

LOADED LADLE RECIPE BOOK 2024/2025

Note: The Ladle did not create all of these recipes. Some recipes came from online sources, others from volunteers/community members, some from Ladle itself.

We thank everyone who contributed to the recipes!

This doc is a working document, so recipes may change or get added. In the end, cooking should be fun, so make your own changes to the recipe, taste as you go, and it'll be delicious.

If you have any recipes you'd like to add that can be made for 300 please email kitchen@loadedladle.com

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Main Meals

Pasta Dishes

Eggplant Bell Pepper Sauce w/ Macaroni

Serves: 300

Ingredients:

- ☐ 2 2.8L tomato paste
- ☐ 2.8 L x5 crushed tomato
- ☐ 30 large onions (for sauteing)
- ☐ 6 tbsp garlic powder
- ☐ 6 tbsp bell pepper powder
- ☐ 6 tbsp celery seed powder
- ☐ 7.5 tbsp each of thyme and Oregano
- ☐ 4.5 tbsp black pepper
- ☐ 21 cups water
- ☐ 6 tbsp salt
- ☐ 30 eggplants
- ☐ 30 bell peppers
- ☐ 20 large onions (for baking)

Instructions

1. Heat pot with oil, once hot, add diced onions and saute until translucent.
2. Add garlic powder and saute for a bit longer, then add tomato paste. Stir for 3 minutes then add crushed tomato, water, celery seed powder, bell pepper powder, thyme, oregano, black pepper, and salt. Mix until combined.
3. Put heat on low and let it simmer for 30 minutes.
4. In the meantime, cube eggplant, bell pepper, and quarter onions.
5. Place all eggplants on one tray, drizzle with olive oil and sprinkle with salt and pepper and roast for 20-30 minutes on 400F. Place bell peppers and onions in a separate tray, drizzle with olive oil, and sprinkle with salt and pepper and roast for 15-20 minutes.
6. Once veggies are roasted, after 30 minutes, add to the tomato sauce and let it cook for 10 minutes.
7. Serve over macaroni pasta that has been well oiled.

Lentil Bolognese

Serving: 300

Ingredients:

- ☐ 4.5 cups olive oil
- ☐ 30 large onion, diced
- ☐ 15 garlic bulbs, minced
- ☐ 16.5 tbsp dried oregano
- ☐ 16.5 tbsp dried thyme (or use more oregano)
- ☐ 20 tbsp kosher salt, plus more to taste
- ☐ Freshly ground black pepper to taste
- ☐ 2 cans of 2.8L tomato paste
- ☐ 36 L vegetable broth
- ☐ 9.25 kg red lentils, soaked
- ☐ 6 cans of 2.8L crushed tomatoes
- ☐ Sugar to taste, roughly 10tbsp

Instructions

1. Soak the 1 cup of lentils in water for 30 minutes, or up to 60 minutes. Meanwhile, prep all the other ingredients (i.e., chop the onions and garlic, chop the walnuts, etc.)
2. Heat the steam kettle. Add the olive oil, and hot add the onions and season with a pinch of salt. Stir occasionally and cook the onions until a layer of light brown is on the kettle. Add a few spoons of water to deglaze the pan, and stir. Continue cooking the onions, adding more water every few minutes and stirring frequently to prevent burning, until the onions are softened and golden brown, 9-10 minutes.
3. Add the garlic, thyme, oregano, salt, and pepper to taste. Stir frequently and cook for 2 minutes.
4. Stir in the tomato paste and cook for 2-3 minutes to caramelize, stirring very frequently, until it's darker red in colour.
5. Pour in the broth to deglaze the pan, stirring any browned bits on the bottom of the pot and stirring the broth into the tomato paste to combine. Add the lentils and stir to incorporate. Heat until the mixture comes to a boil, then reduce the heat to medium-low to maintain a rapid simmer for 20 minutes, stirring occasionally.
6. Add the crushed tomatoes and simmer for another 15-20 minutes, or until the lentils are tender but still al dente, stirring occasionally to prevent burning and sticking.
7. Taste the bolognese for seasonings, adding more salt and pepper to taste. Finish with sugar, and stir to combine.

Adapted from:

<https://rainbowplantlife.com/10-ingredient-vegan-red-lentil-bolognese/#wprm-recipe-container-5570>

Black bean Pasta Salad w/ Fake Feta

Serving: 300

Ingredients

- ☐ 1 bag black turtle beans (soaked overnight and cooked)
- ☐ 4.8 kg canned corn (drained) or defrosted frozen corn
- ☐ 35 orange, yellow or red bell pepper, chopped
- ☐ 4.9 kg roma tomatoes or 8.3 kg cherry tomatoes
- ☐ 35 cup chopped red onion (from 15 large onions)
- ☐ 18 cup finely chopped fresh cilantro
- ☐ 10 medium jalapeño, finely chopped (keep the seeds for heat if you'd like, or remove them for mild flavor)
- ☐ 7 cups lime juice
- ☐ 9 cup extra-virgin olive oil
- ☐ 9 cup white wine vinegar
- ☐ 18 teaspoon chili powder
- ☐ 18 teaspoon ground cumin
- ☐ 18 teaspoon salt, to taste

Instructions

1. In a large serving bowl, combine all of the ingredients and toss to combine. Taste, and adjust as necessary until the flavors really pop - add another teaspoon or two of vinegar (you can use lime juice instead, for more mild flavor) and more salt.
2. Cover and chill to enhance the flavors—preferably for at least 2 hours, or overnight. Leftovers keep well for up to 4 days or so; you might want to wake up the flavors with an extra squeeze of lime juice or tiny splash of vinegar.

Adapted from:

<https://cookieandkate.com/black-bean-salad-recipe/#tasty-recipes-25164-jump-target>

Fake Feta

Ingredients

- ☐ 10 14-ounce block of extra-firm tofu
- ☐ 25 tablespoons white miso paste brought to room temperature
- ☐ 3 ¼ cup apple cider vinegar
- ☐ 2.5 cup lemon juice
- ☐ 20 tablespoons extra virgin olive oil
- ☐ 4 garlic bulbs crushed
- ☐ 20 tablespoons nutritional yeast

- ☐ 10 tablespoon dried oregano
- ☐ 5 teaspoon onion powder
- ☐ 5 teaspoon kosher salt
- ☐ 5 teaspoon black pepper
- ☐ 5 teaspoon red pepper flakes optional

Instructions

1. Drain the tofu and slice vertically into 4 slabs. Line a cutting board with a few layers of paper towels or a clean dish towel. Place the tofu slabs on top, wrap the tofu in more paper towels or a clean dish towel, then weigh the tofu down with a heavy cookbook, or a large plate weighed down by a few cans of beans (or use a tofu press). Press the tofu for at least 30 minutes changing the towels in between.
2. Once pressed, cut the tofu into small cubes.
3. In a medium bowl for which you have a lid, whisk together the miso, vinegar, lemon juice, oil, garlic, nutritional yeast, oregano, onion powder, salt, pepper, and red pepper flakes (if using) until the miso paste is dissolved. Add the tofu pieces to the marinade (you can also add the tofu to a large glass jar and pour the marinade on top). Mix well, shaking the bowl or jar, but don't break up the tofu.
4. Refrigerate for at least 12 hours, but preferably for 48 hours. The longer, the brinier it'll taste, like classic feta. It will stay good in the fridge for up to 7 days.

