

Adventures in Vegan Cooking

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July 23, 2018

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Nutritional yeast takes the place of parmesan cheese in this vegan recipe.

2 SP per 1 cup serving

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|---|--|--|
| 1 | 1 medium sweet white onion | Chop and set aside. |
| 2 | 2 large poblano peppers | Chop and set aside. |
| 3 | 1 cup chopped mushrooms | Chop and set aside. |
| 4 | 4 tsp grapeseed or olive oil 5 SP | Heat oil in a large pot. I use a 6-qt multicooker set to "brown". When oil is hot, add onion, then peppers, then mushrooms, while stirring continually. Brown for 5 minutes or so. |
| 5 | 6 cups (1½ lb) zucchini | Peel (optional) and slice zucchini and add. Continue browning for another couple minutes. Reduce heat to simmer. Stir in the remaining ingredients. |
| 6 | 2 large tomatoes | Chop and add. |
| 7 | 24 oz jar of pasta sauce 13 SP | Look for a brand with 200 mg or less of sodium and 60 calories or less per ½-cup serving. |
| 8 | 3 Tbsp nutritional yeast 2 SP | |
| 9 | 1 to 2 cups water | Add enough water to bring liquid level to top of vegetables. Cook at slow-cook setting for 30 minutes. Then simmer for another 30 minutes or more. |

Variations

- Mushrooms may be white, baby portobellos, or shiitake.
- Jalapeño peppers for poblano.
- Eggplant or patty pan squash for zucchini.
- Other ways to typeset recipes with L^AT_EX:
<https://tex.stackexchange.com/questions/20549/a-cookbook-in-latex>

2 Spicy Baked Kohrabi

1 portion

10 minutes



Giardiniera provides oil, salt, and spice, at fewer calories per tablespoon than cooking oil, in this side dish.

1 SP per 1 cup serving

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|---|--------------------|--|
| 1 | 2 small kohlrabi | Use enough to give about 1 ¹ / ₄ cups. Chop and set aside. |
| 2 | 1 Tbsp giardiniera | I use That Pickle Guy Minced Hot Giardiniera. Mix kohlrabi with giardiniera, wetting all the cubes. Put cubes on cookie sheet. Bake for 18 minutes at 425°F. |

1 SP



Versatile multicooker recipe with reduced fat and sodium. Photo shows all ingredients in multicooker, ready to start cooking cycle.

0 SP per 1 cup serving

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|----|---|--|
| 1 | 2 lb dried garbanzo beans | Put beans into multicooker pot. Sort and rinse. |
| 2 | 3 ribs celery | |
| 3 | 4 medium rainbow carrots | |
| 4 | 3 large tomatoes | |
| 5 | 2 jalapeño peppers | Chop all vegetables and add to multicooker. |
| 6 | 10-oz can Ro-Tel tomatoes and green chilies | I use the "No Salt Added" variety. You can always add salt later. |
| 7 | 6 cups water | |
| 8 | 1-2 Tbsp low-sodium chili powder | |
| 9 | 1/2 tsp cumin | |
| 10 | 1 Tbsp ground oregano | Add spices and stir. Cook at hi pressure for 40 minutes. Let cooker cool until valve drops. Slow cook for 2 hours, stirring and adding liquid as needed. |



Serve chili or zucchini parmezan in burger-size baked mushroom caps.

1-2 SP per mushroom, depending on filling

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|---|---|---|
| 1 | 3 portobello mushrooms | Cut off stems; clean and trim these and store for use in another recipe. Wash mushroom caps and use a grapefruit spoon to remove the gills. Place top-down on lightly-oiled cookie sheet. Sheet should have edge around it to contain juices during baking. |
| 2 | fresh lettuce | Tear pieces of lettuce leaves and place inside mushrooms. |
| 3 | 1-1/2 cups chili or veg parmezan 0-3 SP | Put 1/2 cup of filling into each mushroom cap. |
| 4 | 1 oz Daiya vegan cheddar shreds
3 SP | |
| 5 | 1/2 Tbsp giardiniera | I use That Pickle Guy Minced Hot Giardiniera. Top mushrooms with vegan cheeze shreds and giardiniera. Place tray in oven or toaster oven pre-heated to 400°F and bake for 22 minutes. |



0 SP per 8-bite serving

A light snack with a touch of zip.

0 SP per serving

1 7 oz firm tofu

Costo sells 4-packs of 14-oz House Foods brand organic firm tofu. Use 1/2 package for this recipe, cutting the block in half the long way. Leave the second half in the package; rinse it, cover with water, and keep in the fridge. Squeeze the 7-oz block gently between your hands to remove excess water, turning and squeezing along each of the 3 dimensions of the block. Then slice into 4x4x2 pieces, cutting into 2 parts along the shortest dimension of the block. Coat a cookie sheet with a small amount of oil. You can use 1 spray from an oil sprayer or Pam spray and spread it evenly around the pan (0 SP).

2 salsa

Tear pieces of lettuce leaves and place inside mushrooms.

3 1-1/2 cups chili or veg
parmezan 0-3 SP

Put 1/2 cup of filling into each mushroom cap.

4 1 oz Daiya vegan
cheddar shreds
3 SP

5 1/2 Tbsp giardiniera

I use That Pickle Guy Minced Hot Giardiniera. Top mushrooms with vegan cheeze shreds and giardiniera. Place tray in oven or toaster oven pre-heated to 400°F and bake for 22 minutes.

Note: Preparation times shown do not include time in cooking device, only the estimated time preparing ingredients.

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