

Welcome to the Seattle DIY recipe book! This is the biggest compilation we could get of rad vegan & vegetarian recipes from the collective, our friends, family, and anybody else we came across in the last few months. We wanted this to be a fun project, not a grueling one, so mostly the recipes aren't too formal and there isn't much of a theme besides "food we like to cook + eat."

We tried to use as many commonly-dumpstered ingredients as possible, but the only real restriction is that everything's meat-free. Some recipes were converted from meat versions, some are vegan by accident, a few are non-vegan but probably convertible, and it's all REALLY tasty.

Every recipe has its own card, and the zine is bound so you can add your own, rearrange, or take out cards if you want. Most of the recipes are made to be played around with too—turns out a lot of us don't measure, we just guess until it tastes right. So use this pile of recipes as a starting point, change it until you like it, and you'll end up with some pretty awesome food.

Thanks to everybody who taught us how to dumpster our food, chop onions, cook quinoa, and bake without eggs. You're our heroes.

-SDIY, April 2008

A few handy abbreviations:

c	a cup- you know: 8oz, 16 tablespoons
t or tsp	teaspoon- usually you can use a real teaspoon instead of a fancy measuring spoon for cooking
T, TB, or tbsp	tablespoon- the larger of the two spoons

The only terms you should need to know for these recipes, as we know them:

Sauté: Cook (usually onions) on medium heat until onions get soft and a little brown, while stirring.

Sift: There are flour sifters to get out every lump in a fine powder, but stirring them all out should work well enough.

Press: To get the liquid out of tofu, squish it with your hands or press it through a cheesecloth.

Beat: Use electric mixer, or stir vigorously

Mince: Cut up into tiny bits

Marinate: To let something that doesn't have much flavor soak up sauce

PS: *1 egg = 1 banana, but you'll taste it!

Dumpstering (reprinted from SDIY Guide to Seattle)

Dumpster diving, when done properly, is a safe and fun way of getting food, furniture, books, and who knows what else. If you've never done it before there are things you really **MUST** know before going. Usually dumpster diving is illegal, so you should take all necessary precautions before going out and diving in.

Etiquette

1. First come first serve.

Dumpster divers don't own the dumpster. If someone is there when you arrive, respect their space and if there's enough room then hop in too. Don't demand a share of their spoils, however, making trades is often appreciated.

2. Take only what you need.

Many dumpsters have multiple groups of people who go to them at different times of the day or night. That means that if you clean a dumpster out of everything good, and you won't use everything, then it'll just go to waste again, whereas it could have been picked up by other dumpster divers at a later time.

3. CLEAN UP YOUR MESS!

Many stores and employees at stores don't mind dumpster divers (many employees dive themselves), but they'll start to mind if the divers make a huge mess. This is especially shitty for the employees, who are usually regular people like us, who already have shitty

jobs. Let's not make their jobs shittier. Think of it this way: if you leave a mess, it's fairly likely that the business will start to lock their dumpster, which will greatly suck for you and anybody else who uses it. Leave it as nice as or nicer than you found it.

4. Don't spoil sites.

We don't want to bring unwanted attention to dumpsters. The more people you tell, the more likely it is that someone will go there and fuck things up. Use discretion when telling people about the places you frequent, and if you tell people who are new to dumpstering, be sure to tell them about good dumpster etiquette.

Tips

1. Safety!

Go with another person! It's good to have backup, because you never know who might be there. Also, be aware of where you're putting your hand, because just like with everywhere, there are junkies who might leave their needles places, or broken glass, or rabid dogs, or zombies.

2. Escape Routes.

If you need to get out of there in a hurry, it's good to know the best route to take. HOWEVER, don't run if the cops show up. Dumpster diving at most is a trespassing charge, which is a misdemeanor (ie, not a big deal), but they probably won't even charge you with that. It's good to also prepare an excuse why you're there.

3. Gear.

Good gear to bring is a large backpack, a flashlight/headlamp, and gloves. If you have a car, bring some crates. If you're on a bike, a rack is good. Just in case, wear clothes that you don't mind getting a little dirty, and quality solid boots.

4. Locations.

Use creativity; stores with return policies, stores with display models, stores with products that expire, stores that throw away scraps, etc, are all good possibilities. Also a fun thing to do is pay attention to store news - ie, if a cooler breaks down at Safeway, they'll throw away things in their coolers. Factories are good places to go, because they will often throw away a whole box of something if there is a single 'defective' component, or often will produce a surplus that they're not able to distribute. The sky is the limit!

Have fun, and play safe!

Dutch Babies (baked pancakes!)

1/2 cup milk

1/2 cup flour

2 eggs

Preheat oven to 450-500 with a dutch oven (cast iron frying pan) in it.

Whisk together flour and milk. When oven is pre-heated, add a tablespoon or 2 to the pan while in the oven. Move quick! While butter is melting, add eggs and whisk briskly together. Remove pan and pour in batter and immediately return to oven. Remove when golden brown. Pour melted butter on top from pan. Serve with topping.

Suggested: lemon juice and powdered sugar, maple syrup, or jam.

**We're thinking this could be vegan-ized with the vegan pancake recipe on the next card. Give it a try!*

Vegan Waffles/Pancakes

1 cup flour

2 Tsp baking powder

1 tsp baking soda

1/2 tsp cinnamon/nutmeg

1/4 tsp salt (optional)

1 cup soy milk

1/2 cup apple sauce

Mix dry ingredients then add soymilk and applesauce. Cook in oiled pan.

Perfect Vegan pie crust

2 cups flour

1 teaspoon salt

2/3 cup margarine

1/4 cup water

Sift flour and salt together. Take 1/3 of this and add the 1/4 cup water and stir to make paste.

Add the margarine to the remaining mixture (suggestion: freeze margarine and grate into flour)

Mix two mixtures together into a dough with hands. Spread into pie plates.

