

WFPB Sauces (Last updated 4-25-24)

Collected by Jane Birch, author of [*Discovering the Word of Wisdom*](http://discoveringthewordofwisdom.com)
<http://discoveringthewordofwisdom.com>

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Walnut Dressing [Jane Birch's favorite]

This dressing is from Ann Crile Esselstyn in the book Prevent and Reverse Heart Disease by Caldwell B. Esselstyn Jr. MD. She calls it Miraculous Walnut Sauce. This is a rich dressing because of the walnuts. This is simple, delicious dressing is wonderful on almost everything. Try it on steamed greens or salads.

Preparation Time: 5 minutes Servings: makes 2 cups

1 cup walnut pieces

1 cup water [I use less water]

2 cloves garlic

2-4 tablespoons low sodium soy sauce

Combine all ingredients in a food processor and process until VERY smooth.
Add more soy sauce according to your individual taste.

Store in a covered container in the refrigerator.

[From McDougall Made Irresistible Recipes. For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:

[www.drmcDougall.com.](http://www.drmcDougall.com)]

Another favorite!

Cannellini White Bean Sauce

Ingredients

1 (15-ounce) can no-salt-added cannellini beans, drained and rinsed

1 to 2 cloves garlic

2 tablespoons low-sodium tamari

Water to taste

Instructions

Purée the beans, garlic, and tamari in a food processor until very smooth, adding water as needed: use more water for a thinner dressing, or less for a thicker dip.

I love this low-fat hummus! (Jane)

The Best Oil-Free Hummus by Rip Esselstyn

Ingredients

2 cans chickpeas, rinsed and drained

3 cloves garlic

Juice of 1 lemon

2 teaspoons ground cumin

2 teaspoons Bragg Liquid Aminos [I use soy sauce]

1/4 cup water or vegetable broth [I use bean juice from the can instead]

Instructions

1. Blend all ingredients into a thick paste.

2. You can also customize this recipe by adding one or more of the following: 2 tablespoons toasted sesame seeds; 1 fresh jalapeño, seeded and chopped; 1 roasted and chopped red bell pepper; 1 cup Kalamata olives; 1 bunch fresh mint; 1 cup fresh spinach; 1 cup cooked eggplant

[Other possible add-ins: Mrs. Dash Chipotle, onion powder, basil, fennel fronds]

<https://www.forksoverknives.com/recipes/vegan-salads-sides/healthy-homemade-hummus/>

CHEF AJ YUMMY SAUCE

Watch her make this: <https://www.youtube.com/watch?v=i5uz-VWtM9Q>

Ingredients:

1 x 15 ounce can cannellini beans, rinsed and drained (or 1.5 cups of cooked beans)

Juice and zest of one organic lemon (if the lemon does not yield 1/4 of a cup of juice, then add more lemon juice)

1/2 cup water

2 Tablespoons salt-free mustard (I use Westbrae Stoneground)

3/4 ounce pitted dates (approximately 3 deglet noor dates)

1 clove garlic

Preparation: Place all ingredients in a blender and blend until smooth. If you are using a high-powered blender, you can make this sauce warm to serve over rice and veggies. It is also delicious cold massaged into shredded cabbage for "Yummy Slaw".

Here is what 11-year old Evan from Maryland had to say about it: "It is so good! This recipe is amazing! I love the flavors, especially how it tasted over the veggies". His mother added, "This sauce is insane."

Peanut Dressing

This is rich dressing because of the peanut butter. Use sparingly, a little goes a long way, but it sure does add a lot of flavor to foods. We especially like this on sweet potatoes.

Preparation Time: 5 minutes

Servings: makes 2 cups

3/4 cup rice vinegar

1/4 cup soy sauce

2 tablespoons Sambal chili paste

3/4 cup natural peanut butter

1/4 cup warm water

1/8 cup cilantro leaves

Place vinegar, soy sauce, chili paste, peanut butter and water into a blender jar. Process until very smooth. Add the cilantro leaves and process until well mixed.

Serve over lettuce, sweet potatoes, vegetables or whatever sounds good to you.

Sweet and Spicy Plum – Miso Sauce

By Eric Tucker

2 ripe red fleshed plums, seed removed diced

1 clove garlic peeled

1 teaspoon minced ginger

1 Thai chile

4 tablespoons Agave nectar

1 tablespoon rice vinegar

4 tablespoons white or chickpea miso

½ cup water

Place all ingredients in a blender and blend until smooth. Adjust the sweetener and vinegar to taste.

The sweet and spicy plum miso dipping sauce is very versatile. You can use it to dress salads or Asian influenced pasta dishes or as a dip for crudités.

Veggie Queen sauce:

1 part hot & sweet mustard with 1 part rice vinegar, whisk together, good on steamed green beans, asparagus, etc.

Chipotle Sauce

This is quite a spicy salad dressing that was prepared for our group during the July 2010 Costa Rica trip. John and I enjoyed it so much that we spooned some of it on almost everything we ate (except for the desserts). To make this a bit less spicy, leave out the jalapeno pepper.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Resting Time: 1 day

Servings: variable

1 7 to 8 ounce can chipotle peppers in adobo sauce

2 ounces rice vinegar

1 jalapeno (seeded for less heat)

1 ½ cups water

Place all ingredients in a large saucepan and slowly bring to a simmer. Pour ingredients into a food processor and process until smooth. Pour into a covered container and let rest for 1 day.

Mushroom Sauce

This was my favorite sauce for pasta during our recent trip to Costa Rica. A simple, creamy sauce that lets the flavors of the mushrooms shine through.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4-5

4 ounces Portobello mushrooms, finely chopped

4 ounces oyster mushrooms, finely chopped

4 ounces button mushrooms, finely chopped

1 onion, finely chopped

4 cups soy milk

4 tablespoons cornstarch mixed in $\frac{1}{2}$ cup cold water

Place all the mushrooms in a large pot, cooking and stirring until softened.

Remove

from pot and set aside. Add the onion to the mushroom liquid and cook until onion turns translucent. Return mushrooms to pot and add the soy milk. Slowly bring to a boil. When mixture starts boiling, slowly stir in the cornstarch mixture. Cook and stir until thickened. Serve over pasta, whole grains or potatoes.

Szechwan Sauce

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: makes 1 $\frac{1}{2}$ cups

1 $\frac{1}{2}$ cups water

5-6 green onions, chopped

2 tablespoons soy sauce

1 $\frac{1}{2}$ tablespoons cornstarch

$\frac{3}{4}$ tablespoon minced fresh ginger

1 clove garlic, crushed

$\frac{1}{8}$ teaspoon crushed red pepper

Dash hot sauce (such as Sriracha)

Combine all ingredients in a saucepan and mix well. Cook and stir over medium heat until mixture is thickened and clear, about 5 minutes.

Peanut-Hoisin Sauce

This is a higher-fat choice because of the peanut butter.

Preparation Time: 10 minutes

Servings: makes 1 cup

½ cup natural chunky peanut butter

½ cup water

2 tablespoons hoisin sauce

1 tablespoon soy sauce

½ tablespoon agave nectar

2 teaspoons chili garlic sauce

2 teaspoons tomato paste

1 teaspoon lime juice

½ teaspoon grated fresh ginger

Dash sesame oil

Place all ingredients in a food processor and process briefly until well combined but not smooth. Pour into a covered container and refrigerate until ready to use. May be heated before serving, if desired.

Hints: Use over grain or noodle dishes, or as a topping for potatoes or vegetables.

Asian-Ginger Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: makes 1 ½ cups

¾ cup water

½ cup low sodium soy sauce

¼ cup rice vinegar

1 tablespoon mirin

1 tablespoon agave nectar

1 teaspoon crushed garlic

1 teaspoon grated fresh ginger

½ teaspoon crushed red pepper

2 tablespoons cornstarch

Combine all ingredients in a saucepan and whisk until smooth. Bring to a boil while stirring and cook and stir until thickened. Serve warm over grains and vegetables.

Thai Peanut Sauce

This is a higher fat choice because of the peanut butter. However, I have used almond milk with coconut extract in place of the usual coconut milk, so that fat is eliminated. (Most Thai peanut sauces use coconut milk in the preparation.)

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: makes ¾ cup

½ cup almond milk

¼ cup peanut butter

1 tablespoon soy sauce

½ tablespoon agave nectar

1 teaspoon lime juice

1 teaspoon chili garlic sauce

1/8 teaspoon coconut extract

1-2 tablespoons chopped fresh cilantro (optional)

Place all ingredients in a blender or food processor and process until smooth. Pour into a sauce pan and heat through before serving. Serve warm over grains and/or vegetables.

Enchilada Sauce

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: makes 2 ½ cups

1 8 ounce can tomato sauce

1 ½ cups water

2 tablespoons cornstarch

1 ½ tablespoons chili powder

¼ teaspoon chipotle powder

¼ teaspoon onion powder

1/8 teaspoon garlic powder

Combine all ingredients in a saucepan until well mixed. Cook and stir over medium heat until thickened.

Lime Mustard Sauce

I was experimenting last night and I steamed some baby broccoli, or broccolini, and then didn't want to eat it dry, so I made up a new sauce to drizzle over the top. I used the juice of one lime and then put in about two (2) tablespoons of sweet hot mustard. Whisk together and drizzle over the top of the broccoli, asparagus, pea pods or green beans. Very good.

I use Beaver brand sweet hot mustard, it has a red and yellow label, but it's very HOT, so you only need a small drizzle over the veggies. You don't need to purchase that exact brand, there are all types of sweet hot mustard on the market, just choose your favorite.

I use this same sauce and just add balsamic vinegar to make a salad dressing. This is particularly good over a salad that contains some type of fruit, like sliced pears, orange segments, apple...whatever you enjoy.

Cheddar “cheese sauce”

Recipe By: Bryanna Clark Grogan

Serving Size: 5

Preparation Time: 0:10

Submitted by: Susan Voisin

I love this recipe. I follow the variation at the bottom to make a cheddar "cheese sauce" and pour it over baked potatoes topped with broccoli for a great no-fat meal. Another thing I do is make a nacho cheese dip by following the variation, but instead of using non-dairy milk, I use Rotel spicy tomatoes. Goes great with baked tortilla chips!

