



The Recipes

Ingredient Product Recommendations by Brand Name

Thank you for buying our cookbook! We hope you enjoy it, and the many companion factsheets available at allamericanvegan.com, including this one, listing product recommendations for many of the ingredients found in the recipes.

As new and exciting vegan products come out, we will update this list, so check it frequently to be sure that you are current on the latest and greatest vegan foods now available.

Happy humane eating!

All American Vegan

The Recipes



The recipes found in *All American Vegan* are intended to provide an introduction to the art of vegan substitution. Because non-dairy milk, margarine, egg replacer, mayonnaise, tofu and soup stock appear so frequently in our recipes, we will avoid unnecessary repetition by simply giving our brand-name product recommendations once, and not for each individual recipe. If a recipe calls for these common ingredients, use those mentioned below as they will not be listed under each recipe.

Vegan Milk, Butter & Eggs

Non-Dairy Milk and Cream

There are a wide variety of non-dairy milks and creams from which to choose, including those made from soybeans, almonds, and rice.* Deciding which brand to use in cooking and baking is a matter of its intended usage and your taste preferences. Additional tips on replacing milk

and cream can be found in the cookbook, page 37, under "Replacing Milk and Cream."

For the recipes in our cookbook, we recommend replacing milk in sweet recipes with **Vanilla Silk Soymilk**. Because the non-dairy creams vary tremendously in terms of thick-

ness and sweetness, we will list our recommend cream alternatives for each recipe. Most of the recipes call for either **Wildwood Soymilk Creamer (Plain)** or home-made **Cashew Cream**.

** Coconut-based non-dairy milks and creams have a strong coconut flavor which may be inappropriate for some recipes.*



Margarine

Earth Balance Buttery Spread (original). Vegan and free of partially hydrogenated oils.

Egg Replacer

Ener-G Brand Egg Replacer

Look for the box in the baking aisle of natural food stores.



Tofu



Regular Tofu

For recipes that call for firm tofu, we recommend **Wildwood High-Protein Super Firm Tofu** because it does not require pressing. It is also a high-quality tofu with a subtle, delicate taste.

Silken Tofu

Any brand of silken tofu will do. However, we recommend **Mori-Nu Firm** or extra firm silken tofu because it comes in a box - an aseptic package that makes it shelf stable. It is therefore likely to be stocked at most grocery stores, and it will keep in the pantry indefinitely.

Vegan Mayonnaise

Follow Your Heart Original Vegenaise Sandwich Spread & Dressing



Soup Stock

Many of our recipes call for concentrated stocks or bouillon (as opposed to ready-made broths). This allows for creating a higher flavor concentration, which is important when making our seitan recipes. We recommend the **Better Than Bouillon No Chicken, No Beef and Vegetable** flavors or **Edward & Sons Not-Chick'n Bouillon and Not-Beef Bouillon Cubes**. These stocks are rich, delicious and expertly seasoned. If you cannot find them for sale at your local natural food store, you can order them on Amazon. Our recommendations will specify the preferred flavor for each recipe.



No Time to Cook?

Because the goal of our cookbook is to make veganism as simple and as convenient as possible, we have also included the names of any ready-made products that might exist for each recipe. For instance, several brands of frozen vegan pizzas are now on the market. Their brand names can be found on this list under “pizza.”

Chapter 2

The Art of Vegan Substitution

No Beef Seitan or Cutlets

Ready made:

- Tofurky Roast Beef Style or Philly Steak Deli Slices
- West Soy Seitan Cubed
- Sweet Earth Seitan
- Upton's Naturals Seitan Ground Beef

Stock:

- Better Than Bouillon No Beef
- Edward & Sons Not-Beef Bouillon Cubes

No Tuna Fish

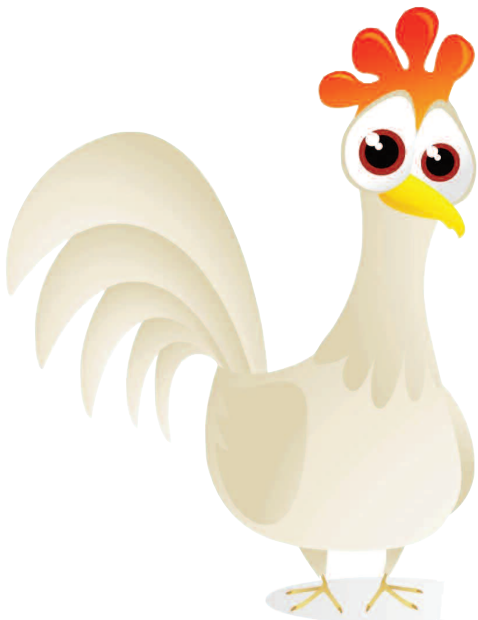
Seitan: WestSoy Seitan Cubed

Not Bacon

Ready made:

- Yves Meatless Canadian Bacon
- Lightlife Smart Bacon

Hickory Seasoning: Wrights



No Chicken Seitan or Cutlets

Ready made:

- Gardein Chick'n Filets
- Gardein Chick'n Strips
- Tofurky Deli Slices
- WestSoy Seitan Cubed
- Upton's Naturals Seitan Traditional
- Tofurky Roast

Stock:

- Better Than Bouillon No Chicken Flavor
- Edward & Sons Not-Chick'n Bouillon Cubes



Breakfast

BREAKFAST

CINNAMON ROLLS

Ready-made:

- VeganSweets Cinnamon Rolls (available at veganstore.com)
- Cinnaholic (Bakery in Berkeley, CA)

DONUTS

Ready-made:

- Whole Foods Vegan Donuts
- VeganSweets Donuts (available at veganstore.com)
- Nutrilicious Brand
- Larsen Bakery Brand (available at veganessentials.com)

DANISHES

Ready-made:

For an assortment of vegan pastries, including cream puffs and eclairs, visit the vegan bakery CakeWalk Baking Company: cakewalkbakingcompany.com.

BREAKFAST HASH

Seitan:

- West Soy Seitan Cubed

- Sweet Earth Seitan
- Upton's Naturals Seitan Ground Beef or Traditional Style
- West Soy Seitan Vegetarian Stir Fry

FRENCH TOAST

Ready-made:

Mom's Vegan Kitchen French Toast Mix

Cream:

- Wildwood Soymilk Creamer (Plain)

Bread: Rudy's Country White

OMELET

Cheese:

- Daiya (any flavor)
- Cheezly (any flavor)

Vegan "Turkey": Oven Roasted Tofurky Deli Slices

Cream: Wildwood Soymilk Creamer (Plain)

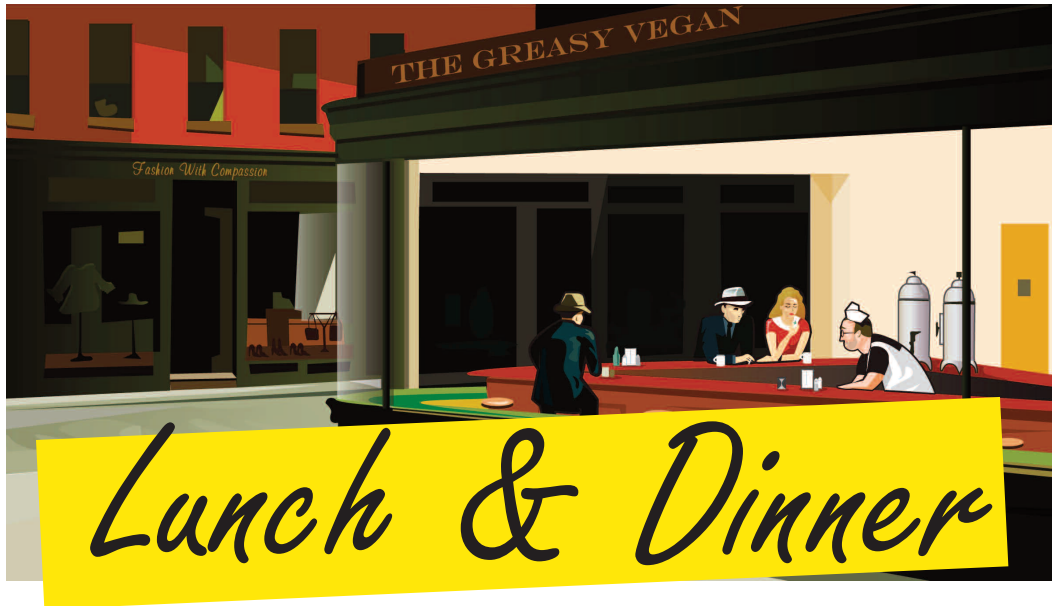
NOT SAUSAGES

Ready-made:

- Lightlife Smart Links

Broth:

- Better than Bouillon No Chicken Flavor
- Edward & Sons Not-Chick'n Bouillon Cubes



LUNCH & DINNER

NO BLT

Vegan "Bacon":

