

Vegan Zucchini Parmezan

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Vegan Zucchini Parmesan 12 portions

1 hour

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

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| 1 | 4 tsp grapeseed or olive oil | Heat oil in a large pot. I use a 6-qt multi-cooker set to "brown". |
| 2 | 1 medium sweet white onion | Chop and add to hot oil. Stir frequently. |
| 3 | 2 large poblano peppers | Chop the peppers and add to the hot oil. Keep stirring. |
| 4 | 1 cup chopped mushrooms | Add mushrooms to hot ingredients and continue browning for about 5 minutes. |
| 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 | 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 | |
| 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>