

# Ordinary Vegan's Top 5 Most Popular Recipes



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## Grilled Portobello Mushroom over Mashed Cauliflower with Mushroom Gravy

Prep time: 15 minutes • Cook time: 30 minutes • Total time: 45 minutes

**SERVES 2** ~ Author: Ordinary Vegan

The mushroom gravy is definitely optional and this recipe tastes delicious with or without it.

### INGREDIENTS

#### Grilled Mushrooms

- 2 large Portobello Mushrooms
- Sprinkle of salt & ground black pepper
- 1 teaspoon of extra-virgin olive oil

#### Cauliflower Mash

- 1 medium head of cauliflower, trimmed and cut into small florets
- 1 teaspoon of extra-virgin olive oil
- 1/4 cup non-dairy milk, unflavored
- 1/4 teaspoon salt & ground black pepper (or more or less to taste)
- 1/8 teaspoon nutmeg (or more to taste)
- Sprinkle of cayenne pepper (optional - it definitely adds some heat)
- Handful of your favorite fresh herbs (optional)

### INSTRUCTIONS

1. Pre-heat the grill or use a greased grill pan over medium high heat.
2. Heat oven to 400° F. Toss cauliflower with olive oil. Sprinkle a little salt & ground black pepper over top. Place cauliflower florets on a baking sheet lined with parchment paper or aluminum foil. Bake until golden and tender, about 30 minutes. Transfer to a food processor.
3. Add the non-dairy milk, salt & ground black pepper, nutmeg and cayenne pepper (if using). (you can add your favorite herbs now too)
4. Purée until smooth adding a little more non-dairy milk if needed. It should have a mashed potato consistency. You can also add a tablespoon or two of vegan butter for richness.
5. Meanwhile, clean mushrooms and remove stems. Reserve stems for another use or for the mushroom gravy. Brush the mushrooms with the olive oil. Season with salt and ground black pepper.
6. Place the Portobellos stem side up on the hottest part of the grill. Cook for about 5 minutes or more. Flip to the other side and cook for an additional 5 minutes or more depending on grill heat. They should be soft and juicy with strong grill marks. Slice and serve immediately over hot cauliflower mash.



## Rich & Delicious Mushroom Gravy

**MAKES 3 CUPS** ~ Author: Ordinary Vegan

*\*If you don't like the idea of using a seasoning called poultry (although there is no poultry in the seasoning) - you can make your own by mixing together 2 teaspoons of ground sage, 1 1/2 teaspoons of ground thyme, 1 teaspoon of ground marjoram, 3/4 teaspoon of ground rosemary, 1/2 teaspoon of nutmeg, 1/2 teaspoon of finely ground black pepper. Store in a tight well-fitted jar.*

### INGREDIENTS

- 1/3 vegetable broth or 1 tablespoon of olive oil for sautéing
- 3 cups low-sodium vegetable broth
- 1 cup chopped white onion
- 4 cloves garlic, chopped
- 8 ounces of mushrooms - any kind I used portobello, white & brown (which is approximately 3 cups chopped)
- 1 tsp poultry seasoning \*see note in summary
- 2 tbsp fresh thyme, finely chopped
- 2 tbsp fresh rosemary, finely chopped
- Salt & Pepper
- 1/4 cup dry red wine
- 2 fresh sage leaves, chopped

### Paste

- 2 tbsp reduced-sodium Tamari
- 3 tbsp nutritional yeast
- 2 tbsp whole-wheat flour (for gluten free gravy - use rice powder)
- 1/4 tsp ground black pepper

### INSTRUCTIONS

1. In a large sauce pan, heat olive oil or vegetable broth.
2. Add onion and mushrooms and saute three minutes.
3. Add garlic and poultry seasoning and saute until onion is translucent about another minute or two.
4. Add red wine and cook one minute, stirring constantly. Stir in remaining 3 cups of broth and fresh herbs. Bring to a boil, reduce heat and simmer.

### Paste

1. Meanwhile, in a small bowl, whisk together Tamari, yeast and flour to form a thick paste.
2. Add mixture to pan, whisking constantly to make sure the paste dissolves. Bring to a boil and boil another minute, stirring constantly. Add salt, pepper and fresh sage.
3. Adjust seasonings.
4. If you want a thicker gravy, whisk together 1 tablespoon of flour (or cornstarch) to 1 tablespoon of water to form a paste. Add to gravy and whisk. Keep adding and whisking to desired thickness.