- Yves Canadian Bacon
- Lightlife Smart Bacon

Bread: Rudy's Country White

CLUB SANDWICH

Vegan Turkey: Oven Roasted or Hickory Smoked Tofurky Deli Slices

Vegan Ham: Yves Meatless Ham

Vegan Bacon:

- Yves Canadian Bacon
- Lightlife Smart Bacon

Bread: Rudy's Country White

PHILLY CHEESE STEAK

Vegan "Turkey": Peppered Tofurky Deli Slices

Cheese:

- Daiya (any flavor)
- Teese (any flavor)

Bread: Rudy's Country White

GRILLED CHEESE SANDWICH

Bread: Rudy's Country White

Cheese:

- Toffuti Slices
- Galaxy Foods Rice Vegan Singles (any flavor)
- Redwood Foods Cheezly Slices (any flavor)
- Daiya (any flavor)

REUBEN

Vegan "Turkey": Oven Roasted, Hickory or Peppered Tofurky Deli Slices

Bread: Rudy's Country White

Cheese:

- Daiya (any flavor)
- Cheezly (any flavor)

NO TUNA FISH SANDWICH

Bread: Rudy's Country White

TUNA MELT

Cheese:

- Daiya (any flavor)
- Cheezly (any flavor)

NO EGG SALAD

Bread: Rudy's Country White

Tofu: Wildwood Soymilk Creamer (Plain)

SLOPPY JOES

Vegan Ground Beef: Boca Meatless Ground Round

Hamburger Buns: Rudy's White Hamburger Buns

HAMBURGER

Ready-made:

Gardein Beef-less Burgers

Stock: Better Than Bouillon No Beef Flavor

Hamburger Buns: Rudy's White Hamburger Buns

Vegan Cheese Slices:

- Toffuti Slices
- Galaxy Foods Rice Vegan Singles (any flavor)
- Redwood Foods Cheezly Slices (any flavor)
- Daiya (any flavor)

BBQ NO RIBS

Seitan: WestSoy Seitan Cubes

BBQ Sauce: Organicville Original BBQ Sauce

NO CHICKEN POT PIE

Ready-made:

Amy's Kitchen Non-dairy Vegetable Pot Pie

Pie Crust: Wholly Wholesome Traditional Pie Shell

Stock:

- Better Than Bouillon No Chicken
- Seitenbacher Vegetarian Vegetable Broth and Seasoning
- Edward & Sons Not-Chick'n Bouillon Cubes

Cream: Wildwood Soymilk Creamer (Plain)

Seitan:

- WestSoy Seitan Cubed
- Gardein Chick'n Filets
- Gardein Chick'n Strips
- Upton's Naturals Seitan Traditional

CORN DOGS

Non Dairy Milk: Silk Organic Unsweetened Soymilk

Hot Dogs: Lightlife Smart Dogs

FRIED NO CHICKEN

Ready-made:

- Boca Original Meatless Chick'n Nuggets
- Health Is Wealth Chicken-Free Nuggets
- Gardein Crispy Tenders

Cream: Wildwood Soymilk Creamer (Plain)

Seitan:

- WestSoy Seitan Cubed
- Gardein Chick'n Filets
- Gardein Chick'n Strips
- Upton's Naturals Seitan Traditional

MACARONI & CHEESE

Ready-made:

Amy's Kitchen Non-Dairy Macaroni & Cheese

Teese Creamy Cheddar Vegan Sauce
Candle Cafe Macaroni and Cheese

Cream: Wildwood Soymilk Creamer (Plain)

Cream Cheese: Follow Your Heart Cream Cheese Alternative

Cheese:

- Daiya Cheddar
- Cheezly Cheddar

PIZZA

Ready-made:

- Tofurky Vegan Pizza
- American Flatbread Vegan Harvest Pizza
- Rossini's Gourmet Vegan Cheese Pizza (available at veganessentials.com)
- Tofutti Pan Crust Pizza Pizzaz

Cheese:

- Daiya Mozzarella
- Cheezly Mozzarella

Parmesan: Galaxy Nutritional Foods
Vegan Grated Topping

Pepperoni:

- Tofurky Pepperoni
- Lightlife Smart Deli Pepperoni

Sausages:

- Yves Smart Links
- Upton's Naturals Seitan Italian Sausage Style Seitan

LASAGNA

Ground Beef: Boca Meatless Ground Round

Cheese:

- Follow your Heart Mozzarella



SIDES

NO CHICKEN NOODLE SOUP

Stock:

- Better Than Bouillon No Chicken
- Edward & Sons Not-Chick'n Bouillon Cubes
- Seitenbacher Vegetarian Vegetable Broth and Seasoning

Seitan:

- WestSoy Chicken-Style Seitan
- Gardein Chick'n Filets

- Gardein Chick'n Strips

CREAM OF MUSHROOM SOUP

Ready-made:

Imagine Foods Creamy Portobello Mushroom Soup

Stock:

- Better than Bouillon No Chicken or Vegetable Flavor
- Edward & Sons Not-Chick'n Bouillon Cubes
- Seitenbacher Vegetarian Vegetable Broth and Seasoning

MATZO BALL SOUP

Stock:

- Better Than Bouillon No Chicken
- Edward & Sons Not-Chick'n Bouillon Cubes
- Seitenbacher Vegetarian Vegetable Broth and Seasoning

FRENCH FRIES

Ready-made:

Cascadian Farms Crinkle Cut French Fries

ONION RINGS

Beer: Sierra Nevada

MOZZARELLA STICKS

Ready-made:

Teese Breaded Mozzarella Cheese Sticks

Bread Crumbs: Whole Foods Bread Crumbs (Plain or Italian)

Parmesan: Galaxy Nutritional Foods Vegan Grated Topping

Cheese:

- Cheezly Mozzarella
- Follow Your Heart Mozzarella Block Cheese
- Scheese Mozzarella

GARLIC BREAD

Parmesan: Galaxy Nutritional Foods

Vegan Grated Topping

MASHED POTATOES

Ready-made:

Barbara's Instant Mashed Potatoes

Cream: Wildwood Soymilk Creamer (Plain)

BUFFALO STRIPS

Ready-made:

Health is Wealth Chicken Free Buffalo Wings

Seitan:

- WestSoy Seitan Cubed
- Gardein Chick'n Filets
- Gardein Chick'n Strips

BUTTERMILK BISCUITS

Ready-made:

Mom's Vegan Kitchen Biscuit Mix

Cream: Wildwood Soymilk Creamer (Plain)

CORNBREAD

Milk: Silk Organic Unsweetened Soymilk

NACHOS

Vegan Ground Beef: Boca Meatless Ground Round

Cheese:

- Teese Nacho Vegan Sauce

- Daiya Cheddar or Pepperjack

Sour Cream: Tofutti Better Than Sour Cream

COLE SLAW

Cream: Wildwood Soymilk Creamer (Plain)

CAESAR SALAD

Parmesan: Galaxy Nutritional Foods Vegan Grated Topping

RANCH DRESSING

Parmesan: Galaxy Nutritional Foods Vegan Grated Topping

Sour Cream: Tofutti Better Than Cream Cheese

Cream Cheese: Follow Your Heart

Cream: Wildwood Soymilk Creamer (Plain)

GRAVY

Ready-made:

- Hain's Vegetarian Brown Gravy Mix
 - Hain's Vegetarian Chicken Flavored Mix
- Stock:**

- Better than Bouillon No Chicken, No Beef or Vegetable Flavor

- Edward & Sons Not Chick'n or Not Beef

- Seitenbacher Vegetarian Vegetable Broth and Seasoning

DESSERTS

APPLE PIE

Ready-made:

Wholly Wholesome Apple Pie

Pie Crust: Wholly Wholesome Traditional Pie Shell

CHERRY PIE

Ready-made:

Wholly Wholesome Cherry Pie

Pie Crust: Wholly Wholesome Traditional Pie Shell



BANANA CREAM PIE

Pie Crust: Wholly Wholesome Traditional Pie Shell

Whipped Topping:

- Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version often malfunctions)
- MimicCreme Healthy Top (also in a box)

COCONUT CREAM PIE

Pie Crust: Wholly Wholesome Traditional Pie Shell

Whipped Topping:

- Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version often malfunctions)
- MimicCreme Healthy Top (also in a box)

PEANUT BUTTER PIE

Pie Crust: Wholly Wholesome Traditional Pie Shell

CHOCOLATE CHIP COOKIES

Ready-made:

- Eat Pastry Chocolate Chunk Cookie Dough
- Alternative Baking Company Colossal Chocolate Chip Cookies

Chocolate Chips:

- Whole Foods 365 Organic Sweet Chocolate Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips

PEANUT BUTTER COOKIES

Ready-made:

- Eat Pastry Peanut Butter Cookie Dough
- Alternative Baking Company Peanut Butter Cookie