One more variation I've recently invented: add cooked or frozen chopped spinach to the prepared cheezy sauce. This tastes wonderful on baked potatoes. I call this Cheeze Florentine!

As always, eliminate the salt if you are strictly following the Fuhrman or McDougall programs.

1 cup water

1/4 cup nutritional yeast

2 Tablespoons cornstarch

1 Tablespoon flour

1 teaspoon lemon juice

1/2 teaspoon salt

1/4 teaspoon garlic powder

Place all the ingredients in a blender, and blend until smooth. Pour the mixture into a small sauce pan, and stir over medium heat until it starts to thicken, then let it bubble for 30 seconds. Whisk vigorously. Whisk in 2 T water. Drizzle immediately over pizza or other food, and broil or bake until a skin forms on top. Alternatively, refrigerate in a small, covered plastic container for up to a week. It will become quite firm when chilled but will still remain spreadable. You can spread the firm "cheese" on bread or quesadillas for grilling, or heat it to spread

more thinly on casseroles, etc. This makes great grilled “cheese” sandwiches!!!

VARIATION: To make a cheddar cheesy sauce for pouring over vegetables or baked potatoes, use 1/3 cup nutritional yeast and add 1/4 tsp. EACH paprika and mustard powder. Use only 1/4 tsp salt and add 1 Tbsp light miso to the blended mixture. Then whisk in 3/4 cup non-dairy milk to the finished “cheese” and heat thoroughly.

Source: [20 Minutes to Dinner](#)

Yield:

“1 1/4 cups”

Start to Finish Time:

“0:10”

Golden Cheeze Sauce from the <http://heart.kumu.org/> site from Neal Pickney...I use this one the most cause it is just blended, not cooked!

Non-dairy and very low-fat, with a taste similar to American or mild cheddar cheese, it can also be used as a 'cheese-whiz'.

1½ C Great Northern beans, cooked (or one 15.5 oz can)

6 T nutritional yeast

¼ C pimienta pieces

(or ¼ C chopped cooked sweet red bell pepper)

juice from one freshly squeezed lemon

1 T low-salt shoyu (soy sauce) or tamari

1 t onion powder (see below)

½ t any type of prepared mustard

½ t salt

In a blender, mix all ingredients until very smooth. Refrigerate and store in a sealed container.

Spoon Golden Cheeze over baked potatoes (with soy bacon bits), as a sauce over vegetables or pasta, as a Welch rabbit (add a little non-alcoholic beer and Worcestershire sauce) and as chili-con-queso when mixed with salsa. Sprinkle over tacos and in enchiladas instead of dairy cheeses. Heated with a little white wine and a pinch of nutmeg, it makes a filling fondue, served with squares of whole wheat French bread. Mix with a cup of corn kernels and diced celery for a hearty corn and cheeze soup.

6 1/2 cup servings, each: Calories: 69, Fat: 0.28 g. (4%), Carbohydrate: 12.25 g., Protein: 5.01 g.

Simple Sauce

1 part hot & sweet mustard to 1 part rice vinegar. Good on veggies.

CREAMY AVOCADO SAUCE

Preparation Time: 5 minutes

Servings: 6

1 ripe avocado

3 tablespoons fresh cilantro

1/3 cup water

1/2 to 3/4 teaspoon Tabasco sauce

1/2 teaspoon vinegar

1 teaspoon soy sauce

Peel and pit the avocado and place in a food processor. Add the remaining ingredients and process until smooth. Place in a bowl and use a small amount as a topping on each bowl of the South American Stew.

SPICY MEXICAN SAUCE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: makes about 4 cups

1/3 cup vegetable broth

1 onion, chopped

½ teaspoon minced garlic

1 28 ounce can crushed tomatoes

1 4 ounce can chopped green chilies

3 tablespoons chili powder

½ teaspoon ground cumin

1 ½ cups water

1 tablespoon soy sauce

3 tablespoons cornstarch

Place the vegetable broth, onion, and garlic in a saucepan. Cook, stirring occasionally, for 3 minutes. Add tomatoes, chilies, chili powder and cumin. Mix well, cover and cook for 10 minutes. Add 1 cup of water and the soy sauce. Mix the cornstarch in the remaining ½ cup of water. Add to the sauce, stirring constantly until mixture boils and thickens.

MARSALA MUSHROOM SAUCE

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: makes 3 ½ cups

2 leeks, sliced (white and light green part only)

¾ pound fresh mushrooms, sliced

3 ½ cups water

½ teaspoon leaf oregano

½ teaspoon leaf sage

¼ cup soy sauce

1/8 cup Marsala wine

3 ½ tablespoons cornstarch mixed in ¼ cup cold water

Place leeks and mushrooms in a pot with ½ cup of the water. Cook, stirring occasionally, for 5 minutes. Add the remaining water, the oregano, sage, soy sauce and wine. Bring to a boil, reduce heat and simmer uncovered for 8 minutes. Add the cornstarch mixture and cook and stir until thickened.

Hint: This delicious sauce may be used as a topping for grains, potatoes or vegetables.

Mushroom-Tomato Sauce

This is a delicious tomato sauce that is wonderful on pasta, baked potatoes or over rice. It tastes even better the day after it is made and may also be frozen.

Preparation Time: 20 minutes

Cooking Time: 1 hour

Servings: makes about 7 cups

4 cups water

2 onions, chopped

2-3 cloves garlic, minced

1 28 ounce can tomato puree

freshly ground pepper

1 pound portobello mushrooms, chopped

½ pound cremini mushrooms, sliced

¼ to 1/3 cup fresh chopped basil

Place ½ cup of water in a large pot. Add 1 cup of the chopped onions and 1 teaspoon of the minced garlic. Cook, stirring frequently, until onion and garlic soften slightly, about 5 minutes. Add the tomato puree and 3 cups of water. Season with several twists of freshly ground pepper. Bring to a boil, reduce heat to low and simmer for about 30 minutes, stirring occasionally.

Meanwhile, place the remaining ½ cup of water in a large non-stick frying pan. Add the remaining onions and garlic and cook, stirring frequently, until onions and garlic soften slightly. Add all the mushrooms and continue to cook, stirring occasionally until mushrooms are tender, about 5 minutes. Add to the tomato mixture and cook over low heat for about 30 minutes longer, stirring occasionally. Remove from heat and stir in the basil. Season with more freshly ground pepper, if desired, and a bit of salt if necessary

Spicy Cajun Sauce

This is a quick and easy topping for anything from grains, potatoes, polenta or griddle cakes. It is easy to vary by changing the kind of tomatoes and/or beans used.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4-6

1 medium onion, chopped

¼ cup water

2 14 ounce cans Cajun-style stewed tomatoes

1 15 ounce can kidney beans, drained and rinsed

1 15 ounce can black beans drained and rinsed

1 cup frozen corn kernels

½ teaspoon chili powder

dash or two of hot sauce

Place the onion and water in a medium saucepan. Cook, stirring occasionally, until onion softens slightly about 3 minutes. Add the remaining ingredients, mix well and cook for about 10 minutes until flavors are well blended. Serve hot.

Hint: To make a thicker sauce, combine 2 tablespoons cornstarch with 1/3 cup cold water. Add to the sauce and cook and stir until thickened.

Barbecued Bean Sauce

This is delicious over baked potatoes, on top of brown rice, stuffed into pita bread or just in a bowl by itself.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6

1 onion, chopped

1 teaspoon minced fresh garlic

⅓ cup water

1 15 ounce can fire roasted chopped tomatoes with green chilies

1 teaspoon chili powder

¼ teaspoon chipotle chili powder

¼ teaspoon ground cumin

1 15 ounce can black beans, drained and rinsed

1 15 ounce can pinto beans, drained and rinsed

1 15 ounce can white beans, drained and rinsed

1 10 ounce package frozen mixed vegetables, thawed

½ cup vegetable broth

¼ cup barbecue sauce

dash or two of hot sauce (optional)

Place the onion, garlic and water in a large pot. Cook, stirring occasionally for 5 minutes. Add tomatoes and seasonings. Mix well, then add the remaining ingredients. Cook, stirring occasionally for 15 minutes.

Red Pepper Sauce

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: makes 1 cup

2 large red bell peppers, seeded and coarsely chopped

1 small onion, coarsely chopped

1 clove garlic, coarsely chopped

1 tablespoon rice vinegar

½ tablespoon prepared horseradish

1 teaspoon chili garlic sauce

Place the peppers, onion and garlic in a food processor and process until quite smooth. Transfer to a pan and add the remaining ingredients. Cook, uncovered over low heat for at least 30 minutes to intensify flavors and reduce sauce slightly. Season with a bit of sea salt, if desired, before serving.

Hint: This makes a great dip for pita bread, a spread for crackers, a topping for griddle cakes, or a sauce for pasta or spaghetti squash. If you like your foods a bit spicier, add more of the horseradish or chili garlic sauce to taste.

Marinara Sauce

This is my family's favorite simple marinara sauce, which I have been making the same way for over 30 years.

Preparation Time: 20 minutes

Cooking Time: 1 hour, 10 minutes

Servings: makes about 4 cups

2 tablespoons water

2 onions, chopped

4 cloves garlic, crushed

½ pound mushrooms, chopped

2 15 ounce cans tomato sauce

1 15 ounce can chopped tomatoes

1 ½ tablespoons parsley flakes

2 teaspoons oregano

1 teaspoon basil

dash sea salt, if desired

Place the water, onions, garlic and mushrooms in a large pot. Cook, stirring frequently, until onions soften and begin to take on a golden color, about 10 minutes. Stir in remaining ingredients. Bring to a boil, reduce heat and simmer for about 1 hour, stirring occasionally. Do not cover. Serve over pasta.

Hints: This may be made ahead and reheated. It also freezes well.

