

VEGAN WITH SOUL

HEALTHY VEGAN RECIPES WITH FLAVOR



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By: Darius Cooks

CHICKEN AND DUMPLINGS

- 2 cups of pulled jackfruit
- 2 teaspoons of olive oil
- 1 cup of diced onion
- 4 cloves of garlic, minced
- 1/2 cup of diced celery
- 1/2 cup of diced red bell pepper
- 1 cup of diced carrots
- 1 cup of frozen peas
- 1 teaspoon of Kosher salt
- 1/2 teaspoon of black pepper
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of ground fennel
- 1/2 teaspoon of onion powder
- 2 sprigs of fresh thyme
- 1 bay leaf
- 4 cups of vegetable stock
- 2 cups of vegan half and half
- 1/2 cup of vegan cream cheese
- About 1 cup of Pillsbury crescent rolls, cut into squares
- Chopped parsley, to garnish

1 Heat the olive oil in a large pot.

2 Saute the onion, garlic, celery, bell pepper, and carrots for about 3-4 minutes until fragrant.

3 Then, add in the seasonings – salt, pepper, garlic powder, ground fennel, and onion powder. Cook for a few more minutes being sure to stir well.

4 Add in the vegetable stock, jackfruit, half and half, fresh thyme, and bay leaf. Cook on medium heat for about 30 minutes until the stew has reduced some.

5 Add in the crescent rolls and cook until they're done

6 Stir in the vegan cream cheese (creamy factor insurance policy!) and then top with chopped parsley.



"OOH WEE" JAMBALAYA

A Healthy Taste of New Orleans

INGREDIENTS

3 Tbsp. extra virgin olive oil
1 large yellow onion, diced
3 cloves garlic, chopped
4 large stalks celery, diced
1 large head of cauliflower
crumbled (roughly 2 cups)
1 tablespoon diced jalapeño (use 1
Tbsp. for less spicy)
4 cups diced fresh tomatoes
2 cups uncooked brown rice
4.5 cups vegetable stock
3 bay leaves
1 teaspoon smoked paprika
2 teaspoons siracha
1.5 cups chopped cilantro
2 teaspoons vegan Worcestershire
sauce (optional)
salt and pepper to taste

PROCEDURE

01

Heat oil in a large skillet or
saucepan (use one that has a tight-
fitting lid).

02

Add onion, garlic, celery, crushed
cauliflower and jalapeño to oil
and sauté until onions are
translucent, about 3 minutes.

03

Add tomatoes and cook an
additional minute or two to soften
them up.

04

Add rice, vegetable stock,
Worcestershire sauce, bay leaves,
paprika, hot sauce, salt, and
pepper to pan and stir to
combine. Cover and bring
mixture to a simmer. Let it cook
for 20-40 minutes, until the rice
has absorbed all the liquid and
cooked through.

05

Stir in fresh cilantro and serve
immediately. Garnish with extra
cilantro.



Fried Pickles

Ingredients

5 ounces sliced dill pickles	1/2 teaspoon onion powder
1/4 packed cup almond meal	1/4 teaspoon salt
1/4 cup tapioca starch	1/4 teaspoon pepper
1/2 teaspoon garlic powder	1/4 teaspoon cayenne pepper
	1/4 cup water

Instructions

1

Mix together all ingredients except for the pickles and coconut oil. If the batter seems too thick add a touch more water.

2

Heat a few tablespoons of coconut oil over medium-high heat.

Dip a pickle into the batter making sure you get some on both sides and add it to the pan. Repeat with a few more pickles making sure not to overcrowd the pan.

3

Fry pickles about 30 seconds per side until they're crisp and golden brown. They don't take too long so keep an eye on them. Remove and drain on paper towels.

4

Repeat with remaining pickles.