Salsa

1 can chopped green chilies
1 bunch green onions
1/2 red onion
1/4 cup balsamic vinegar
1/2 bunch cilantro
3 cloves garlic
salt and pepper (to taste)
1/3 lemon or 1/3 tsp to taste
4 tomatoes

Blend two of the tomatoes and garlic in a blender, chop remaining ingredients. Toss all ingredients together.

TOMATO SALSA

Ingredients:

10-20 tomatoes, depending on size
1-2 red onions
1-2 white or yellow onions
2-4 bunches of cilantro
5-6 cloves of garlic

Juice of 2 or 3 limes (or lemons)
A few splashes of white wine
vinegar
Several jalapenos
Salt
Pepper

Preparation:

Chop and add tomatoes and cilantro; add onions, garlic, and jalapenos, all minced, into a mixing bowl. (Jalapeno seeds add significant heat; core them if you like.) Add lime/lemon juice, salt & pepper, and vinegar progressively, tasting as you go. Chill the salsa in the refrigerator for at least an hour for flavors to mix.

The proportions on this are loose, and should be based around the amount of tomatoes you have. Add or subtract everything else to your taste. Be careful not to overpower with vinegar, though you should be able to sense the tang it adds—the same is true for the jalapenos and garlic.

Dal (lentil soup)

1 1/2 cups red or brown lentils	1 tsp fresh lemon juice
4 cups water	1/2-1 tsp garam masala
2 dried chili peppers whole	1 tsp grated peeled fresh ginger root
1/4 tsp turmeric	
1/2 tsp salt	2 Tsp vegetable oil
1/2 tsp cumin seeds	1 cup sweet onion

Put water in medium pot with lentils, chili peppers, turmeric, and salt. Boil, reduce heat and simmer and stir often for approximately 30 minutes.

When lentils almost cooked, heat (med/high-med)oil in pan, cook cumin seeds 10-15 seconds. Stir in onions and ginger, cook until onions brown (~15 minutes at med heat)

When lentils are tender, discard peppers and add onion mixture, lemon juice, garam masala, and salt to taste.

Benji's tofu paté, tuna salad, or potato salad

Ingredients

Tofu, 1 brick

Vegenaise, 1c

Mustard

Sriracha, 1t-1T

Braggs, 1/2T

Nutritional yeast, 1T

Turmeric, 2t or more

Cayenne, a light dusting

Dill, 1t

Vinegar (optional) 1/2t

Lemon juice 1T

Directions

1. Press all the water out of the tofu
2. squish it into a mush, blend with a fork
3. add vegenaise, mustard, sriracha, braggs, then the rest of the spices.
Use as a chip dip or spread on toast.

**Tuna salad and potato salad alternates on next card*

Alternate 1:

Press all the water out of the tofu, then freeze for a few days. This changes the consistency to make it more "meaty." Thaw tofu, blend with spices, mince some celery, and add. Voila! You got yourself a fake tuna salad! You'll want to add more dill, less turmeric, and no sriracha. Maybe more veganaise. To make a delicious sandwich, spread on bread and add avocado slices. This is a pretty flexible recipe- get rid of things, add stuff, have fun!

Alternate 2:

Add boiled potatoes, celery, and other veggies for a potato salad.

Vegan fudge

I fully expect to lose about half my friends after they know how to make this on their own.

-Emily

3.5c vegan powdered sugar

½c cocoa (I think Hershey's tastes best)

6T Margarine

¼c soy milk, +some extra

1T vanilla extract

¼t salt

1c Crushed nuts (optional)

Fudge pan. Size and shape don't really matter, I think mine is 5" x 5"

Also, you'll need a double boiler. I don't know how to do it without one, but it's SO EASY*. The instructions are basically "heat & stir."

*see diagram below

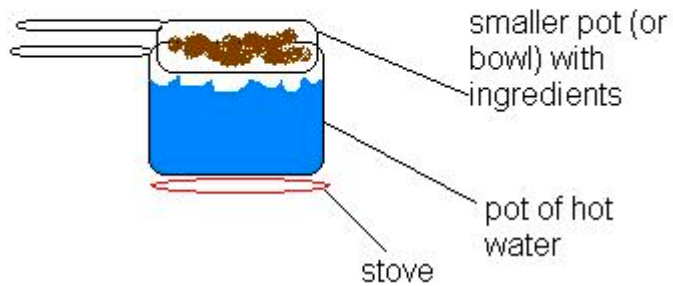
Instructions:

1. While the double boiler water is heating up (high heat to start), put these things in the top part (but not over heat yet):
Powdered sugar, cocoa, margarine, 1/4c soy milk
2. Wait until the water on the stove is boiling, then turn down heat so it's just bubbling a little.
3. Set top part with fudge ingredients over water
4. Heat & stir
5. After it's mixed, add a bit more soy milk.
6. When it starts looking like fudge- glossy, melty chocolate that's not too lumpy- stir in nuts if you want. Then pour in pan to cool.

Tip #1: If I want the entire pan to come out in one big, impressive-looking block, like when I mail it to my grandma for Christmas, I line it with plastic wrap instead of greasing it.

Tip #2: To make almond fudge, add ¼t almond extract and use chopped almonds. Similar principles apply for peppermint, etc. fudge. Mmmmm.

