

The Official



Cookbook



Gathered recipes of some Integrated Vegetarians
(in/from/near Boston, MA). ©2008

All recipes are **vegan** (no dairy, eggs or animal products).
Many recipes are soy, wheat and/or nut-free (or can be converted).

Many require stove/oven (or hot plate / large toaster oven), spatula,
cutting board and knife; other special equipment is specified per recipe.

Abbreviations: F = Fahrenheit, tsp. = teaspoon(s),
Tbsp. = tablespoon(s), oz. = ounce(s), lbs. = pounds



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Editor: LuQ

The **integrated vegetarian (IV)** has internalized the vegetarian ethos
and exercises compassion as a daily part of life, along with a healthy
self-interest and *joie de vivre*. IV compassion extends to all
macro-animals, including humans.

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= Wheat-free
(no gluten)

(E) = Easy



Key
= Soy-free
(no soy products)

(M) = Medium



= Nut-free
(no peanuts &
no tree nuts)

(C) = Complicated

Alison's Roasted Nuts

(contributed by: Zoe Rath)



Difficulty rating: Easy
Serves: 5+ as a snack

Ingredients:

- ¾ lbs. whole un-peeled almonds
- ¾ lbs. pecans
- 2 Tbsp. chopped fresh rosemary
- ½ tsp. cayenne pepper
- 2 tsp. brown sugar
- 2 tsp. kosher salt
- 1 Tbsp. melted vegan butter/margarine

Equipment: mixing bowl, baking pan

Directions:

1. Preheat oven (or toaster oven) to 350 degrees F.
2. In a large bowl combine rosemary, brown sugar, cayenne, butter/margarine & salt.
3. Add nuts to mixture and toss (to coat the nuts).
4. Roast nuts in oven (on pan) for 10 minutes.

Note: I got this from my friend Alison.

Scallion Dosas (Indian Flatbread)

(contributed by: LuQ)



Difficulty rating: Medium
Serves: 2-4

Ingredients:

- ½ cups black matpe [lentil] flour
(available at Indian grocery stores, one brand is Murad)
- 1 cup rice flour (can use brown or white)
- 1 scallion stalk, chopped into rings
- 1 Tbsp. cumin
- 2 cups Water
- salt to taste (about 2 Tbsp. is usually good)
- vegetable oil, as needed (5+ Tbsp.; recommend canola)

Equipment: mixing bowl, large flat frying pan, whisk (or fork)

Directions:

1. Combine flour, scallions, cumin and salt in mixing bowl.
2. Add 1 cup water, mix and then add the rest of the water and mix again. Make sure there are no clumps of flour or clear bits of water. In the end, it will seem a little watery, but not to worry.
4. Lightly oil and preheat frying pan at Medium-High heat.
5. When pan is hot, quickly pour some (not all!) batter in a circular motion - you just want a thin layer in a large circle, like a crepe. Watch it, but don't touch until after you see bubbling. Then once the underside is cooked (can check with spatula), carefully lift and flip it. The other side will take less time (a few minutes), but no bubbling.
6. Repeat steps 4 and 5 until batter is gone.

Note: Dosas make a great complement to main dishes (substitute for rice or bread) or can be a tasty meal by themselves (note: lentil flour has protein). You can add other spices as desired, but for veggies, I found scallions work best (other items such as onions/shallots don't cook properly in these circumstances). An Indian friend (Gauri) gave me the basics of this recipe and I refined it.

Biryani (Indian Fried Rice)

(contributed by: LuQ)



Difficulty rating: Medium
Serves: 4-6 as an appetizer

Ingredients:

- 2 cups basmati rice
- 2 & ½ cups water
- 1 Tbsp. turmeric
- 1 Tbsp. cumin
- 1 tsp. coriander
- ½ large onion (or 1 small onion) – finely chopped
- 1 cup frozen peas/carrots (or chopped fresh carrots and snow peas)
- 1 cup raw cashews
- 2-3 Tbsp. vegetable oil (recommend canola)
- salt to taste (about 2 tbsp is usually good)

Equipment: Wok or large frying pan (12-16"), rice cooker, fine strainer

Directions:

1. Wash rice in strainer, combine with water in rice cooker and turn on to "cook" (stir occasionally, should take about 15-20 minutes).
2. Combine spices and oil in wok and put at medium-high heat.
3. Add onions and cashews cook for several minutes in spices until cashews are starting to brown, stirring frequently.

Biryani

<Continued>

Directions cont.:

4. After cashews are browned, turn heat down to medium-low and add vegetables and salt, cooking for 5-10 minutes (if frozen, until defrosted). Add a little more oil or a bit of water as needed (it shouldn't get too dry).
5. After vegetable spice mixture is hot, then turn heat down to low, stirring occasionally until rice is done.
6. When rice is done, add to the wok (leaving heat at low) and stir until mixed well (rice will turn yellow from the spices).
7. Remove from heat and serve.

