

VEGAN ROSH HASHANAH COOKING WITH JEWISH VEG



Roasted Butternut Squash & Apple Soup

BY MADDIE - @thejewishvegan

Ingredients:

Roasted Squash & Apples

- Butternut Squash deseeded and chopped into 1-inch pieces
- 6 Gala apples chopped into 1-inch pieces
- 2 Tbsp Olive oil
- Dash of salt and sprinkle of pepper

Soup Ingredients

- 4 cups water
- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp cayenne pepper more or less, to taste

Cashew Cream

- 1 cup cashews
- ½ cup water
- 2 Tbsp nutritional yeast
- 2 Tbsp olive oil
- 4 Tbsp vegetable broth or sub additional water
- ½ Tbsp Apple Cider Vinegar
- salt & pepper to taste



Directions:

- Preheat the oven to 425°F. Mix the butternut squash, apples, olive oil, salt, and pepper together.
- Add the apples and butternut squash to a parchment paper lined tray in a single layer (use 2 trays if needed). Place in the oven for 55 minutes, flipping the squash and apples after 20 minutes. If using 2 trays, switch which rack the trays are on after flipping.
- While the apples and squash are roasting, boil the cashews in water for 15 minutes. Drain and add to a blender with the rest of the ingredients. Blend under smooth and creamy. Set aside.
- Once the squash and apples finish roasting, add them to a blender in batches. Blend until smooth and fully combined. After each batch, pour into a pot until everything is blended.
- In the pot, add the rest of the soup ingredients. Heat over medium heat to bring to a simmer. Once at a simmer, let simmer uncovered for 10 minutes. Serve hot with cashew cream poured on top as desired.

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QUICK & EASY STUFFED CABBAGE

BY ALICIA - @vamosvegan

Ingredients:

- 1 head of organic cabbage
- 1 package of Beyond Meat or other vegan protein
- 1 medium size jar of pasta sauce
- 1 cup of raisins or to taste



Directions:

- Shred the cabbage into small pieces, spray a large baking dish with Pam, and layer the shredded cabbage in the bottom.
- Next, layer the Beyond Meat on top and cover with half the jar of pasta sauce. Sprinkle on top half the raisins.
- Place another layer of the shredded cabbage on top and repeat the vegan meat, pasta sauce and raisins on top.
- Bake at 350* for around 40 minutes, or until everything is bubbling nicely.
- Enjoy!!! Quick and easy and VEGAN!!



Raw Vegan Cashew Dill Dip

BY SAMANTHA - @morticiamua



Ingredients:

- 3/4 – 1 cup hot water
- 1 cup raw cashews
- 1 tablespoon of lemon juice
- 2 tablespoon of Apple Cider Vinegar
- Handful of fresh dill or 2 teaspoon of dry dill
- Garlic & Onion powder to taste
- Fresh green onion
- 2-3 teaspoons of Nutritional yeast
- Sprinkle of red pepper flakes (optional)
- 1 quarter of an avocado (optional)

Directions:

- Place all ingredients into the blender, blend for 1 minute and enjoy!



Vegan Apple & Spice Cake Pops

BY RAQUELA - @theveganmaven

Ingredients:

Dry Ingredients:

- 1 and 1/2 cups of all purpose flour (or gf flour of your choice)
- 1 cup of Date Sugar or Coconut Sugar or organic brown sugar
- 1 teaspoon of baking soda
- 1 tablespoon of Cinnamon
- Liquid Ingredients:
- 1 cup of organic Apple juice
- 2 teaspoons of Vanilla extract
- 6 tablespoons of avocado or walnut oil
- 1 medium Gala apple, finely chopped

Spice filling:

- 1/2 cup of Date sugar
- 1 tablespoon of Cinnamon
- 1 teaspoon of Nutmeg
- 1 teaspoon of walnut oil



Directions:

- Combine spice filling ingredients in a small bowl for about 1-2 minutes, until consistency is a smooth paste
- Whisk together your dry ingredients till well combine with no lumps
- Combine liquid ingredients in a measure cup add to dry ingredients and stir till smooth, about 1-2 minutes, careful not to over stir
- Add in chopped apple and gently work into batter, till smooth
- Spoon batter mix into Cake pop machine or mini cupcake pan, filling only half way (about 1/2 teaspoon)
- Add in the spice filling mixture
- Spoon in the rest of the batter to cover the spice filling (about 1/2 teaspoon)
- Bake in a pre-heated oven at 370 for 12-15 minutes
- Gently dip each cake pop top into date syrup and then into the remainder of the spice filling
- Garnish with powder sugar or grated walnut or cashews



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