

## 2013 Animal Rights Coalition Vegan Hotdish Cook-off Recipes

### Mary Johnson Strand's Winning Vegan Chick'n in a Biscuit Hotdish – Judges Choice

#### Filling

1/4 cup vegan butter  
2 cloves garlic, minced  
1/2 cup chopped onion  
1/2 cup chopped celery  
1/2 cup chopped baby carrots  
1/2 cup all-purpose flour  
2 teaspoons vegan white sugar  
1 teaspoon salt  
1 teaspoon dried basil  
1/2 teaspoon ground black pepper  
4 cups vegetable broth  
10 ounces frozen peas  
10 ounces frozen corn  
4 cups chicken style seitan

#### Biscuits

2 cups all-purpose flour  
1 tablespoon baking powder  
2 teaspoons vegan white sugar  
1/2 teaspoon cream of tartar  
1/4 teaspoon salt  
1/2 cup melted vegan butter  
1 cup soy milk  
2 teaspoons dried basil

#### Directions for biscuits

- In a large bowl, combine flour, baking powder, sugar, cream of tartar, basil, and salt. Stir in melted vegan butter and soy milk, just until moistened.

#### Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a skillet, melt the vegan butter over medium-high heat. Cook and stir the garlic, onion, celery, and carrots in vegan butter until tender. Mix in the flour, sugar, salt, 1 teaspoon dried basil and pepper. Stir in vegetable broth and bring to a boil. Stirring constantly, boil 1 minute, reduce heat, and stir in peas and corn. Simmer 5 minutes, mix in chicken style seitan. Transfer mixture to the prepared baking dish.
- Divide biscuit dough into 6 to 8 balls. On floured wax paper, use the palm of your hand to flatten each ball of dough into a circular shape; place on top of mixture in the baking dish.
- Bake in the preheated oven for 30 minutes. Cover with foil and bake for 10 more minutes.

## **Troy Wuollet's Winning Pizza Hotdish – Audience Choice**

Makes enough for a completely filled 2 quart glass casserole

3 tablespoons fresh basil  
1 tablespoon fresh oregano  
1 teaspoon garlic salt  
3 cups (1 package) Beyond Meat Beef-free Crumbles  
15 ounces (1.5 blocks) Follow Your Heart "Mozzarella"  
2.1 ounce (1/2 package) Yves Meatless Pepperoni  
15 ounces tomato sauce  
2 cups dry elbow macaroni  
1/2 large onion

### **Directions**

- Boil and drain macaroni.
- Dice the onion and pepperoni, adding and mixing it with the tomato sauce, beef-free crumbles, oregano, garlic salt, and basil. Shred the cheese, mix in 2/3 of it, while placing the other 1/3 on top after all other ingredients are mixed in.
- Cover and bake at 350 degrees F for about 45 minutes (to get the top layer to melt the best, you can take off the cover for the last 15-20 minutes, and broil it for an additional 5-10 minutes towards the end).

## **Teresa Goodall Barrett's Sunflower Fiesta Tortilla Hotdish**

For 2 quart casserole or 8x8x2 inch pan. 6-8 servings.

Preheat oven to 350 degrees.

12 - 6 inch corn tortillas, 1 tablespoon sunflower oil  
2 cups Las Palmas enchilada sauce (buy at a mercado)  
1 can refried beans

### **Sunflower pesto**

2 cups packed parsley  
1 cup drained pimento stuffed green salad olives  
1 cup salted and roasted sunflower nuts  
4 tablespoons sunflower oil

### **Filling**

1 tablespoon sunflower oil  
1 large onion chopped  
8 cups packed chopped raw spinach  
1 can black beans, drained  
2 cups cooked brown rice and/or kamut  
1 tablespoon virgin coconut oil, optional  
2 teaspoons cumin  
1/4 teaspoon salt or to taste

### **Directions**

- Mix pesto ingredients in a food processor and set aside.
- Heat and brush a skillet and 4 of the tortillas with oil. Individually toast each of these 4 tortillas in the skillet, one at a time. Set aside.
- Using above skillet, sauté onion in oil until tender. Add spinach, cover, and cook until spinach is wilted. Add in black beans, rice, cumin, and salt, stirring to mix. At this point you may add a tablespoon of extra virgin coconut oil to add a coconutty flavor. When mixed, turn off heat.

### **Assembly**

Pour one cup enchilada sauce into casserole. Spread 2 tablespoons of refried beans on 4 (untoasted) tortillas. Spread and overlap these tortillas in bottom of pan onto the enchilada sauce. Spread tortillas with one cup of the filling mixture. Dot with 1/4 cup of the pesto. Sprinkle with 1/4 cup enchilada sauce. Repeat starting with 4 more (untoasted) tortillas.

Using kitchen shears, cut remaining toasted corn tortillas into strips. Sprinkle strips evenly over top of hotdish. Bake in 350 degree oven for 1/2 hour. Let sit for 10 minutes, cut, and serve.

## **Laura Ford's Better Than BBQ Hotdish**

It's breakfast and dinner in 1 dish. I love hot hash browns that are nice and crunchy on the outside with that center that is super soft on the weekend to start my day. Adding some BBQ vegan ribs to the mix just makes it better, because who doesn't love a vegan BBQ? The kale on top is an added flash of color and nod to my Irish heritage. Your taste buds will plead for more even after the last bite of this coma inducing dish.