SWEET POTATO CASSEROLE

Sweet Potatoes

- 3.5 pounds sweet potatoes (about 10 cups or 4 large sweet potatoes)
 - 2 Tbsp vegan butter (or normal butter if not vegan)
 - ¼ cup maple syrup
 - ¼ cup unsweetened almond milk
 - 3 Tbsp coconut sugar
 - ½ tsp vanilla
 - Pinch of sea salt & cinnamon (optional)
-
- Topping
 - 1 cup pecans
 - ⅓ cup AP flour (or flour of choice)
 - ½ cup coconut sugar
 - 4.5 Tbsp melted coconut oil
 - Pinch of sea salt cinnamon (optional)

- 1** Peel and chop your sweet potatoes into medium size chunks.
- 2** Place in a large pot with water and a healthy pinch of sea salt.
- 3** Bring pot to a boil then lower to medium/high and boil until sweet potatoes are fork tender (about 15 minutes).

4 In the meantime prepare your crumble. Add all crumble ingredients to a food processor and pulse until combined (or you can do by hand just make sure you use pecan pieces). It took me only 5 or 6 pulses. You still want chunks! Set aside.

5 Preheat oven to 375 degrees.

6 Once potatoes are done, drain and place in your kitchen-aid mixing bowl along with 2 Tbsp butter. Using your paddle attachment mix until smooth. Next add in the maple syrup, almond milk, coconut sugar, vanilla, sea salt & cinnamon. Mix until smooth & creamy.

7 Place your sweet potato mixture into a casserole dish and smooth out. Add your crumble topping so it's evenly distributed. Optional-add a handful of extra chopped pecans on top.

8 Place in the oven and bake for 30-35 minutes or until top is golden brown. Let cool for 5 minutes and serve!



VEGAN GUMBO

INGREDIENTS

¼ cup olive oil
¼ cup flour
1 medium onion, diced
1 small green pepper, diced
1 celery stalk, diced
3 cloves of garlic, minced
2 cups (200 grams) okra, sliced
1 can (400 grams / 14 oz) crushed tomatoes
2 ½ - 3 ½ cups vegetable stock
10 button mushrooms, quartered
½ teaspoon thyme
½ teaspoon cayenne pepper (or more to taste)
2 bay leaves
2 cups (330 grams) mixed beans or lentils (I used chickpeas, kidney beans, white beans and brown lentils)
1 tablespoon dark miso paste
½ teaspoon salt (or to taste)
Freshly ground pepper
Brown rice, to serve
A small handful of fresh parsley, for garnish (optional)

PROCEDURE

01

Heat a wide saucepan over medium heat. Add the oil and sprinkle over the flour. Stir or whisk continuously until the roux reaches a dark caramel or milk chocolate color, a bit darker than peanut butter. It will take about 15 – 20 minutes. Don't let it burn or you will have to start over.

02

Add the onions and continue stirring continuously until soft. Add the green pepper, celery, garlic and okra. Sauté, stirring frequently for 10 – 15 minutes until the vegetables are soft and the okra slime has disappeared.

03

Add the tomato, 2 ½ cups of stock, mushrooms, beans, thyme, cayenne pepper and bay leaves. Bring to a boil then lower the heat to medium-low and simmer gently for 30 minutes.

04

For thinner Gumbo, add more stock. Turn off the heat and ladle a small amount of the gumbo into a small bowl and add the miso paste. Stir well to dissolve and add back to the saucepan. Mix well. Taste the gumbo and add salt to taste and pepper.

Serve with brown rice and sprinkled with fresh parsley.



"Chicken" & Waffles

"Chicken" Ingredients

1 14-ounce package firm tofu	1 cup hot sauce
3 flax eggs (1 tablespoon ground flax seeds, plus 3 tablespoons of water per egg), mixed with ice cold almond milk	2 cups all-purpose flour
	3 teaspoons baking powder
	1 teaspoon sea salt
	1 teaspoon pepper

"Chicken" Instructions

1

Heat a large pot of oil on the stove. Cut the tofu block into 1/4-1/3 inch wide slices by cutting along the long side of the block. Press paper towels into the slices to drain the excess water and lightly season with salt and pepper.

