



## Engine 2 Diet Plant Strong Super Bowl Party!

Ready to throw the ultimate plant-strong Super Bowl party? We've got you covered!



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# Recipes:

## Engine 2 Nachos:

### Ingredients:

8–10 corn tortillas, cut in 1-inch squares and toasted, or 1 bag fat-free baked corn chips  
2 cans black beans, rinsed and drained  
2 large tomatoes, diced  
1 bell pepper, seeded and diced  
4 green onions, sliced into rounds  
Salsa to taste  
Guacamole  
2 cups shredded romaine lettuce

### Instructions:

Preheat oven to broil. Spread the tortilla squares or chips across a parchment lined baking sheet. Spoon the beans over the chips. Add the tomatoes, bell pepper, and green onions. Bake until the chips are slightly browned on the edges, 7–10 minutes. Using a spatula, push the nachos onto a large serving plate. Top with salsa, guacamole, and romaine lettuce.

## Engine 2 Lynn's Meatloaf

### Ingredients:

2 stalks celery, chopped  
1/2 onion, chopped  
2 cloves garlic, minced or pressed  
10 ounces firm tofu, drained  
1/4 cup walnuts, finely ground  
12 ounces vegan meat crumbles  
1 1/4 cups quick-cooking oats  
3 tablespoons soy sauce  
2 tablespoons ketchup (additional for topping)  
1 tablespoon Dijon mustard  
2 teaspoons dried parsley  
1/2 teaspoon each thyme, sage, and rosemary  
ketchup, to taste

### Instructions:

1. Spray loaf pan.
2. Sauté celery, onion, and garlic on high heat in sprayed skillet for 5 minutes until tender.
3. Remove from heat and cool.
4. Mash tofu in large bowl.
5. Stir in cooked mixture and remaining ingredients, and combine well.
6. Spoon mixture into loaf pan. Top with a layer of ketchup.
7. Bake for 55 to 60 minutes, or until a toothpick comes out clean.

\*You can use lentils instead of meat crumbles if you like!

# Engine 2 Raise The Roof! Sweet Potato Lasagna

## Ingredients:

1 onion, chopped  
1 small head of garlic, all cloves chopped or pressed  
8 ounces mushrooms, sliced  
1 head broccoli, chopped  
2 carrots, chopped  
2 red bell peppers, chopped  
1 can corn, rinsed and drained  
1 package Silken Light Tofu  
½ teaspoon cayenne pepper  
1-teaspoon oregano  
1-teaspoon basil  
1-teaspoon rosemary  
2 jars plant-strong pasta sauce  
2 boxes whole grain lasagna noodles  
16 ounces frozen spinach, thawed and drained  
2 sweet potatoes, cooked and mashed  
6 roma tomatoes, sliced thin  
1 cup raw cashews, ground

## Preparation:

Pre-heat oven to 400 degrees. Sauté the onion and garlic on high heat for 3 minutes in a wok or nonstick pan. Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid. Remove them to a large bowl with a slotted spoon. Reserve the mushroom liquid in the pan. Sauté the broccoli and carrots for 5 minutes and add to the mushroom bowl. Sauté the

peppers and corn until just beginning to soften. Add them to the vegetable bowl.

Drain the silken tofu by wrapping in paper towels. Break it up directly in the towel and mix into the vegetable bowl. Add spices to the vegetable bowl and combine.

To assemble the vegetable lasagna:

Cover the bottom of a 9-by-13-inch casserole with a layer of sauce. Add a layer of noodles. Cover the noodles with sauce. This way the noodles cook in the oven, saving time and energy. Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Add the spinach to the second layer of sauced noodles. Cover the spinach with the mashed sweet potatoes. Add another layer of sauce, the final layer of noodles, and a last topping of sauce. Cover the lasagna with thinly sliced roma tomatoes.

Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews, and return to the oven for 15 minutes. Let lasagna sit for 15 minutes before serving.

