



# Fivers

Five Plant-Based Recipes  
from  
The Gracious Vegan

## Mushroom Entrees

- *Unprocessed, whole-food* •
- *No added oil* •
- *Gluten-free* •



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## Mushroom Entrees

### **Mushrooms are nutritional powerhouses**

Mushrooms are ridiculously low in calories and contain a surprising amount of protein. Eight ounces of mushrooms contain over 6 grams of protein with only 50 calories.

Mushrooms can also help decrease your risk of breast, stomach, and colorectal cancers. Some varieties have been shown to be anti-inflammatory, and others help stimulate the immune system, prevent DNA damage, block the production of estrogen, and slow cancer cell growth.

There are no known downsides to eating mushrooms, unless they are poisonous...

### **Sautéing mushrooms without oil?**

Most mushroom recipes start with a couple tablespoons of oil for sautéing. That's certainly how the TV chefs do it. It's better for your health, though, to skip the oil. In most cases it's hard to tell the difference in the finished dish.

Oil is 100% fat with no other nutrients. Squeezed from seeds, olives, or coconuts, the oils lack the benefits of the foods they came from. I invite you to try these recipes and taste for yourself.



**Creamy Mushroom Soup**



**Mushroom-Ricotta Calzone**



**Polenta with Sautéed Mushrooms**



**Mushroom and Pea Masala**



**Spinach-Mushroom No-Bake Enchiladas**

## Creamy Mushroom Soup

*If you don't have porcini mushroom powder, use ½ ounce dried porcinis (soak them in boiling water, then chop them and add to the soup, along with the soaking liquid). With several different mushroom varieties used here, the flavor is beguiling, while the cashews take care of the creamy texture.*

**Hands-on time:** 30 minutes

**Total time:** 45 minutes

**Makes:** 6 servings

Soak cashews in cold water at least 2 hours, or pour boiling water over them, cover, and let them soak 20 minutes.

*1 ¼ cups raw cashews*

Water-sauté the following in a soup pot or Dutch oven until the onion and celery are soft, 5 minutes or more.

*½ medium-large onion, chopped*

*1 celery stalk, chopped*

*¼ cup (packed) flat-leaf parsley, chopped*

Add the following to the pot. Bring the soup to a boil, reduce the heat, and let it simmer 15-20 minutes, until the mushrooms are cooked through and tender.

*½ pound cremini or white button mushrooms, sliced*

*1 pound assorted mushrooms such as shiitakes, Portobellos, oysters, maitakes, chanterelles, or morels, and sliced*

*1.5 - 2 Tablespoons porcini mushroom powder*

*2.5 cups water*

*½ Tablespoon salt, plus more to taste*

*¼ teaspoon freshly ground black pepper, plus more to taste*

Use an immersion blender to puree the mushrooms to your desired level of chunkiness or smoothness.

Separately, drain the water from the cashews and blend them in a blender with 1 ½ cups fresh water until absolutely smooth.

Add the cashew cream to the soup, and stir it in. Blend the soup more, if desired. Season to taste with additional salt and vinegar or Braggs, starting with 1 teaspoon and tasting to see if you want more.

*1-2 teaspoons golden balsamic or sherry vinegar (or Bragg's Liquid Aminos)*

Garnish with additional minced parsley if desired.

### **Nutritional information per serving:**

175 calories, 11g fat, 2g sat. fat, 16g carbs, 18mg sodium, 9g fiber, 6g protein

## Mushroom-Ricotta Calzones

*Mushrooms and ricotta cheese couldn't be more complementary: earthy vs. sharp, chewy vs. creamy, brown vs. white. Throw in tomatoes and Italian spices, and you've got a delicious party going on inside the folded-over pizza crust.*

**Hands-on time:** 35 minutes\*

**Total time:** 45 minutes\*

**Makes:** 2 calzones (4 servings)

If you have a pizza stone, put it in the oven, preheat the oven to 500°, and let it heat 30 minutes after it hits 500°. If you do not have a pizza stone, preheat the oven to 475°.

**The dough.** You'll need one pound of pizza dough, thawed. Most supermarkets sell one-pound slabs of dough. I have not found one that is oil-free. If you want to make your own, note that recipes with around 2 cups of flour make about a pound of dough.

*One pound of pizza dough (whole wheat dough works well)*

**The filling.** Water-sauté these ingredients in a large skillet over low-medium heat until the liquid released by the mushrooms is evaporated and the mushrooms start to brown, 8-10 minutes.

*One pound mushrooms of your choice, sliced*

*3 cloves garlic, peeled and minced, grated, or chopped*

*1 teaspoon dried thyme*

Turn off the heat and stir in the following ingredients.

