



OUR VEGAN
México



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ABOUT THE AUTHOR

Hi my name is Dora and I am the founder, recipe developer, and photographer at Dora's Table and Mi Mero Mole. I was born and raised in Mexico and I am a graduate of the Culinary Institute of America in New York.

I adopted a vegan (plant-based) diet in 2015 to take control of my health. Shortly after, my mother was diagnosed with type 2 diabetes, and in an attempt to get her to go vegan I began to veganize all the Mexican recipes of my childhood.

I started Dora's Table because I wanted to share with others the benefits veganism has brought to my life. Over the years it has become so much more than that. It has become a place where we keep our culture alive through food without harming animals, the planet, or our health.

SEE MY STORY

[Ebook/ Vegan Tamales Unwrapped](#)

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[YouTube/Dora's Table](#)



Jason Wyrick

@thevegantaste

CHAMBERETE DE HONGOS

Aguas calientes



I love a good stew, especially one that has a deep, rich flavor and is loaded with veggies. This particular one is based on a dish called Chamberete Español or Chamberete de Res, a meat, veggie, and chickpea stew with an interesting twist in the addition of green cactus fruit. My version replaces the meat with seared mushrooms to achieve a soulful, deep flavor. The key is to sear the mushrooms before adding them to the stew so they can properly brown. Not only is this stew absolutely delicious, it's one of the healthiest meals you can eat.



TIME 20 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

1 Small white onion, diced
4 Garlic cloves, minced
2 Bay leaves
¾ tsp. Salt
½ lb. Dried chickpeas, soaked for at least 6 hours and drained
8 cups Water
2 cubes Not-beef bouillon
Optional: 1 tablespoon Guajillo chile powder

2 lb. Cremini mushrooms, chopped into large bite-size pieces
2 tsp. Olive oil
3 Yukon Gold potatoes, chopped into bite-size pieces
3 Carrots, chopped into bite-size pieces
½ Small head of red cabbage, chopped into bite-size pieces
2 Gray squash, chopped into bite-size pieces
2 Green cactus fruits, peeled and chopped into bite-size pieces (xoconostle)

GARNISH

2 cups Cooked rice
4 Whole wheat bolillo rolls
Optional: Lime wedges

PREPARATION

1. Add the onion, garlic, bay leaves, salt, chickpeas, water, bouillon, and optional chile powder to a soup pot and simmer until the chickpeas are soft.
2. While the chickpeas are simmering, sear the cremini mushrooms in a large skillet over medium-high heat in the oil and salt until they are well browned, about 10 minutes. Set aside.



PREPARATION PT.2

3. Once the chickpeas are soft, add the mushrooms, potatoes, carrots, cabbage, squash, and cactus fruit to the pot and any additional water you need to barely cover the ingredients and simmer until all the veggies are al dente, about 5 to 7 minutes. Check periodically to make sure you don't overcook the veggies.

4. Once the stew is cooked, stir in the rice and serve with bolillo rolls. Although it isn't traditional, I like to eat this stew with a squeeze of lime.

Chef's Notes

"If you cannot find xoconostle, you can substitute it with two small tomatillos."



Alejandra Cárdenas

@chocolateandavocadoes

BAJA FISH TACOS

Baja California Norte



These crispy, creamy, yet tender tacos de pescado will conquer any tofu skeptic. The tofu is marinated in lime juice and spices, then coated in a light batter and fried. They are served on warm tortillas topped with pico de gallo, creamy mayo sauce, cucumber, cabbage, and a splash of lime juice.



TIME 45 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

2 - 8oz packs Extra firm or high protein tofu
2-3 Nori sheets

TOFU MARINADE

3 tbsp. Lemon juice
1/2 tsp. Neutral oil - I used grape seed (optional)
1/4 tsp. Mexican oregano
1/4 tsp. Kelp/dulse granules or crumbled /pow-
dered nori
Salt and pepper to taste

TO MAKE THE BATTER

1 cup Organic all-purpose flour or all-purpose GF
flour
2 Tbsp. Arrowroot powder or cornstarch
1 tsp. Baking powder
1 cup Sparkling water or beer
1 pinch Mustard powder
1/4 tsp. Granulated garlic
1/4 tsp. Mexican oregano
1/4 tsp. Turmeric powder (for color) - optional
1/4 tsp. Smoked paprika (optional)
1/2 tsp. Sea salt or to taste pepper to taste
Neutral oil for frying, like refined coconut or
sunflower seed oil

PICO DE GALLO

1 Medium/large tomato, chopped
1 Medium red onion, chopped
1/2 cup Cilantro, chopped
1 Scallion or green onion, chopped
Juice of half a lemon
Salt to taste
Salt and pepper to taste

MAYO SAUCE

3 tbsp. Vegan mayo
3 tbsp. Cashew or almond crema, or



vegan sour cream or more vegan
mayo,
lemon juice (as needed to thin out the
sauce) Salt to taste

TO FINISH OFF THE ENCHILADAS

Corn Tortillas (or your favorite tortilla)
Lemon
Chopped Persian cucumber, peeled
Green cabbage, finely diced
Hot sauce (optional)

FOR THE BATTER

Mix all dry ingredients in a bowl and make a well in the center. Pour the sparkling water or beer and slowly mix with a balloon whisk or egg beater until everything is incorporated without overmixing. Cover and store in the refrigerator for 15 minutes to an hour.

