Go Veg for Life

Veg for Animals
Every year in the U.S., billions of farm animals suffer and die under factory farm conditions considered so cruel they have been banned in other countries.

Veg for Earth
According to a report published by the United Nations Food and Agriculture Organization, raising animals for meat generates more greenhouse gas emissions than all cars, trucks, planes and other forms of transportation combined.

Veg for Health
Animal products, including meat, dairy and eggs, significantly increase the risk of obesity, heart disease, cancer, and many other life-threatening illnesses.

When you choose to go veg, you say NO to animal suffering and the deterioration of our health and the environment, and YES to compassion, personal well-being and sustainability.
Some people go veg all at once, but many make a gradual transition. Moving toward a plant-based diet should be a pleasurable and fulfilling time of discovery, so take advantage of veg resources, seek support and move at your own pace. To begin your journey, try following these three steps:

1. Start the week with a “Meatless Monday.” Just one veg day a week will improve your health and save animals’ lives. But don’t stop there. Continue to add “veg days” to your week until you are vegetarian seven days a week.

2. Substitute your favorite dishes with vegetarian versions. Try a veggie burger instead of hamburger or tofu instead of chicken in your stir-fry. If one type of veggie burger doesn’t suit your fancy, try another brand. There are plenty of veg options to choose from.

3. Experiment and have fun with your food. Purchase a new cookbook, search for recipes online, and introduce yourself to a wide and wonderful new world of veg cuisine.

Ready to tantalize your taste buds?

Nourish your body and soul with the following simple, yet palate-pleasing vegan recipes …

Enjoy!
Mouthwatering Morning Meals

Banana Flapjacks

3/4 cup whole wheat pastry flour
1 tsp non-aluminum baking powder
(such as Rumford)
1/3 cup mashed, ripe banana (1 small)
1/2 cup low-fat, non-dairy milk
1 tsp vanilla extract

1. Place the flour and baking powder in a mixing bowl, and stir them together.
2. Place the banana in a separate medium mixing bowl, and mash it well. Measure out 1/3 cup, set any remaining banana aside, and return the 1/3 cup to the bowl. Stir in the milk and vanilla extract.
3. Pour the banana mixture into the dry ingredients, and stir together until well combined.
4. Mist a large skillet with cooking spray, and place it over medium-high heat. Spoon in the batter using 2 level tablespoonfuls for each pancake.
5. You will need to cook the pancakes in several batches depending on the size of your skillet. Cook the pancakes until the bottoms are brown, adjusting the heat as necessary. Loosen the pancakes, and turn them over using a metal spatula. Cook the second side briefly, just until golden.

Breakfast Tofu Scramble

1 tsp olive oil or canola oil
1/4 cup grated carrot
1/4 cup chopped scallions
1/8 tsp turmeric
1/2 pound reduced-fat regular tofu (firm), rinsed, patted dry and crumbled
1 or 2 tsp Red Star Vegetarian Support Formula (T6635+) nutritional yeast flakes
salt and ground black pepper, to taste
1 Tbsp minced fresh parsley (optional)

1. Heat the oil in a 9- or 10-inch skillet over medium-high heat. When the oil is hot, add the carrot, scallions, and turmeric, and sauté the vegetables for 2 minutes.
2. Add the tofu, yeast flakes, and seasoning, to taste. Mix well, and continue to cook, stirring constantly, for 5 minutes or until hot.

Recipes from Vegan Vittles, by Joanne Stepaniak
Nutritious Noontime Noshes

Fowl Play Tempeh Salad

8 ounces tempeh (1/2 pound)
1 cup diced celery, or 1 cup grated carrot
1/2 cup egg- and dairy-free mayonnaise
1/4 cup sliced scallions (optional)
3 to 4 Tbsp minced, fresh parsley
1/4 tsp poultry seasoning, or 1/2 to 1 tsp curry powder, to taste (optional)
salt and ground black pepper, to taste

1. Steam the tempeh for 20 minutes. Let it cool until it can be comfortably handled, then cut into 1/4 inch cubes, and place in a medium mixing bowl.
2. Add the remaining ingredients to the tempeh, and mix them together gently but thoroughly.
3. Serve the salad at once, or transfer it to a storage container and chill it in the refrigerator.