*Half of a 15-ounce can of petite diced tomatoes*

*1 cup vegan ricotta cheese (see recipe on page 8 for homemade)*

*1/3 cup vegan Parmesan cheese (see recipe on page 8 for homemade)*

*1/2 teaspoon salt*

*(Optional) Thawed 10-ounce package of chopped spinach, with all the water squeezed out*

Divide the pizza dough in half. Stretch out the first piece with your hands (or a rolling pin) into a 1/4" thick round (10-12"). Put half the filling in the center of the dough. Fold the round in half over the filling. Press or crimp the edges of the dough to seal the calzone. Repeat with the second piece of dough and remaining filling. Cut a few small vents in the top of the calzones to let steam escape.

Put the calzones directly on the pizza stone and bake for 12-15 minutes until browned. If you are not using a stone, put them on a sheet pan lined with parchment paper and bake at 475° for 16 to 18 minutes or more, until browned. Let them stand for at least 5 minutes before serving.

While the calzones bake, in the pan used to cook the mushrooms, combine the following and cook at low-medium heat for 5-6 minutes. Serve alongside the calzones for topping or dipping.

*Remaining half of the petite diced tomatoes*

*One 8-ounce can tomato sauce*

*1/4 teaspoon garlic powder*

*1/4 teaspoon dried thyme*

*Red pepper flakes as desired*

\* The times assume you have the vegan ricotta and Parmesan cheese already made or bought.

**Nutritional information per serving (assuming whole wheat pizza dough):**

493 calories, 18g fat, 3g sat. fat, 68g carbs, 770mg sodium, 13g fiber, 19g protein

## Polenta with Sautéed Mushrooms

You can use any cooked grain or pasta for this dish. Sautéed mushrooms can also be used as the basis for quesadillas or as a topping for burgers, baked potatoes, or toast.

**Hands-on time:** 30 minutes **Total time:** All-day soaking + 30 minutes **Makes:** 5 servings

**Polenta: in the morning.** Put these together in a medium saucepan and let sit all day.

*1 cup polenta (not instant)*

*4 ½ cups water*

*1 teaspoon salt*

**In the evening.** Put the saucepan on the stove and bring to a boil, whisking about every minute. Once it boils, turn the heat to very low and let the polenta simmer, uncovered, for 30 minutes or so, stirring or whisking about every 5 minutes to smooth out any lumps, until the mixture is very thick and pulls away from the sides of the pan. Stir in nutritional yeast and take the pan off the heat. The polenta is ready to serve.

*2 Tablespoons nutritional yeast*

**The mushrooms.** While the polenta is cooking, sauté the following ingredients in broth, 5 minutes or more, until the shallots are transparent and soft.

*Up to ½ cup vegetable broth, starting with 2 Tablespoons (see additional broth needed below)*

*1 large or two small 2 shallots, finely chopped*

*2 garlic cloves, peeled and minced, grated, or finely chopped*

Add the next group of ingredients and cook over medium-high heat 5-8 minutes. Mushrooms should have released their liquid and started the softening process.

*1 pound white button or cremini mushrooms, quartered or sliced*

*1 pound wild or other mushrooms, cut or torn into pieces or slices*

*2 teaspoons chopped fresh rosemary or 1 teaspoon dried*

*1 teaspoon dried thyme*

*1 teaspoon salt, or more to taste*

Add the flour, stir, and continue to cook, about 1 minute.

*2 teaspoons flour of your choice*

Add the next ingredients and turn the heat up. Cook for 5 minutes over medium-high heat, stirring often, until the mushrooms are tender, and the surrounding broth is thick.

*½ cup dry white wine such as pinot grigio (optional, or more broth)*

*½ cup vegetable broth*

*2 teaspoons porcini mushroom powder (optional, but it adds a lot of flavor)*

Remove from the heat, stir in some freshly ground pepper and the parsley, taste and adjust salt.

*2 to 4 tablespoons finely chopped flat-leaf parsley*

**Nutritional information per serving:**

166 calories, 2g fat, 0g sat. fat, 30g carbs, 22mg sodium, 5g fiber, 7g protein

# Mushroom and Pea Creamy Masala

*This dish approaches the texture of a creamy korma. The spicing is simple, but the result is wonderful. The fenugreek spice is important to the flavor of this dish, so go online or to a local Asian market.*

**Hands-on time:** 40 minutes

**Total time:** 40 minutes

**Makes:** 5 servings

Soak cashews in cold water at least 2 hours, or pour boiling water over them, cover, and let them soak 20 minutes while you start the rest of the recipe.

*½ cups raw cashews*

Water-sauté these ingredients in a Dutch oven until the liquid released by the mushrooms is evaporated and the mushrooms start to brown, 8-10 minutes.

*1 large onion, finely chopped*

*4 cloves garlic, minced, grated, or finely chopped*

*2 Tablespoons minced fresh ginger*

*1 pound button mushrooms, sliced (or chopped, if you prefer)*

Add the spices and stir 1-2 minutes.

*½ teaspoon garam masala*

*½ teaspoon paprika*

*½ teaspoon turmeric*

*½ teaspoon fenugreek seed powder*

*Cayenne pepper for spiciness (I used 1/8 teaspoon but some like it hotter)*

Add the diced green chili pepper and cook 1-2 minutes.

