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# Quick & Easy

— Recipes for the —  
COMPASSIONATE COOK

**PETA**

# Compassionate Cooking

One of the easiest ways to show your compassion for animals is to stop eating them! Nearly 9 million vegetarians live and eat in the United States today, and 1 million more make the switch to a meat-free diet every year. The Associated Press reported that up to “40 percent of the population at least occasionally seeks out vegetarian meals.” And while sales of many foods increase by around 5 percent a year, sales of soy foods (e.g., soy milk, soy yogurt, veggie burgers) are growing at a rate of as much as 20 percent per year!

## Why is everyone eating vegetarian?

- Caring people do it for animals. On factory farms, animals are crammed into tiny stalls and cages, subjected to painful procedures like debeaking and castration without anesthetics, fed a steady diet of hormones and antibiotics, and then callously shipped off to slaughter. Every year, more than 25 billion animals are killed for food in the United States alone; millions more die of stress, suffocation, injuries, or disease before even reaching the slaughterhouse.

*“Animals are my friends ... and I don’t eat my friends.”*

GEORGE BERNARD SHAW

- Heart-smart consumers do it for their health. Meat consumption is now indisputably linked to heart disease, cancer, diabetes, osteoporosis, obesity, and other deadly diseases. Animal foods are the leading sources of fat in Americans’ diets and the only sources of cholesterol (plant foods are 100 percent cholesterol-free!)

- Environmentalists do it for the Earth. Meat, egg, and dairy production consume one-third of all the raw materials used in the United States, and waste from factory farms and slaughterhouses flows into streams and rivers, contaminating water sources. Millions of acres of trees in the United States have been cut down to grow crops to feed cows, pigs, and other animals raised for meat. Each vegetarian saves one acre of trees every year.

An additional benefit to going meat-free: A whole new world of great-tasting foods! Vegetarian fare can be plain or exotic, simple or elegant. These recipes will help whet your appetite. Happy eating!

## French Toast

1½ cups soy milk  
3 Tbsp. unbleached all-purpose flour  
1 Tbsp. nutritional yeast (optional)  
1 tsp. sugar  
1 tsp. ground cinnamon  
1 Tbsp. vegetable oil  
4–6 thick slices firm bread

In a medium bowl, whisk together the soy milk, flour, yeast (if using), sugar, and cinnamon. Pour the mixture into a wide, shallow bowl or pie pan.

Heat the oil in skillet over medium heat. Dip a bread slice into the mixture, coat both sides, then place in the skillet. Fry each side until golden brown and crispy, about 5 to 7 minutes total. Remove from pan and keep warm while cooking remaining slices. Serve hot with maple syrup.

Makes 2 servings

## “Bacon,” Potato, and Green Onion Frittata

¼ cup olive oil  
1 onion, finely chopped  
4–5 green onions, chopped with the green and white parts separated  
4 cloves garlic, minced  
2 medium potatoes, shredded (or 2 cups frozen shredded potatoes)  
2 tsp. salt  
½ tsp. pepper  
2 lb. firm tofu  
2–3 Tbsp. soy sauce, to taste  
4 Tbsp. nutritional yeast (optional)  
2–3 Tbsp. faux bacon bits (try Bacos)

Preheat the oven to 350°F.

In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and ¼ tsp. of the pepper. Cook for 10 to 15 minutes, tossing the potatoes regularly until they are well browned.

Blend the remaining salt and pepper, the tofu, soy sauce, and nutritional yeast (if using) in a food processor until creamy. Fold in the faux bacon bits, the green part of the green onions, and the fried potatoes and pour the mixture into a large, oiled pie or tart pan. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert it onto a serving plate.

Makes 6 servings

## “Meatball” Hero

12 oz. faux sausage (try Lightlife Gimme Lean at [Lightlife.com](http://Lightlife.com))  
½ green pepper, finely chopped  
1 small onion, finely chopped  
2 cloves garlic, crushed  
2 slices soft white bread, torn into small pieces  
2 Tbsp. ketchup  
Dash each salt and pepper  
Oil, for frying  
2 cups spaghetti sauce  
4 hoagie rolls  
1 cup mozzarella-flavored soy cheese, shredded (optional)

Combine the faux sausage, green pepper, onion, garlic, bread, ketchup, salt, and pepper in a bowl and stir until well mixed. Heat the oil in a skillet, using enough to coat the bottom of the pan. Form the mixture into 1-inch balls and fry in the oil until brown and crispy. Alternatively, bake the “meatballs” on an oiled cookie sheet in a 375°F oven for 20 minutes.