Adapted from:

<https://rainbowplantlife.com/greek-style-vegan-feta/#recipe>

Carrot Miso Sauce

Ingredients

Carrot Miso Sauce

- ☐ 20 onions
- ☐ 15 garlic bulbs, rough chopped
- ☐ 7.5 cups oil
- ☐ 30 jumbo carrots thinly sliced (use robot)
- ☐ 7.5 gallons water
- ☐ 15 cups sunflower seeds
- ☐ 5 tbsp salt
- ☐ 5 tbsp pepper
- ☐ 2.5 kg White miso paste

Parsley seed topping

- ☐ 20 bunches Italian parsley

- ☐ 6 bulb garlic
- ☐ Lemon zest if available
- ☐ 5 tbsp salt
- ☐ 10 cups olive oil
- ☐ 1.25 cups lemon juice.
- ☐ Garlic powder
- ☐ 15 cups toasted pumpkin and sunflower seeds

Instructions

1. Make the Carrot Sauce:
 - a. Heat oil in a steam kettle. Saute onion and garlic until fragrant and golden, stirring often. Add carrots, sunflower seeds, water, salt and pepper and bring to a boil. Cover, lower heat to low and simmer gently until carrots are fork-tender. Stir in the miso (it doesn't need to dissolve fully) and let cool for 5-10 minutes.
2. While the carrots simmer make the parsley seed topping
3. Blend the sauce: Once the carrots are tender and slightly cooled, use the immersion blender to smooth it all out. Take your time here and get it SMOOTH!!!
4. Taste and adjust salt. (If you didn't salt your pasta water, chances are you'll need salt.)

Adapted from:

<https://www.feastingathome.com/orecchiette-with-creamy-carrot-sauce/#tasty-recipes-36020-jump-target>

Spinach, sweet potato & lentil dhal

Servings: 300

Ingredients:

- ☐ 3 cups oil
- ☐ 25 red onion, finely sliced (use robot)
- ☐ 5 garlic bulbs, crushed
- ☐ 1.5 thumb-sized piece ginger, peeled and finely chopped
- ☐ 15 red chilli, finely chopped
- ☐ 1.5 cup ground turmeric
- ☐ 1.5 cup ground cumin
- ☐ 40 lbs sweet potatoes cut into even chunks
- ☐ 1 bag red split lentils
- ☐ 5.5 gallons vegetable stock
- ☐ 4 kg bag of spinach

Instructions

1. Heat oil in the steam kettle.
2. Add red onion and cook stirring occasionally, until softened.
3. Add crushed garlic clove, finely chopped thumb-sized piece of ginger and finely chopped red chilli, cook for 1 min, then add ground turmeric and ground cumin and cook for 1 min more.
4. Add sweet potatoes, and stir everything together so the potato is coated in the spice mixture.
5. Tip red split lentils, vegetable stock and some seasoning.
6. Bring the liquid to the boil, then reduce the heat, cover and cook until the lentils are tender and the potato is just holding its shape.
7. Taste and adjust the seasoning, then gently stir in the spinach.

Adapted by:

<https://www.bbcgoodfood.com/recipes/spinach-sweet-potato-lentil-dhal>

Green Curry w/ Tofu and Veggies

Serves 275

Ingredients

- ☐ 8 400g green curry paste tubs
- ☐ 15 garlic bulbs
- ☐ 20 onions
- ☐ 1 cup ginger powder
- ☐ 5 2.8L coconut milk
- ☐ 12 L veggie broth
- ☐ 3 cups sugar
- ☐ 1.5 L tamari
- ☐ 1 cup lemon peel
- ☐ 24 blocks tofu
- ☐ 20LB Zucchini
- ☐ 25 LB green bell peppers cubed
- ☐ 10LB mushrooms

Instructions

1. Cube the tofu into bite size pieces and place them in a well oiled pan. Season with salt, pepper, turmeric, coriander, garlic powder, onion powder, any other spices you'd like, and bake for 20 minutes on 375F- flip halfway through
2. While tofu is cooking, add oil in the steam kettle and let it heat up. Then add garlic, onions, ginger and cook until fragrant and onions a little translucent. Then add curry paste until fragrant and dry.
3. Add coconut milk, veggie stock, tamari, and sugar, and mix until well combined.
4. Once simmering, toss in lemon peel, veggies and tofu. Cook until veggies are soft, then add lemon juice and mint. Taste and adjust seasoning. If too spicy, add more sugar, coconut milk, or lemon juice.

Creamy Tuscan Bean and Kale Soup

Serving: 300

Ingredients

- ☐ 3.3 cups olive oil
- ☐ 22LB carrots
- ☐ 3 cups celery seed powder
- ☐ 27 Large onions chonky
- ☐ .75 cups salt
- ☐ .50 cups black pepper
- ☐ 6.75 cups/ 1.6L Tomtato paste
- ☐ 15 garlic heads
- ☐ 5 tbsp chilli flakes
- ☐ 3.5 cups rosemary or thyme
- ☐ 3.5 cups basil
- ☐ 10 gallons veggie stock
- ☐ Full bag of pinto beans
- ☐ 4 tins of chopped tomato
- ☐ 9.5L coconut milk
- ☐ Kale roughly chopped

Instructions

1. Heat the olive oil in a large pot over steam kettle. Add the onion, carrots, celery powder, half the salt and black pepper, and cook (stirring occasionally) until softened — about 5 minutes. Add the tomato paste, garlic, red pepper flakes, rosemary (or thyme), and basil and cook for 1 minute, until fragrant.
2. Add the broth, beans, tomatoes, and the rest of both salt and pepper, and buckwheat groats. Scrape up any browned bits on the bottom of the pan and bring to a simmer. Reduce the heat to low, cover, and simmer, until the veggies and beans are fork-tender and the flavors are well developed.
3. Use an immersion blender to purée the soup in short bursts, only puréeing part of the soup (mostly the beans) and leaving plenty of whole pieces of vegetables.
4. Return the soup to a light simmer. Then, add the kale, turn off the heat, and cover the pot for 5 minutes. Once the kale is softened, uncover the pot and stir in coconut milk (or cashew cream). Taste and adjust as needed, adding more red pepper flakes for heat, or tomato paste for richness, coconut milk for creaminess, or salt for overall flavor. If it needs more tang, add lemon/vinegar/ or apple cider vinegar.

Carrot Curry

Serving: 300

Ingredients

Curry sauce

- ☐ 1 cups margarine + 3 cups veggie oil
- ☐ 56.2 LB Carrots thick slices (can keep skin on!)
- ☐ 37.5 onions cut in quarters or smaller if want.
- ☐ 1.5 cups grated ginger ($\frac{3}{4}$ cup ground ginger - dry)
- ☐ 1.5 cups grated garlic
- ☐ 1 cup cumin
- ☐ 1 cup turmeric
- ☐ 1 cup ground coriander
- ☐ 1 cup garam masala
- ☐ 1 cup curry powder
- ☐ 3tbsp cayenne (add more for more spice)
- ☐ 9 Gallon veggie stock
- ☐ 17.7 coconut milk (can use much less!)
- ☐ 4 cups lime/lemon juice (can use vinegar instead)
- ☐ Salt and pepper to taste

Tofu + sweet potato

- ☐ 24 blocks 1cmx1cm (or whatever your heart desires)
- ☐ Cube potatoes to similar size as tofu
- ☐ Garam masala
- ☐ Curry powder
- ☐ Turmeric
- ☐ Ground coriander
- ☐ Cumin
- ☐ Nutritional yeast
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Mustard powder
- ☐ Vegetable oil

Instructions

1. To prepare the tofu + sweet potato
 - a. Preheat oven to 375F. Place tofu and sweet potato on a baking tray with spices and oil.
 - b. Place in oven for 30 minutes and flip halfway through

2. Carrot curry base

- a. In steam kettle, add butter and oil until butter is melted. Then add onions and salt and saute until onions covered in butter+oil.
- b. Add carrots and rest of spices and mix around for 10 minutes or until softened. Add the stock and bring to boil and cook until carrots are fully cooked.
- c. Once carrots are fully cooked, immersion blender it and then add coconut milk. Mix well, then incorporate the sweet potato and tofu. Add lime juice and taste to see if anything is missing!

