A few things about this book:

These recipes aren't really meant to be made every day. There are lots of vegan cookbooks out there for those who are interested in veganism for health or ethical reasons. Those books usually have pretty good guidelines as to what you should eat. Mix fruits, vegetables, grains, etc. and what you should not eat (fat, sweets, etc.). That's not really what this is about.

These are recipes that I think are proof that you can make good southern food without meat.

Most of these recipes are also really cheap to make, and easy and fun too.

Thanks for reading.

"party in your mouth" cake

Ingredients:

- Two cups sugar
- One cup margarine
- Two tablespoons vanilla
- Half a cup of applesauce mixed with two tablespoons baking powder
- Two and a half cups flour
- Three teaspoons baking powder
- One teaspoon salt
- One and a half cups soy milk
- A container of raspberries
- A container of strawberries
- One orange
- One cup chocolate chips

Cream the margarine and sugar together, then add the vanilla and applesauce-baking powder mixture. Mix together the flour, baking powder, and salt, and add to sugar mixture alternately with soy milk till everything's all mixed together. Then add the container of raspberries and stir well. Pour the batter into two greased and floured pans of equal size (cause it's going to be a two-layer cake) and bake at 350 for about thirty or forty minutes.

While the cake is baking, take some strawberries and slice them. Toss them in a bowl with some vanilla, sugar, and the juice from the orange. Set this aside.

When the cake is done (cooled too) place one layer on a plate or cake dish. Take the strawberries and spread on top. Now (carefully) add the top layer. Melt the chocolate chips with some margarine and water and cook over low heat till it thickens. Swirl the chocolate sauce over the cake in fancy (or not so fancy) designs, and decorate with strawberry slices along the cake's edges.
Pumpkin fritters

Ingredients:

about two cups cooked or canned pumpkin
two tablespoons soymilk
four tablespoons arrowroot mixed with
half a cup of water
Ok
half a cup of applesauce mixed with
two tablespoons baking powder
Ok
any other egg substitute (for two eggs)
one tablespoon oil
one cup flour
three tablespoons sugar
one teaspoon baking powder
half teaspoon salt
half teaspoon cinnamon
a bit of nutmeg

In a large bowl, mash up the pumpkin. Then add the soymilk, egg substitute, and oil and mix till it's smooth. Combine the flour, sugar, baking powder, salt, cinnamon, and nutmeg in another bowl. Add this to the pumpkin mixture and stir well. If the batter looks too thin you can add some more flour. Drop the batter by spoonfuls into hot oil and deep-fry until browned on both sides. Drain off excess oil with paper towels and sprinkle with powdered sugar.
Stock: this can be used for making soup, sauce, gravy, to cook seitan in...

Ingredients:

- Ten cups water
- Half cup soy sauce
- Medium size onion (white, yellow, or Vidalia)
- One bell pepper
- One bunch of green onions
- Two carrots
- One large handful of mushrooms
- One tablespoon poultry or all purpose seasoning
- Five to ten cloves garlic
- One tablespoon chives, one tablespoon thyme
- A bit of cayenne pepper

This may seem like a long list, but it's really easy to make and you can use it in a lot of different recipes. Here's what you do:

Put the water and soy sauce in a large pot. Chop all the vegetables and garlic and add to pot along with herbs and spices. Bring this to a boil, then cover and simmer for thirty minutes. When it's done you can strain out the vegetables if you want. I don't unless I'm using it to make gravy. Keep this in the freezer if you're not going to use it in a week or so.

---

Sweet potato pudding

Ingredients:

- Quarter cup of margarine
- Half a cup of sugar
- Quarter cup of brown sugar
- Egg replacer for 2 eggs (I use half a cup of applesauce mixed with two or three spoons baking powder)
- One teaspoon cinnamon
- One teaspoon nutmeg
- One teaspoon cloves
- One tablespoon vanilla
- Dash salt
- Two and a half cups shredded sweet potatoes (uncooked)
- One and a half cups soymilk or soy creamer

Mix together the sugar, margarine, and brown sugar in a big bowl. Add the egg replacer, spices, and salt and stir. Then add the sweet potatoes and soymilk (or cream) and stir well. Pour this into a greased casserole dish and bake at 400 for about an hour.

Sauce for pudding:

Ingredients:

- Half a cup of brown sugar
- Half a cup of margarine
- One teaspoon vanilla
- Quarter cup jack daniels

Stir all these together in a small saucepan over low-medium heat. Bring to a boil, then add half a cup of water and stir well. You can add a tablespoon of cornstarch to thicken, if you want. You can also add more whiskey if you want it stronger.
Blueberry or chocolate-peanut butter banana bread

Ingredients:
three or four mashed bananas
half a cup of oil or margarine
half a cup of sugar
half a cup of brown sugar
one and a half to two cups flour
half a teaspoon of salt
two teaspoons baking powder
one container of blueberries
OK...
a cup of chocolate chips and two
tablespoons peanut butter
two tablespoons vanilla
one teaspoon cinnamon
soy milk, maybe

Mix the bananas with the sugar, oil,
vanilla, and cinnamon. (Add the
peanut butter too, if you're making
the chocolate chip version.)
Mix the dry ingredients together
and add to wet ingredients. Now add
chocolate chips or blueberries.
if the batter looks too thick, add
some soy milk; if it's too thin add
some more flour. Pour the batter into
a greased and floured pan and bake at
375 for thirty to forty minutes.

