

# Vegan Menu

I work with you on any foods you want, but these are foods I can make with ingredients you like. All of my recipes are soy-free, but if you want tofu or tempeh, I can make them, too.

## Entrees:

- Stuffed Poblano Peppers
- Stuffed Bell Peppers (Can be made Raw)
- Veggie Burgers [Made from scratch]
  - Original
  - Indian Style
  - Mexican Style
  - Asian Style
  - Etc.
- Spaghetti Bolognese
  - With or without veggie balls
- Pasta Primavera
- Spaghetti Pesto
- Zoodle Pesto (Raw)
- Pasta Bake [Casserole]
- Fish-y Tacos
- Beef-y Tacos
- Veggie Fajitas
- Gluten-Free Pizza
  - I make my own crust & vegan mozzarella cheese
- No-Chicken Salad Wraps (Raw in Collard)
  - In collard wraps or tortilla

- Indian Curry w/ Rice or Quinoa
- Pad Thai Noodles
- Stir-Fry w/ Noodles or Rice
- Roasted Vegetables

### Sides:

- Mac n' Cheeze [Nut Base]
- Low-Fat Mac n' Cheeze [Vegetable base]
- Mashed Potatoes
- French Fries [Baked]
- Pasta Salad
- Potato & Kale Salad
- Potato Salad
- Pink Potato Salad
- Cauliflower Couscous
- Fried Rice

### Soups:

- Lentil Soup
- Broccoli "Cheddar" Soup
- Chili "Non-Carne"
- Potato-Veg Stew

## Desserts:

- Banana-Berry Nice Cream (Raw)
- Coconut Truffles (Raw)
- Dark Chocolate
- Fudge
- Banana Oat Cookies

## Sauces/Dips:

- Ketchup
- Salad Dressings
  - Tahini-Lemon
  - Ranch
  - Hunny Mustard
  - Italian
  - Creamy Avocado
- Hummus
- Gaucamole
- Nacho Cheeze
- Moxarella Cheeze Dip
- Salsa
  - Hot
  - Medium
  - Mild

- Pico de Gallo
- Sour Cream
- Marinara
- Alfredo