



## V-Learning Community Recipe Book

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## Condiments

### Cashew Cream Recipe

#### Cashew Cream Base

- 6 oz soaked cashews (can use other soaked nuts & seeds, tofu, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons salt, seaweed granules, or nutritional yeast
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/2 tablespoon lemon juice (optional)
- Cover with water or vegan milk – soy, coconut, hemp, or almond

*Blend all recipe ingredients until smooth with a Vitamix (or another blender device) or food processor.*

#### Sour Cream

- Cashew cream base
- 1/2 tablespoon apple cider, balsamic, or UME plum vinegar

#### Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

*Note: add probiotic (1/2 Teaspoon – 3 tablets) and let it sit at room temperature for up to 12 hours to give it a tangy flavor. Alternative recipe: only add nutritional yeast and probiotic.*

#### Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

#### Whipped Cream

- Cashew cream base
- 1 tablespoon avocado, banana, applesauce, soaked nuts & seeds, coconut oil, or coconut butter
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

#### Ice Cream

- Cashew cream base
- 1 tablespoon coconut oil
- 3 pitted dates

*Note: ice cream maker not required*

#### Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons apple cider, balsamic, or UME plum vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

#### Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

#### Salad Dressing:

- Mayonnaise base
- 1 cup of vegetable broth, water, or olive oil
- 1/4 cup nutritional yeast (*optional*)

## **Caesar Salad Dressing**

Shared by community member

- 2 tbsp apple cider vinegar
- 1/2 cup raw cashews
- 3 tbsp nutritional yeast
- 1 tbsp hemp seeds
- 10 walnuts
- 1/4 cup lemon juice
- 1/4 cup olive oil or vegetable broth
- 2 cloves garlic
- 1 teaspoon salt or seaweed granules
- Black pepper to taste
- 1/4 cup water

Blend all ingredients to a high-speed blender, add to your greens, and enjoy!

## **Jam**

Click: <https://sugarfreelondoner.com/sugar-free-strawberry-jam/>

## **Dairy and Egg Free**

### **Butter Recipe**

- 3/4 cup of avocados, banana, applesauce, soaked nuts & seeds, coconut oil, or coconut butter
- 1/4 cup of vegan milk – soy, coconut, hemp, or almond
- 1/4 teaspoon of salt, seaweed granules, or nutritional yeast
- 1 tablespoon of coconut oil

Place ingredients in a blender and run until it reaches desired consistency.

## **Cheese Sauce Recipe**

- 6 oz soaked cashews (can use other soaked nuts & seeds, tofu, cauliflower, or butternut squash)
- 1/2 teaspoon salt, seaweed granules, or nutritional yeast
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/4 tablespoon lemon juice (optional)
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard
- Cover with water or vegan milk – soy, coconut, hemp, or almond

Blend ingredients until smooth with a Vitamix (or another blender device) or food processor.

*Note: add probiotic and let it sit at room temperature for up to 12 hours to give it a tangy flavor.*

*Alternative recipe: only include cashews, vegan milk, nutritional yeast, and probiotic.*

## **Parmesan Cheese**

Shared by community member

- 1 cup of cashew nuts
- 4 tablespoon nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon garlic power
- 1/2 teaspoon salt, seaweed granules, or nutritional yeast

Put all in blender and blend until powder

## Tofu Scrambled Eggs and Yuba or Rice Paper Bacon Recipe

### Scrambled Tofu Eggs

- Sauté desired vegetables and set aside. For this recipe, we'll use broccoli, mushrooms, and peppers.
- Crumble tofu and sauté in a pan or cut up Tofu Steaks, which can be found on the [From Scratch](#) page.
- Add cheese sauce from Mac & Cheese or Cheese Sauce recipe shown on the [From Scratch](#) page.
- Stir ingredients until desired warmth and texture.

**Bacon:** please refer to Yuba (Tofu Skin) or Rice Paper recipe shown on the [From Scratch](#) page and use the bacon ingredients.

This is a great example of Developing a System. By keeping a few ingredients on hand (like sautéed vegetables, tofu steaks, cheese sauce, Chick Pea tuna, and unmarinated Yuba), a number of dishes can be easily prepared by adding ingredients and/or combining a few items. Some examples are: mac & cheese, tuna casserole, tofu steaks with Yuba chicken skins, cheese sauce on pasta or starter for a soup base, and of course this recipe.

