

THE RECIPES

Product Recommendation by Brand Name

THE RECIPES found in *All American Vegan* are intended to provide an introduction to the art of vegan substitution. Because non-dairy milk, margarine, egg replacer, mayonnaise, tofu, and soup stock appear so frequently in our recipes, we will avoid unnecessary repetition by simply giving our brand-name product recommendations of these items once and not for each individual recipe.



VEGAN MILK, BUTTER & EGGS

NON-DAIRY MILK & CREAM

There are a wide variety of non-dairy milks and creams from which to choose, including those made from soybeans, almonds, and rice. Deciding which brand to use in cooking and baking is a matter of its intended usage and your taste

preferences. Additional tips on replacing milk and cream can be found in the cookbook under “Replacing Milk and Cream” (page 37).

For the recipes, we recommend replacing milk in sweet recipes with **Vanilla Soy Dream**. Because the non-dairy creams vary so tremendously in terms of thickness and sweetness, we will list our recommend cream alternatives for each recipe. Most of the recipes in *All American Vegan* are best with either **Wildwood Soymilk Creamer (Plain)** or home-made **Cashew Cream**.

BUTTER

Earth Balance Buttery Spread or sticks (for baking) NOTE: Recipe for primate-friendly butter can be found in our *All American Vegan Candy Cookbook*.



SOUP STOCK

Many of our recipes call for concentrated stocks or bouillon (as opposed to ready-made broths). This allows for creating a higher flavor concentration, which is important when making our seitan recipes. We recommend the **Better Than Bouillon No Chicken, No Beef and Vegetable** flavors or **Edward & Sons Not-Chick'n Bouillon and Not-Beef Bouillon Cubes**. These stocks are rich, delicious, and expertly seasoned. If you cannot find them for sale at your local natural food store, you can order them on Amazon. Our recommendations will specify the preferred flavor for each recipe.



TOFU



Regular Tofu

For recipes that call for firm tofu, we recommend **Wildwood High-Protein Super Firm Tofu** because it does not require pressing. It is also a high-quality tofu with a subtle, delicate taste.

Silken Tofu

Any brand of silken tofu will do. However, we recommend **Mori-Nu** firm or extra firm silken tofu because it comes in a box - an aseptic package that makes it shelf stable. It is therefore likely to be stocked at most grocery stores and will keep in the pantry indefinitely.

EGG REPLACER

For Baking: Ener-G Brand Egg Replacer Look for the box in the baking aisle of natural food stores.

For Egg-Based Dishes (such as omeletes): Just Egg





NO TIME TO COOK?

Because the goal of our cookbook is to make veganism as simple and as convenient as possible, we have also included the names of any ready-made products that might exist for each recipe if we have tried, enjoyed, and therefore, recommend it.



CHAPTER 2 The Art of Vegan Substitution

RECIPE: No Beef Seitan or Cutlets

Ready-made:

- Tofurky Roast Beef Style or Philly Steak Deli Slices
- West Soy Seitan Cubed
- Sweet Earth Seitan
- Upton's Naturals Seitan Ground Beef

Stock:

- Better Than Bouillon No Beef
- Edward & Sons Not-Beef Bouillon Cubes

RECIPE: No Tuna Fish

Seitan:

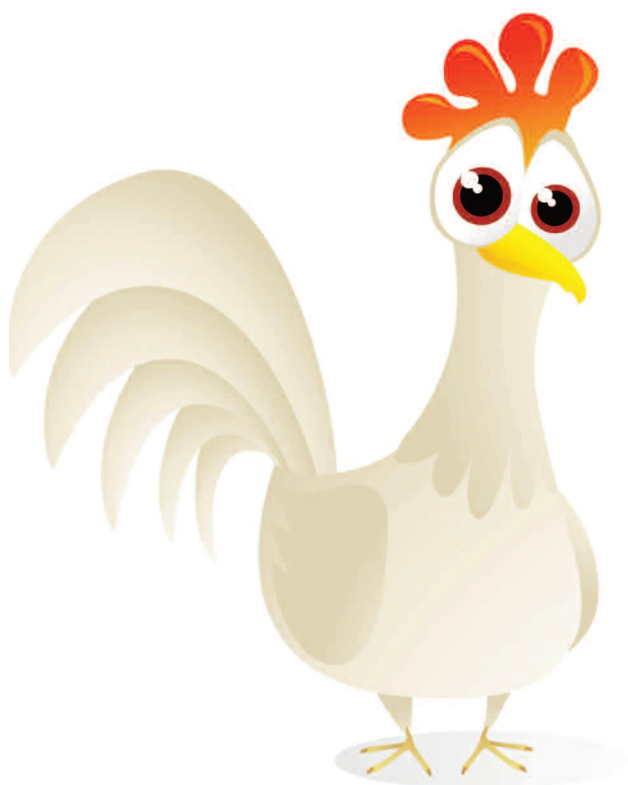
- WestSoy Seitan Cubed
- Upton's Naturals Seitan (Traditional)

