

DELIGHTFUL VEGAN RECIPES BY
3ABN HOSTS, STAFF, AND THEIR FAMILIES

VOLUME 3

Favorites by **3ABN**

Pg. 4
Veggie Pasties
with Mushroom
Gravy

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recipes visit
3ABNrecipes.org



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Conversions

English/Metric

Weight (Mass) Measurements

$\frac{1}{2}$ ounce = 15 g
1 ounce = 30 g
3 ounces = 90 g
4 ounces = 110 g
8 ounces = 230 g
10 ounces = 280 g
12 ounces = 340 g
16 ounces = 450 g
1 pound = 450 g

Oven Temperatures

250°F = 120°C
300°F = 150°C
325°F = 160°C
350°F = 180°C
375°F = 190°C
400°F = 200°C
425°F = 220°C
450°F = 230°C

Dry Volume Measurements

1 teaspoon = 5 mL
1 tablespoon = 15 mL
2 tablespoons = 30 mL
1 cup = 250 mL
2 cups = 500 mL
3 cups = 750 mL
4 cups = 1 L

Fluid Volume Measurements

1 fluid ounce = 30 mL
4 fluid ounces = 110 mL
8 fluid ounces = 230 mL
12 fluid ounces = 340 mL
16 fluid ounces = 450 mL

Deciliters

Note: Measuring units have been rounded for simplicity. 1 dL = 100 mL

Total Time = Approximate preparation time plus cook time.

Servings are approximate.

Total Time: 30 min
Servings: 6

Thai Linguine

by Mollie Steenson

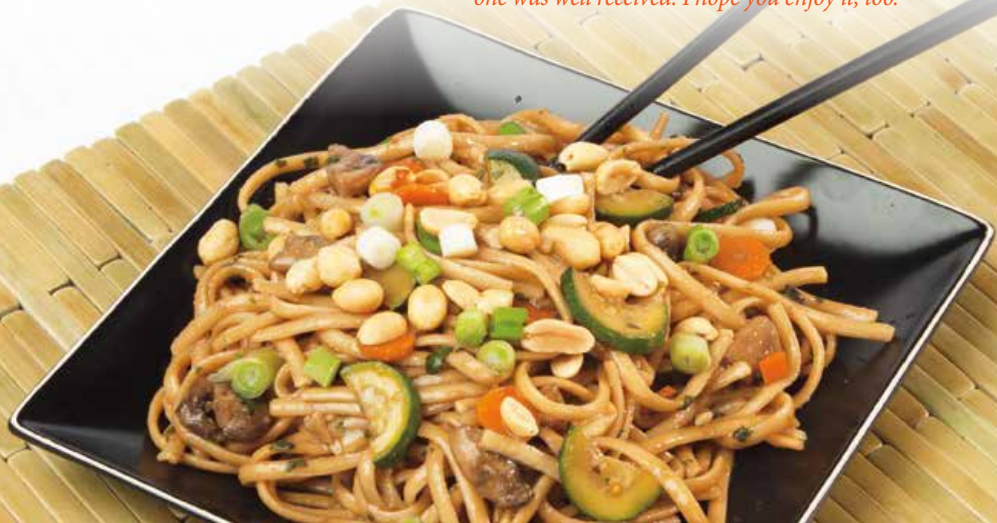
INGREDIENTS

- 1 pound** linguine
- 2 Tbsp** olive oil, divided
- 1 medium** zucchini, sliced
- 1 medium** carrot, sliced in 1-inch matchsticks
- 8 oz** mushrooms, chopped
- 3 cloves** garlic, minced
- 2 Tbsp** brown sugar
- ¼ cup** low sodium soy sauce
- sriracha hot** sauce to taste (¼ Tbsp is mildly spicy)
- 2 Tbsp** fresh ginger, grated
- 1 bunch** fresh cilantro, chopped
- 4 green** onions, chopped
- ¼ cup** peanuts

STEPS

- 1** Cook linguine according to package directions, drain, and set aside. (I always save a cup or two of the cooking water, in case I need it for extra moisture.)
- 2** In a separate bowl, combine brown sugar, soy sauce, sriracha, and ginger. Whisk well to combine and set aside.
- 3** In large skillet, heat olive oil over medium heat. Add zucchini, carrots, mushrooms, and garlic. Sauté for 5 to 6 minutes, or until veggies are cooked.
- 4** Combine pasta and veggies and pour sauce mixture over the top. Using a wooden spoon, stir to coat pasta and veggies well. Add peanuts, green onions, and cilantro. Stir again to combine. It's ready to serve, and the beauty of this dish is that it is equally good, hot or cold!

Through the years, several of us have shared our lunchtime together here at 3ABN. One of us will bring an entrée, someone else will bring bread, a vegetable, and fruit or some such combination. So I am always looking for new vegetarian recipes to try out on my ready-made lunch bunch. They've become my willing 'Guinea pigs' to try new recipes, and this one was well received. I hope you enjoy it, too."



