

INSTANT POT VEGAN RECIPES

Plant-Based Pittsburgh Cooking Demonstration 2/15/2020

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Instant Pot Vegan Shepherd's Pie with Mashed Cauliflower

Adapted from the book The Fresh & Healthy Instant Pot Cookbook by Megan Gilmore

See <https://detoxinista.com/pot-in-pot-instant-pot/>

- 1 onion, chopped
 - 2 garlic cloves, minced
 - 3 carrots, cut in half-inch pieces
 - 2 stalks celery, chopped
 - 8 ounces cremini mushrooms, roughly cut
 - ½ cup red lentils or yellow split peas
 - 1 cup water
 - 2 tbsp tomato paste
 - 4 tbsp nutritional yeast
 - 1 (15-ounce) can chickpeas, drained/rinsed
 - 2 bay leaves
 - 1 tsp dry rosemary
 - 1 tbsp tamari soy sauce or more to taste
 - salt to taste
 - black pepper to taste
 - 1 head cauliflower cut into small pieces + ½ cup more water
 - 1 tbsp miso paste or more to taste
 - 8 ounces frozen green peas
1. Add and mix all the ingredients EXCEPT the cauliflower, miso paste and green peas in the Instant Pot.
 2. Place trivet on top of vegetables. Make a sling out of 20-inch-long aluminum foil folded in thirds lengthwise. Center sling on the trivet. Place a six- or seven-inch oven-safe bowl on center of the sling. Place cauliflower florets and ½ cup water in bowl.
 3. Securely place the lid. Be sure the steam release valve is in the Sealing position.
 4. Select Manual or Pressure Mode and select high pressure and set the time for 5 minutes.
 5. When cooking cycle is done, allow pressure to naturally release for 10 minutes. Then, with an oven mitt, move steam release valve to Venting position to allow remaining pressure to escape.
 6. When all pressure is released, the floating valve will drop; you can now open lid. With oven mitt, remove bowl out of pot using the sling. Remove trivet using oven mitt.
 7. Remove bay leaves from the vegetable filling. Stir in miso paste; adjust other seasonings. Add frozen green peas and stir.
 8. Mash cauliflower with nondairy milk, salt, and pepper in bowl with a fork or transfer in a blender.
 9. Serve vegetable filling in a large bowl or individual bowls topped with mashed cauliflower.

Other pot in pot recipe ideas. Use your vegan meatloaf recipe instead.

<https://tastesbetterfromscratch.com/instant-pot-meatloaf/>

<https://lulucooksandtells.blogspot.com/2020/02/instant-pot-black-beans-and-brown-rice.html>

Instant Pot Vegan Pumpkin Tahini Pasta

See <https://www.melaniecooks.com/instant-pot-pasta/15740/> for more on cooking pasta in the Instant Pot.

See <https://lulucooksandtells.blogspot.com/2019/10/instant-pot-vegan-pumpkin-tahini.html> and <https://lulucooksandtells.blogspot.com/2019/11/instant-pot-farfalle-italian-salad.html>

Sauce

- 1 15-oz can pumpkin puree
- 2 cups unsweetened, unflavored almond milk or similar non-dairy milk
- 2 tbsp white miso
- 2 tsp garlic powder
- 1 tsp onion powder
- 4 tbsp nutritional yeast
- 1 lemon juiced
- 4 tbsp tahini paste
- ¼ tsp black pepper
- Fresh or dry basil for topping

Pasta

- 1 lb (16 oz) pasta
- 4 cups cold water
- 1 tsp salt

How to cook the pasta

1. Place water, salt and pasta in the Instant Pot. Close the lid and put the valve to the Sealing position.
2. Press the manual/Pressure button and set the time for 1 minute on High Pressure setting for al dente (2 minutes for softer pasta).
3. At the end of cooking, allow the pressure to release naturally for five minutes.
4. Quick-release the steam—put a towel over the vent as you switch valve to venting position. (All, or almost all, of the water will be left.) Add sauce to cooked pasta in pot or rinse pasta if using for salad.

How to prepare the sauce and whole dish

5. Place all the ingredients for the sauce in a bowl and mix.
6. Immediately add 2/3 of sauce to cooked pasta; mix using residual heat of the pot. Add rest of sauce if you want pasta laden with a lot of sauce.
7. Top pasta with fresh or dry basil.

Instant Pot Vegan Bread Pudding

- 8 cups whole wheat bread, cubed
- 2 tbsp flax seed meal
- 6 tbsp brown sugar
- ¾ tsp vanilla
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 1½ cups almond milk
- ½ cup raisins
- 1½ cups water for Instant Pot

Optional

- ½ tbsp maple syrup
- ½ tbsp rum

1. Cut or tear the bread into cubes.
2. Mix flax seed, brown sugar, vanilla, cinnamon, nutmeg and almond milk in a large bowl.
3. Add to the milk mixture, the bread and raisins. Mix well.
4. Transfer bread mixture to 6- or 7-inch bowl. Cover with aluminum foil. Center container on aluminum sling.
5. Put 1½ cup water in pot; put trivet on top. With sling, lower container of bread mixture on top of trivet.
6. Place valve of Instant Pot in the sealing position. Cook on manual/high pressure for 30 minutes.
7. At end of cooking cycle, allow pressure to release naturally for 10 minutes. Then, place valve in the venting position using a towel and oven mitts for quick release of pressure.
8. Using oven mitts, lift container with help of the sling.
9. If you like, mix maple syrup and rum; pour on top of bread pudding.