

Vegan French Onion Dip

From Oh My Veggies

11 *Ingredients*

920 *Calories*

40 *Minutes*

Ingredients

3 cups **onions** (sliced, loosely packed, about 2 medium onions, or 3/4 pound)

2 tablespoons **olive oil**

1/2 teaspoon **dried thyme**

1 **garlic cloves** (minced)

1 1/2 cups **raw cashews** (soaked in water 4-8 hours and drained)

1 cup **silken tofu** (1/2 pound)

1 tablespoon **lemon juice**

1 tablespoon **vegan Worcestershire sauce**

1 teaspoon **salt** (or to taste)

1/4 teaspoon **black pepper**

1/2 cup **water**

Directions

Read full directions on Oh My Veggies:
<https://ohmyveggies.com/vegan-french-onion-dip/>

Italian Bread

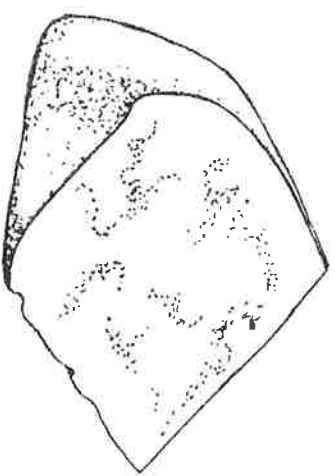
This is definitely not the Italian bread you find in supermarkets but rather a much more flavorful version, easily prepared in your breadmaker.

INGREDIENT	1-POUND LOAF	1 1/2-POUND LOAF
Bread flour	1 1/4 cups	1 1/2 cups
Whole wheat flour	1 1/4 cups	1 1/2 cups
Grated Asiago or (omit)	3 tablespoons	5 tablespoons
Parmesan cheese		
Minced fresh parsley, or dried parsley	2 tablespoons 2 teaspoons	3 tablespoons 1 tablespoon
Minced fresh basil, or dried basil	1 tablespoon 1 teaspoon	1 1/2 tablespoons 1 1/2 teaspoons
Dry milk <small>Soy or Nut</small>	1 tablespoon	1 1/2 tablespoons
Minced fresh oregano, or dried oregano	2 teaspoons 1/2 teaspoon	1 tablespoon 1 teaspoon
Garlic, crushed	1 clove	2 cloves
Sea salt	1 teaspoon	1 1/2 teaspoons
Water	1 cup	1 1/4 cups
Olive oil	3 tablespoons	4 tablespoons
Honey	1 tablespoon	1 1/2 tablespoons
Active dry yeast	1 package	4 teaspoons

1. Fit the kneading blade firmly on the shaft in the bread pan. Carefully measure the dry ingredients and transfer to the pan. Add the liquid ingredients and the yeast. Place the bread pan inside the machine and close the lid.

2. Program the breadmaker for the whole wheat mode. The unit will begin its operation.

3. At the end of the baking cycle, remove the bread promptly from the machine, taking care, as the oven surfaces will be very hot. Invert the bread pan onto a wire rack and shake several times to dislodge the bread. Allow to cool completely on the rack before slicing or wrapping for storage.



KETCHUP

1 1/3 c. tomato paste
 (1 - 12 oz can) 2 Tbs. Olive oil
1/2 c. tomato puree 1/4 tsp. oregano
2 - 4 Tbs. honey or equivalent 2 tsp. onion powder
 sweetener of choice 1/4 tsp. garlic powder
2 Tbs. lemon juice 1 tsp. salt

Put all ingredients into a bowl and stir together well. Keep refrigerated.

YIELD: 2 1/2 cups

Variation: For CHILI KETCHUP stir in 1 Tbs. CHILI SEASONING.

Potato Salad

Mix together:

- 3½ C potatoes, cooked, cubed
- 1 C celery, finely diced
- ⅓ C black olives, sliced
- 2 T parsley, chopped (fresh)
- Few drops of "dandelion" coloring, OR ⅛ t turmeric
- 2½ t onion powder
- ⅛ t garlic powder
- ½ C onion, diced
- 1 t lemon juice
- 1 C SOY MAYONNAISE (pg. 52)
- 1 t salt (or to taste)

If mold is desired, line bottom of angel food cake pan with s/waxed paper, oil bottom and sides of pan and pack down firmly. Chill.

Guacamole Dip

Mix together:

- 2 C ripe avocados, mashed
- ½ t garlic powder
- 1½ T lemon juice
- 1 ½ t onion powder
- 1 t salt
- 1 C tomato, chopped fine

Fold in SOY MAYONNAISE (pg. 52). Stir and chill.

