

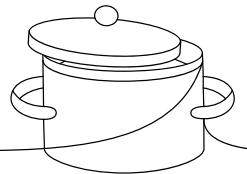
# WINTER SOUPS COOKING CLASS



**RECIPES:** *Lemon White Bean and Kale Soup with Croutons, Chipotle Tomato Bisque with Grilled Cheeze, and a Creamy No-Clam Chowder with Oyster Crackers and Warm Fresh Sourdough Bread.*

**VEGAN COOKING 101**  
**SUNDAY, JANUARY 14TH | 2:00 - 3:30 PM**  
**PACIFIC BEACH TAYLOR BRANCH LIBRARY**

**INSTRUCTOR: LIZ GARY @ [WWW.VEGANCULINARYMEMOIRS.COM](http://WWW.VEGANCULINARYMEMOIRS.COM)**



# BUILD YOUR OWN VEGAN GRILLED CHEESE

## INGREDIENTS:

### Assorted Sliced Breads:

Sourdough  
Rye  
Whole Wheat  
French or Italian

### Grilling Spreads:

Vegan mayo  
Vegan butter  
Assorted mustards

### Vegan Cheeses:

Sliced Cheddar, Jack, Pepper Jack, Mozzarella  
Shredded Cheddar, Jack, Pepper Jack, Mozzarella  
Block of vegan Feta, crumbled  
Wheel of Creamy Chive or Mozzarella, sliced  
Vegan Parmesan (a wedge sliced thin or grated)

### Vegan Meat Fillings:

Grilled vegan bacon  
Grilled vegan sausage or soyrizo  
Sliced vegan deli meats  
Seasoned jackfruit

### Veggie Fillings:

Sautéed mushrooms  
Caramelized sweet onions  
Sauerkraut  
Purple onion rings, sliced thin  
Sun-dried tomatoes  
Roasted red bell peppers  
Arugula  
Fresh basil  
Sprouts  
Marinated artichoke hearts  
Jalapeños, sliced  
Tomatoes, sliced  
Avocado, sliced

### Fruit Fillings:

Apples, sliced  
Pears, sliced  
Strawberries, sliced

### Spreads:

Assorted mustards  
Fruit preserves



## DIRECTIONS:

Choose your preferred bread, cheese, and fillings.

Heat a flat grill or large skillet to medium high. Spread vegan mayo or butter on one side of each slice of bread. Layer one to two slices of cheese on the dry side of the bread, spread any desired fillings over the cheese then top the fillings with an additional one - two slices of cheese. Top with the second slice of bread and grill 3-4 minutes on each side or until the bread begins to turn golden brown. Use a spatula to carefully flip the sandwich and grill on the second side until browned on both sides. Transfer the sandwich to a serving plate and slice the sandwich in half with a serrated knife. Serve hot.

Host a Vegan Grilled Cheese Party! Create a spread of assorted breads, spreads, cheeses, and fillings. Heat up a large flat grill, provide tongs, spatulas, and spreaders and let your guests get creative with their fillings for a fun and delicious casual afternoon lunch or dinner party.

# CHIPOTLE TOMATO BISQUE

## INGREDIENTS:

2 Tablespoons vegan butter  
1 medium onion, diced  
2 stalks celery, diced  
2 medium carrots, diced  
3 cloves garlic, minced  
2 tablespoons flour  
4 cups vegetable broth  
1 28 oz. can organic fire roasted diced tomatoes  
1 3 oz. can tomato paste  
1 whole chipotle jalapeño, chopped  
1-2 teaspoons chipotle sauce  
1/2 cup unsweetened non-dairy creamer  
Freshly ground sea salt and black pepper to taste  
1/4 cup vegan sour cream  
Juice of one lime  
Chopped chives  
Vegan Croutons



## DIRECTIONS:

Heat a large stock pot to medium high, add two tablespoons of vegan butter. Stir in the diced onion, celery and carrots. Sauté the mixture on medium high for about 5 stirring occasionally. Add the garlic, cook and additional 2-3 minutes then sprinkle the flour over the mixture and stir to coat the vegetables evenly. Slowly pour in the vegetable stock, stir to combine. Add the chopped jalapeño and sauce, pour in the diced tomatoes. Bring the bisque to a soft boil then reduce the heat and simmer about 15 minutes.