Happy Hen Salad

1/2 pound reduced-fat regular tofu (firm), rinsed, patted dry, and mashed well.
1/4 cup egg- and dairy-free mayonnaise
2 Tbsp minced fresh parsley (optional)
2 tsp pickle relish, drained
1/2 tsp onion granules
1/8 tsp turmeric
Salt and ground black pepper, to taste

1. Place all ingredients in a medium mixing bowl and stir them together until they are thoroughly combined.
2. Serve the salad at once, or transfer it to a storage container and chill in the refrigerator.

Recipes from Vegan Vittles, by Joanne Stepaniak
Stick-To-Your-Ribs Chili

2 tsp olive oil
1 cup finely chopped onion
1/2 cup finely chopped celery
2 cloves garlic, minced or pressed
2 ripe, medium tomatoes, peeled, seeded and coarsely chopped
1 15-ounce can red kidney beans, pinto beans or black beans (about 1 1/2 cups), rinsed well and drained
1 cup tomato sauce or 1/3 cup tomato paste mixed with 2/3 cup water
1 cup water
1/3 cup bulgur wheat
2 Tbsp tomato paste
1 Tbsp sweetener
1 Tbsp chili powder
1/2 tsp dried oregano leaves
1/4 tsp ground black pepper
1/4 tsp ground cumin
1/8 tsp ground allspice or cinnamon
Pinch of cayenne pepper and salt, to taste

1. Place the olive oil in a 4 1/2-quart saucepan or Dutch oven, and heat it over medium-high heat. When the oil is hot, add the onion, celery and garlic. Reduce the heat to medium, and cook, stirring occasionally, for 10 to 15 minutes, or until the onion is tender.
2. Next, stir in the remaining ingredients except the salt, and bring the mixture to a boil. Reduce the heat to low, cover the saucepan with a lid, and simmer the chili for 20 minutes, stirring occasionally.

Tofu Sour Cream

1 1/2 cup silken tofu (firm), crumbled
1 Tbsp canola oil
2 tsp lemon juice
2 tsp apple cider vinegar
1 tsp sweetener
1/2 tsp salt

1. Place all ingredients in a food processor or blender and process several minutes until the mixture is smooth and creamy.

Recipes from Vegan Vittles, by Joanne Stepaniak
Mushroom, Walnut and Rosemary Pâté

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1 red onion, cut into thin crescents
2 tsp minced garlic
1 cup sliced cremini mushrooms
1 cup sliced shiitake mushrooms
1/2 ounce dried chanterelles, soaked in
   1/2 cup boiling water for 30 minutes
1 cup red wine
1 tsp sea salt
2 tsp coarsely chopped fresh sage
1 tsp coarsely chopped fresh thyme
2 tsp coarsely shopped fresh rosemary
1 tsp ground nutmeg
1/2 tsp ground pepper
1 Tbsp nutritional yeast
1 cup walnuts, toasted
1 Tbsp tamari soy sauce
2 tsp balsamic vinegar
2 1/2 cups water
2 tsp powdered agar agar, or 2 Tbsp agar agar flakes

1. To prepare the toasted walnuts, first soak them in 2 cups of warm water for 30 minutes, then drain. Place nuts on a baking sheet and bake at 350 degrees for 30 minutes (rotating every 10 minutes), or until dry and light brown. Allow nuts to cool before serving.

2. In a large skillet, cook the onion, garlic and mushrooms in the red wine. Soak the chanterelle in liquid and sea salt over medium heat, stirring often, until all the moisture has evaporated. Add the chanterelles to the skillet and cook until heated through, then remove from heat. Add the spices and yeast and stir well. Transfer to a blender. Add the walnuts, tamari, vinegar and 1 1/2 cups of the water. Blend until smooth.