**DOUBLE
BOILER**



Super Easy Savory Lentil Tofu Bake

Ingredients:

1 large can of lentil soup
1 block of extra firm tofu (I like Wildwood) cut into thin strips
Enough elbow macaroni for 4 people
3 carrots, diced

4-5 red potatoes cut into small chunks
salt and pepper/garlic
salt/nutritional yeast to taste
1 tsp olive oil
Casserole dish
Foil

Preheat oven to 400°. Cook elbow macaroni as directed on box. Lightly grease casserole dish with olive oil. Line the pan with half the tofu. Then place the carrots and potatoes in a layer on top. Pour the can of lentil soup over the whole thing. Season with garlic salt, pepper. Then take your remaining tofu and layer it over the top of the dish. I like to sprinkle the top layer of tofu with nutritional yeast and fake parmesan. Cover with foil and bake for 40 minutes. Take foil off and bake another 10 min. Serve over elbow macaroni. Should serve about four people, or 2 if you're really hungry.

SOME HEARTY-ASS MUSHROOM GRAVY

This is almost a stew, really, and totally rules with just about any savory dish you can think of.

You need:

*1/2 LB OF MUSHROOMS: I usually use crimini. they're cheap and taste better than your standard white mushrooms. they need to be chopped VERY finely, practically into mushroom mulch.

*A PACKAGE OF FOUR FIELD ROAST SAUSAGES: apple sage or italian work the best. chipotle doesn't work as well. also, tofurkey works in a pinch. chop them about the same as the mushrooms.

*FLOUR: I use wheat but use whatever you want. you don't need much, just enough to thicken it up.

*NUTRITIONAL YEAST

*BRAGGS LIQUID AMINOS: soy sauce can work as a substitute.

*UNSWEETENED SOY MILK

*OLIVE OIL

*BALSAMIC VINEGAR

*ONE YELLOW ONION, super-finely chopped

*ONE BULB OF GARLIC, super-finely chopped

*DILL

*THYME, preferably fresh and chopped

*SALT & PEPPER

- 1) Once you've chopped everything, heat up your oil in a large, deep sauce pan. You want to make sure you coat the bottom in a thin layer. After it's hot, throw in the chopped onion and garlic and sauté.
- 2) When the onions and garlic start to brown, throw in the mushrooms and field roast and reduce to medium heat. Drizzle with balsamic vinegar and bragg. No need to go overboard, you can always add more later.
- 3) Cook for another ten minutes or so, or until everything has cooked down a bit. Stir in dill, thyme, salt and pepper to taste. I recommend a lot of dill and black pepper.

- 4) In a separate bowl, mix a handful of flour and 2 cups of the unsweetened soy milk. Stir until it is thick and creamy. You may need to add more flour. Once you have the consistency you're looking for, pour it into the sauce pan with the mushrooms along with 1/4 cup of nutritional yeast.
- 5) Let the gravy cook for a five more minutes, then start tasting to see if it needs more vinegar, braggs, salt, pepper, etc. and season accordingly. Once you're happy with the flavor, reduce the heat to simmer and serve with seitan, potatoes, biscuits, etc.

EGGPLANT BEET BAGEL DELIGHT!!!

This is an awesome, easy-to-make sandwich (and totally vegan if you get the right bagel)

You need:

SPINACH

AN EGGPLANT: sliced into medallions about half an inch thick (I recommend peeling it or kneading it very thoroughly before slicing, otherwise you'll take a bite and pull the whole slice of eggplant out).

A BEET: sliced, about a quarter to half an inch thick.

A YELLOW ONION, sliced into rings, thick as you like

AN AVOCADO, thinly sliced

A BAGEL: I prefer caraway seed

VEGENAISE

EARTH BALANCE

SWEET BASIL: for this recipe dried is fine

SALT & PEPPER

- 1) Start by steaming the beets until they are still a little crunchy but softened up a bit
- 2) When the beets are close to finished, spread a thin later of earth balance on each side of the eggplant medallions, then toss them into a heated skillet and fry them up until they're sufficiently browned on both sides. Sprinkle with salt, pepper, and basil two or three minutes before removing them from heat. Set them aside. By this time, the beets should be done.
- 3) Throw a little more earth balance into the skillet and fry up the onion rings until they're golden brown. At the same time, slice your bagel and pop it in the toaster (or just heat them face-down with the onions).
- 4) Once the bagel is toasted, give it a healthy dose of vegenaïse on the bottom half along with some avocado slices and little pepper if you like
- 5) Stack the eggplant, beet, and onion slices and top with spinach and the other half of the bagel. There you have it. Enjoy!

Sweet and Spicy Blackbeans

Ingredients:

- +2 cans black beans or 1 cup dried black beans
- +medium yellow onion
- +a bunch of garlic (half of a medium bulb)
- +honey (agave nectar or sugar would be just fine)
- +spicy stuff (crushed red peppers, whole chiles dried or fresh, sambal, cock sauce (sriracha) or tapatío, etc.)

- +a tomato or tomato paste or whatever canned tomato stuff you have in your BOUNTIFUL pantry
- +veggie sausage if you so desire/have it
- +Cilantro or crushed coriander seeds
- +cumin

If you're using dried beans, cover them in water and let them soak for five hours or so. Drain the beans, add new water and boil them for what could seem like ages until they are tender. Check on your beans every so often and make sure the water level doesn't get too low. I've had sad experiences of being so hungry and the beans just burning because of my negligence/disposition.

In a bigish pan heat olive or some other type of oil (vegetable, corn, peanut, etc.) on medium-hi heat. Add your onion all chopped into small squares or sickles. Tenderize em until they are kind of glassy. Then add your garlic, all minced like. Give em about 30 seconds or so in there. Add your tomato, chopped, to this base. Now would be a good time to start thinking about love and the people you are cooking/potentially cooking for. With each stir/smash of your spoon spatula thing add little bits of love. Concentrate on how good its gonna be. Act joyful. Sing, think positively. Add your spicy ingredient of choice, you get to decide the level of passion. Add coriander/cilantro and a few (2-3.5) teaspoons of cumin. Let that hang out for a lil bit. The flavors will now start to mingle and bind to each other. If you see stuff getting brown it's not too late. Quickly add your beans. If you're using cans, there is no need to drain them. Add your veggie sausage and honey if you're down with bee byproduct. Simmer on lo-medium heat. Add salt/nooch yeasties to taste.