CHOCOLATE LAYER CAKE

Ready-made:

Amy's Organic Chocolate Cake (frozen)
Cream: Wildwood Soymilk Creamer (Plain)

GOLDEN CREAM FILLED SPONGE-CAKES

Ready-made:

Naked Dillos at CakeWalk Baking Company - cakewalkbakingcompany.com.
Milk: Silk Vanilla
Shortening: Spectrum

VANILLA CUPCAKES

Milk: Silk Vanilla

Cream: Cream: Wildwood Soymilk Creamer (Plain)

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival, or Confetti)

NEW YORK CHEESECAKE

Cream Cheese: Tofutti Better Than Cream Cheese

Cream: Wildwood Soymilk Creamer (Plain)

CHOCOLATE PUDDING

Ready-made:

ZenSoy Chocolate Pudding

Chocolate Chips:

- Whole Foods 365 Organic Sweet Chocolate Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips

PEANUT BUTTER CUPS

Ready-made:

Go Max Go Cleo's Peanut Butter Cups

Chocolate Chips:

- Whole Foods 365 Organic Sweet Chocolate Chips
- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips

GEL-OH! PARFAIT

Ready-made:

Cool Cups

Gel: Natural Desserts Jel Dessert (any flavor)

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival, or Confetti)

Whipped Topping:

- Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version often malfunctions)

- MimicCreme Healthy Top (also in a box)

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival, or Confetti)

VANILLA ICE CREAM

Ready-made:

Purely Decadent Purely Vanilla Soy Ice Cream

Milk: Silk Vanilla

Cream: Wildwood Soymilk Creamer (Plain)

CHOCOLATE ICE CREAM

Ready-made:

- So Delicious Chocolate Velvet Soy Ice Cream

- Purely Decadent Belgian Chocolate Ice Cream Soy Ice Cream

Cream: Wildwood Soymilk Creamer (Plain)

Chocolate Chips:

- Whole Foods 365 Organic Sweet Chocolate Chips

- Sunspire Dairy Free Chocolate Dream Semi-Sweet Baking Chips

STRAWBERRY ICE CREAM

Ready-made:

So Delicious Strawberry Soy Ice Cream

Milk: Silk Vanilla

Cream: Wildwood Soymilk Creamer (Plain)

MILKSHAKE

Ice Cream: Purely Decadent Purely Vanilla Soy Ice Cream

Chocolate Sauce: Ah!Laska Chocolate Syrup

Milk: Silk Vanilla

ROOT BEER FLOAT

Ice Cream: Purely Decadent Purely Vanilla Soy Ice Cream

Root Beer: Virgil's

APPLE PIE A LA MODE

Ready-made:

Wholly Wholesome Apple Pie

Ice Cream: Purely Decadent Purely Vanilla Soy Ice Cream

ICE CREAM SUNDAE

Ice Cream: Purely Decadent Purely Vanilla Soy Ice Cream

Whipped Topping:

- Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version often malfunctions)

- MimicCreme Healthy Top (also in a box)

Chocolate Sauce: Ah!Laska Chocolate Syrup

Sprinkles: Let's Do Organic Sprinklez (Chocolatey, Carnival or Confetti)

CHOCOLATE SAUCE

Ready-made:

Ah!Laska Chocolate Syrup

Chocolate: Sunspire Fair Trade Organic Unsweetened Chocolate Baking Bar

Rum: Bacardi or Captain Morgan

Brandy: Corbell or Christian Brothers

Candy Canes: Pure Fun Organic Candy Canes

PIE CRUST

Ready-made:

Wholly Wholesome Traditional Pie Shell

Shortening: Spectrum

TOFU OR COCONUT WHIPPED TOPPING

Ready-made:

- Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version often malfunctions)
- MimicCreme Healthy Top (also in a box)



Thanksgiving

STUFFED NOT A TURKEY WITH MAPLE-GLAZED ROOT VEGETABLES

Ready-made:

Tofurky Roast

Bread: Rudy's Country White

Stock:

- Better Than Bouillon No Chicken
- Edward & Sons Not-Chick'n Bouillon Cubes
- Seitenbacher Vegetarian Vegetable Broth and Seasoning

CANDIED YAMS

Marshmallows:

- Sweet & Sara Vegan Marshmallows
- Chicago Soy Deli Dandies

CRANBERRY SAUCE

Ready-made:

Pacific Foods Cranberry Sauce

PUMPKIN PIE

Ready-made:

- Wholly Wholesome Dairy-Free Pumpkin Pie