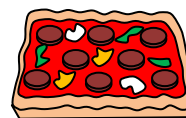


# MaxVegan Meals



Recipe Basics: [www.maxlearning.net/HEALTH/MaxVeganRecipeBasics.pdf](http://www.maxlearning.net/HEALTH/MaxVeganRecipeBasics.pdf)

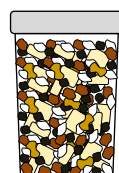
Abbreviations: MV = MaxVegan; t / tsp = teaspoon; T = Tablespoon; oz = ounce; C = Cup

Recommendations: If don't have [erythritol](#), use an equal amount of [date sugar](#). For soy sauce, try [Bragg's Aminos](#).

MaxVegan Cereal Mix (2/26/17) .....1	MaxVegan Pasta (10/26/16) .....4	MaxVegan VegBowl (10/26/16) .....8
MaxVegan Tofu Scramble (6/6/17) .....1	MaxVegan Batch Beans (10/26/16) .....5	MaxVegan Chili (10/26/16) .....8
MaxVegan Omelet (10/26/16) .....1	MaxVegan Burgers (6/6/17) .....5	MaxVegan BBQ Beans (10/26/16) .....8
MaxVegan French Toast (2/26/17) .....2	MaxVegan Sausage (10/26/16) .....6	MaxVegan Lasagna (10/26/16) .....9
MV Pancakes / Waffles (2/26/17) .....2	MaxVegan Pepperoni (10/26/16) .....6	MaxVegan VegLoaf (10/26/16) .....9
MaxVegan Dough (6/6/17) .....2	MaxVegan ChickStrips (10/26/16) .....6	MV Roasted Veggies (6/6/17) .....10
MaxVegan Pizza Crust (6/6/17) .....3	MaxVegan Beef Strips (10/26/16) .....7	MaxVegan Bacon (2/26/17) .....10
MaxVegan Flat Bread (6/6/17) .....3	MV VegMeat Baking Instructions (6/6/17) .7	MV Latkes / Hash Browns (10/26/16) .....10
MaxVegan Loaf Bread (6/6/17) .....3	MaxVegan Baked Tofu (10/26/16) .....7	MaxVegan Stew (2/26/17) .....11
MaxVegan Burger Buns (6/6/17) .....3	MaxVegan Pizza (10/26/16) .....8	MV Dehydrated Meals (10/26/16) .....11

## MaxVegan Cereal Mix (2/26/17)

5	1 C	4	1 C	3	2 C	2	1 box	1	1 box
	organic nuts		organic raisins		regular oatmeal		whole-grain cereal		whole-grain cereal



Large Container

- Add items to container in order. Shake to evenly distribute. Small items sink and lift large items. BrainAid: Small Sinks, Lifts Large!

### Recommendations:

\* 100% shredded whole-grain mini-wheats (sole ingredient).

\* Ezekiel 4:9 Sprouted whole grain [www.foodforlife.com](http://www.foodforlife.com).

\* Walnuts, sliced almonds.

**Caution:** Cereals are often fortified with non-vegan D3 derived from wool or fish.

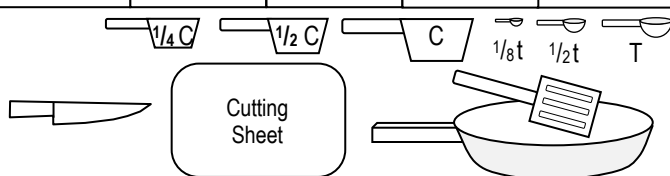
### To Eat

- Place pre-frozen fruit chunks (banana, berries, dates...) in a cereal bowl. Thaw ~30 seconds in microwave; Cut or mash with spoon.

- Add Cereal Mix + 2T MV Seed Mix + MV Milk.

## MaxVegan Tofu Scramble (6/6/17)

10	1 T	9	1/4 C	8	1/2 C	7	1/8 tsp	6	1/2 tsp
	soy sauce		filtered water		MV VegMeat		garlic powder		turmeric powder
5	1/2 tsp	4	1/2 tsp	3	1/2 tsp	2	2 T	1	~2 C
	onion powder		oregano flakes		basil flakes		nutritional yeast		regular firm tofu



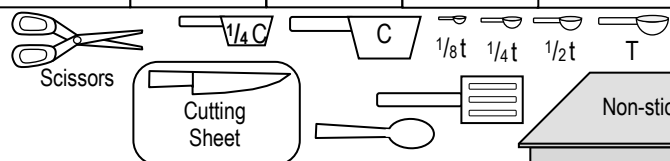
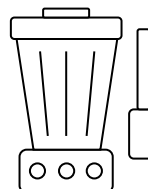
\* Premake desired MV VegMeat (sausage, pepperoni, chickstrips, beefstrips).

\* Regular (not silken) tofu typically comes in 12-16 oz containers. 14 oz = ~2 cups.

- Crumble/mash tofu in mixing bowl.
- Sprinkle dry items 2-7 over tofu & mix in.
- Dice VegMeat and stir into mixture (or leave intact and heat & serve on side).
- Add soy sauce + water to pan over medium heat. When liquid starts to steam, add mixture and cook ~5 minutes, turning occasionally.
- Options: add diced peppers, hot-spices, chopped veggies, MV Salsa.
- Serve with warm MV Bread / Tortillas.

## MaxVegan Omelet (10/26/16)

10	~1 C	9	1/4 C	8	1 T	7	1 T	6	1/4 tsp
	desired fillings		non-sweet MV Milk		soy sauce		roasted tahini		turmeric powder
5	1/4 tsp	4	1/8 tsp	3	2 T	2	3 T	1	3/4 C
	onion powder		garlic powder		organic cornstarch		nutritional yeast		silken tofu



\* Premake/dice desired fillings (MV VegMeat, MV Cheese Sauce, mushrooms, peppers...).

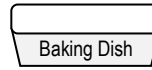
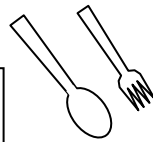
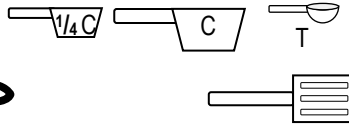
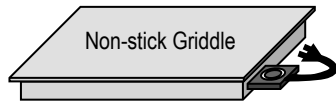
\* Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.

- Blend items 1-9 until creamy smooth.
- Heat griddle to 300°.
- Pour two circles of batter on griddle. Using back of spoon, spread to ~1/4 inch thick.
- When firm, use spatula to loosen beneath.
- Add 1/2 C filling to half of each circle.
- Flip unfilled half over filling; Cook until firm.
- Options: Top with MV Salsa / Guacamole.
- Serve with warm MV Bread / Tortillas.

## MaxVegan French Toast (2/26/17)

**Flour:** whole wheat, chickpea, buckwheat... **Toppings:** nut butter, berries, bananas, walnuts, date sugar, maple syrup, MV Jam, MV Cashew Cream...