Mushroom Sauce

1 cup sliced mushrooms

1 ¾ cups water

2 tablespoons soy sauce

1 clove garlic, pressed

1 teaspoon fresh grated ginger

2 1/2 tablespoons cornstarch, dissolved in 1/4 cup water

freshly ground pepper

dash sesame oil

Place mushrooms in a saucepan with $\frac{1}{4}$ cup of the water. Add the soy sauce, garlic and ginger. Saute until mushrooms are softened slightly, about 4 minutes. Add the remaining water and the cornstarch mixture. Cook and stir until mixture boils and thickens. Season with fresh ground pepper and a dash of sesame oil.

CILANTRO PESTO

Preparation Time: 10 minutes

Yield: 1 cup

1 cup packed cilantro leaves

1 tablespoon raw cashews

$\frac{1}{2}$ teaspoon minced fresh garlic

1 teaspoon lime juice

2 teaspoons water

Place cilantro in blender or food processor and process until chopped. Add remaining ingredients and process until well mixed.

Use to add more flavor to soups and stews. Also delicious spread on bread.

TACO SAUCE

This is a creamy, slightly spicy sauce that is wonderful with raw veggies, or drizzled over tacos.

Preparation Time: 5 minutes

Servings: makes 3 cups

1 package soft silken tofu

1 $\frac{1}{2}$ cups tofu sour cream

1 package Bearitos Taco Seasoning mix

Place the tofu in a food processor and process until fairly smooth. Add the tofu sour cream and process until very creamy. Add the package of seasoning mix and process until blended. Pour into a covered container and refrigerate for an hour or two to allow flavors to blend.

Hint: Recipe for tofu sour cream can be found in the June 2002 newsletter.

Spicy Dipping Sauce

This is another one of those richer sauces that make anything taste great. We especially like this with asparagus or artichokes. This one starts with Tofu Mayonnaise (see hints below). I usually have a batch of the mayonnaise in my refrigerator so this goes together rather quickly. Make this ahead of time so the flavors have time to blend well. To make this less spicy, use the lesser amount of the hot sauce.

Preparation Time: 5 minutes

Chilling Time: 1-2 hours

Servings: makes about ½ cup

½ cup tofu mayonnaise

1-2 teaspoons Sriracha hot sauce

2 ½ tablespoons lime juice

1 ½ tablespoons finely chopped fresh cilantro

dash salt

Combine all ingredients in a small bowl and whisk until smooth. Refrigerate before using for best flavor.

Hint: Tofu Mayonnaise is made with a package of soft silken tofu, 1 ½ tablespoons lemon juice, 1 teaspoon sugar, ½ teaspoon salt, ½ teaspoon dry mustard, ⅛ teaspoon white pepper. Place all ingredients in a food processor and process until smooth. Make this ahead of time for best results.

Nutty Parmesan Cheese

By Tiffany Hobson

1 cup walnuts

$\frac{3}{4}$ cup nutritional yeast

$\frac{1}{2}$ teaspoon salt

Place all the ingredients in a food processor. Using the pulse mode, blend the ingredients together. Be careful not to over process the ingredients, otherwise the consistency will become “pasty.”

This may be refrigerated for up to a week.

Absolutely Amazing No Queso Sauce

By Tiffany Hobson

The idea of this recipe came from both Mary McDougall (McDougall Program, p. 264) and Miyoko Schinner (her vegan cheese book will be out in the Summer of 2012). This has become one of the most requested items since its inception from all of my friends.

Preparation Time: 3 minutes

Cooking Time: 5 minutes

Servings: 2 cups

$\frac{1}{4}$ cup raw cashews

1 cup butternut squash

$\frac{3}{4}$ cup water

8 ounces pimientos

$\frac{1}{4}$ cup nutritional yeast

3 tablespoons cornstarch

$\frac{1}{2}$ teaspoon salt

Place all the ingredients in a blender and process until completely smooth. If you own a Vitamix, this process will take 3 minutes; if you own a regular blender, the process will take about 5 to 6 minutes.

Pour the mixture into a saucepan and cook at medium heat until the sauce thickens, about 5 minutes.

Note: This cheese sauce is great on just about anything! Pour it over a baked potato, have it on top of your favorite chili, or over some baked tortilla chips. Instead of using 8 ounces of pimientos, try using 4 ounces and add in some chopped jalapeños or habaneros if you like it hot and spicy.

Peanut Dressing (from McDougall Made Irresistible Recipes)

This is another richer dressing because of the peanut butter. Use sparingly, a little goes a long way, but it sure does add a lot of flavor to foods. We especially like this on sweet potatoes.

Preparation Time: 5 minutes

Servings: makes 2 cups

$\frac{3}{4}$ cup rice vinegar

$\frac{1}{4}$ cup soy sauce

2 tablespoons Sambal chili paste

$\frac{3}{4}$ cup natural peanut butter

$\frac{1}{4}$ cup warm water

$\frac{1}{8}$ cup cilantro leaves

Place vinegar, soy sauce, chili paste, peanut butter and water into a blender jar. Process until very smooth. Add the cilantro leaves and process until well mixed.

Serve over lettuce, sweet potatoes, vegetables or whatever sounds good to you.

Sweet and Sour Sauce

½ cup unsweetened pineapple juice

2 cups peeled and chopped apples

2 tablespoons cider vinegar

2 tablespoons honey

1 teaspoon low-sodium soy sauce

Combined all ingredients in a saucepan. Cover and cook until fruit is tender, about 20 minutes. Mash with a hand masher. If you want a thicker sauce, add 1 tablespoon of cornstarch to the liquid before cooking and stir well until thick. Serve hot or cold.

The Mormon Diet: 14 Days to New Vigor and Health by Earl Updike, pg. 147

Rich Brown Yeast Gravy

Recipe By: Bryanna Clark Grogan

Serving Size: 10

Preparation Time :0:00

Categories : Low-Fat Sauce or Gravy Vegetarian

Amount	Measure	Ingredient -- Preparation Method
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1/3 cup	whole wheat flour --	pastry, or all-purpose
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1/3 cup	nutritional yeast flakes	
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2 1/2 cups	water	
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2 tablespoons soy sauce, low sodium -- or mushroom soy sauce

1/2 teaspoon salt

1. Whisk the flour and nutritional yeast in a heavy saucepan over high heat. When it smells toasty, remove from the heat and whisk in the rest of the ingredients, or mix in a blender to avoid lumps.

2. Place over high heat again, and stir until it thickens and comes to a boil. Reduce the heat and cook 2-5 minutes.

3. This will keep well in the refrigerator for a week. It will thicken up when chilled, so you'll probably have to add a bit of water when reheating. For variety, substitute dry white or red wine or mushroom cooking or soaking liquid for half the water. For a giblet-style gravy, add 1 cup chopped seitan or prepared texturized vegetable protein chunks.

4. Microwave option: In a 1 1/2 quart microwave-proof bowl, mix the flour and yeast. Toast this in the microwave on High for 3 minutes, uncovered. Whisk in the remaining ingredients. Cover and cook on High 3 minutes; whisk. Cover, and cook again for 3 minutes on High and whisk. Or, make half the recipe in a 4 cup microwave safe glass measuring container, and cook above, but in 2-minute intervals.

Source: "20 Minutes to Dinner"

Copyright: "1997"

Yield: "2 1/2 cups"

Per Serving: 43 Calories; trace Fat (6.6% calories from fat); 4g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.

NOTES : Optional:

a few shakes of gravy browner, if the gravy seems to light in color

fresh or chopped herbs

steam-fried onions

steam-fried mushrooms

crumbled vegetarian sausage or seitan

crushed fresh garlic or 1/4 teaspoon garlic granules

Abbie Kim's Sweet Sauce (made for Thai wraps) VERY good, sweet

3 parts Sweet chili sauce

2 parts apple cider vinegar

1 part chili garlic sauce

Tahini Lemon Sauce

This is a higher fat sauce because of the tahini which is made from sesame seeds. Use only a small amount to season your bowl, or choose one of the non-fat sauces from the August 2009 newsletter for a lower fat option.

Makes 2 cups

1 cup water

¾ cup tahini

1/3 cup lemon juice

2 cloves garlic, minced

½ tablespoon soy sauce

¼ teaspoon crushed red pepper

Combine all ingredients in a blender and process until smooth. Refrigerate in a covered container for up to one week.

Absolutely Fabulous No-Butter Sauce

Preparation Time: 5-10 minutes

Cooking Time: None

Servings: About 2 cups

½ cup cashews

1 cup vegetable broth

½ cup water

Place the ingredients in a blender. If you have a Vitamix: turn it on to the highest speed possible and allow it to blend for 5 minutes. If you have a blender: puree the ingredients at a high speed for about 7-10 minutes. You want to make sure the mixture is not grainy. Strain the sauce to make sure all chunks of cashews are removed. Transfer sauce to a bowl.

Note: To cut down on the fat content of this recipe, try adding another ¼-½ cup of water and vegetable broth. The sauce will be a bit thinner, but still very tasty.

Tzatziki Sauce

- 1/2 c. silken tofu (firm or extra firm)
- 1 T. minced garlic
- 1 T. lemon juice
- 1/4 c. peeled, seeded and chopped cucumber
- 1/4 t. salt
- 1 tablespoon fresh dill

Combine all ingredients except cucumber in a food processor or blender. Fold in cucumbers.

The sauce is fabulous & we used the leftovers as a delicious salad dressing, a dip for baby carrots & on top of the Spicy Tempeh Tacos.

http://www.happyhealthylonglife.com/happy_healthy_long_life/enlightened-peas-t-hank-yous-falafel-with-tzatziki-sauce.html

Fat Free Golden Gravy

This is a delicious fat-free healthy version of the creamy Golden Gravy from last month's newsletter. You'll never miss the tahini and you can serve this one every night of the week! Try this on the Hash Browns listed above.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: makes 2 ¼ cups

1 ½ cups vegetable broth

½ cup water

¼ cup soy sauce

½ teaspoon onion powder

1/3 cup brown rice flour

Place the broth and water in a saucepan. Stir in the soy sauce and onion powder. Bring to a boil. Add the brown rice flour a tablespoon at a time and stir in well. Cook and stir until thickened.

