

# Creative Cooking

S2 PROGRAM 11

AROUND THE WORLD IN 7 DAYS!  
NICOLE BRAXTON • DCC0000023

LET'S EAT  
TOGETHER



## PORTOBELLO BURGERS

### INGREDIENTS

- 1½ cups vinegar free Italian dressing
- 3 garlic cloves minced
- 2 Portobello mushroom caps
- 1 sprig fresh rosemary, chopped
- 1 Tbsp garlic powder
- 2 whole-wheat buns
- 2 pieces lettuce
- vegan mayo (optional)
- 2 slices Chao cheese (optional)

### INSTRUCTIONS

Place Portobello in a gallon-sized Ziploc bag and pour Italian dressing along with the other ingredients over the Portobello caps. Mix well and let it sit over night or for a minimum of 2 to 3 hours. Next take the Portobello caps and sauté them in a skillet for 3 to 5 minutes on each side until fully cooked. Place the cheese over the Portobello caps and cover the mushroom with a lid to allow the cheese to melt. You may add vegan mayo to the buns if desired, add lettuce and place the mushroom on the bun. Now it's time to eat!

## MASHED POTATOES

### INGREDIENTS

- 10 potatoes peeled and cut in half
- 2 Tbsp vegan butter
- ½ cup soy milk, unsweetened
- ½ tsp kosher salt
- 2 Tbsp garlic powder
- 2 Tbsp extra virgin olive oil
- 1 sprig rosemary, chopped
- 4 garlic cloves

### INSTRUCTIONS

Place potatoes in boiling water with salt until cooked. Strain and mash potatoes with a potato masher or whisk. Now mix in soymilk, olive oil, rosemary and garlic. May add vegan butter or additional seasonings to increase the flavor.

## GRAVY

### INGREDIENTS

- 3 Tbsp all purpose flour
- 3 Tbsp vegan butter
- 2 cups milk or water
- 3 Tbsp Bragg Aminos
- salt to taste

### INSTRUCTIONS

Melt the butter, add flour and stir for 1 minute, then add cold soy milk & Bragg Aminos, while stirring stir quickly until it turn into a gravy consistency.

## SWEET POTATO FRIES

### INGREDIENTS

- 3 sweet potatoes
- 1½ Tbsp olive oil or water
- 3 Tbsp garlic powder
- 1 Tbsp dried basil
- 1 Tbsp Italian seasoning
- 2 tsp salt
- 1 tsp oregano
- 1 tsp chicken style seasoning

### INSTRUCTIONS

Peel 3 sweet potatoes, cut into French fries (1/4 inch thick slices). Pour olive oil over French fries and toss fries in a mixing bowl. Add all dry seasonings and continue to toss sweet potatoes. Put fries on a baking sheet and bake in the oven on 375°F until tender approximately 20 to 30 minutes. Now sit back enjoy!