

The Losh's

Little Book of Vegan Recipes

Tried and true vegan favorites from our house. Bon Appétit!

Ramirez Family Enchiladas

Ingredients:

- 46 oz. can of tomato juice
- 1/4 cup chili powder
- 1 tbsp. garlic powder
- 1 tbsp. ground cumin
- Desired sauted veggies (onions, peppers, zucchini, potatoes, olives, etc.)
- 20 vegan tortillas
- 2 cups shredded vegan cheese
- About 1/2 cup of olive oil (or your favorite cooking oil)

Directions:

1. Pour tomato juice into a large pot over medium-high heat & add in chili powder, garlic powder & cumin
2. Bring to a boil & take a taste. Add more seasonings if desired
3. Once the sauce thickens set it aside
4. Heat 1 tsp. of oil on a frying pan or cast iron skillet on medium-high heat
5. Meanwhile, lay out sheets of aluminum foil (cut just a little larger than the tortilla shell) you'll need one sheet per shell
6. Once the oil is hot, dip a tortilla in the sauce & transfer it to the frying pan
7. Let the tortilla cook for just a couple of seconds on each side
8. Transfer your tortilla to a piece of the pre-cut aluminum foil
9. Add your fillings & roll the tortilla up
10. Next roll the whole thing in aluminum foil
11. Continue steps 4-10 until you've exhausted your tortilla supply
12. Preheat your oven to 350° F
13. Place all the enchiladas you want to cook in a glass baking dish & cook them for 30 minutes in the foil
14. All the rest of the enchiladas can be labeled & frozen. Later you can take them straight from freezer to baking dish & cook 30-40 minutes at 350°

Garlic Ginger Tofu

Ingredients:

- 2 tsp. minced garlic
- 2 tsp. minced fresh ginger
- 1 lime (or sub. 1 tbsp lime juice)
- 10 oz. pkg. of firm tofu, cubed
- 7.5 oz. raw cashews
- 2 tbsp. tamari
- Salt to taste
- 1 tbsp. olive oil (or your favorite cooking oil)
- Diced, desired veggies

Directions:

1. Heat all but 1 tsp. of the oil in wok or skillet over medium heat
 2. Stir in garlic & ginger. Cook for 1 minute
 3. Add tofu to the pan with tamari & salt, stir to coat
 4. Cover the tofu pan & simmer 20-30 minutes (turn heat to low after about 10 minutes) turning cubes occasionally
 5. Meanwhile, in another frying pan, heat the remaining oil over medium heat
 6. Saute the cashews & veggies until tender
 7. Squeeze lime juice or fresh lime over the tofu & mix with the veggies
 8. Serve over jasmine rice
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Zucchini “Noodles”

Ingredients:

- 6 medium zucchinis
- 2 tsp. salt
- 1 clove minced garlic
- 3 tbsp. olive oil (or your favorite cooking oil)
- More salt & black pepper to taste

Directions:

1. Cut zucchini into thin, noodle-like strips (a mandolin slicer works well)
2. Toss with 2 tsp. of salt & place in colander to drain for 30 minutes
3. Bring a pot of water to boil
4. Add zucchini & cook for 1 minute (don't bring back to boil)
5. Heat oil in a large skillet over medium-high heat
6. Add garlic & zucchini, cook until just tender (about 5 minutes)
7. Season to taste with salt & pepper
8. Serve topped with your favorite pasta sauce (or Lacey's Veggie Pasta Sauce)

Lacey's Veggie Pasta Sauce

Ingredients:

- 1 small or medium zucchini, diced
- 1 small onion, chopped
- 2 cloves garlic
- 1 diced tomato
- 1 chopped carrot
- 1/2 cup chopped walnuts
- 15 oz. can or jar of tomato sauce
- 6 oz. can of tomato paste
- Several fresh basil leaves or 1 tsp. dried basil
- Several fresh oregano leaves or 2 tsp. dried oregano
- 1 tbsp. olive oil (or your favorite cooking oil)

Directions:

1. Toss chopped onion, carrot & garlic into a food processor or blender
 2. Blend until it's just tiny chunks (almost a pesto consistency) you can add a little olive oil to the mix if needed
 3. Saute the mixture in oil in a sauce pot over medium heat
 4. Add the diced zucchini to the pot & saute until it's softened
 5. Add your diced tomato & walnuts. Mix & cook for 1-2 minutes
 6. Add the tomato sauce, tomato paste & spices
 7. Heat the mixture on medium until it just begins to boil, stirring often
 8. Reduce heat to low & simmer for 15 minutes
 9. Serve over your favorite pasta (or zucchini noodles!)
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Fresh Salsa

Ingredients:

- 3 tomatoes, chopped
- 1 large garlic clove, chopped
- 1/2 cup finely diced white onion
- 4 cloves garlic, crushed
- 3 fresh jalapeno peppers, finely chopped (include seeds for hot, 1/2 seeds for medium & no seeds fold mild)
- 1/2 cup fresh cilantro
- 1 tsp. salt
- 2 tsp. lime juice

Directions:

1. In a medium bowl, stir together all ingredients
2. Chill for 1 hour in the refrigerator before serving

Lacey's Taco Soup

Ingredients:

- 1 box vegan taco meat mix (we use "Fantastic World Foods" brand)
- 1 onion, diced
- 15 oz. can of corn
- 2 cloves of garlic, crushed
- 2 diced tomatoes (or 2 14.5 oz. cans of petite diced tomatoes)
- 15 oz. can of tomato sauce
- 1 cup of water
- 1 tbsp. taco seasoning mix
- 1 cup of cooked rice
- 15 oz. can of black beans (if desired)
- 1 jalapeno pepper, diced
- 1 bell pepper, diced
- 1 bag of your favorite tortilla chips
- 1 tbsp. olive oil (or your favorite cooking oil)

Directions:

1. Cook rice & vegan taco meat according to package instructions
2. Meanwhile, heat the oil in a large stock pot over medium heat
3. Add the onion & bell pepper. Saute until softened
4. Add the garlic & jalapeno. Saute another 3 minutes
5. Add the tomatoes, corn & beans (if desired) to the pot & cook until the liquid starts to boil
6. Add in tomato sauce, water & taco seasoning. Cook until the mixture until it just starts to boil, stirring often
7. Reduce heat to low. Add in the rice & vegan taco meat
8. Simmer for 20 minutes & serve with tortilla chips

Oven Baked Tempeh

Ingredients:

- 1/2 tsp. olive oil (or your favorite cooking oil)
- 1/8 tsp. crushed red pepper flakes
- 1/3 cup onion, chopped
- 1/2 cup bell pepper, chopped
- 4 cloves garlic, minced
- 2 cups baby carrots, halved
- 1 cup diced zucchini
- 8 oz. pkg. seasoned tempeh
- 1/4 cup dry sherry
- 1 tomato, chopped
- 2 tbsp. tamari
- Splash of lime juice
- 1/4 tsp. sesame oil
- Salt & black pepper to taste

Thai Basil Seitan

Ingredients:

- | (Sauce/Marinade) | (Other Ingredients) |
|-------------------------------|----------------------------------------------------|
| • 3/4 cup canned coconut milk | • 1 pkg. seitan |
| • 4 tbsp. tamari | • 3 cloves garlic, minced |
| • 2 tbsp. balsamic vinegar | • 1 small onion, chopped |
| • 1/2 tsp. red pepper flakes | • 1 1/2 cups fresh Thai basil leaves |
| • 1/4 tsp. cayenne pepper | • 1 jalapeno pepper, diced |
| • 1 tsp. ground ginger | • 1 medium zucchini, sliced |
| • 1/4 tsp. sesame oil | • 1 bell pepper, cut into thin strips |
| | • 5 mushrooms, sliced |
| | • 1 tbsp. olive oil (or your favorite cooking oil) |

Directions:

1. **The Night Before:** Cut seitan into bite-sized chunks
2. Combine all ingredients for the sauce/marinade in a bowl & mix
3. Place seitan into a gallon-sized ziplock bag & pour the marinade over it
4. Shake to coat & put the mixture into the fridge to marinate overnight
5. **The Day of the Meal:** Heat oil in a skillet over medium-high heat
6. Stir in onion, garlic, bell pepper & mushroom
7. Cook until garlic is lightly browned & onions are transparent
8. Add the zucchini & jalapeno
9. Cook until zucchini is softened
10. Stir in sauce mix & seitan. Reduce sauce to 1/3
11. Mix in the Thai basil leaves & cook until heated through (just a few minutes)
12. Serve over rice

Directions:

1. Preheat oven to 350° F
2. Place oil & crushed red pepper in a stovetop-safe & oven proof casserole dish & saute over medium heat for 1 minute
3. Add onion, bell pepper & garlic. Saute for 3 minutes
4. Add the carrots & zucchini. Saute, stirring frequently for 5 minutes
5. Add the salt, pepper & tempeh. Saute 5 more minutes
6. Add the sherry, tomato, tamari, lime juice & sesame oil. Saute 5 minutes.
7. Cover casserole dish & bake at 350° F for 30 minutes
8. Serve over rice

Andrew's Hummus Recipe

Ingredients:

- 25 oz. can of chickpeas/garbanzo beans
- 3/8 cup liquid from the can of chickpeas
- 5 tbsp. lemon juice
- 2 tbsp. & 1 tsp. tahini
- 3 cloves garlic, crushed
- 3/4 tsp. salt
- 3 tbsp. olive oil

Directions:

1. Drain chickpeas & set aside liquid from can
 2. Combine remaining ingredients in blender or food processor
 3. Add 3/8 cup of the liquid from chickpeas
 4. Blend 3-5 minutes on low until thoroughly mixed & smooth
 5. Serve immediately, or cover & refrigerate
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Veggie Korma

Ingredients:

- 1 1/2 tbsp. olive oil (or your favorite cooking oil)
- 1 small onion
- 1 tsp. minced, fresh ginger
- 4 cloves garlic, crushed
- 4 small, red potatoes, cubed
- 4 carrots, diced
- 1 fresh jalapeno pepper, seeded & minced
- 1 bell pepper
- 3 tbsp. raw cashews
- 8 oz. tomato sauce
- 1/2 cup raisins
- 2 tsp. salt
- 1 1/2 tbsp. curry powder
- 1 cup canned coconut milk

Directions:

1. Simmer potatoes in oil over medium heat until they begin to soften
2. Stir in the onion & bell pepper. Cook until tender, then mix in ginger & garlic
3. Add the carrots, jalapeno, cashews & raisins. Cook for 5 minutes
4. Add the tomato sauce, curry powder & salt. Cook & stir for 10 minutes
5. Stir in the coconut milk & reduce heat to low
6. Cover & simmer for 10 minutes & serve over rice

Stuffed Bell Peppers with Almonds

Ingredients:

- 1 jalapeno pepper, finely chopped with seeds removed
- 1/2 an onion
- 3 tbsp. olive oil (or your favorite cooking oil)
- 3 medium tomatoes, diced
- 1/2 tsp. sugar
- 2 tsp. chopped, fresh oregano or 1 tbsp. dried oregano
- 1 tsp. salt
- 2-6 bell peppers (depending on how many you want to fill)
- 2 tsp. turmeric
- 5 cloves of garlic, crushed
- 3 1/2 cups vegetable stock
- 5 oz. of slivered almonds
- 2 cups jasmine rice

Directions:

1. Heat the oil in a skillet or frying pan over medium heat
2. Add the crushed garlic, jalapeno & onion
3. Cook until the onion becomes transparent
4. Add the almonds & cook until slightly browned
5. Add the tomatoes, sugar, oregano & salt
6. Increase to medium-high heat, stirring occasionally until the liquid from the tomatoes is reduced by half
7. Add the rice, stir well & then add the stock
8. Preheat the oven to 350° F
9. Stir in the turmeric & bring to a boil
10. Simmer over low heat for about 15 minutes (until most of the liquid has been absorbed but the rice is still underdone)
11. Meanwhile, cut the tops off the bell peppers, clean out seeds & membranes
12. Spoon mixture into cut peppers & place on a baking sheet with a rim
13. Add about 1/8" - 1/4" water to the base of the pan (outside the peppers)
14. Spoon any remaining mixture into a 9 x 9 baking dish
15. Place the pan & the dish into the oven
16. Bake for 25-30 minutes

Jalapeno Seitan

Ingredients:

- 1 tsp. ground cinnamon
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 pkg. seitan in chunks
- 1 cup vegetable broth
- 1 tbsp. agave nectar
- A few squirts of lime juice
- 1 jalapeno pepper, minced
- 1/2 red bell pepper, chopped
- 1/3 onion, chopped
- 1 tbsp. olive oil (or your favorite cooking oil)

Directions:

1. Saute onion & bell pepper in oil on medium-high heat until softened
 2. In a small bowl mix cinnamon, chili powder, cumin, salt & pepper
 3. Preheat oven to 450° F & lightly oil a 9 x 9 baking dish
 4. Drain seitan of liquids & rub seitan pieces with the spice mixture
 5. Arrange spiced seitan in the prepared baking dish & place in the oven for 8-10 minutes, uncovered
 6. Meanwhile, heat broth, nectar, lime juice, jalapeno, red pepper & onion in a small sauce pan on medium-high heat
 7. Cook & stir broth mixture occasionally
 8. Remove seitan dish from the oven & pour the broth mixture over it
 9. Cover the baking dish with foil & place back in the oven for 20-25 minutes. The juice should cook down but still be saucy to serve
 10. Serve the seitan mixture over jasmine rice
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Andrew's Orange Julius

Ingredients:

- 1 ripe banana
- 1/8 tsp. vanilla extract
- 3 cups orange juice
- 2 cups almond milk

Directions:

1. Blend all ingredients thoroughly then freeze the mixture
2. Let thaw until mixture is easy to chip at with a spoon, blend again & serve