Veggie Pasties with Mushroom Gravy

by Janelle Owen

Total Time: 60 min
Servings: 4-6

“Once, when we were dating, my husband and I went on a road trip adventure through his home state of Michigan. Every so often, we saw signs advertising “Pasties” from a local restaurant. “What in the world is that?” I remember asking him. When he described it, we both agreed I needed to try one—and from that moment, I was a pasty fan!”



INGREDIENTS

3 to 4 medium potatoes, cubed
(we like skin-on)

3 medium carrots,
chopped or sliced

½ cup lentils

½ tsp salt (or to taste)

2 Tbsp oil

1½ cup frozen peas

½ medium onion, chopped

3 cloves garlic, chopped

1 bay leaf

¼ tsp onion powder

¼ tsp garlic powder

¼ tsp cumin

7 cups water

GRAVY

You may double this recipe and save half to pour on top.

Ingredients A

2 Tbsp oil

½ medium onion, chopped

3 cloves garlic, chopped

8 oz button mushrooms, sliced

Ingredients B

6 Tbsp oil

6 Tbsp flour

2½ cups vegetable broth

½ tsp salt (or to taste)

STEPS

Pre-heat oven to 375°F

- 1 Combine all ingredients except peas in a pot and cook on medium-high heat for about 10 to 12 minutes.
- 2 Allow to cool, then strain vegetables with a strainer and bowl to catch the broth.
- 3 Remove bay leaf.
- 4 Set aside vegetables and broth to use later.

GRAVY STEPS

- 1 Caramelize gravy Ingredients A in a skillet, then set aside.
- 2 Heat oil from Ingredients B on medium heat until it's hot enough to fry.
- 3 Slowly add flour, mixing it with oil. Consistency should be a somewhat thick paste. May need to add more oil or flour.
- 4 Cook flour about 5 minutes until it's golden brown.
- 5 Slowly add broth and salt, continuously whisking as it thickens.
- 6 Add caramelized mixture and cook for about 5 minutes.

FINAL STEPS

- 1 Combine all vegetables, peas, and gravy
- 2 Use your favorite pie crust recipe and double it. Roll dough to 1/4" thick. Cut 6" circle (may use small pan lid for guide) then scoop 3 to 4 Tbsp of vegetable mixture onto one half. Fold over and pinch together firmly to secure filling. Poke top with fork. Bake at 375°F for about 40 minutes, or until golden brown. Serve with gravy.

Cashew Holiday Roast

by Teenie Finley

Total Time: 70 min

Servings: 8+

INGREDIENTS

- 3 cups** raw ground cashew nuts
- 2 cups** vegan vegeburger
- 2 Tbsp** oil
- 1 large** onion, chopped
- 1 cup** celery, chopped
- 1 cup** bread crumbs
- ½ tsp** salt
- 3 tsp** Ener-G Egg replacer, mixed with 2 Tbsp water
- 3 tsp** McKay's Chicken-Style Seasoning
- 1 Tbsp** Bragg's Liquid Aminos
- 1 cup** soymilk

STEPS

- 1** In a medium mixing bowl, combine all ingredients, adding soy milk last.
- 2** Place into 8 x 8-inch baking pan and bake at 350°F for about an hour, or until golden brown on top.



The Cashew Holiday Roast has been a favorite in the Finley family since the early 1970s. I first developed this recipe and placed it on a recipe card for one of my first cooking schools. Class members enjoyed it so much it has been a staple in our Natural Lifestyle Cooking Schools, ever since."



Total Time: 60 min
Servings: 6

INGREDIENTS

1 pkg (16 oz.) fresh spinach

1 Tbsp vegan butter

olive oil

½ cup onion, finely chopped

3 cloves garlic, minced

4 mushrooms, chopped

½ cup black olives, chopped

1 cup bell peppers, chopped
 (red, yellow, or green)

1 pkg (16 oz.) extra-firm tofu

½ cup nutritional
 yeast flakes

1 Tbsp paprika

1 tsp salt

1 tsp chicken-style seasoning

1 pkg vegan cream cheese

½ pkg filo pastry sheets

Spinach Filo

by Rocío Barrón

STEPS

1 Rinse spinach and all vegetables.

2 Sauté spinach in butter until wilted.

3 In another pan, fry onion and garlic in olive oil for 3 minutes. Add mushrooms, olives, and bell pepper and let cook for another 3 to 5 minutes.

4 Add tofu, nutritional yeast, paprika, salt, chicken-style seasoning. Cook for another 5 minutes.

5 Add spinach and cream cheese, cook for another 10 minutes.

6 Butter a 2-quart baking dish. Place first 7 sheets of filo, and one layer of tofu. Repeat with 7 more sheets of filo, and another layer of tofu. Finish off with 7 more sheets of filo and end with vegan butter on top.

7 Bake at 350° F for 20 minutes or until golden brown. Rinse spinach and all vegetables.

We love sharing this recipe with friends and family because it's simple, healthy, and delicious. Serve it with your favorite salad, and it just might become a favorite for you, too!"





