

Sweetwater Union High School ARC-Experience Inferno Lounge
Vegan Cooking Club Cookbook

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VEGAN COOKING CLUB COOKBOOK

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ARC-Experience after school programming provides students enrichment opportunities and skills building classes. In these workshops students were given the opportunity to get familiar with new food products, test recipes, learn new culinary skills, and begin thinking critically about how food choices impact our health, the environment, and animals.

Introducing the Vegan Cooking Club

Thanks to a mini-grant from the VegFund over 150 SUHI students were able to sample vegan hot dogs last year!

Anyone can apply for a VegFund food sampling grant. Learn how you can host a free food sampling event at www.vegfund.org





The Recipes

Black Bean Veggie Burgers, Fries & Vanilla Milkshakes

Banana Nut Pancakes

Veggie Fajitas Quesadillas

Fresh Fettuccini with Lemon Butter Sauce with Garlic Bread

A Holiday Vegan Dinner: Mock Turkey, Mashed Potatoes, Gravy & Cranberry Sauce

Holiday Tamales

Roll-Out Vegan Sugar Cookies

Rocky Road Fudge

Vegan Wings, Baked Beans and Coleslaw

Vegan Carne Asada Tacos

Resource & Information

Black Bean Veggie Burgers

- 1 15 oz can black beans, drained
- 1 medium sweet potato, baked, skin removed
- 1 cup quinoa, cooked
- 1 cup brown rice, cooked
- 1/2 cup bread crumbs
- 1/2 cup hemp seed or finely chopped walnuts
- 4 green onions, sliced
- 1/2 cup chopped fresh cilantro
- 1 tablespoons brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper

Mash the beans and sweet potato, add the remaining ingredients and mix well. Shape into patties and cook on a lightly oiled flat grill about 8-10 minutes each side. Or lightly coat each patty with olive oil and bake in a 400 degree oven for 20 minutes, flip them over and bake an additional 20 minutes.



Homemade French Fries

2 1/2 pounds of russet potatoes, cleaned and scrubbed
high heat vegetable oil (grape seed, canola or safflower)
Sea salt and black pepper to taste
Organic ketchup or vegan ranch dipping sauce

Wash and scrub the potatoes. Slice each potato lengthwise into three to four slices, next lay each down and cut into even strips.

Add about one inch of oil to a large frying pan, turn the heat to medium high and test for readiness by dropping one potato into the pan, if it bubbles it's ready. Next, add a single layer of potatoes to the pan, using tongs carefully turn the potatoes every few minutes to brown evenly. Once the potatoes are golden brown transfer them to a paper towel lined plate and drain. Sprinkle with salt and seasonings, repeat again with the remaining potatoes. Serve with ketchup and/or vegan ranch dressing dipping sauce.



Vanilla Milkshakes

1 quart vegan vanilla ice cream (Trader Joe's Soy Creamy Vanilla)

1-2 cups almond or soy milk

Combine the ice cream and 1 cup of milk in the blender. Gradually add more milk until the desired consistency is reached and serve!

Choose paper straws instead of plastic!



Banana Nut Pancakes

Makes 6 – 8 pancakes

1/4 cup tofu, drained and packed
1 cup non-dairy almond or soy milk
2 tablespoons vegetable oil
2 tablespoons unbleached sugar
1 cup unbleached all purpose flour
2 teaspoons baking powder
pinch of sea salt
1/2 cup chopped walnuts
2-3 bananas sliced

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend until smooth. Add the flour, baking powder and salt, blend just until well combined. Stir in the walnuts.

Heat a griddle, oil it lightly then pour about 1/2 cup batter for each pancake. Place sliced bananas on top and spoon a small amount of batter over them. Cook until bubbly and lightly golden brown then flip and press to cook the other side.

Transfer to a plate and hold in a warm oven until all pancakes are ready for serving. Top with additional sliced bananas, walnuts, vegan butter, vegan whipped cream and maple syrup.



Veggie Fajitas Quesadillas and Black Beans

1 dozen flour tortillas
2 cups shredded vegan cheddar cheese
1 red bell pepper, cut into strips
1 green bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 purple or yellow onion, sliced thin half moons
2 tablespoons vegetable oil
1 15 oz container salsa
2-3 ripe avocados, sliced
1/2 cup vegan butter
vegan parmesan cheese
fresh cilantro

Fajita seasoning mix:
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 teaspoon cumin
1 1/2 teaspoons chili powder
1/2 teaspoon sea salt

For the Fajitas: In a small mixing bowl combine the fajita seasoning mix, stir to combine then sprinkle over the cut veggies. Toss to coat them evenly then stir-fry on medium high until the veggies are softened and begin to lightly brown.