2

Mix the flax eggs, almond milk, and hot sauce into a small or medium sized bowl, should be thick.

3

Mix the flour, baking powder, salt, and pepper into a shallow baking dish. Set a cooling rack aside topped with paper towels. Dip the tofu slices into the hot sauce mixture, then into flour mixture, coating the entire slice. Fry the tofu slices one at a time for 2-3 minutes or until golden brown and crispy



"Chicken" & Waffles

Waffle Ingredients

1 1/2 cups flour	1 cup almond milk
1 tablespoon coconut sugar	3 tablespoons coconut oil, melted
2 tablespoons baking powder	Vegetable oil, for frying
1 teaspoon sea salt	3/4 cup maple syrup
2 tablespoons minced rosemary	1-2 teaspoons truffle oil

Waffle Instructions

1

Preheat your waffle iron. Whisk together the flour, baking powder, salt, minced rosemary, and coconut sugar. Add the almond milk and whisk to combine.

2

Let the batter sit for a couple of minutes while it rises. Spoon batter into your waffle iron and cook according to your waffle iron's instructions. Combine maple syrup with truffle oil.

3

Throw together with the vegan fried chicken and serve with truffle maple syrup.



MASHED POTATOES

INGREDIENTS

- 2.5 lbs Yukon Gold Potatoes , cleaned w/ skins left on. (if potatoes are large, cut in half)
- 4 tablespoons Vegan butter
- 1 teaspoon Himalayan salt , more to taste (+2 teaspoons for boiling water)
- Fresh ground pepper, to taste
- 1/4 - 1 cup soy milk , unsweetened (or any plant-based milk) *More as needed

- 1** Place the potatoes in a large pot, and cover with cold water (1-2 inches over potatoes). Add two teaspoons of salt to the water. Over high heat, bring the water to a boil, then reduce heat to maintain a low boil. Cook until potatoes are very tender & easily pierced with a pairing knife or fork, with no resistance when falling off. About 25-30 minutes.
- 2** Drain potatoes well, and place back in pot. Return pot to stove. Over low heat, mash potatoes for 1-2 minutes, to let the steam escape.
- 3** Now add butter, 1/4 cup milk salt & pepper. Mash until smooth & creamy. Add an additional 1/4 cup of milk at a time, as needed. *You might not need all the milk. Be careful, because too much milk can make the potatoes soupy.
- 4** Taste for salt and add as needed. Enjoy!



MUSHROOM GRAVY

INGREDIENTS

- 2 tablespoons vegan butter or olive oil
- 1/2 medium onion, diced
- 2 garlic cloves, minced
- 8 oz mushrooms, diced
- 4 tablespoons all-purpose flour
- 3 cups vegetable broth (low Sodium)
- 3/4 teaspoon Himalayan salt, more to taste
- Fresh ground pepper, to taste
- 3/4 teaspoon vegan Worcestershire sauce (sub soy sauce)

- 1** In a large pan over medium-heat, add butter or oil and a pinch of salt. Sauté the onions & garlic until translucent & browned, about 4-6 minutes.
- 2** Add mushrooms & sauté until browned, about 5-7 minutes. Stir in remaining salt & pepper.
- 3** Add flour and combine well. Stir & cook for 1 minute.
- 4** Slowly stir in vegetable broth and bring to a simmer. Add Worcestershire sauce. Lightly simmer for 5-7 minutes, until gravy thickens up.
- 5** Taste for salt and add more as needed.