Chana Masala Recipe

Serves: 300

Ingredients:

- ☐ Full bag of chickpeas, soaked overnight
- ☐ Minimum 30 onions
- ☐ Minimum 3 cans of 2.8L crushed tomatoes
- ☐ ¼ cup of fresh ground ginger
- ☐ 5 garlic bulbs
- ☐ A little sugar
- ☐ Several cups oil
- ☐ Optional: up to 3 minced green chilis
- ☐ Lemon juice

First step spices:

- ☐ Bay leaves (whole spices)
- ☐ Cinnamon (whole spices)
- ☐ Cloves (whole spices)
- ☐ Cardamom (whole spices)

Second step spices:

- ☐ ⅓ cup Kashmiri chili powder- substitute with 95% paprika and a pinch of cayenne
- ☐ 2 tablespoons Turmeric
- ☐ ¼ cup Garam Masala
- ☐ ¼ cup Cumin
- ☐ ½ cup Coriander

Optional spices:

- ☐ Amla

- ☐ Fenugreek/mustard seeds
- ☐ Fennel
- ☐ Black pepper

Instructions:

1. Heat oil with bay leaves, cinnamon, cloves, and cardamom until fragrant
2. Saute onions and optional chilis until golden- this may take some time in the kettle pot
3. Add garlic and ginger
4. Follow shortly with the crushed tomatoes and salt
5. Once boiling, add second step spices
6. Turn off heat and immersion blend if there is time, otherwise don't bother
7. Add the chickpeas and their water, add more water as needed for a thick but stirrable gravy
8. Add some more salt and desired optional spices
9. Boil the heck out of it for flavour melding
10. Taste test and reseason as needed, primarily with second step spices, lemon juice, sugar and salt.

Sweet Potato Black Bean Stew

Serves: 300

Ingredients

- ☐ 8.5 cup oil
- ☐ 10 garlic heads
- ☐ 20 onions (sliced using robot)
- ☐ 1 ¼ cup tumeric
- ☐ ¾ cup ground coriander
- ☐ ¾ cup cayenne pepper
- ☐ ¾ cup paprika
- ☐ Chilli powder
- ☐ 30 LB sweet potato (peeled and cubed)
- ☐ 4 ¼ cup tomato paste
- ☐ 1 2.8L crushed tomato
- ☐ 1 bag Black turtle Beans
- ☐ Salt pepper
- ☐ kale/spinach/ greens
- ☐ Veggie stock - enough to cover the beans and more

Instructions

1. In the steam kettle, add oil, then once hot add onions, garlic, and spices and saute for a couple minutes
2. Add crushed tomatoes, tomato paste, black turtle beans, vegetable stock, salt and pepper and let it simmer until beans are almost cooked.
3. Add the sweet potatoes and continue cooking until they are soft. Then, lastly, add the greens and cook until it wilts.

Borscht

Serves: 300

Ingredients

- ☐ 75 beets (40LB) - shred using robot and can keep skins on
- ☐ Oil (for the steam kettle)
- ☐ 35 onions - slice using the robot
- ☐ 4 bunches Celery
- ☐ 35 carrots - shred using robot and keep skin on
- ☐ Flour (GF)
- ☐ 1L Tomato Paste
- ☐ 5 cabbage - use slicer in the robot
- ☐ 2 cup sugar
- ☐ ¾ cup apple cider vinegar
- ☐ 14 gallons veggie stock or water
- ☐ 10-15 sweet potatoes
- ☐ ¾ cups lemon juice
- ☐ Salt and pepper to taste
- ☐ 2 lb garlic bulbs
- ☐ 7 cups dill -> add more if needed
- ☐ 1 gallon of beans (chickpeas or kidney beans)

Instructions

1. Add oil to steam kettle, and toss in carrots, beets, garlic, celery, and onions. Stir around until softened.
2. Sprinkle flour over veggies, and saute for a bit. Then add cabbage, sugar, vinegar, tomato paste, 2.5 gallons of veggie broth. Let it cook for 20 minutes.
3. Add potatoes, salt and pepper, and bring to boil.
4. Once the potatoes are cooked, add lemon juice and dill.

Tofu Banh Mi Rice Bowl

Serves: 300

Ingredients

Quick Pickle

- ☐ 20 jumbo carrots shredded (use robot)
- ☐ 20 Radishes shredded (use robot)
- ☐ 3.75 gallons Water
- ☐ 1.8 gallons White vinegar
- ☐ 9 garlic bulbs
- ☐ ½ cup Black pepper
- ☐ 3.75 cups salt
- ☐ 3.75 cups sugar

Tofu Crumble

- ☐ 1 bag Brown Rice
- ☐ 3.75 cups Sesame oil
- ☐ 2 cups grated ginger
- ☐ 30 Firm tofu
- ☐ 20 sweet potatoes
- ☐ 7 cups Hoisin Sauce
- ☐ 3.75 cups Lime juice
- ☐ 7 cups Tamari
- ☐ ½ cup + 2 tbsp Dried Basil
- ☐ 10 cups Water

Sriracha Dressing

- ☐ 1.25 cups Sriracha/ hot sauce
- ☐ 20 cups Vegan Mayo
- ☐ 1.25 cups Lime Juice

To Assemble

- ☐ 25 Cucumbers sliced
- ☐ 15 bunches Cilantro
- ☐ 25 Bell pepper sliced

Instructions

1. For the quick pickle
 - a. Place carrots and radishes in the robot to shred and place them in a bucket.
 - b. Boil the water, vinegar, garlic, pepper, salt, and sugar then pour over the carrots and radishes and marinate for at least 20 minutes.

2. For the tofu sweet potato crumble
 - a. preheat the oven to 375F
 - b. Cube the sweet potatoes and crumble the tofu and place them on baking trays.
 - c. Mix together sesame oil, ginger, hoisin sauce, lime juice, tamari, dried basil, and water then pour over the tofu and sweet potatoes.
 - d. Place them in the oven until sweet potatoes are cooked.
 - e. Cook the rice while everything is baking.
3. For the Sriracha Dressing
 - a. Mix together all the ingredients.
4. To assemble
 - a. Place cooked rice, then some tofu sweet potato crumble, add the quick pickle, bell pepper, cucumber, cilantro, and dressing. Then serve!