5	Desired vegan toppings	4	~10 slices MV Loaf Bread	3	1 C sweet MV Milk	2	2 T maple syrup	1	1/4 C whole-grain flour
---	------------------------------	---	--------------------------------	---	-------------------------	---	-----------------------	---	-------------------------------



\* Premake MV Loaf Bread & MV Milk.

- Add flour to baking dish.
- Gradually stir in syrup & MV Milk until mostly blended. Mash lumps with fork.
- Heat griddle to 300°.
- Soak both sides of bread slices in mixture.
- Cook until both sides golden brown.
- Serve with desired toppings.
- Refrigerate/freeze leftovers.
- Reheat with microwave (soft) or toaster (crisp).



## MV Pancakes / Waffles (2/26/17)

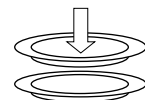
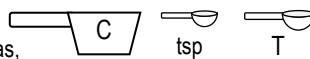
Unlike stovetop nonstick cookware, electric griddles & waffle irons can't exceed 600° where toxic fumes can form.

5	~2 C sweet MV Milk	4	2 T desired seeds	3	1 tsp baking soda	2	2 tsp baking powder	1	2 C whole-grain pastry flour
7	Desired vegan toppings	6	2 T maple syrup						

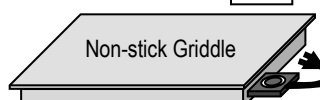
**Seeds:** MV Seed Mix, ground flax...

**Toppings:** MV Cashew Cream, bananas, strawberries, walnuts, blueberries, nut butter, maple syrup, MV Jam...

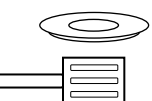
**Option:** Mash & mix toppings directly into batter before cooking.



Crush walnuts  
between plates



- or - Waffle Iron



\* Premake MV Milk.

\* Use aluminum-free baking powder.

\* Pastry flour yields lighter cakes.

- Add flour to bowl; evenly sprinkle items 2-4 over it; mix thoroughly.
- Form hole in center of mix; gradually stir in items 5-6 until batter becomes pourable.
- Heat griddle to 350° (or waffle iron to medium).
- Spoon batter into palm-sized pancakes (or pour into waffle iron and spread to edges).
- When pancake batter has bubbles, lift edge. If golden brown beneath, flip and cook until done (or waffle iron on auto-timer/light).
- Serve with desired toppings.
- Makes ~12 pancakes (or waffles).
- Refrigerate/freeze leftovers.

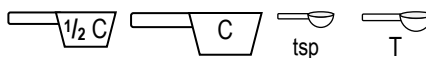


## MaxVegan Dough (6/6/17)

**Gluten Flours:** Wheat, Barley, Rye, Spelt, Triticale. BrainAid: We BuRST.

\* Soft wheat (pastry flour) = lightest dough.

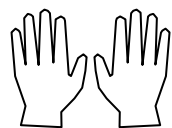
5	2 T soy sauce	4	2 tsp instant yeast *	3	2 T non-gmo erythritol	2	1/2 C assorted seed/grains	1	2 1/2 C whole-grain flour
7	Extra whole-grain flour	6	~1 C warm water						



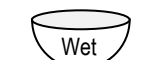
### Seed/Grains

MV Seed Mix, rolled oats, millet, quinoa, amaranth, bulgur/cracked wheat, bran. Anything that won't crack teeth and adds *whole* fiber (which will travel mostly undigested to the colon) to feed gut bacteria that maintain colon health.

\* **Yeast:** Instant = Rapid Rise = Bread Machine



Food-grade gloves

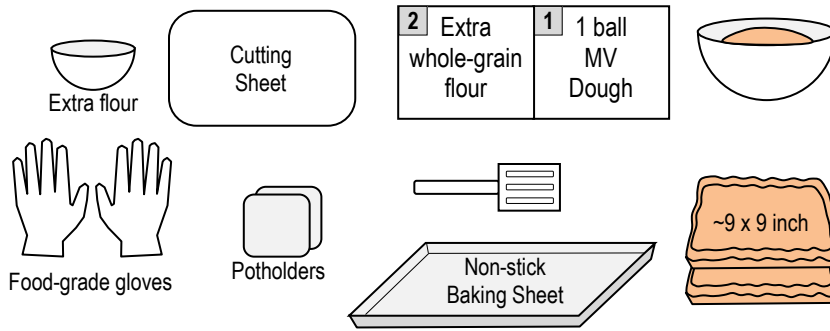


- Add flour to large bowl; sprinkle dry items 2-4 evenly over flour; mix well.
- Combine soy sauce & water in small bowl. Microwave ~45 seconds so warm to touch (120-130° if have food thermometer) but not too hot, which can kill yeast.
- Form hole in center of mix; gradually stir in warm water until dough becomes elastic. If too dry, sprinkle with more water.
- With gloves, thoroughly knead mixture. If too sticky, sprinkle with extra flour.
- Form dough into a ball & place in bowl. Cover with dish towel and let rise ~20 minutes.
- Use immediately in recipes for MV Pizza Crust, Flat Bread, Loaf Bread, or Burger Buns.
- 100% whole grain + seeds for fiber results in a dense, chewy, delicious bread.

**HARD TACK:** For a long-lasting trail/travel bread, *omit yeast*. Preheat oven to Bake 350°. Roll unleavened dough on cutting sheet into a ~1/4" thick rectangle. With fork, poke cracker-like holes in surface. Place in a non-stick baking pan. Bake ~30 minutes. Let cool in oven, then air dry or dehydrate until no moisture remains (to prevent spoilage). Cut into ~2x2" squares. Will harden over time, so chew carefully!

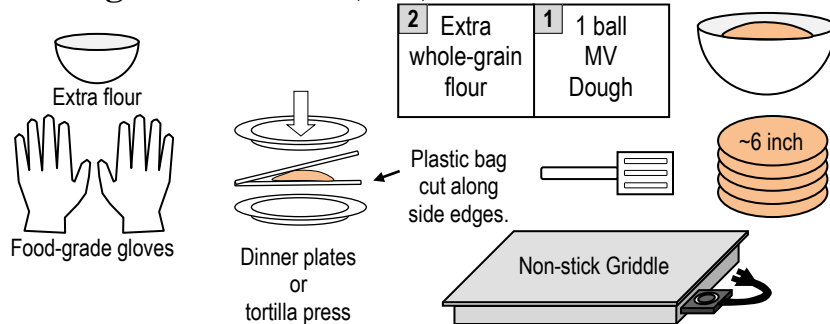
**For Oven Efficiency:** Make several batches of dough at a time. Bake Pizza Crust first to heat up oven, then bake Bread/Buns.