Vegan Chicken Curry

by Jason Bradley

Total Time: 30-40 min
Servings: 4

INGREDIENTS

- 3 Tbsp** olive oil
- 1 small** onion
- 3 Tbsp** garlic, minced
- 3 Tbsp** curry paste
- 1 tsp** ground cinnamon
- 1 tsp** paprika
- 1** bay leaf
- ½ tsp** Turbinado sugar
- salt** to taste
- 3 cups** Fri Chik*
- 1 Tbsp** tomato paste
- 1 cup** plain soy yogurt
- ¾ cup** coconut milk
- ½** lemon, juiced
- ½ tsp** cayenne pepper (optional)

STEPS

- 1** Heat olive oil in a skillet over medium heat. Sauté onion until lightly browned. Stir in minced garlic, curry paste, cinnamon, paprika, bay leaf, sugar and salt. Continue stirring for 2 minutes.
- 2** Add Fri Chik pieces, tomato paste, yogurt, and coconut milk. Bring to a boil, reduce heat, and simmer for 15 to 20 minutes.
- 3** Remove bay leaf, and stir in lemon and cayenne pepper. Simmer 5 more minutes.
- 4** Serve over Jasmine rice.



I recommend you serve this wonderful dish over jasmine rice. If you wish, you may garnish it with parsley."

*Fri Chik contains egg—for a completely vegan option see <http://beyondmeat.com>.



Visit 3ABNrecipes.org for more recipes.

Rigatoni Pasta Casserole

by Mollie Steenson

Total Time: 45 min
Servings: 8

INGREDIENTS

- 1 box** rigatoni pasta
- 2 (16 oz)** jars tomato basil pasta sauce
- 1 box** fresh sliced mushrooms
- 1 (12 oz)** bag frozen English peas, uncooked
- ½ container** vegan sour cream
- 1 package** vegetarian kielbasa sausage, sliced into ¼-inch pieces
- ⅛ tsp** (or less) cayenne flakes (optional)
- ½ cup** fresh basil leaves, coarsely chopped
- salt** to taste
- 8 oz** vegan sharp cheddar cheese, grated

STEPS

- 1** Cook pasta according to instructions.
- 2** Mix everything together, except cheddar cheese.
- 3** Place in casserole dish and cover with cheddar cheese.
- 4** Cover dish with aluminum foil, being careful that foil doesn't touch the cheese.
- 5** Preheat oven to 350°F.
- 6** Place covered casserole in preheated oven for 45 to 50 minutes, until bubbly.
- 7** Remove aluminum foil and brown top of casserole.
- 8** Let cool for a few minutes and enjoy!

RECIPE IDEA

⅛ tsp (or less) red pepper flakes, vegan parmesan cheese, parsley or basil for garnish.

“The Pasta House restaurant had an item on its menu called *Rigatoni Roma* that I absolutely loved, before I changed my eating habits. So I took that recipe and made it vegan—and I like it as well or better than the original!”



Total Time: 60 min
Servings: 8

Savory Zucchini Torte

by Svetlana Christian

INGREDIENTS

4 cups zucchini, grated

10 to 20 Tbsp flour

6 to 7 tsp ground flax seeds

2 tsp xanthan gum (an optional thickener)

1 tsp aluminum-free Rumford baking powder (optional)

1 tsp salt

8 tsp oil for frying

chopped scallion and dill for garnish

FILLING

1 cup Just Mayo vegan mayonnaise

1 cup vegan sour cream

2 to 3 cloves garlic, crushed

chopped dill to taste

4 large tomatoes

½ cup grated Mozzarella-flavored vegan cheese

STEPS

- 1 Grate the zucchini on a coarse grater (young zucchini cannot be peeled). Let stand for 10 minutes, then mix in ground flax seeds. Let mixture stand for another 5 to 10 minutes.
- 2 Add flour and optional xanthan gum to the zucchini to make a thick batter.
- 3 Add several teaspoons of oil to a well-heated, 10 to 12-inch frying pan. Spread 1 cup of batter evenly over the surface, reduce heat to medium low, and cover. Flip the thin pancake over and fry both sides evenly. Repeat until you have 5 to 7 thin pancakes.
- 4 Combine the mayonnaise, sour cream, crushed garlic, and chopped dill.
- 5 Cut tomatoes into thin slices.
- 6 Assemble torte by alternating layers: Pancake, filling, tomato slices, and grated cheese. Chill and serve in slices.



We often prepare this recipe in Russia, since zucchini is very inexpensive in the summer. The original recipe calls for eggs and sour cream, but we can easily replace these with vegan products."



Turmeric Roasted Cauliflower

by Josh Chance

Total Time: 30 min
Servings: 2+

INGREDIENTS

- 1 head** cauliflower
- 3 Tbsp** extra virgin olive oil
- 1 large** shallot, chopped
- 2 cloves** garlic, sliced
- 1 tsp** sea salt
- ½ tsp** turmeric
- ¼ tsp** paprika
- ¼ tsp** black pepper (optional)
- ⅛ tsp** cayenne pepper (optional)

STEPS

- 1** Preheat oven to 425° F.
- 2** Place cauliflower, shallots, and garlic in large roasting pan, then slowly drizzle olive oil over them.
- 3** Mix salt, paprika, turmeric, black and cayenne pepper together, sprinkle over vegetables, and toss them until they're evenly seasoned.
- 4** Place roasting pan in oven for 20 to 25 minutes.
- 5** Remove and garnish with parsley and a squeeze of lemon before serving.

