

Soy 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 oat, rice, or almond milk
Banana Pancakes (page 54) – use oat, rice, or almond milk
French Toast (page 55) - use oat, rice, or almond milk
Breakfast Power Smoothie (page 56) – use plain coconut yogurt
Protein Power Smoothie (page 57)
Bursting Blueberry Muffins (page 58) – use Earth Balance Soy Free Margarine, and oat, rice, or almond milk
Carrot and Raisin Muffins (page 59) – use oat, rice, or almond milk
Easy Breakfast Biscuits (page 60) - use Earth Balance Soy Free Margarine, and oat, rice, or almond milk
Spelt Biscuits (page 62) - use Earth Balance Soy Free Margarine, and oat, rice, or almond milk
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)
Garlic Green Beans (page 86)
Smashed Potatoes (page 88) - - use oat, rice, or almond milk
Spicy Corn (page 89)
Classic Cornbread (page 90) - use oat, rice, or almond milk

Soup and Salads:

Alphabet Soup (page 94)
Black Bean Soup (page 95) – omit sour cream
Green Salad (page 97)
Coconut Corn Chowder (page 102)
Fresh Corn Salad (page 103)
On Hand Bean and Pasta Soup (page 108)
Spicy Pumpkin Soup (page 111)
Sweet Potato Soup (page 112) – use oat, rice or almond milk
Tomato and Avocado Soup (page 113) - use oat, rice or almond milk
Tortilla Soup (page 114) - use oat, rice or almond milk
Winter Bean Soup (page 115)

Main Courses:

Avocado Melt Panini (page 120) – using Daiya Mozzarella

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Ultimate Nachos (page 124) – using Daiya Cheddar and Mozzarella as well as oat, rice or almond milk

Cheeze Enchiladas (page 126) – using Daiya Cheddar and Mozzarella

Black Bean Enchiladas (page 127) – using Daiya Cheddar and Mozzarella

Vegetable Enchiladas (page 127) – using Daiya Cheddar and Mozzarella

Enchiladas Sin Queso (page 128)

Chik'n Enchiladas (page 127) – using Daiya Cheddar and Mozzarella, see soy-free Chik'n Seitan variation

Down-Home Chili (page 129)

Dilla (page 132)

Linguine and Chunky Marinara Sauce (page 133) – omit the TVP

Fresh Mex Burritos (page 137) – omit sour cream

Chik'n Seitan (page 138) – use chickpea flour instead of soy flour and 1 teaspoon salt instead of Bragg Liquid Aminos

Fried Chik'n Seitan (page 139) - see soy-free Chik'n Seitan variation and rice, oat, or almond milk

Oven Fried Chik'n Seitan (page 140) - see soy-free Chik'n Seitan variation and rice, oat, or almond milk

Spicy Oven-Fried Chik'n Seitan (page 141) - see soy-free Chik'n Seitan variation and rice, oat, or almond milk

Pecan Crusted Seitan Cutlets (page 142) - see soy-free Chik'n Seitan variation and rice, oat, or almond milk

Spicy Buffalo Bites (page 143) - see soy-free Chik'n Seitan variation and rice, oat, or almond milk, omit Worcestershire sauce

Kale with Grits Cakes (page 148) – use Daiya mozzarella

Lemon and Caper Linguine (page 150)

Portobello Fajitas (page 152) – omit sour cream

Spicy Soba Noodles in Peanut Sauce (page 153)

Sun-Dried Tomato and Roasted Red pepper Panini (page 162) – omit mayo, use Daiya Mozzarella

Penny-Pitching Tacos (page 166)

Quick Veggie Casserole (page 172) – use Daiya Mozzarella and Cheddar

Vegetable Risotto (page 176)

Sauces, Dips and Dressings:

Plain Ol' Hummus (page 183)

Vegan Ranch Dressing (page 184)

Simple Balsamic Vinaigrette (page 187)

Pizza Sauce (page 190)

Cashew Nut Cheeze Dip (page 192)

Enchilada Sauce (page 193)

Chunky Fresh Salsa Picada (page 194)

Guacamole (page 195)

Mango Salsa (page 196)

Mushroom Gravy (page 197)

Nacho Cheeze Sauce (page 198)

Pico De Gallo (page 199)

Taco Seasoning Mix (page 201)

Desserts:

All-Purpose Cupcakes (page 208) – use rice, oat, or almond milk

Oatmeal Cookies (page 209) – use rice, oat, or almond milk

Peach Cobbler (page 210) – use Earth Balance soy free margarine

Peach Fritters (page 212) - use rice, oat, or almond milk

Peanut Butter Cookies (page 213) - use rice, oat, or almond milk

Sugar Cookies (page 214) - use rice, oat, or almond milk

Yellow Cake (page 218) - use rice, oat, or almond milk, chocolate icing is not soy free

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SweetGrass Snickerdoodles (page 220) - use
Earth Balance soy free margarine

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