I like this dish to be saucy. I add water if fluid levels get too low. I let it simmer for a good 15-30 minutes, all the flavors consummate that way. I serve it with rice if I've got it. I love this dish, its good energy food for any day of the year. Don't forget to share and make this with old/new friends.

Friendchiladas!

This recipe is better if you have 2 friends to help.

Things you'll need:

15-20 corn tortillas
2 large cans of enchilada sauce
(red or green)
2 green chilies
2 packages of seitan (chicken or
beef)
2 large cans of vegetarian beans
1T of oil
2 packages of your favorite fake
cheese

+Any other veggies you want to
throw in.

Some ideas: onion, olives,
corn, peppers

The supplies:

1 baking pan
1 pot
Multiple spoons
Multiple bowls

How to do it:

Put the beans + oil in the pot & stir it up real good

1/2

Cook until it's *warm*

Put the enchilada sauce in a bowl

Grate the cheese & chop veggies

Line up friends.

One person will have the bowl of enchilada sauce & tortillas.

One person will have a spoon & the warm (not hot) beans & veggies

One person will have the seitan & cheese

1st person dips tortilla into enchilada sauce, making it wet & pliable, then hands it off.

2nd person spoons the beans & veggies into the tortilla, then hands it off.

3rd person puts seitan & cheese in, then rolls & sets into pan.

Fill the pan up with enchiladas. Pour the rest of the enchilada sauce over them & top off with remaining cheese.

Cook for 45 minutes, eat, then have a food fight & help with the cleanup.

Teeley's Potato Soup

3 cloves of garlic (not peeled)	1½c water
2T olive oil	4oz tofutti cream cheese
1/2c chopped onions	2T flour
4 large Yukon gold potatoes, diced (or 2 red potatoes, or mix!)	3c soy milk
2 cubes veg. bouillon	1½ large carrots
1/2t salt	1 head cut broccoli
	+other vegetables that sound good

Start roasting garlic 10-15 mins. before everything else*. Sauté chopped onions with olive oil in soup pot. Once onions are soft add potatoes in with the bouillon, water, and salt. Only use enough potatoes to just reach the top of the water, in order to leave enough room for the other veggies. Cover and cook on medium heat for 15 minutes. Cut up and add carrots while it's cooking. Take the garlic out of the oven, peel and smooch it up in a cup or bowl. Microwave cream cheese for 1 min. and blend with flour and garlic until smooth. Stir into the pot. Add broccoli + soy milk. Heat until boiling, stirring occasionally, let boil for one minute. Season to taste.

* To roast garlic: cover with olive oil and cook wrapped up inside a little foil pouch at 375°

Cheesecake (not vegan)

Equipment:

8" spring form pan

Roasting pan

Aluminum foil

Crust:

2 cups ground cinnamon graham
crackers

1 stick butter, unsalted and melted

Filling:

2 blocks of cream cheese, softened
(1 pound total)

1 cup sugar

3 eggs

1 pint sour cream

2 tbsp espresso

Instructions:

1. Preheat oven to 325°
2. Boil a pot of water

Crust:

1. Mix cracker crumbs with butter
2. Spray bottom & sides of springform pan with cooking spray (or just butter it up)
3. Pour butter/crumb mixture into pan and spread evenly
4. Pack down with bottom of a small cup (measuring cup works well)

5. Refrigerate to harden. Leave in fridge while making filling.

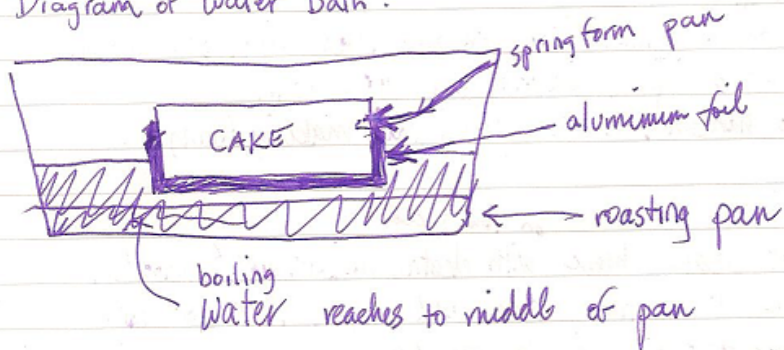
Filling:

1. In a bowl, beat cream cheese on low speed with electric mixer until smooth. Add eggs one at a time, then add sugar. Beat for three minutes. Beat more for fluffier cake, less for denser cake.
2. Add sour cream and espresso, beat until mixed.

Assembly of Bain Marie (waterbath) and making:

1. Get crust out of fridge, it should be hard now. Place springform pan on large aluminum foil and fold up sides.
2. Place pan in roasting pan.
3. Pour filling into the pan. Smooth the top with a spatula.
4. Place roasting pan on a rack in the oven.
5. Pour boiling water into the roasting pan. The aluminum foil prevents the cake from getting wet. Water should go up to the middle of the cake pan. Water both ensures even cooking temperature and prevents cake from cracking.
6. Bake for 45 minutes. Center will start to jiggle. Let stand for 30 minutes at room temp.
7. Loosen cover with foil and refrigerate for a few hours, or overnight.
8. When ready to serve, run a knife around the inside edge and release the cake.
9. Slice, serve, enjoy.

Diagram of Water Bath :



Awesome Vegan Brownies from Rita!

