

Minestrone Soup

1 Tbsp extra virgin olive oil or water for sauteing
1 medium carrot, diced
1 small zucchini, diced
1 small onion, diced
3 celery ribs, diced
2 cloves of garlic, minced or pressed
15 oz can petite diced tomatoes
2 cups veggie broth
15 oz can kidney beans, drained and rinsed
1 ½ tsp Italian seasoning
1 ½ tsp dried basil
¼ cup small pasta
Salt to taste
Water as needed

Heat the oil over medium heat in a medium-sized pot and add the carrots, zucchini, onion, and celery. Sauté until the veggies are soft, about 10 minutes. Add the garlic and cook for a minute more. Add the tomatoes, veggie broth, kidney beans, and the seasonings. Bring to a boil, ^{add pasta} reduce the heat, and simmer for 10 minutes. Can add some water if the soup is thicker than you like. Salt to taste and serve.

Judy's Dressing

¼ cup fresh lemon juice
2 Tbsp water
2 Tbsp extra virgin olive oil
2 Tbsp Bragg liquid aminos
1 tsp Italian seasoning
3+ crushed garlic cloves

Mix all together and refrigerate.

Vegan Alfredo Sauce (Vegan 8)

1 medium onion, diced (1 ½ cups)
1-2 cups veggie broth, divided
½ tsp salt
4 extra-large garlic cloves
½ heaping cup raw cashews
1 ½ tsp fresh lemon juice
2 Tbsp nutritional yeast flakes

Add the onion and 1 cup of broth to a small saucepan. Heat over medium to medium-high heat and cook for 8 minutes. Add the garlic cloves and cook until the broth has evaporated, about 10 minutes. Add this mixture to a blender and add the remaining ingredients plus ½ cup more of the broth. Blend until very smooth. Adjust salt, lemon juice, and veggie broth to taste and desired consistency.

Sunflower Seed Parmesan

¾ cup raw sunflower seeds
3 Tbsp nutritional yeast flakes
¾ tsp salt
¼ tsp garlic powder

Place the sunflower seeds, nutritional yeast, salt, and garlic powder in a food processor. Process on high until the sunflower seeds are ground. Place in a jar and store in the refrigerator.

Vegan "Chicken" Breasts
(Adapted from Isa Does It)

1 cup of cooked chickpeas or other white beans
1 cup warm water with 1 Tbsp mock chicken seasoning
1 Tbsp extra virgin olive oil, optional
1 Tbsp Bragg Liquid Aminos or soy sauce
1 1/3 cups vital wheat gluten flour
1/3 cup nutritional yeast flakes
2 tsp onion powder
1 tsp garlic powder
1 tsp dried sage

Before beginning, have a steamer pot ready and four squares each of parchment paper and aluminum foil.

In a mixing bowl, mash the beans until there are no more whole beans left. Mix in the broth, olive oil, and Bragg's. Add the remaining ingredients and mix well. Knead the mixture with your hands for a few minutes.

Divide the dough into 4 equal pieces. Take a square of parchment and lay it on top of a square of foil. Take one of the pieces of dough and press it out to about 3-4 inches wide and 4-5 inches long. Fold the parchment and then fold the foil securely around your "chicken." Do not wrap too tightly because the gluten will expand while cooking.

Place the parcels in your steamer basket and steam for 40 minutes. Unwrap and use immediately or refrigerate until later use. These can also be made ahead of time and frozen.

White Chocolate Raspberry Teasecake

1 chocolate or graham cracker crust
1/2 cup uncooked millet
2 cups water
1/3 cup raw cashews
2 Tbsp fresh-squeezed lemon juice
1/2 cup maple syrup or agave nectar
2 tsp vanilla
1/3 cup melted cacao butter
1/4 cup raspberry all-fruit jam

Combine the millet and water in a saucepan and bring to a boil. Cover and simmer over low heat for 45-50 minutes, or until the water is absorbed and the millet is soft.

In a blender, place the cashews, lemon juice, maple syrup, vanilla, and melted cacao butter. Blend completely smooth. Add the warm millet and process until creamy.

Remove 1/2 cup of the filling and place it in a small bowl with the raspberry jam. Mix well. Pour the remaining filling into the prepared crust. Dollop the raspberry mixture on top of the filling in the pan. Use a butter knife to swirl the raspberry mixture, leaving some white mixture on top. Cool for 30 minutes at room temperature and then chill for at least 4 hours before serving.