



<https://veganoutreach.org/10-weeks-to-vegan/>

Plant-Based Eating Cooking Demonstration  
by the City of Mountain View Sustainability Program

Tuesday, September 7, 6:30pm

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**Minestrone Soup**

**Baked Tofu**

**Fresh Spring Rolls with Peanut Sauce**

**Chocolate Chip Cookies**

**Chocolate Mug Cake**

## **Quick Minestrone**

*Makes about 8 cups*

2-4 cups water

1 large can crushed tomatoes

1 bag of your favorite frozen mixed vegetables

1 can of chickpeas, drained (or any other bean you like)

2 Tb dried Italian herbs

½ bag of your favorite small pasta (corkscrew, elbow) (gluten-free is fine)

2 tsp salt

1 tsp pepper

½ package of Tofurky Italian sausages, sliced (optional)

1. Add the tomatoes, 2 cups of water, beans and herbs to a large soup pot.
2. Bring to a boil, then turn down to a simmer. Add the vegetables.
3. Add more water if needed (only enough to cover the vegetables). Bring back to a boil.
4. Turn down to a simmer and add the pasta. Cook until the pasta is not quite done. It will keep cooking as you turn the heat off.
5. Add the herbs, Tofurky if using, salt and pepper. Taste and adjust seasonings as needed.
6. Add a bit more water if needed—this is entirely up to you, and how you like your soup (thin or thick). If you do add more water, you might want to add more seasoning as well.

Options:

- Add a bag of baby spinach at the very end.
- Try a teaspoon of dried garlic powder.
- If you like to cook and have time, you can:
  - Start the soup by sauteing a mirepoix (fresh onion, carrot and celery);
  - Use fresh seasonal vegetables instead frozen;
  - Replace the water with homemade vegetable stock;
  - Finish with fresh chiffonade of basil or a swirl of vegan pesto.

## **Baked Tofu**

*Makes approximately 12 oz, enough to top 6 bowls of curry or stuff 6 spring rolls*

1 block firm or extra-firm, fresh, water-packed tofu

1 tsp canola oil

1 Tb tamari

1 Tb nutritional yeast

1. Drain, rinse and dice the tofu. Toss in a bowl with the oil.
2. Spread onto a cookie sheet or into a Pyrex baking dish and bake at 350 degrees for about 20 minutes. Check, stir and keep baking for longer if needed--every block of tofu has different amounts of water, so baking time will vary. Your tofu is done when the pieces are golden brown and firm.
3. While still hot, carefully toss with the tamari and nutritional yeast.
4. You can eat right away, or chill overnight. It will get chewier if it sits.

## Options

- Add ½ teaspoon red chili flakes or hot sauce at the end
- Add 1 tsp brown sugar or maple syrup at the beginning
- Add minced garlic and ginger at the beginning, and use toasted sesame oil instead of the canola oil

## **Fresh Spring Rolls**

*Based on the recipe from the wonderful [Minimalist Baker website](#)*

7-8 dried rice paper spring roll wrappers  
1 small head of napa cabbage, shredded  
2 carrots, grated  
1 large bunch mint leaves  
1 large bunch cilantro (cut from stems)  
Protein: Baked tofu, sauteed tempeh, or vegan chicken (optional)

### **Optional additions**

1 medium beet (skin removed and finely grated)  
1/2 yellow and red pepper (seeded // thinly sliced)  
1 ripe mango (cubed)  
8 cooked vermicelli noodles

### **Ginger Peanut Sauce**

1/2 cup salted natural peanut or almond butter  
1 1/2 Tbsp soy sauce (tamari for gluten-free eaters)  
2-3 Tbsp brown sugar or maple syrup (add to taste)  
1/2 medium lime, juiced  
1/2 tsp chili garlic sauce  
1 tsp fresh chopped ginger (optional)  
Hot water (to thin)

1. Prep veggies, protein if using, and set aside.
2. Make the peanut sauce by combining all ingredients in a bowl and whisking to the desired consistency.
3. Fill a large bowl or skillet with warm water.
4. Soak one piece of rice paper in the water until pliable. This will happen quickly if the water is very warm, so you may want to start with cool water until you're comfortable with the assembly. When a piece is soft, take it out and place it flat on a cutting board or other clean surface.
5. Put the next piece in the water.
6. Place your fillings on the bottom third of the soft rice paper. Roll up like a burrito.

7. Repeat until all are done. Good served right away, but you can also chill them if you cover them well. They'll still taste delicious the next day, but the rice wrapper will be a little chewier.

Garnish with fresh chopped peanuts and/or cilantro.

### **Chocolate Chip Cookies**

½ cup vegan butter,\* room temperature

¾ cup sugar

1.5 Tb ground flax seed

4 Tb water

1 tsp vanilla

1.5 cups flour

1 tsp baking soda

Pinch of salt

½ cup chocolate chips

¼ cup chopped walnuts (optional)

*\*Earth Balance, Miyoko's, Country Crock, and Forager are the most popular brands.*

1. Mix the sugar and butter together very well. You should have a nice, thick paste without any butter lumps.
2. Add the water to the flax meal in a small bowl. Then add that mix to the butter and sugar. Add the vanilla. Stir everything together.
3. Add the flour, baking soda and salt on top of the butter and sugar. Stir well. You can add 1 Tb of water if you need to, but the mixture should be on the dry side.
4. Stir in the chocolate chips and walnuts.
5. Use about ¼ cup of dough for each cookie. Roll into a ball and then pat onto a greased or parchment-lined cookie sheet. Leave some space between them so they can spread a bit.
6. Bake at 350 for 10 minutes. Rotate the pan, then bake for another 5. Check the bottom. Cook just until the bottoms are light brown.

### **Chocolate Mug Cake**

2 Tb cocoa powder

2 Tb flour (GF works fine)

1/8 tsp salt

2 Tb sugar

1/4 tsp baking powder

4 Tb vegan milk of your choice OR 3 Tb milk + 1 Tb neutral oil

1/2 tsp pure vanilla extract

1 Tb chocolate chips (optional)

1 Tb chopped nuts (optional)

1. In a microwave-safe coffee mug, mix the cocoa powder, flour, salt, sugar and baking powder.
2. Add the milk and vanilla and stir until just combined (don't overmix).
3. Gently stir in the chips or nuts if using.
4. Microwave for 60-70 seconds, depending on your microwave. Start with less.
5. Let cool for a few minutes if you can.