

Vegan White Sauce & Dressing

INGREDIENTS:

- 1 12.5 oz. Silken Tofu (shelf stable tetra-pak)
- 1 cup raw cashew pieces, soaked for 4 hours
- 1 1/2 teaspoons white miso paste
- 1 teaspoon agave or maple syrup
- 1 teaspoon dijon mustard
- 1 Juice of 1/2 lemon



DIRECTIONS:

Drain the tofu and cashews, place them in a blender jar with the remaining ingredients and blend on high until smooth.

Use the this oil-free base recipe as a substitute for mayonnaise or sour cream. Or blend in any infinite variety of herbs and seasonings to create dipping sauces and gourmet spreads. Use hot or cold. Store sealed and refrigerated for up to seven days.

Homemade Vegan Parmesan Cheese

- 1 cup nutritional yeast
- 1 cup walnuts
- 1 teaspoon garlic powder 1 teaspoon onion powder pinch of salt

Place all ingredients into the jar of a blender, blend until the mixture resembles small crumbs. Sprinkle on pasta, veggies or popcorn. Store refrigerated for up to four weeks in a sealed container.

Tofu Stroganoff

1/2 pound firm organic tofu

8 oz. gluten-free whole grain pasta

Marinade:

2 tablespoons tamari

1 teaspoon maple syrup

Juice of one lemon

2 cloves garlic, minced

Sauté:

1/2 cup vegetable broth, divided

4 teaspoons maple syrup, divided

1 medium sweet yellow onion, sliced thin

2-3 cloves garlic, minced

1 pkg. mushrooms sliced

2 tablespoons fresh parsley, chopped

Sauce:

1 cup non-dairy vegan sour cream (or homemade vegan white sauce and dressing)

1/2- 3/4 cup non-dairy unsweetened milk

Freshly ground sea salt and black pepper

Garnish

Freshly chopped parsley

DIRECTIONS:

Combine the ingredients for the marinade in a medium glass bowl or pyrex. Slice the tofu into 1/4" thick by 1" long rectangles. Place the tofu in the marinade, stir to combine then aside.

Preheat an oven to 400 degrees. Line a baking sheet with parchment and spread the tofu into a single layer. Bake in the oven for 30 minutes, stopping to stir and turn the tofu halfway through cooking to brown evenly.



Heat a large skillet with the vegetable broth and maple syrup. Add the sliced onions and cook on medium high stirring frequently for 8-10 minutes or until the onions are translucent and caramelized. Add a little broth as needed to avoid drying. Transfer the onions to a bowl and set aside.

Add an additional 1/4 cup vegetable broth and 2 teaspoons of maple syrup to the skillet and sauté the sliced mushrooms for 4-5 minutes or until the mushrooms begin to brown. Add the minced garlic, cooking stirring for an additional 2-3 minutes. Return the onions into the skillet with the mushrooms and garlic, stir to combine and lower the heat to simmer.

Heat a large pot with water to boiling water, begin cooking the pasta according to package directions.

Once the tofu has baked to a light golden brown transfer it to the skillet with the mushrooms and onions. Combine the vegan sour cream or oil-free vegan white sauce and non-dairy milk in a small bowl and whisk it until it's well blended. Pour the mixture into the skillet and stir to combine. Continue cooking on simmer until its thoroughly heated. Add freshly ground sea salt and black pepper to taste and serve over hot noodles, top with additional freshly chopped parsley.



Veganize This!!

Veganize any recipe by replacing key ingredients. Here in this Borscht we used all vegetable broth and the vegan white sauce as a substitute for sour cream.

We also skipped the oil and simply simmered all the veggies in the broth for 40 minutes or until tender. Top your bowl of soup with a garnish of a dollop of vegan white sauce and a sprinkle of fresh dill. Lucky for me there were some leftovers, it was delicious and will be featured in Jensen's weekly newsletter soon!

Borscht recipe found online then veganized...

Ingredients

- 2 tablespoons olive oil
 - 4 red beets *1/2 inch diced (approx 1.5 lbs)*
 - 2 carrots *1/2 inch diced*
 - 1 large russet potato *peeled and 1/2 inch diced*
 - 1/2 small green cabbage *shaved*
 - 2 cloves garlic *minced*
 - 4 cups vegetable broth
 - 4 cups beef broth
 - 2 tablespoons dill *fresh, minced*
 - 2 tablespoons lemon juice *fresh*
 - 1 teaspoon lemon zest
 - 1 bay leaf
 - kosher salt *to taste*
 - black pepper *to taste*
 - sour cream *optional, for serving*
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