



SEVEN SAUCES THAT SIZZLE

plant-based • oil-free

LANI
MUEL RATH

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Seven Sauces that Add Sizzle to Your Plant-Based Plate

There is a whole world of new taste delights when stepping up to plant-based nutrition.

I'm a big fan of simple fare: whole grains topped with colorful, savory vegetables and decorated with legumes, beans, or savory tofu.

Yet adding a lovely, delectable finish with a colorful savory or sweet sauce brings the entire presentation to a whole new flavorful and eye-pleasing level.

This can make all the difference when discovering new flavors and favorites, and can quickly hasten the process of bringing others along with you on the plant-based journey.

In other words, the food has to taste good!

Here are seven of my favorite, simple recipes for adding sizzle to your plant-based plate. There just wasn't room for them in *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight*. So now you don't have to miss out!



SAGE ADVICE MUSHROOM GRAVY

YIELD: ABOUT 1½ CUPS

Baked, mashed, or steamed, potatoes call out for their longtime companion-gravy! Usually swimming in fat, this simple variation has become my new gravy go-to. I pack it with mushrooms and eat it by the spoonful—it's that good.

1 cup water

1 tablespoon Bill's Best Chik'nish Vegetarian Seasoning

1 tablespoon tamari or soy sauce

3 tablespoons garbanzo flour (or wheat flour)

½ teaspoon rubbed sage

2 4-ounce cans sliced mushrooms, drained

Place all ingredients except for the mushrooms in a small-to-medium sized saucepan and mix well. Bring to medium heat and cook, stirring constantly with a wire whisk for about three minutes or longer, until the gravy thickens. Add the mushrooms and stir to heat through. Serve over potatoes, whole grains, Savory (recipe in *The Plant-Based Journey*) or steamed vegetables, or biscuits.

Note: In lieu of Bill's Best Seasoning, you could replace the one cup water with an equal amount of vegetable broth. You could also use just one can of the mushrooms or eliminate them entirely, I just prefer a lot of mushrooms in my gravy.

GREEN GARLIC SAUCE

YIELD: ABOUT ½ CUP

Beautifully bright green in color and screaming “garlic!”, a dab on potatoes or whole grains and vegetables—even dotted onto whole grain crackers—is enough to give you a good garlic fix. Warning: for garlic lovers only!

½ cup hummus (or tahini)

1 tablespoon lemon juice

1 tablespoon chopped fresh dill (1 teaspoon dried)

2 cloves garlic, crushed

2 tablespoons plant milk

¼ cup chopped parsley



Place all ingredients in a food processor and blend to desired smoothness. I like it a little chunky so that the bits of parsley stand out visually—but this is individual preference.

Note: In lieu of parsley, if you are a fan, try cilantro.



PEANUT-LIME SAUCE

YIELD: ABOUT 1 CUP

I can eat just about anything if it has peanut butter in it. Knowing how calorie concentrated it is, though, I do my best to eat peanut butter discriminately! Spreading the good flavor of peanut butter around by thinning it in a sauce is one way to do it.

¼ cup natural peanut butter

½ cup water

2 tablespoons tamari

2 tablespoons lime juice

1 clove garlic, pressed (optional)

2 tablespoons brown rice vinegar

1 medjool date, soaked in hot water for an hour, drained

Place all ingredients in food processor or blender and blend until completely mixed. The date takes a little of the tart off the lime juice. Serve over whole grains and vegetables. Store leftovers in the refrigerator.

Note: This recipe is absolutely made-to-order for Buddha Bowls (recipe in *The Plant-Based Journey*).

TURTLE BEACH ENCHILADA SAUCE

YIELD: ABOUT 3 CUPS

This sauce takes me back to the very first sea turtle protection project on which my husband Greg and I worked as volunteer field biologists in Mexico. We camped on the sand, patrolled the beaches to protect nesting turtles all night long, and then collapsed on our sleeping bags at dawn. Needless to say we were always enthused at mealtime to dig into the yummy, robust Mexican meals that were prepared for us.



This is where I encountered the best enchilada sauce I've ever eaten. In my quest to find out the cook's secret, I peeked into the camp kitchen. Along with fresh tomatoes, some flour for thickening, and a wonderful bouquet of spices and seasonings, I noted three secret ingredients—chocolate, chipotle, and adobo.

Here's my best attempt to replicate this sauce—going the easy route with canned tomato sauce. And as a lazy cook, I take it one step further by letting my food processor do most of the work. If you don't have a food processor, you can simply mix all together step-by-step.

2 tablespoons garbanzo flour
1 tablespoon chili powder
2 teaspoons unsweetened cocoa
1 teaspoon chipotle powder
1 teaspoon ground cumin
¼ teaspoon adobo powder
1 medium, sweet onion, finely chopped or sliced
2 cloves fresh garlic, pressed or 1 teaspoon garlic powder
1 cup vegetable broth
1 15-ounce can tomato sauce
salt to taste

Fast and easy food processor method: Toss all ingredients into the food processor or a blender and blend. Transfer to a medium saucepan and cook over medium heat for a few minutes to blend flavors and cook the onions and garlic.

