

# **TexaVegan To Publish Vegan Recipes Everyday For The Next Year**

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TexaVegan, an online magazine based in Austin, Texas, has announced that they will be publishing a vegan recipe a day for the next year. The goal of the magazine is to provide simple, yet flavorful choices for those who are looking to maintain a low-fat vegan diet. The recipes will be provided by Deborah Brutsche, who believes in uncomplicated meals. Realizing that many people would like to embark on a journey of healthier living by opting for a diet that is free of animal products, she gladly embraced the challenge of converting her traditional, Southern style cooking into vegan recipes.

Deborah's recipes have been influenced by her mother's and grandmother's family recipes. Having raised a family in Dallas and now living in Austin, her cooking has been influenced by the unique flavors of the Southern U.S. and Mexico and influences from her multi-cultural family.

Deborah herself says, "We're happy to announce that we are planning to publish vegan recipes on TexaVegan daily for the next year. These include recipes for burgers and sandwiches; breads, muffins and breakfast; one dish meals; fruits and desserts; corn, potatoes, rice and grains; sauces, dips and gravies; pastas and pasta sauces; tofu, beans and peas; soups; salads and dressings; and vegetables."

The TexaVegan online magazine also offers tips and hints on how to choose the best produce for vegan ingredients like artichokes, arugula, asparagus, avocado, beets, bell peppers, bok choy, broccoli, broccolini, broccoli raab, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, coconut, corn, and cucumber.

When stocking a vegan item, there are a number of items that are recommended. For pantry items, these include arrowroot, baking powder, baking soda, broths, bread crumbs, cereals, chocolate, coconut milk, cookies and crackers, cornstarch, dips, flaxseeds, flours and cornmeals, hummus, miso, nutritional yeast, pastas, puddings, tahini, and vanilla extract. For tofu, there is the silken tofu; firm, extra-firm and super-firm tofu; and sprouted tofu.

Vegan ingredients for tomato products include canned tomatoes, tomato paste, pasta sauce, and RO\*TEL®, which is a tomato and pepper blend. Canned beans are important for soups and other dishes. These include canned chickpeas, black beans, Navy or white beans, small red beans, and Pinto beans. Dried beans and peas may also come in handy, so it is advisable to have them on stock. Available as dried beans are black beans, Navy or white beans, Pinto beans, lentils, split peas Garbanzo beans, large lima beans, and red beans.

For condiments, there are the vegan mayonnaise, mustard, olives, and capers. Sweeteners include barley malt, agave nectar, brown sugar, brown rice syrup, maple syrup, molasses, cane and evaporated cane sugar, confectioners' sugar or powdered sugar, stevia, and turbinado sugar.

Rices are available as long grain brown rice, basmati, Texmati, Jasmine, Arborio, and wild rice. For grains, it is advisable to stock on quinoa, pearl barley, millet, bulgur wheat or cracked wheat, and couscous.

Recipes for burgers and sandwiches include the Vegan Black Bean Tostadas; Vegan Artichoke & Hummu Open-Faced Sandwich; Vegan Chickpea Sandwich Spread; Vegan White Bean Spread; Vegan Chipotle Hummus; Vegan Red Bell Pepper Hummus; Vegan Spinach Quesadillas; Vegan Hummus Quesadillas; and Vegan Grilled Portobello Mushroom Sandwich with Spicy Mayonnaise. Recipes for fruits and desserts include the Vegan New Potato, Tomato & Kale Soup; Vegan Cream Tomato Soup; Vegan Tomato Rice Soup; and Vegan Tomato Stock.

Recipes for salads and dressings include the Vegan Arugula Salad; Vegan Arugula with Roasted Garlic Hummus Dressing; Vegan Baby Spinach & Walnut Salad with Raspberry Maple Vinaigrette Dressing; Vegan Red Leaf Lettuce & Water Chestnuts with Chili-Spice Vinaigrette Dressing; Vegan Romaine Lettuce with Beets, Cashews & Shallot Vinaigrette Dressing; Vegan Romaine & Avocado Salad with Classic French Dressing; Vegan Romaine & Frisee Salad with Sherry Vinaigrette Dressing; Vegan

Romaine with Fennel, Carrots & Edamame Salad with Sherry Vinaigrette Dressing; Vegan Romaine Salad & Pine Nuts with Garlic Vinaigrette Dressing; and Vegan Spinach Salad with Oranges, Avocados & Red Wine Vinaigrette Dressing.

Recipes for soups include the Vegan Black Bean Soup; Vegan Three Bean Chili; Vegan White Bean and Kale Soup; Vegan Cream of Broccoli Soup; Vegan Corn Chowder; Vegan Country Lentil Soup; Vegan Split Pea Soup; Vegan Mexican Red Posole Soup; Vegan Potato Corn Soup; and Vegan Creamy Potato Leek Soup.

Those who require more information regarding the TexaVegan recipes can visit the online magazine website, or contact them by phone or by email.

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## **TexaVegan**

*TexaVegan is dedicated to offering vegan recipes created by Deborah Brutsché. The recipes are home cooked meals focused on healthy flavor.*

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