Cornbread Enchilada Bake

Enchilada Filling

- ☐ 3.75 cups canola oil
- ☐ 30 large onions
- ☐ 30 green bell peppers diced
- ☐ 15 tsp sea salt
- ☐ Bay leaves handful
- ☐ 1 bag black beans, soaked overnight
- ☐ 3.75 gallons enchilada sauce

Onions + Garlic

- ☐ 6.43 cups vegetable broth (for sautéing)
- ☐ 34.29 cups white or yellow onion
- ☐ 137 cloves garlic

Peppers

- ☐ 240 mild dried chilies (new mexico, Ancho, Guajillo)
- ☐ 2.5 gallons vegetable broth (for cooking the peppers)
- ☐ 1.25 gallons water

Spices

- ☐ 8.57 cups tomato paste
- ☐ 1.43 cups ground cumin
- ☐ 1.43 cups ground smoked paprika
- ☐ 1.07 cups sea salt
- ☐ 1.43 cups dried oregano

Cornbread Topping

- ☐ 60 cup cornmeal (6)
- ☐ 15 cup gluten free flour (1.5)
- ☐ 1.75 cups baking powder (¼ cup)
- ☐ ½ cup + 2 tbsp salt, to taste (1 tsp)
- ☐ 2.5 gallon oat milk (4 cups)
- ☐ 7.5 cups oil (¾ cups)
- ☐ 2 cups maple syrup or 1.5 cup sugar (2.5 tbsp)

Instructions

1. Preheat the oven to 425°F (218 C).
2. In steam kettle, add oil. Once oil is hot, add the onion and sauté, stirring frequently until translucent and beginning to slightly brown.
3. Add diced bell pepper and sea salt and stir. Sauté for 5 minutes or until softened and lightly browned, stirring occasionally.
4. Add in soaked black beans and bay leaves, then add enough water it covers the beans and cooks it.
5. While beans are cooking, make the enchilada sauce in a separate pot. In pot, add vegetable broth, onions, and garlic and cook until it's softened and brown. Add chillies and cook for a little bit more, then add water and broth. Bring to boil, then reduce heat and let simmer for 15 minutes. Then add the rest of the spices, stir it and cook for another 5 minutes. Then emersion blender everything until smooth.
6. When beans are al dente, add the enchilada sauce and more vegetable broth if needed and cook until beans are softened.
7. Transfer the veggies amongst 10 shallow trays.
8. For the conrbread: In a bowl, combine the cornmeal, flour, baking powder, and salt. In another bowl, whisk together the dairy-free milk, oil, and maple syrup.
9. Stir the wet ingredients into the dry ingredients until just combined. It should be slightly thick but pourable. If too thick, add a bit more dairy-free milk. If too thin, add a bit more cornmeal or flour. Taste and adjust seasonings as needed. Let the batter rest for 5 minutes to ensure it's evenly hydrated.
10. Spread the cornmeal mixture over the enchilada filling.
11. Bake for 20 minutes, until the crust is fully set. If using gluten-free flour, it's normal for there to be some cracking on top. Serve hot as is or top with a little vegan butter and maple syrup.
12. Store cooled leftovers in the refrigerator for up to 3-4 days, or in the freezer for up to 1 month. Reheat in the microwave or in a 350 degree F (176 C) oven until hot.

Adapted from:

<https://minimalistbaker.com/cornbread-black-bean-enchilada-bake/?kuid=2d9f7fee-de7d-4e28-b594-033119c50cd9&kref=https%3A%2F%2Fwww.emilieeats.com%2Fvegan-black-bean-recipes%2F#wprm-recipe-container-75331>
<https://minimalistbaker.com/easy-red-enchilada-sauce/>

Pumpkin Chickpea Stew

Serves: 300

Ingredients

- ☐ 4 Cups Vegetable oil (can eyeball and see if it needs more)
- ☐ ¼ bag of onions
- ☐ ⅓ of garlic in tub (can add more or less, it's garlic, go wild)
- ☐ ¾ cup ginger powder
- ☐ 2 cups ground cumin and coriander
- ☐ 1 cup Cinnamon
- ☐ Chilli powder (to taste)
- ☐ 15 LB Carrots (can slice using robot)
- ☐ 15 LB Sweet potatoes (cubed into whatever size you'd like! Can even slice using robot if you want!)
- ☐ 20LB butternut squash (cubed into whatever size you'd like! Can even slice using robot if you want!)
- ☐ Any other veggies if you'd like!
- ☐ 1 2.8L an diced tomatoes
- ☐ ⅓ 2.8L can crushed tomatoes
- ☐ 1 bag Chickpeas soaked overnight
- ☐ Veggie broth
- ☐ 4 cups Raisins
- ☐ Salt and Pepper
- ☐ Any greens if we have them available

Instructions

1. Add oil to steam kettle, and once hot, add onion and saute. Once softened, add garlic, ginger, and spices, and cook till fragrant.
2. Add tomatoes, chickpeas, veggie broth, salt, and pepper, and cook until chickpeas are $\frac{3}{4}$ cooked. Then add the carrots, sweet potatoes, squash, and raisins and cook until all is softened.
3. Once softened, add any green veggies you'd like and cook until wilted. Taste and add more spices, raisins, salt or whatever your heart desires!
4. Serve with rice.

Burrito bowl

Serves: 300

Ingredients:

- ☐ Boiled black bean
- ☐ Spices (1/3 cup garlic, onion, mustard, cumin, 5 tbsp chilli powder, 10 bay leaves, salt and pepper to taste)
- ☐ Cooked Rice (1/2 bag)
- ☐ 20 LB Sweet potato cubed (around 3 buckets)
- ☐ 18 Onions sliced (use robot). If you think the recipe needs more, please add!
- ☐ 15 LB Tomatoes small diced
- ☐ 6LBS Spring Salad mix
- ☐ 1 head cabbage shredded (use robot)
- ☐ 12 bunches cilantro
- ☐ 2.5 L Mayo
- ☐ 1.5 L Hot sauce
- ☐ 2 cups Lemon juice/apple cider vinegar

1. Cook soaked black beans in salt, bay leaf, chilli powder, cumin, garlic powder, onion powder, mustard powder, and any other spices you think is good.
2. Cook rice as soon as possible so it has time to cool down. Once cooked and cooled, toss in steam kettle.
3. Once black beans have cooked, toss into the steam kettle too.
4. Preheat oven to 400F. Place sweet potatoes in a baking tray. Add oil, salt, pepper, and spices (From most quantity to least: Oregano, garlic powder, parsley, cumin powder, paprika, cinamon, coriander, Cayenne, Nutmeg. Can additionally add chili powder, onion powder, mustard). Bake for 20 minutes, flip halfway through. Once baked, toss into steam kettle.
5. Dice tomatoes, slice onions, shred cabbage, and roughly chopped cilantro. Mix with the salad mix, and add salt, pepper, lemon juice and oil.
6. For burrito sauce mix together mayo, hot sauce, lemon juice or apple cider vinegar, garlic powder, salt, pepper. Add a little water to make it less thick.
7. To serve, on a plate add the rice, bean, sweet potato mix, some salad, and burrito sauce on top.

Black Bean Chili

Serves: 300

Ingredients

Chilli spice mix

- ☐ 20 tbsp chili powder *start with half the amount of chili, then add more if need more heat
- ☐ 6.5 tbsp cumin
- ☐ 3.5 tbsp oregano
- ☐ 5 tsp paprika (Can replace this with chipotle powder + add some bell pepper powder too!)
- ☐ 5 tsp cayenne pepper
- ☐ 5 tsp garlic powder
- ☐ 10 tsp onion powder
- ☐ 20 tsp salt
- ☐ 5 tsp black pepper

** NOTE: Can play around with this mix and add more or less of certain things!

Chili

- ☐ 20LBS Bell pepper
- ☐ 15 onions,
- ☐ 20 LBS carrots
- ☐ Any greens if available
- ☐ 20 Bay leaves
- ☐ 1.5 cup Celery seed powder (to add celery taste)
- ☐ Garlic (whatever makes you happy! They are in a brown bag in the fridge)
- ☐ 3 cups vinegar/ apple cider vinegar - add more as needed
- ☐ 2 2.8L Cans diced tomato
- ☐ ¼ of 2.8L can Crushed tomato
- ☐ 1 bag black beans

Instructions

1. Heat kettle and add oil. Once hot, add onions and carrots and saute until soft.
2. Add garlic, bell pepper, bay leaves, celery seed powder, and chilli spice mix, and cook for 1-2 minutes. Add the crushed and diced tomatoes, and stir for another minute.
3. Add beans and enough water to cover the beans and cook until beans are soft.
4. If you find that it is still a little runny, get some of the beans and blend it or emersion blender some beans and bring it back to the kettle. This will make it more thick!
5. If there are any greens add it, and let it cook in the finished heat of the chilli.