CREOLE-STYLE EGGPLANT AND TOFU ÉTOUFFÉE

INGREDIENTS

1 cup dry brown rice
1/4 cup coconut oil or vegan butter
1/3 cup almond flour or other flour of choice
1 onion chopped
1 bell pepper chopped
1 small eggplant chopped into 1-inch pieces
3 cloves garlic minced
1 1/2 cups vegetable broth
1/3 cup dry white wine
1 package extra-firm tofu, sliced into 1-inch pieces
1/2 cup green onions chopped
1 tablespoon tomato paste
1 tablespoon Creole seasoning
2 teaspoons tamari or soy sauce
1-3 teaspoons Louisiana hot sauce
1/4 cup fresh parsley, chopped

PROCEDURE

01

Prepare the rice: combine with 1 1/2 cups water in a medium-sized pot and bring to a boil. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 40 minutes.

02

While rice is cooking, prepare the étouffée. Melt oil in a large pot over medium heat. Add flour and mix constantly to form a roux, about five minutes.

03

Add chopped onion, pepper, and eggplant and cook for 5-6 minutes, or until vegetables are tender. Add garlic and cook for an additional minute.

04

Stir in broth, wine, tofu, green onions, tomato paste, seasoning, tamari, and hot sauce. Bring to a boil and then reduce to a simmer. Cook, stirring occasionally, for 10-15 minutes.

05

Spoon étouffée into separate serving bowls and add cooked brown rice on top. Garnish with fresh parsley before serving.



Jack Fruit Pot Pie

Filling Ingredients

1 can of green jackfruit in water (not brine or syrup)	2 cloves of garlic, pressed
2 1/2 cups unsweetened almond milk, divided	2 bay leaves
1/2 of a yellow onion, diced	2 sprigs of rosemary
	1 tablespoon olive oil
	3/4 cup potatoes, diced into small chunks
	3/4 cup carrots, cut into rings
	1/2 cup frozen peas

Filling Instructions

- 1 Drain and rinse the jackfruit. Cut inner fibrous core away and discard.
- 2 Heat the olive oil in a large pan on a medium heat and add the jackfruit and onion. Fry for 3-4 minutes or until the onions take on some color.
- 3 Add the garlic, bay leaves, rosemary and 2 cups of almond milk. Turn the heat down to low and cover.
- 4 Simmer for 25 minutes until the jackfruit has softened. Using two forks shred the jackfruit. Add the last half a cup of almond milk.
- 5 Add the carrots, potatoes and peas. Turn the heat up to medium and simmer for another 15 minutes or until the vegetables are softened. Discard the bay leaves and rosemary.
- 6 Remove the pan from the heat and using a slotted spoon scoop the vegetables and jackfruit into a large bowl. Strain the mixture through a sieve into a large jug. Reserve the infused almond milk. If the reserved milk doesn't make up 1/2 pint of liquid, add extra almond milk.
- 7 Preheat the oven to 375°F.
- 8 Wipe the pan clean and heat the butter on a low heat. Once it's all melted, stir in the flour.



Jack Fruit Pot Pie

Filling Instructions (cont)

- 9 Using a whisk, whisk the flour and butter together until it forms a paste that moves away from the sides of the pan.
- 10 Cook for another two minutes to cook off any raw flour taste.
- 11 Pour in half of the almond milk and allow the mixture to boil. After 2 minutes of boiling, reduce the heat to low and then whisk thoroughly until the roux starts to thicken.
- 12 Once all the lumps are gone add the other half of the almond milk. Whisk again thoroughly until smooth.
- 13 Remove from the heat and stir in the vegetables.



Jack Fruit Pot Pie

Roux Ingredients

3 tablespoons plain flour
3 tablespoons vegan butter
Reserved almond milk from the
cooked down mixture plus excess
to make up half a pint of liquid

Pastry Ingredients

2 ounces vegan puff pastry
1 teaspoon vegan butter, melted

Assembly Instructions

- 1 Pour the mixture into a deep bottomed casserole dish. Lightly flour a work surface and roll out the puff pastry into a thin disk, around seven inches.
- 2 Lay the puff pastry over the dish and press down the sides with a fork.
- 3 Brush the top of the pastry with a bit of melted butter. Cut two little slits in the pastry.
- 4 Cook in the oven for 15-20 minutes or until the top is golden brown.