Note: This recipe is pretty flexible (you can use different vegetables, different quantities, eliminate cashews, or modify the spices, though I recommend keeping turmeric and cumin, you can add mustard seeds, chili powder and/or ginger). After making it a few times, it becomes quite easy (you can just eyeball the spices amounts) and is relatively quick (can be done in a half-hour or so).

Penny's Pasta Sauce

(contributed by: Penny)

Difficulty rating: Medium

Serves: 6

Ingredients:

1 large onion, chopped, preferably a sweet Vidalia
3 cloves garlic, peeled and chopped
large can of tomatoes, the 28 oz. size, diced or crushed
red wine, preferably cabernet sauvignon or merlot
8-16 oz. mushrooms, sliced, preferably crimini or baby bellas
italian seasoning (oregano, etc.)
olive oil, as desired (3 Tbsp. or more)

Optional: cayenne pepper, fresh parsley, fresh basil, spinach,
veggie burger crumbles, zucchini, olives, extra tomatoes, etc.

Equipment: Large pot, large spoon (for stirring)

Directions:

1. Fry onion in oil on medium heat (in pot) until it starts to lighten, then add garlic (and other spices, if desired). Sauté until onion is translucent and you can smell garlic.
2. Add tomatoes. Fill tomato can halfway with wine and add. Add mushrooms. Stir until mixture comes to a boil and then reduce to simmer.
3. Let simmer for about 1 hour (for flavors to combine), adding additional ingredients as desired (veggie burger crumbles can go shortly after mushrooms, but zucchini or spinach should be added near the end.
4. Serve hot over pasta.

Note: Olives are good as a garnish, as is fresh parsley or basil leaves. It will keep fine in the fridge for a week or so, and it also freezes well.

Japanese Rice & Beans

(contributed by: Erica Hruby)



Difficulty rating: Medium

Serves: 4

Ingredients:

2 cups brown rice (uncooked)
1/3 to 1/2 package frozen shelled edamame (soy beans)
1 package firm tofu (I use Nasoya Chinese Spice flavor)
sesame oil
soy sauce (or wheat-free tamari) & rice vinegar to taste.

Equipment: Tabletop (George Foreman-type) electric grill, medium pot (or rice cooker)

Directions:

1. Cook the brown rice according to package directions (usually 2 cups water per 1 cup rice for a pot of boiling water, or 1.5 cups water to 1 cup rice for rice cooker).
2. While rice is cooking, defrost the frozen shelled edamame according to package directions.
3. Brush the surface of the grill lightly with sesame oil and turn on (heat).
4. Slice the tofu along the shortest dimension so you have two thin rectangles the same length and width as the original. Cut these two rectangles into bite pieces of equal size (I make them triangular).
5. Grill the cut tofu pieces until they are browned and slightly crispy.
6. Mix together the cooked rice, grilled tofu, and defrosted edamame in a large bowl.
7. Season with soy sauce and rice vinegar to taste.

Note: This recipe was co-developed with Kenji Foster. It also appears in my company's holiday cookbook!

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Peanut Noodles

(contributed by: Erica Hruby)

Difficulty rating: Medium

Serves: 2-4 as a main dish, more as a side

Ingredients:

- 1 box linguine (check ingredient list; most types are vegan)
- ¾ cucumber, peeled, seeded and diced finely
- ½ large red pepper, diced finely
- 4 scallions or small bunch chives, chopped
- 1/3 to ½ bag frozen shelled edamame, thawed (or substitute steamed peapods)
- ½ or ¾ cup peanut butter
- 3 Tbsp. sesame oil
- 1 tsp. brown sugar (can be omitted)
- ¼ cup light soy sauce (light is best so it's not too salty)
- hot pepper oil to taste
- 1 clove garlic, crushed
- 2-3 tsp. sesame seeds, toasted (use a dry skillet on low heat)
- hot water (reserve)

Equipment: Large pot, mixing bowl

Directions:

1. Cook linguine according to package directions.
2. Combine peanut butter, oil, sugar, soy sauce, garlic and sesame seeds, adding hot water only as needed if sauce is too thick.
3. After noodles are cooked, strain and then stir dressing into hot noodles, refrigerate.
4. Once cooled (30-40 minutes), stir in cucumber, pepper, and scallions. Arrange thawed edamame (or peapods) around edge of serving platter.

Note: This dish is popular (and oh-so-yummy). Keep the recipe on hand -- anyone you serve it to will want to make it themselves. I modified it from an heirloom recipe.

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Whatever Tempeh Salad

(contributed by: Maggie)



Difficulty rating: Medium

Serves: 4-6 as a side

Ingredients:

- 2 packages tempeh (the Lightlife "Soy" kind is gluten free)
- 2/3 cups Vegenaize (the kind in the purple jar with grapeseed oil is the best - throw out your other mayonnaise)
- juice of ½ lemon (or 1 Tbsp.)
- pinch of paprika
- salt & pepper to taste

Optional: dulse flakes (for a tuna flavor), green onions, dill relish celery, lots of fresh dill (my favorite), fresh basil, tomato chunks

Equipment: vegetable steamer (and pot), grater, mixing bowl

Directions:

1. Steam tempeh for 45 minutes.
2. When cool, grate tempeh into large bowl.
3. Add mayo, lemon juice and spices. Stir it up, and then add whatever suits your fancy.