Roasted Root Veg Soup

Ingredients

- ☐ 20 LBS Carrots cubed
- ☐ 20 LBS Sweet Potato cubed
- ☐ 20 LBS Rutabaga cubed
- ☐ 10 LBS onions cubed
- ☐ 8 garlic bulbs - peeled
- ☐ 10 bay leaves
- ☐ Spices (have fun with this or look at the [spice mixes](#) section)
- ☐ Vegetable broth
- ☐ ½ bag yellow split peas
- ☐ Oil

Instructions

1. Preheat oven to 375F
2. In several trays place cubed carrots, sweet potatoes, rutabaga, onions, peeled garlic, bay leaves, spices, and enough oil to cover all veggies. Mix everything together and bake until everything is crisp but soft on the inside.
3. Toss everything in the steam kettle, cover with vegetable broth, and bring to a simmer. Once simmering, add in the yellow split peas.
4. Cook until the split peas are cooked, then use the emersion blender to smoothen everything out (You can also remove a some of the veggies before blending and then add them back after everything is blended so there are some chunks)

Braised Cabbage w/ Tofu

Serves: 300

Ingredients

- ☐ 15 cabbage sliced
- ☐ 15 onions sliced
- ☐ 5 garlic bulbs - minced
- ☐ ½ cup Five Spice - add more as needed
- ☐ 2 cups Tamari - add more as needed
- ☐ Sugar - start with less and taste as you go
- ☐ Rice wine vinegar
- ☐ Oil

☐ 30 blocks tofu

1. Heat the steam kettle and pour oil. Once hot, add onions, garlic, and cabbage. Saute until soft. While it is softening, add five spice.
2. Once soft, add tamari, sugar, and rice wine vinegar.
3. While the cabbage is softening, cube the tofu and place it in a tray with oil, salt, and five spice. If you'd like to add any other spices, go for it!
4. Place the tofu in the oven until crispy at 375F
5. Once cabbage has softened, and the tofu and give it a good mix.
6. Serve with rice.

Gheymeh

Serves 300

Ingredients

- ☐ 20 LBS onions (30 large onions)
- ☐ 11.25 cups oil
- ☐ 15 bulbs garlic (minced - use food processor)
- ☐ 1 2.8L tomato paste
- ☐ 1 ¾ cup salt
- ☐ 5 tbsp black pepper
- ☐ 5 tbsp tumeric
- ☐ 5 packets limoo amani
- ☐ 22 lbs yellow split peas
- ☐ 11.25 gallons water
- ☐ Lemon juice to taste
- ☐ 20 lbs potatoes (shredded)

Instructions

1. Heat the steam kettle and add the oil. Once hot, add the onions and saute until caramelized and brown. Stir occasionally to prevent them from burning.
2. Mix in garlic, tomato paste, salt, black pepper, and tumeric. Cook until the tomato paste is fried and the oil is a yellowish-orange colour.
3. Add yellow split peas, limoo amani, and water. Bring to a gentle boil, and cook on low heat until the peas are cooked.
4. While split peas are cooking, prepare the potatoes. Put them in the robot and shred them so they are small matchstick size.
5. Distribute the potatoes across multiple trays, pour some oil, salt, and pepper and place in the oven at 375 or 400 until they are lightly browned.
6. To serve, add rice, then the split peas, and the potatoes on top of the peas.

Sweet Potato Tofu Bowl

Serves: 300

Ingredients

Lemon Tahini Dressing

- ☐ 5.4L Tahini
- ☐ 4L lemon juice
- ☐ 10 garlic bulbs
- ☐ ½ cup salt
- ☐ ½ cup cumin
- ☐ 4L water

Sweet potato 40 LB

- ☐ Garlic powder
- ☐ Salt
- ☐ Pepper
- ☐ Vegetable oil
- ☐ Cumin
- ☐ cayenne pepper

Tofu

- ☐ Garlic powder
- ☐ Salt
- ☐ Pepper
- ☐ Vegetable oil
- ☐ Cumin
- ☐ Paprika
- ☐ Any other seasonings - check out spice mixes section!

Seed topping

- ☐ Pumpkin seed
- ☐ Sunflower seed
- ☐ Spices of choice
- ☐ Oil

Salad mix

Millet/ quinoa/ cous cous

Instructions

1. Preheat oven to 400F
2. Cube sweet potatoes and place in them on baking tray with its corresponding ingredients and roast until crispy, roughly 25 minutes - flip halfway through.
3. Cube tofu and place on baking tray with its corresponding ingredients and roast until crispy.
4. Make the seed topping by placing all its corresponding ingredients on a tray and bake until crispy.

5. Cook the millet with some herbs, margarine and salt
6. Prepare the salad mix by adding some salt, pepper, oil, and lemon juice/vinegar.
7. Make the tahini dressing by adding all its corresponding ingredients. When adding water, add it a little bit at a time and keep whisking until creamy. At one point, it will seize up on you, but you just have to keep adding water and whisking until creamy.

Tofu Cacciatore

Serves: 300

Ingredients

- ☐ 15LB celery (chopped)
- ☐ 20 LBS carrots (can use robot to make slices)
- ☐ 20 LBS onions (can use robot to make slices)
- ☐ 15 garlic heads (food processor)
- ☐ 30 Tofu blocks
- ☐ 1/4 cups Red pepper flakes
- ☐ 1 kg olives
- ☐ 1/2 cup Rosemary
- ☐ 1/2 cup sage
- ☐ 2 2.8L cans crushed tomatoes
- ☐ 1L tamari
- ☐ Oil
- ☐ Salt and pepper

Instructions

1. Heat oven to 400F. Cut tofu to 1/2 inch cubes and add into a bowl with tamari, oil, and salt. Give it all a good toss, then distribute amongst the trays. Bake until crispy but still soft.
2. Heat the steam kettle and pour oil. Then fry the onions, celery, and carrots for 10 minutes.
3. Then add the rosemary, sage, garlic, and pepper flakes and fry it.
4. Add the tofu, and stir. Then add crushed tomato, water, olives, salt, black pepper, and more tamari.
5. Let it simmer for 10-15 minutes.
6. Serve with cornbread

Pumpkin Soup

Serves: 300

Ingredients

- ☐ 30 Lbs pumpkin/squash
- ☐ 20 LBS sweet potato
- ☐ ¼ bag onion
- ☐ ½ bag yellow lentil
- ☐ Veggie broth
- ☐ Bay leaves
- ☐ 1 cup garam masala
- ☐ ½ cup cumin
- ☐ ½ cup coriander
- ☐ ¼ cup cardamom
- ☐ ¼ cup cinnamon
- ☐ ¼ cup ginger
- ☐ 1 2.8L Can Coconut milk

Instructions

1. Preheat oven to 400F. Cube the pumpkins/squash and sweet potato with the skins on. Distribute them amongst the trays and season with salt, pepper, a little bit of garam masala, and oil.
2. Heat the steam kettle, and pour oil. Add the onions and bay leaves and cook until browned.
3. Once pumpkin is cooked, add them into the steam kettle. Add seasonings and stir. Once combined, add the lentils and veggie broth.
4. Once lentils are cooked, use the emersion blender to smooth it all out. Pour coconut milk
5. Serve with cornbread.

