

VEGUARY



All About The Sauces

by  PlantDiego



Tantalizing Tahini Sauce

Recipe by Tracy Childs, from the Book
[America Goes Vegan](#)
by Glen Merzer & Tracy Childs

This is a versatile sauce that is great for salads, wraps, bowls, veggies—you name it! It's also great to use for roasting vegetables.



DEMOED BY TANYA JOYCE - [WATCH TANYA'S VIDEO](#)

MAKES 2 CUPS

- 1/4 cup tahini
- 1/2 cup white beans drained and rinsed
(great northern, navy, garbanzo, cannellini)
- 1/2 cup water (plus more as needed)
- 1 tablespoon tamari soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon Dijon mustard
- 2-3 cloves garlic
- 1/4 cup nutritional yeast

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.
 2. Chill to thicken, and serve.
- * This dressing thickens up nicely as it chills; you may add additional liquid to thin it out a bit if you like before serving.



Roasted Red Pepper Alfredo Sauce

*Recipe by Tracy Childs, chef at
[Tracy's REAL Foods](#)*

Most alfredo sauces are a disaster nutritionally because they are full of oils, cream, cheeses and other high fat/calorie ingredients. This recipe brings in the nutrition and flavor of veggies, which also lowers the calories. You'll be surprised to find that it is still just as creamy as regular alfredo! The addition of hemp seeds increases plant-protein and heart healthy omega-3 fatty acids.



DEMOED BY TRACY CHILDS - [WATCH TRACY'S VIDEO](#)

MAKES 3-4 CUPS

1 small/medium red bell pepper, chopped into $\frac{3}{4}$ inch chunks (or $\frac{3}{4}$ cup jarred roasted bell peppers.

1 cup zucchini chunks, raw

$\frac{1}{4}$ cup water or vegetable broth (omit if using jarred peppers)

$\frac{1}{2}$ cup raw cashews (soaked & drained if not using a high speed blender)

$\frac{1}{4}$ cup hemp seeds

2 cloves garlic, whole

$\frac{1}{4}$ cup plain unsweetened plant milk

1 heaping tablespoon light miso

$\frac{1}{4}$ cup nutritional yeast

$\frac{1}{4}$ teaspoon ground turmeric

1 teaspoon spicy mustard (optional and to taste)

$\frac{1}{8}$ teaspoon nutmeg

black pepper, to taste

INSTRUCTIONS

1. In a sauté pan, place the red bell pepper and $\frac{1}{4}$ cup of vegetable broth. Bring to a boil, cover, and cook on low until the pepper is soft, checking often to make sure it doesn't burn, adding splashes of liquid as needed. This takes 5-10 minutes. Continue to sauté to lightly "roast" and soften the pepper in the pan, while the cooking liquid evaporates.
2. When it's done, combine it with the remaining ingredients in a high-powered blender and blend until smooth.
3. Serve over pasta, whole grains, roasted vegetables, potatoes, or steamed veggies.



Patty's Peanut Sauce

Recipe modified (oil removed) from the [Cook With Menali](#) website

This delish sauce goes well with just about anything too!



DEMOED BY PATTY DIERCKS - [WATCH PATTY'S VIDEO](#)

Makes about 1 ½ cups

- 1-2 cloves garlic
- ¼ cup maple syrup
- ¼ cup rice vinegar
- 1 Tablespoon miso paste
- ¼-½ cup peanut butter
- ½ cup water
- 1 Tablespoon sriracha (optional)
- ¼ teaspoon ginger powder (optional)

INSTRUCTIONS

Blend all ingredients until smooth. Serve the sauce with cooked greens, as salad dressing, over veggies and pasta, spring rolls, nori rolls, anything!

GREAT GRAINS FREEZER PUCKS

*Recipe inspired by PlantDiego leader,
Charlie Debarði*

Also fondly known as “Greger Pucks,” this is our twist on the [Nutrition Facts Basic BROL](#) recipe. The key is to add more intact grains and legumes to your diet which are excellent for gut health and very filling and so easy to make. We’ve simplified the method and are using it to form convenient individual servings shaped into “pucks” that are easily frozen and used for many different types of meals.

