

## Gluten Free Guide to Quick and Easy Vegan Comfort Food

### Green Smoothies:

Spinach Mango Smoothie (page 33)  
Berry Watercress Smoothie (page 33)  
Sunny Side Up (page 34)  
Cucumber Cooler (page 34)  
Fruit Salad Smoothie (page 34-5)  
Greeny-Blue Smoothie (page 35)  
Buckwheat Peach Smoothie (page 35)  
Swiss Smoothie (page 36)  
Tropical Cress Smoothie (page 36)  
Dandelion Smoothie (page 37)  
Everything Tur-ni-up Roses (page 37)  
Strawberry Pineapple Green Smoothie (page 38)  
Banan-O-Rama (page 38)  
Mango-Cranrugula Smoothie (page 39)  
Broccolini Tini (page 39)

### Breakfast:

Sweet Potato Waffles (page 52) – use Bob’s  
Red Mill GF Pancake Mix instead of flour  
Banana Pancakes (page 54) - use Bob’s Red  
Mill GF Pancake Mix instead of flour  
Breakfast Power Smoothie (page 56)  
Protein Power Smoothie (page 57)  
Gallo Pinto (page 66)  
Tofu Scramble (page 67)  
Spinach and Cheeze Scramble (page 68)  
Spinach Omelette (page 70)  
Almond Milk (page 72)  
Tahini Coffee (page 73)  
The Green Goblin (page 74)

### Side Dishes:

Agave Glazed Carrots (page 76)  
Back to Basics Black Beans (page 77)  
Maple-Smoked Baked Beans (page 78)  
Candied Yams (page 79)  
Collard Greens (page 80)

Grilled Vegetables (page 81)  
Steamed Vegetables (page 82)  
Easy Oven-Baked Fries (page 83)  
Mac and Cheeze (page 84) – use GF pasta, I  
prefer brown rice pasta, omit the  
breadcrumbs or use GF breadcrumbs  
Garlic Green Beans (page 86)  
Onion Rings (page 87) – use GF flour mix  
instead of flour  
Smashed Potatoes (page 88)  
Spicy Corn (page 89)  
Classic Cornbread (page 90) – use white rice  
flour instead of all purpose flour  
Vegetable Tempura (page 91) – use white rice  
flour instead of all purpose flour

### Soups and Salads:

Alphabet Soup (page 94) - use brown rice  
alphabet shaped pasta  
Black Bean Soup (page 95)  
Creamy Black Bean Soup (page 96)  
Green Salad (page 97)  
Caesar Salad with Sourdough Croutons (page  
98) – omit the croutons  
Coconut Corn Chowder (page 102)  
Fresh Corn Salad (page 103)  
Miso Soup (page 107)  
On Hand Bean and Pasta Soup (page 108) –  
use GF pasta, I prefer brown rice pasta  
Picnic Pasta Salad (page 109) - use GF pasta, I  
prefer brown rice pasta  
Potato Salad (page 110)  
Spicy Pumpkin Soup (page 111)  
Sweet Potato Soup (page 112) – use ½  
tablespoon potato starch instead of flour  
Tomato and Avocado Soup (page 113)  
Tortilla Soup (page 114) – make sure to use  
GF corn tortilla chips

Alicia C. Simpson cannot guarantee that all the products you use are soy or gluten free. Please always read ingredient labels carefully and contact manufacturers to make sure that products actually are vegan and/or gluten-free or soy-free.

Winter Bean Soup (page 115)

### **Main Courses:**

Ultimate Nachos (page 124) – make sure to use GF corn tortilla chips  
Cheeze Enchiladas (page 126) – see enchilada sauce recipe for adjustments  
Black Bean Enchiladas (page 127) – see enchilada sauce recipe for adjustments  
Vegetable Enchiladas (page 127) – see enchilada sauce recipe for adjustments  
Enchiladas Sin Queso (page 128) – see enchilada sauce recipe for adjustments  
Down-Home Chili (page 129)  
Fettuccine Alfredo Two Ways (page 130) – use GF pasta, I prefer brown rice pasta  
Linguine and Chunky Marinara Sauce (page 133) – use GF pasta, I prefer brown rice pasta, omit TVP  
Kale with Grits Cakes (page 148)  
Red Beans with Quinoa (page 149)  
Lemon and Caper Linguine (page 150) – use GF pasta, I prefer brown rice pasta  
Portobello Fajitas (page 152) – use GF corn tortillas  
Spinach Lasagna (page 154) – use GF pasta, I prefer brown rice pasta  
Vegetable Lasagna (page 156) – use GF pasta, I prefer brown rice pasta  
Penny-Pitching Tacos (page 166)  
Teriyaki Rice Bowl (page 167)  
Tuno Casserole (page 170) – use 2 tablespoon potato starch instead of flour, use GF pasta  
Veganized Orange Chik'n (page 174)  
Vegetable Risotto (page 176)

### **Sauces, Dips and Dressings:**

Six-Layer Dip (page 182)  
Plain Ol' Hummus (page 183)  
Vegan Ranch Dressing (page 184)  
Blue Cheeze Dressing (page 185)

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Thousand Island Dressing (page 186)  
Simple Balsamic Vinaigrette (page 187)  
Dill Sauce (page 188)  
Garlic Herb Spread (page 189)  
Pizza Sauce (page 190)  
BBQ Sauce (page 191)  
Cashew Nut Cheeze Dip (page 192)  
Enchilada Sauce (page 193) – use 2 tablespoons potato starch instead of flour  
Chunky Fresh Salsa Picada (page 194)  
Guacamole (page 195)  
Mango Salsa (page 196)  
Mushroom Gravy (page 197) – use 2 tablespoons potato starch instead of flour  
Nacho Cheeze Sauce (page 198) - use 2 tablespoons potato starch instead of flour  
Pico De Gallo (page 199)  
Sage Gravy (page 200) - use 2 tablespoons potato starch instead of flour  
Taco Seasoning Mix (page 201)  
Tartar Sauce (page 202)  
Teriyaki Sauce (page 203) – use tamari instead of soy sauce, adjust for saltiness  
Thai Peanut Sauce (page 204) - use tamari instead of soy sauce, adjust for saltiness

### **Desserts:**

Peach Fritters (page 212) – use white rice flour instead of all purpose flour  
Pear Crisps for Two (page 216) – use GF oats and GF flour  
Vanilla Bean Ice Cream with Balsamic Berries (page 217)