Bryanna's Fat Free Vegan Brown Gravy

By Bryanna Clark Grogan

This fat-free and delicious brown gravy will become a low-fat staple. 1 serving= 1/4 cup

Serves 10

1/3 cup nutritional yeast flakes

2 tablespoons oat flour (grind rolled or quick oats in a dry blender or electric coffee/spice mill)

4 tablespoons chickpea flour (besan)

2 tablespoons soy sauce

2 1/2 cups water

1/2 teaspoon salt

a few shakes of gravy browner, such as Kitchen Bouquet (optional)

"Ham" Gravy Variation:

Add 1/2 tablespoon ketchup, 1/2 tablespoon brown sugar, and 1/4 teaspoon liquid smoke

In a heavy saucepan over high heat, whisk the yeast and flour together until it smells toasty. Off the heat, whisk in the water, soy sauce, salt, and gravy browner, if using. Stir constantly over high heat until it thickens and comes to a boil. Reduce the heat and simmer for 2-5 minutes. This can be made ahead and reheated.

Microwave option:

In a 1 1/2 qt. microwavable bowl, mix the flour and yeast. Toast this in the microwave on full power for 3 minutes, uncovered. Whisk in the water, soy sauce, salt, and gravy browner, if using. Cover and cook on full power for 3 minutes. Whisk. Cover and cook again for 3 minutes on full power. Whisk. Note: You can make half the recipe in a 4-cup microwavable glass measuring container, and cook as above, but in 2 minute increments.

Variations:

You can use some wine instead of some of the water, if you like, and you can add steam-fried mushrooms, onions, vegetarian "hamburger crumbles" and other vegetarian meat alternates, if you wish

Hummus

Makes 2 cups

This creamy garbanzo spread can be used as a sandwich filling or served as a dip with fresh vegetables or wedges of pita bread.

2 garlic cloves

1 tablespoon chopped fresh parsley

1 15-ounce can garbanzo beans

3 tablespoons tahini (sesame seed butter)

2 tablespoons lemon juice

$\frac{1}{4}$ teaspoon ground cumin

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon paprika

Place garlic and parsley in a food processor and chop finely.

Drain beans, reserving liquid. Add beans to the food processor along with tahini, lemon juice, cumin, salt, and paprika. Process until very smooth, about 2 minutes. The mixture should be moist and spreadable. If it is too dry, add some of the reserved bean liquid to achieve desired consistency.

Per $\frac{1}{4}$ cup serving

- Calories: 95
- Fat: 4 g
- Saturated Fat: 0.5 g
- Calories from Fat: 37.8%
- Cholesterol: 0 mg
- Protein: 4.3 g
- Carbohydrates: 11.7 g
- Sugar: 0.4 g
- Fiber: 2.8 g
- Sodium: 132 mg
- Calcium: 45 mg
- Iron: 1.7 mg
- Vitamin C: 2.3 mg
- Beta Carotene: 52 mcg

- Vitamin E: 0.2 mg

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.

Lemon Scented Spinach Spread

By Jill Nussinow, *The Veggie Queen*

Jill made this delicious spread during the McDougall 5-day Program in November, 2008. We all agreed it was one of the best dips we've ever tasted! Try it for your next gathering of friends and/or family.

Makes 1 ½ cups

This is a tasty way to get people to eat more vegetables. It is far healthier than the spinach dip that many have gotten used to. You can use this to make wrap sandwiches as well as putting it in a traditional "bread bowl."

1 10 ounce package frozen chopped spinach, thawed, drained and squeezed dry

½ cup chopped green onions

½ package Mori Nu silken tofu

¼ cup fresh lemon juice, to taste

1 teaspoon lemon zest (be sure to zest before juicing)

2 teaspoons Dijon mustard

1-2 teaspoons Sucanat or sugar, to taste

Salt and pepper, to taste

Lemon zest and lemon slices for garnish

Combine the spinach and green onions in a food processor and pulse. Add the tofu, lemon juice and zest, and mustard. Process until smooth. Add salt, pepper, lemon juice and Sucanat, to taste. Serve immediately after making it or make a day ahead and serve chilled. If you make it ahead be sure to taste before

serving as sometimes the flavors get muted. Garnish with twisted lemon slices and lemon zest strips.

Meet Your New Favorite Company Appetizer - "Enlightened" Warm Spinach-Artichoke Dip

Serves 8 to 10

Print the recipe on one page, [here](#).

Ingredients:

- 1 large sweet onion, roughly chopped
- 3 cloves of garlic, chopped
- 1/2 teaspoon crushed red pepper, optional (I added a few shakes more)
- 5 ounces of baby spinach, rinsed (you could even use a little more)
- 1 14-ounce package of soft tofu, drained. (used NaSoya Silken)
- 1/2 cup of nutritional yeast flakes (buy bulk at Whole Foods)
- 2 tablespoons of fresh lemon juice
- 1/4 cup of fresh basil, roughly chopped
- 1/2-1 teaspoon of sea salt (to taste) (Chloe's uses 1 1/2 tsp.)
- 1/2 teaspoon freshly ground black pepper
- 14 ounces of frozen or canned artichoke hearts, drained, or thawed.
(**Note:** you could add a few ounces more, if you'd like--my sister did)
- Hearty whole grain thinly sliced rye or pumpernickel bread or crackers

Preparation:

1. Preheat oven to 350 degrees. Prepare a 1-quart baking dish. No need to grease.
2. Heat up a large skillet over medium-high heat. Add onions, to saute. Lower the heat a little, & cover the skillet, and let the onions soften for about 5-10 minutes. Watch them carefully, stir, & if they start to dry out or stick to the pan,

add 2 tablespoons of water, at a time to deglaze the pan.

3. Add the garlic & the crushed red pepper & cook for a minute or two more.
4. Lower the heat to medium-low & add the spinach. Cook it just until it's wilted, a couple of minutes.
5. In a food processor, blend the tofu, nutritional yeast, lemon juice, basil, salt, & pepper until smooth. Add the artichokes & the entire spinach mixture, and pulse about 15 times. Yes, I counted & 15 times seemed to do it.
6. Transfer to the baking dish and bake for 30 minutes, until lightly browned. At the end of 30 minutes, I turned on the broiler & carefully watched while the spinach-artichoke dip browned just enough.
7. Serve warm with crackers or hearty bread.

I hope you have leftovers. They are so good!!

The Dip That Keeps on Giving:

- It's even better the next day. The Lab Rat & I enjoyed Monday night hors d'oeuvres with our left-overs
- My sister spread it on a pita for lunch
- I spread it on thin pumpernickel, topped with baked tofu & tomatoes for lunch
- It would be amazing as a pizza topping, instead of tomato sauce. Think of that cheesy taste. Yum.
- It would be fabulous warmed & mixed into pasta, or layered into a lasagna.
- A perfect topping for bruschetta
- A perfect spread for a grilled portobello sandwich
- Mix it into scrambled tofu for breakfast

http://www.happyhealthylonglife.com/happy_healthy_long_life/the-healthy-librarians-enlightened-warm-spinach-artichoke-dip-by-chloe.html

Jane's Sister Sunny's Special Marinara Sauce

Brown 1 yellow onion

Add mushrooms (optional)

1 Tablespoon of garlic

1 Tablespoon of Italian seasoning [I watched Sunny and she added plenty]

1 tsp oregano

1 tsp basil

1 15 oz can of tomatoes

1 15 oz can tomato sauce

½ small can of tomato paste

Salt and Pepper

Simmer, long time, covered low

Cranberry sauce from fresh cranberries, dates, and an orange - that's it!

Sugar-free cranberry sauce with dates and orange juice

by Lani on November 24, 2011

2 1/2 cups **fresh cranberries**

juice from one **orange**

a dozen pitted **dates** (doesn't matter what variety, I used a mix of medjool and deglet noor)

1/4 + cup **water**

soak the dates overnight in the orange juice (you can probably skip this step if in a hurry – if so, maybe cook them a little to soften!)

blend the dates with the juice and water

put the dates/juice/water in a pot with the cranberries, bring up the heat quickly to get it hot and then and cook over medium/low heat for 15 minutes.

There you have it! You may need more or less water, depending on how juicy the orange, dates, and cranberries.

[11-21-12: Jane used 3-4 whole Clementine oranges and some frozen orange juice concentrate. I didn't soak the dates; I microwaved them for 30 seconds. It worked out very well.]

Master Cooking Sauce

½ cup soy sauce

2-3 Tbl rice vinegar

2-3 Tbl sherry

1-2 Tbl cornstarch

1. Mix all ingredients together. Pour sauce over stir-fry at the end of cooking time. As the sauce boils, it will thicken and coat the stir-fry.

Tomato Chutney

3 large tomatoes, skinned and chopped

1 Tbs. apple cider vinegar

2 tsp. sugar

2 tsp. chopped fresh thyme

Salt and pepper

In a small saucepan, combine the tomatoes, vinegar, sugar, thyme, salt, and pepper. Bring to a boil over medium-high heat; reduce the heat and simmer,

stirring often, until most of the liquid has evaporated about 20 minutes. Season to taste.

This is delicious served with bread, olives and cheese. It's also good served with seafood and chicken.

Jicama Apple Relish

½ large jicama, peeled and coarsely chopped

1 apple, cored and coarsely chopped

2 scallions, minced

½ - 1 jalapeño, minced

1 avocado, chopped

Juice of 1 lime

1/3 – 1/2 cup rice vinegar

Salt and pepper to taste

Combine all ingredients in a bowl and serve.

