

TALLULAH'S MASHED POTATOES

BY CHEF AMY WEBSTER | RAINY DAY VEGAN



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PASADO'S SAFE HAVEN

STELLA'S CRANBERRY ORANGE SAUCE

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PASADO'S SAFE HAVEN

FRANK'S GREEN BEAN CASSEROLE

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PASADO'S SAFE HAVEN

INGREDIENTS

3 lbs. Yukon Gold Potatoes, peeled and cut into 1" pieces
6 cups water
1/2 cup non-dairy butter, chilled or room temperature
1/4 cup non-dairy creamer, unsweetened and plain
2 tablespoons fresh parsley, chopped (+ a little more for garnish)
1 tablespoon fresh rosemary, chopped
1 tablespoon fresh thyme, chopped
2 teaspoons onion powder
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon black pepper

INSTRUCTIONS

1. Combine potatoes and water in a large pot. Bring to boil then reduce heat to a soft boil and cook potatoes until fork tender, about 10-15 minutes.
2. Drain potatoes and transfer back to pot. Using a potato masher or a handheld electric mixer, mash potatoes. Add butter and creamer, and mix well until the butter is melted. Add remaining ingredients and mix well.
3. Garnish with chopped parsley and serve. Enjoy!

INGREDIENTS

1 cup orange juice, fresh or prepared
1/4 cup red wine (optional)
1 (12 ounces) bag cranberries, fresh or frozen
1/2 cup sugar
1 tablespoon orange zest

INSTRUCTIONS

1. Heat a medium saucepan over medium heat and add orange juice, wine, and cranberries. Stir and bring to a boil. Add sugar, reduce heat to medium-low, and continue to simmer until most of the cranberries are broken down, about 10 minutes, while stirring frequently. For a more smooth sauce, use an immersion blender to break down the cranberries until smooth.
2. Stir in orange zest.
3. Serve warm or transfer to a container with a cover and chill until ready to serve. Enjoy!

INGREDIENTS

1/2 cup vegan butter (I like Miyokos)
1/2 cup all-purpose flour
2 1/2 cups vegan mushroom gravy or soup
1/2 cup nutritional yeast
2 tablespoons soy sauce
4 tablespoons olive oil
1 teaspoon garlic powder
6 cups fresh green beans, trimmed and cut
(or 4 14-oz. Cans of French-cut green beans)
2 2.8-oz cans of French-fried onions

INSTRUCTIONS

1. Preheat oven to 350 degrees. In a medium pan, melt margarine over medium-low heat. Add flour and whisk to make a roux. Add the mushroom gravy or soup, nutritional yeast, soy sauce, olive oil, and garlic powder. Mix well and cook for about 5 minutes until mixture is thick and creamy.
2. Pour sauce into a casserole dish. Add the green beans and stir to coat. Bake for 15 minutes then remove from oven and top with French-fried onions. Bake for an additional 10 minutes or until browned and bubbling. Remove from oven and serve. Enjoy!

TIEGAN'S MINI PUMPKIN PIES

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PASADO'S SAFE HAVEN

MUSHROOM CARROT GRAVY

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PASADO'S SAFE HAVEN

KALE BEET SALAD

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PASADO'S SAFE HAVEN

INGREDIENTS

Spray cooking oil
2 pie crusts, vegan, thawed
1 (15 ounces) can pumpkin puree
1 cup coconut cream (thick part of a full-fat can of coconut milk or coconut cream)
1 cup brown sugar
2 tablespoons maple syrup
1 tablespoon pumpkin pie spice mix
1/2 teaspoon salt
1 teaspoon cornstarch

Dairy-free whipped topping
Cinnamon to sprinkle on top (optional)

INGREDIENTS

3 tablespoons oil, vegetable or canola
1 cup carrot, chopped
1/2 onion, diced
2 cups mushrooms, chopped (cremini, portobello, or button)
1/4 cup all-purpose flour
2 cups vegetable broth
2 tablespoons nutritional yeast
2 tablespoons soy sauce
1 teaspoon Italian seasoning
1 teaspoon sage, ground
1/2 teaspoon black pepper

INGREDIENTS

2 medium beets trimmed, peeled, small diced
1 (15 ounces) can of chickpeas, drained, rinsed, and dried
4 tablespoons olive oil, divided
8 cups kale (~2 bundles), washed, stemmed, and chopped
1-2 avocados, cubed
1/2 teaspoon salt
1/2 teaspoon onion powder
1/2 teaspoon smoked paprika
1/4 teaspoon black pepper
2 cups cherry tomatoes

DRESSING

1 cup vegetable broth or water
1/2 cup pepitas (pumpkin seeds), shells removed
1/4-1/2 cup nutritional yeast
1/4 cup lemon juice
1-2 teaspoons dijon mustard
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

INSTRUCTIONS

1. Preheat oven to 375 degrees and spray two mini muffin pans with non-stick spray.
2. Roll the dough out on a clean, lightly floured surface to about 1/4" thickness. Using a 2 1/2" round cookie cutter, cut out rounds of dough.
3. Place the dough rounds into the mini muffin pan and press down on the center to shape the dough like the inside of each muffin cup. They do not need to come up to the top of the cup and they don't need to be perfect. Place the prepared muffin pan in the freezer while making the filling.
4. Add the pumpkin puree, coconut cream, brown sugar, syrup, spice mix, salt and cornstarch to a high-speed blender or food processor. Scrape down sides and keep blending until everything is smooth and well blended.
5. Remove the muffin pan from the freezer and spoon the filling into each cup. Fill to the top of each crust, about 1 tablespoon of filling for each.
6. Bake for 25-30 minutes, until the crust edges are lightly browned. Allow them to cool for 5-10 minutes before removing from the pan with a knife or small off-set spatula. Transfer to a cooling rack and let completely cool before serving. Serve warm or chill for 1-3 hours for a firmer filling. Top with coconut whipped cream and sprinkle with cinnamon. Enjoy!

INSTRUCTIONS

1. Heat oil in a medium saucepan over medium heat. Add onion and carrots, and saute until they start to soften, about 10 minutes. Add the mushrooms and cook until they are softened, about 5-7 minutes, stirring frequently so they don't stick to the pan. Add flour and whisk together to make a rough roux. It will look messy but will come together in the next step. Cook for 2 minutes, whisking or stirring continuously.
2. Whisk in the vegetable broth. Bring to a light boil and cook for 8-10 minutes.
3. Using an immersion blender or high-speed blender, blend until smooth. If using a blender, return to the saucepan.
4. Stir in nutritional yeast, soy sauce, Italian seasoning, sage, and black pepper. Stir well and continue to cook on low for 5-10 minutes. For thinner gravy, add a splash of additional vegetable broth. Taste for seasoning and add salt and pepper as needed. Keep gravy heated over low heat until ready to serve. Enjoy!

INSTRUCTIONS

1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper. In a large bowl, combine beets and chickpeas with 2 tablespoons of the oil and place on the baking sheet in a single layer. Roast in oven until cooked through and lightly browned, about 15 minutes. Remove from oven and set aside to cool.
2. Add kale to a large mixing bowl and massage in half of the avocado amount using hands to help soften the kale. Add beets and chickpeas then mix in salt, onion powder, smoked paprika, and pepper then stir well to incorporate. Cube the remainder of avocado and add to salad.
3. Make the dressing by combining all dressing ingredients to a high-speed blender. Blend on low for about 45 seconds then gradually increase speed to high to make smooth and creamy dressing.
4. Assemble salad by adding tomatoes and remaining avocado to the kale mixture. Drizzle on dressing and enjoy!