Black Beans:
1 large can blackbeans, drained
1 tablespoon olive oil or vegetable oil
1 small onion, diced
1 bell pepper, diced
1 teaspoon cumin
2 cloves garlic, minced

For the Black Beans: Heat the oil in a medium saucepan and stir-fry the onion, bell pepper and garlic. Stir occasionally until the vegetables soften and begin to brown, add the cumin and the beans, stir to combine and season with a pinch of sea salt.

For the quesadillas: Spread a light amount of vegan butter on one side of each tortilla. Add about 1/4 of vegan cheese and 1/4 cup of the veggie fajitas. Fold in half and brown lightly on each side. Sprinkle with vegan parmesan cheese.



Fresh Fettuccine with Roasted Garlic Herb Butter Sauce

Noodles:

1/2 cup silken firm tofu, packed
2 tablespoons olive oil
2 tablespoons water
1 1/2 cups semolina flour

Sauce:

1 head garlic
1 splash of olive oil
1/2 cup vegan butter
1/2 cup fresh parsley, chopped
1/4 cup fresh basil, chopped
pinch of salt & pepper to taste

Heat the oven to 400 degrees. Coat the head of garlic with olive oil and place it in the oven to roast for about 20-30 minutes or until its soft when squeezed. Set it aside for the sauce.

In a medium mixing bowl combine the tofu, olive oil and water, blend until smooth with an electric mixer or whisk it by hand until it is creamy. Add the semolina flour and stir using a mixing spoon. Transfer the mixture to a lightly floured cutting board and knead the dough for about 10 minutes until it develops a stretchy texture. Let the dough rest about 20 minutes then divide it into four even parts.

Bring a large pot of water to a boil on high heat, add a tablespoon of olive oil and a teaspoon of salt.

Shape each dough ball into a flat square. Using a pasta roller begin with the widest setting and roll the dough through a few times trying to keep the edges even and rectangle in shape and size. Next, adjust the rollers to a tighter setting and continue rolling and adjusting the setting until the pasta is thin enough for fettuccine (about a level 2-3 or the settings).

Remove the hand crank from the rollers and place it into the slot for the fettuccini cutter. Gently run the dough through the cutter catching it as it comes out the other



side. Lay the noodles on a lightly floured surface and return to roll and cut the remaining dough.

Carefully drop the noodles into the boiling water, give them a stir to separate any that might be stuck together and continue boiling them for about 3-4 minutes. While the noodles are boiling place the vegan butter in a large mixing bowl and set the bowl on top of the pasta pot to melt the butter. Stir the butter around for about 1 minute then remove it from the heat and add the roasted garlic by squeezing it out of the skins, stir and set it aside.



The noodles cook quickly and will begin to float when they are done, pull one out and test it. Once the pasta is *al dente* or firm to the bite use a pasta fork to remove them from the boiling water or carefully pour the contents of the pot through a strainer or colander.

Transfer the noodles to the large bowl with the melted butter and garlic. Sprinkle on the chopped parsley and vegan parmesan cheese and serve.

Garlic Bread

1 sourdough or French baguette
1-2 teaspoons garlic powder
Vegan butter
Sprinkle of smoked paprika
1/2 cup vegan parmesan cheese
1/4 cup fresh parsley, chopped

Preheat the oven to 425 degrees. Line a cookie sheet with parchment paper and set aside.



Split the baguette lengthwise, place each half of the loaf on the baking sheet. Spread vegan butter on the inside of each half. Sprinkle with the garlic powder and smoked paprika. Top with vegan parmesan and the chopped parsley.

Place the cookie sheet in the middle rack in the oven. Bake until lightly golden brown and serve.

A Vegan Holiday Dinner

Mock turkey, vegan mashed potatoes, mushroom onion gravy, and cranberry sauce. The foundation for a successful celebration of thankfulness and gratitude without using animal products.

INGREDIENTS

Tofu Cutlets:

1 (16 oz) package organic firm tofu, sliced in rough cut 3/8" thick slices
¼ cup tamari
2 tablespoons sunflower oil
1/3 cup rice vinegar
1 tablespoon agave or maple syrup
1 teaspoon garlic powder
¼ teaspoon red chili flakes

Mashed Potatoes:

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

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
1 ½ cups sliced Bella or Crimini mushrooms
2 cloves garlic, minced
3 cups vegetable stock

Cranberry Sauce:

1 package fresh cranberries
1 cup cane sugar
Juice and skin of 1 orange

DIRECTIONS

Tofu Cutlets:

Combine the tamari, sunflower oil, rice vinegar, agave, garlic and red chili flakes in a 9 x 13 inch glass baking dish.