OPTIONAL

Chopped parsley and fresh lemon juice for garnish.

“My 13-year-old daughter, Kalie can be a picky eater, especially when it comes to certain vegetables and spices. Sometimes it can be a challenge to get her to eat all of her vegetables, but this delicious cauliflower recipe is one she actually eats and enjoys.”



Total Time: 35 min
Servings: 4+

Zesty Cabbage Slaw

by Xenia Capote

INGREDIENTS

5 cups green cabbage,
finely sliced

½ cup carrots, shredded

½ cup Roma
tomatoes, diced

¼ cup cilantro,
finely chopped

¼ cup onions, cut in half
and thinly sliced

2 Tbsp freshly squeezed
lime juice

2 Tbsp vegan mayonnaise

salt to taste

Chinese (napa)
cabbage leaves

STEPS

1 Mix lime juice and mayonnaise together in a small bowl.

2 Mix all vegetables together in a deep bowl.

3 Add mayonnaise mix to vegetables. Mix well. Add salt to taste, and serve it on a Chinese (napa) cabbage leaf.

“Just add or subtract any ingredients, or change any of the quantities to your taste, but it will be more abundant and fresh if you shred the cabbage ahead of time and let it soak in cold water some hours prior to preparation.”



Visit 3ABNrecipes.org for more recipes.

Southern Cornbread Dressing with Gravy

by Camille Gilley

Total Time: 80 min
Servings: 6+

INGREDIENTS

- 4 cups** crumbled cornbread
- 1 cup** crushed crackers or crumbled soft bread
- 1 large** onion, diced
- ½ cup** celery, finely diced
- ½ cup** chopped nuts (optional)
- 2 Tbsp** oil
- ½ tsp** sage
- 1 Tbsp** McKay's Chicken Style Seasoning
- hot water**

GRAVY

- 1 cup** Portobello mushrooms, sliced and pre-cooked
- 1 cup** white mushrooms, sliced and pre-cooked
- 1 can** Worthington FriChik*, or any chicken substitute
- 2 Tbsp** McKay's Chicken Style seasoning
- 2 Tbsp** margarine
- 3 cups** water
- cornstarch** to thicken

STEPS

- 1** Mix cornbread and crackers, adding enough water to make thin mixture.
- 2** Let stand for 15 minutes, then add all other ingredients.
- 3** Pour into a greased pan or casserole and bake at 350°F until brown.
- 4** Serve with gravy.

GRAVY STEPS

- 1** Bring water, chicken seasoning, and margarine to a simmer.
- 2** Add FriChik and mushrooms to the mixture.
- 3** Remove pan from stove and stir in cornstarch, then return it to heat and keep stirring until mixture thickens to gravy consistency.
- 4** Serve with dressing.

*Fri Chick contains egg—for a completely vegan option see <http://beyondmeat.com>.



Caribbean Curry Potato Salad

by Angela Lomacang

Total Time: 60 min

Servings: 4-6

INGREDIENTS

3 lbs organic red unpeeled potatoes (about 20 small ones)

¼ cup red pepper, chopped fine

¼ cup yellow pepper, chopped fine

2 Tbsp curry powder

1 tsp sea salt

1 Tbsp of Jamaican Country Style (JCS) Garlic, Escallion and & All Spice Seasoning*

½ cup of chipotle sweet smoky flavor relish

½ cup cucumber, diced

1 ½ cups sweet green peas

1 cup red onion, chopped fine

3 Morning Star Stripples or other bacon substitute, broken in small pieces

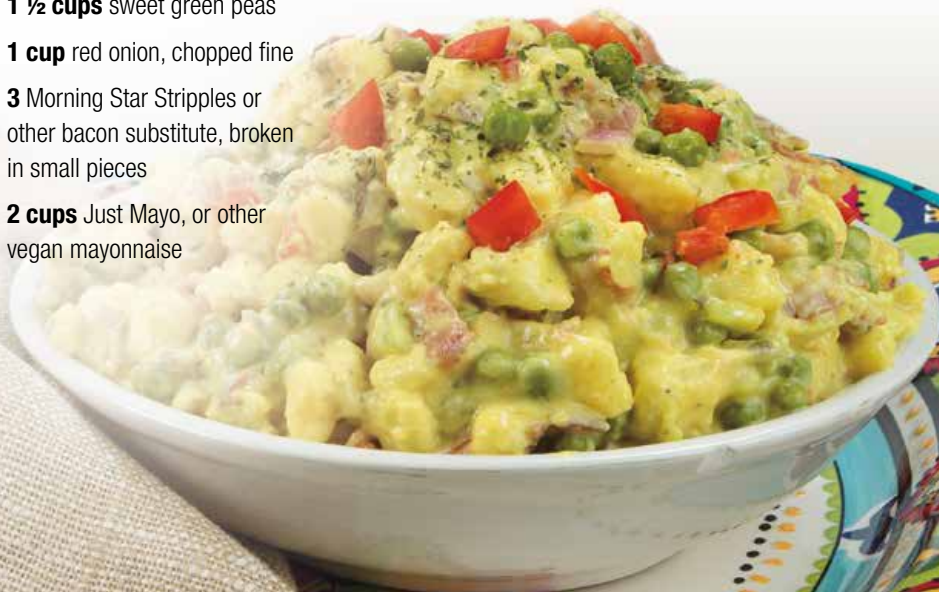
2 cups Just Mayo, or other vegan mayonnaise

STEPS

- 1** Cook potatoes and Stripples separately and allow them to cool.
- 2** Dice potatoes into desired size (I cut them into bite sizes), then stir all ingredients together and refrigerate for three hours before serving.