FOR THE TOFU PHISH

Mix all the marinade ingredients in a shallow container or baking dish and set aside. Press the tofu for about 20 minutes to remove the excess water, then cut lengthwise into 1/2 inch slabs or fillets. Place in the dish and marinade for at least 20 minutes. Flip them half way to make sure all sides are coated and the tofu soaks up all the flavor. While the tofu marinates, prepare the pico de gallo and mayo sauce.

PICO DE GALLO

In a small bowl combine all the pico de gallo ingredients then add the lemon, salt, and pepper. Taste and add more seasonings or lemon if desired. If you like your pico de gallo spicy, add a finely chopped serrano or jalapeño chile.

MAYO SAUCE

Mix both the mayo and the cashew crema with a wire whisk or fork until all is incorporated. Add lemon juice to taste or until you reach the desired consistency. Season with salt. Store both the pico de gallo and sauce in the refrigerator until ready to use.

ASSEMBLY

To recreate the taste of the sea, measure and cut the nori sheets to cover one side of the tofu fillets, placing the rough side of the nori on top of the tofu (shiny side up). Using your fingers, gently apply some of the marinade to help it stick to the tofu or squeeze some more lemon juice on top.

Using a heavy bottom saucepan or deep fryer, bring the oil to medium heat. The oil is ready when you add a drop of batter to the oil and sizzles. Prepare your cooking stations before beginning to help you stay organized: dish with marinated tofu, batter bowl, saucepan and a large plate lined with paper towels.

Using a fork and spoon, place the tofu in the batter and gently spoon the batter on top, this will ensure that the nori sheet stays on the tofu, you will need to do this in several batches. Drop the fillets in the oil giving enough space between them, about 2 to 3 since you don't want to overcrowd the pan.

Cook tofu fillets for 3-5 minutes or until the edges are browned. Remove from the oil and place on your plate with paper towels to cool down. Continue with the rest of the tofu until done. Serve on warmed tortillas, with the pico de gallo, mayo sauce, chopped cucumber, cabbage, and extra lemon.

 **Adrean Rodríguez**
@mrbrownvegan

CALABACITAS & RICE

*Baja California
Sur*



This iconic dish is a favorite in all of Mexico, and it's no different in **Baja California**. Tender zucchini and corn are stewed with onion, tomato, and garlic. Serve it over rice or make into tacos.



TIME 30 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

- 1 tsp. Vegetable Oil
- ½ White onion, medium, diced
- 2 cloves Garlic, minced
- 2 Chile serrano, finely chopped
- 1 Tomato, diced
- 2 Zucchini, large, cut into half-circles
- 1 cup Corn (can be frozen or fresh)
- ¼ cup Chopped cilantro
- 1/4 tsp. Oregano

RICE

- 1 tsp. Vegetable Oil
- ½ White onion
- 1 cup Long-grain rice
- 2 cups Water
- 1 Veggie bouillon cube (if not available, add salt, onion powder, and garlic powder to desired taste)

PREPARATION

TO PREPARE THE CALABACITAS

1. Heat a non-stick cooking pan, with 1 tsp. of oil, to medium high heat. Add onion and let cook until tender and translucent, about 4 minutes. Add garlic and chile serrano, and cook 1minute more.
2. Add tomato, zucchini, corn, and cilantro. Season with salt, pepper, and oregano.
3. Add ¼ cup of water if zucchini starts to stick to the pan. Cook for 8-10 more minutes or until the zucchini is tender. Serve with rice.

TO PREPARE THE RICE

1. Heat a non-stick pan to medium heat, add oil, and half an onion (not diced).
2. Add rice and stir until it becomes a very light brown color. Add 2 cups of water and veggie bouillon cube, bring to a boil, turn heat down to low, cover and allow to cook for 15-20 minutes. Fluff with a fork, and serve.



 Zuleyma Rosado Sosa
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PAN DE CAZÓN

Campeche



Pan de Cazón is a traditional Mexican dish from the state of **Campeche**, which is known for its fishing tradition. In this vegan version, soaked lentils take the place of the fish which is then layered with homemade tortillas, black beans, spicy habanero-tomato sauce.



TIME 40 MIN.