[Fairly good dip, though Mom thinks it tastes like ketchup]

Blend:

10 oz. jar roasted red peppers (drained)

¼ cup walnuts

½ tsp. cumin

1 Tbsp balsamic vinegar

Serve with whole wheat pita and raw veggies

White Bean Hummus with Fresh Thyme and Basil

By [Dreena Burton](#) | Posted on May 30, 2013

The fresh thyme and basil add a fresh and vibrant taste to this hummus. The pureed cannellini beans are creamy white, which together with the green flecks from the fresh herbs, make this hummus pretty to look at... and scrumptious to eat!

This recipe is wheat-free, gluten-free, and soy-free.

White Bean Hummus with Fresh Thyme and Basil From [*Eat, Drink & Be Vegan*](#)

Ingredients:

- 2 cups cooked cannellini (white kidney) beans (drained and rinsed if using canned beans)
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons tahini
- 1 small to medium clove garlic, sliced
- 2 tablespoons red wine vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon sea salt
- 2½-3 teaspoons fresh thyme, roughly chopped
- ¼ cup fresh basil, torn or roughly chopped
- 1-2 tablespoons water (may not need, just to thin dip as desired)
- Freshly ground black pepper to taste

Instructions:

In a food processor, combine all ingredients except water, thyme, and basil.

Purée until smooth, gradually adding water as desired to thin dip and scraping down sides of bowl as needed.

Add thyme and basil and purée briefly to incorporate ingredients.

Chef's Notes:

You can make this dip look very elegant. Try piping the dip into mini-bell peppers (cut in half), halved grape tomatoes, or endive leaves. Alternatively, spread it thinly on slices of bread with a layer of “shaved” cucumber (using a vegetable peeler to remove thin strips lengthwise off cucumber, before reaching the seedy portion). Cut crusts off bread and slice in strips or cut in shapes with cookie cutters.

Make a double batch of this hummus and store portions in the freezer. It thaws wonderfully!

[My sister Parie sent this to me. They really like this.]

YUM SAUCE

1/4 cup almonds

1/3 cup (or more) water or chickpea broth

1/2 cup (or more) chickpeas

1/4 cup nutritional yeast

a little lemon zest

2 1/2 Tablespoons lemon juice

1 clove minced garlic, or garlic powder

1/4 tsp salt

pepper to taste

3/4 tsp curry powder

1/2 tsp dried oregano

1/2 tsp dried cilantro (coriander)

Parie's Simplified Version

1 cup of water

1 cup of almonds

½ cup of nutritional yeast

Juice of one lemon

1 garlic clove

salt

Cheesy Cauliflower Sauce

Drizzle over steamed vegetables, pizza, baked or mashed potatoes, grits, or polenta. Mix it into cooked pasta for a lighter [Macaroni and Cheese](#). Or make it into a spicy dip for chips. Use it wherever you'd use butter or cheese sauce—the possibilities are endless!

Ingredients

- 2 cups water
- 2 heaping cups small cauliflower florets
- 1 teaspoon granulated onion powder
- 2 cloves garlic, peeled, or 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon dry mustard
- 1/8 teaspoon turmeric
- 1/4 cup [nutritional yeast](#)
- 1 tablespoon mellow white miso or [soy-free chickpea miso](#) or a little salt
- 1 tablespoon cornstarch or potato starch
- 1/2 tablespoon lemon juice

- salt to taste

Instructions

1. Bring the water to a boil in a medium saucepan. Add the cauliflower, water, onion powder, garlic, paprika, mustard, and turmeric. Cover tightly and reduce the heat to very low. Simmer until the cauliflower is so tender that it easily comes apart when poked with a fork, about 15-20 minutes.
2. Carefully transfer the contents of the saucepan to a blender. Add all remaining ingredients. Cover and blend, starting on low and increasing the speed until you're at the highest setting. (Be careful—hot foods can “erupt.”) Blend until you have a completely smooth sauce.
3. Pour the sauce back into the saucepan, add salt to taste if you like, and heat until it begins to bubble, stirring occasionally. Allow it to cook and thicken for at least another 2 minutes. Serve hot.

Notes

You can turn this into a spicier sauce by substituting chipotle powder for the smoked paprika and adding more to taste.

Variations

Make a dip for tortilla chips by increasing the cornstarch to 2 tablespoons and adding 1/4 to 1/2 cup of salsa during the final cooking stage.

Preparation time: 5 minute(s) | Cooking time: 25 minute(s)

Number of servings (yield): 9

Makes about 3 cups. Nutrition (per 1/3 cup serving): 28 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 209.8mg sodium, 151.6mg potassium, 4.5g carbohydrates, 1.6g fiber, <1g sugar, 2.6g protein

URL to article:

<http://blog.fatfreevegan.com/2013/05/cheesy-cauliflower-sauce.html>

Cauliflower Bechamel

BY DEL SROUFE

Cream sauces are used in many recipes from pastas to soups and stews, but most plant-based “cream” sauces, usually made from soy, leave something to be desired. This sauce, made from pureed cauliflower, is a

great substitute for traditional cream versions, but it is also a delicious sauce—period. Use it wherever you want a creamy texture in a dish.

Makes about 3 1/2 cups

Preparation Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS:

1 large head cauliflower, cut into florets (about 3 cups) Unsweetened plain almond milk, as needed

1 medium yellow onion, peeled and diced small

2 cloves garlic, peeled and minced

2 teaspoons minced thyme

1/4 cup finely chopped basil

1/4 cup nutritional yeast, optional

1/4 teaspoon ground nutmeg

Salt and freshly ground black pepper to taste

Instructions:

Add the cauliflower to a large pot and add water to cover. Bring to a boil over high heat and cook until the cauliflower is very tender, about 10 minutes.

Drain the excess water and puree the cauliflower using an immersion blender or in a blender with a tight-fitting lid, covered with a towel, in batches if necessary.

Add almond milk, if needed, to achieve a creamy consistency. Set the puree aside while you prepare the rest of the ingredients.

Place the onion in a large skillet or saucepan and saute over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic, thyme, and basil and cook for another minute. Add the nutritional yeast (if using), nutmeg, and salt and pepper and cook for 5 minutes, or until heated through.

Add the onion-garlic mixture to the cauliflower puree and blend until smooth, adding up to 1/2 cup of water if necessary to achieve a smooth consistency.

<http://www.forksoverknives.com/recipes/cauliflower-bechamel/>

Hot Chile Sauce

BY DARSHANA THACKER ON DECEMBER 18, 2014

I created this sauce when I could not easily find a commercially made hot sauce that was oil- and sugar-free—and also tasted really good! Plus, I really wanted to control the heat to my personal preference. This delicious sauce meets all my specifications. It also stays fresh in the fridge for a good long time, so I can make a batch and keep it awhile. I call that an all-around winner!

INGREDIENTS:

1 red bell pepper

2 ripe medium tomatoes, cored and quartered

2 tablespoons onion powder

1 tablespoon garlic powder

1/8 teaspoon cayenne pepper, or to taste

1/8 teaspoon apple cider vinegar

Sea salt

1 1/2 teaspoons arrowroot powder

Instructions:

Place the whole bell pepper in a dry skillet and roast over medium-high heat, turning the pepper often to cook all sides, until it is charred and wilted all over, 10 to 15 minutes. Alternatively, roast the pepper in a preheated 375°F oven for about 30 minutes.

Remove the pepper from the skillet or oven and wrap it in a clean kitchen towel. Let it cool for 15 to 20 minutes. Unwrap the towel, and peel off the charred skin. Cut the pepper into half and remove and discard the seeds and core.

Transfer the pepper to a blender or food processor. Add the chopped tomatoes, onion powder, garlic powder, cayenne pepper, vinegar, and salt to taste. Blend until smooth.

Transfer to a medium saucepan and bring to a boil over medium-high heat. Simmer, uncovered, stirring occasionally, until the sauce is very fragrant and slightly thickened, 15 to 20 minutes.

Meanwhile, in a small bowl mix the arrowroot powder with 1 ½ teaspoons water and stir until smooth. Stir the mixture into the sauce. Cook until the sauce has thickened and is a translucent glaze, 10 to 15 minutes.

Meanwhile, bring a saucepan of water to a rolling boil. Place a 12-ounce glass jar in the water and boil gently for 5 minutes. Remove to a drying rack and let air dry. If the lid is metal, it can also be dipped in the boiling water for 30 seconds and set aside to air dry. (If the lid is plastic, run it through the dishwasher.)

When the sauce is done, remove the pan from the heat and let it sit for a moment. Pour the sauce into the sterilized jar while the sauce is still hot, leaving some headspace at the top. Close with the sterilized lid. Let cool completely at room temperature.

Make sure the jar is tightly closed. Store in the refrigerator; the sauce will be good for at least 1 month.

<http://www.forksoverknives.com/recipes/hot-chile-sauce/>

Sour “Cream”

BY DEL SROUFE

I keep this smooth, creamy, and easy-to-make sour “cream” on hand to use in

any recipe calling for traditional sour cream.

Makes about 1½ cups

Ready In: 10 minutes

INGREDIENTS:

1 (12-ounce) package firm or extra-firm silken tofu

3 tablespoons white wine vinegar

Sea salt

Instructions:

Combine the tofu and vinegar in a food processor and process until smooth and creamy. Add salt to taste. Store in an airtight container in the refrigerator for up to 1 week.

<http://www.forksoverknives.com/recipes/sour-cream/>

Posted on Facebook

Nacho Cheeze

I wanted to post another recipe here that I has become the new favorite. It's made with regular potatoes! It's from High Carb Hannah's YouTube channel.

2 red or yellow potatoes, chunked and unpeeled, and 1/4 white onion, boiled till soft (about 10 minutes)

1/2 red bell pepper - roasted is delicious, but if using a high powered blender, it doesn't need to be

1 t salt

1 t onion powder

1 t garlic powder

2 T salsa

1/2 c nutritional yeast

1 T hot sauce

1/4 - 1/2 c cooking water

Process in food processor or high powered blender - makes at least 2 cups.

It's light and velvety and doesn't "cook" when microwaved. It's light, yet very deep in flavor!