**You may substitute with your favorite seasoning blend.*

This potato salad recipe combines the deliciousness of red potatoes with many of my favorite flavors, and the curry gives it a finishing touch! This is a nice summer dish that will go with almost any meal, and is bursting with flavor."



Total Time: 35 min
Servings: 12

Crash Hot Potatoes

by The Micheff Sisters

INGREDIENTS

12 whole new potatoes
salt to taste
rosemary

OPTIONAL SEASONINGS

nutritional yeast flakes
parsley
rosemary

STEPS

- 1** Cook potatoes in boiling, salted water until fork-tender. Drizzle a baking pan with olive oil.
- 2** Place potato on pan and crush with a potato masher or bottom of a bowl. Leave space between potatoes.
- 3** Sprinkle with rosemary and salt to taste. Bake at 450 degrees for 10 – 15 minutes.
- 4** Turn and bake on the other side until crispy, about ten more minutes.





Total Time: 25-30 min
Servings: 4-6

Green Beans & Sautéed Red Bell Peppers

by Paula & Curtis Eakins

INGREDIENTS

- 1 Tbsp** olive oil
- 1 red** bell pepper, chopped
- 1½ pounds** fresh green beans, cut and steamed
- 1 Tbsp** dill
- ¼ cup** fresh basil, chopped
- 1 tsp** chicken-style seasoning
- 1 Tbsp** lemon zest
- lemon slice**

STEPS

- 1** Prepare green beans by cutting them in half and steaming them until vivid green (avoid overcooking).
- 2** Pour olive oil in skillet, add red peppers, and sauté until tender (about 3 minutes).
- 3** Add green beans to the sautéed peppers and stir in the dill, basil, chicken-style seasoning, and lemon zest. Cook until crisp tender (about 2 minutes) stirring frequently.
- 4** Garnish with a slice of lemon and serve.



I love developing recipes that use fresh green beans because once they're steamed, you can use a variety of ingredients and herbs to jazz them up. In addition to using colorful red bell peppers, I also use fresh herbs such as basil, dill, and grated lemon peel. These additional ingredients give this delicious side dish the sensational eye appeal that will make one say, 'Seconds, please!'"



Yellow Split Pea Soup

by Elena Polaskova

Total Time: 80 min
Servings: 3-6

INGREDIENTS

- 1** $\frac{3}{4}$ cups yellow split peas
- 4** $\frac{3}{4}$ cups water, divided
- 1 onion**, finely chopped
- 4–5 potatoes**, peeled and cubed
- 2 Tbsp** cold pressed sunflower oil
- 1** $\frac{1}{4}$ tsp salt
- $\frac{1}{3}$ tsp marjoram
- 4 bay leaves**

STEPS

- 1** Soak peas in cold water for two hours, then drain.
- 2** Cook peas in $2\frac{1}{3}$ cups fresh, unsalted water. Bring peas to a boil, then simmer for about five minutes.
- 3** Drain water, then add $2\frac{1}{3}$ cups fresh water, chopped onion, and bay leaves.
- 4** Simmer peas for 30 minutes, or until they are thoroughly cooked, then add potatoes.
- 5** Cook for 30 minutes, or until potatoes are done. Add sunflower oil and sprinkle with salt and marjoram, and serve the soup with bread.



I have chosen this recipe because my beloved grand-mother Evdokija used to cook this soup very often when I was a little girl.”

Total Time: 30-45 min
Servings: 3-6

Plantain Soup

by Idalia Dinzey

INGREDIENTS

olive oil

1 onion, chopped

4 cloves garlic, shredded

dash of cumin

diced pimentos or red
bell pepper

vegetarian chicken seasoning

turmeric

salt to taste

2 plantains

1 ½ cups veggie protein of choice

12 cups water

STEPS

- 1** Peel and grate plantain and set aside. In a large saucepan, heat water, onion, garlic and seasonings until boiling.
- 2** Add plantain, stirring so it won't be lumpy. Add pimentos and simmer over low heat until thickened.
- 3** Sprinkle individually servings with veggie meat and garnish with cilantro, green onions and avocado.





Visit 3ABNrecipes.org for more recipes.

