

mary beth's vegan mini-buffet brunch recipes



Easy Vegan Pancakes

Ingredients

1¼ cups All-Purpose Flour
2 Tbsp White Sugar
2 tsp Baking Powder
½ tsp Salt
1¼ cup Water
1 Tbsp Oil

Instructions

Sift the flour, sugar, baking powder, and salt into a large bowl. Whisk the water and oil together in a small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir just until blended; mixture will be lumpy.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

Vegan Banana Bread

Ingredients

1/3 cup Margarine (I use Earth Balance)
½ cup Sugar
2 cups Flour
2 tsp Baking Powder
½ tsp Baking Soda
2 medium ripe Bananas, mashed
½ cup Soymilk
1 tsp Vanilla
½ cup Chocolate Chips (I use/enjoy Life brand)

Instructions

Preheat oven to 350 degrees. Grease loaf pan with margarine or oil.

In a large bowl, cream together margarine and sugar. Mix in flour, baking powder, and baking soda. Add mashed bananas, soymilk, and vanilla. Mix until batter is moist and sticky. Gently fold in chocolate chips.

Pour batter into loaf pan and bake for 40 to 50 minutes, or until top is golden brown.

Tofu Breakfast Burrito Bowl

Ingredients

3 Tbsp Olive Oil, divided
1 (14 oz.) package Extra-Firm Tofu, drained
½ tsp salt
1 pinch Black Pepper to taste
1½ tsp Onion Powder
1½ tsp Garlic Powder
½ tsp Ground Turmeric
1 Tbsp Fresh Lemon Juice
1 Tbsp Olive Oil
1 cup finely diced Red Onion
2 Jalapeno Peppers, seeded and chopped (omit or limit as needed)
½ tsp Salt
3 cloves Garlic, minced
2 cups chopped Tomatoes
1½ tsp Cumin
¼ cup chopped Fresh Cilantro
1 Tbsp Fresh Lemon Juice
1 (15.5 oz.) can No-Salt-Added Black Beans, drained and rinsed
1½ cups cooked Hash Brown Potatoes
1 Avocado - peeled, pitted, and sliced
1 tsp Fresh Lemon Juice
¼ cup chopped fresh cilantro
1 tsp hot sauce, or to taste

Instructions

Preheat a large, heavy skillet over medium-high heat. Add 2 tablespoons oil. Break tofu apart over skillet into bite-size pieces, sprinkle with salt and pepper, then cook, stirring frequently with a thin metal spatula, until liquid cooks out and tofu browns, about 10 minutes. (If you notice liquid collecting in pan, increase heat to evaporate water.) Be sure to get under the tofu when you stir, scraping the bottom of the pan where the good, crispy stuff is and keeping it from sticking.

Add onion and garlic powders, turmeric, juice, and remaining tablespoon oil and toss to coat. Cook 5 minutes more.

Preheat a heavy-bottomed saucepan over medium-high heat. Add oil. Cook onion and jalapenos with a pinch of salt, stirring, until translucent, about 5 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add tomatoes, cumin, and remaining salt, and cook, stirring, until tomatoes become saucy, about 5 minutes. Add cilantro and lemon juice. Let cilantro wilt in. Add beans and heat through, stirring occasionally, about 2 minutes. Taste for salt and seasoning.

Spoon some hash browns into each bowl, followed by a scoop of beans and a scoop of scramble. Top with avocado, a squeeze of fresh lemon juice, and a sprinkle of cilantro. Serve with hot sauce.

Tofu Quiche

SERVES: 8

Ingredients

1/8 cup Vegetable Oil
1 medium Sweet Onion
1 (8 oz.) package of fresh Sliced Mushrooms.
1 clove Garlic, minced
8 oz. of Fresh Spinach, cut into strips
1/4 cup Red Wine
2 Tbsp Balsamic Vinegar
1 tsp Liquid Smoke
1 9" Vegan Pie Crust
1 1/2 lbs. Extra-Firm Tofu, cubed
1/4 cup Arrowroot
1/4 cup Nutritional Yeast
1/4 cup Olive Oil
1/4 cup Dijon Mustard
2 tsp Agar Agar Powder

Instructions

Heat vegetable oil in a large pot over medium-high heat; saute onion for 5 minutes. Add mushrooms and garlic; cook, stirring regularly, for another 5 minutes. Cover pot between stirs. Add spinach, red wine, balsamic vinegar, and liquid smoke. Stir briefly, cover the pot, and remove from heat. Let cool.

Preheat the oven to 350 degrees F (175 degrees C). Arrange pie crust in a 9- or 10-inch pie plate.

Combine tofu, arrowroot, nutritional yeast, olive oil, mustard, and agar powder in a food processor; blend into a uniformly thick paste. Mix into the mushroom mixture to form a more liquid paste. Pour and scrape mixture into the pie crust.

Bake in the preheated oven until crust is golden and center is set, about 45 minutes. Cool quiche completely before slicing.

Cook's Notes:

- You can use 1/3 cup vegan cheese in place of 1/4 cup arrowroot, and reduce olive oil to 1/8 cup.
- Substitute 1/4 cup flour for the arrowroot for a chewier texture.
- Look for a pie crust without lard (such as Marie Callender's®)