

Vegan Comfort Food Recipes

*Rich, flavor-packed vegan recipes that will
warm the soul.*



VegHealth

Vegan Comfort Food Recipes

Brought to you by: The VegHealth Institute

This booklet will help you reunite with those heart-warming recipes that bring us all comfort -- without compromising your values.

Sharing these homemade dishes at social gatherings is an easy ice-breaking way to open dialogue with others about your vegan journey. The VegHealth Nutrition Mastery Program includes a lesson called “*How to Gracefully Overcome Social Challenges*.” In it, you’ll learn to gracefully turn down food in someone’s home and get your needs met at social gatherings, without overburdening the host with special requests. You’ll also learn to disarm and educate people who challenge or criticize your diet and lifestyle.

To learn more about the Mastery Program, visit www.veghealthmastery.com.

Wasabi Garlic Twice-Baked Potatoes

Recipe courtesy of Da Capo Lifelong Press and Chef Mark Reinfeld.

Yield: 2 Large Potatoes

Prep time: 15 minutes, Cook time: 55 minutes,

Total time: 70 minutes, Serving size: ½ potato,

Number of servings: 4

Wasabi is famous for its pungent sinus-clearing effects, which are attributed to its unique biochemically available isothiocyanates (the anticancer phytochemicals that all cruciferous veggies are known for). Besides being fun to eat, it also has potent antibiotic and anti-inflammatory properties. With fiber powerhouse potatoes and immunity-boosting garlic, this comforting side is a flavourful way to get some important nutrients. Top with grated vegan cheese, store-bought bacon-analogue bits or Coco Bacon, Vegan Sour Cream, and chopped chives, dill or green onion.

Ingredients

2 large russet potatoes (about 2 pounds)
½ cup unsweetened soy, rice, coconut, or almond milk
4 large garlic cloves, pressed or minced
1 Tbsp nutritional yeast (optional)
2 to 3 tsp wasabi powder
¼ tsp sea salt, or to taste
¼ tsp freshly ground black pepper
Paprika



Directions

1. Preheat the oven to 450°F. Poke several holes in the potatoes, using a fork, and place on a small baking sheet. Bake until a knife can pass easily through the potatoes, about 50 minutes, depending upon the size of the potatoes.
2. Slice the potatoes in half. Using a baking mitt or clean towel to hold each potato, carefully scoop out the inside of the potatoes into a large bowl. Taste and add additional salt, if necessary. Return the skins to the baking sheet.
3. Preheat the oven broiler on low. Mash the potatoes with a potato masher or strong whisk. Add all the remaining ingredients, except the paprika and potato skins, and mix well. Portion out the mixture evenly into the potato skins on the baking sheet. Sprinkle it with paprika and return to the top rack of the oven. Cook until the potato starts to brown, about 5 minutes.

Variations

Feel free to omit the wasabi. Replace the soy milk with Vegan Mayonnaise or Vegenaise. Experiment with different types of potatoes, or replace the potatoes with acorn or delicata squash.

Un-chicken Noodle Soup

Recipe Courtesy of Soup's On! By Mark Reinfeld

Number of servings: 6 to 8

Not quite what grandma used to make, this soup uses Beyond Meat chicken-style strips, or chicken-style seitan, a wheat product that takes on the texture and flavor of the animal product it aims to replace. If you have more time, and for those special holidays, add a few matzo balls.

Ingredients

5 cups vegetable stock or water
2 bay leaves
1 1/4 cups diced yellow onion
1/2 cup thinly sliced celery
4 cloves garlic, pressed or minced
1/4 tsp minced fresh rosemary, optional
1 cup thinly sliced carrot, half moons
1 cup thinly sliced parsnip
1/2 cup chopped mushrooms, try cremini
8 ounces chopped Beyond Meat chicken-style strips, or chicken style seitan and broth
2 tsp sea salt
1/4 tsp ground black pepper
Pinch crushed red pepper flakes
2 to 3 ounces thin rice noodles
1 Tbsp minced fresh dill



Directions

1. Place the vegetable stock in a 3 quart pot over medium high heat. Add the onion, celery, garlic, rosemary, if using, carrots, parsnips, and mushrooms, and cook for 10 minutes, stirring occasionally.
2. Add the Beyond Meat, and all of the remaining ingredients except the dill and cook for 8 minutes, stirring occasionally.
3. Add the dill, stir well, and remove the bay leaves before serving.

Variations

You can sauté the onions, celery and garlic in 1 Tbsp of oil for 3 minutes, stirring frequently, before adding the vegetable stock.

Replace the dill with 2 Tbsp finely chopped flat-leaf parsley or basil.

Add 1 cup chopped cabbage and 1 cup chopped spinach or kale.