Note: Tired of Tofurkey? Sick of salad? Looking for something new to take to lunch? Look no further. This is modified from a Wild Oats recipe I've been using forever. High in protein, tasty, and goes well with everything. I like it best with cucumber slices, or spread on a rice-cake with a slice of tomato and avocado.

Cauliflower Curry

(contributed by: Erica Hruby)



Difficulty rating: Medium

Serves: 4

Ingredients:

- 2 Tbsp. red curry concentrate (I used Patak's Mild Curry paste)
- 2 brown potatoes
- 1 head cauliflower
- 2 or more pattypan squashes (can substitute summer squash)
- 1 large heirloom tomato
- ½ blocks extra-firm tofu (5-6 oz.)
- 4-5 cloves garlic
- 2 tsp. white and black peppercorns (optional)
- olive oil

Equipment: large pot, potato peeler (or small sharp knife)

Directions:

1. Peel and cube the potatoes, cut up the cauliflower into florets, and quarter the pattypan squashes (if using summer squash, cut lengthwise and then slice). Cut the tofu in cubes, slice the tomato into small pieces (this will disintegrate into the curry), and chop the garlic.
2. Heat a small amount of oil at the bottom of an extra-large stockpot and add the peppercorns.
3. Add the potatoes to the oil, and then the garlic. Let cook for a little bit, stirring, then add the squash. Let that cook a little, then add the cauliflower. Let the cauliflower cook a bit, and last, put in the tofu.
4. Mix the curry paste w/ 1 or 1.5 cups of water, and add to the pot. Stir and cover. Cook until all the veggies are soft and the sauce has thickened slightly.

Note: Serve over cooked quinoa or brown rice. Co-authored by Becca Kronish.

Saag (Indian Spinach)

(contributed by: LuQ)



Difficulty rating: Complicated

Serves: 2-4

Ingredients:

- 2 packets (10-12oz ea.) spinach
- ½ Tbsp. fenugreek seeds (get these at Indian store - they are important, do not omit)
- 1 inch finely chopped ginger or ½ Tbsp. ginger paste
- 2 medium onions finely chopped (or 1 large)
- 1 Tbsp. tomato puree (strain first for best results, or use tomato paste)
- 1-2 Tbsp. vegetable oil
- salt (to taste, probably 1-2 Tbsp.)
- red chili powder to taste (1/4 - 1/2 Tbsp., you can omit, if desired)
- Optional:* 6-8oz. tofu, cut into small cubes (for "paneer" like effect)

Equipment: strainer, large pan with cover, food processor/chopper

Directions:

1. Wash spinach in strainer and cook in large pot on medium-low heat without anything else (it will boil itself with its own water) for 15-20 minutes (it will reduce to about 1/20th size). Stir occasionally.
2. Grind cooked spinach in food processor and set aside.
3. On medium heat, in large frying pan, add vegetable oil, fenugreek seeds and ginger.
4. After 30 seconds, add onion and fry until it gets brown in color (stirring occasionally).
5. Add tomato puree, salt, red chili powder and cook for 2 minutes.
6. Put spinach (and tofu) in, cover and cook for 10-30 min. on low heat (the longer you cook, the more the spices get soaked up).

Note: Serve with white rice or chapatti. This recipe came from a contest as to whom could make the best Indian spinach (after I said I didn't like spinach) and I got to eat 2 different yummy spinach dishes (both were good, but this was the winner – which I have clarified somewhat).

Chap Chae (Korean Noodles)

(contributed by: Sarika)



Difficulty rating: Medium

Serves: 2

Ingredients:

- 7 oz. potato glass noodles
- 1 Tbsp. sesame oil
- 1 Tbsp. sesame seeds
- 2 Tbsp. soy sauce or wheat-free tamari (low sodium is good)
- 1 Tbsp. sugar
- ½ tsp. ground black pepper (more if you like it spicy)
- 2 cloves garlic, minced
- 1 small onion, julienne strips (long narrow strips)
- 1 carrot, julienne strips
- 1 cup mushrooms (any type - white, oyster, shitake), chopped
- ½ head of cabbage (any type: regular, chinese, napa), julienne strips
- 2 scallions, chopped

Equipment: wok or large pan

Directions:

1. Warm the glass noodles according to package (usually place in boiling water, rinse with cold, drain).
2. In a wok or pan, warm the oil on medium heat.
3. Put in garlic and stir for about 30 seconds.
4. Add onion and cook until glossy (1-2 minutes).
5. Add other vegetables (scallions, cabbage, carrot, mushrooms) AND sesame seeds, soy sauce, sugar and black pepper. Stir for 3 minutes.
6. Add in noodles. Cook for 2 more minutes or until veggies are soft enough to eat. Some prefer slightly crunchy carrots, some don't. If not soft enough, add in 2 tablespoons of water, put on low heat and cover so that it can cook more.