*1 green chili pepper (jalapeno with seeds removed, or a spicier variety if desired), finely chopped*

Separately, drain the cashews and place them in a blender with water 1 cup water and process until absolutely smooth and creamy.

Then add tomato paste to the blender and blend it with the cashew cream.

*½ cup tomato paste*

Add the cashew-tomato mixture to the Dutch oven along with the peas, salt, and additional water. Cover and simmer for 5 minutes. Add additional water to achieve a desired sauce consistency.

*1 ½ cup peas (thawed or frozen)*

*1 teaspoon salt*

*¾ cup water (or more)*

Garnish with cilantro and serve over rice, other cooked grains, or with flatbread.

*Fresh chopped cilantro for garnish*

**Nutritional information per serving (with ¾ cup cooked brown rice):**

321 calories, 6g fat, 1g sat. fat, 55g carbs, 263mg sodium, 8g fiber, 12g protein

## Spinach-Mushroom No-Bake Enchiladas

*Baking enchiladas has its drawbacks—they can dry out, merge together, and the tortillas can get too saturated. These verde enchiladas are easy and quick—they're folded rather than rolled and then go right onto the plates. They keep their shape, look fantastic, and taste divine.*

**Hands-on time:** 35 minutes

**Total time:** 35 minutes

**Makes:** 6 servings

Start the vegan crema if you choose to use it (highly recommended). See page 8.

Sauté these ingredients in a large skillet with a Tablespoon or two of water, stirring frequently, until the liquid released by the mushrooms is almost evaporated and vegetables are soft, about 8 minutes.

*4 large cloves garlic, minced, grated, or finely chopped*

*½ Tablespoon chili powder*

*½ Tablespoon ground cumin*

*1 ½ pounds button mushrooms, sliced or chopped*

Add spinach and salt and cook for 2-3 minutes, stirring frequently, until spinach is reduced and soft.

*16-20 ounces fresh baby spinach*

*½ teaspoon salt*

Drain mixture if there is excess liquid and cook a bit longer to make sure the mixture is dry. Then add the crema and stir it in. Set aside. Unless you have several large skillets, you may need to move the filling to a bowl and clean the large skillet for the final step.

*¼ cup vegan crema (see recipe on page 8 for homemade), ¼ cup silken tofu (whisked in a bowl until smooth), vegan sour cream, cream cheese, or cashew cream*

Heat 1.5 cups of the salsa in a small-medium skillet over low heat. Dredge both sides of each tortilla in the warm salsa using tongs, and stack the tortillas on a plate.

*Twelve 6" corn tortillas*

*Two 16-ounce jars salsa verde (mild or hot)*

Place a large skillet on low heat and pour 2/3 cup of salsa into it. Spoon a twelfth of the mushroom filling onto one side of the first tortilla. Fold it in half and place it at the edge of the skillet on low heat. Repeat for the remaining tortillas, arranging them in an overlapping row, and make sure they all heat up to serving temperature. Serve and top with

*Additional salsa (you may not need all of the salsa from the two jars)*

*More crema (use a squeeze bottle for nice presentation), vegan sour cream, or cream cheese*

### **Nutritional information per serving:**

219 calories, 3g fat, 0g sat. fat, 35g carbs, 1088mg sodium, 10g fiber, 8g protein

## Notes

### **Vegan Ricotta Cheese – makes 2 cups**

Soak cashews in cold water at least 2 hours, or pour boiling water over them, cover, and let them soak 20 minutes.

*1 ½ cups raw cashews*

Drain cashews and place them with remaining ingredients into a blender or food processor, and process until creamy. You might have to stop and scrape down the sides once or more.

*½ cup water*

*1.5 Tablespoons nutritional yeast*

*1 tablespoon + 1 teaspoon apple cider vinegar*

*¾ teaspoon salt*

*¼ teaspoon garlic powder*

*1/8 teaspoon onion powder*

Taste for flavors. Cover and chill in the refrigerator for an hour or two, to stiffen the cheese.

### **Vegan Parmesan Cheese – makes a little over 1 cup**

Add to a food processor and mix/pulse until a fine meal is achieved.

*1 cup raw cashews (not soaked)*

*¼ cup nutritional yeast*

*2 teaspoons yellow or white miso paste*

*½ teaspoon sea salt*

*¼ teaspoon garlic powder*

### **Vegan Crema – makes 1.5 cups**

Soak cashews in cold water at least 2 hours, or pour boiling water over them, cover, and let them soak 20 minutes.

*1 cup raw cashews*

Drain cashews and place them with remaining ingredients into a blender and process until creamy.

*½ cup water*

*2 Tablespoons fresh lime or lemon juice*

*1 teaspoon apple cider vinegar*

*½ teaspoon onion powder*

*½ teaspoon salt*

*¼ teaspoon smoked paprika*

Top photo on cover page by [Edsel Little on flickr](#).