The Good Shepherd's Pie

Prep time: 45 min

Total time: 1 hour 10 min cooking

Yield: 9" x 13" casserole



Ingredients

10-12 medium potatoes, ½" cubes (approx 12 cups)	¼ cup tahini
1 cup coconut, rice or soy milk	4 tsp Nama shoyu (optional)
2 Tbsp olive oil	1 Tbsp basil, fresh, minced (1 ½ tsp dry)
¾ cup onion, diced	1 Tbsp Italian parsley, fresh, minced
1 Tbsp garlic, minced	1 ½ tsp sea salt, or to taste
¾ cup carrots, ½" cubes	1 tsp thyme, fresh minced (½ tsp dry)
½ cup celery, sliced thin	1 tsp sage, fresh minced (½ tsp dry)
½ cup red bell pepper, diced	2 tsp barley malt syrup
½ cup mushrooms, sliced thin	½ tsp black pepper, ground to taste
2 lbs tofu, extra firm, crumbled	½ tsp crushed red pepper flakes
¾ cup peas	¼ tsp cayenne pepper, or to taste
¾ cup corn, fresh or frozen	

Directions

1. Preheat the oven to 350°F. Place potatoes in a large pot with filtered water. Bring to a boil and cook until potatoes are soft, approximately 15 minutes. Drain well, place in a large mixing bowl with coconut milk and mash well. Add salt and pepper to taste. Set aside.
2. While potatoes are cooking, place oil in a large sauté pan on medium high heat. Add onion and garlic, cook for 3 minutes, stirring frequently. Add carrots, celery, bell pepper and mushrooms, cook for 10 minutes, stirring frequently. Add water if necessary to prevent sticking. Add tofu and cook for 5 minutes, stirring frequently. Place in a large mixing bowl with remaining ingredients except potatoes and mix well.
3. Place tofu vegetable mixture in a well oiled 9"x13" casserole dish. Top with mashed potatoes, using a spatula to create a smooth surface. Score pretty designs on top with a fork. Bake until slightly golden brown and completely cooked, approximately 25 minutes. Cool for 10-15 minutes.

Serving suggestion

Serve with Mushroom Gravy and a dollop of Sour Crème.

Variations

Potato layer may be placed on the bottom, topped with the tofu layer. Once refrigerated, this creates a more solid foundation, and allows for different sized pieces to be cut and served individually.

For Southwest Shepherd's pie, add 2 Tbsp minced cilantro, 1 Tbsp minced ancho chillies, and 1 cup of corn to mashed potato mixture. Add 1½ tsp chili powder and 1 tsp of toasted cumin powder to the tofu mixture and serve with Chili Sauce instead of mushroom gravy. Top with a dollop of salsa and Vegan Sour Crème.

Tempeh Neatballs

Recipe courtesy of Da Capo Lifelong Press and Chef Mark Reinfeld.

Number of servings: 6 to 8

Ingredients

2 Tbsp olive oil
1/2 cup finely diced yellow onion
3 garlic cloves, minced or pressed
16- ounces tempeh, finely diced finely
1/4 cup oat flour
3 Tbsp nutritional yeast
1 Tbsp wheat-free tamari or other soy sauce
1 Tbsp balsamic vinegar
2 Tbsp minced fresh basil
2 Tbsp minced fresh flat-leaf parsley
2 tsp minced fresh rosemary
2 tsp dry dried oregano
1 tsp ground fennel, (optional)
1/2 tsp sea salt
1/4 tsp freshly ground black pepper
1/4 tsp crushed red pepper flakes
Oil for sautéing
1 (12-ounce) jar pasta sauce or roasted tomato and garlic sauce



Directions

1. Combine all of the ingredients, except the oil for sautéing and the pasta sauce, in a large bowl and mix well. Form into 10 ten equal sized balls (think golf ball size) and set aside.
2. Pour the oil into a large sauté pan over medium medium-high heat. Add the tempeh balls and cook until slightly crispy and browned, approximately about 7 minutes, gently flipping to ensure all sides are cooked.
3. Lower the heat to simmer, add the tomato sauce, and cook for 5 minutes, gently stirring occasionally.

Variations

You can also bake the tempeh balls. Preheat the oven to 375°F. Place the balls on a well-oiled baking sheet and bake for 10 minutes. Gently flip and bake for an additional 10 minutes. If you wish you can flip every 5 minutes, rolling the balls on a different side with each flip.

Cha Cha Chili with Tempeh

Recipe Courtesy of Soup's On! by Mark Reinfeld

Number of servings: 6 to 8

You will not miss the meat in this scrumptious vegan chili, made with tempeh, a cultured soy product high in protein.