# Engine 2 Shepherd's Pie

## Ingredients:

3 Yukon Gold potatoes, cut into quarters  
1/2 cup unsweetened soy milk  
2 tablespoons fresh rosemary, chopped  
Cracked pepper to taste  
16 ounces fresh or frozen green beans  
2 onions, diced  
8 ounces mushrooms, sliced  
2 cloves garlic, minced  
16 ounces vegan meat crumbles  
\*or lentils if you prefer  
1/2 teaspoon ground black pepper  
1 tablespoon Bragg Liquid Aminos  
6-ounce can tomato paste  
1 tablespoon vegan Worcestershire sauce

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## Instructions:

Preheat oven to 400. Steam the potatoes for 15 minutes, until soft. Drain and mash them in a bowl with the soymilk, a tablespoon of the rosemary, and the cracked pepper. Set aside.

Steam the green beans for 7 minutes, or until bright green and still firm. Sauté the onions on medium heat in a large skillet for 5 minutes, until translucent.

Add the mushrooms, garlic, and remaining tablespoon rosemary to the onions. Cook for 5 minutes, until the mushrooms begin to release their juices. Add the meat crumbles, black pepper, and Bragg's. Stir in the tomato paste and Worcestershire sauce, adding a small amount of water as necessary to combine ingredients. Place the vegetable meat crumble mixture in a 10-inch cast-iron skillet or casserole dish. Spread the green beans atop the mixture. Spread the mashed potatoes over the top. Cover with aluminum foil and bake for 30 minutes. Remove the foil and bake another 5 minutes, or until the potatoes begin to brown lightly.

# Engine 2 Two-Alarm Chili

## **Ingredients:**

1 onion, chopped  
2 garlic cloves, chopped  
2 packages vegan "beef" crumbles  
1 15-ounce can tomato sauce  
1 teaspoon salt  
1/2 teaspoon cayenne pepper  
1 tablespoon oregano  
1 tablespoon cumin  
4 tablespoons chili powder  
2 tablespoons flour  
1 tablespoon paprika  
1 can black beans, rinsed  
1 can kidney beans, rinsed  
1 can pinto beans, rinsed  
A few shakes of Tabasco sauce  
Water

## **Instructions:**

Sauté onions and garlic in a heavy pot. Add vegan crumbles and cook a few more minutes.

Add the rest of ingredients, except flour, and add enough water to cover ingredients plus 1/2 inch. Simmer for 1-1/2 hours, stirring occasionally.

Add enough water to the flour to make a thin paste, and add to pot.

Stir until chili thickens

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## Engine 2 Supreme Pizza

### Ingredients:

1 jar pizza sauce (see E2-Approved Foods)  
2 Kabuli crusts  
8 ounces frozen spinach, thawed, rinsed, and drained  
8 ounces mushrooms, sliced  
1 onion, sliced thinly  
2 cloves garlic, minced  
2 red bell peppers, seeded and sliced  
2 veggie burger patties, thawed and chopped  
½ cup olives, sliced  
4 roma tomatoes, sliced  
1-2 tablespoons nutritional yeast

### Instructions:

Preheat oven to 425°. Spread a thick layer of sauce on the crusts. Cover with a generous amount of spinach and top with the remaining ingredients except for the yeast. Cook on a sprayed baking sheet or pizza stone for 15-20 minutes. Sprinkle the pizzas with nutritional yeast before serving.

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## Engine 2 BBQ Pizza

### Ingredients:

4 ounces tomato paste  
1 cup barbecue sauce (see E2-Approved Foods)  
2 teaspoons dried oregano  
2 Kabuli crusts  
1 small red onion, sliced  
1 red bell pepper, seeded and sliced  
2 handfuls fresh spinach  
1 jar pineapple chunks, drained  
½ cup finely ground cashews

### Instructions:

Preheat oven to 425°. Mix the tomato paste, barbecue sauce, and oregano together in a bowl. Generously spread the sauce on the crusts, and layer with the vegetables and pineapple. Top with the cashews. Bake on a sprayed cooking sheet or pizza stone for 15 minutes.

