

Vegan Crustless Quiche

1 15 oz pkg extra firm tofu, drained
¼ cup nutritional yeast
¼ cup cornstarch
1 ½ tablespoon mustard
1 tablespoon freshly squeezed lemon juice
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon turmeric
Dash pepper
1 teaspoon kala namak (india black salt spice)
2 cups fresh chopped greens

Preheat the oven to 350 degrees. Combine all ingredients, except greens, in a food processor and pulse until smooth and creamy, stopping to break up chunks and scrape sides as necessary.

Transfer the puree to a bowl and add the chopped greens and stir to combine. Spread the thick mixture into a pie dish, use a spatula to ensure it's even and tight.

Bake for 30 minutes or until golden brown and the center is firm. Allow to cool at least 10 minutes before slicing.

You can add sauteed onions, cooked potatoes, bell peppers or anything you would like to the puree or arrange on the top before baking.

Marinated Tempeh

Cut tempeh into strips and marinate several hours or overnight

For marinade combine:

1 large clove of garlic minced

¼ cup soy sauce or tamari

2 tablespoons teriyaki sauce

3 tablespoons maple syrup

1 teaspoon liquid smoke

After the tempeh has marinated fry in a non-stick pan, no oil is needed, add spoonfuls of marinade as desired. Eat tempeh on sandwiches or add to any bowl as a topping.

Carrot Potato Gravy (Epic Vegan Instant Pot Cooking by Derek & Hannah Howlett)

Ingredients

½ pound (225g or about 4 medium) carrots, chopped

½ pound (225g or 1 small) potato

2 cups water

1 tsp onion powder

1 tsp garlic powder

1 tsp salt (optional)

½ tsp turmeric

Dash of pepper

2 tsp soy sauce

2 tbsp of nutritional yeast

¼ cup organic raw cashews

Put the chopped carrot, potato and cashews into the instant pot with the water. Put the lid on and set to manual pressure for 7 minutes. When the time is complete allow a natural release. Add the cooked contents to a blender with remaining ingredients and blend until smooth (or use an immersion blender).