Salt and pepper to taste

Hash brown potatoes in a medium dice (1 1/1 cups)

Earth Balance spread for the bottom of the dish

1/2 cup vegan Parmesan cheese

3 ounces mushrooms

1/2 box extra firm organic tofu, crumbled

1/2 bottle Annie's Natural Organic BBQ Sauce

1 cup leftover quinoa (pre-prepared in vegetable stock)

1/4 large onion

1/2 can kidney beans

1/2 bunch kale without the stems

### **Directions**

- Preheat oven to 400 degrees and oil the baking dish well with the Earth Balance.
- Layer hash browns in a pan. Place in oven for 30 minutes until nice and crisp with the onion and mushrooms. The mushrooms should be sliced in a small dice.
- Sprinkle some vegan cheese on top after the 30 minutes. The potatoes should be dark along with the mushrooms. Season to taste with salt and pepper. Don't be stingy with the cheese. Place a layer of BBQ sauce on top of the cheese. Mix 1/4 cup BBQ sauce with the tofu and quinoa and put in the pan next. Then layer the kidney beans and kale in.
- Cover with foil and put in the oven for 45 minutes to an hour. For the last 15 minutes take the foil off the dish. Enjoy!

## **Delicia Mattox's Spicy Taco Hotdish**

3 tablespoons vegetable oil  
1 whole green bell pepper  
1 small yellow onion  
2 cans refried beans  
1 package of Boca ground crumbles  
2 packages Ortega taco seasoning  
1 package Tofutti Better Than Sour Cream  
1 - 4 ounce can mushrooms  
1 can Great Northern beans  
3 cans diced tomatoes  
1/2 cup hot taco sauce  
Spanish rice with jalapenos  
Daiya Cheddar and Daiya Pepper Jack vegan cheese

### **Directions**

- Put 3 tablespoons vegetable oil in large pan to cook 1 whole green bell pepper and 1 small yellow onion.
- Add 2 1/2 cups water, 2 cans refried beans, 1 package of Boca ground crumbles, and 2 packages Ortega taco seasoning. Cook 10 minutes.
- Blend 1 package Tofutti Better Than Sour Cream, one 4 ounce can mushrooms, and 1 can Great Northern beans.
- Mix 3 cans of diced tomatoes, 1/2 cup hot taco sauce, and Spanish rice with jalapenos. Layer bean / Boca crumbles mix with corn tortillas, rice mix, and Tofutti mix. Repeat 2-3 times.
- Bake for 1 hour at 350 degrees.
- Top with Daiya Cheddar and Daiya Pepper Jack vegan cheese halfway through baking.

## **Christina Robert's Indian Curried Vegetables over Rice with Tofu**

Oil

Indian spices (cumin, coriander, chili powder, turmeric, curry paste, mustard seed)

Dash of soy sauce

Pre-cooked rice with lentils and assorted beans

Frozen spinach

Frozen zucchini

16 ounces canned tomatoes, drained

Onion

Garlic

Onion/garlic paste

Garbanzo beans

1 can coconut milk

### **Directions**

- Prepare rice and beans.
- Cube and fry one package of tofu in oil with the spices listed above and a dash of soy sauce.
- Saute´ onion and garlic in oil and 1 tablespoon of onion/garlic paste with 1 teaspoon each of the Indian spices.
- Add one bag frozen spinach.
- Add one cup frozen zucchini.
- Add one 16 ounce can of tomatoes, drained.
- Add 1 teaspoon of each of the spices listed above.
- Add 1 can garbanzo beans.
- Add 1 can coconut milk and simmer.
- Layer rice and beans, additional garbanzo beans, and stewed ingredients, and top with fried tofu. Cover with foil and bake at 350 degrees until bubbling. Remove and enjoy.

## **Curried Potato Hotdish**

2 garlic bulbs + 1 clove  
8 ounces tomato soup  
1 – 16 ounce box pasta  
1 bag soy curls  
3 cups carrots, chopped  
1 medium or large onion, diced  
1 cup coconut milk  
3 tablespoons fresh grated ginger  
5 tablespoons curry powder  
2 teaspoons paprika  
4 tablespoons lemon juice  
1 package vegan bacon, diced  
2 cups vegetable stock  
3 pounds potatoes, diced  
Salt + pepper  
Oil for sautéing

### **Directions**

- Preheat oven to 350 degrees. Roast garlic bulbs: Cut off the tops of the bulbs. Drizzle olive oil over the bulbs until they are coated. Wrap bulbs in aluminum foil and bake for 30 minutes. Set aside.
- Boil pasta per box instructions and reconstitute soy curls by immersing them in water or broth. Meanwhile, sauté the onions and carrots for about 10 minutes. Add the roasted garlic and the diced garlic clove. Once the onions are translucent, add the spices and stir to coat. Then add the chopped potatoes and the broth. Simmer until potatoes are cooked. Add the soy curls and vegan bacon. Turn off heat and add pasta and mix well until pasta is coated.
- Transfer to a 9x13 baking dish. Cover with tinfoil and bake at 350 degrees for 30 minutes. Uncover and bake for 15 minutes. Add salt and pepper to taste.