

ONE BITE

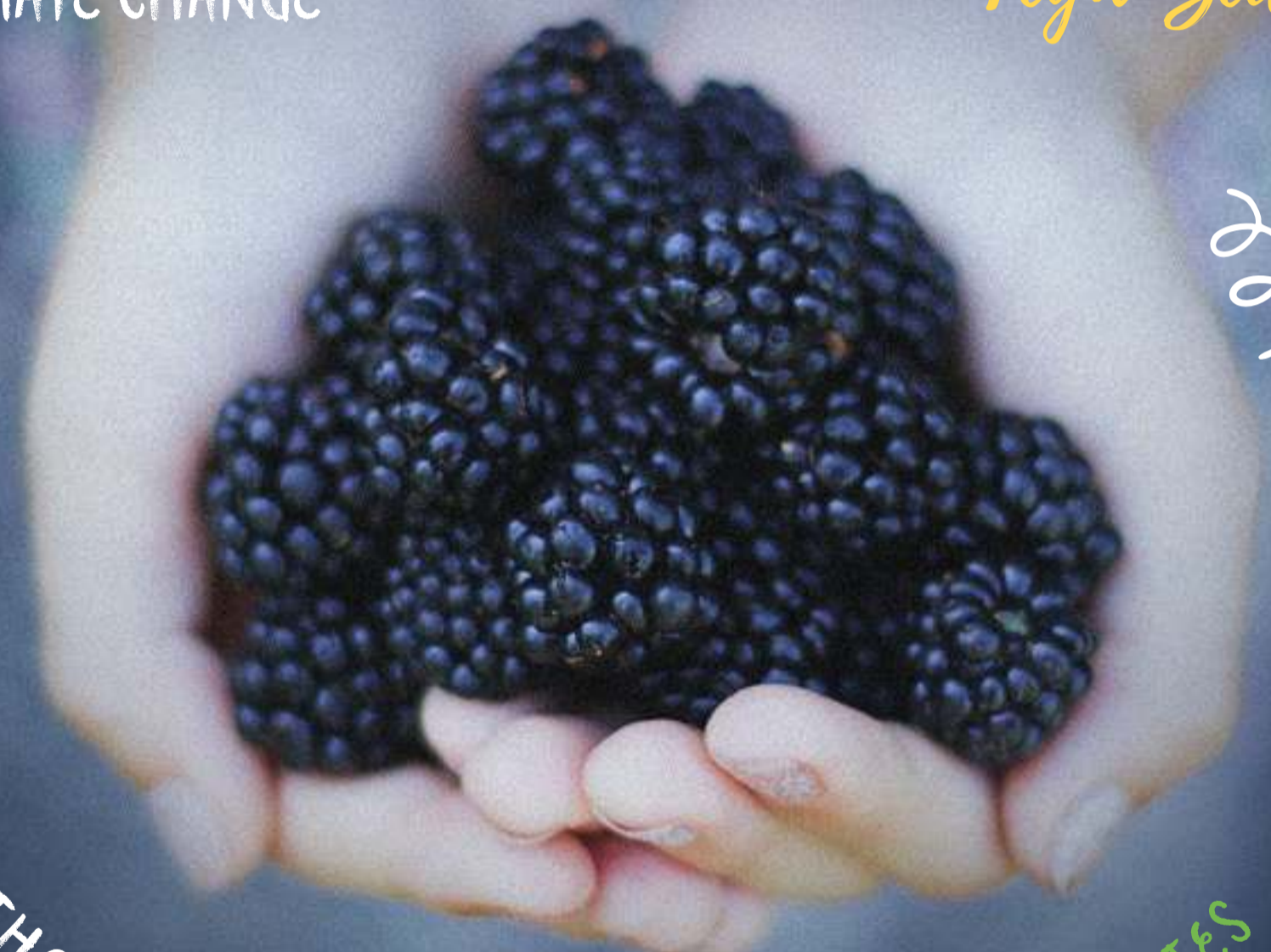
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Vegan Magazine

summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

CLASSIC DISHES VEGANIZED

Sometimes going vegan does mean giving up some of the foods and dishes we used to love. However, that's not always the case. Thankfully there are some plucky souls out there that love nothing better than the challenge of veganizing a non-vegan recipe!

So if you've been hankering after a nice big plate of mac'n'cheese or something a little more sophisticated perhaps, a beef bourguignon, we've got you covered with this selection of classic dishes veganized!

VEGAN CHILI CHEESE DOG

By Jasmin from VeEatCookBake.com

Vegan chili cheese dog with homemade vegan cheese sauce and a healthy chili sauce. This vegan chili cheese dog is perfect for cozy evenings or upcoming celebrations. A quick recipe that will blow everyone away.

PREP TIME:
15 mins

COOK TIME:
25 mins

TOTAL TIME:
40 mins

SERVES:
4

INGREDIENTS

- 4 hot dog buns
- 4 vegan sausages or homemade ones or carrot dogs
- diced onion (optional)

CHILI SAUCE

- 250 g tofu (50 g dried lentils or TVP)
- 3 tbsp tomato sauce / passata
- 1 tbsp salsa
- 2 tsp or more chili seasoning blend
- 1 tbsp tomato paste

CHEESE SAUCE

- 1 handful of cashew nuts, soaked
- 250 ml plant drink
- ½ teaspoon garlic powder, onion powder, salt
- 2 tablespoons nutritional yeast
- 2 tsp tapioca starch

INSTRUCTIONS

1. Press the tofu and crumble. Season with the chili seasoning blend and fry vigorously in a pan. Now add the remaining ingredients for the chili sauce and taste with chili seasoning blend. If you use TVP, soak it with water and chilli blend and sift it. Also fry vigorously. If you use lentils, cook them according to the package instructions.
2. Now prepare the cheese sauce. Add all the ingredients to a high speed blender and mix until a creamy mass is produced without pieces.
3. Bring this mixture to a boil briefly in a saucepan.
4. Toast the hot dog buns.
5. Simmer the vegan sausages briefly in a water bath.
6. Now you can prepare the chili cheese dogs. Put a sausage in a bun. Put the chili over it and spread the sauce over it. Optionally you can sprinkle diced onions over it.



Jasmin

Jasmin is the recipe creator behind VeEatCookBake.com. She started her blog, shortly after committing to plant-based eating, with the hope that her recipes could make the transition to the vegan lifestyle easier for vegan newbies and to inspire non-vegans to also give plant-based cooking a try.

Website: veeatcookbake.com [Facebook](#) [Instagram](#)