Onion Potato Soup

Serves: 300

Ingredients

- ☐ 40 LBS potato
- ☐ ½ bag of onions
- ☐ Veggie broth
- ☐ 15 Bay leaves
- ☐ Salt and pepper to taste
- ☐ ¾ bag white bean soaked overnight
- ☐ ½ cup rosemary
- ☐ ½ cup thyme
- ☐ Lemon juice

Instructions

1. Heat steam kettle, and add oil. Once hot, add onions and salt and cook until brown and caramelized (if it gets too hot and sticks to kettle, use some water to deglaze).
2. Add veggie broth, bay leaves, and beans and let it boil.
3. Once beans are ¾ cooked, add in the potatoes.
4. Cook until potatoes are tender and beans soft. Serve with cornbread.

Vegetable Pulao

Thank you Harsh for this delicious recipe!!

Serves: 80 People (1 cup rice = 3 people)

Ingredients:

- ☐ 1.8 gallon rice
- ☐ 3.6 gallon water
- ☐ 1.25 cups salt
- ☐ 10tbsp turmeric
- ☐ 10tbsp red chilli powder
- ☐ 5tbsp cumin seeds
- ☐ 5tbsp garam masala
- ☐ 10tbsp coriander powder
- ☐ 60 bay leaves (can just add a bunch)
- ☐ Cilantro
- ☐ 30 tomatoes
- ☐ 30 red onions

- ☐ Green peas
- ☐ 30 potatoes
- ☐ Soya chunks (tofu)
- ☐ Garlic

Chickpea Curry

Serves: 300

Ingredients

- ☐ Onion
- ☐ Garlic
- ☐ 1 bag chickpeas
- ☐ Check out the Spice Mixes section for spicing this up!
- ☐ Veggies

Daal

Serves: 300

Ingredients

- ☐ Onion
- ☐ Garlic
- ☐ 1 bag Red split lentils
- ☐ Check out the Spice Mixes section for spicing this up!
- ☐ Veggies

BREAD

Tray Bread

Serves: 7 trays of 1.5-2 inch thick bread

Ingredients

- ☐ 4.5 gallons/8.75kg flour
- ☐ 2.2 gallons/8.4L240 g lukewarm water
- ☐ 1 cup instant dried yeast (if making the day before, can use ½ or ¾ cup just need to proof for longer)
- ☐ 3 tbsp baking powder
- ☐ ¾ cup salt
- ☐ ¾ cup sugar
- ☐ 2.2 cups olive oil

Instructions

1. Oil 7 trays
2. Combine all ingredients except olive oil in a mixing bowl and mix well
3. When combined add oil and mix again until the dough resembles a very thick paste
4. Distribute dough between the 7 trays, then cover it with a lid or tea towel, and let them proof in the oven for 45 minutes.
5. Remove the trays, and preheat oven to 428 F, sprinkle dough with salt and Nooch and bake for 32-34 minutes. Let cool.

Gluten-free Foccacia

Serves: 1 loaf tray

Ingredients

- ☐ 4 Flax eggs, or 2 flax and 2 chia eggs (1 flax chia egg = 1tbsp flax/chia + 3tbsp warm water, then let sit for 20 minutes.
- ☐ 2 cups lukewarm water
- ☐ +3tbsp+ $\frac{1}{3}$ cup + $\frac{3}{4}$ cup + 1tbsp + $\frac{1}{2}$ tbsp gluten free flour
 - ☐ 2cup
- ☐

Cornbread

Serves: 300 = 8 trays

Dry Ingredients:

- ☐ 25 cups all purpose flour
- ☐ 25 cups yellow cornmeal
- ☐ 9-14 cups sugar (all will be yummy, dependent on if you want it more like cornbread or corncake- 9 is very neutral flavoured, 12 is mid, 14 is sweet)
- ☐ 1.8 cups baking powder- can substitute baking soda, but if doing so, add $\frac{1}{3}$ cup lemon juice to wet ingredients to neutralize the flavour
- ☐ $\frac{2}{3}$ cup of salt
- ☐ Optional Savoury Spices: 1.5 tbsp rosemary, $\frac{1}{2}$ tbsp thyme, $\frac{1}{2}$ tbsp basil
- ☐ Optional Sweet Spices: 1tsp cinnamon, $\frac{3}{4}$ tsp cardamom, $\frac{1}{4}$ cup allspice, random sprinkle nutmeg

Wet Ingredients:

- ☐ 40 flax eggs (2.5 cups flax meal and 7.5 cups hot water)

- ☐ 25 cups milk and 9.25 cups of oil (coconut milk and water would work if we have a can)
OR 21 cups water and 13 cups oil if no milk
- ☐ Lemon juice/ACV- $\frac{2}{3}$ cup if using baking soda, $\frac{1}{3}$ - $\frac{1}{2}$ cup if using baking powder

Instructions

1. Preheat oven to 400 F. Line and lightly grease trays.
2. In the huge tub, whisk flour, cornmeal, sugar, baking powder, salt, and optional spices if desired
3. Prepare flax eggs in large bowl, whisk them, then add vegetable oil, milk, and lemon juice only if using baking SODA
4. Whisk wet ingredients, then pour into tub of dry ingredients until well combined
5. Let rest 10 minutes if there's time, this will slightly soften the cornmeal
6. Pour batter evenly into trays
7. Bake in preheated oven for 20-25 minutes, or until fork comes out clean from center
8. Serve while warm

Gluten-free Cornbread

Serves: 1 tray

Dry ingredients:

- ☐ 3 cups flour
- ☐ 3 cups cornmeal
- ☐ 1.5-2 cups sugar
- ☐ 3.5 tbsp baking powder
- ☐ 4.5 tsp salt
- ☐ Optional savoury: 3 and $\frac{1}{2}$ tbsp rosemary, 1 and $\frac{1}{2}$ tbsp thyme, 1 and $\frac{1}{2}$ tbsp basil
- ☐ Optional sweet: 1.5 tbsp cinnamon, 1 tablespoon cardamom, 1 tablespoon allspice, 2 tsps cloves, sprinkle nutmeg

Wet ingredients:

- ☐ 3 cups milk and 1 and $\frac{1}{3}$ cup oil OR 2.5 cups water and 1 and $\frac{3}{4}$ cups oil
- ☐ 5 flax eggs (hot water)
- ☐ 2 tsps lemon/ACV

DESSERTS

Apple crisp

Servings: 4 trays

CRISP

- ☐ 50 apples (peeled, cored and chopped // a variety of both sweet and tart // 8 apples yield ~6 cups)
- ☐ 1 cup lemon juice
- ☐ 4 cup sugar
- ☐ 1 cup cornstarch
- ☐ 6 tsp cinnamon
- ☐ 6 tsp pinch salt

TOPPING

- ☐ 3 cup packed light brown sugar
- ☐ 3 cup gluten-free flour blend
- ☐ 6 cup gluten-free old fashioned oats
- ☐ 3 cup seeds
- ☐ 3 tsp cinnamon
- ☐ 12 pinch salt
- ☐ 4 cup non-dairy butter (melted // such as Earth Balance // a little more than 1/2 stick yields 1/3 cup)

Instructions

1. Preheat oven to 375 degrees F (190 C) and lightly grease baking dish (adjust number/size of pan if altering batch size).
2. Add apples to a large bowl or plastic bag and sprinkle with lemon juice. Toss to coat with granulated sugar, cornstarch, cinnamon, and salt.
3. Transfer to baking dish and set aside.
4. Rinse and dry bowl and add brown sugar, flour, almond meal, oats, cinnamon, and salt and stir. Add melted butter and mix until it resembles wet sand.
5. Sprinkle topping over the apples and bake until apples are soft and topping is golden brown (between 45 minutes to 1 hour).