Gravy

Ingredients:

six tablespoons margarine (not oil)
half a cup of nutritional yeast
half a cup of flour
two cups hot vegetable stock or hot water
one cup soymilk
cayenne pepper
salt
garlic powder
onion powder
a few cloves of garlic, chopped

Melt the margarine in a large pan. Add the garlic
and spices, then add the flour and stir until
it clumps together. Add the stock or water
and stir (a whisk works best) until smooth.
Add the nutritional yeast and soymilk and
mix until gravy is creamy. Turn the heat down
and stir until gravy reaches the desired thickness.
This will keep in the fridge for about a week.
Johnny cakes

My grandmother had seven kids and seventeen grandkids, so whenever we would all visit her, she made this. It's really incredibly cheap to make and can feed massive amounts of people.

Ingredients:
three cups flour
three tablespoons baking powder
one heaping teaspoon salt
one or two tablespoons sugar
soy milk
water

Mix the dry ingredients together. Add equal portions soy milk and water until you get a dough that resembles bread dough. Coat your hands with flour and knead the dough into a ball for a few minutes.

Put the dough ball into a greased bowl and cover with a warm damp cloth. Let this sit for any time between thirty minutes and three hours. After it sits, take the dough and put it on a floured surface. Roll out (if you don't have a rolling pin, a Boone's bottle works really well) to about half inch thickness. Use the mouth of a drinking glass to cut the dough into circles. The remaining pieces can be shaped into balls, or whatever pleases you. Deep fry in oil till the johnny cakes puff up and are brown on both sides.

Macaroni casserole

Ingredients:
one pound macaroni noodles, cooked
one pound tofu, cut into cubes
one cup of corn
half pound of mushrooms
eight small onion
two yellow squash (small)
three or four garlic cloves
four to six tablespoons margarine
four to six tablespoons flour
two cups soy milk
one half to three-quarters of a cup of nutri. yeast
soy sauce or braggs's
spices (garlic powder, cayenne, cajun seasoning, etc)

Put the cooked macaroni in a large pot, and set aside. Then chop all the vegetables and garlic and cook with the cubed tofu for a few minutes. Then add this to the pasta.

Now, melt the margarine in a large saucepan. Add the flour and stir till it all comes together. Add the soy milk and whisk until it's smooth. Then add the nutritional yeast and spices and cook over low-medium heat until the sauce reaches the desired thickness. Pour the sauce into the pot with the pasta-vegetable mixture and stir well. Pour it all into a BIG casserole dish and bake at 400 for twenty to thirty minutes.
Fried potatoes

Ingredients:

one large tomato, diced
four to six potatoes
half a pound of tofu
half a pound of mushrooms
one yellow onion
one bell pepper
one bunch green onions
a few cloves of garlic
cajun seasoning - or make your own by combining cayenne, salt, pepper, garlic powder, onion powder, and chili powder.

Wash the potatoes well and dice. You don't need to take the skins off. Heat some oil in a saucepan, add the potatoes, garlic, and spices, and cook until the potatoes are about half-done. Chop the vegetables and add to the potatoes. Add a little bit of water if the potatoes start to stick. Cook until the potatoes are soft and the vegetables are done.

* Yukon gold potatoes are the best potatoes ever - but you can use baking potatoes too, or red potatoes...

Buttermilk biscuits

Ingredients:

two cups flour
one tablespoon baking powder
one heaping tablespoon nutritional yeast
one tablespoon sugar or honey
one teaspoon salt
one-third cup oil
two-thirds of a cup of soymilk mixed with a spoon or two of vinegar

Combine dry ingredients. Add oil and soymilk and stir well. Drop by large spoonfuls onto a greased baking sheet and bake at 450 for fifteen to twenty minutes. These definitely don't last long, and are best eaten right out of the oven (with gravy, of course). Unless you want to use them to play kickball.
Go—start with a little end work your way up.
Everything with your hands, taste as you
and add some pimento juice too, mix in
the rest of the ingredients to taste.
Mix in the rest of the ingredients in chunks.
Skins off and cut the potatoes into chunks.
Let them cool. When they're cool, peel the
When they're done, split them in half and
first, clean and boil the potatoes whole.