## MaxVegan Pizza Crust (6/6/17)



- \* Premake MaxVegan Dough.
- With gloves, gently divide and form pre-risen dough into 2 balls. Rub with extra flour if needed so surfaces are dry to touch.
- Press or roll balls on cutting sheet into ~9 x 9 inch squares. Flip squares and rub with extra flour if needed to prevent sticking.
- Pinch edges of dough to form lip of crust.
- Brush loose flour from dough, else it will burn.
- Transfer crusts to baking sheet.
- Broil ~5 minutes to lightly brown tops of crusts, checking often to avoid burning.
- Turn off broiler; let bake ~5 min as oven cools.
- Use to make MV Pizza.

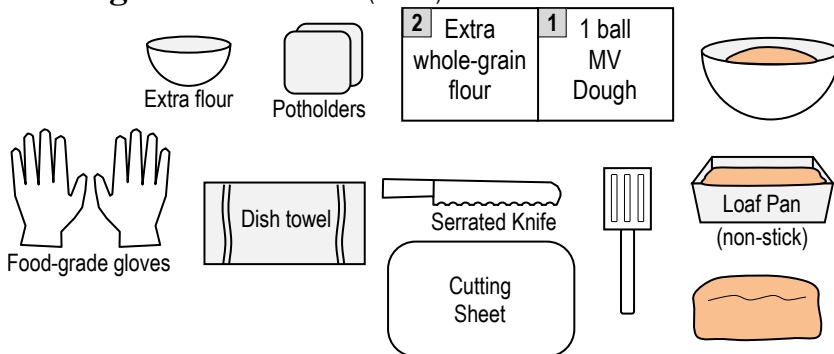
## MaxVegan Flat Bread (6/6/17)



- \* Premake MaxVegan Dough.
- With gloves, gently divide and form pre-risen dough into 6 balls. Rub with extra flour if needed so surfaces are dry to touch.
- Set electric griddle to 350°.
- Place ball between cut plastic bag. Press with plates (or tortilla press) to form ~6" circle ~1/4" thick. To remove if sticking, gently lift upper plastic, flip over and again lift upper plastic.
- Cook ~3-5 minutes per side until spots brown.
- Eat as is, use for wraps, or cut into wedges & serve with MV dips or sauces.

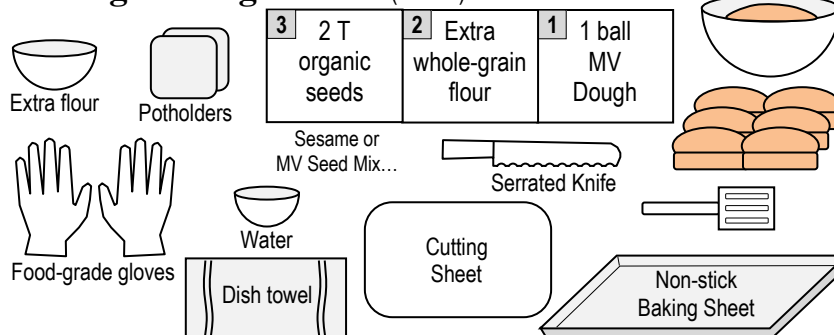
For future use, place crust/bread/buns into zip freezer bags. Separate with plastic (cut-up cutting sheets) to prevent bonding until frozen.

## MaxVegan Loaf Bread (6/6/17)



- \* Premake MaxVegan Dough.
- With gloves, gently form pre-risen dough into a log shape. Lightly rub extra flour on bottom & sides so dry to touch to prevent pan sticking.
- Place dough into loaf pan.
- Cover with towel and let rise ~20 minutes.
- Preheat oven to Bake 350°.
- Bake for ~30 minutes.
- Let cool; loosen sides & bottom with spatula.
- Flip pan over, shake out bread.
- Slice into 10-12 pieces.
- Eat as is or toasted with nut butter and date sugar or MV Jam. Use for MV French Toast.

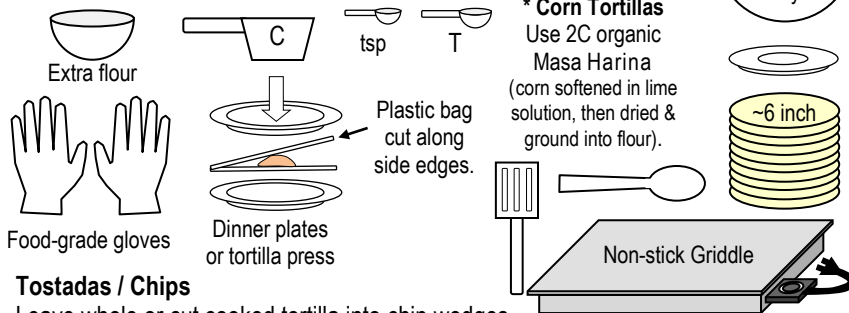
## MaxVegan Burger Buns (6/6/17)



- \* Premake MaxVegan Dough.
- With gloves, gently form pre-risen dough into 6 balls. Rub bottoms with extra flour so dry to touch to prevent pan sticking.
- Gently shape balls into buns on baking sheet.
- Cover with towel and let rise ~20 minutes.
- Preheat oven to Bake 350°.
- Sprinkle/brush bun tops with water.
- Sprinkle & pat in seeds.
- Bake for ~30 minutes.
- Let cool; slice each bun in half horizontally.
- Use with MV Burgers, sandwiches, mini-pizzas.

## MaxVegan Tortillas (10/26/16)

5	Extra whole-grain flour	4	~1 C warm water	3	1 T soy sauce	2	1 tsp baking powder	1	2 C whole-grain flour*
---	-------------------------	---	-----------------	---	---------------	---	---------------------	---	------------------------



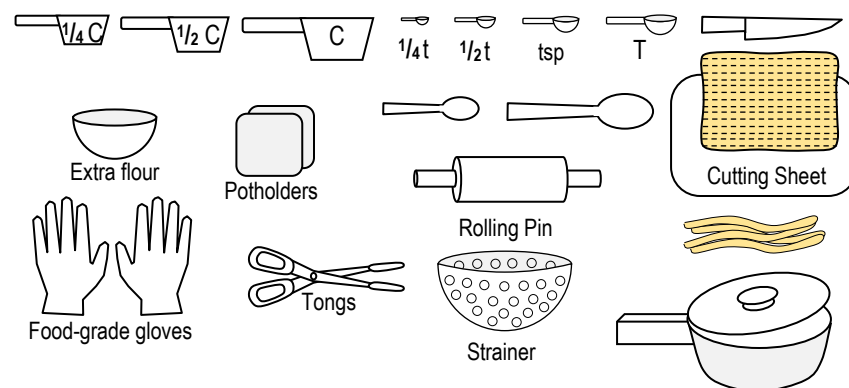
### Tostadas / Chips

Leave whole or cut cooked tortilla into chip wedges. Microwave ~1-2 minutes over wadded paper towels to absorb moisture. Repeat with dry towel/s as needed. Will harden as cool. Save paper towels for other uses.

