



HANDY RECIPES

MEXICANA VEGANA

Vegan Cauliflower Queso

Prep time: 10 minutes

Cook time: 30 minutes

Makes 2½ cups (625 mL) or 20 (2 tablespoon/40 mL) servings

Ingredients

- 1 tbsp (20 mL) vegetable oil
- 1 x small onion, sliced (¼ cup)
- ½ jalapeño pepper, seeded and thinly sliced
- 1½ tsp McCormick Paprika
- 1 tsp McCormick Garlic Powder
- 1 tsp KEEN'S Mustard Powder
- ½ tsp McCormick Cumin Ground
- ⅛ tsp McCormick Turmeric Ground
- ½ tsp salt
- 1½ tsp nutritional yeast (can be found in the Health section of most supermarkets)
- 1 x 400 mL can coconut milk
- 1 tbsp (20 mL) white miso paste
- 2 cups (500 g approx) cauliflower florets
- ⅓ cup (55 g) raw unsalted cashews
- 1 tbsp (20 mL) white vinegar
- 1 tbsp (20 mL) Frank's RedHot® Original Cayenne Pepper Sauce
- ¼ cup (60 mL) prepared salsa

Method

1. Heat oil in large saucepan on medium heat. Add onion and jalapeño. Cook, stirring occasionally, until softened, about 3 to 5 minutes.
2. Stir in spices, salt and nutritional yeast. Cook 1 minute. Stir in coconut milk and miso paste. Reduce heat to medium-low and add cauliflower and cashews. Cook, stirring occasionally, until cauliflower is fork-tender, about 20 minutes. Stir in vinegar, RedHot sauce and salsa.
3. In a blender with center part of cover removed to allow steam to escape, puree cauliflower mixture in batches on high speed until completely smooth, scraping sides of container. If mixture is too thick to process, add water 1 tablespoon (15 mL) at a time, as needed.
4. Return mixture to saucepan. Stir in additional RedHot sauce, salsa or jalapeños to reach desired heat level. Cook and stir on low until heated through. Serve hot with tortilla chips or use to top vegan tacos and burrito bowls.



Vegan Butternut Squash Tacos al Pastor

Prep time: 20 minutes
Cook time: 35 minutes
Makes 10 servings

Ingredients

¼ cup (60 mL) extra-virgin olive oil
4 tsp McCormick Chilli Powder
2 tsp McCormick Garlic Powder
1½ tsp McCormick Cumin, Ground
1½ tsp McCormick Oregano Leaves
1 tsp McCormick Coriander, Ground
¾ tsp McCormick Paprika, Smoked
⅛ tsp McCormick Cloves, Ground
2 tsp salt, divided
⅛ tsp ground black pepper
1 kg butternut pumpkin, peeled, seeded and cut into 1-cm cubes
½ pineapple, peeled, cored and sliced into rings
4 tbsp (80 mL) lime juice, divided
¼ green cabbage, shredded or very thinly sliced radishes (about 2 cups)
Corn tortillas, warmed
Chopped white onion (optional)

Method

1. Place one oven rack in lowest position and another rack in highest position. Preheat oven to 230°C (210°C fan forced). Mix oil, spices, 1¾ tsp salt and pepper in a large bowl with wire whisk. Add pumpkin; toss to coat evenly. Arrange pumpkin in a single layer on baking paper-lined shallow baking tray. Set aside.
2. Arrange pineapple slices in single layer on a separate baking paper-lined shallow baking tray. Drizzle with 2 tbsp (40 mL) of the lime juice.
3. Place pan with pumpkin on lowest oven rack. Place pan with pineapple on highest oven rack. Roast 30 to 35 minutes or until pumpkin is tender and lightly browned, stirring pumpkin and flipping pineapple halfway through cooking.
4. Meanwhile, toss cabbage with remaining 2 tbsp (40 mL) lime juice and ¼ teaspoon salt in large bowl.
5. Remove pumpkin and pineapple from oven and let cool slightly. Chop pineapple into bite-size chunks. To serve, layer squash and pineapple in warm corn tortillas; top with cabbage.

Vegan Caramel Sauce

Prep time: 5 minutes
Cook time: 20 minutes
Makes 8 servings

Ingredients

¾ cup (150 g) brown sugar
1 cup (250 mL) coconut cream or coconut milk
½ tsp salt
½ tsp McCormick Cinnamon, Ground

Method

1. Place brown sugar in small saucepan. Cook on low heat 1 minute. Stir in coconut cream/ milk, and salt. Bring to boil; reduce heat and simmer 15 to 20 minutes or until slightly thickened. Remove from heat, and whisk through cinnamon.
2. Cool caramel completely. Store in airtight container in refrigerator up to 1 week.