Note: Really any of these ingredients are customizable. If you can't find the glass noodles, use rice or cellophane noodles. If you can't find the sesame oil, use vegetable oil (but I prefer the taste of sesame oil). Also you can use any vegetables you like, such as peapods, etc.

Carrot Stew

(contributed by: Rachel)



Difficulty rating: Medium

Serves: 2-4

Ingredients:

- 1 onion, chopped
- 10-12 large carrots, chopped (the stew works nicely if there are some circle and semi-circle pieces mixed in with the more cubic chopped bits) Also, wash the carrots but don't peel them - the skin is both tasty and nutritious.
- 2-3 Tbsp. olive oil
- 3 - 3 & ½ cups vegetable stock (The amount of liquid depends on how soupy you want your finished dish to be. I prefer the A. Vogel vegetable broth because it is nice and herby and gives the soup a fresh but not salty taste.)
- 1 tsp. salt
- 1 cup plain soymilk
- 1 tsp. dried dill (or 1 Tbsp. fresh dill)
- 1 Tbsp. Braggs
- pepper to taste - don't be shy

Equipment: strainer, large pan with cover, food processor/chopper

Directions:

1. Heat oil in large pot over medium heat.
2. Add the onions and carrots and sauté until the onions are translucent.
3. Add stock and salt and simmer until the carrots are tender but not too soft (about 15 minutes). The carrots should still be sweet and just past "al dente".
4. Scoop out about half the veggies and some of the broth and use a blender or food processor to blend in soy milk, dill, Braggs, and pepper.
5. Return mixture to pot and stir well to incorporate. If you desire a smoother texture, then just puree up more of the veggies. Serve warm.

Note: When I was little my mom used to make a carrot stew that made the whole house smell super yummy and we would sing a song, "Carrot stew, carrot stew. It's my favorite thing to do. Grab a pot and a carrot or two-o-o-o-o, and whip up some carrot stew!" This isn't exactly her recipe, but it is informed by her, and it does smell yummy. Also, this is an easy crowd pleaser and keeps very well in the fridge. You can toss in a handful of barley when you add the broth for a heartier stew.

Black Beans & Rice Soup

(contributed by: Manda)



Difficulty rating: Complicated

Serves: 4

Ingredients:

- 2 cups dried black beans (or for stovetop, 2 cans wet beans)
- 1 bell pepper (green), chopped
- 1 onion, chopped
- 15 oz. can diced tomatoes (or chopped fresh tomatoes)
- ¼ cup chopped fresh cilantro
- 1 tsp. oregano
- 2-3 tsp. chili powder
- 6-8 cups water or vegetable broth (fill up crockpot ¾ full) – if using water, add vegetable bouillon
- 1-2 tsp. cumin
- 1 tsp. salt or to taste
- 2-3 cups cooked brown rice

Equipment: crockpot or large pot

Directions:

1. For the crockpot version, soak dried beans for 6-8 hours. Then, combine all ingredients except salt and rice in crockpot and cook on high for 6-8 hours.
2. Stir in the cooked rice and salt and serve.

1. For the stovetop version, combine all ingredients except rice in large pot and bring to a boil.
2. Lower heat and simmer for 45 minutes to one hour.
3. Stir in rice and serve.

Note: Top with a dollop of vegan sour cream, yogurt or cheese. Place a sprig of cilantro on top. Serve with sliced avocado on the side. Goes well with chips, tortillas, or cornbread, or is a complete meal on its own. I served this to the student body at my grad school. There was also a chicken tortilla soup option, but this vegan soup was much more popular, and several people asked me for the recipe afterwards!

“Chicken” & Dumpling Soup

(contributed by: Miguel)



Difficulty rating: Complicated

Serves: 6-8

Ingredients:

- For the Dumplings: 2 cups flour
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 1/2 stick (4 Tbsp.) margarine
- 3/4 cup soy milk

- For the Soup: ½ stick (4 Tbsp.) margarine
- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ cup flour
- ¼ tsp. celery salt
- ½ tsp. pepper
- 8 cups vegetable broth (recommend vegetarian chicken-flavored broth such as Frontier Spice's or Imagine's)
- 2 medium carrots, diced
- 1 lb. faux chicken, torn into small pieces (try Light Life's vegetarian chicken strips)
- 1 bay leaf

Equipment: mixing bowl, clean flat surface (large cutting board)

Directions:

1. Combine the dry ingredients for the dumplings in a bowl. Then, mix in the margarine, until crumbly. Add the soy milk, stirring until moistened. Add more soy milk, as needed, if the mixture is too dry.
2. Knead the dough for 30 seconds on a well-floured surface, then roll to 1/8-inch thickness and cut into 1/2-inch squares.
4. Place the margarine, onion, and celery for the soup in a large saucepan and sauté until the vegetables are soft.
5. Add flour, salt, and pepper to make a thick paste. Slowly mix in the broth and bring to a boil.
6. Add the carrots, faux chicken, and bay leaf.
7. Add the dumpling squares one at a time, stirring gently. Reduce the heat and simmer for 20 minutes, stirring often. Serve hot.