Ingredients:

2 1/3 cups of flour

1 cup of water

1/2 cup vegan margarine

2/3 cup cocoa powder

2 cups of sugar

1/2 tsp. salt

1 tsp. vanilla

2 1/2 tsp. baking powder

1. Mix 1/3 of the flour in saucepan with the water. Stir constantly, on medium heat until the mixture is significantly thicker and boiling (or on the verge of boiling). Cool completely.
2. Melt margarine in microwave & then stir in cocoa powder.
3. Beat sugar, salt, & vanilla into the flour-water mixture. Add cocoa mixture & stir well.
4. Stir together 2 c. flour & baking powder, then add the previous mixture.
5. Bake in 9"x13" pan @ 350° for 20-25 min.
6. ENJOY~

Vegan frosting

- * 1/2 cup solid vegetable shortening
- * 1/2 earth balance softened
- * 1 teaspoon Clear Vanilla Extract
- * 4 cups sifted confectioners' sugar (approx. 1 lb.)
- * 2 tablespoons soy milk

In large bowl, cream shortening and butter with electric mixer. Add vanilla. Gradually add sugar, one cup at a time, beating well on medium speed. Scrape sides and bottom of bowl often. When all sugar has been mixed in, icing will appear dry. Add milk and beat at medium speed until light and fluffy. Keep bowl covered with a damp cloth until ready to use.

For best results, keep icing bowl in refrigerator when not in use.

Refrigerated in an airtight container, this icing can be stored 2 weeks.

Rewhip before using.

Makes about 3 cups.

Vegan cheese sawse

You'll need a sauce pan

Ingredients:

1/2 cup flour

1/2 cup nutritional yeast

1 1/2 cups water

2 tbsp fake butter

1 tbsp yellow mustard

Garlic salt to taste

(add cumin, if you like to eat delicious things.)

Directions:

Mix the nutritional yeast and flour together. Put the burner on medium heat and slowly stir in the water. Keep stirring- the mixture burns to the bottom of the pan easily.

After you've added the nutritional yeast and flower and water the mixture should take on a creamy consistency. Take the pan off of the burner and add the fake butter, yellow mustard, garlic salt and (possibly cumin).

Now you have delicious cheese sauce for mac and cheese or nachos! (for nacho consistency, add less water)

Sweet potato fries!

The stuff that needs to go in for it to be food:

2 large unpeeled sweet potatoes (about 2 pounds)

1 tbsp olive oil

1/4 tsp black pepper

1 tsp ground coriander

Vegetable cooking spray

1 tsp of ground cumin

Directions:

Pre-heat yr oven to 425°!

Wash those tatoes!

Cut them into french-fry strips!

Put the oil, cumin, coriander, and pepper in a large mixing bowl!

Put the tatoes and the mixture together and make sure that the mixture coats those tatoes realll good!

Now lay that shit flat on a pan that has been coated with veggie cooking spray and cook for 15-20 minutes on both sides!

Asparagus Fajitas

Filling:

- 1 pound asparagus
- 1 red bell pepper
- 1 green bell pepper
- 1 small red onion
- 1 Serrano or jalapeno pepper

Marinade:

- 1 packet taco seasoning (Old El Paso makes one that's vegan)
- 2-3 garlic cloves, minced
- 1/4 cup vegetable oil
- Juice of 1/2 to 1 lime

Cut asparagus into 1-inch pieces. Slice bell peppers and onion into 1/4-inch strips. Chop up hot pepper (deseed and pit the pepper if you don't like things too hot). Place the vegetables in a large bowl.

Mix the marinade ingredients together. You may need to add more oil or lime juice if the marinade is too thick. Pour over vegetables, stir, and set aside to marinate for 30 to 60 minutes.

Cook over medium heat in a large frying pan or wok for 6-8 minutes. I like my asparagus to be just a little on the crunchy side - yum! Serve in warm flour tortillas.

Red Lentil Carrot Soup

1¼ cups red lentils
2 medium-to-large carrots,
chopped
3-4 cloves garlic, chopped/pressed
(too much is never enough)
1 medium onion, chopped

2 cups vegetable broth (you can be
cheap and use Rapunzel's vegan
bouillon cubes instead of the stuff
in a can - I won't tell)
3 cups boiling water
Salt and pepper

Heat the olive oil in a large soup pot and cook the carrots, onion and garlic over medium heat until the vegetables begin to soften, about 5 min.

Add the lentils, vegetable broth, and boiling water. Season with salt and pepper and bring to a boil. Simmer, uncovered, for 15 min. until lentils are very tender. You may need to add more water as the soup cooks if you don't like your soup thick. Allow to cool for 10-15 minutes.

Pour about half the soup in a blender, blend until smooth. Please make sure the soup is sufficiently cool and that you fill the blender less than halfway. I do not want to be responsible for your second-degree burns. Place in a bowl or other clean receptacle. Blend the other half of the soup. Return soup to the pot and warm until hot enough to eat. Enjoy with homemade bread.

Nunug Soup from Rita!

Ingredients:

1 cup of lentils

3 ½ cups of water

1 small can of tomato paste

1 pack of Shell Pasta (Or another sort of pasta)

2 lemons

2 big garlic cloves

¼ cup of olive oil

2 teaspoons of salt

1. Put the lentils in a saucepan with the water. Let boil.
2. Meanwhile, mix together the tomato paste, the garlic, the lemon juice, the olive oil, and the salt.
3. Once the lentils boil for about 10-15 minutes, make sure they are soft. If so, add in the Shell Pastas.
4. Once the pasta is cooked, add in the mixture from #2.
5. Boil for about 10-15 minutes. Enjoy!

Cappelletti fried spaghetti

Ingredients:

Elbow macaroni, or another pasta
(not long noodles, ignore the
name)
Veggie bacon
Corn oil

!Salt to season
+Frying pan
+Pot for boiling pasta & colander
+Plate to let bacon "drain"

1. Boil as much pasta as will fit in your frying pan (cook according to the box's instructions).
2. While that's getting ready, fry 2-3 strips of bacon per pasta serving in corn oil
3. Set bacon aside but leave extra oil in pan
4. Put cooked pasta in frying pan and start to fry the noodles. You might need to add a bit more corn oil. Stir it up occasionally.
4. Break the bacon up into little pieces.
5. After noodles are mostly fried—they get crispy and turn kind of golden in places—throw in the bacon pieces and serve **WITH SALT**. The salt is really, really important.