This recipe is made in an instant pot (pressure cooker). If you don’t have one, you can make this in a pot! Increase the water and the cooking time. You can change out these grains & legumes for other varieties! You can use less variety/volume—just make up the difference between them or use less water. These “pucks” travel well and can be heated and eaten with sauce, crumbled on salads, stirred into soups, used as “meat” in spaghetti sauce, used in burritos or other wraps, used in veggie burger and veggie loaf creations, made into a pilaf, eaten for breakfast with cinnamon and raisins (leaving out the savory spices when making it), lots and lots of uses.

Note: You don’t need to form the pucks—you can just make it and use it as you like!



MAKES ABOUT 15 - 18 FREEZER PUCKS

1/2 cup of each grain/legume
(choose 5 ingredients, a mixture of legumes and intact grains. You can experiment with different combinations to find what you like best): Grains: (barley, farro, kamut, sorghum, buckwheat, millet, oat groats, whole rye, quinoa, whole grain rice (brown, black, red) or wild rice). Small legumes (whole mung beans, black beluga lentils, brown lentils, red lentils, split peas (yellow or green) etc.

NOTE: I always use red lentils split peas because they dissolve and hold it all together. Beluga lentils hold their shape and are lovely in these. For the Veguary potluck I used: beluga lentils, red lentils, yellow split peas, oat groats and millet

6 cups boiling water (we use boiling water to speed up the coming to pressure process and shorten cooking time).

½ - 1 teaspoon turmeric

¼ to ½ teaspoon salt

Black pepper to taste

Additional seasonings to taste (for the potluck I used: ½ teaspoon salt, 1 teaspoon each Italian seasoning, onion/garlic powder, turmeric and soy sauce)

INSTRUCTIONS

Rinse the ingredients well and drain well. Place everything into an Instant Pot, secure the lid, and press “Manual” and set the time for 20 minutes. Allow it to cook, and after it cooks under pressure for 20 minutes (it will beep), allow it to come down naturally from pressure for about 15 minutes, and then unplug the machine and vent to release pressure. Allow the mixture to cool to firm up and absorb excess water (you can drain some excess liquid off, too). Form into freezer “pucks” using the method shown in this previous [JaneUnchained](#) video (minute 36). OR you can use a large scoop and drop about 18 scoops on a cookie sheet covered with parchment paper using about ½ cup per scoop. Using a spatula, flatten the mixture into a thick patty shape. Allow them to cool fully. Store in the fridge or freezer and use as you like.



Chocolate Frosting

*Served at the 2025 WFPB Veguary Wrap Up Potluck with
Fudgy Peanut Butter Brownies
Both recipes by Tracy Childs,
From the book [America Goes Vegan](#) by Glen Merzer & Tracy Childs*

You and your guests won't be missing a thing when you serve
a dessert topped with this frosting.

MAKES ABOUT 2 1/2 CUPS

1 1/2 cups pitted dates

1 cup hot water

2 tablespoons hemp seeds

1/3 cup cocoa or cacao powder

1/4 teaspoon salt (optional)

INSTRUCTIONS

1. In a high-speed blender, add all the ingredients.
2. Blend until smooth.
3. Use immediately, or chill in the fridge.

*Note: If you aren't using a high-speed blender, you can soak the dates for an hour or so in the hot water (cover to retain heat for longer) prior to blending. This helps a lot!



Thai Red Curry Sauce

Recipe by Tracy Childs, chef at [Tracy's REAL Foods](#)

This sauce is super yummy served with spring rolls, collard rolls, ancient grains (or rice), and/or tofu stir fries. It literally makes anything taste great! No one will ever know that you lowered the fat and calorie content by adding zucchini!

MAKES ABOUT 1 ½ CUPS

- 1 inch chunk fresh ginger root (or ½ teaspoon ginger powder)
- 1 inch piece of fresh turmeric root (or ½ teaspoon turmeric powder)
- 1 small zucchini, cut into chunks (about 1 heaping cup)
- ¼ to ½ teaspoon crushed red chili pepper flakes
- 1/2 cup unsweetened almond butter
- 1 lime, juiced
- 2 tablespoons pitted whole dates (about 2 large medjool dates)
- 1 1/2 tablespoons rice vinegar
- 1 tablespoon Braggs Aminos, soy or tamari sauce
- 1 1/2 tablespoons red Thai curry paste

INSTRUCTIONS

Blend all ingredients until smooth. and serve the sauce with spring rolls, collard rolls, ancient grains (or rice), and/or tofu satay. This sauce thickens as it cools so feel free to stir in a bit of water, or more of the liquid ingredients above to make it pourable as needed.