### Cheesy Tofu Scramble

Shared by community member

#### Ingredients

- 1/4 cup vegan milk – soy, coconut, hemp, or almond
- 2 tablespoons apple cider, balsamic, or UME plum vinegar
- 2 tablespoons Bragg's Liquid Aminos, soy sauce or tamari, to taste
- 1/2 cup nutritional yeast
- 1 1/2 teaspoons smoked paprika or chili powder
- 1 pound firm tofu, drained and squeezed

#### Directions

1. Mix vegan milk, vinegar and soy sauce in a small bowl. Add nutritional yeast and paprika.
2. Heat oil, water, or vegetable both over medium heat. Crumble in tofu and cook for 4 minutes, scrambling tofu in pan.
3. Pour in the liquid mixture and continue to cook until all the liquid is absorbed.
4. Salt (seaweed granules, or nutritional yeast) and pepper to taste; add hot sauce, if desired.

## Soup

### Cashew Cream Recipe

#### Cashew Cream Base

- 6 oz soaked cashews (can use other soaked nuts & seeds, tofu, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons salt, seaweed granules, or nutritional yeast
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/2 tablespoon lemon juice (optional)
- Cover with water or vegan milk – soy, coconut, hemp, or almond

*Blend all recipe ingredients until smooth with a Vitamix (or another blender device) or food processor.*

#### Sour Cream

- Cashew cream base
- 1/2 tablespoon apple cider, balsamic, or UME plum vinegar

#### Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

*Note: add probiotic (1/2 teaspoon – 3 tablets) and let it sit at room temperature for up to 12 hours to give it a tangy flavor. Alternative recipe: only add nutritional yeast and probiotic.*

#### Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

#### Whipped Cream

- Cashew cream base
- 1 tablespoon avocados, banana, applesauce, soaked nuts & seeds, coconut oil, or coconut butter
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

#### Ice Cream

- Cashew cream base
- 1 tablespoon coconut oil
- 3 pitted dates

Note: ice cream maker not required

#### Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons apple cider, balsamic, or UME plum vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

#### Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

#### Salad Dressing:

- Mayonnaise base
- 1 cup of vegetable broth, water, or olive oil
- 1/4 cup nutritional yeast (*optional*)

## Vegetable Broth

- Add vegetables and herbs to a large pot – like mushrooms, onions, peppers, garlic, thyme, rosemary, and bay leaves.
- Some peels, stems and roots are edible – like cleaned carrot peels and greens, mushroom bottoms, onion tops, beet and turnip greens. You may want to add these too.
- Cover with water
- Cover and bring to a boil.
- Lower heat a little and simmer for an hour
- Strain the vegetables and herbs out of broth.

## Vegetables

### Steamed Vegetables Recipe

Steps from Video: using **Pot and Basket**

- Cut up vegetables and place in 9.5" diameter and 8" tall food basket
- Add water to 10" diameter and 9" tall pot
- Desired spices can be added or just enjoy the flavors of the assortment of vegetables
- Cover and cook to desired texture. Stir occasionally
- Eat as a stew or add to legumes, grains, noodles, etc.

*Note:* a variety of vegetables also be cooked in an **Instant Pot**

### Kale Chips

- 1 bunch organic kale - leaves torn/ finely chop stems
- 2-3 cloves fresh minced garlic
- Extra Virgin Olive Oil to coat
- Sprinkle of kosher salt (or salt substitute, i.e. Trader Joe's Umami)
- Sprinkle of nutritional yeast
- 1/4 cup chopped mixed nuts, i.e. walnuts, almonds, cashews

Spread kale on parchment covered roasting pan or in dutch oven, coat with oil, sprinkle salt and toppings and roast at 450 degrees for about 2 minutes until garlic and toppings are brown. Be sure to check and mix half way so kale does not burn. Top off with fresh or dried pizza herb.

## Legumes

### Legumes and Grains Recipes

Steps from Video: using **Pressure Cooker**

- Fill 7 cup Pyrex bowl halfway full of legumes or grains (one type or an assortment)
- Legumes only: soak in water for a few hours (timing depends on type)
- Cook in 6-quart pressure cooker - following the manufacturer's instructions
- Store in 7 cup Pyrex bowl.

*Note:* legumes and grains can also be cooked in an **Instant Pot**. This approach doesn't require the step of soaking (for some legumes).