Adapted by:

<https://minimalistbaker.com/gluten-free-vegan-apple-crisp/>

Tahini Date Cookies

Serves: 256

Ingredients:

- ☐ 36 cups (2.25 gallons) Oats
- ☐ 12 cups Tahini
- ☐ 36 cups soft pitted dates/raisins *Lightly packed*
- ☐ 2 tsp sea salt
- ☐ Optional: Pumpkin Seeds, 7 tsp cinnamon

Instructions:

1. Pre-heat oven to 350F
2. Add oats to food processor and process but still coarse. Add the rest of the ingredients with a splash of water. Process until it forms a thick dough you can easily press together between your fingers.
3. Shape into 256 cookies and place on a parchment paper. The cookies don't change shape when baked, so make them any shape you'd like!
4. Bake for 10 minutes and let it cool for 15 minutes before handling.

Vegan Chocolate Chip Cookies

Serving: 240

Ingredients

- ☐ 20 cups all-purpose flour
- ☐ 15 teaspoons baking powder
- ☐ 5 teaspoon baking soda
- ☐ 10 teaspoon sea salt
- ☐ 10 cup packed brown sugar
- ☐ 5 cup melted coconut oil
- ☐ 3 1/3 cup tahini*, see note
- ☐ 60 tablespoons water
- ☐ 20 teaspoons vanilla extract
- ☐ 10 heaping cup dark chocolate chips

Instructions

1. Preheat the oven to 350°F and line 2 baking sheets with parchment paper.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt until combined.
3. In a large bowl, whisk together the brown sugar, coconut oil, tahini, water, and vanilla until smooth.

4. Pour the dry ingredients into the bowl of wet ingredients and use a spatula to combine. Fold in the chocolate chips. Use a 2-tablespoon cookie scoop to scoop the dough onto the baking sheets. Bake, one sheet at a time, for 12 to 14 minutes. Remove from the oven and let cool on the baking sheet for at least 10 minutes.

Coconut Cookie

Serving: 100

Ingredients

- ☐ 3 cup margarine
- ☐ 4.5 cup canola oil
- ☐ 15 cup sugar (can use less)
- ☐ 18 $\frac{3}{4}$ cup flour
- ☐ 2 tbsp baking soda
- ☐ 3 $\frac{3}{4}$ tsp salt
- ☐ $\frac{1}{3}$ cup desiccated coconut
- ☐ 3 $\frac{3}{4}$ cups coconut milk

Instructions

1. Preheat oven to 350 F
2. Combine all ingredients in a bowl and mix well
3. Make 300 balls and place in a tray with parchment paper
4. Bake for 10 minutes (if cooked earlier, remove from oven)

Carrot Muffin Recipe

Edited version of Creme de la Crumb Carrot Cake Muffins:

Serves: 300

Dry ingredients:

- ☐ 30 cups flour
- ☐ 20 cups sugar
- ☐ 25 tsps cinnamon
- ☐ 15 tsps cardamom
- ☐ 15 tsp all spice
- ☐ 10 tsp clove
- ☐ 5 tsp nutmeg
- ☐ 10 tsp baking powder
- ☐ 10 tsp baking soda
- ☐ 20 tsp salt

Wet ingredients

- ☐ 13 ⅓ cups oil
- ☐ 6 ½ cup sugar
- ☐ 30 flax eggs (use warm/hot water for best results)
- ☐ 30 chia eggs (1tbsp chia to 3 tbsp water)
- ☐ 3-ish gallons cups grated carrots (15-20 lbs)

Optional toppings:

- ☐ Pumpkin seeds, chocolate chips, oats, and/or sugar for crusty top

Instructions

5. Preheat oven to 335 degrees and line a muffin tin with paper cupcake liners (or grease well with cooking spray).
6. In a medium bowl whisk together dry ingredients (flour, sugar, spices, baking soda, baking powder, and salt.)
7. In a large bowl combine wet ingredients (oil, brown sugar and flax eggs) and beat with whisk until slightly lighter (3 minutesish). Then stir in grated carrots.
8. Stir dry ingredients slowly into wet ingredients until completely incorporated.
9. Fill muffin liners 2/3 full.
10. Bake in preheated oven for 23-25 minutes until a toothpick inserted in the center of the muffins comes out clean. Cool for 5 minutes before transferring to a cooling rack to continue cooling.

Ladle Vegan Cake

Serves: 6 trays (if cut 5 by 10, enough for 300)

Ingredients

DRY

- ☐ 33 cups (2 gallons) flour
- ☐ 7.5 cups sugar (can use less)
- ☐ ¼ cup baking soda
- ☐ 3 tbsp baking powder
- ☐ 3 tbsp salt

WET

- ☐ 6 flax eggs (6tbsp flax, 18tbsp (1 cup + 2tbsp water, stir and let sit for 5 minutes)
- ☐ 1.5 gallons cold water
- ☐ 1.5 cups apple cider vinegar
- ☐ 6 cups apple sauce or oil

Instructions

1. Mix dry ingredients in a bowl, and wet ingredients in another bowl.
2. Combine wet ingredients into dry ingredients bowl.
3. Can stir in any spices, grated carrots, chocolate chips, raisins, whatever your heart desires!
4. Distribute between 6 trays and bake for 15-20 minutes at 375F

*****Make 1 tray GLUTEN-FRIENDLY

1 tray (if cut 5 by 10, enough for 50)

Ingredients

DRY

- ☐ 5 ½ cups gf flour
- ☐ 1 ¼ cups sugar (can use less)
- ☐ 1 tbsp baking soda
- ☐ ½ tbsp baking powder
- ☐ ½ tbsp salt

WET

- ☐ 1 flax eggs (1tbsp flax, 3tbsp water, stir and let sit for 5 minutes)
- ☐ 4 cups cold water - If mixture looks thick, add more. GF flour absorbs lots of liquid.
- ☐ ¼ cup apple cider vinegar
- ☐ 1 cup apple sauce or oil

Pumpkin Muffins

Pumpkin Snickerdoodle Cookies

currently testing

Makes 150

- ☐ 3.75 cup canola oil
- ☐ 5.63 cup coconut sugar
- ☐ 7.5 tsp vanilla extract
- ☐ 5 cup canned
- ☐ 15 cup GF flour
- ☐ 2.5 cup cornstarch (or arrowroot starch)
- ☐ 15 tsp baking powder
- ☐ 11.25 tsp pumpkin pie spice

- ☐ 1.88 tsp sea salt
- ☐ TOPPING
- ☐ 1.88 cup cane sugar (organic for vegan-friendly)
- ☐ 9.38 tsp pumpkin pie spice

Instructions

- Preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper. Set aside.
- In a medium bowl, beat the softened butter, coconut sugar, and vanilla until pale and slightly fluffy. Add the pumpkin purée and beat again until well combined and fluffy.
- Add the remaining ingredients — gluten-free flour, almond flour, cornstarch (or arrowroot), baking powder, pumpkin pie spice, and salt — and beat on low until well combined.
- In a small bowl, make the topping by combining the cane sugar and pumpkin pie spice. Mix to evenly combine. Set nearby.
- Use a cookie scoop (like this one) or a tablespoon to measure out 1 ½ Tbsp amounts of dough to gently roll into balls. The dough will be very soft, so be gentle. Roll in the pumpkin spice/sugar topping and arrange on the parchment-lined baking sheet. Press down gently with the palm of your hand or a glass to flatten slightly.
- Bake cookies for 18-20 minutes, or until slightly spread and fluffy. Transfer cookies to a wire rack and, for best texture, let cool for 10 minutes before enjoying!
- Once cooled, store leftover cookies covered at room temperature for 2-3 days, or in the freezer for 1 month.