## Garbanzo Bean & Tomato Soup

**SERVES 4 to 6** ~ Author: Ordinary Vegan

### INGREDIENTS

- 2, 15-ounce cans organic, low-salt garbanzo beans (drained and rinsed)
- 3-5 cups vegetable stock
- 1 cup orzo or any small pasta
- 2 teaspoons extra-virgin olive oil
- 1, 28-ounce can low-salt diced tomatoes (or crushed)
- 4 garlic cloves, minced
- 3 shallots, minced (or one leek)
- 2 teaspoons chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 1 teaspoon dried basil
- 1 teaspoon salt
- freshly ground pepper
- 1/4 tsp red pepper flakes

### INSTRUCTIONS

1. In a large soup pot, or stockpot, heat the olive oil. Add the shallots and garlic and saute for about 2-3 minutes until soft. Add the seasoning, garbanzo beans, tomatoes, orzo and vegetable stock (use 3-5 cups of vegetable stock depending on how much liquid you like in your soup). Cook until orzo is al dente (approximately 10 minutes). Taste and adjust the seasoning. Ladle the soup into bowls and serve with crunchy bread and something green.
2. For a thicker soup, transfer about 2 cups of the soup to a blender or food processor and blend until smooth. Return the puree to the pot.



## Twice Baked Sweet Potato with Cashew Sour Cream

Prep time: 10 minutes • Cook time: 1 hour • Total time: 1 hour & 10 minutes

**SERVES 2 MAIN** ~ Author: Ordinary Vegan

### INGREDIENTS

- 2 large sweet potatoes (or russet potatoes)
- 2 cups diced organic vegetables (carrots, broccoli, corn, asparagus, etc.)
- 3 tablespoons cashew sour cream\* recipe below
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon ground black pepper or to taste
- Sprinkle of ground nutmeg (optional)
- 2 tablespoons fresh chopped parsley

### Cashew Sour Cream

- 1/2 cup of cashews, soaked, drained and rinsed\*
- 1/4 cup of water
- 1 tablespoon lemon juice
- 1 small clove of garlic, chopped
- 1/4 teaspoon salt
- Fresh ground black pepper to taste

### INSTRUCTIONS

1. Scrub potatoes, pierce a few wholes with a knife and bake at 375° F for 45-60 minutes depending on size of potatoes. Put on an oven mitt and give it a little squeeze to test for doneness. It should have a lot of give. You can also test it to see if it is tender by inserting a knife into the center. The knife should slide in easily.
2. Meanwhile, steam your vegetables 3-4 minutes until a little soft but still have a nice bite. You could also saute them. Also try frozen mixed vegetables.
3. Place 1/2 cup of drained, rinsed cashews in a food processor. Add the lemon juice, half of the water, garlic, salt and pepper. Blend until semi-smooth, adding more water or lemon juice if needed. Taste and adjust seasonings.
4. When potatoes are done, cut in half and scoop out potato leaving about 1/2 inch on the bottom. In a bowl, mix potato, 2 tablespoons cashew sour cream, cooked vegetables, salt, pepper and nutmeg (if using).
5. Put the potato mixture back into the potato shells and smear the extra spoonful of cashew sour cream on top. Return to oven and cook for another 10-15 minutes. Remove from oven and sprinkle with chopped parsley and serve.
6. Soak cashews for approximately 8 hours. Rinse well in a strainer until water is clear.



## Chinese Fried Cauliflower & Brown Rice

Prep time: 10 minutes • Cook time: 12 minutes • Total time: 22 minutes

**SERVES 4** ~ Author: Ordinary Vegan

### INGREDIENTS

- 1 small head of cauliflower
- 1/2 cup brown rice
- 1/2 cup frozen peas, thawed (or fresh)
- 1/2 cup frozen organic corn, thawed (or fresh)
- 1 small white onion, chopped or half of large onion, chopped
- 2 cloves of garlic, chopped
- 1 Fresno chili, chopped (optional)
- 2-3 tablespoons of soy sauce (to taste)
- 1/4 cup vegetable broth for sautéing
- Couple drops of sesame oil (optional)
- Salt and pepper to taste

