame oil should all mixed together. The tofu should be tossed in, coated, and then set aside.

The squash of these vegan recipes should then be placed in a 2 quart baking dish, and the tofu mixture should be poured over the squash. It should be baked uncovered for roughly 30 minutes. Don't worry. A good amount of the marinade will boil off. The finished dish should be finished off with toasted sesame seeds.

### Ingredients

2 pounds delicata squash (~3), halved, seeded, and cut into 1/2-inch inch thick pieces

2 tablespoons toasted sesame oil

2 tablespoons molasses

1 teaspoon tamari or shoyu

2 tablespoons pure maple syrup

1 heaping tablespoon white or yellow miso

1/4 cup freshly squeezed orange juice

1 tablespoon freshly squeezed lemon juice

1/4 teaspoon grated lemon zest

5 tablespoons water

8 ounces organic extra-firm tofu, pressed, cut into 1/2-inch cubes

## 1.2 Vegan Recipes – Oregano Brussels Sprouts

With these [vegan recipes](#), you are guaranteed to fall in love with the delicious goodness of Brussels sprouts. First, start off by washing the Brussels sprouts well. After removing the raggedy edges, cut them in half from top to bottom, and then rub each half in olive oil.

The oregano drizzle can easily be made by tossing the olive oil, oregano, parsley, garlic, and salt in a food processor on the pulse function. When you are done, the herbs should be just small specks of green. Season with more salt to taste if you think it needs it.

Right before you are ready to eat these vegan recipes, heat a tablespoon of olive oil in your largest skillet. Make sure not to overheat your skillet or it will cause the Brussels sprouts to cook too quickly. Put the sprouts in the pan (flat side down) and lightly coat them with a few pinches of salt. Cover the pan and cook for about 5 minutes. If the Brussels sprouts are tender throughout, then they are ready. If not, they should be covered back up and cooked for a few more minutes.

Once the Brussels sprouts are tender through, uncover the pan, crank the heat up, and cook the sprouts until they are deep brown. Make sure to use a spatula to toss them a few times over so that the rounded sides are slightly brown too. Remove them from the skillet and add a generous amount of almonds. These vegan recipes are best served straight from the oven.

### Ingredients

24 small brussels sprouts (less if you can only find larger sprouts)

extra virgin olive oil

fine grain sea salt

Oregano Drizzle

3/4 cup extra-virgin olive oil

1/4 cup fresh oregano, chopped

1/4 cup fresh parsley, chopped

1 large garlic clove

1/4 teaspoon fine grain sea salt, plus more to taste.

1 tablespoon extra-virgin olive oil, plus more for rubbing a big handful of toasted almond slices

## 1.3 Vegan Recipes – Vegan Banana Nut Bread

These [vegan recipes](#) are super simple to make, and you won't be able to tell the difference from the non-vegan version! It's a great vegan recipe that the whole family is guaranteed to love!

Start off by preheating your oven to 350 degrees. All of your dry ingredients should be added together in a large mixing bowl. Make sure that they are thoroughly blended before you start adding the other ingredients. One at a time, add the nuts, substitute eggs, bananas, oil, and vanilla. Make sure that you mix each ingredient thoroughly before adding the next one.

After all of your ingredients have been mixed together, pour the mixture into a greased pan and place it in the oven. These vegan recipes will be required to bake for around 45-60 minutes. If you're unsure if the bread is thoroughly baked, perform the knife test. If the blade of the knife comes out clean, then your loaf of bread is ready.

Let your bread cool for a minimum of 10 minutes before removing it from the pan. After you've removed it, let it cool on a wire rack, and then it's ready to serve! It is guaranteed to become one of your new favorite vegan recipes!

### Ingredients

1 3/4 Cups All Purpose Flour

2 Tsp Baking Powder

1/4 Tsp Baking Soda

1/2 Tsp Salt

1 Cup Demerera Sugar

1/2 Cup Chopped Pecans or Walnuts

Equivalent of 2 Eggs Using Egg Replacer

2-3 Ripe Bananas Mashed

1/2 Cup Vegetable Oil

1 Tsp Vanilla Extract

## 1.4 Vegan Recipes – Lentil Loaf Sandwich

Sometimes, you are in a hurry, and you just do not have a lot of time to devote to cooking [vegan recipes](#). This delicious sandwich is nutritious, and it will only take a short amount of time. To make these vegan recipes, start off by preheating your oven to 375 degrees. Heat up a small amount of olive oil in a sauté pan, and sauté the onions and garlic until they are soft and tender.

