

PLANT-BASED PITTSBURGH COMMUNITY POTLUCK 10.5.25

DREENA BURTON'S EASY 3-BEAN SALAD brought by Linda Jones (adapted)

Ingredients:

- 1 medium apple, cored and chopped (1¾ cup)
- ½ tsp. lemon juice
- 4 cups mixed beans, rinsed and drained
- 1 cup chopped, red or green pepper
- ½ cup sliced scallions
- ¼ cup finely chopped celery

Dressing ingredients:

- 3½ T. apple cider vinegar
 - 1 T. pure maple syrup (or date paste)
 - 1–1½ tsp. Dijon mustard
 - freshly ground black pepper, to taste
 - pinch ground cloves, to taste
- (I like more dressing, so I double these ingredients.)

Directions:

1. In a large bowl, combine the apple and lemon juice; toss to coat.
 2. Add the remaining ingredients: beans, pepper, scallions, celery.
 3. Combine the dressing ingredients.
 4. Add dressing to the salad and combine. (This will keep for 3-4 days in refrigerator.)
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QUICK AND EASY POTATO SOUP by Susan Voisin, brought by Bill & Carmie Singer

→ Potatoes can be microwaved, boiled, steamed, or even baked beforehand, but microwaving is quickest.

Ingredients:

- 3 medium Yukon Gold potatoes cooked and peeled, if desired
- ½ small onion
- 1 cup vegetable broth
- ¼ tsp. rosemary
- 1/8-¼ tsp. white pepper, more will make it spicy
- ½ tsp. salt or to taste
- 1 T. raw cashews or ½ T. cashew butter, optional
- 1 T. nutritional yeast
- 1½ cups low-fat soymilk or other non-dairy milk

Directions:

1. **High-Powered Blender Users:** Place two potatoes along with the remaining ingredients into the blender in the order given. Start machine on low speed and increase to highest setting. Blend for about 4 minutes, until steaming hot. Dice remaining potato and divide it among 4 bowls. Pour the soup over the potatoes and serve hot.
 2. **Regular Blender/Stovetop Users:** Chop onion and sauté it until soft in a medium-sized saucepan. Cut potatoes into cubes; add 2/3 of them to the pan, along with the broth, rosemary, white pepper, and salt. Simmer, covered, for about 15 minutes. Pour into blender along with cashew butter, soymilk, and nutritional yeast. Blend until smooth. Return to pan, add remaining potatoes, and cook, stirring often, over low heat until hot.
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HERBED POTATO SALAD adapted from Fiber Fueled by Will Bulsiewicz, brought by Susan Bradley

Ingredients:

- 1½ pounds small red potatoes, scrubbed
- 1/3 cup packed fresh flat-leaf parsley—or dill, basil, or cilantro
- ¼ cup thinly sliced scallions or red onion
- 2 T. lemon juice
- 1½ tsp. Dijon mustard
- 1 garlic clove, chopped
- ¼ tsp. black pepper
- ¼ cup veggie broth
- ½ cup halved cherry tomatoes
- 2 T. chopped herbs (such as dill, basil, or thyme)

Directions:

1. In a large stock pot, place potatoes and ½ tsp. salt; cover with water by 2 inches. Bring to a boil, then reduce heat to low; simmer 5-8 minutes, until potatoes are just tender, take care not to overcook.
2. Drain, reserving 2 T. of cooking water, and let potatoes cool. Slice into ¼-inch thick slices.
3. Into a food processor, place parsley, scallions, lemon juice, mustard, garlic, and pepper; pulse 7 or 8 times until roughly chopped. With motor running, drizzle in reserved cooking water and broth, stopping to scrape down sides as needed.
4. Pour sauce over potatoes & gently fold, taking care not to break potatoes. Eat cold or room temperature.