Total Time: 60 min
Servings: 8

Rocío's Barley Soup

by Rocío Barrón

INGREDIENTS

- 6 cups** water
- 1 tsp** salt (or to taste)
- 1 cup** barley, medium whole grain
- 2 medium** tomatoes, chopped
- 6 Spanish** olives, sliced
- 1 cup** celery, sliced
- 1 cup** carrots, sliced
- ½ cup** onion, chopped
- 2 cloves** garlic, minced
- 1 can** (8 ounces) tomato sauce
- 1 Tbsp** chicken-style seasoning
- 3 Tbsp** nutritional yeast
- 1 bay** leaf
- ½ tsp** dried basil, crushed
- 2 cups** frozen mixed vegetables (corn and peas)

OPTIONAL

- 4 veggie** sausage links, sliced (or use your favorite veggie meat)

STEPS

- 1** Combine all ingredients and cover the vegetables with water in a Dutch oven pot. Cover and bring to a boil, then reduce heat and simmer for 20 minutes or until vegetables are tender.
- 2** While they are cooking, make thickening mixture by blending drained cashew nuts, tapioca powder, and water until creamy. Add to soup mixture while stirring, so it doesn't clump.
(Note: Do not add this mixture at the beginning of cooking, because it will cause sticking and scorching!)
- 3** Simmer soup for 5 to 10 minutes, then add potato flakes if needed, to bring soup to the thickness you desire.



Barley combines natural goodness with convenient preparation. Not only is it a good source of fiber and niacin, but it's also low in fat, and contains no saturated fat or cholesterol."



Split Pea Soup

by Diane Hamilton

Total Time: 45 min

Servings: 2-3

INGREDIENTS

ONION MIXTURE

1 medium onion, chopped

2 Tbsp olive oil

1 to 2 garlic cloves, or

1 to 2 tsp garlic powder

ONION MIXTURE STEPS

1 Sauté until onions are clear. Set aside.

SOUP STEPS

1 Mix all other soup ingredients. Bring to a boil, then simmer until legumes are soft. Add onion mixture. Serve with corn bread or whole wheat toast. Makes approximately 5 to 8 servings.

SOUP

1 cup split peas

¼ cup old world pilaf (mixture of brown and wild rice, black eyed peas, yellow split peas, and lentils)

6 cups water (add more as needed for consistency)

2 carrots, peeled and chunked

2 bay leaves

1½ tsp salt

1 Tbsp sweet basil (or large sprig of fresh basil)



There are over 20 varieties of legumes. Beans, lentils, peas, and soybeans are excellent sources of vegetable protein. They're also high in carbohydrates, fiber, B-vitamins, iron, phosphorus, and calcium."



Total Time: 1 hr
Servings: 3-4

Cheryl's Yummy Soup

by Barbara Nolen

INGREDIENTS

- 4 cup** Yukon Gold potatoes, cubed, with skin
- 1 large** bunch asparagus spears, sliced into $\frac{3}{4}$ " pieces (approximately 3 cups)
- 3 cups** portabella or white button mushrooms, sliced
- 1 cup** yellow onion, diced
- 2 to 4** cloves garlic, minced
- 2 to 3 Tbsp** parsley, fresh or dried
- $\frac{1}{2}$ tsp** powdered sage
- $\frac{1}{2}$ tsp** rosemary, dried
- $\frac{1}{2}$ tsp** thyme, dried
- 1 to 2 Tbsp** nutritional yeast flakes
- 1 to 2-inch** fresh turmeric root, peeled and grated fine, or 1–2 tsp dried turmeric
- 2 tsp** Celtic or Himalayan salt, or to taste
- potato flakes**
- water to** cover vegetables

THICKENING MIXTURE

- $\frac{1}{2}$ cup** cashews, soaked for at least 2 to 3 hours prior, or overnight
- 3 Tbsp** tapioca powder or other thickener
- $\frac{1}{2}$ cup** water

STEPS

- 1** Combine all ingredients and cover the vegetables with water in a Dutch oven pot. Cover and bring to a boil, then reduce heat and simmer for 20 minutes or until vegetables are tender.
- 2** While they are cooking, make **thickening mixture** by blending drained cashew nuts, tapioca powder, and water until creamy. Add to soup mixture while stirring, so it doesn't clump.
 (Note: Do not add this mixture at the beginning of cooking, because it will cause sticking and scorching!)
- 3** Simmer soup for 5 to 10 minutes, then add potato flakes if needed, to bring soup to the thickness you desire.



Cheryl was tired of the "same old, same old," so she offered up a prayer for God's guidance. The next thought she had was, You like potato soup, mushroom soup, asparagus soup, so why not combine them? It worked!"





Caramel Maple Popcorn

by The Holmes Sisters, Taisha Holmes-Bulgin

Total Time: 20 min

Servings: 2

INGREDIENTS

- 1 cup** organic popcorn kernels
- ¼ tsp** sea salt
- ½ cup** vegan butter
- 1 cup** pure maple syrup

STEPS

- 1** Air-pop the popcorn kernels. In a small saucepan, heat vegan butter, maple syrup and salt, stirring until boiling.
- 2** Boil for 5 minutes. Pour over popcorn. Spread on baking sheet and bake at 350 degrees for 10 minutes. Cool for 5 to 10 minutes before serving.