Adapted from: Minimalist Baker

<https://minimalistbaker.com/pillow-pumpkin-snickerdoodles-v-gf/#wprm-recipe-container-97962>

SNACK SERVINGS

Chocolate and Coconut Overnight Oats

This recipe has no specific measurements, so have fun with it!

Ingredients

- ☐ Oats
- ☐ Chia
- ☐ Sunflower seeds
- ☐ Pumpkin seeds
- ☐ Dates
- ☐ Cocoa powder
- ☐ Maple syrup
- ☐ Oat milk
- ☐ Dried coconut flakes

Instructions:

1. Put all ingredients in a container and let it sit in the fridge overnight or at least a couple of hours to let all the flavours mix and the oats to get soft!

Cinnamon Raisin Overnight Oats

This recipe has no specific measurements, so have fun with it!

Ingredients

- ☐ Oats
- ☐ Chia seeds
- ☐ Sunflower seeds
- ☐ Raisins
- ☐ Cinnamon
- ☐ Maple syrup
- ☐ Vegan yoghurt
- ☐ Oat milk
- ☐ Dates

Instructions:

1. Put all ingredients in a container and let it sit in the fridge overnight or at least a couple of hours to let all the flavours mix and the oats to get soft!

Vegan Scones

Serves: 32

Ingredients

Scone dough

- ☐ 2tbsp vinegar/apple cider vinegar
- ☐ 720ml vegan milk
- ☐ 8tsp vanilla extract
- ☐ 8 cups flour
- ☐ 2 cups sugar
- ☐ 4tbsp baking powder
- ☐ 2tsp baking soda
- ☐ 2tsp salt
- ☐ 2 cups vegan butter (put in freezer for 30 min)
- ☐ 1 ⅓ cup extra flour for rolling + folding
- ☐ 4 cups blueberries tossed in flour

Lemon glaze

- ☐ 2 cups powdered sugar (sifted)
- ☐ 4 pinches salt
- ☐ 1tsp vanilla extract
- ☐ 2tbsp vegan milk
- ☐ 2tbsp lemon juice

Instructions

1. In a small bowl add apple cider vinegar/vinegar, milk, and vanilla extract together and stir to combine. Set it aside and it will curdle (creating vegan buttermilk)
2. In another bowl whisk together flour, sugar, baking powder, baking soda and salt.
3. Cut vegan butter into chunks or grate it and add to the flour mixture. Use a pastry cutter, fork, or hands to mix everything together until it resembles coarse crumbs/sand.
4. Make a well in the center and add the buttermilk and blueberries. Stir and fold gently with a wooden spoon or spatula. The dough should look shaggy, not dry and not very wet but slightly sticky.
5. Flour a surface and dust your hands with flour and turn out ⅓ of the dough on the surface and form the dough into an 8 inch flat disc. Using a knife, cut the circle into 8 even wedges and place the wedges at least 2 inches apart onto a baking sheet lined with parchment paper. Do this 2 more times using ⅓ of the dough mixture with the remaining ⅔ of the dough

6. Preheat the oven to 425F and while the oven heats, place the scones in the fridge. You want to ensure the dough is very cold.
7. Once heated, bake for 15 to 17 minutes or until golden and fluffy.
8. While baking the scone, make the lemon glaze by adding all the ingredients for the glaze in a bowl and stir until well combined. If you want to thicken more, add more powdered sugar, and to thin it out, add vegan milk or lemon juice.
9. Remove the scones from the oven and let rest for 5 minutes and then drizzle lemon glaze.

Recipe from: <https://jessicainthekitchen.com/vegan-scones-recipe/#recipe>

SPICE MIXES

Lets thank ChatGPT for this portion

We should have all these spice in the kitchen, please message if we run out of something!

Herby Mediterranean Blend

- **Ingredients:** Dried oregano, dried thyme, dried rosemary, dried marjoram, dried basil, garlic powder, lemon peel, black pepper, parsley.
- **Best for:** Tofu or chickpeas.
- **Dish idea:** Use this blend to marinate tofu for grilling or pan-frying. It would also be fantastic with chickpeas in a Mediterranean-style salad or a baked chickpea casserole.

Spicy Moroccan-Inspired Ras el Hanout

- **Ingredients:** Smoked paprika, cinnamon powder, cumin powder, coriander powder, allspice powder, nutmeg, turmeric, black pepper, bay leaves (ground).
- **Best for:** Red split lentils or black turtle beans.
- **Dish idea:** Add this spice blend to a lentil or black bean tagine. It pairs well with slow-cooked dishes, stews, or roasted vegetables.

Indian Masala Mix

- **Ingredients:** Curry powder, turmeric, cumin seeds (toasted and ground), coriander powder, garam masala, ginger powder, black mustard seeds (toasted), onion powder.
- **Best for:** Red split lentils or chickpeas.
- **Dish idea:** Perfect for a red lentil dal or chickpea curry. This blend adds a rich, warming depth to Indian-inspired dishes.

Mexican Smoky Chipotle Spice

- **Ingredients:** Chipotle powder, smoked paprika, cumin powder, coriander powder, onion powder, garlic powder, dried oregano, black pepper, bay leaf powder (optional).
- **Best for:** Black turtle beans or tofu.
- **Dish idea:** This mix is ideal for a smoky black bean chili or to season tofu for tacos or burritos.

Herby Provençal Mix

- **Ingredients:** Dried rosemary, dried thyme, dried marjoram, dried tarragon, dried dill weed, garlic powder, fennel seeds (crushed).
- **Best for:** Tofu or chickpeas.
- **Dish idea:** This blend works well as a marinade for tofu or tossed with chickpeas before roasting. Great for lighter, fresh dishes or salads.

Middle Eastern Za'atar-Inspired Blend

- **Ingredients:** Dried oregano, dried thyme, sesame seeds (toasted), sumac (use lemon peel as a substitute), cumin seeds (toasted and crushed), black pepper, dried marjoram.
- **Best for:** Tofu or chickpeas.
- **Dish idea:** Coat tofu in this blend and pan-fry, or toss roasted chickpeas in it for a Middle Eastern-inspired snack or salad topping.

Caribbean Spice Mix

- **Ingredients:** Allspice powder, cinnamon powder, nutmeg, smoked paprika, thyme, garlic powder, black pepper, cayenne (just a pinch).
- **Best for:** Black turtle beans or chickpeas.
- **Dish idea:** This blend is great for Caribbean-style black bean stews or spicy chickpea fritters.

Indian Five-Spice (Panch Phoron)

- **Ingredients:** Fennel seeds, cumin seeds, black mustard seeds, anise seeds, and celery seeds (all equal parts, whole).
- **Best for:** Red split lentils or black turtle beans.
- **Dish idea:** Fry this mix in oil before adding red lentils or black beans for a fragrant and flavorful dal or bean dish. It's also great for tempering lentils or vegetable dishes.

Cajun Spice Mix

- **Ingredients:** Smoked paprika, garlic powder, onion powder, black pepper, cayenne, thyme, oregano, celery seed.
- **Best for:** Tofu or black turtle beans.

- **Dish idea:** Coat tofu cubes with this mix before frying, or use it in a smoky black bean gumbo or jambalaya.

Ginger-Turmeric Spice Mix

- **Ingredients:** Ginger powder, turmeric, cumin powder, coriander powder, garlic powder, black pepper, dried parsley.
- **Best for:** Red split lentils or chickpeas.
- **Dish idea:** This bright, earthy blend is ideal for a healing red lentil soup or chickpea-based curries.