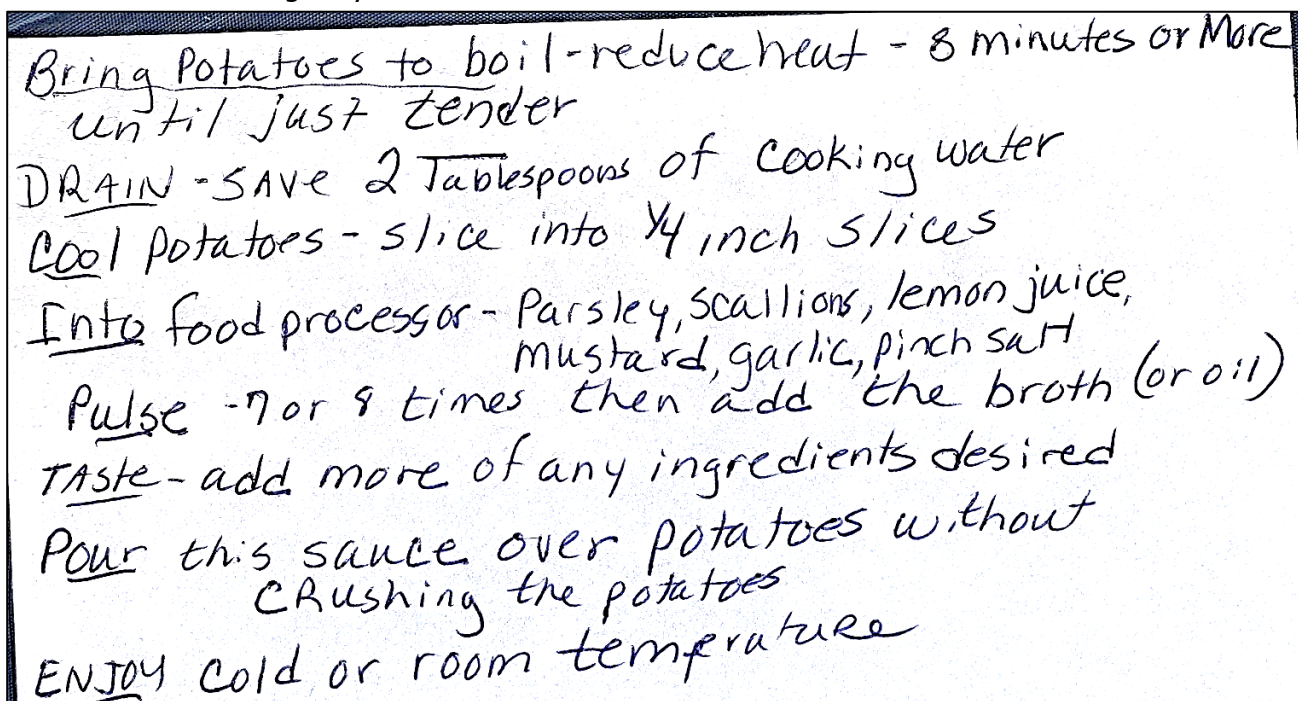
BAKED LIMA BEANS brought by Liz Seiner

Barbeque Sauce Ingredients:

- 1 cup ketchup
- 1 T. molasses
- 1/8 cup apple cider vinegar
- 1/8 cup maple syrup
- 1 T. tamari
- 1 T. liquid smoke
- 1 tsp. hot sauce

Directions: Pour sauce over already-cooked Lima Beans. Bake at 350° for 30 minutes.

POTATO SALAD brought by ?



Bring Potatoes to boil - reduce heat - 8 minutes or More
until just tender
DRAIN - SAVE 2 Tablespoons of Cooking water
Cool Potatoes - slice into ¼ inch slices
Into food processor - Parsley, scallions, lemon juice,
mustard, garlic, pinch salt
Pulse - 7 or 8 times then add the broth (or oil)
Taste - add more of any ingredients desired
Pour this sauce over potatoes without
crushing the potatoes
ENJOY Cold or room temperature

EASY PURPLE CABBAGE SLAW from Flava My Plate by Dawn Hilton-Williams, brought by Susan Greenburg

Ingredients for slaw:

- 3 C. purple cabbage, cored/shredded (one large head of cabbage)
- 1½ C. carrots, shredded
- ¾ C. green onions, chopped
- ¼ C. flat leaf parsley
- 1 C. cranberries, chopped/reconstituted (I subbed golden raisins)

Ingredients for dressing:

- 1 T. unfiltered apple cider vinegar
- 1½ T. Dijon mustard
- ¾ t. kosher or other salt (optional)
- ¾ t. ground black pepper
- 1/3 C. vegan mayonnaise (see below)

Directions:

1. In a bowl, add the vinegar, vegan mayo, mustard, (salt) and pepper to the cabbage and carrots.
2. Blend to combine with a spoon; with a gloved hand, massage the ingredients into cabbage until it begins to break down (like curly kale, cabbage is hard to break down without massaging, optional).
3. Add green onions, fresh herbs, and raisins; stir to combine. Allow at least 30 minutes in the refrigerator until ready to serve.