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# Happy Herbivore: Mexican Dip

Thanks to Lindsay from [Happy Herbivore](#) for contributing her Mexican Dip recipe! You can find that recipes and more in her first book, [Happy Herbivore!](#) And, for even more recipe inspiration check out her new book, [Every Day Happy Herbivore.](#)

**Makes 2cups:**

## **Ingredients:**

1 15oz can cannellini beans, drained and rinsed  
1 red bell pepper, seeded and top removed  
1 tbsp chili powder  
1 tbsp onion flakes  
1 ½ tsp ground cumin  
¼ tsp fine salt  
dash of granulated garlic powder  
dash of paprika  
juice of ½ lime  
1/3 c nutritional yeast  
2/3 c (or less) salsa  
1 jalapeño, seeded (optional)  
½ c canned or cooked black beans

## **Instructions:**

Preheat oven to 350  
Grease an 8-inch round or 9-inch square casserole dish and set aside.  
Add all ingredients except black beans to a food processor.  
Blend until smooth and transfer mixture to prepared casserole dish.  
Gently stir in black beans and bake for 30 to 40 minutes, or until dip is thoroughly warm.

## **Variation:**

Spicy Nacho Dip: Add cayenne pepper to taste and swirl hot sauce into the dip after baking.

**Chef Note:** Garnish with diced tomatoes, chopped green onions, and lettuce if desired.

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## Engine 2 Brownies

These brownies are the creation of Engine 2 participant and baker extraordinaire Lydia Heckendorf. Lydia started cooking two years ago and is a natural at knowing how to make food so terrific tasting no one knows it's healthy as well.

Makes about 20 brownies

### Ingredients:

1/2 cup light brown sugar, packed  
1/2 cup raw sugar  
1 cup unsweetened applesauce  
1 tablespoon Ener-G egg replacer  
mixed with 1/4 cup water  
1/4 cup + 2 tablespoons soy milk  
1 1/2 teaspoons vanilla extract  
1 1/2 teaspoons apple cider vinegar  
1 1/2 cups whole wheat pastry flour  
3/4 cup cocoa powder  
1 teaspoon baking soda  
1/2 teaspoon sea salt  
1 1/2 cups (dairy-free) chocolate  
chips or chunks

### Instructions:

Preheat oven to 375 degrees. Combine the sugars and applesauce with an electric or handheld mixer. Beat in the Ener-G mixture, soymilk, vanilla, and vinegar. Combine the dry ingredients (except the chocolate chips) in a separate bowl. Gradually add the dry mixture to the wet ingredients, and then stir in the chocolate chips. Pour the batter into a sprayed 9-by-13-inch baking dish. Bake for 16-20 minutes, until a toothpick inserted into the center comes out clean.

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Skip the soda and serve fruit infused water instead! Fill up big pitchers of water with slices of grapefruits, oranges, strawberries or kiwi!

You can also serve unsweetened herbal iced tea for a nice refreshing drink.

## Engine 2 Date Nut Crust Fruit Pie

### Ingredients for Crust

1 cup dates  
1/3 cup walnuts  
1/3 cup raw cashews  
1/3 cup almond meal (loosely packed)  
1-teaspoon vanilla extract

### Ingredients for Filling

2 large bananas (or 3 medium), sliced lengthwise  
4 ounces strawberries, sliced (about 1 cup)  
4 ounces strawberries, (about 1 cup) pureed in blender  
4 ounces raspberries (about 1 cup)  
1-can mandarin oranges, drained

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### Instructions:

Directions: Prep takes a half hour or less

Blend crust ingredients together in food processor to achieve a sticky tendency. Press blended crust ingredients into pie plate. Lay bananas on top of crust and press along the sides. Place strawberry slices on top. Pour strawberry puree over the strawberries and bananas, and press into the gaps. Place raspberries and mandarin orange slices on top of the pie.

Cover and refrigerate at least one hour before serving.

## Engine 2 Blueberry Dumpster Cobbler

### Ingredients:

2/3 cup whole-wheat pastry flour  
1 1/2 teaspoons baking powder  
1 TBSP vanilla extract  
2/3 cup milk substitute (I used unsweetened vanilla almond milk)  
3 TBSP maple syrup  
2 cups blueberries

### Instructions:

Preheat oven to 350 degrees. Combine the flour and baking powder in a bowl. In a separate bowl, combine the milk substitute, vanilla, and maple syrup. Pour the wet ingredients into the dry ingredients and mix well. The batter WILL be runny.

Pour the batter into an 8×8 square nonstick pan. Sprinkle the blueberries evenly over the batter.

Bake for 45 minutes, or until the top is golden brown.

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