RECIPE: Not Bacon

Ready-made:

- Yves Meatless Canadian Bacon
- Lightlife Smart Bacon
- Sweet Earth Benevolent Bacon

Hickory Seasoning: Wrights



RECIPE: No Chicken Seitan or Cutlets

Ready-made:

- Gardein Chick'n Filets
- Gardein Chick'n Strips
- Tofurky Deli Slices
- WestSoy Seitan Cubed
- Tofurky Roast

Stock:

- Better Than Bouillon No Chicken Flavor
- Edward & Sons Not-Chick'n Bouillon Cubes



BREAKFAST recipes

DONUTS

Ready-made: Whole Foods Vegan Donuts

BREAKFAST HASH

Faux Meat:

- Impossible Burger (must be sautéed and crumbled)
- West Soy Seitan Cubed
- Sweet Earth Original Seitan
- West Soy Seitan Vegetarian Stir Fry

FRENCH TOAST

Bread: See page 5

OMELETE

Cheese: Daiya Cheese (any flavor)

Vegan "Turkey":

- Oven Roasted Tofurky Deli Slices

Cream: Wildwood Soymilk Creamer (Plain)

Ready-made "Egg":

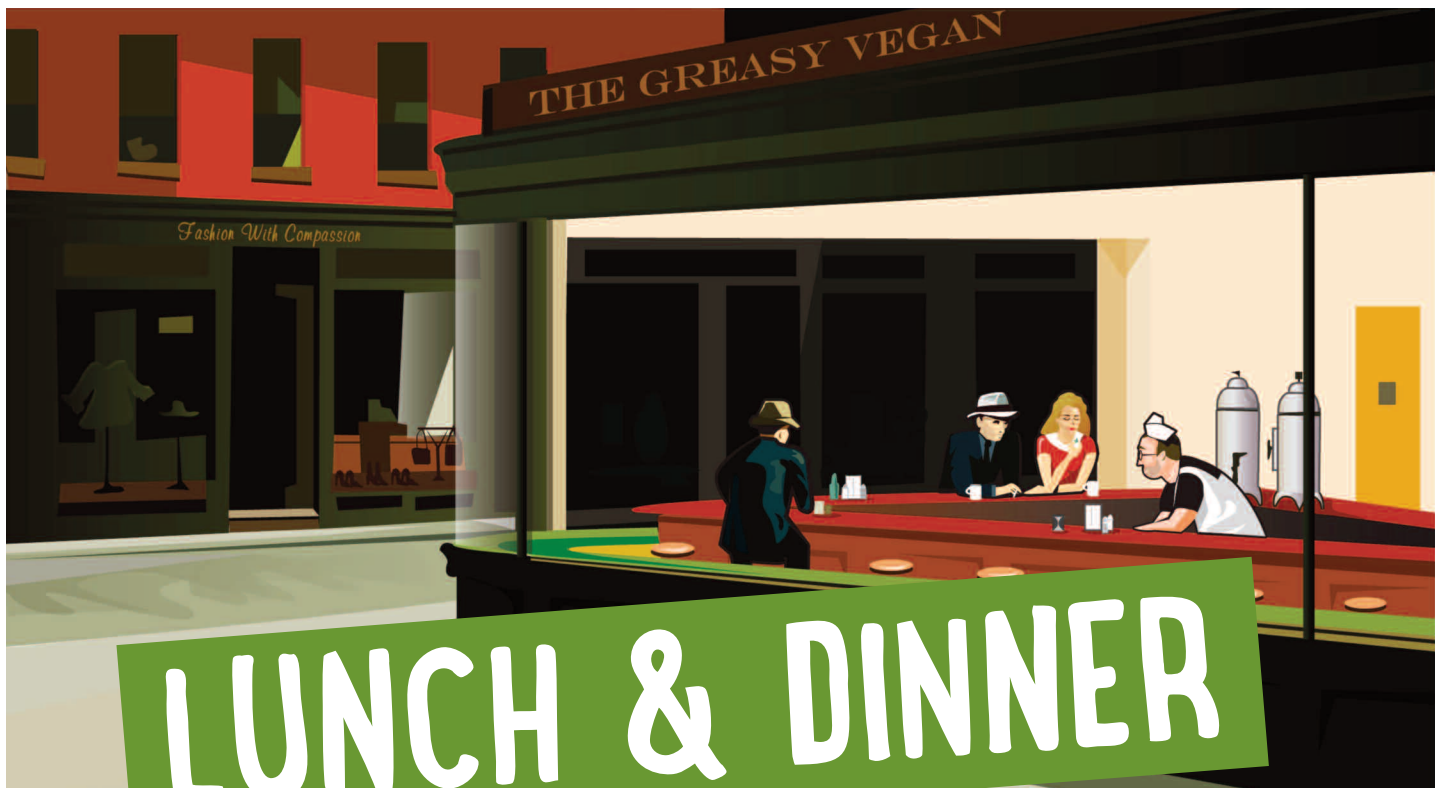
- Just Egg
- Follow Your Heart Vegan Egg