- Mix dry items 1-2 in large bowl.
- Mix wet items 3-4 in small bowl. Microwave ~30 seconds so warm to touch.
- Form hole in dry mix; stir in wet.
- Using gloves, knead dough thoroughly.
- Form dough into ~10 golf-sized balls.
- Rub with extra flour so dry to touch.
- Preheat griddle to 400°.
- Place ball between cut plastic bag. Press with plates (or tortilla press) to form thin ~6" circle. To remove if sticking, gently lift upper plastic, flip over and again lift upper plastic.
- Cook ~3-5 minutes per side till spots brown.
- Use for wraps, tacos, tostadas, chips, nachos with MV Cheese Sauce, Salsa, Sour Cream.
- Freeze for future use in zip freezer bag. Separate with plastic (cut-up cutting sheet) to prevent bonding until frozen.

## MaxVegan Pasta (10/26/16)

Plain Pasta Omit 4-8	9	Extra whole-grain flour	8	1/4 C nutritional yeast	7	1 tsp oregano flakes	6	1 tsp basil flakes	
5	1/2 tsp onion powder	4	1/4 tsp garlic powder	3	1 C whole-grain hard flour	2	1 T ground flax	1	1/2 C filtered water



### Pasta Machine Steps

- Divide MV Pasta into two balls.
- Process ball through flat levels 6, 5, 4, 3 (add flour if sticky).
- Keep folding in half so final length not too long.
- Use butter knife to cut ~8" long sheets.
- Process sheets through desired cutter attachment.

### Ravioli Mold Tips

- Make flat lengths of pasta dough for top and bottom.
- Dust mold with flour first so dough easier to remove after.
- Fill with MV Cottage Cheese, spinach, etc.

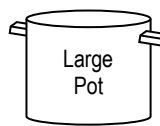
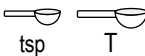
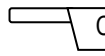
- \* Use hard-grain flour. Soft-grain (pastry) flour is too doughy and will not dry or cook firmly.
- Mix items 1-2 in small bowl. Let sit until flax gels (will act as a binder).
- Place flour in large bowl.
- Sprinkle items 4-8 evenly over flour and mix well. (Omit this step for plain pasta.)
- Form hole in dry mix; stir in wet.
- Knead mix with gloves. Add extra flour if sticky.
- On sheet, roll dough very thinly; Flip and add flour if needed to prevent sticking.
- Cut into ~1/4" wide noodles.
- Let air dry until hard or boil immediately.

### To Cook

- Place noodles in saucepan. Add water to ~twice pasta height. Bring to boil partially covered. Stir occasionally.
- When soft, drain in colander strainer.
- Serve with warmed MV Toppings/veggies sprinkled with more nutritional yeast if desired.
- For future use, stored completely dried pasta in sealed container.

## MaxVegan Batch Beans (10/26/16)

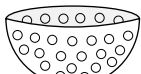
4	1 tsp baking soda	3	2 T soy sauce	2	Water to soak & cook beans	1	5 C dry beans
---	-------------------------	---	---------------------	---	----------------------------------	---	---------------------



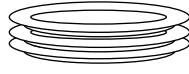
and/or



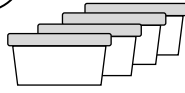
SPC / EPC



Strainer



Large Cooling Plates



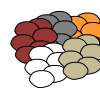
Storage Containers

SPC = Standard Pressure Cooker

EPC = Electric Pressure Cooker

### CAUTIONS!

- Never leave a boiling pot or Standard Pressure Cooker (SPC) unattended. Use an oven or standalone timer to remind you to check uncovered container every 5 minutes, especially when foam is forming and needs to be scooped off. It's easy to get distracted and walk away if the phone or doorbell rings.
- Recommend Electric Pressure Cooker (EPC) with timer and safety features that you can "set & forget." Note: EPC set-time countdown doesn't start until heat/pressure are reached.
- Always use *high* heat with an SPC. Slow-cooking bean froth can plug up the steam valve and lead to an explosive ejection of the pressure-relief plug, which can lead to injury and a brown cloud of steam and gunk covering your entire kitchen!
- Never use wet cloth potholders. Water *rapidly* conducts heat that burns! Recommend silicone potholders.



### Soak

- Place beans (black, white, pinto, kidney, garbanzo...or mix of all) into large pot or unlidded pot of SPC (but not EPC).
- Nearly fill container with water.
- Stir in soy sauce & baking soda.
- Let beans swell several hours or overnight. Add water if needed to cover beans ~1 inch.

### Boil & De-gas

- Boil on high, then lower to medium heat. Set timer ~5 minutes at a time. Watch closely to avoid overflow. Scoop foam into small bowl.
- When foaming mostly stops, place strainer in sink, and carefully pour off hot water.
- Pour softened beans into EPC, SPC, or pot. Refill with cold water ~1" above beans.

### Cook

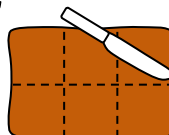
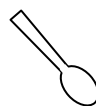
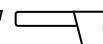
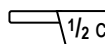
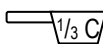
- EPC: Set to 5-minute cook and allow ~10-minute cool down. Gradually open release valve until steam stops –or–
- SPC: Cook on high heat until emits steady steam, then remove from stove –or–
- Pot: Boil on high heat until beans are soft. If beans are a bit hard, let sit until soft.

### Cool & Store

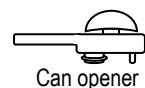
- Carefully pour off hot water through strainer.
- Pour beans onto large plates to cool.
- Scoop beans into sealed containers. Use small spoon to push beans into large spoon.
- Makes ~12 cups. Refrigerate what you'll use within a few days. Freeze the rest for future use.
- Use for MV Burgers, Sausage, BBQ Beans....

## MaxVegan Burgers (6/6/17)

			13	1/2 C cooked grain	12	2 C MV Beans	11	1/2 tsp liquid smoke	
10	1 1/2 T soy sauce	9	1/2 C filtered water	8	2/3 C tomato paste	7	1/2 C regular oatmeal	6	1/2 tsp oregano flakes
5	1/2 tsp basil flakes	4	1/2 tsp onion powder	3	1/2 tsp garlic powder	2	3 T MV Seed Mix	1	1/2 C wheat gluten



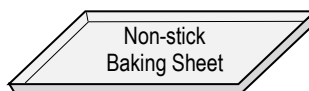
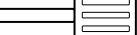
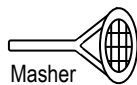
2 x 3 shape



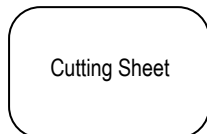
Open *both* ends of tomato paste can & shake into bowl.