Total Time: 2 hrs
Servings: 20-30

Apple Slab Pie

by Cinda Micheff Sanner

INGREDIENTS

- 18 ounces** frozen apple juice concentrate
- 4 Tbsp** cornstarch
- 2 tsp** ground cinnamon
- 12 cups** sliced apples – about six large apples, I use Golden Delicious
- your favorite piecrust, enough for four 9-inch pies
- 10x15x1-inch** baking sheet

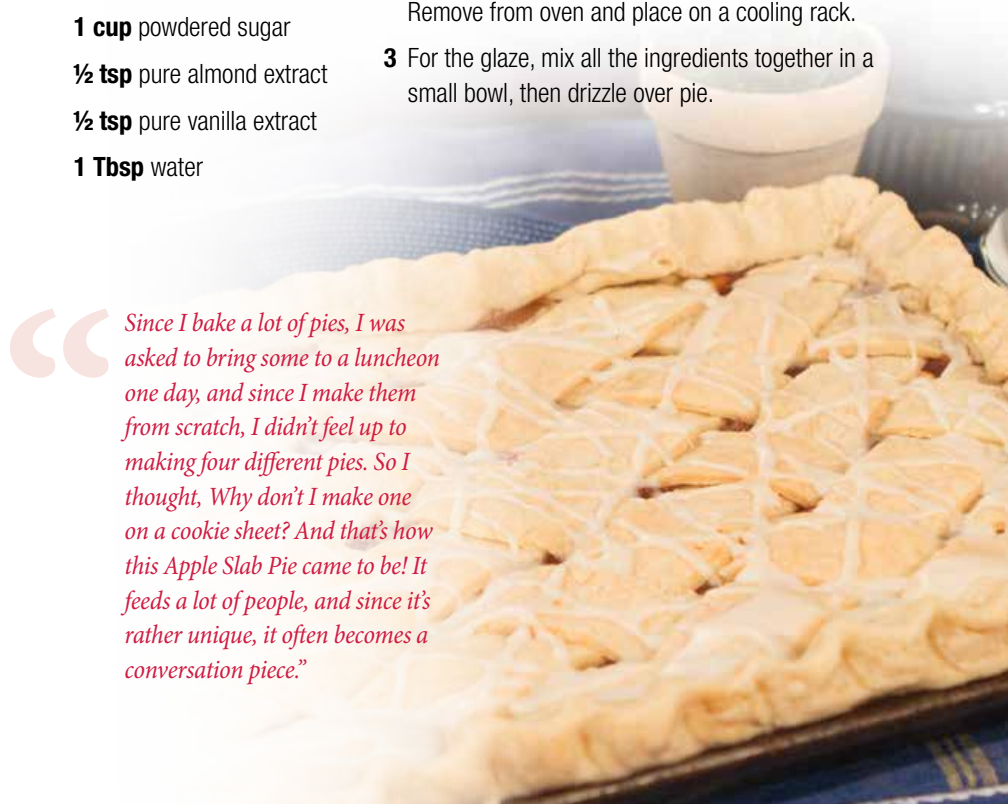
GLAZE

- 1 cup** powdered sugar
- ½ tsp** pure almond extract
- ½ tsp** pure vanilla extract
- 1 Tbsp** water

STEPS

- 1** In a saucepan, mix the apple juice, cornstarch, and cinnamon until well blended. Heat over medium-high heat until hot and thickened. Add the apples and gently stir to coat. Remove from heat and set aside to cool.
- 2** Roll out enough of the pie dough to fit in the baking sheet, leaving extra dough over the sides. Fill with the cooled apple mixture. Roll out the remainder of the pie dough and cut into 1½-inch strips. Lay half of the strips crosswise over the apples. Weave in the remainder of the strips making a crisscross pattern (see photo). Turn the edges over and flute with your fingers. Cover the edges with foil and bake in a 400°F degree oven for 45 to 60 minutes or until apples are tender and crust is lightly browned. Remove from oven and place on a cooling rack.
- 3** For the glaze, mix all the ingredients together in a small bowl, then drizzle over pie.

“Since I bake a lot of pies, I was asked to bring some to a luncheon one day, and since I make them from scratch, I didn’t feel up to making four different pies. So I thought, Why don’t I make one on a cookie sheet? And that’s how this Apple Slab Pie came to be! It feeds a lot of people, and since it’s rather unique, it often becomes a conversation piece.”



Cranberry Crumb Cake

by Micheff Sisters

Total Time: 90 min

Servings: 12

INGREDIENTS

- 2 cups** all-purpose flour
- 1 cup** sugar
- 4 tsp** baking powder
- 1 tsp** salt
- 3 Tbsp** cornstarch
- 2 Tbsp** water
- 1 cup** original almond milk
- ¼ cup** canola oil
- 1 tsp** almond extract

TOPPINGS

- ¾ cup** flour
- 6 Tbsp** margarine
- 3 cups** fresh cranberries
- ¾ cup** sugar

GLAZE

- ½ cup** powdered sugar, sifted
- 2 tsp** almond milk
- 1 tsp** vanilla extract

STEPS

- 1** In a large bowl, combine the flour, sugar, baking powder, salt, and cornstarch. In a separate bowl, combine the water, milk, oil, and almond extract; stir into dry ingredients.
- 2** Spray a 9-inch springform pan with nonstick cooking spray. Pour batter into prepared pan.
- 3** For topping, combine flour and sugar in a small bowl; cut in the margarine until crumbly. Add cranberries. Sprinkle topping over cake.
- 4** Bake at 375°F for 50 to 60 minutes, or until edges begin to pull away from sides of pan.
- 5** To prepare glaze, combine all ingredients in a small bowl and mix well. Drizzle over the top of cooled cake.