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Slice 3/8" thick tofu cutlets at different angles to represent pieces of sliced meat. Place in the marinade let sit for 30-40 minutes.

Heat a flat grill or frying pan to medium high. Brown each pieces for 8-10 minutes on each side or until lightly golden brown. Serve with vegan mashed potatoes, gravy and cranberry sauce.

Mashed Potatoes:

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.

Mushroom Onion Gravy:

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

and sunflower oil mixture. Stir until thickened, season with freshly ground pepper and sea salt.

Cranberry Sauce:

Combine all ingredients in a medium saucepan and cook on medium high stirring frequently until the cranberries pop and soften.



Green Chili & Cheese Tamales

Traditional tamales use pork lard or manteca and chicken broth in the masa, then they are filled with meat and cheese making them a super high risk food for heart disease, diabetes, obesity and cancer. Try the plant-based version, they are just as satisfying and have an infinite number of delicious fillings and flavors options.

Masa:

6 cups masa harina
1 tablespoon onion powder
1 tablespoon cumin
2 teaspoons chili powder (optional)
2 teaspoons baking powder
1 teaspoons salt
5 cups warm water or vegetable broth
2 cups vegetable oil (sunflower, refined coconut, safflower or other mild plant-based oil)

1/2 package dried cornhusks, soaked in water for 30 minutes

Filling:

1 package Vegan Cheese, sliced
4 roasted fresh Anaheim chili peppers

Place the corn husks in a large bowl, cover them with warm water and weight them down to submerge them for 30 minutes to soak.

Prepare the chili peppers by placing them directly on a flame to char the skin, using tongs carefully turn them every few minutes until the skin is blackened. Once the chilis are completely blackened transfer them to a paper bag or cover them and let them cool. Once the chilis have cooled remove the skin and seeds, cut into 2-3 inch pieces and set aside.

In a large mixing bowl combine masa, seasonings baking powder and salt, stir to combine. Measure the water or vegetable broth and oil in medium mixing bowl or large liquid measuring cup. Stir well then pour into the masa mixture.



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Using a large mixing spoon scrape the sides of the bowl and stir to combine the ingredients. The mixture should be about the consistency of peanut butter. If not, adjust the recipe by adding more masa harina, water or broth as needed.

Lay out the soaked and drained corn husks, spread a few tablespoons of the masa mixture in the middle of each husk, add a piece of the roasted chili and a slice of vegan cheese. Fold the husk so the masa covers the chili and cheese, roll the husk and tie off the ends or double wrap each tamale with two husks and fold into rectangles, use shredded pieces of the husks to tie up each tamale.

Prepare a large steamer pot or a pressure cooker with a steaming basket. Place the tamales in the pot and steam on medium high for one hour or until the masa easily peels away from the husk.

Try using a pressure cooker to cut the cook time in half. Secure the lid on the pot, bring to full pressure and continue cooking on medium high for 20 minutes. Release the pressure and check for doneness.

Serve hot, store additional tamales in the freezer for up to 3 months.

Roll-Out Sugar Cookies

3/4 cup vegan butter
1/2 cup tofu, pressed, drained, and packed
1 cup organic unbleached cane sugar
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1 teaspoon baking powder
3 cups organic all purpose unbleached flour
2-3 tablespoons almond or soy milk

Toppings:

1 can non-dairy frosting (check ingredients)
Vegan Sprinkles (check ingredients for carnauba wax and dairy products!)

Preheat the oven to 350. Combine the vegan butter, tofu, sugar, vanilla and almond extract in the jar of a blender. Blend on medium high stopping to scrape down the sides a few times until smooth and creamy.

In a large mixing bowl combine the flour, baking powder, and salt. Stir to blend. Using a rubber spatula pour all the creamed butter mixture into the flour mixture and stir until it forms a dough.

Divide the dough in half and shape into disks, wrap each piece in plastic wrap and chill until firm, about 30-40 minutes. Prepare the frosting.

Roll the chilled dough to 1/4 inch thickness on a lightly floured surface. Cut the cookies with cookie cutters being careful to utilize the maximum cutting area with each roll. Re-roll any remaining dough to cut additional cookies. Bake 10-12 minutes or until lightly golden around the edges. Transfer to a wire rack and cool completely before icing and decorating.



Rocky Road Fudge

Made with coconut milk instead of dairy, it's a candy making culinary lab.