French Tomato Dressing

Blend:

- ½ C oil, vegetable
- ¼ C lemon juice
- 2 T honey
- 1¼ t paprika
- ⅓ C tomato paste OR puree
- 1 t salt
- 2 t onion powder
- ¼ t garlic powder

Cashew Mayonnaise

Blend until creamy:

- ½ C cashews, rinsed
- 1 C water
- pinch garlic powder
- ½ t salt
- ½ t onion powder

Pour into saucepan and cook until thick, stirring constantly. Then add:

- 2 T lemon juice.

Good with avocado sandwiches, etc.

Tahini Mayonnaise

Blend:

- 1 C water
- ¾ C Tahini
- 1 t onion powder
- ½ t garlic powder
- 1 t salt
- ¼ C lemon juice

Soy Margarine—I

Whiz until smooth:

- ½ C SOY BASE (pg. 84) OR Soyagen
- ½ C water (¾ C if Soyagen is used)

While blending add:

- 2 t liquid lecithin
- 1 t salt, OR to taste
- 1 T tahini

Slowly add:

- 1 C oil, soy (the more oil, the thicker it gets)
- OR ½ C oil, coconut, ½ C oil, soy

Keep refrigerated. When using the combination of coconut oil and soy oil, this makes a firm margarine when refrigerated.

Plant Based Sour Cream

Ingredients

12.3 Mori Nu Firm Silken Tofu

3 tablespoons Lemon Juice

½ teaspoon salt

½ teaspoon garlic powder

½ teaspoon onion powder

1 tablespoon chives (fresh or dried, optional)

Blend all ingredients except chives. After blending stir in the chives.
Approximately 13.3 calories and 0.6 grams of fat per tablespoon.

Cheese Sauce

1 cup water	1 1/4 teaspoon salt
3/4 cup cashew pieces	2 teaspoons onion powder
2 tablespoons sesame seeds	1/4 teaspoons garlic powder
3 tablespoons nutritional yeast flakes	1/2 cup pimentos
2 tablespoons lemon juice	1/8 teaspoon dill seed, opt.
2 tablespoons corn starch	

Blend all ingredients on high 1 – 2 minutes until creamy. Very versatile cheese sauce. Use as a dressing for salad or steamed or raw vegetables, with pasta, potatoes or in lasagna.

Not Quite Tuna

15.5-ounce can garbanzo beans, drained and mashed
2 tablespoons plant-based mayonnaise
2 teaspoons spicy brown mustard
1 tablespoon sweet pickle relish
2 green onions, chopped
Salt and pepper to taste

1. In a medium bowl (I do mine in the blender or food processor), combine garbanzo beans, mayonnaise, mustard, salt and pepper.
2. Mix well. You may have to add more mayonnaise to your liking.
3. Add relish and chopped onions, mix.
4. Tastes great as a sandwich on whole wheat bread or on a plate of lettuce.

Mae Gober

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Country Style Gravy (From: Country Life Vegetarian Cookbook, page 69)

2 cups water

½ cup cashew pieces

1 tablespoon onion powder

¼ teaspoon garlic powder

3 tablespoons soy sauce or Braggs Liquid Aminos

1 tablespoon nutritional yeast flakes

2 tablespoons cornstarch

Directions:

Blend all ingredients on high 2-3 minutes until creamy. Pour into saucepan and cook on medium-high until thick, stirring constantly. Serve over entree roasts or loaves, potatoes, or biscuits.

YIELD: 2 ½ cups

Fluffy Whole Wheat Biscuits

Ingredients:

- 1 cup of nut or soy milk of choice
- 1 tablespoon lemon juice
- 1 cup whole wheat pastry flour or white wheat flour
- 1 cup whole wheat flour
- 4 teaspoons aluminum-free baking powder
- 1 tablespoon dry sweetener of choice
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ cup vegan margarine

Directions:

1. Preheat oven to 450 degrees F.
2. Combine lemon juice in milk and set aside. This will make a “buttermilk” alternative.
3. Combine pastry flour, whole wheat flour, baking powder, sweetener, and salt in a bowl.
4. Cut in margarine with a knife or pastry blender until mixture resembles coarse crumbs; stir in milk until just moistened.
5. Turn dough out on a lightly floured surface; knead gently 8 to 10 times. Roll to about $\frac{3}{4}$ -inch thickness, cut with a 2 $\frac{1}{2}$ -inch biscuit cutter. Place biscuits on an ungreased baking sheet.
6. Bake in a preheated oven until biscuits are lightly browned, 10 to 12 minutes.