Mix all of the ingredients (except the wheat gluten and veggie broth) in a large mixing bowl. If you want to, you can use a mixer to make the mixing process go more quickly. Mix it all together until the dough has reached an even consistency.

After the mush (Yes, that is a technical term!) is consistent and thoroughly blended, add the wheat gluten and veggie broth, and knead the dough thoroughly. Add it to your greased bread pan, and brush the top of the dough with ketchup. Let the bread bake for about 30 minutes, and make sure to perform the knife test before pulling it out of the oven!

Let the bread cool for about 10-15 minutes before serving it! Once the bread has cooled, you can serve it in single slices or cut it up for sandwiches at lunch time.

### Ingredients

2 cups cooked lentils

1/4 cup olive oil

3 Tbsp soy sauce

1/4 cup ketchup, plus more for topping

1/4 cup bbq sauce

1 cup breadcrumbs

1 small onion, chopped

2 garlic cloves, minced

1 tsp dried parsley

1 tsp dried sage

1/2 tsp crushed red pepper flakes

1 cup vital wheat gluten

1/4 cup vegetable broth

## 1.5 Vegan Recipe – Vegan Asian Noodle Soup

This [vegan recipe](#) is simple to make, and it is a guarantee that even the carnivores in your life will love it! There are not many foods that are as universally enjoyed as soup is, and it can be a delicious and nutritious addition to your lunch or dinner.

To make this vegan recipe, start off by bring an oversized pot of water to boil. The noodles should be cooked in the water until they are soft and tender. After draining the hot water off, rinse the noodles in cold water and set them aside.

In a medium sized pan, heat the olive oil. Add the chopped onion to the pan, cover with the lid, and let it simmer for 5 minutes until the onion is tender. Next, add the ginger and garlic to the oil and onions, and allow to cook for roughly a minute. Add in the hoisin sauce and soy sauce and the broth. After adding the broth, bring the mixture to a boil. Lower the heat, and let it simmer for about 15 minutes.

Afterwards, slowly stir in the seitan, reserved noodles, rice vinegar, and hot sauce. Let the soup simmer for another 5 minutes. This gives the flavors time to develop within the soup. Ladle the soup into bowls and top it with the scallions, bean sprouts, and cilantro while it's still hot. Then, it is time to sit back and enjoy!

### Ingredients

8 ounces rice noodles

1 tablespoon vegetable oil

1 yellow onion, halved lengthwise and thinly sliced

2 garlic cloves, minced

2 teaspoons grated fresh ginger

- 2 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 5 cups vegetable broth or water
- 3/4 cup seitan or extra-firm tofu, cut into 2-inch x 1/4-inch strips
- 2 tablespoons rice vinegar
- 2 teaspoons Asian hot sauce
- 3 scallions, minced
- 1 cup fresh bean sprouts
- 1 cup chopped fresh cilantro

## 1.6 Vegan Recipe – Seitan and Broccolini with Clementine Teriyaki

If you are looking for a new [vegan recipe](#) to tempt your palette, give this one a try! To make this recipe, start off by rinsing your rice sushi in cold water and then setting it aside. Prepare the rice according to the package instructions. Let the rice cook while you are preparing the rest of this vegan recipe. The total cooking time for the rice shouldn't exceed around 20 minutes.

Grab your favorite sauce pan, and mix all of your sauce ingredients together. It should be allowed to simmer for around 20 minutes. When the sauce has thickened slightly, reduce the heat. Keep in mind that this is not a thick sauce, so it won't be super thick, even when it's at its hottest. When the sauce is ready, it should produce large, caramelized bubbles.

Once the sauce is finished, set it aside. Next, it's time to prepare the broccolini and seitan. The seitan should be sliced into medallions that are about an 1/8<sup>th</sup> of an inch thick. Heat a cast iron skillet on high heat, and then add the seitan and cook until it is brown on all sides. Next, add the broccolini in a layer. Let it cook for another minute until it is tender crisp.

Finally, add the seitan to the pan with the broccolini. Add enough teriyaki to just coat everything. Make sure the pan isn't too hot, or you will risk burning your sauce. Once the seitan and the broccolini has been drizzled in sauce, serve it immediately with the sauce!