### Easy Bake Falafel

Shared by community member

Click <https://www.eatingbirdfood.com/easy-baked-falafel/#tasty-recipes-33000>

## Grains

### Vegetable and Tempeh Fried Rice

Shared by community member

The Rice:

- 1 1/2 cups of rice (brown or white)
- 3 cups of water

Procedure:

1. Bring the water with the rice to a boil.
2. Let it simmer (best to leave the pan completely uncover since the rice will be further cooked later).
3. Fluff the rice with a fork and let it cool down (preferably 24 hours before frying it with other ingredients).

The Vegetable and Tempeh Fried Rice:

- 1 onion (red or white);
- 2 cloves of garlic;
- 1 cup of frozen peas and carrots;
- 1 cup of frozen broccoli and cauliflower;
- 1 tempeh;
- Black pepper to taste;
- 3 tablespoons of soy sauce; and
- 3 tablespoons of peanut or other vegetable oil, or vegetable broth
- 1 green onion.

Procedure:

1. Cut up tempeh into thin slices so they can easily be cooked through
2. Coat the cut-up tempeh slices with one tablespoon of soy sauce.
3. Mince onion and garlic.
4. In a large wok (nonstick if possible) add oil or broth, onion, garlic, frozen vegetables, and tempeh on high heat. Make sure the ingredients are in a single layer if possible, stirring frequently until the onion and garlic are caramelized and the vegetables are tender.
5. Add the remaining soy sauce and black pepper and keep stirring. Stirring frequently will ensure ingredients are evenly cooked and won't burn or stick to the pan.
6. Add the rice and cook the rice with the other ingredients until the rice is heated as well.
7. Turn off the stove and add the chopped green onion and keep stirring with the other ingredients. The remaining heat will cook the green onion and prevent overcooking.
8. Serve it with more soy sauce and peanuts if desired.



## Pasta

### Mac & Cheese Recipe

- 4 Tbsp of all-purpose flour
  - 2 teaspoon of salt, seaweed granules, or nutritional yeast
  - 5 cups vegan milk – soy, coconut, hemp, or almond
  - 4 Tbsp of vegan butter (see [butter](#) recipe for homemade version)
  
  - 4 cups (2 packages - 16 oz) of Daiya Cheese Mozzarella or Cheddar
  - 1 container (6 oz) of Nuttin Ordinary - 100% Raw Vegan Cashew Cheese (*optional*)  
OR
  - See [Dairy and Egg Free](#) section for homemade cheeses
  
  - 16 oz of elbow pasta
1. Combine ingredients (except pasta) in blender until warm and melted.
  2. Add cooked elbows and ingredients from blender into baking dish.
  3. Bake uncovered in 375 degrees F oven for 25 minutes or until lightly browned.
  4. Distribute Nuttin Ordinary in spoonful's on top and cook for another 5 minutes.

Makes: 8-12 servings. Fills a 2"x 8.5" x 12.5" baking dish.

#### *Nuttin Ordinary*

*Ingredients:* Organic raw cashews, water, Nutritional Yeast, Probiotic Blend

#### *Daiya Cheese for Mozzarella*

*Ingredients:* Filtered water, tapioca and/or arrowroot flours, non-GMO expeller-pressed canola and/or non-GMO expeller-pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavors (derived from plants; no MSG), inactive yeast, vegetable glycerin, sunflower lecithin, calcium citrate, xanthan gum, citric acid, vegan bacterial cultures.

## Plant-based Meat

### Tuna “Chick Pea” Salad Recipe

- 2 cups cooked or canned Chick Peas (aka Garbanzo beans)
- 1 teaspoon salt, seaweed granules, or nutritional yeast
- 2 teaspoon gluten-free tamari
- 1/2 cup mayonnaise (see [Cashew Cream](#) recipe for homemade mayo)
- 1/4 teaspoon ground dill weed or ground dill seed

Put all ingredients in a blender and run for a few seconds.

### Tofu Steaks Recipe

- Make marinate:
  - 1/8 cup of soy sauce
  - 1/8 cup of canola oil, water, or vegetable broth
  - 1 tablespoon of nutritional yeast
- Cut tofu steaks about a 1/2 inch to an inch thick.
- Dip tofu steaks in marinate on each side.
- Place in 4 (or more) cup bowl. May want to flip in bowl a couple times to marinate further.
- After marinating for about 30 minutes, cook in skillet or air fryer (350 degrees for 10 minutes in each side) until crispy on the outside.

