

A VEGAN FEAST

Brooke Crouch

B1c5zr

B1c5zr@virginia.edu

University of Virginia

DISCLAIMER

I'll admit it... I'm already vegan! However, many of my friends and family members are(sadly) not vegan or even vegetarian. I will take this challenge as my own personal challenge to make them aware of the benefits and ease of a vegan lifestyle!

MILK SUBSTITUTIONS

- Almond, coconut, cashew, soy, hemp, oat... take any plant based food and there is probably a vegan milk made out of it! Different plant based milks have different tastes and are better for different types of dishes(ex. Soy milk is neutral tasting and would be the best plain substitute, whereas oat milk is better in baked goods)
- Homemade cashew milk is super easy- just soak cashews in boiling water for 1 hour, then blend with water until smooth. Strain and refridgerate!

CHEESE SUBSTITUTES

- Blended up cashews make a very realistic cheese sauce!
- Nutritional yeast has a cheesy, parmesan-like flavor and consistency
- Marinated, spiced tofu can be used to substitute ricotta cheese
- Blended up sunflower seeds make a great nut-free cheese!

EGG SUBSTITUTES

- Store-bought vegan egg substitute
- Mashed tofu makes great scrambled eggs!
- Chickpea flour omelettes taste like eggs
- Flax and chia seed “eggs” hold baked goods together
- Peanut butter, mashed banana, and applesauce can serve as egg substitutes in baked goods

MEAT SUBSTITUTES

- Tofu and tempeh are the most popular plant based proteins
- Spices and marinades can work wonders to flavor food
- Mushrooms and cauliflower can make great “meaty” steaks
- Store bought vegan meats

BASIC CASHEW SAUCE

Since this is such a staple, I thought I would include a recipe for it!

Ingredients

1 Cup cashews, soaked in boiling water for 1 hour

3 tbsp nutritional yeast

1 clove garlic

1 tbsp lemon juice

1/2 cup water

Salt and Pepper, to taste

Instructions

Combine ingredients and blend until smooth. Enjoy on literally everything!



BREAKFAST MENU

Original Recipe: Scrambled Eggs on toast

Plant Based Recipe: Tofu Scramble with vegetables and toast

RECIPE

Ingredients

1 block tofu, crumbled

½ tsp each turmeric and garlic powder

Pinch of salt and pepper

1 clove garlic, minced

Vegetables of choice, diced(I like kale, mushrooms, and potatoes)

Optional: Cashew cheese sauce, avocado, cilantro

Organic Whole Grain Bread(Bonus points if homemade!)

RECIPE CONT.

Instructions

1. Combine crumbled tofu, turmeric, salt, pepper, and garlic powder in a bowl.
2. Add dash of oil to pan and saute minced garlic.
3. When fragrant, add vegetables and saute until mostly cooked.
4. Add in tofu mixture and saute.
5. Optional: Add in cashew cheese sauce for creamy goodness!
6. Toast bread.
7. Heap the tofu vegetable mixture onto the toast(I like to add sliced avocado and cilantro) and enjoy!



LUNCH MENU

Original recipe: Tuna Salad Sandwich

Plant Based Recipe: Chickpea Salad Sandwich

RECIPE

Ingredients

1 can chickpeas, drained(Or 15 oz of home cooked chickpeas)

¼ cup homemade vegan mayo(cashew cheese sauce with 1 tbsp mustard, only 1 tbsp nutritional yeast, 3 tbsp water)

½ clove minced garlic

¼ minced onion

½ tbsp each Parsley and cilantro, diced

½ tbsp lemon juice

2 slices organic whole wheat bread

Optional: Lettuce leaves, ¼ cup finely diced celery

RECIPE

Instructions

1. Mash chickpeas until a chunky paste similar to chicken salad texture. Leave some mostly whole to add texture.
2. Add vegan mayo, spices, herbs, and celery to chickpeas and mix until thoroughly combined.
3. If desired, add lettuce slices onto bread before adding chickpea mixture.
4. Sandwich it up and enjoy!



DINNER MENU

Original recipe: Loaded Nachos

Plant Based Recipe: Potato Nachos with beans, avocado, salsa, and cashew cheese

RECIPE

Ingredients

2 Medium Yukon Potatoes, sliced into “fry” shapes

1 can black beans, drained and rinsed

½ avocado

½ cup salsa

1 can corn, drained and rinsed

½ onion

½ pepper

½ cup cashew sauce

Salt, pepper, and garlic powder, to taste

RECIPE CONT.

Instructions

1. Preheat oven to 425 degrees Fahrenheit. Toss potatoes with salt, pepper, and garlic powder and bake in oven for 25 minutes.
2. Saute garlic, onion, and pepper in a pan until cooked.
3. To assemble: make a base of potatoes(about $\frac{1}{2}$ of the potato wedges). Top with half of the cheese sauce, then garnish with the vegetables, beans, corn, and salsa. Put other half of potato wedges on top, then garnish with the remaining toppings. Put avocado slices on top of the nachos
4. Enjoy!