### Ingredients



8 Ounces Sliced Seitan (I use West Soy brand)

1 Cup Sushi Rice

6-8 Stalks of Broccolini

2 Clementines

1 Tbs Vegetable Oil

Japanese Seven Spice, optional

Clementine Teriyaki Sauce

1/2 Cup Low Sodium Tamari

1/3 Cup Light Brown Sugar

1/3 Cup Fresh Clementine Juice

1/4 Cup + 1 Tbs Rice Vinegar

1/4 Cup Water

Zest from 1 Clementine

## 1.7 Vegan Recipe – Vegetarian Lasagna

Who does not love lasagna? With this [vegan recipe](#), you will have a recipe that will your entire family will love, even the meat eaters! Furthermore, this vegan recipe is quite simple to make!

Start off by cooking the lasagna noodles in an oversized pot of boiling water for approximately ten minutes. Once the pasta has reached al dente status, rinse it in cold water and set it aside.

Next, in a large saucepan, heat a small amount of olive oil. Add your mushrooms, green peppers, onion, and garlic and sautee them until they are soft. Add the pasta and basil sauce into the mix, and then bring the whole mixture to a boil. Reduce the amount of heat, and allow the mixture to simmer for around 15 minutes.

In a separate bowl, mix the ricotta, mozzarella cheese, and egg substitute together.

Preheat your oven to 350 degrees. In the bottom of a 9x13 greased baking pan, layer the lasagna noodles, ricotta mix, sauce, and Parmesan cheese in even layers. Top the last layer with

two cups of mozzarella cheese. Bake the lasagna for approximately 40 minutes, and then let it cool for 15 minutes before serving!

### Ingredients

- 1 (16 ounce) package lasagna noodles
- 1 pound fresh mushrooms, sliced
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped onion
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 (26 ounce) jars pasta sauce
- 1 teaspoon dried basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1/2 cup grated Parmesan cheese

## **1.8 Vegan Recipe – Citrus Salt**

Citrus salt is an excellent [vegan recipe](#) that is beautiful to look at, and it will add a pleasing aesthetic element to any dish you cook. Additionally, this vegan recipe adds an interesting taste to a dish. It is super simple to make, and it will only take a few moments of your time!

Use this citrus salt as a finishing touch for your dishes, and your friends will love it even more when you hand them small jars of it to take home!

Start making this vegan recipe by preheating your oven to 225 degrees. The salt and citrus should be mixed well in a medium sized mixing bowl. Make sure that the zest is worked well into the salt. There shouldn't be any clumps of zest in the mixture.

The mixture should then be placed in the oven and allowed to bake for roughly 70 minutes. The citrus should be completely dried out. The zest should crumble between your fingers when pinched. Remove the salt from the oven and allow it to cool. Whatever salt you do not use should be stored in an air tight jar!

### Ingredients

1/2 cup / 2.25 oz / 65 g flaky sea salt

1 tablespoon citrus zest

## 2.1 Vegan Recipes Birthday Cake Ingredient Replacements

Do you have a vegan in the family who has a birthday coming up that calls for a **Vegan Birthday Cake**? If you're not familiar with vegan dietary practices, you might not know what vegans do not eat.

Even worse, you might have no idea how to replace what they do not eat. But don't worry. In a few short paragraphs, I'll explain exactly what you need to make the perfect vegan birthday cake for your vegan friend or relative. And best of all, no one will be able to taste the difference.

Let's start with what strict vegans do not eat. They do not eat eggs. They do not drink milk. They don't eat certain types of sugar. They don't eat butter. And they don't eat frosting. Eggs can be replaced by "Ener-G Egg Replacer," which you can purchase at many grocery stores. The box will explain how much Ener-G Egg Replacer to use per egg.

Cow's milk can be replaced by organic rice milk, which doesn't contain any animal byproducts. You can buy rice milk at your local grocery store, too.

Many vegans do not consume sugar, either, because it is often whitened by animal bone char. You can avoid sugar that is whitened by bone char by purchasing "unbleached" sugar, sugar in the raw, or beet sugar. There are some cane sugars, too, which were not whitened using bone char, but they hard to distinguish from others, unless you know the exact name brand. Strict vegans will not eat food made with butter, either. If your cake recipe calls for butter, you can simply replace it with margarine or vegetable shortening.

In addition to butter, sugar, milk, and eggs, strict vegans also will not eat dairy frosting. If you want to do frosting on your vegan birthday cake, you can look for a similar flavor of “non-dairy” frosting or you can make your own, replacing butter with margarine.

And there you have it – an ingredient replacement key for your vegan birthday cake. Simply follow the key, replace vegan-unfriendly items on your recipe, and your vegan cake will be perfectly fit for even the strictest vegan!