

# Appetites Satisfied!

Virgin Vegans are often overwhelmed with the ingredients, recipes, and choices of a vegan lifestyle. And, they often miss their favorite dishes from their old way of eating.

Donna Kelly and Anne Tegtmeier have created a vega-licious cookbook that explains terms and new food items in a warm and friendly way. They have taken a host of favorite comfort foods and some delightful specialty treats and made them vegan approved.

## CHECK OUT THESE KITCHEN-TABLE RECIPES

- ♥ Smothered Biscuits with Country Gravy
- ♥ Mac and Cashew Cheese
- ♥ All-American Meatless Loaf
- ♥ Peanut Butter Chocolate Chip Cookies

## AND FOR YOUR MORE ADVENTUROUS MOOD...

- ♥ Caribbean Vacation in a Bowl
- ♥ Beet Tartare
- ♥ Paella Primavera
- ♥ Chocolate Decadence Cheesefake

Cookbook ♥ \$19.99 U.S.

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KELLY and  
TEGTMEIER

Virgin VEGAN  
EVERYDAY RECIPES ♥  
Satisfying your Appetite

  
GIBBS  
SMITH

# Virgin VEGAN EVERYDAY RECIPES ♥ for Satisfying your Appetite

DONNA KELLY and  
ANNE TEGTMEIER

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## Cuban Pilaf Bowl With Black Beans And Plantains

Serves 4–6

You'll love the variety of flavors in this easy, complete meal-in-a-bowl.

- 3 cups vegetable broth
- 3 tablespoons coconut oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 cup short-grain brown rice
- 2 medium-size ripe plantains, diced
- 2 (15 ounce) cans black beans, drained and rinsed
- Juice and zest of 1 lime
- 1 teaspoon hot pepper sauce
- 1/2 teaspoon salt
- 1/2 cup cilantro, chopped

Heat broth over medium heat in a small saucepan on a back burner. Cover to keep hot (but not boiling). In a large skillet, heat the oil over medium high and cook the onion for 2 minutes then add the bell pepper and garlic and cook for another 2–3 minutes, until onion and pepper are soft and fragrant.

Add rice into mixture, stirring until well-coated in oil. Begin adding the hot broth ladle by ladle, stirring continuously until moisture is absorbed. (You will probably only need to use about 2 cups of broth in total until the rice is cooked through, but the additional cup is good to have in case you need a little extra, especially if liquid has been allowed to reduce at all.) After about half the broth has been added, stir in the plantain and continue the cooking process, stirring in broth one ladle at a time.

Once rice is cooked through, add black beans, lime, hot pepper sauce, salt, and cilantro, reserving a little extra cilantro for garnish. Adjust seasoning to taste and desired spiciness.



# Pineapple Upside-Down Pancakes

Makes 8 pancakes

The classic American dessert made vegan—and in pancake form.

3 ripe bananas  
2<sup>1</sup>/<sub>4</sub> cups vanilla almond or  
soy milk, divided  
1<sup>1</sup>/<sub>2</sub> cups whole-grain flour  
(such as wheat or oat)  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 small pineapple  
Canola oil spray

Mash bananas with a fork—you should have 1 1/2 cups. Blend the bananas with about 1/2 cup of milk until smooth. Blend in remaining milk.

Whisk together the flour, baking powder and salt. Stir into banana mixture until blended. Set aside while cooking pineapple slices.

Cut outer skin off pineapple. Cut pineapple into 8 (1/2-inch thick) slices. Using a small cookie cutter, remove center core of each slice. Warm a skillet to medium low heat and then spray skillet with a little oil. Cook 3 or 4 pineapple slices for about 2 minutes.

Turn pineapple slices over. Immediately pour 1/4 cup batter into center of each pineapple slice, allowing batter to spill over and form a circle around outside of pineapple slice. Add a little more batter if necessary to form a pancake. Cook for 2 to 3 minutes, until lightly browned.

Carefully flip over and cook other side for about 2 minutes, until pancake is cooked through and is lightly browned. Repeat the process with remaining pineapple and batter.