Ingredients

1 Tbsp chile powder	1/2 cup diced carrot
2 tsp ground cumin	1/2 cup diced red bell pepper
1 1/2 cups vegetable stock or water	1 cup fresh or frozen corn
1 cup diced yellow onion	2 tsp sea salt, or to taste
5 cloves garlic, pressed or minced	1/4 tsp ground black pepper
2 tsp seeded and diced jalapeño pepper	1/4 tsp chipotle chile powder, optional
14.5 ounce can diced fire roasted tomatoes, or	1 Tbsp freshly squeezed lime juice
1 1/2 cups chopped tomatoes	1 Tbsp soy sauce, wheat-free tamari
8 ounces tempeh	3 Tbsp finely chopped cilantro
15 ounce can pinto beans	

Directions

1. Place a 3 quart pot over high heat. Add the chile powder, and cumin, and cook for 1 minute, stirring constantly. Reduce the heat to medium high. Add the vegetable stock, onion, garlic, jalapeño pepper, fire roasted tomatoes, tempeh, pinto beans, carrots, and bell pepper, and cook for 10 minutes, stirring occasionally.
2. Add the corn and all of the remaining ingredients except the cilantro and cook for 10 minutes, stirring occasionally. Add the cilantro, and stir well before serving.

Variations

You can sauté the onions and garlic in 1 Tbsp of oil for 3 minutes over high heat, stirring frequently, before adding the vegetable stock.

Replace the pinto beans with black beans.

Replace the tempeh with an equivalent amount of grated extra firm tofu or chopped seitan.

Fruit-Sweetened Black Bean Brownies

Recipe Courtesy of Healing the Vegan Way

Yield: Makes 12 Brownies

Prep time: 15 minutes, Cook time: 45 minutes,

Total time: 60 minutes, Serving size: about 2 ½ by 2 inches

Number of servings: 12

Ingredients

- ¼ cup water
- 2 Tbsp ground flaxseeds or chia seeds
- 1 (15-ounce) can black beans, drained and rinsed well, or 1 ½ cups cooked
- 1 cup soy, rice, or almond milk
- ½ cup mashed banana
- ¾ cup tightly packed pitted and chopped Medjool dates
- ½ cup unsweetened cocoa powder
- 1 cup rolled oats
- ½ cup almond flour or flour of choice
- 2 tsp pure vanilla extract
- ¼ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- Pinch of sea salt



Directions

1. Preheat the oven to 375°F. Place the water in a small bowl. Add the ground flaxseeds and mix well. Allow to sit until a gel forms, about 15 minutes, stirring occasionally.
2. Meanwhile, place the black beans in a food processor with the soy milk, banana, dates, and cocoa powder and process until pureed. Transfer to a bowl.
3. Place ½ cup of the oats in a strong blender and blend until well ground. Transfer to the black bean mixture.
4. Add the remaining ½ cup of oats, almond flour, vanilla, cinnamon, nutmeg, and salt and mix well. Add the soaked flaxseeds and mix well.

Variations

Go for it and add 1 cup of vegan dark chocolate chips to the batter. Mix well before transferring to the baking dish. Really boost the chocolate flavor by adding 2 Tbsp of brewed espresso and 1 tsp of coffee extract along with the soy milk.

Shaka's Vegan Cheezcake

Recipe Courtesy of Vegan Fusion World Cuisine

Prep time: 20 min prep

Total time: 1 hour baking / 45 min cooking & cooling

Yield: 10" cake

Ingredients

Filling

2 lbs tofu, firm
1 cup Sucanat
½ cup soy milk
½ cup maple syrup
⅓ cup lemon juice,
fresh squeezed
4 Tbsp nutritional yeast
2 ½ Tbsp arrowroot
powder
2 Tbsp vanilla extract,
alcohol free
½ tsp sea salt, or to taste

Crust - Dry

2 cups spelt flour
¼ cup Sucanat
1 Tbsp arrowroot
powder
1 tsp baking powder
¼ tsp cardamom
powder
¼ tsp sea salt, or to
taste

Crust - Wet

⅓ cup safflower oil
2 Tbsp maple syrup
2 Tbsp apple juice,
fresh
1 tsp vanilla extract,
alcohol free



Directions

1. Preheat the oven to 350°F. For the Crust, place dry ingredients together in a large mixing bowl and mix well. Place wet ingredients in another bowl & mix well. Add wet to dry, mixing well with hands, crumbling the ingredients together repeatedly. Press into the bottom of a 10" spring form pan. Bake for 5 minutes.
2. Place all Filling ingredients in a large blender and blend until smooth. Pour on top of crust and bake for 1 hour or until top turns a golden brown and center does not jiggle too much. Allow to cool before running a knife around the edge and removing from the springform pan.

Variations: Add vegan chocolate chips before chilling or serve with a delicious berry compote.