

Kyong Weathersby, “Vegan Hotdogs and Patties”

Better than Hotdogs

1 1/2 c. water
3/4 c. raw cashews
1/3 c. nutritional yeast flakes
1 1/2 tsp. sea salt
1 tsp. onion powder
1 tsp. garlic powder
1 Tbsp. paprika
1/4 tsp. celery seed
1/4 tsp. marjoram
1 Tbsp. beef-style seasoning
1/2 Tbsp. Turbinado sugar
5 Tbsp. tomato sauce
2 1/4 c. vital wheat gluten
2 Tbsp. whole wheat flour

1. Place all ingredients except gluten flour and whole wheat flour in blender and blend until smooth.
2. in a medium bowl, stir together the gluten flour and whole wheat flour. Add the mixture from the blender and mix and knead well.
3. Using 1/4 cup of the mixture, pat and roll out on an oil-sprayed cutting board or counter into a hotdog shape about 5 inches long. Place them on an oil-sprayed 11 x 14" baking sheet and cover with foil tightly. Bake at 300 degrees for 40 minutes. Reheat on the grill for that authentic "hotdog" look!

Kyong Weathersby

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Taste of Heaven Chili Dogs

2 c. cooked pinto beans
2 c. ground walnut gluten or veggie burger
1 8-oz. can tomato sauce
1 c. water
1 Tbsp. paprika
1 Tbsp. soy sauce, unfermented
1 tsp. ground cumin
1/2 tsp. garlic powder
1 1/2 Tbsp. nutritional yeast flakes
Better than Hotdogs

In medium saucepan, heat pinto beans, gluten burger, tomato sauce, water, paprika, soy sauce, cumin, garlic, and yeast flakes. Bring to a boil. Reduce heat and simmer for 20 minutes. Serve over hotdogs in buns, and sprinkle with vegan cheese and minced onion if desired. **Kyong Weathersby**

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Turkey-like Patties

1 1/2 c. dry T.V.P. granules
1 c. quick oats
1 1/2 c. hot water
2 Tbsp. soy sauce, unfermented
1/2 tsp. sea salt
1/2 tsp. garlic powder
1/2 Tbsp. onion powder
1 1/2 Tbsp. nutritional yeast flakes
1/2 Tbsp. Turbinado sugar
1/2 c. whole wheat bread crumbs* or oat flour

1. In medium bowl, combine all ingredients and let stand 10 minutes. Form into patties using a wide-mouth canning jar lid lined with plastic wrap.
2. Heat 1 - 2 tablespoons of olive oil in skillet and fry patties until golden brown on each side. Serve in a bun or with chicken-like gravy.

*To make your own whole wheat bread crumbs, blend whole wheat bread in blender until it forms crumbs, then bake in oven at 200 degrees for about 30 minutes. **Kyong Weathersby**

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Tofu Patties

1 package firm, water-packed tofu
1 c. whole wheat bread crumbs
1/2 c. chopped walnuts
1 medium onion, minced
1/4 tsp. garlic powder
1 tsp. sage
1 tsp. sea salt
2 Tbsp. nutritional yeast flakes

In medium bowl, mash tofu, then add remaining ingredients and mix well. Form mixture into patties or mini patties, using either 1/4 cup of mixture or 1 tablespoon for each. Fry in a little olive oil until nice and golden brown on both sides. **Kyong Weathersby**

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Veggie Hamburger Patties

2 c. water
1/4 c. soy sauce, unfermented
1 Tbsp. olive oil
1 Tbsp. Turbinado sugar
2 tsp. onion powder
1/2 tsp. garlic powder
1 tsp. parsley flakes
1 Tbsp. nutritional yeast flakes
2 c. quick oats
1/2 c. pecan meal

In a medium saucepan, place all ingredients except oats and pecan meal. Bring to a boil. Add oats and pecan meal. Reduce heat and cook, stirring, until thick. Set aside to cool. Form into patties and fry in a little olive oil until golden brown on both sides. Serve in buns or with beef-like gravy, potatoes and corn. **Kyong Weathersby**

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Carob Coconut Cookies

1 1/2 c. quick oats
1/2 c. whole wheat flour
1/2 c. oat flour
1 c. unsweetened shredded coconut
1/4 c. carob powder
2/3 c. Turbinado sugar or agave nectar
1/2 tsp. sea salt
3/4 c. soy milk
1/2 c. canola oil
1 tsp. vanilla

1. In a medium bowl, combine quick oats and flour. Stir well. Add coconut, carob powder, Turbinado sugar and salt. Mix well. Add soy milk, canola oil & vanilla and mix until moistened. Place on oil-sprayed baking sheet using a small scoop and flatten to desired shape. Bake at 350 degrees for 15 - 18 minutes, or until edges are golden brown and crispy. **Kyong Weathersby**

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