3. In a saucepan, bring the remaining 1 cup water to boil. Whisk in the agar agar and turn the heat to low. Continue whisking until the agar agar is thoroughly dissolved, about 5 to 7 minutes. Add to the mushroom mixture and blend.

4. Test the pâté to ensure that it sets by refrigerating 1 Tbsp for 10 minutes. If the test pâté isn’t firm by then, dissolve another 2 tsp agar agar powder or 1 Tbsp agar agar flakes in boiling water and mix it in. Spread in an 8 x 5-inch loaf pan or 8-cup mold. Refrigerate for at least 2 hours. Unmold, cut into slices and serve.
Seitan & Mushroom Stroganoff

2 Tbsps cornstarch
3 Tbsps soy sauce
1 1/3 cups vegetable broth or water
1/2 tsp garlic granules
2 Tbsps tahini
2 tsps canola oil or olive oil
2 cups thinly sliced onion
4 cloves garlic, minced or pressed
4 cups sliced fresh mushrooms
2 cups thinly sliced seitan strips
Ground black pepper, to taste

1. For the gravy, place the cornstarch and soy sauce in a 2-quart saucepan, and stir them together well to make a thin, smooth paste. Gradually whisk in the vegetable broth or water and garlic granules. Place the saucepan over medium-high heat, and cook the gravy, stirring constantly with a wire whisk, until it thickens and comes to a boil. Remove the saucepan from the heat, and beat in the tahini using the wire whisk. Cover the saucepan with a lid, and set it aside.

2. Place the oil in a large skillet on medium-high heat. When the oil is hot, add the onion and garlic, and sauté for 10 minutes.

3. Add the mushrooms to the onion in the skillet, and cook, stirring often, for 5 to 7 minutes longer.

4. Stir the seitan strips and the reserved gravy (from step #1) into the onion and mushrooms in the skillet. Reduce the heat to low, and cook, stirring often, about 5 to 10 minutes, just until the seitan is heated through.

5. Season the stroganoff with ground black pepper, to taste. Serve at once over rice or egg-free wide noodles.

Recipe from Vegan Vittles, by Joanne Stepaniak
Stuffed Shells

Ricotta-Style Cheese Mixture:
1 pound firm tofu
5 ounces silken tofu
6 Tbsp non-dairy cream cheese
3 Tbsp non-dairy Parmesan cheese
1 cup fresh spinach
2 cloves garlic
1 Tbsp lemon juice
1/2 tsp salt

1 jar tomato sauce
1 package large shell pasta (uncooked)

1. Place all the ricotta-style cheese ingredients except the spinach into a food processor and blend until smooth. Set aside.
2. Chop the spinach and add to the cheese mixture.
3. Meanwhile, fill a large pot two-thirds full with water, and bring to a rolling boil. Add the pasta, and cook until it is al dente, than drain well.
4. Add one heaping spoonful of cheese mixture into each shell. Put shells into a 9 x 13 inch pan and cover with the tomato sauce.
5. Bake at 350 degrees for 30 to 40 minutes and serve hot.

Caesar Salad

1 head Romaine lettuce
1 cup dairy-free croutons

Dressing
1/3 cup olive oil
2 cloves garlic
2 Tbsp non-dairy Parmesan cheese
2 Tbsp lemon juice
2 tsp Dijon mustard
1/2 tsp kelp powder
1/4 tsp dry sweetener
1/2 tsp salt
1/2 tsp pepper

1. Wash lettuce and tear into bite size pieces. Set aside
2. Combine all dressing ingredients into a bowl and mix until it is smooth and creamy.
3. Immediately before serving, toss lettuce with Caesar salad dressing and top with croutons.
**Chocolate Chip Cookies**