Meanwhile, heat the spaghetti sauce in the microwave or a small saucepan until warmed through. To serve, top each hoagie roll with several “meatballs” and a scoop of the tomato sauce. If using soy cheese, sprinkle over each open-faced sandwich and cook under the broiler until melted and bubbly.

Makes 4 servings

## Tortilla Soup

- 1 Tbsp. vegetable oil
- 1 medium onion, diced
- 7 cloves garlic, minced
- 2 chipotle or fresh jalapeño peppers, seeded and chopped
- 1 pasilla or Anaheim pepper, seeded and chopped
- 1 (28-oz.) can crushed tomatoes
- 4 cups vegetable or faux chicken broth (try Osem or Telma brands, available in the kosher section of supermarkets)
- 2 tsp. salt, plus extra to sprinkle on the tortillas
- Juice from one freshly squeezed lime

- 2 ripe avocados, cut into small chunks
- 4 Tbsp. nondairy sour cream (try Tofutti brand at Tofutti.com)
- 1 cup tortilla chips, coarsely crushed
- 1 green onion, chopped
- 2 sprigs cilantro, chopped

### TOP TIP

*Portobello mushrooms have a meaty texture.*

*Buy them several days before you plan to use them.*

*Clean the mushrooms and allow them to dry out in a paper bag in your refrigerator.*

Heat the oil in a nonstick skillet over medium heat. Add the onion and garlic and sauté until golden. In a blender, puree the onion, garlic, peppers, and half the can of tomatoes. Transfer the purée, along with the remaining half can of crushed tomatoes and the broth, to a large pot. Bring to a boil. Lower the heat and simmer, uncovered, stirring occasionally, for 20 minutes.

Just before serving, add 2 tsp. salt and the lime juice to the soup and stir. Divide the avocado chunks into four soup bowls, ladle the soup over them, and garnish each with 1 Tbsp. nondairy sour cream, a sprinkling of the crushed tortilla chips, green onions, and cilantro. Serve immediately.

Makes 4 servings

## Asparagus With Asian Vinaigrette

- 2 Tbsp. soy sauce
- 2 tsp. Dijon mustard
- 2 tsp. sesame oil
- 2 tsp. white wine vinegar
- 2 Tbsp. minced chives

- 12 stalks asparagus
- 2 Tbsp. toasted sesame seeds

In a small bowl, whisk together the soy sauce, mustard, sesame oil, vinegar, and chives to form a vinaigrette.

Steam the asparagus until tender (3 to 5 minutes), drain, then toss to coat in the vinaigrette. Sprinkle with the sesame seeds and serve immediately.

Makes 2 servings

## “Chicken” Cacciatore

- 12 oz. faux chicken (try Nate’s Chicken-Style Meatless Nuggets or Worthington’s Chic-Ketts—[www.kelloggs.com](http://www.kelloggs.com))

- 2 Tbsp. olive oil, divided
- 4 cloves garlic, crushed
- 1 green bell pepper, cored and cut into strips
- 1 white or yellow onion, cut into strips
- 1 cup fresh button mushrooms, sliced into 1/4-inch pieces
- 1 28-oz. can chopped tomatoes
- 1 cup red wine
- 1 lb. short, flat noodles (try Mueller’s dumpling noodles)

If the faux chicken isn’t already in nugget form or bite-sized pieces, cut or tear it into large chunks.

In a large skillet, heat 1 Tbsp. of the olive oil over medium heat. Add the faux chicken, sauté until brown, move to a plate lined with paper towels, and set aside.

In the same skillet, heat the

remaining 1 Tbsp. of olive oil over medium heat. Add the garlic, green pepper, and onion and sauté for 2 minutes. Add the mushrooms and continue cooking until the vegetables are soft. Add the chopped tomatoes

and red wine and simmer, covered, for 30 minutes. Remove the lid, add the faux chicken, and continue cooking for 10 to 15 minutes or until the liquid is reduced and the sauce is slightly thickened.

Meanwhile, cook the noodles according to the directions on the package. Drain.

Serve the cacciatore over the hot noodles.

