Mrs. Vegan's WFPB Dinner Recipes

BULGARIAN GREEN PEPPER CASSEROLE
(adapted from Mollie Katzen, *The New Moosewood Cookbook*)

1 batch of BROWN RICE
½ lb of regular tofu or 1 pkg silken tofu
1 onion, chopped (divided)
2 cloves garlic, chopped (divided)
½ tsp dried basil
½ tsp dried oregano
1 tsp dill weed
2 tbsp white wine vinegar or white balsamic vinegar
2 tbsp tahini (optional)
1 tbsp fresh lemon juice
1 cup of Kalamata olives, sliced

2 cups canned crushed tomatoes or tomato sauce
2 to 3 green bell peppers, seeded and diced
1 tsp cinnamon

Cook the rice (the larger amount, starting with 1½ cups). This takes about 45 minutes. Blend the tofu in a food processor with half of the chopped onion and chopped garlic, the herbs, the vinegar, and the tahini if using. In a large bowl, combine the rice with the tofu mixture along with the lemon juice and olives.

In a large saucepan, sauté the remaining onion and garlic in sherry, wine or water for a few minutes until it starts to be translucent. Add the crushed tomatoes or tomato sauce and the peppers, bring to a simmer, and cook about 5 minutes until the peppers are slightly soft. Add the cinnamon and stir through.

Prepare a casserole dish, either nonstick or very lightly oiled. Layer the rice mixture in the bottom, and cover with the tomato-pepper mixture. Cover with foil. Bake at 350 degrees F. for 25-30 minutes. Serve hot. Good with FAKE FAKE sprinkled on top.

Note: You can make this recipe without the lemon juice if you don't have any on hand. Don't substitute for the Kalamata olives, however, as they give this dish a signature flavor.

VARIATIONs: You can use another color of bell pepper, or a mix. For a meaty variation, add cooked lentils or store-bought vegan crumbles to the tomato sauce.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).

FAKE FAKE
Homemade vegan Parmesan is a double fake.

¾ c walnuts
2-3 tbsp nutritional yeast
½ tsp garlic powder
¼ tsp salt

Blend all ingredients in the food processor until crumbly.



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AFGHAN SPINACH AND TOFU
(adapted from Jannequin Bennett, *Very Vegetarian*)

3 tbsp white wine, dry vermouth, sherry or water
1 onion, diced or thinly sliced
2 tbsp grated fresh ginger
2 tbsp minced garlic (2 to 3 cloves)
1 to 2 lb fresh spinach cut in ribbons*
2 tsp ground cumin
1 to 2 tsp ground coriander
½ tsp cinnamon
½ tsp crushed red pepper flakes (if you like "heat"; otherwise use less or none)
2 tbsp raisins or more if desired
1 tbsp soy sauce or Bragg's Liquid Aminos
1 tsp toasted sesame oil
Water as needed

1 lb ROASTED MARINATED TOFU made with either firm silken tofu or firm regular tofu
¼ cup toasted pine nuts
Hot cooked BROWN RICE

Make the Roasted Marinated Tofu before or at the same time as the spinach part. For the spinach: Pour the wine or water in a large pot. Over medium heat, sauté the onion, ginger, and garlic, stirring constantly, until the onion becomes transparent. Add the spinach, spices and raisins, and enough water to prevent sticking while you cook the spinach (2-3 minutes). Add the soy sauce and sesame oil and stir gently. Add the Roasted Marinated Tofu and some of the pine nuts and stir to blend. Serve over Brown Rice with additional pine nuts at the table.

*Use cooking spinach which can cost much less per pound than spinach bagged for fresh salad.

VARIATIONS: You can sometimes find bagged kale with spinach; or simply use a mix of kale and spinach. You can also use frozen spinach (either Cut Leaf or Chopped): I find it somewhat tougher than fresh, but it's still delicious and more economical than fresh spinach. Either a 10-oz or 16-oz package should work for this recipe.

ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
½ tsp garlic powder
½ tsp ground ginger (optional)
1 tsp toasted sesame oil

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

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