Food-grade gloves



Non-stick  
Baking Sheet



Cutting Sheet



\* Precook MV Batch Beans or lentils and desired grains (rice, quinoa, barley, couscous, farro...)  
Tip: Label and freeze bean/grain recipe portions in zip freezer bags for future burgers.

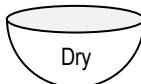
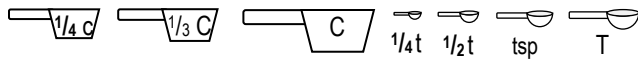
\* Tomato paste typically comes in 6 oz cans (~2/3 cup).

- Mix dry items 1-7 in large bowl.
- Mix wet items 8-11 in small bowl.
- Form hole in dry mix; stir in wet.
- Mash beans & grain on cutting sheet.
- Add to mix & thoroughly knead with gloves.
- On cutting sheet, form a 2 x 3 rectangle & slice into 6 pieces. Leave square or hand form into round patties.
- Place patties on baking sheet.
- Broil ~5 minutes per side, watching closely to make sure patties don't burn.
- Turn off oven & let 'bake' for ~15 minutes.
- Serve hot on MV Burger Buns with lettuce, tomato, MV condiments, etc., or reheat later in microwave.
- For future use, lay patties out flat in a zip freezer bag so they don't touch until frozen.

## MaxVegan Sausage (10/26/16)

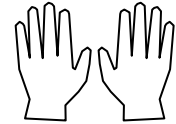


		<b>13</b> 2/3 C MV Beans	<b>12</b> 2 T soy sauce	<b>11</b> 3/4 C filtered water
<b>10</b> 1/4 tsp black pepper	<b>9</b> 1/2 tsp cayenne powder	<b>8</b> 1/2 tsp red pepper flakes	<b>7</b> 1 tsp onion powder	<b>6</b> 1 tsp garlic powder
<b>5</b> 1 tsp fennel powder	<b>4</b> 2 tsp fennel seeds	<b>3</b> 2 tsp smoked paprika	<b>2</b> 3 T organic cornstarch	<b>1</b> 1 C wheat gluten



\* Precook MV Batch Beans. (Label and freeze 2/3 C beans in zip bags for future use.)

- Assemble all items; preheat oven to 350°.
- Mix dry ingredients 1-10 in large bowl.
- Mix wet ingredients 11-12 in small bowl.
- Form hole in dry mix; stir in wet.
- Mash beans on cutting sheet; add to mix.
- With gloves, thoroughly knead mixture.
- Follow MV VegMeat Baking Instructions.

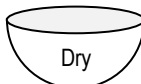
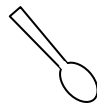
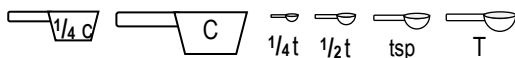


Food-grade gloves

If you can't find fennel powder in stores, grind fennel seeds in your blender or spice/coffee grinder.

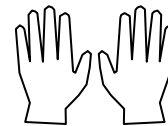
## MaxVegan Pepperoni (10/26/16)

<b>15</b> 1 tsp liquid smoke	<b>14</b> 2 T MV Ketchup	<b>13</b> 2 T soy sauce	<b>12</b> 3/4 C filtered water	<b>11</b> 1/4 C nutritional yeast
<b>10</b> 1/4 tsp black pepper	<b>9</b> 1/2 tsp cayenne powder	<b>8</b> 1/2 tsp red pepper flakes	<b>7</b> 3/4 tsp onion powder	<b>6</b> 3/4 tsp garlic powder
<b>5</b> 1 tsp fennel powder	<b>4</b> 1/2 tsp fennel seeds	<b>3</b> 2 tsp smoked paprika	<b>2</b> 3 T organic cornstarch	<b>1</b> 1 C wheat gluten



\* Premake MV Ketchup.

- Assemble all items; preheat oven to 350°.
- Mix dry ingredients 1-11 in large bowl.
- Mix wet ingredients 12-15 in small bowl.
- Form hole in dry mix; stir in wet.
- With gloves, thoroughly knead mixture.
- Follow MV VegMeat Baking Instructions.

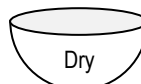
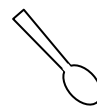
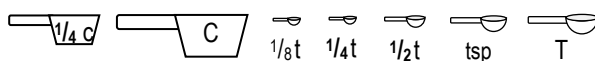


Food-grade gloves

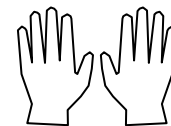
## MaxVegan ChickStrips (10/26/16)



		<b>13</b> 3/4 C filtered water	<b>12</b> 1 T soy sauce	<b>11</b> 2 T MV Seed Mix
<b>10</b> 1/8 tsp kelp granules	<b>9</b> 1/8 tsp cumin powder	<b>8</b> 1/4 tsp turmeric powder	<b>7</b> 1/4 tsp garlic powder	<b>6</b> 1/2 tsp onion powder
<b>5</b> 1 tsp thyme flakes	<b>4</b> 1 tsp rosemary flakes	<b>3</b> 2 tsp nutritional yeast	<b>2</b> 3 T organic cornstarch	<b>1</b> 1 C wheat gluten



- Assemble all items; preheat oven to 350°.
- Mix dry items 1-11 in large bowl.
- Mix wet items 12-13 in small bowl.
- Form hole in dry mix; stir in wet.
- With gloves, thoroughly knead mixture.
- Follow MV VegMeat Baking Instructions.

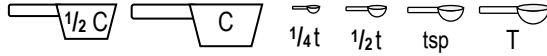


Food-grade gloves

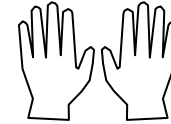
## MaxVegan BeefStrips (10/26/16)



10	1/2 C filtered water	9	1 T soy sauce	8	2 T lemon juice	7	2 tsp instant coffee	6	2 T MV Seed Mix
5	1/4 tsp garlic powder	4	1/2 tsp onion powder	3	3 T nutritional yeast	2	3 T organic cornstarch	1	1 C wheat gluten



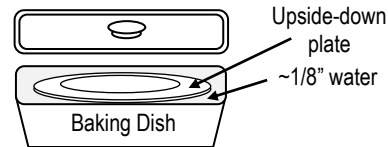
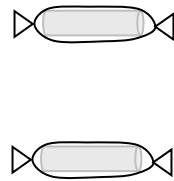
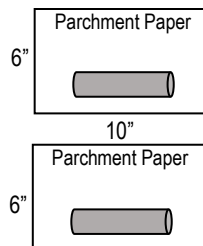
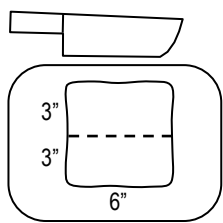
- Assemble all items; preheat oven to 350°.
- Mix dry items 1-6 in large bowl.
- Mix remaining items 7-10 in small bowl.
- Form hole in dry mix; stir in wet.
- With gloves, thoroughly knead mixture.
- Follow MV VegMeat Baking Instructions.