Makes 6 servings

## Better-Than-Beef Stroganoff

- 1/2 cup chopped onion
- 1 Tbsp. vegetable oil
- 12-oz. package vegetarian burger crumbles (try Morningstar Farms or Boca brand)
- 1 10 1/4-oz. can mushroom gravy (try Franco-American brand)
- 2 4 1/2-oz. cans sliced mushrooms, drained
- 1/8 tsp. garlic powder
- 1/4 tsp. pepper
- 1/8 tsp. salt
- 1/2 carton Tofutti “Better Than Sour Cream”
- 3/4 cup white cooking wine
- 1-lb. package egg-free pasta

In a large skillet, brown the onion in the oil. Add the remaining ingredients, except for the pasta, stir, and cook over



medium heat for 15 minutes. Cook the pasta in boiling water until the desired tenderness is reached. Drain.

Serve the sauce over the noodles.

Makes 4 servings

## Orchard Crumble

For the Fruit Mixture:

2 Granny Smith apples, peeled, cored, quartered, and thinly sliced

3 Bartlett pears, peeled, cored, quartered, and thinly sliced

1½ cups cranberries, fresh or frozen

½ tsp. cinnamon

½ cup sugar

2 Tbsp. cornstarch

### TOP TIP

*Tofu makes egg-free scrambles easy! Simply sauté 1 lb. firm, mashed tofu in a little oil for about 3 minutes, then add your favorite veggies and seasonings and cook until heated through.*

For the Topping:

1 cup flour

½ cup rolled oats

1 cup light brown sugar

½ tsp. cinnamon

½ cup margarine, cut into small pieces

Preheat the oven to 375°F.

Mix the ingredients for the fruit mixture together in a large bowl and toss well. Spread evenly into a 9-inch baking dish or pie pan. Mix the dry ingredients for the topping together in

## CAN YOU DO TOFU?

Even the most courageous cook can turn cowardly when it comes to tofu. But this culinary chameleon, which absorbs the flavors of other ingredients, is a versatile vegetarian staple. Soft tofu can be blended to make creamy dressings, puddings, pie fillings, and dips. Firm tofu will hold its shape when sliced and diced—perfect for stir-frying. Tofu can also be pressed or frozen to change its texture even more:

**PRESSING:** Pressing the water out of tofu lets it absorb more flavors during cooking. When draining tofu, cover it with a weight, such as a

bowl filled with dried beans. For a power press, wrap the tofu in a clean towel and place it between two baking sheets. Put a heavy weight on top, and pop the whole thing in the fridge for an hour.

**FREEZING:** Freezing tofu makes it chewy—ideal for chili or Sloppy Joes. Drain the tofu, place it in a plastic bag, and freeze for at least 24 hours (up to several months). The tofu will turn a yellowish-tan color—don't panic! Before using frozen tofu, thaw it in the refrigerator, then squeeze out the excess moisture.

a medium bowl. Cut in the margarine and mix with a fork or your fingers until the mixture resembles small peas. Spread the topping evenly over the fruit mixture and bake for 30 to 40 minutes, until browned and bubbly.

Serve warm with a scoop of nondairy vanilla “ice cream.”

Makes 6 servings

## Chocolate Mousse Pie

1¼ lb. silken tofu

1½ cups semisweet chocolate chips, melted

Premade graham cracker crust

Sliced kiwi or strawberries or whole raspberries

In a blender, purée the tofu until smooth. Add the melted chocolate and blend thoroughly. Pour the tofu mixture into the pie crust and chill for at least 2 hours. Garnish with the fruit before serving.

Makes 6 to 8 servings

### ELIMINATING EGGS

One egg (or even two) in a recipe can often simply be skipped, but here are many tried and true substitutes:

#### Binding for Burgers and Loaves

- Mashed potato or avocado
- Moistened bread crumbs or rolled oats
- Tahini and nut butters
- White sauce (made with soy milk instead of dairy products)

#### Baking

(each substitute replaces one egg)

- Commercial egg replacer (for example, 1½ tsp. ENER-G + 2 Tbsp. water), well blended
- 1 Tbsp. arrowroot + 1 Tbsp. soy flour + 2 Tbsp. water, well blended
- 2 Tbsp. flour + ½ Tbsp. vegetable shortening + ½ tsp. baking powder + 2 Tbsp. water, well blended
- 3 Tbsp. silken tofu
- 2 Tbsp. cornstarch, potato starch, or arrowroot + 2 Tbsp. water, well blended
- 1 heaping Tbsp. soy flour + 2 Tbsp. water, well blended
- ½ banana, mashed
- 1 Tbsp. flax seeds + ½ cup water, well blended



## How to Stock a Vegan Pantry

Here are some of vegan chef Robin Robertson's meat-free must-haves. For a more thorough list, or for Robin's cooking tips, visit [PETAeats.com](http://PETAeats.com).