DESSERT MENU

Original recipe: Ice cream

Plant based recipe: Peanut butter chocolate “nice” cream

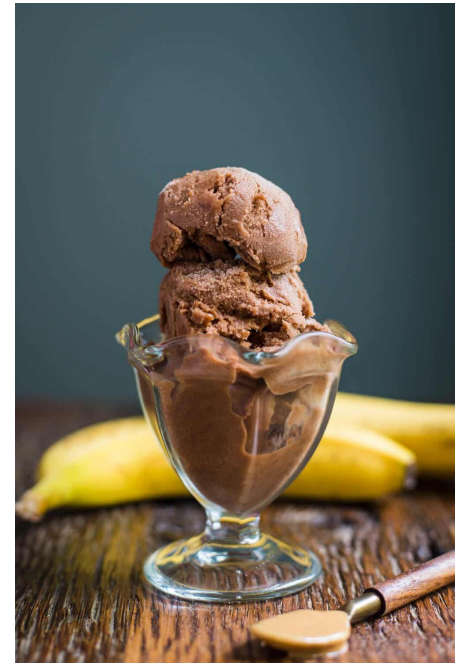
RECIPE

Ingredients

- 3 bananas, chopped and frozen
- 2 tbsp creamy natural organic peanut butter
- 2 tbsp organic cacao powder
- 3 tbsp water or plant based milk

Instructions

1. Combine ingredients in a blender and blend until smooth.



SOCIAL MEDIA

Brooke Crouch
Just now

PROJECT GREEN CHALLENGE
TG Campus Reps 2018
45 members

My plant based menu:
Tofu scramble with vegetables

Ingredients
1 block tofu, crumbled
½ tsp each turmeric and garlic powder
Pinch of salt and pepper
1 clove garlic, minced
Vegetables of choice, diced (I like kale, mushrooms, and potatoes)
Optional: Cashew cheese sauce, avocado, cilantro
Organic Whole Grain Bread (Bonus points if homemade)

Combine crumbled tofu, turmeric, salt, pepper, and garlic powder in a bowl.
Add dash of oil to pan and saute minced garlic.
When fragrant, add vegetables and saute until mostly cooked.
Add in tofu mixture and saute.
Optional: Add in cashew cheese sauce for creamy goodness!
Toast bread.
Heap the tofu vegetable mixture onto the toast (I like to add sliced avocado and cilantro) and enjoy!
Chickpea Salad Sandwich

Ingredients
1 can chickpeas, drained (Or 15 oz of home cooked chickpeas)
½ cup homemade vegan mayo (cashew cheese sauce with 1 tsp mustard, only 1 tsp nutritional yeast, 3 tsp water)
½ clove minced garlic
½ minced onion
½ tsp each Parsley and cilantro, diced
½ tsp lemon juice
2 slices organic whole wheat bread
Optional: Lettuce leaves, ¼ cup finely diced celery

Instructions

High Achiever's Playbook
192 members

EARTH GUARDIANS
159 members

Friend Requests
Mac Weems
Jennifer Locasite-Crouch is a mutual friend.

Chat
Dana Raphael 19m
Jennifer Locasite-Crouch 1

Show all

Brooke Crouch

Loaded Potato Nachos

Ingredients
2 Medium Yukon Potatoes, sliced into "fry" shapes
1 can black beans, drained and rinsed
½ avocado
½ cup salsa
1 can corn, drained and rinsed
½ onion
½ pepper
½ cup cashew sauce
Salt, pepper, and garlic powder, to taste

Instructions
Preheat oven to 425 degrees Fahrenheit. Toss potatoes with salt, pepper, and garlic powder and bake in oven for 25 minutes.
Saute garlic, onion, and pepper in a pan until cooked.
To assemble: make a base of potatoes (about ½ of the potato wedges). Top with half of the cheese sauce, then garnish with the vegetables, beans, corn, and salsa. Put other half of potato wedges on top, then garnish with the remaining toppings. Put avocado slices on top of the nachos.
Enjoy!

Peanut Butter Chocolate "Nice" cream

Ingredients
3 bananas, chopped and frozen
2 tbsp creamy natural organic peanut butter
2 tsp organic cacao powder
3 tsp water or plant based milk

Instructions
Combine ingredients in a blender and blend until smooth.
Turning Green Amy's Kitchen #PGC2018

Like Comment Share

Friend Requests
See All
Mac Weems
Jennifer Locasite-Crouch is a mutual friend.
Deborah Harmon
Jennifer Locasite-Crouch is a mutual friend.
Lily Simon
Dana Raphael is a mutual friend.

Chat
Dana Raphael 19m
Jennifer Locasite-Crouch 1

Show all

THANKS FOR EATING! HOPE YOU SAW SOMETHING THAT
LOOKED TASY!