



# Vegan Tips for Health Care Communities

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# Check the Pantry and Refrigerator ( Vegan)!

- fresh/frozen fruits and veggies
- Frozen potatoes
- Some soup bases
- Soy sauce
- Fresh herbs
- Nut butters
- Hummus
- dried herbs and spices
- Grains and cereals
- Pasta ( except egg noodles)/rice
- Beans, lentils, garbanzo
- Canned and pickled veggies
- Canned fruit in juice/water
- Canned pumpkin ( not pie filling)
- Some dessert mixes
- Onions/potatoes

# For vegetarian ( lacto-ovo)

- Eggs/egg replacers
- Cottage cheese, sour cream
- Dairy milk
- Yogurt
- Prepared soups ( with dairy ingredients)
- Dessert mixes ( with dairy ingredients)
- Maple syrup
- Butter



# Always Good to Ask

Vinegar

Honey

Sugar

Meal replacements ( for nutrient  
origin)

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# Streamlining preparation

- Begin salads and soups as vegan
- Use vegetable oil for cooking ( sautéing, as an ingredient, etc.)
- Order vegan ( salad dressings, soup base, veggie blends, canned soups, cold cereal, canned/frozen fruit)
- Prep your own ( when feasible): applesauce, salad dressing, herb and spice blends

# For vegetarian ( lacto-ovo)

- Omelet , frittatas or scrambles with veggies ( mushrooms, onions, peppers, tomatoes, spinach)
- Egg salad/Potato salad with egg
- Waldorf salad with hard-cooked egg
- Chef salad with veggies, egg, cheese
- Pancakes with egg white scramble
- Macaroni and Cheese with white beans or veggie crumbles
- Vegetable or mushroom quiche
- Cheese strata with tomato

# Versatile Vegan Ingredients

- Nutritional Yeast ( Red Star brand)
- Soft tofu
- Extra firm tofu
- Unsweetened rice milk/almond milk
- Veggie crumbles ( usually refrigerated)
- Rice syrup
- Creamed corn ( with cornstarch)
- Mashed potato mix ( without dairy)

# To Impossible or not Impossible

- Impossible: source of B12, B6, iron, zinc; higher in sodium
- Compare available vegan brands
- Vegan “bacon”... BLTs or vegan club sandwiches, flavoring ingredient
- Vegan crumbles... use to replace ground beef in meatballs, loaves, sauces, casseroles, tacos/burritos
- Vegan burgers: as sandwich ingredients or use as crumbles ( if feasible, can use seitan or extra firm tofu

- Source: <https://www.healthline.com/nutrition/impossible-burger#bottom-line>



# Vegan Quick

## Hot

- Condensed tomato soup, silken tofu, creamed corn to use as soup, casserole base, salad dressing
- Sliced mushrooms sautéed with onions, nutritional yeast as a sandwich filling, soup or casserole ingredient, “sloppy joe”

## Cold

- Silken tofu, pureed peaches, maple syrup as a pudding, pie filling, frozen dessert
- Cooked, chilled lentils or white beans, hummus and salsa as the base of a taco salad, cold sandwich filling, baked potato topping

# More Vegan Quick

- Eggless salad ( firm tofu, celery, pickles)
- Eggless potato or macaroni salad with lentils or black beans
- Baked apples with raisins, walnuts ( walnuts soften with baking)
- Baked sweet potatoes with savory ( black beans, lentils) or sweet ( chopped pineapple, dried fruit, maple syrup drizzle)
- Sweet potato chowder with chunked butternut squash, white potatoes, white beans
- Mushroom-potato chowder with mushrooms, white potatoes, green peas, carrots, white beans
- Five bean salad: green beans/wax beans, kidney beans, white beans, black beans, onions, carrots... can also puree as a soup
- Baked beans and vegan hot dogs
- Colcannon: mashed potatoes with shredded, sautéed green cabbage, onions, veggies crumbles ( can be done in a pie crust as “ shepherd’s pie

QUESTIONS?!