### Yuba (Tofu Skin) or Rice Paper for Bacon, Chicken Skins, etc. Recipe

- Pour soy milk in wide skillet - about a half inch deep.
- Turn the heat to medium-low. Too hot and it will bubble.
- Wait for a thin layer of skin to form on the top.
- Run knife around the perimeter to loosen it.
- With tongs, pick up the skin and drape over a dowel that’s placed on the rim of a bowl. Allow it to drip for a couple minutes.
- Unwrap (if needed) and lay flat in a bowl to marinate.  
*Or*
- Cut Rice Paper into strips with knife or scissors

Marinate Yuba or Rice Paper for a couple minutes. Portions depend on your taste preference and the amount of Yuba you made.

- Bacon: soy sauce, vegetable broth (water or canola oil), and nutritional yeast. May also want to add a sweetener like maple or date syrup, or blended pitted dates, and a small amount of liquid smoke.
- Chicken Skins (which can be wrapped around marinated pressed tofu): vegetable broth (water or canola oil), nutritional yeast, and poultry seasoning.
- Cook in a skillet or air fryer (320 degrees for 7-8 minutes) until it becomes crispy.

Note: these strips can also be added to soup, noodle, or rice dishes.

## **New England Glam Chowder**

Shared by community member

Click <https://www.theppk.com/2013/10/new-england-glam-chowder-video/> for recipe.

## **Gardein Recipes**

Shared by community member

Click <https://gardein.ca/recipes/> for recipes.

Click the **Recipe** tab for additional Gardein recipes.

## **Vegan Lobster Roll**

Shared by community member

Click <https://www.thespruceeats.com/> for the homepage of the website, or click [Vegan Lobster Roll](#)

## **Vegan Lobster Mushroom Mac and Cheese Recipe**

Shared by community member

Click <https://vegnews.com/> for the homepage of the website, or click [Vegan Lobster Mushroom Mac and Cheese](#)

## **Jackfruit**

Shared by community member

2 - 20 ounce cans jackfruit in water or brine, drained and rinsed

1 large onion

1 large pepper

2-3 cloves garlic, minced

Vegetable broth for cooking

Chop the onion, pepper, and garlic. Cook on the stove, with broth until brown.

Drain and rinse canned jackfruit. Chop the jackfruit.

Add chopped jackfruit to the onion, pepper, and garlic.

Cook on medium, stirring until jackfruit is completely cooked.

## **Sweets**

### **Carob Ganache**

1 cup carob powder

1/2 cup berries, banana, applesauce, soaked nuts & seeds, coconut oil, or coconut butter

1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

Pinch of salt, seaweed granules, or nutritional yeast

1 cup of vegan milk – soy, coconut, hemp, or almond

Put ingredients in the blender. Add more or less vegan milk based on desired consistency.

### **Chocolate Ice Cream**

Shared by community member

Click <https://thevegan8.com/4-ingredient-vegan-chocolate-ice-cream/>

## Cashew Cream Recipe

### Cashew Cream Base

- 6 oz soaked cashews (can use other soaked nuts & seeds, tofu, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons salt, seaweed granules, or nutritional yeast
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/2 tablespoon lemon juice (optional)
- Cover with water or vegan milk – soy, coconut, hemp, or almond

*Blend all recipe ingredients until smooth with a Vitamix (or another blender device) or food processor.*

### Sour Cream

- Cashew cream base
- 1/2 tablespoon apple cider, balsamic, or UME plum vinegar

### Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

*Note: add probiotic (1/2 Teaspoon – 3 tablets) and let it sit at room temperature for up to 12 hours to give it a tangy flavor. Alternative recipe: only add nutritional yeast and probiotic.*

### Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

### Whipped Cream

- Cashew cream base
- 1 tablespoon avocados, banana, applesauce, soaked nuts & seeds, coconut oil, or coconut butter
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

### Ice Cream

- Cashew cream base
- 1 tablespoon coconut oil
- 3 pitted dates

Note: ice cream maker not required

### Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons apple cider, balsamic, or UME plum vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

### Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

### Salad Dressing:

- Mayonnaise base
- 1 cup of vegetable broth, water, or olive oil
- 1/4 cup nutritional yeast (*optional*)