I created this recipe for a 3ABN Today cooking program with my sisters, and I love that it's not too sweet, but just sweet enough! I have also made it with fresh blueberries, and it turned out quite tasty, too!"



Total Time: 20 min
Servings: 10+

Peanut Butter Fudge

by Josh Chance

INGREDIENTS

1 cup freshly ground organic peanut butter

½ cup extra virgin coconut oil

2 Tbsp coconut butter

1 ½ Tbsp honey

2 tsp vanilla

2 Tbsp coconut milk

2 Tbsp organic peanuts, chopped & divided in half

2 oz. carob chips or chunks*

pinch of pink Himalayan salt

CAROB CHUNK

½ cup carob powder

½ cup coconut oil, melted

STEPS

1 Place coconut oil and butter in small saucepan. Melt over low heat.

2 Mix ingredients until well combined then place into small glass baking dish lined with parchment paper

3 Sprinkle carob chips and remaining peanuts on top.

4 Place in freezer for one hour and fifteen minutes.

5 Transfer to the refrigerator overnight and cut into pieces before serving.

6 Keep remainder refrigerated.

*Carob Chunk Recipe:

1 Mix the carob powder and coconut oil until smooth.

2 Pour out into a thin layer (hint: use a Tupperware lid about 8×5-inches).

3 Freeze for about 10 to 15 minutes or until solid. Break or cut up into desired size chunks.

This is a simple recipe that's quick and easy to put together, so it's perfect for our busy life. With all the nutritious ingredients in this recipe, this is one treat I can feel good about making for my family."



Carob Chip Cookies

by Marilyn Durant

Total Time: 40-45 min

Servings: 24

INGREDIENTS

2¼ cups all-purpose flour

1 tsp baking soda

½ tsp salt

4½ tsp powdered egg replacer

6 Tbsp water

1 cup vegan margarine

¾ cups granulated sugar

¾ cups brown sugar

2 tsp vanilla extract

2 cups vegan carob chips

STEPS

- 1** Preheat oven to 375°F.
- 2** In a medium bowl, combine flour, baking soda, and salt, and whisk them together.
- 3** In a small bowl, mix powdered egg replacer and water together until creamy, then set aside.
- 4** In a large bowl, combine margarine, sugar, and brown sugar. Beat with a stand mixer or hand mixer until light and fluffy. If needed, scrape down the sides and bottom of the bowl.
- 5** Add egg replacer mixture and vanilla, then mix until combined.
- 6** Slowly add flour mixture and beat until it begins to form a dough.
- 7** Add carob chips and stir by hand. Scrape the bottom and sides of the bowl with a spatula, making sure everything is mixed well.
- 8** Form 1-inch balls of dough and place them on a parchment-lined cookie sheet. Bake for 10 to 15 minutes, until they're puffed and golden brown.
- 9** Remove cookies from oven and cool for 2 to 3 minutes before moving them to a wire rack to cool completely.

This recipe makes a lot of cookies, so you can split the dough and make half with carob chips and half with carob chips and raisins or pecans."



Total Time: 20 min*
Servings: 3-4

Vegan Strawberry Yogurt

by Anita Watkins

INGREDIENTS

- 1 cup** boiling water
- ¾ cup** raw cashews, washed
- 2 cups** pineapple juice
- ½ cup** honey
- ½ cup** cornstarch
- ¼ tsp** salt
- ½ tsp** vanilla
- 4 cups** fresh strawberries, sliced

STEPS

- 1** Place boiling water and cashews in blender and process until smooth.
- 2** Add remaining ingredients and blend again until smooth
- 3** Pour into saucepan and cook over medium heat until mixture thickens, stirring constantly with a whisk.
- 4** Pour into a bowl, cover with plastic wrap directly on yogurt, and *refrigerate overnight.
- 5** Stir before serving—then spoon into individual bowls and garnish as desired.

RECIPE IDEAS

- 1** Parfaits: Layer granola and yogurt into pretty cups, garnish with whipped topping, a fresh strawberry, mint leaf, etc.
- 2** Blueberry Yogurt: Substitute the same amount of fresh blueberries, and replace vanilla with ¼ tsp almond extract.

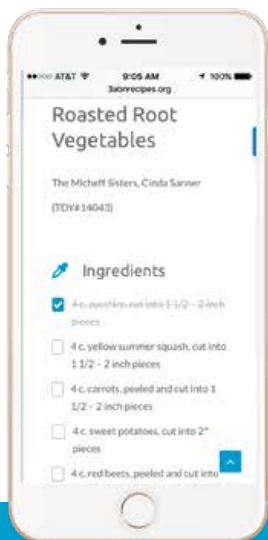
I love it because it's so versatile! You can make beautiful pies with it, or gorgeous parfaits layered with granola, and all of them make a beautiful presentation for your table."





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Have a suggestion? Let us know! E-mail us at mail@3abn.org
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