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Frozen Veggie Stir-fry

(contributed by: LuQ)



Difficulty rating: Easy
Serves: 1-4

Ingredients:

- 1-2 packets frozen mixed veggies (such as "Thai Stir Fry blend")
- 1-2 cups rice (or 1 box)
- water (1-4 cups, depending on rice)
- 1-2 Tbsp. vegetable oil (recommend canola)
- wheat-free tamari (or any other sauce)

Equipment: large frying pan or wok, rice cooker or medium pot

Directions:

1. Prepare rice in rice cooker as per directions (generally 1 cup rice to 1 cup water) or in pot according to box directions (generally 1 cup rice to 2 cups boiling water in pot on high heat, cover and put to low heat).
2. While rice is cooking, heat oil in wok or large pan at high heat (less than 1 minute).
3. Add frozen veggies and cook for 10 minutes or so, stirring frequently, until veggies are completely defrosted and heated (they only really need to cook a few minutes beyond defrosting).
4. Add sauce at any time (while cooking or after).
5. When rice and veggies are done, remove from heat and serve together.

Note: This is quick and highly adaptable and is good when you're in a rush but want to eat something relatively healthy (better than most prepackaged food). For extra flavoring, you can mix in some fresh chopped onions, garlic or ginger (at the beginning of frying) or use a special oil for cooking such as sesame or peanut oil, but note that some oils cook differently, so you may need to adjust the time and heat (for example, sesame oil burns easily, so avoid high heat).

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Creole Jambalaya

(contributed by: Erica Hruby)

Difficulty rating: Complicated
Serves: 3

Ingredients:

- 1 red onion, diced
- 2-3 cloves garlic, minced
- olive oil
- 1 cup white rice
- 2 cup. cooking liquid (we use water + the liquid from canned hearts of palm and tomatoes; plain water or vegetable broth would work)
- 4-5 slices fakin' bacon (smoked tempeh)
- 2 vegan sausages (we use Tofurky)
- 1 can sliced hearts of palm
- 1 small jar roasted red peppers, chopped
- 12 oz. can diced tomatoes w/ jalapeño
- ½ cup tomato sauce
- 1 ear corn, kernels only
- ¼ cup water
- various spices, to taste (hot sauce, chili powder, salt, pepper, etc)

Equipment: frying pan, 2 large saucepans

Directions:

1. Brown the vegan sausages in olive oil in a frying pan. Remove and chop into bite-sized pieces. Add oil and fry the fakin' bacon until crispy. Remove, set on paper towels to soak up oil, and chop/crumble.
2. Meanwhile, sauté the red onion in 2-3 Tbsp. olive oil in a large saucepan until clear. Add minced garlic and sauté for a minute or two.
3. Add rice to onions/garlic and stir. When rice becomes clear, add 2 cups of cooking liquid and cover. Simmer on low heat for 20 min. (no peeking!)
4. In a second sauce pan, combine the faux-meat from step 1 and the remaining ingredients (other than contents of 1st saucepan). Season as desired. Cover and simmer, stirring every few minutes.
5. After rice has cooked for 20 min, add the contents from the second pan to the rice and stir it all up. Let it cook uncovered for another 15 min or so and add any additional seasoning to your taste. Enjoy!

Note: We (Justin Hunter and I) invented this when we had a lot of stuff in the kitchen we wanted to use up. Feel free to experiment and use what you've got!

Enchilada Sauce

(contributed by: Manda)



Difficulty rating: Complicated
Serves: 4

Ingredients:

- 1 small onion, chopped
- 1 clove garlic, minced
- Spices to taste (cumin, chili, oregano, salt, fresh ground black pepper, 1-2 tsp. of each, except for chili powder - ½ tsp. or less)
- 2-3 Tbsp. olive oil
- 2 small avocados (or 1 large)
- ½ cup salsa
- juice of 1 lime
- vegetable broth or water as needed for consistency

Equipment: large frying pan, blender

Directions:

1. Sauté onion, garlic and spices in olive oil.
2. Add sautéed onion mixture, avocado, salsa, lime and broth/water to blender and blend until it forms a thick sauce.
3. Pour over enchiladas or tamales, or use as a taco sauce.

Note: Makes sauce for about 2 dozen enchiladas.
Has a very creamy consistency. Yummy!

Hummus

(contributed by: Penny)



Difficulty rating: Medium
Serves: 2-4

Ingredients:

- 3 cups cooked chickpeas (about 2 cans)
 - ½ teaspoon chipotle powder
 - juice of 1 lime
 - half a bunch of cilantro
 - olive oil (about ½ cup) – recommend extra virgin
 - salt - if the chickpeas aren't already salted, or to taste
- Optional:* garlic, parsley, cumin, lemon, cayenne pepper, roasted red pepper

Equipment: food processor

Directions:

1. Run the cilantro leaves through the food processor first to thoroughly chop. Add any optional fresh herbs (such as garlic or parsley), blend.
2. Add the chickpeas, chipotle powder, lime juice, and any other optional ingredients (salt, cumin, peppers, etc.) and blend.
3. Add the olive oil. You can add as desired, depending on how you like the consistency. Recommend adding a little and blending, then adding a little more until you get to the desired texture.

