

Vegan Herb-Crusted Prime Roast

INGREDIENTS:

Roast:

- 2 cups Bob's Red Mill Vital Wheat Gluten
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 tablespoons nutritional yeast
- 2 tablespoons tomato paste
- 2 cups vegetable broth

Simmering Broth:

- 6 cups filtered water
- 2 tablespoons molasses
- 2 tablespoons tamari or soy sauce

Herb Crust:

- 1/4 cup thyme, stems removed and chopped
- 1/4 cup fresh parsley, stems removed and chopped
- 1/4 cup fresh oregano, stems removed and chopped
- 1/4 cup rosemary, stems removed and chopped
- 4-5 cloves fresh garlic, minced
- 2-3 tablespoons freshly crushed peppercorns
- 1 tablespoon kosher or flake salt
- 1/4 cup olive oil

Creamed Horseradish:

- 2 tablespoons horseradish
- 1 cup vegan sour cream

DIRECTIONS:

In a medium mixing bowl combine the vital wheat gluten, onion powder, garlic powder, and nutritional yeast. Dissolve the tomato paste into the vegetable broth. Add the broth to the flour mixture and stir until it forms a dough. Knead the dough by hand for 2-3 minutes adding a little extra vital wheat gluten if it feels wet or spongy. Continue to knead for a total of five minutes or until it feels smooth, firm, and elastic.

Combine the six cups of water, molasses, and tamari or soy sauce in medium saucepan. Bring it to a boil then reduce to a simmer. Cut the dough into three triangular chunks, place them in the simmering broth and cook on medium low for 60



minutes turning them every 10-12 minutes. After sixty minutes there will be very little liquid left in the pan. Transfer the roasts to a cutting board to cool.

In a small bowl, combine all the ingredients for the herb crust. Spread it evenly over the three roasts.

Heat a flat grill or large frying pan with just enough olive oil to coat the bottom of the pan. Grill the roasts on all sides for two to three minutes or until the crust begins to brown lightly. Transfer to a cutting board and cool a few minutes before slicing.

Combine the horseradish and sour cream in a small bowl, plate slices of the prime roast with a dollop of creamed horseradish and a sprig of fresh herbs.



Vegan Mashed Potatoes

These are the smooth, fluffy delicious mashed potatoes you dream of only better because they are cholesterol- free! Use soy creamer for the ultimate creamy potatoes or substitute the creamer with an unsweetened non-dairy milk

- 1 ½ pounds russet potatoes, peeled and cubed
- 3 tablespoons non-dairy butter
- ¾ cup soy creamer or almond milk
- ½ teaspoon sea salt

Place the potatoes in a steamer basket fitted over a large pot of boiling water. Cover and steam until the potatoes are fork tender, 12 – 15 minutes.



Remove the basket of potatoes from the pot and set aside. Drain the water and return the potatoes to the warm pot. Add the non-dairy butter and soy creamer or almond milk and salt to the potatoes. Using a masher combine the ingredients mash until smooth. Serve with vegan mushroom onion gravy.



Vegan Mushroom & Onion Gravy

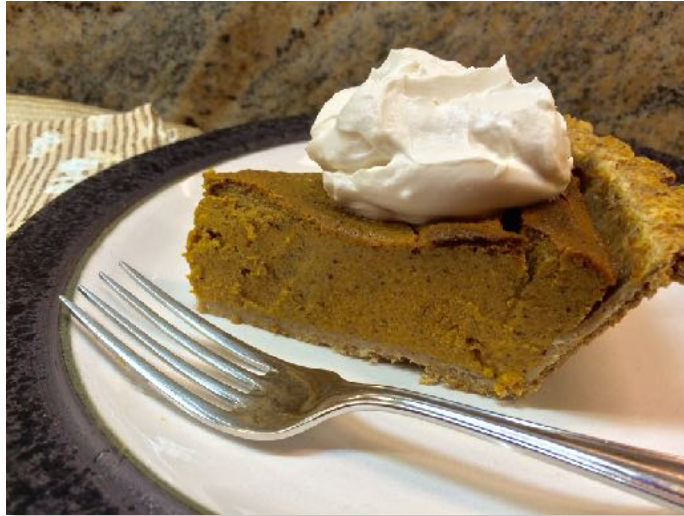
- ¼ cup brown rice flour
- ¼ cup sunflower oil, plus 1 tablespoon for sautéing the onion
- 1 medium yellow onion, sliced into slivers or half-moons
- 1 ½ cups sliced Bella or Crimini mushrooms
- 2 cloves garlic, minced
- 3 cups vegetable stock
- ¼ cup nutritional yeast
- ¼ cup Tamari or Soy Sauce
- 2 teaspoons chopped dried parsley
- Fresh ground black pepper and sea salt to taste

In a small bowl whisk together the brown rice flour and sunflower oil and set aside.



Heat a large saucepan on medium high and add 1 tablespoon of oil. When the oil is hot add the onions and cook stirring frequently until the onions begin to caramelize and brown slightly. Transfer the onions to a bowl and set aside. Add the mushroom to the pan and sauté them until they begin to shrink and turn brown. Add the onions back into the pan, stir to combine with the mushrooms then reduce the heat to simmer and add the vegetable stock, nutritional yeast, Tamari and dried parsley. Bring to a simmer then stir in the brown rice flour and sunflower oil mixture. Stir until thickened, season with freshly ground pepper and sea salt.





Pumpkin Pie

Two 14 oz. cans pumpkin puree
cup agave syrup
1 16 oz. block organic firm tofu
1/4 cup ground golden flax seed
1 tablespoon cinnamon
2 teaspoons ginger
1 teaspoon nutmeg
pinch of sea salt

Preheat the oven to 350 degrees. Place the pumpkin puree, agave, soy milk, spices, flax seed and salt in the jar of a high speed blender, blend on high until smooth. Reduce the speed and gradually add the tofu in pieces, return to high speed and continue processing 5-6 minutes or until smooth. Transfer the filling into two unbaked deep dish pie crusts and bake for 60 minutes or until a knife inserted comes out clean. Cool then store refrigerated. Serve with vegan coconut milk whipped cream or non-dairy ice cream.