Creamy Peppered Gravy

Dry Gravy Mix

1 cup brown rice flour

1/4 cup nutritional yeast flakes

2 tsp salt

1T or more rubbed sage

1T black pepper - more or less

Mix well and store in refrigerator until ready to use,

To make a batch:

1/4 cup gravy mix (above)

2 cups unsweetened plant milk

Whisk together and cook over med high heat. Stir often till thickens.

Savory Bean Gravy

I am super excited to share this fabulous and nutritious gravy idea with you. Why I never thought of this before is a mystery to me. It's such a simple recipe and it's more delicious than any brown gravy I've ever had! PLUS, it's made with beans for an extra heapin' helpin' of nutrients.

Ingredients:

1 cup red beans (pinto, adzuki, kidney or any other red bean will work)

1 cup water

1 TBS sweet white miso
1 TBS Spike salt-free all purpose seasoning
1 tsp Bragg Organic Sprinkle (or sub 1 tsp ground thyme)
2 tsp dried onion flakes
1 tsp garlic powder
1 TBS nutritional yeast

Directions:

Place all ingredients into a blender and blend until smooth.

Warm in a saucepan.

Serve!

Lime Mango Salad

1 can cannellini beans, drained and rinsed

1 mango peeled and diced

Red or Vidalia onion diced to taste

Cilantro

Grated lime rind

1 lime squeezed

Combine all the above. Mash a little and use as salsa or don't mash and use as a salad.

Asian-Inspired Salad Dressing

RECIPE BY PLANTPLATE July 30

Liven up your salads with this sweet, spicy, tangy Thai-style dressing.

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Yield: Makes 1/2 a Cup

Notes:

This recipe is for a fairly spicy dressing. If you'd like to make a milder version, simply omit the chili, or use less ginger if you prefer.

Prepared dressing will keep in a sealed jar in the fridge for 4-5 days.

Ingredients:

- 2 tbsp. freshly squeezed orange juice
- 2 tbsp. fresh lime juice
- 1 tbsp. Chinese rice vinegar
- 2 tbsp. agave or date syrup

- 1 tbsp. low sodium soy sauce
- 1 small red chili, seeds removed and chopped finely
- 1 clove of garlic, crushed
- 1 tbsp. finely grated ginger

Instructions:

Combine all ingredients in a jar and shake until well combined.

Creamy Ranch-Style Dressing

RECIPE BY PLANTPLATE *July 30*

This smooth and creamy ranch-style dressing contains no eggs, dairy or added oils, making it the perfect plant-based addition to salads and baked potatoes.

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Yield: Makes 2/3 Cup

Notes:

This dressing will keep in a sealed jar in the fridge for 4-5 days.

Ingredients:

- 1/3 cup plain unsweetened soy yogurt (or low fat vegan mayo)
- 1 tbsp. lemon juice
- 1 1/2 tsp. cider vinegar
- 1/2 tsp. dried garlic granules
- 1/2 tsp. maple or rice syrup
- 1 tbsp. water
- 1 tbsp. finely chopped fresh dill
- 2 tbsp. finely chopped fresh parsley

Instructions:

Combine all ingredients in a bowl and stir until well combined. Season with black pepper to taste.

Homemade Ketchup

RECIPE BY PLANTPLATE *March 17*

Love ketchup? This homemade version is lower in sodium and added sugar than store-bought brands, and is incredibly simple to make!

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Yield: Makes 2 Cups

Notes:

There are plenty of great reasons to make your own tomato sauce at home- it's cheap, it's easy, and it allows you to control how much sugar and salt is added (and avoid chemical additives too!)

You can use this as a condiment, as a base for pizza sauce, or even as part of a tomato-based pasta sauce, like [this lentil bolognese](#).

Ingredients:

- 10 oz. (280g) tinned tomato paste (concentrated)
- 1/3 cup apple cider vinegar
- 3 tbsp. rice syrup
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/4 teaspoon salt
- 1 cup water

Instructions:

Mix all ingredients together until well combined.

Store in airtight containers or glass bottles, and keep refrigerated for up to 2 weeks.

Lemon Mustard Dressing

RECIPE BY PLANTPLATE July 30

This simple and versatile oil-free dressing can be used on everything from salad greens to baked potatoes.

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Yield: Makes 1/2 a Cup

Notes:

This dressing will keep in a jar in the fridge for 4-5 days.

Ingredients:

- 1/4 cup lemon juice
- 2 tsp. apple cider vinegar
- 3 tsp. date or rice syrup

- 1 clove garlic, crushed
- 1 tbsp. mild seeded mustard
- 1 tbsp. water

Instructions:

Combine all ingredients in a jar and shake until well combined.

Savoury Herb Gravy

RECIPE BY PLANTPLATE *January 8*

Add depth and flavour to your mashed potatoes, steamed veggies, and everything in between with this quick, simple, fuss-free gravy recipe.

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Yield: Makes 1.5 cups

Notes:

While we do love a good slow-cooked gravy- with onions, mushrooms, or other ingredients- we also love having a quick, simple, no-fuss option to throw on mashed potatoes, steamed veggies, or a big pile of [oven fries](#)! In addition to being easy to make, this gravy is low in sodium, so it's a great heart-healthy alternative to ready-made mixes.

You can experiment with different dried herbs in this recipe- sage, oregano and basil are all excellent additions. We usually make this with dried herbs for convenience, but you can use fresh rosemary and thyme instead if you like. Just add 3-4 whole sprigs of each, simmer the stock for an additional 5 minutes in step 1, and remove the herbs before adding the starch mixture in step 2.

To make this gravy Low FODMAP, use an onion and garlic-free vegetable stock as the base.

Ingredients:

- 1.5 cups low-sodium vegetable broth
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 1 tbsp. corn or arrowroot starch
- 2 tbsp. water
- 2 tbsp. [nutritional yeast](#)
- 1/2 tsp. ground black pepper

Instructions:

1. Combine vegetable stock and herbs in a small sauce pan. Bring liquid to a boil, then reduce heat to medium and simmer for 7-8 minutes.
2. Combine the tablespoon of starch with the 2 tablespoons of water in a small jug or bowl, and whisk to combine. Add this to the broth, whisk through, and continue whisking the mixture over a medium heat for 30-45 seconds until it has thickened.
3. Remove pan from the heat, and stir through the nutritional yeast and pepper. Serve immediately.

Note: Leftover gravy can be refrigerated for 3-4 days. However, when reheating, you may have to add more starch to thicken it. Mix an additional 2 teaspoons of corn or arrowroot starch with 1 tablespoon of water, and add this to the gravy when it's hot. Whisk until thickened, as in step 2 (above.)

Tomato and Red Pepper Chutney

RECIPE BY PLANTPLATE July 30

This sweet and tangy chutney is the perfect accompaniment to all manner of savory dishes, from mushroom burgers and baked potatoes to Indian curries.

Prep Time: 5 Minutes

Cook Time: 30 Minutes

Yield: Makes Approximately 1 Cup

Notes:

Prepared chutney will keep in an airtight container in the fridge for up to one week.

Ingredients:

- 1 small red chili (optional)
- 1 small brown onion, finely diced
- 1 clove garlic, crushed
- 1 red bell pepper, diced
- 1 tbsp. date syrup or agave
- 3 tsp. apple cider vinegar
- 3 small tomatoes, diced
- 1/2 cup water, plus extra if needed

Instructions:

1. In a small saucepan, on a high heat, sauté the onion, garlic, chili (if using) and bell pepper in a small amount of water or vegetable broth, for about 10 minutes. (Continue to add more water or broth to the pan as necessary to keep the onions from sticking.)
2. Add the date syrup/agave and apple cider vinegar and stir for 1 minute.
3. Add the tomatoes and ½ cup of water. Reduce heat to medium and simmer, uncovered, for 15 minutes. (Continue to add more water to the pan as necessary to keep it from sticking.)
4. Remove from the heat and place mixture in a food processor or blender. Pulse times for a chunky chutney, or blend at medium speed for a smoother consistency.

Transfer to a container, cover and refrigerate until cool before using.

Fresco Sauce Recipe

Unprocessed meets Protective Diet - Chef AJ and Julie Marie joined together in the Protective Diet Test Kitchen to create a nutrient-dense sauce that will brighten up a Green Burrito, freshly dress a leafy green salad or give a simple rice bowl some zing. The clean flavors have an exciting finish with the optional addition of jalapeño. This sauce can be a sweet and spicy salsa for Baked Corn **Tortilla Chips** or it can stand alone as a fresh green **gazpacho** with the addition of diced cucumber.

Yield: 2 cups

Prep time: 10 minutes

Ingredients:

- 1 cup pineapple
- 1 cup cucumber, peeled
- **Zest** of 1 lime
- 1 lime, **juiced**
- 1 clove garlic
- 1 Tablespoon **chia seeds**
- ½ jalapeño, optional
- 1 Tablespoon fresh cilantro

Directions:

Watch technique video and read directions

<http://protectivediet.com/fresco-sauce.html/h1>

- 1 Using a high-speed **blender**, **blend** all ingredients except cilantro until smooth
- 2 Taste and add more jalapeño if more heat is desired

3 Add cilantro and pulse until finely chopped

Notes:

- Fresh, frozen or canned crushed pineapple can be used for this recipe
- To reduce the heat but keep the flavor, remove the seeds from the jalapeño

If you are just getting started on a low-sodium diet **sea salt** may be added to enhance taste

Wild Plum Sauce

Sweet, sour, and surprisingly spicy, use this sauce to add zing to [spring rolls](#), tofu, or [seitan](#).

Ingredients

1 pound whole wild plums (or pitted regular plums)

3-4 cloves garlic, minced

1 tablespoon fresh ginger root, minced

1/8 tsp cayenne pepper (use less if you like)

1 tsp soy sauce (or salt to taste)

1/4 teaspoon shallot or onion salt (optional)

As needed: sugar or other sweetener and/or vinegar

Instructions

Pick over the plums to remove any stems or debris and rinse them well. Place in a saucepan and add water just to barely cover them. Bring to a boil, reduce heat, and simmer until skins have burst and plums are soft, about 20-30 minutes.

