Pass the Plants

VEGAN GROUND BEEF

Ingredients:

- 1 head of cauliflower, broken into large florets
- 8 ounces crimini or baby portobello mushrooms
- 2 carrots, peeled and chopped into 1-inch pieces
- 1 medium yellow onion, peeled and chopped into 1-inch pieces
- 2-3 cloves garlic, peeled
- 1/4 cup sun-dried tomatoes (I use the julienne cut, packed dry)
- 1 cup raw pumpkin seeds (pepitas), or walnuts

Instructions:

- In a food processor fitted with an s-blade, process the pumpkin seeds (or walnuts) and sun-dried tomatoes until a fine meal forms, but be careful not to go so far as to puree into a smooth mixture.

- Remove the pumpkin seed and sun-dried tomato mixture to a bowl and set aside.

- Remove the s-blade from the food processor and attach the grating disc.

- Shred the cauliflower, mushrooms, carrots, onions and garlic. If you don't have a shredding attachment, pulse small amounts at a time using the S-blade until finely chopped but not pureed.

- In a large nonstick skillet, cook the shredded vegetables over medium-high heat until the moisture has evaporated and the vegetables are cooked, about 6-8 minutes. See notes for alternative oven roasting method.

- Add the pumpkin seed (or walnut) and sun-dried tomato mixture into the skillet, and combine with the vegetables, cooking for 1 minute.

- Use in place of ground beef with the ratio of 2 cups of vegan ground beef for 1 pound of cooked ground meat.

Oven Roasting Instructions:

- Preheat the oven to 425F.
- Prepare two large sheet pans by lining them with parchment paper.
- Spread out the shredded vegetables and tomato/seed mixture evenly between the two sheet pans, and stir to combine.
- Roast for 20-25 minutes until the mixture is cooked and reduced in size due to moisture evaporation. Stir halfway through the time to ensure even cooking.

Notes from Beth:

This recipe stores for up to a week in the refrigerator, and a minimum of 3 months in the freezer. As Daryl Hannah said in "Steel Magnolias," it freezes beautifully.

I use the sun-dried tomatoes that are not packed in liquid, and there is no need to rehydrate them before using.






Beth of **Pass the Plants** says " I share plant-based recipes that anyone will eat. Stick around, won't you? I'm so glad you're here." Her recipes are WFPB and oil-free.