### INSTRUCTIONS

1. Rinse brown rice and add to one cup of water. Bring to boil and simmer for approximately 20 minutes until all the water is absorbed and rice is cooked, keeping a careful eye on it.
2. Remove outer leaves of cauliflower. Soak and rinse cauliflower. Drain and dry. Grate the head of cauliflower over the course side of a large grater. This should yield about 2 1/2 cups of rice like cauliflower.
3. Heat the vegetable broth in a large saute pan. Add the onions and Fresno chili and cook for about 3 minutes. Add the garlic and cook for another 1-2 minutes until the onion is soft and translucent. Adding more vegetable broth if sticking.
4. Add the riced cauliflower and soy sauce and cook for three minutes. Add the cooked brown rice, corn, peas and sesame oil and cook for another 2 or 3 minutes.
5. Salt and pepper to taste. Serve with leafy greens.



## Vegan Manicotti with Spinach Ricotta

Prep time: 25 minutes • Cook time: 60 minutes • Total time: 1 hour & 25 minutes

**SERVES 5 to 6** ~ Author: Ordinary Vegan

### INGREDIENTS

#### Tomato Sauce

- 2 32 ounce cartons of crushed tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- 6 basil leaves, chopped
- 1 dried bay leaf
- 1 teaspoon sugar
- 1/2 teaspoon salt (or more to taste)
- Fresh ground black pepper

#### Tofu Ricotta

- 1 pound extra-firm organic tofu (2, 8 ounce packages)
- 2 garlic cloves, chopped
- 2 teaspoons dried basil
- 1 tablespoon fresh lemon juice
- 2 teaspoons nutritional yeast
- 1/4 cup fresh chopped parsley

#### Lasagna Rolls

- 15 eggless lasagna noodles (or 15 ricotta shells)
- 1 teaspoon olive oil
- 4 garlic cloves, minced
- 1 cup of cooked fresh or frozen spinach
- 2 tablespoons fresh chopped basil
- 1 teaspoon of salt
- 1/2 teaspoon of freshly ground black pepper

### INSTRUCTIONS

#### Tofu Ricotta

1. Blend tofu, garlic cloves, oregano, basil, lemon juice and nutritional yeast in a food processor until combined. If you want a thinner ricotta, stream small amounts of vegetable broth into tofu mixture while blending until you obtain the desired consistency. Add the fresh parsley and combine.

#### Tomato Sauce

1. In a large non-stick pot, heat oil over medium high heat. Add onion and sauté until soft and translucent, about 3 minutes. Add garlic, celery and carrots and season with salt and pepper. Saute until all the vegetables are soft. Add a little veggie broth if the veggies stick instead of more oil.
2. Add tomatoes, basil, sugar and bay leaves and simmer on low heat for 1 hour. Remove bay leaves and check seasoning.
3. Add half the tomato sauce into a food processor. Process until smooth. Continue with remaining sauce. You can freeze any left over sauce up to 3 months.

#### Lasagna Rolls Assembly

1. Cook the noodles in a large pot of boiling water until al dente according to instructions. Do not overcook. I like to undercook them by 1 or 2 minutes. You don't want them mushy. Drain and rinse the noodles and toss them with a little splash of olive oil to prevent sticking.
2. Preheat oven to 350° F
3. Heat 1 teaspoon of olive oil in a large, nonstick saute pan over medium-high heat. Add the garlic and saute for a minute. Add the spinach, basil, salt and pepper. Cook for another 2-3 minutes (Or you can steam the spinach. If steaming just add basil, salt, pepper and garlic directly to tofu in food processor).
4. Add the vegetable mixture to the tofu ricotta mixture.
5. Coat a 13 by 9 inch baking dish with 1 cup of tomato sauce.
6. Spread approximately four tablespoons of tofu ricotta on the lasagna sheet. Roll it up tightly and place it seam-side down in the baking dish. Repeat with the remaining noodles. Spread 1 1/2 cups of tomato sauce over the lasagna rolls. Cover loosely with foil and bake for 45 minutes. Uncover and bake for 15 minutes more. Sprinkle with chopped basil or parsley or both and serve.