Ingredients:

Potato, chopped celery
Orange or yellow mustard
Salt, garlic powder, all-purpose seasoning
Two medium onions (chopped)
Five pounds russet potatoes

Optional—chopped tomatoes

Yvette's aunt Kathy's potato salad


corn bread
Turnip stew

Ingredients:

three or four large turnips
a bunch of carrots with greens attached
one onion
four cloves garlic
fresh thyme
salt, pepper, cayenne, spike
four cups vegetable stock

Peel the turnips and chop them up.
Take the greens off the carrots, wash them and chop them. Chop the carrots, onion, and garlic. Put all this in a pot with the vegetable stock and spices and cook until the turnips are soft.
Then take about half the soup and blend in a blender or food processor until it's creamy. Add this to the remaining soup in the pot and stir well. Repeat this if you want a less chunky stew. Add a little soymilk to thin it if you need to. I guess you could make this recipe using potatoes instead of turnips, if you want something more substantial...

Corn meal mush (corn pone)

This seems to be more of a northern southern food. I ate it a lot when I was staying in North Carolina, but nobody in New Orleans seems to make it. It's a good cheap breakfast food and you can make it sweet (with soymilk and syrup) or not (with cajun seasoning and nutritional yeast).

Ingredients:

four cups water
one cup corn meal
one teaspoon salt
margarine

Boil three cups of water.
Mix the fourth cup of water with the cornmeal and salt and pour it into the boiling water. Cook while stirring until thick. Add some margarine and whatever seasoning you like, and serve with toast or biscuits.
After you take this out of the oven, lake at 375 for twenty to thirty minutes.

Spread the patao on top, then spread the sauce on top.

Peel off excess oil. Place the tuna in a baking pan and pour sauce on top.

When you're done, put into a fridge for an hour. Let it cool down.

Now, take your vegetables and some chopped garlic, put in a pot with some oil and some water. Cover and cook for about twenty minutes.

Next, go to the meat drawer and get out the meat. Put a meat thermometer on top of the meat.

Put the tuna in the pot and place the meat. Press the water out of the tofu.

Take a spoonful of brown sugar.

Next, add the vegetable broth. If you have it.

One tablespoon of the Garlic Powder.

One bottle of Agave nectar.

One can of tomato paste.

Three cloves of garlic.

One large carrot.

One bulb of pepper.

One onion.

Two pounds extra firm tofu.

Ingredients:

Bbg Tofu Hips

Recipe:

If you're feeding more than your weekly or aftermarket, please use the nutrition in this recipe.

If you're feeding little with a week, please use the nutrition in this recipe.

For about twenty minutes.

Now, make sure your vegetables are soft.

Add the Agave nectar, comopa paste, brown sauce until onions are soft.

Herb and some chopped garlic. Put in a pot with some oil and some water. Cover and cook for about twenty minutes.

For about twenty minutes.

And let the water drain out of the tofu.

Put a meat thermometer on top of the meat.

Put the meat into a fridge and place the meat.

Press the water out of the tofu.

Take a spoonful of brown sugar.

Next, add the vegetable broth. If you have it.

One tablespoon of the Garlic Powder.

One bottle of Agave nectar.

One can of tomato paste.

Three cloves of garlic.

One large carrot.

One bulb of pepper.

One onion.

Two pounds extra firm tofu.
**Blackeye pea cakes**

**Ingredients:**
- two cans blackeye peas
- one cup corn (fresh is better)
- one bunch green onions
- one small yellow onion
- one yellow or red bell pepper
- five cloves garlic
- one large carrot, grated
- one can coconut milk
- cornmeal
- salt, pepper, cumin, curry, thyme, cayenne, any other spices you like

Drain the blackeye peas and place them in a big bowl and mash them with a fork or potato masher. Chop the onion, green onion, bell pepper and garlic and add to the blackeye peas along with the corn and grated carrot. Add spices and coconut milk, and enough cornmeal to make the mixture firm enough to hold together. You should be able to make the mixture into patties that don’t fall apart. Taste the mixture for seasoning, then make into cakes with your hands and fry in canola oil until brown on both sides. Dry on paper towels.

**Fake fried chicken**

So this actually tastes more like country-fried steak, but it kind of looks and smells like fried chicken. Hence the name.

**Ingredients:**
- seitan, cut into chicken-size chunks (you know what I mean)
- flour
- cornmeal
- creole mustard
- nutritional yeast
- cayenne pepper
- salt
- garlic powder
- pepper
- all-purpose seasoning
- soymilk

Take equal amounts of flour and cornmeal, and mix with the yeast and spices. This is your breading. Then, mix some Creole mustard (about three tablespoons) with enough flour and soymilk to make a thick batter. Take the seitan pieces and dip them in the batter, then in the breading. Fry in canola oil until brown on both sides. This is best served with mashed potatoes, greens, cornbread, and iced tea.
Cooking Greens

Collard Greens

Season for seasoning. Add two cups of green onions, chopped or minced (whatever's easiest). One cup of green onions, chopped or minced, and a few more minutes. Add salt, pepper, thyme, and cayenne. Add the chopped garlic and one cup of chopped onion. Four cups of vegetable stock. Two cups of rice. Set a pan of dirty rice. (Whatever's easiest.)