

1 Vegan Zucchini Parmesan 12 portions  

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45 minutes

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

**1.3 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 <b>5 SP</b> | Heat oil in a large pot. I use a 6-qt multi-cooker 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 <b>9 SP</b>     | 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 <b>2 SP</b>     |   |
| 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<sup>A</sup>T<sub>E</sub>X:  
<https://tex.stackexchange.com/questions/20549/a-cookbook-in-latex>