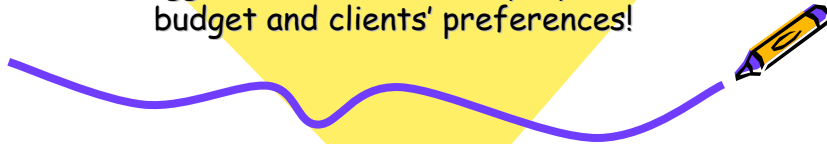




## Beyond Veggie Burgers

Veggie meal ideas to suit prep time,  
budget and clients' preferences!



## Vegetarian Ingredients are versatile

- Vegetarian ingredients are versatile, easily adaptable to different dishes.
- Canned or cooked lentils can be mashed with stewed eggplant or zucchini, fresh tomatoes, onions and garlic and used as a sandwich filling.
- Tomato salsa can be a salad dressing, flavoring for soup and an ingredient in casseroles.
- Orange or apple juice concentrate can flavor a salad dressing or marinade, replace sugar in baking recipes or add "zip" to a sweet and sour sauce.
- Many vegans avoid refined white sugar because it is processed with bone char, an animal byproduct.
- Cooked black bean beans can be tossed in salads, simmered in soups, baked into breads, smashed into spreads or can stand on their own, garnished with sliced onions.



## Convenience Veggie Items

- You can decide on the amount of time and money you have for your vegetarian effort. The easiest way (but probably the most costly) is to use convenience products.
- Veggie burgers are available frozen in a variety of flavors and are easy to prepare. Just substitute a veggie burger for a hamburger patty in patty melts or hamburger platters. Pile high the raw vegetables (sliced tomato, lettuce, onion, bell pepper, shredded carrot, etc) and you have a quick entrée.
- A veggie burger can be substituted for a slice of meatloaf, Salisbury steak, Swiss steak or country-fried steak.
- Use crumbled veggie burgers in chili, sloppy joes, pasta sauce, soups or anywhere you use ground beef.
- Frozen "poultry" products, such as Tofurky, can be quickly heated and sauced for a fast entrée.
- The good news about having frozen vegetarian products on hand is their convenience and quick preparation. The bad news is they can be expensive and may have short shelf lives.



## Reliable ingredients: pasta and beans

- Pasta is an easy way to go for fast vegetarian entrees. To make a pasta dish acceptable to both omnivores and vegans, choose pasta made without eggs.
- Prepare a marinara sauce (tomato sauce with vegetables), add sautéed or steamed mushrooms, minced garlic and extra tomatoes and serve over cooked pasta for a fast entrée.
- Or toss pasta with sauce, place in steam table pan, top with chopped tomatoes, bell peppers and onions, cover and bake until hot for a quick vegetarian casserole.
- Additions to the tomato sauce can include chopped seasonal vegetables (such as summer squash, carrots and different varieties of mushrooms), cooked lentils or white beans, roasted garlic and fresh chopped herbs (try basil or oregano).
- If your menu offers dishes prepared with beans or legumes, cook the beans without animal products so you may use them for everyone.
- If you don't prepare beans, keep cans of several varieties on hand. You can toss together a hearty four bean soup (try kidney, navy, garbanzo and black-eye peas), pair it with a baked potato (topped with chopped veggies and margarine), steamed rice or pasta salad and you have a fast vegetarian entrée.

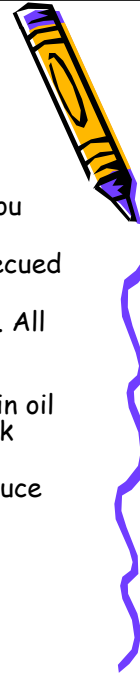


Cooked beans can be pureed and seasoned and used as a protein-rich sauce to top pasta, rice or other cooked grains. Toss cooked beans into a rice pilaf for another fast entrée. Many of these vegetarian items will also work well for low-fat, high protein, pregnancy or geriatric menus.



## Soy stuff

- There are meat alternates for the creative cook. As you know, tofu can be purchased in several textures.
- Extra firm tofu can be cut and grilled, baked or barbecued just like meat. The same goes for seitan and tempeh.
- Tofu is bland and seitan and tempeh have a mild flavor. All three need some assistance in the "sizzle" area, so experiment with seasonings and marinade.
- Fast and simple: marinate firm tofu, tempeh or seitan in oil and vinegar dressing for twenty minutes. Broil for quick "steaks."
- Or place in a baking pan, cover with savory marinara sauce and bake/



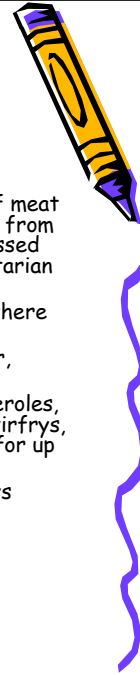
## The fungus among us!