Food-grade gloves

## MV VegMeat Baking Instructions (6/6/17)

For MV Sausage, Pepperoni, ChickStrips, BeefStrips



- On cutting sheet, form kneaded dough into a ~6-inch square.
- Cut square into two & roll each half into a log.

- Cut two ~6x10-inch sheets of parchment.
- Roll each log in parchment.
- Twist ends to seal.

- Add ~1/8-inch water to baking dish.
- Place a plate that just fits upside-down in baking dish.
- Place wrapped logs on plate.
- Cover dish & bake at 350° for ~45 minutes.

- Let cool, then unwrap logs. If parchment sticks, wet with water to loosen.
- Slice into links, disks, or strips as desired, or break into chunks.
- Use in MV Tofu Scramble, VegMix, VegBowl, Pasta, Pizza. If desired, "dry" fry in pan to crisp.

While not strictly needed, wrapping logs in parchment paper shapes dough and limits its expansion.

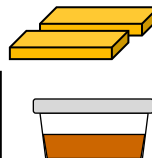
To save oven energy, prepare and bake a variety of MV VegMeats at the same time.

For future use, freeze links/disks/strips/chunks into separately labeled zip freezer bags.

## MaxVegan Baked Tofu (10/26/16)

Oven *convection* setting (which circulates air) will speed baking. Can also Broil if watch carefully to avoid burning.

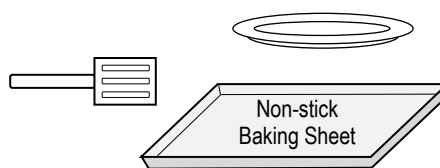
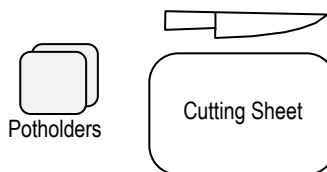
2	2/3 C MV Marinade	1	~2 C regular tofu
---	-------------------------	---	-------------------------



\* For a denser, chewier texture, pre-freeze firm or extra-firm regular (not silken) tofu. Thaw in microwave; place on plate & press firmly and evenly with hand; pour off extracted water.

\* Pre-make MV Marinade.

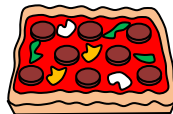
- Slice tofu into ~1/4-inch strips.
- Place slices in container; marinate in refrigerator for ~1 hour, turning once.
- Preheat oven to 350°.
- Place tofu slices on baking sheet.
- Bake ~15 minutes.
- Flip over and bake ~15 minutes or until skin of tofu is dry and slightly browned.
- Use in MV Tofu Scramble, VegMix, VegBowl.



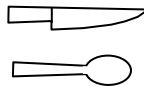
## MaxVegan Pizza (10/26/16)

**Veggie options:** tomatoes, olives, onions, garlic, peppers, mushrooms, corn kernels, artichokes...

**VegMeat options:** pepperoni, sausage, chick/beef strips...



5	1/2 C MV VegMeat/s	4	1/4 C MV Cheese Sauce	3	2 C diced veggies	2	1 1/2 C MV Tomato Sauce	1	1 MV Pizza Crust
---	--------------------------	---	-----------------------------	---	-------------------------	---	-------------------------------	---	------------------------

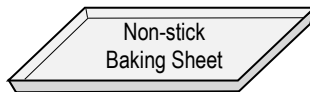
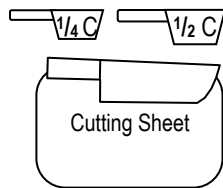


### VegMix Pizza

2 C MV VegMix  
1/4 C MV Cheese Sauce

### BBQ Pizza

1 1/4 C MV BBQ Sauce  
1/2 C MV ChickStrips  
1/4 C corn kernels



\* Premake MV ingredients.

- Preheat oven to Bake 450°.
- Place crust on baking sheet.
- Spread Tomato Sauce on crust with spoon.
- Add desired diced veggies.
- Drizzle Cheese Sauce over veggies.
- Top with desired whole or diced VegMeat/s.
- Bake 10-15 minutes keeping an eye on crust edge to avoid burning. If desired, broil last few minutes to crisp toppings.
- Place on cutting sheet; cut ~8 slices.
- Refrigerate or freeze leftovers.

## MaxVegan VegBowl (10/26/16)

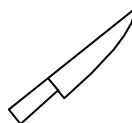
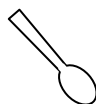
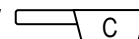
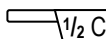
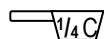
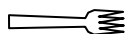
**Base options:** mashed potato/yam, rice, quinoa, pasta....

**Veggie options:** corn, broccoli, peas, beans, mushrooms...

**Topping options:** MV Gravy, Sour Cream, Cheese Sauce....

**VegMeat options:** MV Pepperoni, Sausage, Chick/beef strips, Tofu...

4	~1/4 C MV VegMeat	3	~1/4 C MV Topping	2	~1/2 C desired veggies	1	~1/3 bowl desired base
---	-------------------------	---	-------------------------	---	------------------------------	---	------------------------------



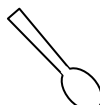
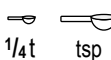
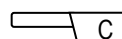
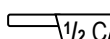
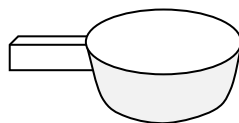
\* Premake MV Topping & VegMeat.

\* Prethaw any frozen veggies in microwave.

- Base: poke fork holes in potato/yam; microwave until soft; slice and fork-mash (with skin), or prepare rice, quinoa, etc. per package instructions. Fill bowl ~1/3.
- Veggies: Add over base.
- Topping: Drizzle over veggies.
- VegMeat: Dice/add over topping.
- Microwave ~1-2 minutes until heated through (bottom of bowl will be hot to touch).
- One bowl = one serving.

## MaxVegan Chili (10/26/16)

5	1/2 C filtered water	4	1/4 tsp cayenne powder	3	3 tsp chili powder	2	3 C MV Beans	1	3 C MV VegMix
---	----------------------------	---	------------------------------	---	--------------------------	---	--------------------	---	---------------------



\* Premake MV VegMix and MV Batch Beans.

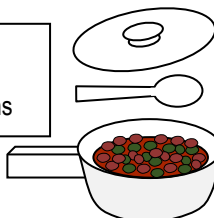
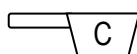
- Mix all ingredients in bowl.
- Transfer to large sauce pan.
- Cook ~15 minutes on medium heat, stirring occasionally. Simmer ~15 minutes on low heat.
- Makes ~6 cups. Top with MV Sour Cream sprinkled with nutritional yeast.
- Serve with warmed MV Bread, Tortillas...
- Refrigerate leftovers (will taste better each day as flavors fuse together). Freeze extra.