Step-by-step, non-food processor method:

- 1) Mix the flour and dry seasonings together in a small bowl.
- 2) Add ¼ cup of the broth and whisk together to form a paste.
- 3) Add the tomato sauce and another ½ cup of the broth to form a thick soup.
- 4) In a medium saucepan, stir-fry the onions and garlic in 1/4 cup of the vegetable broth.
- 5) When cooked, add the thick soup formed from the flour and seasonings.
- 6) Cook, stirring, over medium heat until thick. Add salt, to taste, if needed.

Serving suggestions: Anywhere you'd use enchilada sauce! As sauce on your rice and bean enchiladas or directly over a mountain of brown rice and red, black, or pinto beans on your plate. My quick-and-easy method of making enchiladas is to take corn or flour burrito shells or flat bread, layer them in a baking dish with black beans, brown rice, cooked corn, mashed sweet potatoes with sauce generously spread throughout, and bake at 350 degrees for about 45 minutes.



GINGER- MISO DRESSING

YIELD: ABOUT 1¼ CUPS

This is perfect for when you want a salty accent for whole grains and vegetables and is a perfect topping for Buddha Bowls (recipe in The Plant-Based Journey) or even to dot into a tomato-avocado sandwich. The sweet of the orange is a delightful contrast to the salty from the miso and spicy from the ginger and garlic.

½ cup sweet white miso paste

1 tablespoon orange zest

½ cup orange juice

2 cloves garlic, pressed

1 tablespoon minced fresh ginger

2 tablespoons rice vinegar

Blend all in a food processor or blender. Store in the refrigerator.



VEGAN SOUR CREAM

YIELD: 6 SERVINGS

I wish I'd invented this recipe, but I can't take the credit. It comes to you courtesy of Kim Campbell from her collection in The Plant-Pure Nation Cookbook. When I asked Kim if I could use her recipe in my 7 Sauces That Sizzle collection, luckily for us, she said yes!



I drizzle this over enchiladas (a perfect compliment to the Turtle Beach Enchilada Sauce on page 6), beans over whole grains, or drizzled into Tacos in No Time or Speedy Burritos (both recipes in The Plant-Based Journey).

½ cup cashews, soaked in water to cover for 2-3 hours, then drained

¼ cup water

1 cup silken tofu

3 tablespoons lemon juice

1 teaspoon agave nectar

1 teaspoon white miso paste

¼ teaspoon salt

Soaking the cashews in water for a few hours will reduce blending time. If you are not using a Vitamix, Kim recommends soaking the cashews so they blend into a smooth and creamy texture. I combine all the ingredients in a Vitamix or high-powered blender (I use my food processor) and blend until smooth and creamy. Allow the mixture to chill for 1 hour to become thick.



ROASTED RED PEPPER SAUCE

YIELD: ABOUT $\frac{3}{4}$ CUP

A brilliant red sauce to enchant the eye and whet the palate. This is the perfect complement to whole grains and vegetables and baked or roasted potatoes.

$\frac{1}{2}$ cup roasted red peppers

$\frac{1}{2}$ cup vegan sour cream (see page 8; plain non-dairy yogurt works, too!)

2 teaspoons dried onion flakes

2 tablespoons nutritional yeast flakes

Place all ingredients in a food processor and process until smooth.



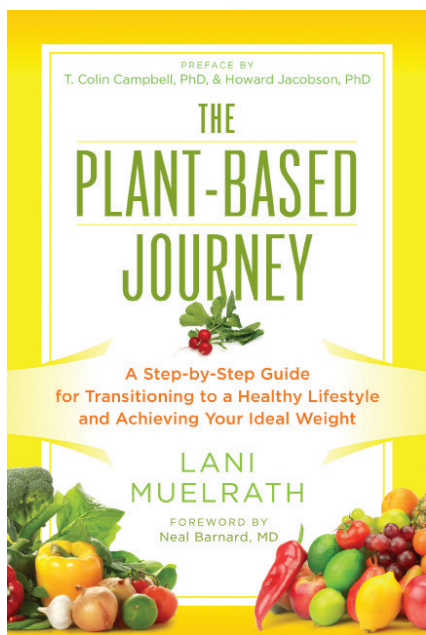
There you have it! I keep these seven recipes on file in my Google Drive so that I can quickly pull them up on my mobile phone for easy reference no matter where in the world my kitchen might be.

I hope you enjoy these recipes and that some become your new favorites, too!

Enjoy what you eat!



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Lani Muelrath, MA, is an award-winning teacher, author, speaker, and plant-based, active, mindful living expert. She is certified in Plant-Based Nutrition from Cornell University, a Certified Behavior Change Specialist, and recipient of the California Golden Apple Award for Excellence in Instruction. Guest lecturer at San Francisco State University and associate faculty at Butte College, Lani has also served as presenter and consultant for the Physician's Committee for Responsible Medicine and the Complete Health Improvement Project. In addition to *The Plant-Based Journey*, Lani is also the author of *Fit Quickies*, and has been featured on and in ABC-TV, CBS-TV, NPR, *Prevention* magazine, *USA Today*, *The Saturday Evening Post*, and more.

Learn more at LaniMuelrath.com and connect on social media:

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