3 cups organic cane sugar (natural unbleached sugar)
2/3 cup of cocoa powder
1 can full-fat coconut milk
Pinch of sea salt
1 teaspoon vanilla
1/4 cup vegan butter
2 cups vegan marshmallows
1 cup chopped walnuts

In a medium saucepan combine the sugar, cocoa powder, coconut milk and salt. Stir well and bring to a boil, reduce heat slightly and continue cooking on medium high stirring constantly and scraping the sides of the pan. Use a candy thermometer and bring the mixture up to 240 degrees, or drop small amounts of the chocolate in a cup of water, when the mixture forms a soft-ball as it sinks to the bottom it is ready. Remove the mixture from the heat and place in the refrigerator until the temperature is reduced to 110 degrees, add the vanilla and vegan butter, stir well. Add the walnuts and marshmallows and stir until they are completely mixed in. Spread the mixture evenly over parchment paper or a lightly buttered piece of foil. Return to the refrigerator to chill until firm and cut into squares.

Marshmallows and many gummy candies contain gelatin, a product made from a reduction of the skin and bones of animals. No animals required to make this special treat, you can now find vegan marshmallows at Trader Joe's and many natural foods markets.



Vegan Wings

Make them with BBQ or hot wing sauce. Crispy, delicious, satisfying. A version of this recipe was featured at the world-class Veggie Fest Tijuana 2018 this summer.

One head of cauliflower broken and cut in pieces
1 cup brown rice flour
2 teaspoons nutritional yeast (optional)
1 teaspoon garlic powder
1 teaspoon onion powder
1 1/4 cups unsweetened non-dairy milk (enough to make a thick batter similar to pancake batter)
salt and pepper to taste

Sunflower oil or a high heat oil for frying
Barbecue or hot wing sauce
Toasted sesame seeds for garnish
Celery sticks, carrot sticks, and a side of vegan ranch dressing



Mix all the ingredients for the batter and let it sit for 20 minutes. Rinse the cauliflower and let it drain in a colander until dry. Break the heads into pieces, cut the larger pieces in half.

In a medium saucepan add about one inch of sunflower or vegetable oil, heat the oil to just a touch below full-heat.

Dip half the cauliflower pieces in the brown rice batter then carefully drop them into the hot oil. Stir occasionally turning each piece and cook for about five minutes or until softened when inserted with a knife. Remove from the oil and drain. Dip the second half of the cauliflower pieces in the batter and fry again for five minutes, stirring and checking for doneness with a knife.

Warm up 1 cup of barbecue sauce and transfer the cooked pieces into the sauce, stir to coat them then transfer to a plate for serving. Top with a sprinkle of sesame seeds and serve with celery and carrot sticks and a side of vegan ranch dressing.

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Simple Summer Coleslaw

1/2 head green cabbage
1/2 head purple cabbage
3-4 green onions
2-3 medium carrots
1/2 cup lightly toasted pepitas or sunflower seeds
1 cup vegan mayonnaise
1/4 cup apple cider vinegar
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

Cut each head of cabbage in half, remove any wilted exterior leaves and the core then slice the both cabbages into super fine slices. Transfer to a large salad bowl.

Peel and slice or peel and grate the carrots. Rinse the onions, remove the stem ends and continue cutting super thin slices until you reach the last 2-3 inches of dried stalk ends. You can save veggie scraps to make vegetable stock.

Combine the vegan mayo, apple cider vinegar, sea salt and pepper in a 2 cup liquid measuring cup and whisk to blend. Pour over the veggies, top with toasted seeds and serve.

Smokey Vegan Baked Beans

1 Tbs olive oil
1 small yellow onion, finely chopped
3-4 slices vegan bacon, chopped
1 red bell pepper, cored, seeded, and finely chopped
1 yellow bell pepper, cored, seeded, and finely chopped
3 16 oz. cans navy beans
1 cup barbecue sauce
1/2 cup ketchup
2 Tbs spicy brown mustard
1 teaspoon liquid smoke
1 tsp chili powder
2 Tbs molasses
4 Tbs brown sugar

Preheat the oven to 350 degrees. Sauté the onions, vegan bacon, and bell peppers.

Drain the beans and transfer to a 9x13 glass baking dish, stir in the sautéed onions, vegan bacon and bell peppers.

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In a small mixing bowl combine the barbecue sauce, ketchup, mustard, Worcestershire sauce, chili powder, molasses and brown sugar, stir until combined. Pour over the beans and veggies, stir to blend.

Place in the middle rack in the oven and bake for 45-50 minutes.



Vegan Carne Asada Tacos

Making vegan meat from scratch is easy and delicious!