## MaxVegan BBQ Beans (10/26/16)

**Chunky Option:**

Add ~1/4 cup diced/precooked onions and ~1/4 cup diced tomatoes.

2	1 C MV BBQ Sauce	1	2 C MV Beans
---	------------------------	---	--------------------



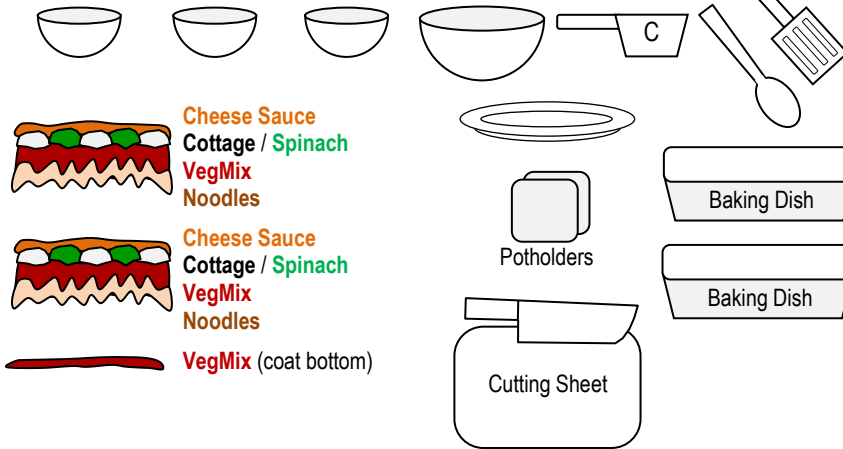
\* Premake MV BBQ Sauce and MV Beans.

- Mix ingredients in sauce pan.
- Simmer partially covered on low heat ~30 minutes, stirring occasionally.
- Makes ~3 cups.
- Serve with warmed MV Bread/Buns.
- Refrigerate leftovers (will taste better each day as flavors fuse together). Freeze extra.



## MaxVegan Lasagna (10/26/16)

5	1 C MV Cheese Sauce	4	2 C chopped spinach	3	2 C MV Cottage Cheese	2	6 C MV VegMix	1	~10 oz whole-grain noodles
---	---------------------------	---	---------------------------	---	-----------------------------	---	---------------------	---	----------------------------------

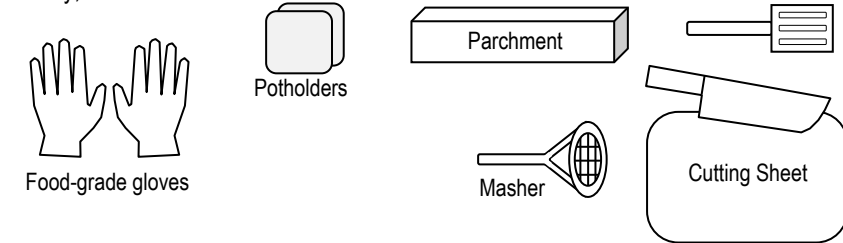


- \* Premake MV ingredients.
- \* Chop or by prechopped spinach (or kale).
- \* Place items into bowls for later assembly.
- Break lasagna noodles as needed to form 2 layers in two ~9x9" baking dishes or equivalent.
- Cover noodles with water and soak ~10 minutes to soften (no need to precook).
- Pour off water; remove noodles to plate.
- Preheat oven to Bake 350°.
- Spoon thin layer of VegMix to just cover bottoms of baking dishes.
- Layer 1/2 of noodles on top of VegMix coating.
- Spoon 1/2 of remaining VegMix over noodles. Coat completely so noodles don't dry out.
- Hand place alternating patches of Cottage Cheese and Spinach (won't cover fully).
- Drizzle Cheese Sauce over 1<sup>st</sup> layer.
- Build 2<sup>nd</sup> layer in same order as shown.
- Bake uncovered for ~30 minutes.
- Cut into ~3" squares with spatula & serve.
- Option: Sprinkle with nutritional yeast.
- Refrigerate or freeze leftovers.

## MaxVegan VegLoaf (10/26/16)

<b>Veggie Options</b> carrots, celery, onions, spinach, peppers...		13	2 T maple syrup	12	1/4 C MV Ketchup	11	1/2 C MV Ketchup		
10	1 C chopped veggies	9	1/2 C whole-grain flour	8	1 C regular oatmeal	7	2 C cooked lentils/grain	6	1/2 C filtered water
5	2 T ground flax	4	1 T oregano flakes	3	1 T basil flakes	2	1 T onion granules	1	1 T garlic granules

**Grain Options**  
quinoa, couscous,  
barley, rice...

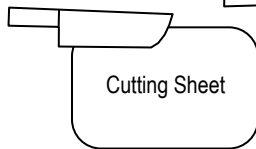


- \* Premake MV Ketchup.
- \* Precook lentils or 1/2 lentils + 1/2 grain.
- \* Finely prechop desired veggies. If desired, sauté to soften in frying pan adding water to prevent sticking.
- Assemble items; preheat oven to Bake 400°.
- In small bowl, mix items 1-6.
- Mash cooked lentils on cutting sheet.
- In large bowl, mix items 7-11.
- Pour small bowl items into large bowl.
- Use gloves to mix all ingredients thoroughly. Should be gooey-wet but somewhat firm.
- Line loaf pan with parchment paper extended over sides (so can later lift out cooked loaf).
- In small bowl, mix items 12-13 and use spoon to thinly coat parchment so loaf won't stick.
- Spoon loaf mixture into pan. Level surface.
- Spread remaining 12-13 mix on top of loaf.
- Bake uncovered ~45 minutes. Option: Broil last ~5 minutes to crisp top; watch so doesn't burn.
- Turn off oven and remove pan.
- Use spatula to slice loaf into ~10 pieces in pan.
- Unless prefer wet texture, place pan back in cooling oven ~15 minutes to dry between slices. If desire extra-dry texture, lift loaf out of pan with parchment, place pieces on baking sheet & put in oven on low temp until dry.
- Serve with mashed (microwaved) potato topped with MV Gravy.
- Refrigerate or freeze leftovers.

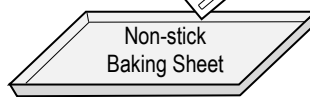
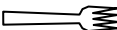
## MV Roasted Veggies (6/6/17)

**Veggie Options:** Potatoes (russet, yukon, yams, sweet...), cob corn, onions, garlic, brussels sprouts, eggplant, carrots...

**Spice Options:** paprika, rosemary, garlic, onion, black pepper, cayenne powder...



2	Desired spices or MV Marinade	1	Desired assorted veggies
---	-------------------------------	---	--------------------------



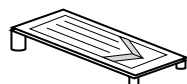
\* This recipe uses no salt or oil. If desired, premarinate in MV Marinade (savory or sweet).

