

CHEESY GOODNESS YOUR HEART WILL LOVE

Seventh Day Adventist Church - Hot Springs, SD



Block of Cheddar “Cheese”

<i>ingredients</i>	DIRECTIONS
1 1/2 cups water 5 Tbsp agar flakes (or 2 1/2 Tbsp agar powder) 2 Tbsp light or chickpea miso 1/2 cup pimento pieces 1/2 cup raw cashews 1/4 cup nutritional yeast flakes 3 Tbsp fresh lemon juice 2 Tbsp sesame tahini 2 tsp onion powder 1 tsp salt 1/4 tsp garlic powder 1/4 tsp dry mustard	1: Lightly oil a 3 cup plastic storage container and set aside. 2: Combine the water and agar in a small saucepan and bring to a boil. Reduce the heat and simmer, stirring often, until dissolved. 3: Transfer to a blender and add remaining ingredients. Process several minutes until completely smooth, scraping down the sides of the blender jar as necessary. 4: Pour into the prepared container and cool uncovered in the refrigerator. When completely cool, cover and chill several hours or overnight. 5: To serve, turn out of the container and slice. Store leftovers covered in the refrigerator. Will keep 5 to 7 days.

Golden “Cheese” Sauce

<i>ingredients</i>	DIRECTIONS
2 cups potatoes, peeled and roughly chopped 1 cup peeled carrots, diced ¼ of small-sized onion roughly chopped ½ cup nutritional yeast 1 Tbsp lemon juice 1 tsp. garlic powder 1 tsp. onion powder ½ tsp. salt or to taste ½ – ¾ cup of warm water	1: Boil the potatoes, carrots, and onion until soft – usually 15-20 minutes. Once they’re finished drain them and add to your blender. 2: Place all the remaining ingredients in your blender and blend until the cheese dip is smooth and creamy. If it’s too thick you can add a little more water while you’re blending. You shouldn’t have to heat up on the stove as the veggies will still be hot. 3: Pour into a bowl and enjoy.

Cashew “Cheese” Sauce

ingredients

1/2 cup raw cashews
1 1/2 - 2 cups water
1 1/2 cups cooked grain
1/3 cup nutritional yeast
1-2 T lemon juice
1 t salt, to taste

DIRECTIONS

1: Blend all ingredients until smooth.

Optional: may add a little of cooked red or orange bell pepper, cooked carrot or pimiento (cherry pepper) for coloring.

26 Yummy Ways to Use “Cheese” Sauce

- Use it as a dip or fondue for tortilla chips, pretzels, crackers, breads, popcorn, veggies or fruit.
- Drizzle it over nachos, tacos, burritos, enchiladas, quesadillas, or fajitas.
- Mix it with cooked pasta, rice, or quinoa for a cheesy casserole or skillet.
- Add it to scrambled tofu, or breakfast burritos for a cheesy boost.
- Spread it on toast, bagels, muffins, or biscuits for a savory snack.
- Use it as a topping for baked potatoes, fries, tater tots, or hash browns.
- Stir it into soups, stews, chilis, or gravies for a creamy and flavorful addition.
- Use it as a filling for stuffed peppers, mushrooms, zucchini, or tomatoes.
- Blend it with salsa or guacamole for a delicious dip or spread.
- Use it as a base for macaroni and cheese, broccoli and cheese, or cauliflower and cheese.
- Use it as a dressing for salads, coleslaw, or pasta salad.
- Use it as a gravy for mashed potatoes, biscuits, or waffles.
- Use it as a spread for scones, croissants, or danishes.
- Use it as a layer for lasagna, or shepherd’s pie.
- Use it as a stuffing for ravioli, tortellini, or gnocchi.
- Use it as a coating for popcorn, nuts, or cereal.
- Use it as a topping for pizza, calzones, sandwiches, or wraps.
- Use it as a filling for empanadas, samosas, or turnovers.
- Use it as a filling for croquettes, dumplings, or wontons.
- Use it as a sauce for kabobs.
- Use it as a dip for cookies, brownies, or bars.
- Use it as a topping for oatmeal, granola, or cereal.
- Use it as a sauce for smoothies, milkshakes, or frappes.
- Use it as a sauce for bread pudding, rice pudding, or tapioca pudding.
- Use it as a filling for toast, waffles, crepes or pancakes.
- Use it as a topping for cornbread

Nacho "Cheese" Sauce

Serves 6

ingredients

1 cup Cashews OR sunflower seeds
3 1/2 cups pure Water
1- 7oz can Pimientos OR
1 Whole Fresh Red Bell Pepper, seeded
1/2 cup Oats
2 Tbsp Lemon Juice (Fresh is Best)
2 Tbsp Diced Onion (or a little more!)
1 Tbsp Sea Salt (add more at the end to taste)
1/2-3/4 cup Nutritional Yeast Flakes
1/2 cup Oil
3 Tbsp Arrowroot Powder OR Cornstarch
1 Clove of Garlic
1 can Diced Green Chiles (mild or medium depending on your preference)

Optional:

Some people add an entire can of diced tomatoes with green chiles. Feel free to add some jalapeno if you like spicy nachos!

DIRECTIONS

- 1: Blend all ingredients except green chiles until very smooth. (If you're using the canned tomatoes with green chiles, just go ahead and throw it in the blender as well in the beginning).
- 2: Next add the canned diced green chiles. Blend a little more.
- 3: Pour into a saucepan and cook on medium heat, stirring constantly until thickened.