Vegan creamed spinach

I improvised this and have no idea if it's really how creamed spinach is made. I do know this tastes great. Amounts vary depending on how much spinach you have, and I think it's impossible to screw up the proportions. Just make sure there's enough liquid to get the spinach all fairly wet.

Also, you'll need some sort of food processor. I use a "magic bullet."

Ingredients:

Rice milk

Margarine

Garlic powder

Garlic cloves (I like the spicy-tasting ones)

Olive oil (probably only need a splash)

Spinach

Steam as much spinach as you want. Meanwhile, warm the rice milk, margarine, and garlic over medium heat.

Combine steamed spinach and liquid in food processor. Blend just enough to look creamy. Re-warm over stove + eat.

Beans are awesome! from Jessica G.

This is pretty much what I lived on in college. It's still good and consists of only a few ingredients. I used to mix it with pasta if I had it or eat it on toast and pretend I was a Mediterranean gourmet.

1 can of your preferred bean (really good with pinto, cannelloni, great northern and butter beans)

1 - 1½ TB oil - olive, canola, or veggie is fine (just enough to get the job done)

A generous amount of basil, oregano, cilantro or flat parsley. Basil and oregano work well together if you have both; same with cilantro and parsley. For fresh herbs, just tear the leaves up and throw them in when the beans are almost finished. Fresh basil is AWESOME in this recipe.

1 clove garlic, minced

Small amount crushed red pepper

½ c. vegetable broth if you have it, if not, no worries

¼ of a yellow or white onion, chopped OR a few green onions, chopped

Black pepper, salt

A handful of spinach

1 medium tomato, chopped

- 1) Heat oil in some type of medium sized pan
 - 2) Add onion and cook on medium-low heat until translucent.
 - 3) Add garlic and beans. Stir so the garlic doesn't burn.
 - 4) Add any dried herbs you're using, red pepper, salt and black pepper.
 - 5) If you're going to add the broth, do so now and turn the heat up and simmer until most the liquid is absorbed/evaporates (about a minute).
- If you're not using broth, just skip to the next step.
- 6) Add any fresh herbs and spinach. Cook until the greens just start to wilt and turn a deeper shade of green.
 - 7) Remove from heat and mix in the chopped tomato.

Falafel + Tahini sauce from Jessica G. (respectfully adapted from Vegan with a Vengeance by Isa Chandra Moskowitz)

This recipe is a lot easier to make with a food processor than without, but can be done. You'll just need to mince the veggies and pulverize the hell out of the chickpeas, then mash it all together. These are awesome leftover- I've eaten them three or four days later and they were still great!

2 c cooked chickpeas (definitely rinse and drain them first)

1/4 c whole wheat bread crumbs (or really, any kind of breadcrumbs or smashed crackers you can get your hands on)

2 TB all purpose flour

1 medium sized yellow or white onion, chopped (also good with a handful of chopped green onion)

2+ cloves of garlic, chopped

1/2 tsp baking powder

1 tsp ground cumin

1/4

1 tsp ground coriander
1/4 tsp cayenne pepper
1/2 tsp salt

Black pepper (as much as you like!!)

¼c (at least) chopped fresh flat-leaf parsley OR cilantro

1-2 TB of some kind of oil- vegetable or canola

stuff you'll want to serve it with:

A bunch of pita bread. also good on naan or lavash. basically, whatever flat bread you have.

Tahini sauce (recipe follows)

Lettuce (shredded, with some parsley/cilantro, lemon/lime juice, salt & pepper mixed into it)

Mixed together: a couple TB lemon/lime juice, salt, pepper, and chopped tomato, cucumber

+a bit of whatever kind of onion you used in the falafel

Tahini Sauce

8 tsp olive, canola or veggie oil	juice of 1 lemon (or 2 limes)
3 cloves chopped garlic	black pepper
½c tahini	½tsp paprika
2 tsp balsamic vinegar	¼cfresh parsley or cilantro
½tsp salt	½c cold water

- 1) Mix ingredients together in a food processor or blender until the herb is finely chopped.
- 2) Refrigerate for about half an hour in an airtight container. If it gets too thick mix in a little water to thin it out.

Making the falafel:

- 1) in food processor, combine chickpeas and bread crumbs/smashed crackers. Pulse 30 seconds until the chickpeas are chopped.

- 2) add remaining ingredients through pepper and process. Add the rest, process again until relatively smooth but still coarse. It'll be green!
- 3) Transfer to bowl and refrigerate for at least an hour. Isa's recipe says 1/2 an hour but it makes for falling-apart falafel. If you can, keep it in the fridge for several hours- it'll be way easier to handle.
- 4) Roll into balls and flatten them into about 2" diameter discs.
- 5) In a large frying pan or skillet heat a 1/4" layer of oil. Test it by throwing a pinch of batter in. It's ready when the oil immediately bubbles rapidly.
- 6) Cook falafel in batches for about 2- 3 minutes per side. Keep them in there until the outsides are browned and crunchy.
- 7) Remove from pan with slotted spoon or spatula (or whatever you've got that won't spear them and cause them to crumble), and drain on a flattened paper bag.
- 8) Stuff pitas with falafel, tahini, lettuce & veg mix.

Yummy Lentil Slop

You will need:

olive oil

big-kid can of tomato sauce (32 oz?)

