

## Otesha's Vegan Recipe Book!!

(fairly quick and easy, and definitely kid-friendly!)



**Included:**  
*Chocolate Cake*  
*Banana Oatmeal Muffins*  
*Hummus*  
*Chili*  
*Pancakes*  
*Tofu Scram*  
*Black Bean & Rice Burgers*

## Chocolate Cake

This cake is a beautiful thing—every bit as tasty as any non-vegan chocolate cake could be. It is also extremely easy to make:

### **Ingredients**

- 2 cups sugar\*
- 1 3/4 c. flour\*\*
- 3/4 c. cocoa powder\*
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1 tsp. salt
- Equivalent of 2 eggs\*\*\*
- 1 c. soy milk\*\*
- 1/2 c. vegetable oil\*\*
- 2 tsp. vanilla extract (optional)
- 1 c. boiling water

### **Steps**

- 1** Heat oven to 350 degrees. Grease and flour two 9-inch round baking pans or one 9 x 13 square baking pan.
- 2** Combine all dry ingredients in a large bowl and mix well.
- 3** Add egg substitute, soy milk, oil, vanilla, and hot water. Whisk until well combined.
- 4** Pour into pans and bake: 30-35 minutes for 2 round pans; 35-40 minutes for large square pan.

\* Organic and fair trade options sold by Cocoa Camino — [www.lasiembra.com](http://www.lasiembra.com) — or health food stores

\*\* Organic options available at almost all health food stores, and some grocery stores

\*\*\* 2 eggs = 1 mashed banana OR 1/2 cup applesauce OR 1 tbsp ground flax seeds mixed with 3 tbsp water

## Banana Oatmeal Muffins

These muffins are that rare combination of healthy and tasty!

### **Ingredients**

- 1.5 cups flour\*\*
- 1 cup rolled oats\*\*
- ½ cup sugar\*
- 2 tsp. baking powder
- 1 tsp baking soda
- ½ tsp. salt
- ¾ cup soy milk\*\*
- 2 mashed bananas\*\*
- 1 apple, chopped in tiny cubes\*\*

### **Steps**

- 1** Heat oven to 400 degrees. Grease two muffin tins.
- 2** Combine all dry ingredients in a large bowl.
- 3** Add soy milk, bananas, and apple cubes. Stir just until combined.
- 4** Pour into muffin tins and bake for 20 minutes or until a fork stuck in a muffin comes out dry.

\* Organic and fair trade options sold by Cocoa Camino — [www.lasiembra.com](http://www.lasiembra.com) — or health food stores

\*\* Organic options available at almost all health food stores, and some grocery stores. Bananas are also easily purchased from ‘throw-away racks’ at grocery stores – thereby rescuing them from the landfill - for a super cheap price! Local apples are quite easy to purchase when in season.

## Hummus

This spread is fantastic as a snack with carrots, or on pitas or sandwiches. *Note that Step 1 must happen the day before you want the hummus goodness!*

### **Ingredients**

- 1 ½ cups dry, uncooked chickpeas \*
- 1/3 cup tahini\*
- ¼ cup olive oil\*
- 2 large cloves garlic, chopped finely or pressed\*
- juice of 1-2 lemons\*
- 1/2 tsp. salt
- pinch each of cumin, ground coriander (optional)

### **Steps**

- 1** (The day before) Boil 4 cups of water in medium-large pot. When water boils, put the uncooked chickpeas in the boiling water, cover with the lid, and turn off the heat. Let soak for 8 hours, or overnight.
- 2** The day of, bring chickpeas and water to a boil, then reduce heat to medium-low, cover, and cook for approx. 4 hours, until chickpeas are **very** soft. Add water if needed during cooking.
- 3** Once cooked, strain the chickpeas, saving water, and set aside to cool.
- 4** In a blender or food processor, purée the chickpeas, along with the tahini, olive oil, garlic, salt, and lemon juice. Blend in some of the cooking water, about ½ cup, until desired consistency is reached. Taste and add salt if needed.
- 5** Once well blended, transfer to a tupperware/plastic container and store in fridge

\* Organic options available at almost all health food stores, and some grocery stores (if needing to save time, canned chickpeas are also available)

## Chili

A great warm meal that people won't even notice is missing meat!

