

THE

**MANGO CHILI SORBET • RED PEPPER
GRITS • RAW TOMATILLO SALSA •
COCONUT CAULIFLOWER CURRY**



SPICY

VEGAN

COOKBOOK

**MORE THAN 200 FIERY SNACKS, DIPS,
& MAIN DISHES FOR THE VEGAN LIFESTYLE**

ADAMS MEDIA

THE SPICY VEGAN COOKBOOK

**More Than 200 Fiery Snacks,
Dips, & Main Dishes for the
Vegan Lifestyle**

ADAMS MEDIA

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Copyright

INTRODUCTION

Chipotle. Habanero. Jalapeño.

Today, hot and spicy ingredients like these are taking the culinary world by storm and are showing up on the menus of neighborhood diners and fine dining restaurants alike. But finding vegan dishes that satisfy your cravings for spice isn't always easy. Fortunately, *The Spicy Vegan Cookbook* offers more than 200 recipes guaranteed to give your palate the heat it's been looking for!

With vegan recipes ranging from Jalapeño Hash Browns to Garlic and Gingered Green Beans to Mango Chili Sorbet, you'll be able to fire up your table—no matter what meal you're eating! In addition, you'll find recipes like Coconut Curry Sauce, Cranberry Jalapeño Relish, Smoky Chipotle Salsa, and Homemade Chili Powder that show you how to make your own sauces, spices, salsas, and spreads so you can take anything on your menu and kick it up a notch.

Throughout the book, you'll find recipes with a variety of spices and levels of heat. Some recipes like Red Pepper Grits show restraint by calling for just a smattering of hot red pepper flakes, while others like the Five-Pepper Chili will have you calling the fire department to put out the heat the spicy habanero pepper left behind.

So whether you're looking for something just a little spicy or out-of-this-world hot, or if you're indulging in an early-morning breakfast or salivating over a late-night dessert, *The Spicy Vegan Cookbook* is sure to spice up your life!

Breakfast and Brunch

Tofu Frittata

Chili Masala Tofu Scramble

Sunrise Tofu Scramble

Hot and Spicy Home Fries

Jalapeño Hash Browns

Onion, Pepper, and Poblano Hash

Potato Poblano Breakfast Burritos

Spicy Breakfast Burrito

Red Pepper Grits

Tofu Frittata

Frittatas are traditionally made with eggs, but you can use tofu instead for a cholesterol-free breakfast dish that is guaranteed to spice up your morning!

Serves 4

2 tablespoons olive oil
1 cup peeled and diced red potatoes
½ onion, diced
½ cup diced red pepper
½ cup diced green pepper
1 teaspoon minced jalapeño
1 clove garlic, minced
¼ cup parsley
1 (16-ounce) package firm tofu
½ cup unsweetened soymilk
4 teaspoons cornstarch
2 tablespoons nutritional yeast
1 teaspoon mustard
½ teaspoon turmeric
1 teaspoon salt
¼ teaspoon black pepper

1. Add the oil to a large pan and sauté the potatoes, onion, peppers, jalapeño, and garlic on medium heat for about 15–20 minutes.
2. Meanwhile, in a blender or food processor, combine the rest of the ingredients until smooth, then pour the mixture into the slow cooker with the potato mixture.
3. Cover, and cook on high heat for 4 hours, or until the frittata has firmed.

Chili Masala Tofu Scramble

Tofu scramble is an easy and versatile vegan breakfast. This version adds chili and curry to pump up the flavor. Toss in whatever veggies you have on hand—tomatoes, spinach, or diced broccoli would work well.

Serves 2

- 1 16-ounce block firm or extra-firm tofu, pressed
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 small red chili pepper, minced
- 1 green bell pepper, chopped
- ¾ cup sliced mushrooms
- 1 tablespoon soy sauce
- 1 teaspoon curry powder
- ½ teaspoon cumin
- ¼ teaspoon turmeric
- 1 teaspoon nutritional yeast (optional)

1. Cut or crumble pressed tofu into 1" cubes.
2. Sauté onion and garlic in olive oil for 1–2 minutes until onion is soft.
3. Add tofu, chili pepper, bell pepper, and mushrooms, stirring well to combine.
4. Add remaining ingredients, except nutritional yeast, and combine well. Allow to cook until tofu is lightly browned, about 6–8 minutes.
5. Remove from heat and stir in nutritional yeast if desired.

