



Easy Vegetarian Cooking

Sweet and Sour Vegetarian Tempeh

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| 1 8-ounce package tempeh (cut into 1 inch cubes) | 1 green or red bell pepper (cut into 1 inch squares) |
| ¾ cup vegetable broth | 1 yellow or white onion, chopped |
| 2 tbsp soy sauce | 2 tbsp brown sugar |
| 3 tbsp olive oil | ¼ cup vinegar (cider or white) |
| 1 can pineapple chunks (15 oz) | 1 tbsp corn starch |
| | 1 package Uncle Ben's Microwave Brown Rice |

In a skillet, braise tempeh in vegetable broth and soy sauce for 10 min. In a separate skillet, sauté the tempeh in olive oil until browned (3-5 min), keep broth and soy sauce mixture for the sauce. To make the sauce, add the pineapple juice, cornstarch, vinegar, and sugar to the broth and soy sauce mixture, and bring to a simmer. Add peppers and onions to sauce. Stir constantly as the sauce thickens. Once thickened, reduce heat and add tempeh. Mix well and serve over brown rice.

Makes 4 servings

**Per Serving: 368 Calories, 14 g protein, 38 g carbohydrate, 15 g total fat, 2 g saturated fat, 3 g dietary fiber*

**SOURCE: <http://vegetarian.about.com/od/maindishentreerecipes/r/SweetSourTofu.htm>*

Basic BBQ Seitan

- 2 packages prepared seitan (16 oz. dry weight, cut into strips)
- 1 yellow or white onion, diced
- 4 tbsp olive oil
- 2 cups barbeque sauce

In a skillet, sauté onions in olive oil until soft (3-5 min). Add seitan and cook until just barely golden brown (3-5 min) while stirring frequently. Add barbeque sauce and stir well. Reduce heat and allow to simmer until sauce has cooked down (10-15 min).

Makes 8 servings

**Per Serving: 240 calories, 11 g protein, 32 g carbohydrates, 7 g total fat, 1 g saturated fat, 1 g dietary fiber*

**SOURCE: <http://vegetarian.about.com/od/maindishentreerecipes/r/BBQSeitan.htm>*

Quinoa and Black Beans

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| 1 tsp vegetable oil | ¼ tsp cayenne pepper |
| 1 onion, chopped | Salt and pepper to taste |
| 3 gloves garlic, peeled and chopped | 1 cup frozen corn kernels |
| ¾ cup uncooked quinoa | 2 (15 oz) cans black beans, rinsed and drained |
| 1 ½ cups vegetable broth | ½ cup chopped fresh cilantro |
| 1 tsp ground cumin | |

Heat oil in medium saucepan and sauté onion and garlic until lightly browned. Mix in quinoa and cover with vegetable broth. Season with sumin, cayenne pepper, salt and pepper and bring mixture to a boil. Cover, and simmer 20 min. Stir in frozen corn and continue to simmer for 5 min. Mix in black beans and cilantro.

Makes 10 servings

**Per Serving: 82 calories, 4 g protein, 12 g carbohydrates, 1 g total fat, 0 g saturated fat, 3 g dietary fiber*

**SOURCE: <http://allrecipes.com/Recipe/Quinoa-and-Black-Beans/Detail.aspx>*

Super Veggie Salad Greens

8 cups dark greens, washed and torn
1 cup soy nuts, lightly salted
1 cup canned corn niblets, drained
½ cup raspberry vinaigrette dressing
½ cup salted sunflower seeds

½ cup chopped red onion
1 red pepper, sliced into strips
¼ cup grated vegan topping, parmesan flavor

Combine all ingredients in bowl. Toss and serve.

Makes 8 servings

**Per Serving: 189 Calories, 9 g protein, 12 g carbohydrate, 15 g total fat, 2 g saturated fat, 3g dietary fiber*

**SOURCE: <http://vegetarian.about.com/od/vegetarianandvegansalads/r/beanmangosalad.htm>*

Baked Teriyaki Tofu

1 lb fresh extra firm Tofu
¼ cup pure maple syrup
¼ cup shoyu or soy sauce
2 Tbsp molasses
2 Tbsp toasted sesame oil

1 tsp onion powder
1 tsp powdered ginger
½ tsp garlic powder
¼ tsp cayenne pepper
1 Tbsp soy oil (to grease pan)

Slice the lb of tofu into 10 pieces and lay on the middle of a clean kitchen towel. Fold both sides of the towel over the tofu to make a wrap. Press for 2 hours by placing something heavy (like a phone book) on top of the wrap. Mix all of the remaining ingredients and pour into a leak proof container. Add the tofu and let it marinate over night. Bake at 300°F for 45 min on a 9 X 13 inch pan greased with a tbsp of soy oil. Turn slices over after 30 minutes and again after removing from the oven. Slices can be refrigerated for a long time and used hot or cold for sandwiches or sliced on salads.

Makes 10 servings

**Per Serving: 140 Calories, 8 g protein, 11 g carbohydrate, 8 g total fat, 1 g saturated fat, 1 g dietary fiber*

**SOURCE: http://www.troutsfarm.com/In_the_Kitchen/TeriyakiTofu/Tofu.htm*

Rich Chocolate Cake

¾ cup whole wheat pastry flour
1 cup all purpose unbleached flour
2 tsp baking powder
1 tsp baking soda
¾ cup good cocoa powder
½ tsp salt

1 cup plain soy milk
½ cup canola oil
1 ½ cups pure maple syrup
1 tsp apple cider vinegar
2 tsp vanilla
1 bag vegan chocolate chips

Preheat oven to 350°F. Spray a 9 inch springform pan with non-stick cooking spray. Sift together the flours with the baking powder and baking soda. In a sauce pan, heat the soymilk on low-medium heat. When it is slightly bubbling, add the cocoa powder and whisk well, until powder dissolves. Remove from heat. Combine the other liquid ingredients in a bowl and whisk well. Add the cocoa mixture and combine. Add the wet ingredients to the flour mixture and mix. Pour the batter into the prepared pan, and sprinkle with the vegan chocolate chips (you can also pour heated silk creamer over the chips to make a ganache for the top of the cake after baking). Bake for 25 min until a toothpick or butter knife comes out clean. Serve with fresh berries.

**NOTE: if you don't have a springform pan, you can cover a regular pan with parchment paper*

Makes 10 servings

**Per Serving: 221 Calories, 4 g protein, 44 g carbohydrate, 2g total fat, 0 g saturated fat, 2 g dietary fiber*

**SOURCE: <http://www.theppk.com/recipes/dbrecipes/index.php?RecipeID=124>*