Note: One summer I lived with relatives who don't get the vegan thing, and I realized that hummus is basically just beans with stuff in it and pretty easy to make (with a food processor). Many people seem intimidated by the process, but unless you're using dried beans which need to be soaked and cooked first (canned beans are much easier), it's very straightforward.

Blueberry Banana Muffins

(contributed by: Miguel)



Difficulty rating: Medium

Serves: 4

Ingredients:

- 1 & ¾ cups whole wheat (white) flour
- 1 Tbsp. baking powder
- 1 tsp. cinnamon
- ½ cups sugar
- 3 ripe bananas
- ½ cups soy or other non-dairy milk
- 1/3 cups natural apple sauce
- 4.4 oz. blueberries (small container)
- Topping (mix 3 Tbsp. granular sugar and 1 tsp. cinnamon)

Equipment: large mixing bowl, muffin pan, 12 muffin liners (or vegetable oil), blender

Directions:

1. Preheat oven to 400 degrees F and prepare muffin tin by lightly oiling or inserting muffin liners.
2. Combine dry ingredients (other than topping) in a large bowl.
3. Blend bananas, soy milk, and apple sauce in blender.
4. Combine wet and dry ingredients (everything except for topping and blueberries) in bowl and mix just until integrated (do not over-mix).
5. Carefully fold in blueberries and pour batter into muffin tin.
6. Sprinkle mixed topping even over twelve muffins.
7. Bake for 18-24 minutes.

Note: Makes 12 muffins. Originally posted on cambridgevegan.com.

Cranberry Sauce

(contributed by: Penny)



Difficulty rating: Medium

Serves: 4-6

Ingredients:

- 1 package of cranberries (like they have in plastic at the store)
- 1 cup of sugar (raw or other vegan kind)
- 1 Clementine orange
- 1/3 cup water
- 1/3 orange juice
- 1/3 cup Triple Sec or other orange-flavored liquor
- pinch of nutmeg
- pinch of allspice

Equipment: one pot / or "saucepan" as the kids are calling it now

Directions:

1. Put the cranberries in the pot. Add sugar. Add water, orange juice and Triple Sec (these should total 1 cup, but elements don't need to be exactly 1/3 cup each). Place pot on stovetop, turn on to medium heat.
2. Peel the Clementine (remove seeds, if any) and cut or tear up the segments and throw them in the pot. Add nutmeg and allspice.
3. Cook, stirring occasionally, until about 2/3 to ¾ of the cranberries has burst and you have a good consistency.

Raised Donuts

(contributed by: Miguel)



Difficulty rating: Complicated

Serves: 6-12

Ingredients:

- 1 packet active dry yeast
- 1 cup warm water (to be split for 2 parts)
- 1/3 cup shortening (I use Earth Balance shortening sticks)
- 1 & 1/2 cups granulated sugar (to be split for 2 parts)
- 1/2 cups soy milk
- egg replacer to replace two eggs (including water, as needed)
- 4 cups all purpose flour
- 1/2 tsp. salt
- 1 tsp. mace or nutmeg (optional)
- canola oil for frying (1 cup or so, enough for 1/2 inch in frying pan)
- 1 Tbsp. cinnamon

Equipment: small bowl, small sauce pan, large bowl (or two), damp cloth, large flat surface, doughnut or biscuit cutter (or substitute small drinking glass), wax-paper lined cookie sheet, medium bowl

Directions:

1. Pour 1/2 cup warm water into small bowl and add yeast packet. Let sit for five minutes.
2. Bring the other 1/2 cup water to boil in a sauce pan and dissolve 1/2 cups sugar and shortening; let cool for a few minutes.
3. In a large bowl, pour in the shortening/sugar mixture from the saucepan and add soy milk, egg replacer, and last (when the mixture is warm, but not hot), add the yeast mixture. Mix in two cups of the flour until incorporated.

Raised Donuts

<Continued>

Directions cont.:

4. Work in the remaining two cups of flour and remove mixture to generously floured surface and knead until smooth.
5. Place dough into an oiled mixing bowl (can use same bowl if cleaned and oiled, or else use 2nd bowl) and allow to rise for one hour (cover with a damp cloth).
6. Knead the dough slightly to remove air and roll out to 1/2 inch thick. Cut circles in the dough with a doughnut cutter and place on a wax paper lined cookie sheet to rise for one hour (again, cover with a damp cloth).
7. Mix the remaining 1 cup of sugar with cinnamon in a medium sized bowl.
8. Add about 1/2 inch of oil to large frying pan and heat oil to 350 degrees F.
9. Fry doughnuts until light brown on the cooked side — then flip and fry until light brown on the 2nd side.
10. Remove doughnuts from oil and place directly in cinnamon sugar mixture until coated. Place completed doughnuts on paper towel to cool.
11. Repeat steps 9 and 10 until all donuts are done.