- Preheat oven to Roast 450°.
- Poke potatoes with numerous fork holes. Microwave ~6-8 minutes until semi-soft when squeezed but not mashed. Let cool to touch. Cut into disk or fry shapes.
- Cut, chop, slice other veggies as desired.
- Sprinkle with water to help spices stick.
- Place veggies on baking sheet.
- Roast ~15 minutes, turn with spatula.
- Roast ~15 minutes until crisp and lightly browned. Check often to avoid burning.
- Top with MV Sour Cream or Mayo, nutritional yeast, MV Cheese Sauce.

**If Veggies Sticking:** Non-stick cookware can wear out. To avoid hard-to-clean, burnt-on residue, transfer half-roasted veggies to clean baking sheet for second 15-minute roast. For future roasts, line baking sheet with parchment paper.

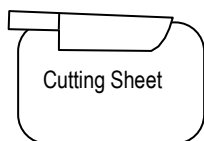
**Caution:** Discard any potentially-carcinogenic blackened bits.

## MaxVegan Bacon (2/26/17)

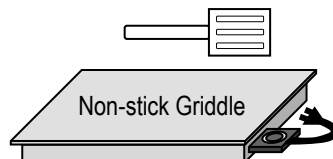


Mandolin slicer

2	Savory or sweet MV Marinade	1	Thinly sliced veggies
---	-----------------------------	---	-----------------------



Cutting Sheet



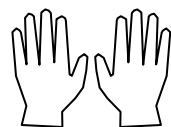
Non-stick Griddle

\* Premake MV Marinade (savory or sweet).

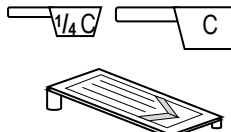
- Sliced desired veggies (zucchini, eggplant, mushroom...) or tempeh ~1/8 inch thick.
- Marinate at least 1 hour.
- Preheat griddle to 250°.
- Cook slices until dry & crisp.
- Eat with MV Tofu Scramble, Omelet, French Toast, Pancakes...

## MV Latkes / Hash Browns (10/26/16)

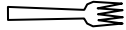
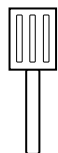
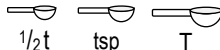
10	~1 C MV Apple Sauce	9	~1 C MV Sour Cream	8	~4 C shredded potatoes	7	1 T soy sauce	6	1/4 C filtered water
5	1/4 tsp black pepper	4	1 tsp baking powder	3	2 T organic cornstarch	2	1/4 C onion granules	1	1/4 C whole-grain flour



Food-grade gloves



Mandolin slicer (shredder attachment) or Food Processor



Non-stick Griddle



\* This recipe uses no salt, oil, or eggs to create traditional Jewish latkes. To make hash browns instead, omit everything but potatoes.

\* Premake MV Sour Cream, MV Apple Sauce.

- Use mandolin (or a food processor) to shred 2-4 potatoes (russet, white, red, yukon...) to make ~4 cups of shreds in large bowl.
- Microwave ~4 minutes to soften shreds.
- Mix dry items 1-5 in medium bowl.
- Sprinkle dry mix over potatoes using fork to turn and evenly coat shreds.
- Mix wet items 6-7 in small bowl and pour over and mix with coated shreds.
- Set griddle to 400°.
- With gloves, hand form mix into ~8 patties.
- Cook ~5 minutes per side, using spatula to flatten and turn patties until golden brown.
- Serve warm with MV Sour Cream and MV Apple Sauce.
- Refrigerate or freeze leftovers.

## MaxVegan Stew (2/26/17)

5	2 T	4	2 C	3	~1 C	2	~1 C	1	~1 C
	soy sauce		diced veggies		diced potatoes		whole grain		cooked legumes

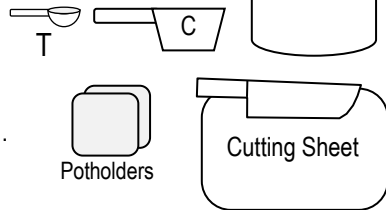
### OPTIONS

Legumes: MV Beans, dry lentils...

Grain: quinoa, rice, wheat berries, couscous...

Potato: russet, red, Yukon gold...

Veggie: carrots, celery, onions, garlic, greens...



\* Precook beans if using. No need to precook lentils, grains, or potatoes.

- Add all items to a large pot, crockpot, or electric pressure cooker with a slow-cook option.
- Cover items to ~twice height with water.
- Slow cook on low heat for at least 3 hours.
  - Yields ~6 cups.
  - Top with MV Gravy and Sour Cream or Mayo sprinkled with nutritional yeast.
  - Refrigerate or freeze leftovers.

## MV Dehydrated Meals (10/26/16)

For backpack trips or travel in areas with few or no vegan options, dehydrate the same MV meals, pre-topped with desired MV toppings, you make at home!

### MEAL/TOPPING COMBOS

\* MV Pasta + MV VegMix + MV Sour Cream

\* MV Chili + MV Mayo + Nutritional Yeast

\* MV Stew + MV Gravy + MV Mayo

### FRUITS

Sliced bananas, apples, strawberries...

### VEGGIES

\* To retain color and retard spoilage in items like carrots, celery, or beets, first slice then cook in microwave until just tender before dehydrating.

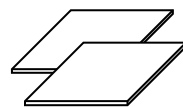
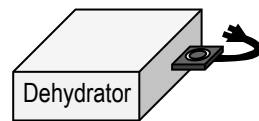
\* No need to precook items like sliced tomatoes, mushrooms...

### OTHER TRIP FOODS (no dehydration required)

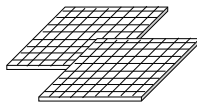
\* MV Dough: Hard Tack (unless have moisture)

\* MV Treats: BROW Bars

\* Trail Mix (almonds, walnuts, raisins...)



Solid tray liners



Mesh tray liners



\* Premake desired MV Meals and top with desired MV Toppings. Drain of excess fluids.

- Thinly spread drippy items (stew, pasta, chili, strawberries...) onto **solid** liners.
  - If have only mesh liners, use scissors to cut plastic cutting sheets to fit in dehydration trays.
- Distribute non-drippy items (apples, bananas, etc.) on **mesh** liners so they'll dry faster.
- Dehydrate per dehydrator instructions.
- After ~12 hours, use spatula to lift and turn partially-dry food.
- After ~24 hours, if totally dry, break & crush food and store in zipped plastic bags. If not dry, continue to dehydrate. Any residual moisture can lead to spoilage.
- To rehydrate meals, add hot water boiled with a camping stove, hotel coffee maker, or electric travel kettle like the [Bonavita](#).
  - Sealed, dehydrated food should keep for months, but always examine it for spoilage or mold before using.