1 large yellow onion, diced

3-5 cloves of garlic, crushed

your favorite seeded mustard

honey (optional, according to ethos)

2 cans coconut milk

1 lil' tub better-than -cream cheese, cubed

about 1/2 lb of your favorite veggies, in manageable chunks

1 cup red lentils

A buttload of curry powder

salt to taste

fresh basil to taste

Serves.... 10?

Bust out a large soup-pot, and cover the bottom with about a half inch of olive oil. Get it nice and hot, then add the onion and sauté until tender and transparent. Pour in the tomato sauce, toss in the garlic, and let simmer for a few minutes to get hot. Stir in the not-cream

cheese until it melts, then add a big spoon-glop of mustard, and a 5-10 second squeeze of honey. Next, dump in a bunch of curry powder. You'll have to estimate how much heat you can handle, but I've never ever had this stuff turn out too spicy, or too salty. Lentils absorb a lot. Let all this business cook on low for about five more minutes, then add three cups of water and your cup of lentils. Stir until all is blended and bring to a simmer. Allow pot to simmer for about 20 minutes, then add your veggies and coconut milk.

Honestly, cooking time has always been really erratic. I'd say give yourself at least an hour total to let the slop achieve maximum creamy deliciousness.

Salt and taste throughout at your discretion. When you're ready to dish out the slop, serve it in a deep bowl with the fresh basil as a tasty garnish, and a nice chunk of whole-grain bread for dipping/scooping purposes. This is a hearty meal, good for gatherings of buddies or to eat off of all week.

Drink some cheap dry red with it, and you are good to go!

APPLESAUCE

Ingredients: Apples, lemon juice or rind, and cinnamon.

Optional: nutmeg, ginger, cloves, cardamom, other spices

Applesauce FAQ

Q: How many apples do I need to make apple sauce?

A: Empirical evidence shows the minimum number of apples which can be made into apple sauce is one.

Coring is the only really important prep the apples require. A table mounted peeler/corer/slicer (which someone you know probably has) is exceptionally useful and quick, but not necessary. At minimum, remove the seeds, cores, and slice into pieces—they don't need to be small. Heat the apples in a pot, stirring constantly so the sugar doesn't burn. (Most apples are juicy enough not to require any water; if you are having trouble with apples sticking and burning, some may be added.) Once the apples "sauce," add spices (cinnamon, necessarily; cloves, cardamom, ginger, and nutmeg are also good) and lemon juice (or rind) to suit your taste. The applesauce only needs to cook until it is thoroughly saucy, spicy, and delicious.

VEGAN BANANA BREAD

Ingredients

½ c brown sugar

½ c white sugar

½ c margarine, at room temp

3 mashed bananas; ripe, overripe, brown, and black bananas are all encouraged.

2 c flour

½ tsp baking soda

½ tsp salt

¼ c soy milk + 1 tsp apple cider vinegar

2 tsp vanilla

1½tsp cinnamon

1/3 tsp allspice

optional & delicious: nuts (esp. walnuts) and chocolate chips

Preparation:

Pre-heat oven to 350°. Rub a loaf pan with oil or margarine.

Dry ingredients: mix flour, baking soda, salt, spices.

Wet ingredients: with a handheld mixer, cream together margarine and both kinds of sugar. Add bananas. Add soy milk/vinegar mixture.

Add wet ingredients to the dry, and continue mixing. Fold in nuts and chocolate chips. Fill pan with batter & bake for an hour and a few minutes, or until an inserted fork comes out clean.

QUINOA/GREEN SALAD W/TAHINI AND APPLE/PEAR VINAIGRETTE

Lots of ingredients but actually really simple. And tasty.

1 lb. of your favorite mixed greens
1 cup quinoa
1/2 teaspoon fine grain sea salt
1 can garbanzo beans
1/2 cup cilantro, chopped
1/2 red onion, chopped

Tahini Dressing

1 garlic clove, smashed and chopped
1/4 cup tahini
Zest of one lemon
scant 1/4 cup fresh lemon juice
2 tablespoons olive oil
2 tablespoons hot water

scant 1/2 teaspoon fine grain sea salt

Vinaigrette

1/4 cup ginger, minced
2 cups pear, peeled, cored, and diced
1/2 cup apple juice (if you can, spring for the good stuff, none of the concentrate garbage).
1/4 cup apple cider vinegar
1/4 cup brown rice syrup
1/4 cup walnut oil or olive oil
1 T. sesame oil
1/2 t. salt
1/4 t. ground cardamom

1/3

Again, this recipe is actually pretty simple and is made in phases. You're going to want to prepare the quinoa in advance, with enough time to cool it in the refrigerator. We'll start with that. ALSO, don't chop the onion or cilantro yet. Wait until right before you serve the complete dish. More on that later. Rinse the quinoa. In a medium saucepan heat it with 2 cups of water until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Quinoa is done when you can see the stem-curlique thingy in each grain, and it is tender with a bit of pop to each bite. Drain it thoroughly, place it in a covered bowl, and let it cool in the fridge for about two hours.

In the meantime, you can work on the dressings:

TAHINI: Mix the garlic, tahini, lemon zest and juice, and olive oil. Add the hot water to thin it a bit and then the salt. Pretty easy, right?

VINAIGRETTE: Squeeze all the minced ginger in your hand over a small bowl to catch all of the juice. This should yield at least 2 T. You may then discard the minced ginger (or use it in another dish). Transfer the ginger juice to a blender or food processor, add the remaining ingredients, and process for a couple minutes until it's nice and creamy.

THE FINAL DISH

So you've got your dressings ready and the quinoa is cold. Here's the phase and it's really easy.

Chop the red onion and cilantro. Open the can of garbanzo beans. Toss it all into the quinoa along with half of the tahini and stir. feel free to season with whatever else you want to taste.

Cover each individual bowl with a bed of the mixed greens, then top with the quinoa and serve w/tahini and vinagrette on the side. Sprinkle sesame seeds or other nuts on top for a super healthy meal!