*Note that Step 1 must happen the day before you want the chili goodness!*

### **Ingredients**

- 1 cup chopped celery\*
- 1 cup chopped onions\*
- 2 chopped carrots\*
- 6 chopped potatoes\*
- 1-2 cups kidney beans\*
- 28oz can tomatoes, chopped\*
- 1 tbsp olive oil\*
- 4 cloves garlic, minced\*
- 1 tsp oregano\*
- 2 Tbsp flour\*
- 3 Tbsp parsley\*
- 1.5 cups veggie stock\*\*
- 1 tsp chili powder
- ½ tsp salt

### **Steps**

- 1** (The day before) Boil 4 cups of water in medium-large pot. Once the water is boiling, put the uncooked kidney beans in the boiling water, cover with the lid, and turn off the heat.
- 2** The day of, bring beans and water to a boil, then reduce heat to medium-low, cover, and cook for approx. 2 hours on med-low heat, until kidney beans are semi-soft.
- 3** Heat oil over medium heat; cook celery, onions, garlic and oregano for 5 minutes, or until softened.
- 4** Stir in flour, chili powder and salt.
- 5** Add stock, tomatoes, potatoes, and carrots; cook for 20-30 minutes or just until vegetables are tender.
- 6** Stir in beans and parsley, cover and cook for 5 minutes or until heated through (stirring periodically to avoid burning).
- 7** Serve with rice if desired (2:1 ratio of water:rice when cooking; 45 minutes for brown rice, 20 minutes for white).

\* Organic options available at almost all health food stores, and some grocery stores (time saver: canned kidney beans are also available)

\*\* To make 1.5 cups veggie stock, boil 1.5 cups of water, and add 3 Tbsp veggie soup stock powder to the water. If you don't have stock powder, you can use water - just add extra salt to the chili (to taste).

## Pancakes

One of our favorites!

### **Ingredients**

- 2 cups flour\*\*
- 2 Tbsp sugar\*
- 4 Tbsp baking powder
- ¼ tsp salt
- 2 cups soy milk\*\*
- 3 mashed bananas\*\*
- 4 Tbsp olive oil\*\*

### **Steps**

- 1** Combine all dry ingredients in a large bowl.
- 2** Add soy milk and mashed bananas. Stir just until combined.
- 3** Fry 'em up with olive oil.

\* Organic and fair trade options sold by Cocola Camino — [www.lasiembra.com](http://www.lasiembra.com) — or health food stores

\*\* Organic options available at almost all health food stores, and some grocery stores (bananas are also easily purchased from 'throw-away racks' at grocery stores — thereby rescuing them from the landfill - for a super cheap price!).

## Tofu Scram!

Looks like scrambled eggs, tastes even better!

### **Ingredients**

- 1 tbsp olive oil\*
- ½ onion, chopped\*
- 1 block firm tofu, crumbled\*
- 1 tsp turmeric\*
- 2 cloves garlic\*
- 1 tomato, chopped\*
- ½ cup spinach, chopped\*
- ½ tsp salt

### **Steps**

- 1 On medium heat, fry onion in olive oil until browned
- 2 Add crumbled tofu, spices, and garlic; stir it up and cook for 5-10 minutes.
- 3 Add tomatoes, spinach, and salt; cook for another 5-10 minutes.
- 4 Serve it up! (Tastes great with salsa or ketchup, on toast, bagels, pitas, or crepes)

\* Organic options available at almost all health food stores, and some grocery stores

## Black Bean & Rice Burgers

These burgers are easy to make, and always a hit. Try them with salsa for extra tastiness! Recipe makes 8 burgers.

### **Ingredients**

- 1 ½ cups cooked black beans\* (see cooking instruction for kidney beans in *chili* recipe)
- ½ cup white rice\* (the basmati kind is highly recommended!)
- 2 cups veggie broth, OR 2 cups water + 2 tsp salt
- ½ Tbsp. chili powder
- 1 tsp. ground cumin
- ½ cup dry breadcrumbs (just let the bread go stale and crumble it)
- oil for frying (approx. 4 Tbsp.)
- 8 burger buns
- burger toppings (tomato, lettuce, ketchup, mustard, salsa, etc.)

### **Steps**

- 1 Combine beans, rice, broth/water, and spices in medium pot. Bring to a boil, lower heat to medium-low, then cover and simmer for approx. 20 minutes, stirring occasionally, till rice is cooked and water absorbed.
- 2 Stir cooked mixture, set aside, and let cool (1-2 hours).
- 3 Shape mixture into burger patties. Coat each burger, both sides, with breadcrumbs.
- 4 Heat up oil in a frying pan on medium heat. Fry each burger until lightly browned and heated through (about 4 minutes each side). Tip: flip burgers carefully, because they have a tendency to fall apart!
- 5 Serve 'em up!

\* Organic options available at almost all health food stores, and some grocery stores