- Dried and/or canned beans
- Soy milk and silken tofu (in aseptic packages)
- Pasta and noodles
- Canned tomato products (diced, whole, puréed, paste)
- Canned vegetables such as artichokes, hearts of palm, and roasted red peppers
- Salsa, soy sauce, chutney, mustard, vegan mayonnaise, and other condiments
- Ener-G Egg Replacer
- Vegetable broth (cubes, powder, canned)
- Grains such as rice, couscous, and rolled oats and whole-grain flours
- Tofu, tempeh, miso paste, and other soy foods
- Mock meats like veggie burgers, "not dogs," burger crumbles, and veggie sausage
- Whole-grain bread, tortillas, pita bread, and bagels
- Oils (olive, flaxseed, sesame, peanut, corn)
- Peanut butter, tahini, and almond butter
- Nuts and seeds

## Animal-Friendly Shopping

Health food stores and most supermarkets are full of egg-, dairy-, and meat-free products. If you can't find vegetarian alternatives at your local store, ask for them! Here are a few to try:

- **Eggless "Eggs"**  
If your morning meal usually includes eggs, you'll love Fantastic Foods Tofu Scrambler, which makes delicious scrambles when mixed with tofu and fresh veggies. Tofu can also be used instead of eggs in "egg" salad, blended with Nayonaise eggless mayonnaise. For baked goods, try easy-to-use Ener-G Egg Replacer.
- **Nondairy "Dairy Products"**  
Nondairy milks, like Edensoy, Westbrae, and Silk soy milks, are terrific on cereal and in sauces and baked goods. Many soy milks are

fortified with calcium and other nutrients and are available in vanilla and chocolate flavors. Soy cheeses such as Follow Your Heart Vegan Gourmet Cheese are terrific on pizzas or in grilled "cheese" sandwiches, and Tofutti Better Than Sour Cream is delicious on baked potatoes. For an easy lunch or snack, try topping a bagel with Tofutti Better Than Cream Cheese, or grab a cup of Stonyfield Farm O'Soy soy yogurt. Dairy-free desserts include Alternative Baking Company cookies, Soy Delicious frozen desserts, and Imagine pudding snacks.

- **Mock "Meats"**  
For a quick taste of the sea, try Worthington's Vegetable Skallops, sautéed and spiked with a squirt of lemon juice, or Tuno, an amazing tuna-friendly "tuna." Chicken Style Meat of Wheat and Worthington Chic-Ketts make incredible "chicken" salads and fried "chicken," and poultry seasoning adds homestyle flavor to pot pies and soups. If your kids like beef burgers, they'll love Vegan Original Boca Burgers, delicious soy patties with all the taste of the "real thing." Other family favorites include Lightlife Foods' Tofu Pups and Foney Baloney. Morningstar Farms Grillers Burger Style Recipe Crumbles are great in recipes that call for ground beef, such as chili, meatloaf, and spaghetti sauce. Canadian Veggie Bacon from Yves Veggie Cuisine and Gimme Lean! Meatless Sausage make terrific pizza-toppers. Gardenburger Meatless Riblets are a guaranteed crowd-pleaser—try them at your next family get-together.

For more vegetarian cooking tips and tons of recipes, visit [PETAeats.com](http://PETAeats.com). To order *The Compassionate Cook*, *Cooking With PETA*, or other vegetarian cookbooks, visit [PETAMall.com](http://PETAMall.com).

If you can't find a variety of vegan foods in your town, try cyberspace! You can order everything from mock lobster and vegan jerky to gelatin-free marshmallows and cheeseless cheesecake online at these sites: [NoMeat.com](http://NoMeat.com), [DixieDiner.com](http://DixieDiner.com), [Soybean.com](http://Soybean.com), [VeganStore.com](http://VeganStore.com), [VeggieWorld.com](http://VeggieWorld.com), and [PETAMall.com](http://PETAMall.com).