NOT SAUSAGES

Ready-made:

- Lightlife Smart Links
- Field Roast Sausages
- Morningstar Farms Sausages (vegan variety)

Stock: See page 2



LUNCH & DINNER

Bread & Cheese recipes



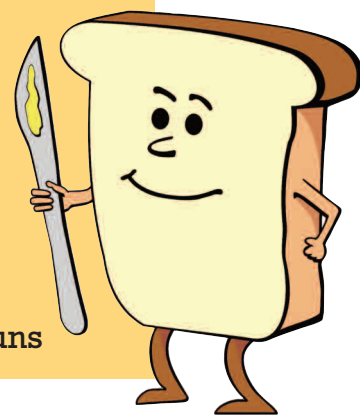
Recommended cheese for all sandwiches: Daiya (Cheddar, Mozzarella, Pepperjack, Cheddar & Mozza, and “Classic Blend” flavors, available in various shredded, sliced, stick, and block varieties)

Recommended bread for all sandwiches:

- Rudy’s Country White
- Whole Foods 365 Everyday Value White or Sourdough (unless otherwise specified)

Recommended hamburger buns:

- Rudy’s White Hamburger Buns
- Dave’s Killer Hamburger Buns
- Whole Foods 365 Everyday Value Hamburger Buns



NO BLT

Vegan “Bacon”:

- Yves Canadian Bacon
- Lightlife Smart Bacon
- Sweet Earth Benevolent Bacon

CLUB SANDWICH

Vegan Turkey: Oven Roasted or Hickory Smoked Tofurky Deli Slices

Vegan Ham: Yves Meatless Ham

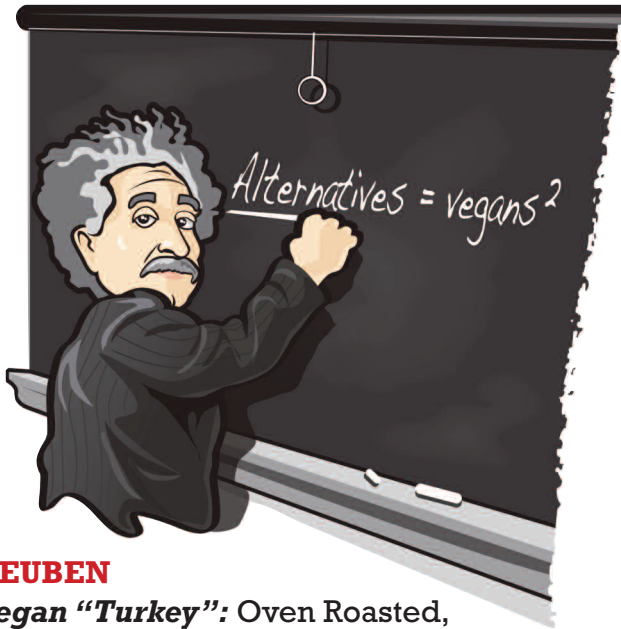
Vegan Bacon:

- Yves Canadian Bacon
- Lightlife Smart Bacon
- Sweet Earth Benevolent Bacon

PHILLY CHEESE STEAK

Vegan “Turkey”: Peppered Tofurky Deli Slices

Vegan “Beef”: Gardein Beefless Tips



REUBEN

Vegan "Turkey": Oven Roasted, Hickory, or Peppered Tofurky Deli Slices

Bread:

- Rudy's Jewish Light Rye Bread

NO EGG SALAD

Tofu: Wildwood High-Protein Super Firm

Ready-made "egg":

- Just Egg
- Follow Your Heart Vegan Egg

SLOPPY JOES

Vegan Ground Beef:

- Impossible Burger (must be sautéed and crumbled)
- Boca Meatless Ground Round

HAMBURGER

Ready-made: Impossible Burger

Stock: See page 2

BBQ NO RIBS

Seitan: WestSoy Seitan Cubes

BBQ Sauce: Organicville Original BBQ Sauce

NO CHICKEN POT PIE

Ready-made:

- Amy's Kitchen Non-Dairy Vegetable Pot Pie

Pie Crust: See note on piecrust on page 8

Stock: See page 2

Cream: Wildwood Soymilk Creamer (Plain)

Faux Chicken/Seitan:

- Gardein Chick'n Filets

- Gardein Chick'n Strips

CORN DOGS

Ready-made: Morningstar Farms Vegan Corn Dogs

Non Dairy Milk: Silk Organic Unsweetened Soymilk

Hot Dogs: Tofurky Hot Dogs

FRIED NO CHICKEN

Ready-made:

- Boca Original Meatless Chick'n Nuggets
- Gardein Crispy Tenders

Cream: Wildwood Soymilk Creamer (Plain)

Faux Chicken/Seitan:

- Gardein Chick'n Filets
- Gardein Chick'n Strips
- WestSoy Seitan Cubed

MACARONI & CHEESE

Ready-made: Daiya Mac and Cheese

Cream: Wildwood Soymilk Creamer (Plain)

Cream Cheese:

- Kite Hill Cream Cheese Plain
- Daiya Plain Cream Cheeze

PIZZA

Ready-made:

- Daiya Pizza

Pepperoni:

- Tofurky Pepperoni
- Lightlife Smart Deli Pepperoni

Sausages:

- Lightlife Smart Links
- Field Roast Sausages
- Morningstar Farms Sausages (vegan variety)

LASAGNA

Vegan Ground Beef:

- Impossible Burger (must be sautéed and crumbled)
- Lightlife Smart Ground
- Boca Meatless Ground Round



SIDES recipes



NO CHICKEN NOODLE SOUP

Stock: See page 2

Seitan:

- WestSoy Chicken-Style Seitan
- Gardein Chick'n Filets
- Gardein Chick'n Strips

CREAM OF MUSHROOM SOUP

Stock: See page 2

MATZO BALL SOUP

Stock: See page 2

FRENCH FRIES

Ready-made:

Cascadian Farms Crinkle Cut French Fries

ONION RINGS

Beer: Sierra Nevada

MOZZARELLA STICKS

Bread Crumbs: Whole Foods Bread Crumbs (Plain or Italian)

Cheese:

- Daiya Mozzarella Cheese Sticks

MASHED POTATOES

Ready-made:

- Edward & Sons Instant Mashed Potatoes

Cream: Wildwood Soymilk Creamer (Plain)

BUFFALO STRIPS

Ready-made:

- Morningstar Vegan Buffalo Wings
- Gardein Buffalo Wings
- Field Roast Fruffalo Wings

Seitan:

- WestSoy Seitan Cubed
- Gardein Chick'n Filets
- Gardein Chick'n Strips

BUTTERMILK BISCUITS

Cream: Wildwood Soymilk Creamer (Plain)

CORNBREAD

Milk: Silk Organic Unsweetened Soymilk

NACHOS

Vegan Ground Beef:

- Impossible Burger (must be sautéed and crumbled)
- Boca Meatless Ground Round

Cheese: See page 5

Sour Cream: Tofutti Better Than Sour Cream

COLE SLAW

Cream: Wildwood Soymilk Creamer (Plain)

RANCH DRESSING

Ready-made:

- Just Ranch
 - Follow Your Heart Vegan Caesar
- Sour Cream:** Tofutti Sour Supreme

Cream Cheese:

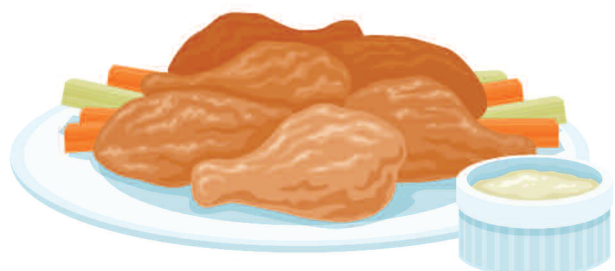
- Kite Hill Cream Cheese Plain
 - Daiya Plan Cream Cheeze
- Cream:** Wildwood Soymilk Creamer (Plain)

GRAVY

Ready-made:

- Hain's Vegetarian Brown Gravy Mix

Stock: See page 2



DESSERT recipes



Pie Crust: Wholly Wholesome Traditional Pie Shell is a delicious vegan ready-made pie shell. However it, like other vegan pie shells, contains palm oil. Visit allamericanvegan.com for information about animal-welfare concerns relating to palm oil production. For a delicious, oil-based, palm-oil free pie crust recipe, visit: <https://bit.ly/367G85y>.

