

# *Electric Skillet Vegan Recipes*



## **HARVEST PASTA**

- 2 c Butternut Squash, cut on cone #3**
- 2 c Sweet Potato, cut on cone #3**
- 1 Onion, cut on cone #3**
- 1 head Garlic, cone #1**
- 1 c Corn**
- 1 t. Black Pepper**
- 1 t. Salt**
- ½ t. Cinnamon**
- ½ t. Sage**
- 1 c Almond Milk**
- 1 c Vegetable Broth**
- 1 lb. Penne or Bowtie Pasta**

- 1. Add squash, sweet potato, onion, garlic corn, and spices into EOC, cover and set to 350 until vapo-valve clicks. Lower heat to 190 and cook for 10 minutes.**
- 2. Cook the pasta until tender and set aside.**
- 3. Add the cooked vegetables, soy milk & broth to a blender and process until smooth. Pour sauce over the pasta noodles and gently mix. Serve hot!**



## **EASY ENCHILADA PIE**

**1 Onion**

**1 Zucchini**

**1 Squash**

**12 Corn Tortillas**

**2 Carrots**

**3 c. cooked Beans (Black or Pinto)**

**1 small can Green Chilies**

**1 jar Green Enchilada Sauce**

**Cumin, Chili Powder, Garlic Powder**

**1. Layer as follows in the 12" EOC**

- Onion, cut on cone #2**
- Zucchini & Squash, cut on cone #2**
- 1/3 can sauce**
- 4 Tortillas**
- Beans**
- Sprinkle spices on top**
- Carrots, cut on cone #1**
- 1/3 can sauce**
- 4 Tortillas**
- Green Chilies**
- 1/3 can sauce**

**2. Cover and cook at medium (350 degrees) until vapo-valve sounds. Reduce heat to low (180) and cook for 20 minutes.**



## **Vegan Lasagna**

**40 oz Jar Spaghetti Sauce**

**1 Box Lasagna Noodles**

**1 Zucchini, cut on cone #2**

**1 Yellow Squash, cut on cone #2**

**2 Carrots, grated on cone #1**

**1 5oz Bag Spinach**

**1 Pkg Mushrooms, sliced on cone #4**

**1 Sweet Potato, sliced**

**1 Can Cannellini Beans, rinsed and drained**

**2 Cauliflower Florets cut on cone #2**

**1. Layer in EOC as follows:**

- Sweet Potato**
- Zucchini**
- Squash**
- 1/3 Jar of Sauce**
- Noodles**
- Spinach**
- Mushrooms**
- Carrots**
- Beans**
- 1/3 Jar of Sauce**
- Noodles**
- Remaining Sauce**
- Cauliflower**

**2. Cover and set to 325 degrees. Once the vapo-valve clicks strongly, reduce temperature to 200 degrees and cook for 25-30 minutes**



## **Pesto Tofu and Veggies**

- 1 Sweet Potato, cut into 1/4" rounds**
- 1 Onion, cut into large chunks or rings**
- 1 15 oz bag of Spinach**
- 1 block water-packed FIRM Tofu, sliced into 1/2 planks**
- 1/2 small jar (5 oz) Pesto Sauce**
- 1-2 cups cooked Brown Rice or Quinoa**

**In a cold Electric Skillet, layer sweet potato, then onion, then spinach and tofu. Drip pesto sauce across tofu and veggies. Top with rice. Cover, and cook at 350 degrees until the vapo-valve clicks. Reduce heat to 190 degrees and cook for 15 minutes.**