Wheat Meat:

2 cups Bob's Red Mill Vital Wheat Gluten
1 teaspoon onion powder
1 teaspoon garlic powder
2 cups vegetable broth or water

Broth for cooking:

6 cups filtered water
2 tablespoons molasses
2 tablespoons Tamari soy sauce

Accompaniments:

Carne asada seasoning
Oil for frying or grilling
Corn Tortillas
Guacamole or avocado
Pico de Gallo
Shredded lettuce
White sauce (vegan mayo and lime juice)
Lime wedges

White Sauce:

1/2 cup vegan mayonnaise
Juice of one lime

DIRECTIONS:

Combine the vital wheat gluten, onion powder and garlic powder in a large mixing bowl, stir in the vegetable broth and mix scraping the sides of the bowl until it forms a sponge like dough ball. The dough should not be excessively dry or wet or sticky. Knead the dough for just one minute until it begins to feel elastic and firm. Divide the dough into five equal parts and set aside.

Place six cups filtered water in a medium skillet, add the molasses and tamari. Bring to a boil then reduce to a simmer. Place the five wheat meat dough balls into the simmering broth and continue cooking on low heat simmering for one hour, stir occasionally turning the pieces in the broth to cook evenly. Remove the wheat meat from the broth after cooking and let cool.



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Slice the cooled meat using into thin pieces and sprinkle with a generous amount of carne asada seasoning.

Heat a flat grill to medium high, add a small amount of oil then cook the meat turning it over occasionally to brown evenly.

Prepare all the accompaniments, heat the tortillas and serve!



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To learn more about the benefits of plant-based living check out some of these resources.
Thank you Sweetwater High School for hosting the Vegan Cooking Club!!

New Food Documentaries in 2018:

Eating our way to Extinction: <https://vimeo.com/194513120>

The Game Changers: <https://www.plantbasednews.org/post/james-camerons-new-film-the-game-changers-charts-the-rise-of-veganism>

The Yo Yo Effect: <https://www.youtube.com/watch?v=a82js0Gx-kl>

Dominion: <https://vimeo.com/241265022>

Current Food Documentary Films & Trailers found on YouTube and Netflix:

What the Health: <https://www.youtube.com/watch?v=-m8WwSUcUPE>

Forks over Knives: <https://www.forksoverknives.com/the-film/>

Eating You Alive: <https://www.youtube.com/watch?v=M8sGE5n-i1Q>

Fat, Sick and Nearly Dead: https://www.youtube.com/watch?v=Gv3vEXy_EwU

Earthlings: <https://www.youtube.com/watch?v=S5Jy1Zozz3s>

Cowspiracy: <https://www.youtube.com/watch?v=nV04zyfLyN4>

PlantPure Nation: <https://www.youtube.com/watch?v=9E6sa0OtjSE>

Vegan Everyday Stories: <https://www.youtube.com/watch?v=2qedrIO1Gg0>

Food Inc.: https://www.youtube.com/watch?v=5eKYyD14d_0

Vegucated: https://www.youtube.com/watch?v=GKzng1_byMY

Food Matters: <https://www.youtube.com/watch?v=r4DOQ6Xhqss>

Supersize Me: https://www.youtube.com/watch?v=L0vrkkj_T-l

The Future of Food: https://www.youtube.com/watch?v=n9Y_QH_c70s

Hungry for Change: <https://www.youtube.com/watch?v=6vBlxr9E9ks>

Non-Profits Promoting Plant-Based Living with Education and Outreach:

Physicians Committee for Responsible Medicine: www.pcrm.org

People for the Ethical Treatment of Animals (PETA) www.peta.org

Farm Animal Rights Movement (FARM) www.farm.org

Mercy for Animals (MFA) www.mfa.org

The Humane League www.thehumaneleague.com

The Humane Society of the United States: www.humanesociety.org

Last Chance for Animals: www.lcanimal.org

Farm Sanctuary: www.farmsanctuary.org

A World Well-Fed: www.awfw.org

The VegFund: www.vegfund.org

Compassion Over Killing: www.cok.net

Meatless Mondays: www.meatlessmondays.com

Paul McCartney explains the meat industry: www.meat.org

Dr. Gregor's Nutrition Facts: www.nutritionfacts.org

Kaiser Permanente, The Plant-Based Diet: www.kaiserpermanente/ThePlantBasedDiet.org

Local Vegan Meet-Up Groups & Classes:

PlantDiego: www.plantdiego.com

San Diego Vegans: www.meetup.com/sandiegovegans

New Options Food Group: www.newoptionsfoodgroup.com

Plant-based Living: it's a trifecta of wins.
Good for your health, good for the environment, good for the animals.