

TexaVegan Releases Vegan Veggie Pasta Salad Recipe

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TexaVegan, an online magazine based in Austin, Texas, has announced that they have recently published the recipe for Vegan Veggie Pasta Salad. The magazine has been created to offer simple but delicious recipes for those who want to stick to a low-fat vegan diet. The recipes provided in the online magazine are from Deborah Brutsche who likes to create uncomplicated meals.

If one were to look more closely at Deborah's recipes, one would find traces of the family recipes she had learned from her mother and grandmother. Having been raised in a family in Dallas and now living in Austin, her cooking contains hints of the different flavors from Southern U.S. and Mexican cooking and also from her multi-cultural family.

The Vegan Veggie Pasta Salad is easy to prepare. It is made up of a range of vegetables that are likely to be already on hand, particularly for those who prefer meals made of vegetables. The ingredients for this veggie pasta salad include a cup of cherry tomatoes; 12 ounces of penne or bowtie pasta; a cup of yellow, red or orange pepper; a cup of cucumbers; a cup of carrots; a cup of artichoke hearts; one half cup of finely diced onion; a small can of black olives; a cup of corn kernels; fresh basil if desired; two tablespoons of olive oil, also optional; two tablespoons of lemon juice; a tablespoon of rice vinegar or any flavor of vinegar; red pepper flakes; a teaspoon of garlic salt or to taste; and one half cup of roasted walnuts or pine nuts.

Cooking the Vegan Veggie Pasta Salad is simple. The pasta is cooked al dente. All of the vegetables, pasta, olives and herbs are then mixed in a bowl. For the salad dressing, the oil, lemon juice, vinegar and garlic salt are combined in a small bowl and whisked together with red pepper flakes. This is then poured over the vegetables and tossed. After that, all that it needs is to season it to taste. The salad is to be refrigerated until serving time. The pine nuts or walnuts are tossed in just before serving the salad.

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

TexaVegan suggests several pantry items to have on stock. These include baking powder, baking soda, arrowroot, bread crumbs, cereals, broths, coconut milk, cookies and crackers, chocolate, dips, flaxseeds, cornstarch, hummus, miso, flours and cornmeals, pastas, puddings, nutritional yeast, vanilla extract, and tahini. For tofu, vegans can choose the firm, extra-firm and super-firm tofu; silken tofu; or sprouted tofu.

Vegan ingredients for tomato products include canned tomatoes, pasta sauce, tomato paste, and RO*TEL®, a blend of tomato and pepper. Canned beans are also recommended as these can be used for soups and other dishes. These include canned black beans, chickpeas, small red beans, Navy or white beans, and Pinto beans. Dried beans and peas should also be on stock. Available as dried beans are Navy or white beans, Pinto beans, black beans, split peas Garbanzo beans, lentils, large lima beans, and red beans.

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

There are many other vegan recipes available from TexaVegan. For example, recipes for soups include the Vegan Three Bean Chili; Vegan White Bean and Kale Soup; Vegan Black Bean Soup; Vegan Corn Chowder; Vegan Country Lentil Soup; Vegan Cream of Broccoli Soup; Vegan Mexican Red Posole Soup; Vegan Potato Corn Soup; Vegan Split Pea Soup; and Vegan Creamy Potato Leek Soup.

Those who want to learn more about the TexaVegan recipes can check out the online magazine website, or contact them by telephone or through email.

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For more information about TexaVegan, contact the company here: TexaVeganMatthewBrutsche512.731.8114admin@500rockets.io 4408 Spicewood Springs Road Austin, TX 78759

TexaVegan

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

Website: <https://texavegan.com>

Email: admin@500rockets.io

Phone: 512.731.8114