THE NEXT DAY

Leftover tofu scramble makes an excellent lunch, or wrap leftovers (or planned-overs!) in a warmed flour tortilla to make breakfast-style burritos, perhaps with some salsa or beans. Why isn't it called "scrambled tofu" instead of "tofu scramble" if it's a substitute for scrambled eggs? This is one of the great conundrums of veganism.

Sunrise Tofu Scramble

Go gourmet with this spicy tofu scramble by substituting shiitake mushrooms and Japanese eggplant instead of the broccoli and button mushrooms.

Serves 4

1 (16-ounce) package firm tofu, drained and crumbled
½ cup chopped broccoli florets
½ cup sliced button mushrooms
2 tablespoons olive oil
2 teaspoons turmeric
1 teaspoon cumin
¼ teaspoon garlic powder
½ teaspoon red pepper flakes
2 cloves garlic, minced
1 teaspoon salt
¼ teaspoon black pepper
½ cup diced tomato
Juice of 1 lemon
2 tablespoons chopped fresh parsley

1. Add the tofu, broccoli, mushrooms, oil, turmeric, cumin, garlic powder, red pepper flakes, garlic, salt, and black pepper to a 4-quart slow cooker. Cover, and cook on low heat for 4 hours.
2. Add the tomato, lemon juice, and parsley to the scramble and serve.

Hot and Spicy Home Fries

Home fries are traditionally made in a pan or skillet on the stovetop, but they can be easily adapted for the slow cooker.

Serves 6

2 pounds red potatoes, peeled and chopped
1 onion, chopped
1 green bell pepper, chopped
 $\frac{1}{8}$ cup olive oil
 $\frac{1}{2}$ teaspoon cumin
2 teaspoons paprika
1 teaspoon chili powder
1 teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper

Place all ingredients in a 4-quart slow cooker, cover, and cook on high 2 hours.

Jalapeño Hash Browns

The type of jalapeños you choose for this dish can make the heat vary greatly, so add what you like!

Serves 6

- 2 tablespoons olive oil
- 2 pounds red potatoes, peeled and shredded
- 1 onion, diced
- ¼ cup chopped pickled jalapeños
- 1 teaspoon salt
- ¼ teaspoon black pepper

Place all ingredients in a 4-quart slow cooker, cover, and cook on high 2 hours.

Onion, Pepper, and Poblano Hash

Use a cheese grater to achieve finely grated potatoes for this spicy dish.

Serves 4

- 2 tablespoons olive oil
- 4 cups peeled and grated russet potatoes
- ½ onion, diced
- 1 poblano pepper, cored and diced
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon pepper

Add all ingredients to a 4-quart slow cooker. Cover, and cook on high heat for 4 hours.

BETTER HASH BROWNS

After you have grated the potatoes for the hash browns, make sure to rinse them in a colander to get rid of the extra starch. Then allow the potatoes to dry so they will get extra crispy in the slow cooker.

Potato Poblano Breakfast Burritos

With or without the optional ingredient, this hot and spicy breakfast is sure to fill you up

Serves 2

2 tablespoons olive oil
2 small potatoes, diced small
2 poblano or Anaheim chilies, diced
1 teaspoon chili powder
Salt and pepper, to taste
1 tomato, diced
2 flour tortillas, warmed
Hot sauce, to taste
Grated vegan cheese (optional)

1. Heat olive oil in a pan and add potatoes and chilies, sautéing until potatoes are almost soft, about 6–7 minutes.
2. Add chili powder, salt, pepper, and tomato, and stir well to combine.
3. Continue cooking until potatoes and tomatoes are soft, another 4–5 minutes.
4. Wrap in warmed flour tortillas with hot sauce and a bit of vegan cheese if desired.

