

Taking the Mystery out of Vegan Meats

Jamaican Jerk Tempeh

- 1 block Tempeh
- 1/4 cup Jamaican Jerk Sauce
- 2 Pineapple slices
- 4 pieces Whole Grain Bread

Marinate tempeh in jerk sauce overnight.

Place in 9" small skillet and cook on medium low heat with the lid on for 8-10 minutes. Or use a griddle with a lid on top to capture the moisture.

Serve on whole grain bread with pineapple slices and optional vegan mayo.

Breakfast Quesadillas

- 1 container Just Egg
- 1 - 2 Beyond Brats
- 1/2 cup Daiya shredded Vegan Cheese
- 4 Tortillas, of any kind
- Salt, Pepper and Adobo to taste

Preheat griddle over medium heat until water beads. Reduce heat to low and pour Just Egg onto griddle. Use the stainless turner and immediately scrap under the egg, pushing it to the center until cooked.

Preheat a griddle or frying pan over medium heat until water beads. Place brats on pan and cover with a lid. Cook for 3-5 minutes on each side. Remove from heat and slice. Optional: pre-slice and then cook.

On one tortilla, add vegan cheese, just egg and beyond brat slices. Add another tortilla on top and return to griddle to lightly brown on each side.

Taco Stuffed Avocados

- 2 Avocados, cut in half and pit removed
- 1/2 lb Beyond Beef Grounds
- 1 small White Onion, cut on cone #2
- 1 cup Mushrooms, cut on cone #4 or #2
- 1 Roma Tomato, diced
- Taco Seasoning (I like a homemade mixture of cumin, chili powder, garlic powder, paprika and salt)

In a small pan, add the beef grounds, mushrooms, onion and taco seasoning. Turn heat to medium, cover and cook for 5 minutes until cooked through. Break up the beef as needed.

Scoop out parts of the avocado to make a larger “cup-like” area for the stuffing. Reserve and chop. Fill the inside of the avocado halves with the meat mixture. Top with diced tomatoes and avocado chunks.

Baked Tofu

1 lb Tofu, water-packed, firm
Soy Sauce
Balsamic Vinegar
Agave Nectar

Slice tofu into 1/2” planks. Place in Electric Skillet. Sprinkle with balsamic, soy sauce and agave. Cover and cook at 350 degrees until valve clicks. Reduce heat to 190 and bake for 15 minutes. Serve and eat, or cut into cubes and use as a salad topping.

BBQ Seitan

1 Package Seitan
Your Favorite BBQ Sauce

Chop seitan in food processor until it resembles “chopped bbq” texture. Place in bowl and add BBQ sauce. Warm in saucepan and serve on bread with your favorite toppings; onions, pickles, and more!

Chocolate Mousse

Ingredients

- 1 block Silken Tofu, firm (use Mori-Nu brand – in a box on the shelf)
- ½ cup Soymilk
- 1 cup Semi-Sweet or Dark Chocolate morsels
- 1 small pkg Strawberries

- *Preparation*
 - Process tofu and soymilk in a blender until smooth.
 - Gently melt chocolate chips in a saucepan on low.
 - Add chocolate to processor and process until smooth.
 - Pour mousse into shallow bowl or pan and chill for at least 4 hours until it sets.
 - Top with sliced strawberries.

Beefless Tips N Rice

½ Onion, cut on cone #4

3 Garlic cloves, cut on cone #1

2 c. Mushrooms, sliced thick

¾ c. Red Wine

18oz Vegan “Beef” Cubes, cut in half 2 c. Vegetable Broth

1/3c + 1 T. Whole---wheat Pastry Flour ¼ t. Salt

½ t. Black Pepper

2 T. Soy Sauce

4 c cooked short---grain Brown Rice

1. In a large skillet, brown onion and mushrooms over medium high heat. Use lid to release vegetables, if they stick.
2. During the last 2 minutes of cooking, add the minced garlic. Remove vegetables from saucepan and set aside.
3. Pour wine into the saucepan and simmer over medium---high heat for 5 minutes to evaporate the alcohol. Add “beef” tips and simmer, stirring occasionally, over medium heat for 5 minutes.
4. While waiting, mix the remaining ingredients, except rice, in a small bowl and whisk until the flour lumps are dissolved. Increase the heat to medium---high. Add the onions, garlic, mushrooms and gravy mixture to the beef and wine sauce and continue to cook until the gravy thickens. Stir regularly.
5. Serve the beefless tips and gravy over the brown rice. This pairs nicely with a green vegetable such as Brussels Sprouts or broccoli.