Tofu Ricotta

<i>ingredients</i>	DIRECTIONS
1 pkg (12oz) extra firm tofu, drained & lightly pressed 1/4 cup nutritional yeast 1 tbsp lemon juice 1 tbsp oil 1/2 tsp salt, to taste	<p>1: Combine all ingredients into an appropriate sized bowl. Crumble/mash tofu using a potato masher while mixing ingredients together. Alternatively, you can use a food processor, if desired. Using a blender may produce too much of a smooth, pureed texture, so avoid using a blender unless this consistency is desired.</p> <p>2: May add water if a thinner, smoother consistency is desired.</p> <p>3: Use this healthier version in any recipe that calls for ricotta cheese.</p>

Plant-Based Parmesan “Cheese”

<i>ingredients</i>	DIRECTIONS
1/2 cup nutritional yeast flakes 1/2 cup ground sesame seeds 2 t garlic powder 1 t onion powder 1 T chicken-like seasoning 1 T lemon juice	<p>1: Mix together all ingredients and store in an airtight container in the refrigerator.</p>

“Cream” of Mushroom Soup

Serves 6

ingredients

DIRECTIONS

1 pkg (24 oz) mushrooms, sliced and divided
6 cups water
1 onion, diced
2 medium potatoes, cubed
1 cup “Cheese sauce” recipe *
1 cup plant-based milk (or to desired consistency)
1 cup cooked white or brown beans *
2 cloves garlic
2 tbsp beef-flavored seasoning **
1 ½ tsp salt (or to taste)

* Foods that add a creamy texture and can be substituted in include: mashed potatoes, mashed beans, coconut cream, pureed cauliflower, cashews, cooked oatmeal, etc.

** Beef-flavored bullion cubes (preferably plant-based), mushroom powder, “Bisto” gravy mix (Amazon), Marmite/Vegemite all work well

- 1: Saute mushrooms dry, stirring often, until water sweats out of them. May add a sprinkle of salt to help this process out.
- 2: Add onion, potatoes, garlic, and 75% of your mushrooms into a pot and cook until potatoes are fully soft. Set aside the remaining mushrooms.
- 3: Add beans (or other creamy substitute) and cheese sauce to soup and heat until desired temperature.
- 4: Blend soup into a creamy texture. Add remaining mushrooms back into the soup after blending.
- 5: Add plant-based milk to desired consistency and salt to taste. Garnish with greenery or croutons, as desired.

DID YOU KNOW THAT...

Mushrooms are a low-calorie food that packs quite a health punch. As a superfood family, mushrooms are known to fight cancer, boost the immune system, repair cells, lower blood pressure, and prevent diabetes. Also, certain mushrooms exposed to UV light contain vitamin D, which is not usually found in foods.



Sweet 'n' Sour "Meatloaf"

Serves 10

ingredients

8-10 slices of multigrain loaf bread, torn
1 large onion, diced
1-2 cloves garlic
2 "dollops" Plant-based butter
2 ½ cups (20 oz) buckwheat recipe
1 pkg (12 oz) firm or extra firm tofu
2 cups "Cheese sauce" recipe
1 tsp ground sage
1 tsp salt, to taste

For sauce *

½ cup ketchup
½ cup sugar (or honey, agave nectar)
½ cup water

* the sauce ingredients can be adjusted to make more or less to add to the meatloaf. To adjust, mix ingredients in a 1:1:1 proportion (i.e., 1 cup of each to make more sauce, 1/3 cup of each to make less sauce).

DIRECTIONS

- 1: Saute onion and garlic in plant-based butter.
- 2: Tear bread into cube-sized pieces and add to saute mixture. Saute further until bread is soft.canned diced green chiles. Blend a little more.
- 3: Open tofu package, drain excess water and squeeze as much extra water out of tofu before taking it out of the package. Crumble tofu into the saute.
- 4: Add buckwheat, "cheese sauce," salt and sage into mixture and saute some more until thoroughly mixed.
- 5: Press the mixture into a 9x13 casserole dish.
- 6: Mix ingredients for sauce, stirring to dissolve sugar. Pour on top of "meatloaf."
- 7: Bake at 350* F for approximately 45 mins.

Note: While this meatloaf is delicious straight from the oven, letting it chill in the refrigerator for at least 4 - 8 hours will allow for a firmer texture and blended sweet & savory flavors. This recipe makes great leftovers!



Buckwheat

ingredients

1 cup buckwheat groats,
rinsed & drained
1 3/4 cups water
1 tbsp oil
1/2 tsp salt

DIRECTIONS

1: Cook buckwheat using one of three ways:

- 1) Stove top: put all ingredients into a pot and bring to a boil. Turn heat down, cover with lid and let simmer for 18-20 minutes, until done.
- 2) Instant Pot: put all ingredients into instant pot. Use the “Rice” setting. Use rapid pressure release.
- 3) Rice Cooker: put all ingredients into rice cooker and cook as normal.

DID YOU KNOW THAT...

the Yi people of China who eat a diet high in buckwheat (3.5oz/day) were found to have lower LDL (bad) cholesterol and higher HDL (good) cholesterol? Eating a diet rich in whole grains, such as buckwheat, also helps prevent cancers and fight diabetes. Buckwheat, like the soybean, is also a complete protein in of itself, providing all the 9 essential amino acids that the body cannot produce on its own. Contrary to its name, buckwheat is NOT a grain but a fruit, making it a wonderful substitute for those who are gluten-free.



NOTES::