Spicy Breakfast Burrito

Tofu is a great alternative to eggs in breakfast dishes, and tofu is naturally cholesterol-free!

Serves 4

2 tablespoons olive oil

1 (16-ounce) package firm tofu, drained and crumbled

¼ cup diced red onion

1 tablespoon minced jalapeño

¼ cup diced red bell pepper

¼ cup diced poblano pepper

1 cup cooked black beans, drained

2 teaspoons turmeric

1 teaspoon cumin

½ teaspoon chili powder

½ teaspoon salt

¼ teaspoon black pepper

4 flour tortillas

1 avocado, peeled and sliced

½ cup diced tomatoes

¼ cup chopped cilantro

½ cup chipotle salsa

1. Add olive oil, tofu, onion, jalapeño, red bell pepper, and poblano pepper to a 4-quart slow cooker and sauté on high for 5–8 minutes.
2. Add the black beans, turmeric, cumin, chili powder, salt, and black pepper. Cover, and cook on low heat for 4 hours.
3. Scoop the filling onto the tortillas and add the avocado, tomatoes, cilantro, and salsa. Fold the sides of the tortillas in and roll up the burritos.

 **STEAMING TORTILLAS**

For best results, steam tortillas on the stovetop using a steamer basket. If you're in a hurry, throw the tortillas into the microwave one at a time and heat for about 30 seconds.

Red Pepper Grits

Grits are a true southern staple, but this recipe has a slight twist and calls for Vegetable Broth and red pepper flakes.

Serves 6

- 2 cups stone-ground grits
- 3 cups water
- 3 cups Vegetable Broth (see [Chapter 4](#))
- 2 tablespoons vegan margarine
- 2 teaspoons red pepper flakes
- 1 teaspoon salt
- ¼ teaspoon black pepper

Place all ingredients in a 4-quart slow cooker, cover, and cook on high 2 hours.

CHOOSING GRITS

You may be most familiar with instant or fast-cooking grits, but those should be avoided in slow-cooker recipes. Choose stone-ground or whole-kernel grits instead; they will hold up better during the long cook time.

Sauces, Spreads, Salsas, and Spices

SAUCES AND SPREADS

Carolina Barbecue Sauce
Coconut Curry Sauce
Easy Peanut Sauce
Easy Asian Dipping Sauce
Mole
Tempeh Mole
Tomatillo Sauce
Cranberry Jalapeño Relish
Spicy Vegetable Marinara

SALSAS

Simple Salsa
Rancheros Salsa
Pressure Cooker Tomatillo Salsa
Pico de Gallo
Roasted Tomatillo Salsa
Mango Habanero Salsa
Mango Citrus Salsa
Chile de Árbol Salsa
Pineapple Salsa
Raw Tomatillo Salsa
Smoky Chipotle Salsa
Peanut Salsa
Creamy Pumpkin Seed and Habanero Salsa
Mixed Chili Salsa
Roasted Corn Salsa
Guajillo Salsa
Avocado Salsa
Super Spicy Salsa
Zesty Black Bean Salsa
Black Bean Salsa

SPICES

Homemade Chili Powder

Berberé

Creole Seasoning Blend

Adobo Seasoning

Curry Powder

Ras El Hanout

Baharat

Carolina Barbecue Sauce

This spicy sauce has a more acidic taste than the sweeter, mainstream, ketchup-based sauces.

Serves 6

¼ cup vegan margarine

1 cup apple cider vinegar

⅓ cup brown sugar

1 tablespoon molasses

1 tablespoon mustard

2 teaspoons vegan Worcestershire sauce

⅛ teaspoon cayenne pepper

Add all of the ingredients to the slow cooker and cook on high heat for 1 hour, stirring occasionally.

sample content of The Spicy Vegan Cookbook: More than 200 Fiery Snacks, Dips, and Main Dishes for the Vegan Lifestyle

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