



# Soul Vegetarian Famous Mac n Cheese

## You will need:

### Soy Cheese:

1/2 cups soy milk

1/2 cups water

1 Tbsp sea salt

1 Tbsp paprika

1 Tbsp garlic granules or powder or 3 cloves minced fresh garlic

1/2 cups tamari (a soy sauce)

1/2 cups nutritional yeast

1/5 block of firm tofu

1 cup vegetable oil

### Casserole:

1 box macaroni noodles

1 Tbsp yellow mustard

### Directions:

Preheat oven to 350 degrees. Start cooking the macaroni according to directions on box. Put the macaroni in the casserole dish (I use a big rectangular one) and mix in the mustard. Then you have to pour the soy cheese on top, being sure to cover the noodles. The soy cheese will thicken when it bakes. You'll bake for 25-30 minutes or until cheese darkens slightly and begins to bubble on top.

### Soy cheese:

Blend the first 8 ingredients in blender on medium for 25-30 seconds. With the blender running, slowly pour in oil. When all oil is poured in, blend for another 40 seconds.



# Vegan Portabella Fajitas

## You will need:

### FOR THE FAJITA SEASONING:

1 tbsp Chili Powder  
 1/2 tsp Black Pepper  
 1 tsp Salt  
 1 tsp Sugar  
 1/2 tsp Paprika  
 1/4 tsp Onion Powder  
 1/4 tsp Garlic Powder  
 1/4 tsp Cumin  
 pinch Red Pepper Flakes optional

### FOR THE FAJITAS:

2 Large Portobello Mushrooms gills removed & sliced on the bias  
 1 each Red Green, Yellow & Orange Bell Pepper, sliced  
 1 Red Onion cut half and into slices  
 Oil for cooking

### FOR SERVING:

Tortillas  
 Sides such as vegan sour cream salsa, guacamole, etc.

### Instructions

In a small bowl, whisk together all of the fajita seasoning ingredients. Set aside.

In a hot cast iron skillet or fry pan, add 1-1/2 tsp of oil and the sliced red onions. Cook for 3 minutes.

Add all of the sliced red peppers and cook until tender and charred. Remove from the pan.

Add another teaspoon of oil and the prepared mushrooms. Sprinkle seasoning and cook until the first side is charred and mushroom is beginning to get tender. Flip and repeat.

Add the peppers back to the pan and cook for a few more minutes. Serve sizzling hot.

Add sides such as tortillas, vegan sour cream, salsa, guacamole, etc.







# Vegan Cauliflower Buffalo Wings

## You will need:

1 large head Cauliflower (chopped into florets)  
 1/3 cup Almond milk, unsweetened (any plant based milk work)  
 1 tsp Hot sauce  
 1/2 tsp Garlic powder  
 1/2 tsp Onion powder  
 1/2 tsp Salt  
 1/4 cup All-purpose white flour (or use rice flour for gluten-free)  
 3 tbsp Cornstarch (arrowroot and potato starch works too)  
 1/2 tsp Baking powder  
 1 tsp Canola oil (or oil of choice)  
 1 1/5 second spray Cooking Spray, canola oil  
 1 tbsp Butter, vegan (melted; or oil of choice)  
 1/2 tsp Cayenne pepper (use 1/4 tsp for less heat)  
 1 tsp Black pepper (use 1/2 tsp for less heat))  
 1 tsp Granulated sugar (or maple syrup)  
 1 tsp Paprika (use more if omitting cayenne)  
 2 tbsp Hot sauce  
 1/2 tsp Garlic powder  
 1/2 tsp Poultry seasoning, Trader's Choice (or use sage + onion powder)  
 1 tbsp Vinegar, white  
 1 tbsp Water

**Step 1:** Chop the cauliflower into bite-sized florets and set aside. Line a baking sheet with parchment paper. Preheat the oven to 425 degrees F (220 C).

**Step 2:** To make the batter, whisk together the almond milk, hot sauce, garlic powder, onion powder, salt, flour, starch, baking powder, and oil. The batter will start to thicken after half a minute, so work quickly.

**Step 3:** Add cauliflower florets to the batter and toss well to coat. It will take a minute for the thick batter to coat the florets well. Some uncoated cauliflower edges are ok. Place the coated florets onto the parchment-lined baking sheet. Spray oil on top. (You can also sprinkle 2-3 tbsp breadcrumbs on the florets in the dish for extra crispiness).

**Step 4:** Bake for 25 mins (if planning to serve the homemade hot sauce on the side, omit Steps 6 & 7 and bake for 35 minutes)

**Step 5:** In the meantime, make the Nashville hot sauce mixture. In a large bowl, add the melted vegan butter (or oil), cayenne, black pepper, sugar (or maple syrup), paprika, hot sauce, garlic powder, poultry seasoning, vinegar, and water. You can double this sauce easily for larger cauliflower.

**Step 6:** Remove the baking sheet from the oven and cool for 5 mins. Add the baked cauliflower to the sauce bowl and gently toss to coat.

**Step 7:** Drop back onto the baking sheet and bake for 15 mins at 400 degrees F.

**Step 8:** Serve with cooling dips such as vegan ranch or sour cream and some pickles.