JADN'S MOST TRIUMPHANT VEGAN MANICOTTI

*This is actually a variation on my friend's recipe and I have taken a few liberties with the instructions (Sorry).

*All the measurements here are approximations so don't feel any dire need to adhere strictly to them.

Manicotti/stuffing

1 box of manicotti pasta
1 block of tofu, medium firmness
1 package of vegan mozzarella,
shredded (this is optional)
2 small jars of artichoke hearts,
chopped (pretty small pieces work
better,
I think)
1 small can of black olives, drained
and chopped

1 small red onion, minced
at least 5 larger cloves of garlic,
minced (I can never get enough,
personally)
oregano (fresh and chopped, if
possible)
basil (same)
dill (dry might be better for this)
black pepper
salt

Pasta sauce

6-8 large, red tomatoes	1 at least 3 big cloves of garlic, minced
1 medium can of tomato sauce	
1 package of smartground or other vegan ground-beef alternative	1 teaspoon basil
1 green bell pepper, chopped	1/2 teaspoon oregano
1 medium yellow onion, diced	1/2 teaspoon thyme
	1/2 teaspoon fennel (dried)

- The tofu, which will serve as the manicotti stuffing eventually, needs to be prepared an hour or more ahead of time. Make sure you drain it of as much water as possible before you begin.
- In a bowl, mash the tofu block into a scramble/mush consistency. Drain the oil from one of the jars of artichoke hearts into the bowl, along with the onion, garlic, olives, oregano, basil, and dill. Stir, then let it sit for at least an hour or so before you continue.
- Depending on how fast you are, you're going to want to start on the sauce 20-30 minutes before you continue with the tofu stuffing.

- In a large saucepan, heat a few tablespoons of olive oil in at medium/low heat. Once the oil is hot, add the chopped onion and garlic and stir occasionally for about 4 minutes.
- Throw in your smartground, tomato, bell pepper, fennel, oregano, thyme and basil and cook for another 5 minutes or so, then add the can of tomato sauce. Stir occasionally and add salt and/or black pepper to taste. Turn the heat to simmer and stir occasionally. You can now turn your attention back to the tofu.
- To your tofu, add the chopped artichoke hearts, shredded veganrella (if you're using it) as well as the salt and pepper to taste. Once satisfied stuff each of the manicotti with your tofu concoction and arrange them along the bottom of your dish.
- Once you've filled the dish with your stuffed manicotti, cover it with the pasta sauce and then cover the dish with tin foil and put it into the oven, pre-heated to 350 degrees. Bake for roughly 30-40 minutes. You'll want to start checking on it at the 30 minute mark. When the pasta is completely soft, it's good to go! Take it out of the oven, let it cool a minute, then serve with pride!

Super-Easy Chaco Choco Brownies (Vegan!!) by Darcy Fawcett

I make these at Chaco Canyon Cafe, where i work. You can make good muffins with the batter too, but I prefer 'em as brownies.

preheat to 325 degrees.
grease a 9x9 or 9x13 pan.

in the big bowl, mix:

1 & 1/3 c sugar

2/3 c veg. oil

1 & 1/2 t vanilla extract

1/2 t salt

1/2 t cinnamon (if you want)

1/4 t nutmeg (if you really want)

1 & 1/2 c rice milk or other faux milk

in another bowl, mix:

2/3 c cocoa powder

3 c spelt flour (wheat should work ok too)

2 t baking powder

add the flour mix to the other stuff. mix it up. add: 1 c walnuts, or a little more. throw in some chocolate chips if you want.

bake 25-30 minutes, til it just barely passes the toothpick test. a little gooey is goooood.

"Nut Sacks"

The best trail mix ever, as created (and named) by my mom!

A cup or so each of:

Raw sunflower seeds

Pumpkin seeds

Pine nuts

Whole tamari almonds

Dark + light raisins

Dried cranberries

Ghirardelli 60% cacao chocolate chips

Adjust amounts, ingredients to your favorites but this is a really great base.

Vegan chocolate mocha pudding with cookies

Note This recipe probably tastes best within the first day or so of making it, so the cookies in the middle don't get too mushy!

Ingredients:

1 pkg instant chocolate pudding mix (jello pudding was vegan last time I checked)

1 1/2 cup of cold soy or rice milk, whatever you like best

1/2 cup cold instant coffee

12 oreos or other vegan sandwich cookies, divided

Vegan whipped cream (I like SoyaToo! brand, from at Sidecar, PCC and online)

4 tall dessert glasses or other tall containers

Directions:

Add milk substitute and coffee to dry pudding mix in medium bowl. Beat with a whisk for about 2 minutes or until combined. Spoon half of the mixture into the four dessert glasses. Crumble two cookies (or however many you want...) into each glass over pudding mixture. Stir your preferred amount of whipped cream into the remaining pudding mixture. Be careful not to make the whipped cream too flat. Add The pudding/whipped cream mixture to the four dessert glasses.

Refrigerate until cool, or set to the way you like it.

Top each glass with 1 whole cookie right before serving if you want, for decoration! :)

Crock Cheez from Amanda Swarr

½ pound of tofu, crumbled

3T nutritional yeast

2T tahini

2T lemon juice

1½ T miso (light)

1t onion powder

¾t salt

½t paprika

¼t garlic powder

½t dry mustard

Place all ingredients in food processor and blend. Chill for at least 1 hour.

Keeps for 1 week in fridge.

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We meet weekly to discuss what we can do to address the needs of the community and work on projects, and we're always looking for new members and new ideas. If you'd like to see what we're up to, visit our web site, seattlediay.com, or blog at <http://seattlediay.livejournal.com>

All SeattleDIY meetings are open to everyone! Check the seattlediay.com calendar for information about the next meeting.