Note: Serve immediately (doughnuts do not keep for longer than a day and should not be stored in an airtight container). Originally posted on cambridgevegan.com.

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Manda's Banana Bread

(contributed by: Manda)



Difficulty rating: Medium

Serves: 4-8

Ingredients:

- 3 & 1/3 cups. flour (may use up to 1 & ½ cups whole wheat flour)
- 2 tsp. baking soda
- 1 tsp. salt
- 4 Tbsp. milled flax seed mixed with
- 12 Tbsp. water
- 2 cups sugar
- 1 cup vegetable oil OR vegan margarine OR applesauce
- 2 tsp. vanilla
- 4 large bananas, mashed
- 1 cup soy yogurt (plain or vanilla) OR soymilk OR almond milk
- Cinnamon to taste, if desired

Optional: Rolled oats (1 cup or less), fruit such as sliced strawberries or cranberries, vegan chocolate chips

Equipment: two mixing bowls, two bread baking pans (or 2 muffin pans)

Directions:

1. Preheat oven to 350 degrees F. Prepare baking pan by lightly oiling.
2. Mix flour, baking soda and salt in bowl.
3. In separate bowl, mix flax seed with 12 Tbsp. water. Let sit for 5 min.
4. In wet bowl, add sugar, vegetable oil (or margarine or applesauce) and vanilla. Stir until well mixed.
5. Then, add mashed bananas and soy yogurt (or soy or almond milk) and cinnamon (to wet ingredients). Stir until well mixed.
6. Add dry mixture to wet mixture and mix until integrated (do not over-mix). Add any optional ingredients (rolled oats, etc.) now.
7. Pour mixture into pans and bake until knife inserted comes out clean (about 1 hour for bread, 20-30 minutes for muffins).

Note: Makes 2 loaves or about 24 muffins

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Brownies

(contributed by: Miguel)



Difficulty rating: Medium

Serves: 6-8

Ingredients:

- 2 cups flour
- 1 cup water
- 1 cup brown sugar
- 1 cup crystal sugar (e.g., evaporated cane juice)
- 1 tsp. salt
- 1 tsp. vanilla extract
- ¾ cups unsweetened cocoa powder
- ½ cups oil - preferably vegetable or canola oil
- ½ tsp. baking powder

Optional: 1/2 cup chopped nuts, vegan chocolate chips

Equipment: medium pot, greased 11" x 7" pan

Directions:

1. Boil water and ½ cup of the flour over low heat, stirring constantly, until it reaches the consistency of a thin gluey paste. Remove from heat and let cool completely.
2. Mix sugar, salt, vanilla, cocoa and oil. Then add the flour-water mixture. Mix well.
3. Add the remaining 1 & ½ cups of flour, baking powder and the nuts or chocolate chips, if you choose to add those.
4. Spread mixture into the greased pan. Bake at 350 (degrees F) for 25 minutes, or until a knife can be inserted and come out clean.

Note: You can add any number of toppings to this recipe, including peanut butter, tofutti cream cheese, or any kind of frosting. Just pour in stripes and then drag a knife in perpendicular rows across the surface of the brownies.

Toaster-Oven Apple Pie

(contributed by: LuQ)



Difficulty rating: Medium

Serves: 2-6

Ingredients:

- 2 cups whole wheat flour (recommend organic pastry flour)
- 1/3 cup vegetable oil (recommend canola)
- 1/3 cup water
- 1/3 cup soy milk (recommend organic unsweetened)
- 4-8 apples (depending on size of apples and pie desired)
- 3-6 Tbsp. ground cinnamon (enough to cover each layer of apples)

Optional: a small amount of apple cider (or other liquid sweetener)

Equipment: vegetable peeler (or small sharp knife), large mixing bowl, ceramic pie dish (because no one wants to ruin the planet with disposable pie tins)

Directions:

1. Preheat regular oven or large toaster oven to 375 degrees F (if using a toaster oven, check pie dish to see how high you can fill it while remaining at least ½ inch below the top heating unit).
2. Mix flour, oil, soy milk and water until well blended (no powder left)
3. Spread dough across the pie dish (you can make a flat disk on a cutting board with a rolling pin, if desired and place it in pie, but that's not required). Smooth with the back of a spoon as needed.
4. Make sure there is enough dough left over for the top and set aside.
5. If you wish, you can precook the bottom part of the pie crust for a few minutes (this will help if you decide to use the cider later).
6. Peel 4 or more apples and then cut into small pieces (large pieces are OK too, but smaller pieces give you more apple and cook more). You're going to want enough for at least 3 layers across the pie dish.

