2015 Animal Rights Coalition Vegan Hotdish Cook-off Recipes

Creamy Chickin Enchilada Hot Dish by Mary Montoya, Judges Choice Winner

Preheat oven to 350°.

Ingredients

1 medium onion

- 1 package of your favorite pasta
- 2 cans green enchilada sauce; Mary used

Hatch brand

- 1 tsp. oregano
- 1 tsp. cumin
- 1 tbsp. cilantro
- 1 quart No Chicken broth
- 1 red and 1 orange bell pepper, diced 1 package spinach, sautéed, drained,
- and chopped



meat substitute

Vegan pepper jack and mozzarella cheese

Blue corn tortilla chips, crushed

- Optional chopped jalapenos
- White sauce, recipe below

Make white sauce and set aside.

In a large saucepan, saute onion in a little oil until translucent.

Add dry pasta.

When pasta has a little color, a 1 can of green enchilada sauce, herbs, and 1 quart of broth. Cover and cook until al dente. Add water or both if needed.

Stir in chopped spinach.

Cover bottom of casserole pan with a layer of enchilada sauce.

Spoon in pasta-spinach mixture.

Cover with shredded chickin.

Layer vegan pepper jack cheese; amount is up to your taste.

Spoon white sauce over the top of the cheese.

*Optional, if you like heat, add chopped jalapenos to the pasta mixture.

Add extra enchilada sauce.

Sprinkle peppers over the sauce.

Cover with vegan mozzarella cheese.

Top with crushed blue corn tortilla chips.

Bake at 350° for 30 minutes or until everything is melted and bubbly.

317 W 48th Street, Minneapolis, MN 55419 612.822.6161 www.animalrightscoalition.com



Last year's winner and judge Mary Johnson Strand, this year's Judges Choice winner Mary Montoya, and judges Kale and Aubry from The Herbivorous Butcher

White Sauce

- 1 medium onion, chopped
- 8-10 roasted garlic cloves, mashed
- 1/2 cup white wine
- 1 cup vegan sour cream
- 1 cup vegan yogurt
- 1 cup mushroom broth
- 1 tsp. Worcestershire sauce

Saute onions in a little olive oil.

Add white wine and cook until almost completely evaporated.

Add the rest of the ingredients and mix thoroughly.

Reduce heat and cook until thick and bubbly.

Stuffed Pasta Casserole with Garlic Toast by Megan Duke, Audience Favorite Winner

Ingredients

1 lb. small pasta of your choice (ziti, penne, etc.), cooked 1 lb. vegan sausage, sautéed 1 bag fresh baby spinach 3 cups marinara sauce (homemade or jarred) 1 block firm tofu, crumbled 1 ½ cups raw cashews 1 tbsp. nutritional yeast 1 cup fresh basil, loosely packed, shredded ½ tsp. nutmeg ½ tsp. salt or to taste 1 baguette, sliced into rounds ½ cup vegan butter 1 tbsp. chopped garlic 1-2 tsp. dried Italian seasoning 2 cups vegan mozzarella



Audience Favorite winner Megan Duke and Dallas Rising, ARC Executive Director

Preheat oven to 350°

In a blender or food processor, combine cashews and tofu. Process until smooth. Add nutritional yeast, basil, nutmeg, and salt, and pulse to combine. Taste for salt. Set aside. This is your cashew ricotta.

Stir your sausage into the marinara.

In a large casserole dish, spread a cup of the marinara. Layer half the pasta, half the spinach, the cashew ricotta, remaining spinach, another cup of sauce, remaining pasta, and top with the last cup of sauce. Sprinkle with 1 ½ cups of the vegan mozzarella. Place in the oven and bake for 25-30 minutes. Remove from oven, turn the oven to broil.

Mix the garlic and Italian seasoning into the vegan butter. Spread on the baguette rounds. Arrange the garlic toasts on top of the casserole once you remove it from the oven. Sprinkle with the remaining ½ cup of mozzarella. Place under the broiler for about 3 minutes, until cheese is bubbly and the toasts are golden brown.