- Portobellos are chewy and tough (in a good way) and mimic meat. Marinate the caps (discard the stems, as they are really chewy, unless you are making a stock) in Italian dressing and grill or bake them or throw them, sliced, in stir-fries.
- Omnivores will think they are eating meat and vegans may become alarmed because it seems as if there's an animal product on their plate (clue them in!).
- If you don't have time to mess with fresh portobellos, several companies are selling already marinated or breaded mushrooms.
- If portobellos don't fit the budget, use white or brown button mushrooms, casserole-style rather than steak-style



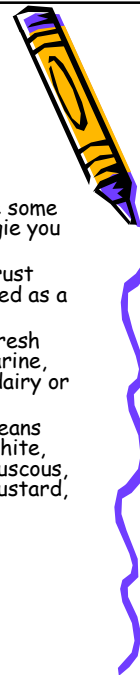
## TVP ( aka " hamburger helper")

- TVP or TSP, textured vegetable or soy protein, is the granddaddy of meat alternates. TVP is a dry product usually made with proteins isolated from soy flour. Over the years, it has been used as an ingredient in processed entrees and side dishes. TVP is an ingredient in many prepared vegetarian products, such as veggie dogs, chilies and sausage.
- You can purchase TVP fine or crumbled, flavored or plain. Use TVP where you would use ground beef. TVP needs to be rehydrated
- A general rule of thumb is 1 cup of TVP to  $\frac{3}{4}$  to 1 cup of boiling water, allowing ten minutes for rehydration.
- Once TVP is rehydrated, use the fine texture in sauces, soups, casseroles, tacos and chili. Use the crumble texture to replace beef in stews, stirfrys, soups, pot pies, and hot entrees. Dry TVP can stored in dry storage for up to 6 months.
- Rehydrated TVP needs to be refrigerated and used within three days



## Secrets of the Storeroom

- Review your inventory and identify vegetarian ingredients. Here are some suggestions of items to have on hand (you'll be surprised at how veggie you already are):
- Freezer: frozen vegetables and fruit, frozen potatoes, frozen pie crust (made with vegetable shortening), fruit juice concentrates (to be used as a cooking sweetener in place of sugar).
- Refrigerator: fresh produce, fresh herbs, fresh garlic and ginger, fresh potatoes, tortillas (made with vegetable oil), assorted breads, margarine, prepared salsas, chutneys, oil-based salad dressings (made without dairy or eggs) juices.
- Nonperishable storage: canned tomato products, canned and dried beans (lentils, pinto, kidney, navy, garbanzos, black-eyed peas, split peas, white, lima, etc.), pasta, rice, potato mixes (made without dairy), grains (couscous, kasha, oats, bulgur, etc.), peanut butter, fruit preserves vinegars, mustard, oils, dried herbs and spices, flavoring extracts and zests.



## Speed Scratch

- Vegetarian ingredients are versatile, easily adaptable to different dishes. Canned or "scratch" lentils can be mashed with stewed eggplant, fresh tomatoes, onions and garlic and used as a dip for vegetables, a spread for garlic bread or as a sandwich condiment. Tomato salsa can be a salad dressing, chip or vegetable dip, flavoring for soup and an ingredient in casseroles. Orange or apple juice concentrate can flavor a salad dressing or marinade, replace sugar in baking recipes or add "zip" to a sweet and sour sauce (served over grilled vegetables).




## Veggie Prep Tips

- Develop timesaving production techniques for preparing vegetarian and non-vegetarian menu items.
- For example, preparing steamed vegetables with margarine or olive oil, rather than butter.
- Using vegetable stock or base, rather than meat stock, means making only one batch for everyone.
- Purchase vegetarian canned refried beans (the price is the same) and use shredded cheese, meat or eggs as an optional garnish rather than incorporating into soups or casseroles.



## Salads from the Pantry

- Salads from the pantry are a snap. We especially like green beans, wax beans and beets as starter ingredients.
- How about sweet and sour green beans, wax beans or beets, made with a cornstarch, vinegar, orange juice concentrate and soy sauce dressing. Make this type of salad low sodium by using frozen beans or peas and low-sodium soy sauce. Prepare this dish hot and let it chill as a cold salad before serving.
- Green beans tossed with a small amount of chopped nuts and tossed with canned mushrooms and canned evaporated milk is a soft, creamy, savory salad. Try the same salad with green beans, carrots and chopped parsley and canned milk for a different color and flavor. The milk adds creaminess and extra calcium and Vitamin D. To make this salad low fat, use a nonfat canned milk or fresh nonfat plain yogurt. If additional protein is required, add chopped hard cooked whole eggs or egg whites to beet salads or to any of the green bean salads listed above.