CAULIFLOWER NASHVILLE HOT “CHICKEN”

1 head of cauliflower
4 flax eggs
1/2 cup of almond milk
2 tablespoons of hot sauce
1 cup flour
1/2 cup cornstarch
1 tablespoon baking powder
2 teaspoons salt
Oil for frying. You want enough so that the cauliflower is at least halfway covered when in the pot.
1/2 cup of vegan butter, melted
2 tablespoon of the hot chicken rub
4-8 slices of white sandwich bread
pickle slices

- 1** Chop up the head of cauliflower into bite sized pieces. Set aside.
- 2** In a wide, shallow bowl, whisk together the flax eggs, almond milk, and hot sauce.
- 3** In a separate shallow bowl, whisk together the flour, corn starch, baking powder, and salt.
Heat your oil in a heavy-bottomed pot over medium-high heat. To test that it's ready, drop a bit of the batter (wet ingredients mixed with the dry ingredients) into the pot. Once it floats to the top, the oil is ready.
- 4** Prepare a place for the fried cauliflower to rest after it comes out of the oil. I've found the best results by places a wire rack over top of a baking sheet and then placing a paper towel under the rack to collect some of the oil.
- 5** Working in batches, dip the cauliflower pieces in the wet mixture, then dip each piece fully in the flour mixture. I do this TWO times per piece of cauliflower but you can also just do once.
- 6**



CAULIFLOWER NASHVILLE HOT “CHICKEN”

- 7** Gently place the cauliflower into the pot in a single layer. Fry for about 4-5 minutes on each side. It's done when the breading just begins to brown. While one batch is frying, prepare the next batch.
- 8** Place the finished pieces on the wire rack to cool down.
- 9** Once all of the cauliflower is fried, prepare the spice mix by whisking together the spices and the melted butter in a small bowl. Place the cauliflower in a large bowl and drizzly the butter mixture over top. Toss to combine.
- 10** Once all of the cauliflower is fried, prepare the spice mix by whisking together the spices and the melted butter in a small bowl. Place the cauliflower in a large bowl and drizzly the butter mixture over top. Toss to combine.
- 11** ENJOY!

THE ULTIMATE MAC N CHEESE

PROCEDURE

01

Steam or boil the potatoes & carrots until tender (about 8-10 minutes). Drain and set aside.

02

Place macaroni in a large pot of salted boiling water. Cook until al dente & according to package directions (about 9-10 minutes). Drain and set aside.

03

Drain & rinse cashews and discard water. Now place all ingredients in a high-powered blender (except garlic & butter). Blend until potatoes, carrots & cashews have completely broken down & sauce is smooth, about 1-2 minutes. Set aside.

04

Heat up butter in large pan over medium heat. When melted, add garlic & sauté for 1-2 minutes, until lightly brown (be careful not to burn).

05

Pour in cheese sauce and cook for 4-5 minutes, until sauce thickens up and becomes slightly stretchy. Stir often to prevent burning. If it's too thick, add a small amount of broth & stir. Taste for seasoning, and add more if needed.

06

Now add pasta and gently toss to coat. Serve immediately. Enjoy!



INGREDIENTS

- 1/2 cup raw cashews soaked in very hot water for 10-15 minutes. Keep covered.
- 16 ounces dried elbow macaroni, gluten-free or regular
- 1 cup potato, peeled & chopped into 1-inch cubes
- 1/2 cup carrots, peeled and chopped
- 1 cup unsweetened soy milk (or any plant-based milk)
- 3/4 cup vegetable broth, low sodium
- 1 teaspoon onion powder
- 1 1/2 teaspoons himalayan salt (or preferred salt), more to taste
- 1/2 teaspoon paprika
- 2-3 tablespoons nutritional yeast, more if preferred
- 2 1/2 tablespoons tapioca flour/starch
- 2 tablespoons fresh lemon juice, more to taste
- 2 med/large garlic cloves, minced
- 2 tablespoons vegan butter

Enjoy
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