Toaster-Oven Apple Pie

<Continued>

Directions cont.:

7. Place the first layer of apples across the bottom of the pie crust. Cover with cinnamon. Repeat with additional layers until you get to desired height (note that apples will cook down some); do not exceed allowable height for toaster.
8. After the top layer is covered with cinnamon, drizzle some apple cider if desired and cover with dough (by hand or make a disk on cutting board)
9. Poke a few holes in the top dough with a fork (to let steam escape) and cook for 45 minutes or so (until top crust is visibly cooked and inserted knife comes out clean).
10. Remove from heat and serve warm.

Note: My middle sister went vegan at almost the same time I did and when I was home from college in the fall, she used to make this apple pie a lot. I really loved it because it was so wholesome and not super-sweet (no sugar added). It's a bit more savory than most desserts, but is also naturally sweet from the apples (you could add maple syrup, molasses or other sweetener, if desired). A recent apartment didn't have a functional oven, so I really did make this in my toaster oven.

Tofu Chocolate Mousse

(contributed by: Zoe Rath)



Difficulty rating: Medium

Serves: 2-3

Ingredients:

- 2 cups (16 oz) chocolate chips
- 2 packages extra-firm low-fat silken tofu (about 24 oz.)
- ¼ cup sugar
- 1 tsp. vanilla extract
- 1/8 tsp. sea salt

Equipment: double-boiler, blender

Directions:

1. In a double boiler over barely simmering water, melt the chocolate chips.
2. Add the tofu, sugar, vanilla, and salt to blender and blend.
3. Add the melted chocolate and blend for 2 minutes, or until very smooth and completely combined.

Note: If you keep it in the refrigerator for a while, it gets quite firm – Otherwise it's softer and creamy. If you've never had a tofu desert it may sound weird but its actually very good.

Pumpkin Bars

(contributed by: Miguel)



Difficulty rating: Medium

Serves: 2-3

Ingredients:

- 2 medium or small bananas, mashed
 - 1 cup oil
 - 1 cup brown sugar
 - 1 cup white sugar
 - 1 can pumpkin (16 oz.)
 - 2 cups flour (use all-purpose or half whole wheat, half all-purpose)
 - 3 tsp. egg replacer
 - 1 tsp. baking soda
 - 2 tsp. baking powder
 - 1 tsp. salt
 - 2 tsp. cinnamon
 - dash of ginger, nutmeg, and cloves
- [Frosting ingredients/recipe on next page]

Equipment: mixing bowl, greased 9" x 13" (or 10x15) pan or muffin pan with cupcake liners

Directions (bars):

1. Mix oil and sugars until well blended. Add mashed bananas and pumpkin, and mix well.
2. Sift dry ingredients together and gradually add into pumpkin mixture.
3. Pour mixture into a greased pan, or fill cupcake liners 3/4 full and bake at 350 degrees F for 25-30 minutes (bars) or 22 minutes (cupcakes) until toothpick or knife comes out clean.
4. Wait until completely cooled before frosting (note: frosting directions on next page).

Pumpkin Bars

<Continued>

Cream Cheese Frosting

Ingredients:

- ¼ cup vegan cream cheese (recommend Tofutti brand)
- ¼ cup margarine
- 2 cups powdered sugar
- 1 tsp vanilla extract

Equipment: mixing bowl, hand blender

Frosting Directions:

1. Mix cream cheese and margarine with a hand blender until incorporated.
2. Mix in vanilla extract. Then gradually add powdered sugar while mixing, until smooth.

Note: this frosting could work for most anything (not only the pumpkin bars).



Miguel's Famous Fried Salt

(contributed by: Paul)

Difficulty rating: Easy

Serves: 1 (more people requires more salty oil)

Ingredients:

- 1 cup canola oil, 1 cup sea salt, spices (all)

Directions:

1. Heat oil in frying pan. Add salt. Cook until oil is absorbed
2. Season using as many spices as possible.

Note: Use as a topping on an otherwise healthy dish or eat with a spoon for a special savory treat.

Paul's Notorious Microwave Stir-Fry

(contributed by: Miguel)

Difficulty rating: Ridiculously Easy

Serves: 2 (the number of people who would actually eat it)

Ingredients:

- random vegetables

Directions:

1. Cut, put in microwavable dish, nuke until hot.

Note: Pretend it is flavorful when asked. If serving to a date, a polite grin when asked if s/he likes it is a sure sign of true love. If asked about seasoning, claim that certain of the vegetables in the dish (e.g., garlic and onion) count as "seasoning" and allege that salt and pepper (and, of course, any other spices or flavorings) are in fact evil tools of the military industrial complex and anyone who has the gall to use them is a sell out conformist who is caught in the Matrix.



Thanks to all the IV members (past & present):

Manda
Erica
Penny
Rachel
Claire
Miguel
Zoe
Annie
Sarika
Paul
Uma
Jodie
Maggie
Nilesh
Ace
Charlotte
Brian
Emma
Quinn
Srikant
Mark
Alli
Gauri
Alex
Andrea
Tim
Orlando
Anna
LuQ