CHOCOLATE CHIP COOKIES

Chocolate Chips:

- Whole Foods 365 Everyday Value Semi-Sweet Chocolate Baking Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips
- Enjoy Life Semi-Sweet Mini-Chips

CHOCOLATE LAYER CAKE

Ready-made:

- Amy's Organic Chocolate Cake (frozen)

Cream: Wildwood Soymilk Creamer (Plain)

VANILLA CUPCAKES

Milk: Vanilla Soy Dream

Cream: Cream: Wildwood Soymilk Creamer (Plain)

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival, or Confetti)

NEW YORK CHEESECAKE

Cream Cheese:

- Kite Hill Cream Cheese Plain
- Daiya Plain Cream Cheeze

Cream: Wildwood Soymilk Creamer (Plain)

CHOCOLATE PUDDING

Ready-made:

- ZenSoy Chocolate Pudding

Chocolate Chips:

- Whole Foods 365 Everyday Value Semi-Sweet Chocolate Baking Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips
- Enjoy Life Semi-Sweet Mini-Chips

PEANUT BUTTER CUPS

Ready-made:

- Go Max Go Cleo's Peanut Butter Cups

Chocolate Chips:

- Whole Foods 365 Everyday Value Semi-Sweet Chocolate Baking Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips
- Enjoy Life Semi-Sweet Mini-Chips

GEL-OH! PARFAIT

Ready-made:

- Simply Delish Jel Dessert

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival, or Confetti)

VANILLA ICE CREAM

Ready-made:

- Trader Joe's Soy Cream Non-Dairy Frozen Dessert

Milk: Vanilla Soy Dream

Cream: Wildwood Soymilk Creamer (Plain)

CHOCOLATE ICE CREAM

Cream: Wildwood Soymilk Creamer (Plain)

Chocolate Chips:

- Whole Foods 365 Everyday Value Semi-Sweet Chocolate Baking Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips
- Enjoy Life Semi-Sweet Mini-Chips

STRAWBERRY ICE CREAM

Milk: Vanilla Soy Dream

Cream: Wildwood Soymilk Creamer (Plain)

MILKSHAKE

Ice Cream: Trader Joe's Soy Cream Non-Dairy Frozen Dessert

Chocolate Sauce: Ah!Laska Chocolate Syrup

Milk: Vanilla Soy Dream

ROOT BEER FLOAT

Ice Cream: **Ice Cream:** Trader Joe's Soy Cream Non-Dairy Frozen Dessert

Root Beer: Virgil's

APPLE PIE A LA MODE

Ice Cream: Trader Joe's Soy Cream Non-Dairy Frozen Dessert

ICE CREAM SUNDAE

Ice Cream: Trader Joe's Soy Cream Non-Dairy Frozen Dessert

Chocolate Sauce: Ah!Laska Chocolate Syrup

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival or Confetti)

CHOCOLATE SAUCE

Ready-made:

- Ah!Laska Chocolate Syrup

Chocolate: Sunspire Fair Trade Organic Unsweetened Chocolate Baking Bar

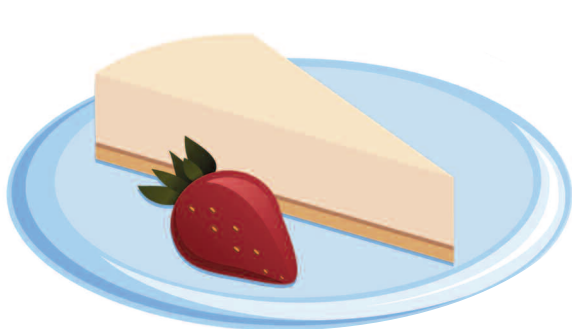
Rum: Bacardi or Captain Morgan

Brandy: Corbell or Christian Brothers

Candy Canes: Pure Fun Organic Candy Canes

PIE CRUST

Ready-made: See note page 8



THANKSGIVING

recipes

STUFFED NOT A TURKEY WITH MAPLE-GLAZED ROOT VEGETABLES

Ready-made:

- Tofurky Roast

Bread: See page 5

Stock: See page 2

CANDIED YAMS

Marshmallows:

- Dandies Marshmallows

CRANBERRY SAUCE

Ready-made:

- Pacific Foods Cranberry Sauce