Blend the hot soup with an immersible blender or carefully transfer it to a blender jar and process until smooth. Stir in the non-diary creamer then season with freshly ground sea salt and black pepper to taste.

Combine the vegan sour cream and lime juice in a small bowl, stir until smooth. Ladle the soup into a bowl, drizzle the vegan sour cream mixture over the top, sprinkle with chopped chives and top with vegan croutons and additional freshly ground pepper.



# WHITE BEAN & KALE SOUP

## INGREDIENTS

### SOUP:

1 medium yellow onion, diced  
4 stalks celery, diced  
3 medium carrots, diced  
3-4 cloves garlic  
2 tablespoons olive oil  
2 teaspoons premium lemon pepper seasoning  
5 cups vegetable broth  
1 bay leaf  
2 (15 ounce cans) cannelloni beans drained  
1 bunch chopped Lacinato kale, stalks removed  
1/2 cup Italian flat leaf parsley  
Juice of one lemon



### TOPPINGS:

Zest of one lemon  
1/4 cup Italian flat leaf parsley  
2 tablespoons fresh herbs, chopped (rosemary, thyme, or basil)  
Vegan croutons  
Olive oil for drizzling

### DIRECTIONS:

Heat a large stock pot to medium high. Sauté the onion, celery, and carrots for 6-8 minutes or until they begin to soften and caramelize. Add the garlic and lemon pepper seasoning, sauté an additional 1-2 minutes then add the vegetable broth and bay leaf. Simmer for 10-15 minutes or until the vegetables are tender.

Remove the bay leaf. Transfer half of the mixture into the jar of a blender with one can of the drained beans, blend until smooth. Return the blended mixture to the pot and add the remaining beans, chopped kale, and parsley. Simmer 6-8 minutes or until the kale is tender. Stir in the lemon juice just before serving and season to taste.

Combine the lemon zest, parsley and fresh herbs. Top each serving with a sprinkle of the chopped parsley and herb mixture, a drizzle of olive oil, and vegan croutons. Serve hot.

# NO CLAM CHOWDER

## INGREDIENTS:

1 ½ pounds russet potatoes, peeled and diced  
1 bay leaf  
½ teaspoon celery salt  
4 tablespoons vegan butter, divided  
3 stalks celery, diced  
1 small yellow onion, diced  
4 ounces oyster mushrooms, diced  
4 ounces of tofu (firm-firmer), clam cut  
6 tablespoons unbleached flour  
3 cups non-dairy unsweetened milk or creamer  
Freshly ground salt and pepper to taste

## ACCOMPANIMENTS:

Freshly chopped parsley, chives, and thyme  
Oyster crackers  
Lemon wedges  
Fresh hot sourdough bread

## DIRECTIONS:

Place the diced potatoes, bay leaf and celery salt in a medium stockpot. Add about three cups of water or just enough water to cover them. Bring to a boil and simmer for 4-6 minutes until the potatoes are slightly tender but still firm and holding their shape. Turn off the heat, drain the potatoes and reserve the potato water in a large liquid measuring cup or bowl. Remove the bay leaf from the potatoes and place it in the reserved cooking liquid.

Heat the stockpot again to medium high with two tablespoons of the vegan butter. Add the onions and celery; sauté stirring occasionally on medium high for 5-6 minutes or until softened. Transfer the onion and celery mixture to a small bowl and set it aside.

Continue heating the stockpot to medium high, add the two remaining tablespoons of vegan butter. When the butter is sizzling add the mushrooms and tofu. Sauté, stirring occasionally for 3-4 minutes until they begin to lightly brown. Season with salt and pepper to taste.

Add the onions and celery back to the pot with the tofu and mushrooms. Stir in the flour and continue sautéing an additional minute or two, coating the mixture evenly as it thickens.

Gradually stir in the non-dairy milk or creamer one cup at a time. Whisk the chowder, allowing it to thicken between each addition.

Add the potatoes back into the pot, the bay leaf, and just enough of the reserved potato water to reach your desired thickness. Simmer until the potatoes are tender, about 5-6 minutes. Remove the bay leaf and ladle the soup into bowls. Garnish each bowl with freshly chopped parsley, chives, thyme, oyster crackers, and additional freshly ground salt and black pepper to taste. Serve with a side of lemon wedges and fresh hot sourdough bread. Serves six.