2 1/4 cups flour  
1 tsp baking soda  
1/2 tsp salt  
1/2 cup cane sugar or sweetener  
1/4 cup brown sugar  
1/2 cup margarine  
1/2 cup oil  
3 Tbsp water  
1 1/2 tsp vanilla extract  
1/2 cup walnuts

1. In a large bowl, mix the flour, baking soda, and salt; then set aside.  
2. In a small bowl, mix the cane sugar, brown sugar, margarine, oil, water, and vanilla extract until smooth. Add to the flour mixture in the large bowl and stir to combine.  
3. Add the chocolate chips and nuts, and stir.  
4. Preheat oven to 350 degrees.  
5. Drop cookie dough by the teaspoonful onto an ungreased cookie sheet.  
6. Bake for 8 to 10 minutes.

**Chocolate Peanut Butter Crème Pie**

1 pre-made vegan piecrust  
1 cup peanut butter

Filling  
2 boxes silken tofu  
12 ounces non-dairy chocolate chips  
3 Tbsp maple syrup  
1 tsp vanilla extract

1. Place silken tofu into a food processor and blend until smooth.  
2. Melt chocolate chips in a double-boiler. Add to tofu and stir to combine.  
3. Add maple syrup and vanilla extract and stir until blended.  
4. Spread the peanut butter in the bottom of the pie shell. Top with the chocolate tofu mixture.  
5. Chill pie until ready to serve.
Special Ingredients Glossary

**Agar Agar:** This vegetarian alternative to animal-derived gelatin is made with seaweed. Agar agar acts as a stabilizer and thickener in many vegan foods. This ingredient can be found in most natural foods stores, and is usually available in powder or flakes.

**Bulgar Wheat:** This quick-cooking form of whole wheat contains beneficial fiber, protein, vitamin E, and several important minerals. Often used in Mediterranean dishes, bulgar is best known as the main ingredient in tabbouleh salad.

**Egg- and Dairy-Free Mayonnaise:** Natural foods stores, and a growing number of commercial supermarkets, carry a few varieties of vegan mayonnaise. Popular brands include Vegenaise and Nayonnaise, two egg- and dairy-free options that taste great.

**Non-Dairy Milk:** Soy and rice milks are the most common dairy-free milk varieties, and can be found in nearly all supermarkets. Some are enriched with calcium, vitamin D, vitamin B-12, and other essential nutrients. Non-dairy milk comes in a variety of flavors in addition to “plain,” including vanilla, chocolate, strawberry, and coffee.

**Nutritional Yeast:** This inactive yeast is rich in minerals and vitamins and lends a “cheesy” flavor to soups, pasta dishes, gravy, and vegetables.

**Seitan/Wheat Meat:** Pronounced “say-TAN,” this wheat gluten protein product has a wide range of mock meat applications, and works especially well as a stand-in for beef.

**Silken Tofu:** This “silky” variety is more smooth and creamy than regular tofu, and is commonly used for sauces, soups, dips, dressings, and puddings. Although it can be purchased fresh, it’s more commonly available in shelf-stable aseptic packages.

**Soy Cheese:** Recipes abound for homemade vegan cheeses, and ready-made soy cheeses are more and more common and varied in health food stores and some supermarkets. While completely vegan cheeses are more readily available now, be aware that many soy cheeses are made with casein, a dairy byproduct.

**Tahini:** This sesame seed butter has a texture that is thicker than peanut butter and very high in protein. An ingredient in many recipes, especially sauces in Middle Eastern and Asian cuisine, tahini features a rich, nutty taste.

**Tempeh:** This cultured soy product sometimes includes other grains or beans and has more taste and zing than its tofu cousin. Tempeh works well in stir-fries and can be used as a substitute in nearly any recipe that calls for meat.
Eager for more news and tips on cruelty-free living? Farm Sanctuary is happy to help. Please visit vegforlife.org to access information on veg:

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