Remove from heat and allow to cool for a few minutes.

Place a colander over a bowl. Put the plums in the colander and press with the back of a spoon to squeeze out the juice. (You could also do this in a cheesecloth bag.) Allow the plums to drain until all juice is removed.

Heat a saucepan over medium-high heat. Saute the minced garlic and ginger in a tablespoon of water for 2 minutes, adding more water if needed to prevent sticking. Add the plum juice and the remaining ingredients. Bring to a low boil and simmer until mixture reduces and thickens by almost half. (It took mine about 15 minutes.) Taste to see if any sauce is sweet or sour enough; if not add sweetener or vinegar to taste.

Preparation time: 10 minute(s) | Cooking time: 45 minute(s)

Number of servings (yield): 4 (about 1 cup total)

Nutrition, per serving: Calories: 59, Fat: less than 1g, Sodium: 144mg, Carbohydrates: 15g, Fiber: 2g, Protein: 1g

Crock pot mushrooms

This recipe came about because of my deep love of mushrooms. I honestly don't know if there is a way to have mushrooms that I do not adore. I love the flavor of foods that have been slow cooked. It just adds an amazing depth to them, and this was the case with these beautiful mushrooms. It enhanced the already earthy flavor and brought such complex flavors to the table. It is super simple to make too. Just toss everything in the crock pot (slow cooker) and walk away.

Here are the ingredients:

16oz. mushrooms (or more) I usually use button or cremini.

1/2 red onion, chopped

up to 6 cloves of garlic, chopped fine

1/2c veggie stock or [mushroom stock](#)

1/4c low sodium soy sauce

salt and pepper to taste (I wait until after)

Place in crock pot on low for 4-5 hours or high for 2 to 3 hours. Stir every so often to get all the mushrooms evenly covered.

Just use this recipe as a guide. You can add anything you want to this and make it even better. I will sometimes add more soy sauce and veggie stock and thicken it at the end with some corn starch, so it becomes a thick gravy to put

LOW SODIUM INSTRUCTIONS

16oz. mushrooms (or more)

Up to six cloves of garlic, peeled and crushed

1/4 cup red wine

1/2c low sodium veggie stock/[mushroom stock](#)

2 T low sodium soy sauce

black pepper to taste

1 tablespoon browning sauce

Combine and cook as above.

INSTANT POT INSTRUCTIONS

Use either recipe above, place all ingredients in your Instant Pot®. Close the lid

and make sure the top is set to pressure.

Turn pot on, and set to manual mode, 4 minutes. After it is done, do a quick release. You can thicken the sauce by turning the Instant Pot to saute mode and letting it come to a boil with the lid off. Combine 1/4c of water with 2-3 T of corn starch, and when the liquid is boiling, add the slurry. Stir well and let cook for 1 minute. Then serve over rice or potatoes or as is. ENJOY!!

<http://www.klunkerskitchen.com/2015/05/crock-pot-mushrooms.html>

Homemade Apple Butter (No Sugar Added)

<http://detoxinista.com/2014/09/how-to-make-apple-butter/>

SMOKEY CHEEZ SAUCE

1 can reduced sodium cannellini beans with liquid

4 tablespoons nutritional yeast

3 tablespoons [Ninja Squirrel](#) Sriracha Sauce – or other brand if not available

1 tablespoon corn starch

1 tablespoon lime juice

1 teaspoon cumin

1 teaspoon smoked paprika

Blend in a blender or food processor until smooth.

Serve over brown rice and steamed vegetables, on tacos, in burritos, on baked potatoes – use your imagination!

<http://engine2diet.com/the-daily-beet/smokey-cheez-sauce/>

HOMEMADE KETCHUP

1 can tomato paste 8oz

1/3 cup water

1 tsp maple syrup

1/2 tsp. Salt

1Tbs. Apple cider vinegar

*Mix in a bowl or blender

Simply Gravy from the leftover pinto bean liquid

Leftover pinto bean liquid from making refried beans (I cooked this batch overnight in the crock pot with garlic & onions)

Mix 2 Tbsp. cornstarch with 1/4 cup water, then added it to 2 cups boiling pinto bean liquid. Stirred it until thickened.

Butter Substitute

(Ronde Walch)

For those looking for a "butter" substitute....I saw this on today..."This is a wonderful spread for toast or muffins, and it also works on vegetables. It keeps for about a week in the refrigerator.

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: makes 1 ½ cups

¼ cup cornmeal

1 ¼ cups water

1-2 teaspoons lemon juice

½ teaspoon salt OR 1 teaspoon no-salt seasoning mixture

Place the cornmeal in a saucepan with 1 cup of the water. Cook, stirring constantly until mixture is smooth and thick. Place the cooked cornmeal in a blender jar. Add the remaining water, 1 teaspoon of the lemon juice and the seasoning. Process until very smooth, adding a bit more water, if necessary, to reach the desired spreading consistency. Taste and add more lemon juice if desired. Place into a covered container and refrigerate."

Chinese White Sauce

3 cups clear vegetable stock

3 tbsp Cornflour (cornstarch)

2 tsp Garlic

2 tsp Ginger

1/2 cup Onions

1 Salt

1 pinch sugar

Instructions

Combine the cornflour and clear vegetable stock in a deep bowl, mix well and keep aside.

Cook the onions, ginger and garlic and sauté on a high flame for 1 minute.

Add the cornflour-vegetable stock mixture, sugar and salt, mix well and cook on a

high flame for 5 minutes, while stirring occasionally.

Makes 3 cups

Basic Chinese Brown Sauce

<http://lesleyeats.com/2014/01/15/basic-chinese-brown-sauce-vegan-and-gf/>

Basic Vegan/GF Chinese Brown Sauce

serves 4-8, depending on thickness

3 tablespoons gluten free tamari or soy sauce

3/4 cup vegetable broth

1 tablespoon grated ginger

1 tablespoon minced garlic (optional)

1 tablespoon molasses

1 tablespoon cornstarch (less, if you prefer a thin sauce)

1 tablespoon rice vinegar (or apple cider vinegar to taste)

Combine tamari, broth, ginger, garlic, and molasses in a small saucepan and heat on medium. Whisk in cornstarch and continue whisking until it thickens. For a thinner sauce, remove right away; for a thicker sauce, continue whisking and cooking over low heat. Add vinegar to taste (it will thin slightly).

Serve this with some steamed baby bok choy, carrot slices, water chestnuts, and baked tofu (or whatever you like).

Green Pea Hummus with Fresh Mint

Makes 1 1/2 cups

Preparation Time: 15 minutes Ready In: 15 minutes

By Darshana Thacker

Brighten up the color and flavor of simple chickpea hummus with subtly sweet green peas and fresh mint in this 15-minute healthy vegan recipe. Try Green Pea Hummus as a dip or spread onto sandwiches.

INGREDIENTS:

1 15-oz. can chickpeas, rinsed and drained

2 tablespoons lime juice

1 small clove garlic, peeled

Sea salt and freshly ground black pepper, to taste

1/2 cup frozen peas, thawed

2 tablespoons chopped fresh mint

2 tablespoons finely chopped fresh parsley (optional)

1 teaspoon lemon zest

1 In a blender or food processor combine chickpeas, lime juice, garlic, and 1/3 cup water. Cover and blend or process until smooth. Season with salt and pepper. Add the remaining ingredients; cover and process just until nearly smooth.

2 Chill, covered, until ready to serve.

<https://www.forksoverknives.com/recipes/green-pea-hummus-with-fresh-mint/>

Tofu sour cream: 5 mins

16 oz package of firm tofu rinsed & drained*

Juice from 1 lime about 2 T

1 garlic clove

1.5 T white distilled vinegar (add another tsp if you think it needs a little more sourness)

.5-1 tsp salt

Blend it all.

*a little left over water is fine to liquify

You can use it as a dip by itself with green onions, over potatoes, tacos, burritos, and instead of milk, sour cream, or cream cheese in mashed potatoes.

Vegan Oil-Free Mayo Using White Beans

Author: Karissa Prep Time:

<https://www.karissasvegankitchen.com/vegan-oil-free-mayo/>

5 mins Servings: 16 tablespoons

Ingredients

1 can cannellini beans drained

1 tsp dijon mustard

1-2 tsp lemon juice start with 1 tsp, add more if desired

2 tsp white miso OR salt to taste

1/4 tsp onion powder optional

1/4 tsp garlic powder optional

Instructions

1. Blend all of the ingredients in a blender until smooth and creamy. You may need to add a little water.

2. Delicious on veggie burgers, sandwiches, in chickpea sandwiches, on potato salad, etc.

Notes

Adjust the seasonings to your taste. The onion powder and garlic powder aren't necessary but I love the added flavor. I also like to add pickle juice to it instead of lemon juice if I'm using it on potato salad!

This mayo keeps for 3-5 days in the fridge.

Artichoke dip

Dianna Scofield I love my artichokes dipped in this!

Lemon-Mustard Dipping Sauce

1½ cups water

1½ teaspoons vegetable bouillon

2 tablespoons lemon juice

1 tablespoon grainy mustard

1 pinch garlic powder

a few grinds of black pepper

2 tablespoons cornstarch

¼ cup water

In a small saucepan, bring first group of ingredients to a boil. Simmer five minutes. Combine cornstarch and water in a small bowl; whisk into boiling mixture. Reduce heat and simmer until sauce thickens.

Cannellini Bean Sauce

From *The Prevent and Reverse Heart Disease Cookbook* By Ann and Jane Esselstyn

Serve this sauce over kale, greens, salads, grains, or veggies, or use as a spread for sandwiches or as a topping on pizza.

Makes 1½ cups sauce

Ready In: 5 minutes

INGREDIENTS:

1 (15-ounce) can no-salt-added cannellini beans, drained and rinsed

1 to 2 cloves garlic

2 tablespoons low-sodium tamari

Purée the beans, garlic, and tamari in a food processor until very smooth, adding water as needed: use more water for a thinner dressing, or less for a thicker dip.