Yogurt or silken tofu can be tossed with sliced canned carrots or cooked, chilled frozen carrots and canned garbanzos or kidney beans, a little dill, some vinegar and some chopped onions to create a high protein, high Vitamin A salad. You can completely puree this salad to make a cold dip for veggies and bread sticks. It will resemble Middle Eastern humus.

## Corn and ( veggie) Caviar

- Continuing in the pantry, how about a corn salad? This can be served as both a cold side dish or used as a cold condiment instead of high fat gravies or sauces. Combine canned (or frozen, cooked and chilled) cut corn with canned sliced pimentos, chopped parsley, and green onions, bell peppers and toss with vinaigrette. Made with frozen corn, this salad can be both low fat and low sodium.
- We love the idea of "Texas Caviar," also known as a cold black-eyed pea salad. Canned black-eyed peas are drained and rinsed and tossed with chopped onion and green bell pepper and barely dressed with oil and vinegar dressing. Serve this cold, or hot, as a side dish, or as part of an entrée, over steamed rice, a baked potato or corn bread



## Ideas for veggie entrees

- Three bean Tamale pie: alternate 3 types of cooked beans with salsa, top with prepared cornbread mix, bake. If cornbread is prepared with dairy and/or eggs, substitute seasoned mashed potatoes (seasoning could include dried parsley, ground black or white pepper and garlic powder)
- Chili Sauté: add chopped bell peppers, onions and garlic to three- or four- chili and sauté or bake - serve over steamed rice, vegetarian cornbread or mashed potatoes
- Veggie Shepherd's Pie: top vegetable stew (use a mixture of carrots, celery, onions and mushrooms or mixed vegetables combined with cooked beans) with prepared mashed potatoes and bake
- Pasta Bake: combine cooked pasta with tomato sauce, chopped tomatoes and diced mushrooms, season with ground basil and oregano and bake. Add red, black or white beans, garbanzos, or chopped nuts for complete protein
- Lentil Stew: combine cooked lentils with cooked, quartered steamed potatoes, sliced cooked carrots, diced celery and chopped tomatoes, season with pepper and dill and simmer until ready to serve
- Veggie size: serve veggie burger topped with vegetarian chili and chopped veggies, serve on a hamburger bun or toasted bread Burrito wrap: fill a large tortilla with mashed beans, sliced chilies, chopped tomatoes or salsa and sliced onions, heat in oven or microwave, serve hot



## Veggie Side Dishes

- Garlic Mashed Potatoes: add granulated garlic to mashed potato mix that has been prepared with hot water and vegetarian margarine (contains no dairy)
- Herbed Potatoes: coat small, cooked potatoes with vegetable oil spray, toss with dried herbs and bake until crisp
- Refried Beans: mash cooked pinto or black beans with sautéed onions and bell peppers and steam or bake to heat
- O'Brien Potatoes: add diced peppers, chopped onions and cut corn to hash browns, bake to heat.
- Rice Pilaf: sauté rice in a small amount of vegetable oil, steam in vegetable broth or water (you can use water that has been drained from cooked vegetables), garnish with cooked peas, carrots, mushrooms and chopped nuts



## Veggie (no dairy) Desserts

- Peach Cobbler: top frozen or canned pie filling with strips of piecrust, chopped nuts and raisins and bake (this would not be acceptable for vegans who do not use white sugar)
- Baked Apple: stuffed cored apples with raisins and ground cinnamon sweeten with orange juice concentrate and bake
- Apple Bread Pudding: combine shredded sweet rolls and bread with apple pie filling (use applesauce for additional moisture) and bake
- Fruit Compote: stew dried fruit (raisins, apricots, prunes, apples work well) with peeled, sliced apples and pears, season with cinnamon, mace and lemon zest. Serve hot or chilled.



## Veggie World

- Vegetarian (also called "lacto- ovo vegetarian"): animal products okay (dairy, eggs, honey)
- Vegan: no animal products. Protein sources include beans, nuts, legumes, nutritional yeast (which tastes like malt/parmesan cheese).





## Other Info

### LinkedIn Discussion Group

[http://www.linkedin.com/groups?gid=4304589&trk=hb\\_side\\_g](http://www.linkedin.com/groups?gid=4304589&trk=hb_side_g)

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