VEGAN MAYONNAISE: (Dr. McDougall)

Ingredients:

- 12.3 oz. package firm silken tofu
- 1½ T. lemon juice
- 1 T. sugar
- ½ t. salt
- ¼ t. dry mustard (can use prepared)
- 1/8 t. white pepper

Directions: Combine all ingredients in a food processor and process until smooth. Cover and refrigerate. This will keep in the refrigerator for at least 1 week.

PUMPKIN SPICE BREAD from Forks Over Knives, brought by Sally Lipsky

Ingredients:

- 2 cups whole wheat pastry flour
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. baking soda
- ½ tsp. ground ginger
- ¼ tsp. ground allspice
- Dash ground cloves
- 1 15-oz. can pumpkin puree (about 2 cups)
- ¾ cup pure maple syrup
- 1 tsp. pure vanilla extract
- ½ cup golden raisins (optional)
- ½ cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350°F. Line an 8×4-inch loaf pan with parchment paper or use a silicone loaf pan. In a large bowl sift together the first seven ingredients (through cloves).
2. In a medium bowl, whisk together pumpkin, maple syrup, and vanilla. Add to flour mixture; stir until evenly moistened (batter will be stiff). Fold in optional raisins & walnuts. Spoon batter into prepared pan. Distribute batter evenly along the length of pan but don't spread to edges; batter will spread as it bakes.
3. Bake 50-60 minutes or until a toothpick inserted in center comes out clean. Cool in pan for 30 minutes. Run a knife around edges to loosen; carefully invert pan to remove loaf. Cool completely on a wire rack. (note: My oven required less baking time—approx. 40-45 min.)

PUMPKIN PIE BROWNIES

MAKES 8 BROWNIES

WHEN AUTUMN ROLLS AROUND your sweet tooth starts asking tough questions. Brownies? Or pumpkin? Pumpkin? Or brownies? Instead of having a sweet tooth mutiny, call a ceasefire with this luscious concoction: a brownie base with pumpkin in the batter and then pumpkin pie filling poured on top and baked together in perfect harmony. Studded with chocolate chips, this makes a perfect treat for Halloween.

FOR THE BROWNIE LAYER:

- 4 ounces bittersweet chocolate, melted
- 1 cup canned or pureed pumpkin (not pumpkin pie filling)
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup canola oil
- 1 teaspoon pure vanilla extract
- $\frac{3}{4}$ cup flour
- $\frac{1}{4}$ cup Dutch cocoa powder
- 1 tablespoon tapioca flour (or arrowroot powder or cornstarch)
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt

FOR THE PUMPKIN LAYER:

- $\frac{3}{4}$ cup canned or pureed pumpkin
- 2 tablespoons tapioca flour (or use arrowroot powder or cornstarch)
- $\frac{1}{2}$ cup nondairy milk
- $\frac{1}{2}$ cup sugar
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cinnamon
- A pinch of ground nutmeg
- A pinch of ground allspice

TO DECORATE:

- A handful of chocolate chips

1. Preheat oven to 350°F. Grease a 9-inch springform pan, or use a 9-inch square pan, preferably lined with parchment paper.

TO MAKE THE BROWNIE LAYER:

1. Melt the chocolate (see page 24).
2. In a large mixing bowl, mix together the pumpkin, sugar, oil, and vanilla. Sift in the flour, cocoa powder, tapioca flour, baking soda, and salt and stir to combine, then mix in the melted chocolate.

TO MAKE THE PUMPKIN LAYER:

1. Mix all the ingredients in a large mixing bowl and stir until thoroughly combined.

TO ASSEMBLE:

1. Use a spatula to spread the brownie layer mixture into the prepared baking pan, taking care to bring the batter to the edges of the pan. Pour the pumpkin layer over it, leaving a little room at the edges if you can. Bake for 30 minutes, until the pumpkin layer looks fairly firm (a

- little jiggling is okay) and has cracked at the edges a bit.
2. Let the brownies cool for 20 minutes and then transfer the pan to the fridge to set for at least an hour and a half. Once set, decorate with chocolate chips, slice into wedges, and serve.

Morsels

A 15- or 16-ounce can of pumpkin will equal the amount of pumpkin needed for this recipe.