NOTE: You may need to soften/heat the dates with a few seconds in the microwave if you don't have a high speed blender.



Tofu Cashew Mayo

*Recipe by Tracy Childs,
From the book [America Goes Vegan](#) by Glen Merzer & Tracy Childs*

Mayo is an American staple. But virtually all mayonnaise on the market is made of oil, which is 100% fat, and devoid of nutrition. It's easy and beneficial to make your own! Regular mayonnaise has 11 grams fat and 100 calories per tablespoon. Our mayo has only 1.6 grams fat and 19 calories per tablespoon! Unlike oil, tofu contains protein, calcium, iron, and more. This mayo also has the added advantage that it is creamy, not greasy, so it can be used to make virtually anything taste creamy. For instance, I use it instead of sour cream in my tacos! It subs very well for mayo in any recipe, like in the No More Ranches Dressing (below). I have found that this mayo lasts well over a week, kept chilled.

MAKES ABOUT 1 1/2 CUPS

1 cup firm tofu, drained well and crumbled

1/4 cup cashews, soaked

1 tablespoon Dijon mustard

1 tablespoon light miso

1 tablespoon apple cider vinegar

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth. Add water by the tablespoon if needed. The need to do this depends on the amount of water in the tofu.
2. Taste and adjust to taste with additional vinegar, miso, or mustard
3. Place in a jar and chill well to thicken before serving.

No More Ranches Dressing

Recipe by Tracy Childs,
From the book [America Goes Vegan](#) by Glen Merzer & Tracy Childs

America loves Ranch Dressing, but we don't need ranches! Here's an easy guilt-free recipe that's a great replacement for America's favorite dressing!

MAKES ALMOST 1 CUP

3/4 cup Tofu Cashew Mayo (recipe included)
2 tablespoons plain, unsweetened plant milk
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon salt black pepper (to taste)
1 teaspoon dried parsley or dill

1 teaspoon lemon juice

1/2 teaspoon maple syrup (optional)

INSTRUCTIONS

Whisk all ingredients together in a bowl or a jar, taste, and adjust seasonings.

Chill for at least an hour before serving.



Zippy Dipping Sauce

This sauce is especially delicious slathered on veggie burgers, on sandwiches, with potatoes or in wraps or as a dipping sauce for air-fried veggies.

1/2 cup Tofu-Cashew Mayo (recipe included)
2 tablespoons ketchup
1 teaspoon spicy mustard or horseradish (or to taste)

INSTRUCTIONS

Stir the ingredients together with a fork.

Taste and adjust seasoning to taste.



Chipotle Cheesy Sauce

Recipe by Tracy Childs, chef at [Tracy's REAL Foods](#)

Most vegan cheesy sauces have a lot of nuts (usually cashews). Some people are avoiding nuts for various reasons (ex: allergies, weight loss, heart disease), and this sauce calls for heart-healthy hemp seeds along with tofu and veggies! It is wonderful served over baked potatoes, steamed veggies, drizzled on Mexican casserole dishes or your favorite bean/veggie/grain bowl combination.

MAKES ABOUT 2 CUPS

1 cup firm tofu, well drained then crumbled
½ cup hemp seeds or raw cashews (or a mix of both)
¾ cup raw or bottled red or yellow bell pepper chunks (about 1/2 medium/large)
½ - 1 cup raw zucchini chunks (about ½ of a small zucchini)
2 tablespoons light miso
2 tablespoons nutritional yeast
1 - 2 tablespoons apple cider vinegar or lemon juice
1 teaspoon Smoked paprika
½ teaspoon each turmeric, garlic powder & onion powder
½ teaspoon chipotle, ground (or crushed red pepper flakes)
1-2 tablespoons water or unsweetened non-dairy milk (just as needed)

INSTRUCTIONS

1. Place all ingredients in a blender and blend until very smooth, adding water by the tablespoon as needed to help the blades process the mixture.
2. Taste and adjust seasoning as you like, adding additional apple cider vinegar for more tanginess or more spices to taste.

*CHEF'S NOTES

Leave out the chipotle and smoked paprika for a plain cheesy sauce.