Brand New Vegan Stir Fry Sauce

1/4 cup low-sodium vegetable broth

1/4 cup low-sodium soy sauce (or tamari)

2 Tbs rice vinegar

2 Tbs maple syrup

1 Tbs minced garlic

1 Tbs minced ginger

3 tsp sriracha

1 Tbs corn starch

<https://www.brandnewvegan.com/recipes/easiest-vegan-stir-fry-ever>

Easy Vegan Gravy

This Vegan Gravy is so incredibly easy to make. It's the perfect addition to mashed potatoes and only takes 5 minutes!

Cook Time: 5 mins

Total Time: 5 mins

Servings: 8 servings

Author: Nora Taylor

Ingredients

2 cups vegetable broth

3/4 teaspoon onion powder

3 tablespoons nutritional yeast

1 tablespoon soy sauce (or use tamari for gluten free)

1/2 teaspoon dijon mustard

1/4 cup all purpose flour (or use brown rice flour for gluten free)

US Customary - Metric

Instructions

Add all ingredients to a medium sized pot and bring to a boil.

Whisk over medium-high heat for a couple of minutes, until the gravy thickens.

Serve with mashed potatoes! This gravy keeps well for up to a week in the fridge. Just re-warm, add a little water if too thick, stir and serve.

NUTRITION INFORMATION

Serving: 1serving Calories: 30kcal Carbohydrates: 5g Protein: 2g Fat: 1g Saturated Fat: 1g Sodium: 364mg Potassium: 61mg Fiber: 1g Sugar: 1g Vitamin A: 125IU Iron: 1mg

<https://www.noracooks.com/easy-vegan-gravy/>

OIL FREE GOLDEN GRAVY

Ingredients:

1 1/2 cup oil free veggie broth

1/2 cup water

1/4 cup reduced sodium soy sauce

1 tsp onion powder

1 tsp garlic powder

2/3 cup nutritional yeast

1/3 cup of flour (this is totally optional... I just like my gravy EXTRA THICK you know??)

Heat it all up in a pan and then use a hand blender to mix it all up, until it has reached your desired consistency.

<https://www.youtube.com/watch?v=sx2LrIbcV5k>

Easy Refried Beans

I love this recipe! You can use any kind of beans. I've used black beans and cannellini. Both were great.

Person who posted this on Facebook said: "I've made this recipe twice in the last week, and my family loves it and wants me to make it again! It's simple and 100% from food storage."

2 cans pinto beans (or ~4 cups cooked)

1/2 cup salsa

1 teaspoon each:

- garlic powder
- onion powder
- cumin

Combine all in food processor and process until smooth. Add enough water or bean cooking liquid to aid in processing

Serve on tortillas, over rice, in burritos, however you like!

Peanut Sauce

This recipe is from Chef Katie Mae of the Culinary Gym

INGREDIENTS

1/2 cup unsalted, unsweetened peanut butter

1/2-3/4 cup water

2 tablespoons rice vinegar

2 tablespoons lime juice

1 tablespoon tamari (optional)

1 Medjool date, pitted

1 garlic clove (or ¼ teaspoon garlic granules)

¼–½ teaspoon crushed red pepper flakes

INSTRUCTIONS

1. Place all of the ingredients (peanut butter, water, vinegar, lime juice, tamari, date, garlic,

and red pepper flakes) into a blender, and blend until creamy.

2. Enjoy warm or chill for later. Refrigerate covered for up to 7 days.

CHEF'S NOTE

Start with only ½ cup of water. If you want a thinner sauce, add the last ¼ cup. The date gives

sweetness to balance the spicy red pepper flakes, but you can leave out one or both

Maximum Weight Loss Recipes: Sauces

Eating the same starch with a variety of vegetables day in and day out is a great way to lose weight, but trying to change up the flavors can seem a bit daunting. Sauces are a great way to turn any simple staple dish into a variety of savory meals. Try some of our favorite Maximum Weight Loss sauces to spice up your next meal.

[Pico de Gallo](#)

[Marinara Sauce](#)

[Enchilada Sauce](#)

[Red Pepper Sauce](#)

Curry Tomato Sauce

Broccoli Mushroom Sauce

Master Stir Fry Cooking Sauce

1/2 cup soy sauce
2-3 Tbl rice vinegar
2-3 Tbl cooking sherry
1-2 Tbl cornstarch

Vegan Gravy

<https://www.tiffanysepihanys.com/post/vegan-gravy>

Jane: I love this recipe!

DREAMY VEGAN CAULIFLOWER ALFREDO SAUCE

PREP TIME: 5 MINS COOK TIME: 10 MINS TOTAL TIME: 15 MINUTES

YIELD: 2 CUPS 1X

INGREDIENTS

1/2 yellow onion, chopped
3 garlic cloves, crushed
3 cups (12 ounces) chopped cauliflower
1 cup vegetable stock or water
1–2 tablespoons nutritional yeast (see notes)
2 teaspoons lemon juice
1–2 teaspoons sea salt
1/2 teaspoon soy sauce (gluten-free or coco aminos, as needed)

INSTRUCTIONS

Cook onion (with water as needed) in a medium-sized pot over medium-high heat for 3-4 minutes, or until it is soft and translucent. Add the garlic and cook for 30 seconds. Add the cauliflower and the vegetable stock or water to the pot, cover with a lid and let the cauliflower steam for 5 minutes, or until it is soft.

Transfer everything in the pot to a blender (a high-powered blender will make the smoothest sauce, but any blender will work) and blend on high until smooth. Add the remaining ingredients (starting with 1 tablespoon of nutritional yeast and 1 teaspoon of sea salt) and blend again. Taste and add more nutritional yeast and sea salt, if you'd like..

Either use the cauliflower alfredo right away or pour it into a pan to keep warm until you are ready to use it.

<https://www.theendlessmeal.com/dreamy-vegan-cauliflower-alfredo/print/45577/>

McDougall Sauces

[Peanut Sauce](#)
[Red Curry Sauce](#)
[Mushroom Sauce](#)
[Puttanesca Sauce](#)
[Salt-Free Ketchup](#)
[Spicy Salad Dressing](#)
[Creamy Garlic Dressing](#)

Wasabi Orange Sauce

This tasty vegan dipping sauce also makes a wonderful salad dressing. I often make a double batch so I have enough for upcoming meals like these Asian Wraps which are great for packed lunches.

By Darshana Thacker, Sep 11, 2017

INGREDIENTS

3 medium oranges, peeled and seeded
2 small dates, pitted
3 tablespoons peanut butter
2¼ teaspoons low-sodium tamari
¾ teaspoon prepared wasabi paste

INSTRUCTIONS

Place the oranges, date, peanut butter, tamari, and wasabi paste in a blender or food processor and blend until smooth.
Transfer to a bowl, cover, and chill for 30 minutes before serving. The dressing will keep in an airtight container in the refrigerator for 4 to 5 days. Serve cold.

<https://www.forksoverknives.com/recipes/vegan-sauces-condiments/wasabi-orange-sauce/>

Vegan Queso Sauce

This vegan queso will fool even hard-core cheese-lovers. A high-speed blender produces the thickest, creamiest cheesy sauce. Try it in our [Mac and Cheese with Roasted Veggies](#), whip up your own mac and cheese mix, pour it over a baked potato, or serve it as a dip for chips!

By [Shelli McConnell](#), Jan 19, 2021

INGREDIENTS

1 cup regular rolled oats
¼ cup nutritional yeast
2 tablespoons cornstarch
1 teaspoon sea salt
1 7-oz. jar roasted red peppers, undrained
2 tablespoons finely chopped onion
1 tablespoon cider vinegar or lemon juice
1 to 2 teaspoons bottled hot pepper sauce

INSTRUCTIONS

Bring 2 cups water to boiling. Meanwhile, in a regular or high-speed blender place the first four ingredients (through salt). Pulse to combine. Add the next four ingredients (through hot sauce). Add the boiling water. Cover and blend on low until combined. Increase speed to high and blend 5 minutes. Sauce will thicken as it blends. Serve immediately.

Transfer any leftovers to an airtight container. Store in the refrigerator up to 1 week. Reheat sauce in a saucepan over low, stirring in water as needed to reach desired consistency.

<https://www.forksoverknives.com/recipes/vegan-sauces-condiments/vegan-queso-sauce>

Vegan Stir Fry Sauce –

- ¾ cup low-sodium soy sauce or coconut aminos
- ¼ cup water
- 3 tablespoons agave syrup or brown sugar (I used much less)
- 3-4 cloves garlic minced
- 2 tablespoons grated ginger
- 2 tablespoons cornstarch or arrowroot powder
- 1 tablespoon sesame oil (I used sesame seeds)
- 1 tablespoon sriracha or hot sauce
- 1 teaspoon vegetable base or bouillon
- 1 teaspoon rice vinegar or apple cider vinegar

Instructions

1. Set out a clean pint jar. Add all the ingredients for the stir fry sauce to the jar.
2. Screw the lid on tight and shake vigorously. Refrigerate for up to 5 days, or use immediately.

https://www.aspicyperspective.com/wprm_print/103894/

Creamy Cashew Dressing

Posted on Facebook

When I stopped buying or making Ranch dressing, my family really struggled with what to put on salads or dip veggies in. I switched to fat-free Italian and was fine. But I started making this cashew-based dressing/dip, and my family loves it.

1 red bell pepper, cut up, seeds removed

1 cup chickpeas or white beans

1 cup raw cashews

1/4 cup water (add a little more if too thick)

Seasonings: salt, onion powder, turmeric, nutritional yeast (a sprinkle of each)

Blend well in a high-speed blender. Adjust seasonings to your preferences.

My husband also really likes this creamy sauce on cooked corn, over potatoes, on noodles, in curry. Goes well with just about anything. Give it a try. You'll be hooked!

(You can use less cashews and more beans to reduce calories.)