SERVES 2-3

DIRECTIONS

INGREDIENTS

LENTIL MEAT

- ¾ cup Dry brown lentils
- ½ Onion, finely chopped
- 2 Epazote leaves, fresh, chopped
- 1 Tomato, cut into cubes

TOMATO SAUCE

- 1 tbsp. Vegetable oil
- ½ Onion
- 2 Epazote leaves, fresh
- 5 Plum tomatoes
- 1 Habanero pepper

FOR SERVING

- 8 Homemade corn tortillas
- 1 cup Refried black Beans
- 2 Habanero peppers
- 1 Avocado
- 1 Chile habanero, roasted



PREPARATION

1. To make the lentil meat: Wash, rinse, and soak lentils overnight or at least 4 hours. The following day rinse, and drain.
2. Process the lentils with a little bit of water in your food processor. The lentils shouldn't be completely pureed, they should be coarsely ground. Set aside.
3. Heat a large sauté pan to medium heat, and add oil. Add onion and cook for 5-6 minutes or until lightly browned. Add the chopped epazote to the pan and stir. Add tomato and stir. Let cook for 3-4 minutes or until tomato begins to soften.
4. Add the lentils and season to taste with salt and pepper. Continue to cook and stir until lightly browned. If the lentils begin to stick to the pan, add a little bit of water.
5. To make the tomato sauce: Bring a small pot of water to a boil and drop on the tomatoes. Simmer until the skin begins to peel off the tomato, about 3 minutes. Drain, and let the tomatoes cool down. Remove skin and blend until smooth.

PREPARATION PT.2

6. Heat a large sauté pan to medium heat with 1 tsp. Of oil. Add onion, whole habanero chile, and epazote leaves. Let cook until the onion is tender and translucent, about 3 min. Add the tomato puree and let simmer slowly until the tomato puree changes to deep red color. Season to taste with salt and pepper. Set aside. (Before serving remove habanero chile.)

7. Warm your tortillas on a comal. Place a tortilla in the middle of a plate. Spread a layer of beans on the tortilla and then follow with a layer of the lentil “meat”. Top with another tortilla and repeat two times to form 3 tortilla layers.

8. Top the whole thing with one more tortilla and pour tomato sauce all over your pan de cazón. Garnish with avocado slices and a roasted habanero pepper.



Gabie Noyola

DISCADA

Coahuila



Called discada because it is prepared on a large disc. For this vegan version vegan sausage, TVP, vegan chorizo, and mixture of chiles, onions, peppers and spices are stewed together spicy, and positively “meaty” dish.

TIME 40 MIN.
+ 24HRS.

SERVES 6-8

DIRECTIONS

INGREDIENTS

- 1 ½ cups TVP (*textured vegetable protein*)
- 1 tbsp. Salt
- 3 Limes, juiced
- 2 tbsp. Vegetable oil
- ½ Onion, minced
- 2 - 3 Serrano chiles, minced
- 2 Bell peppers diced, red or yellow
- 2 Vegan sausage links, sliced (*I used 2 beyond meat sausage*)
- 6 oz. Vegan chorizo (*½ package*)
- 2 Tomatoes, large, diced
- 1 tbsp. Soy sauce
- 1 tsp. Garlic salt
- 1 tsp. Onion powder
- 1 tsp. Cumin, ground
- 1 tsp. Smoked paprika



PREPARATION

1. Place the TVP in a pot with water and simmer for 10 min. Drain, rinse, and squeeze all the water out.
2. Place TVP in a bowl and add 1 tbsp. of salt and the juice of three limes. Let marinate overnight or for at least 8 hours.
3. Heat a large sauté pan or disc to medium-low heat, add onion and serrano peppers and cook until the onion is translucent and tender about 3-4 minutes.
4. Add bell peppers and continue to cook for 3 more minutes. Add the sausage and let cook until golden brown. Add the chorizo and cook until golden brown as well. Set aside.
5. In a large sauté set to medium heat, add 1 tbsp. of oil. Add previously marinated TVP, sauté until golden brown. (I like to add up to 5 tbsp. of oil so it can be just like the original discada, super greasy). Add soy sauce, spices, and tomato.
6. Add the sausage-chorizo mixture to the pan with the TVP and mix to combine. Serve with tortillas, salsa, and avocado. The tortillas can be heated up in the pan the chorizo-sausage mixture was cooked in.

Chef's Notes

“Traditionally this is made with hot dog sausages, but you can use any sausage you like.”

 Bianca Geovana
Graneros Zacarias

SWEET ENCHILADAS

Colima Style



A classic dish from the state of **Colima**, also known as enchiladas dulces colimenses. Our friend Bianca shares with us a family recipe gone vegan. It is the perfect combination of sweet and savory with a simple mole sauce that brings it all together.



TIME 30 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

TOFU QUESO FRESCO

1 package Extra Firm Tofu (14oz.)

1-2 tsp. Salt

2 tbsp. Apple Cider vinegar

½ Lime, juiced

LENTIL PICADILLO

1 tsp. Oil (optional)

4 cups Cooked lentils (cooked with 1 garlic clove, ½ onion, salt and 4 bay leaves)

2 Carrots, cut into small dice

1 Potato, peeled, cut into small dice

15 Almonds, chopped

1/2 cup Raisins

½ cup Vegetable Stock

MOLE

8 Dried Guajillo chiles, destemmed, deseeded

3 Dried Pasilla chiles, destemmed, deseeded

3 cups Water

2 tbsp. Corn starch

1 stick Ceylon cinnamon

¼ Mexican chocolate tablet

1 pinch Oregano

1 pinch Black pepper, ground

2 cloves Garlic

6 Cloves, white

1 pinch Sea salt

½ cone Piloncillo

ASSEMBLY

12 Corn tortillas

Tofu Queso Fresco

1 cup Shredded iceberg or romaine lettuce

½ cup Diced Onion

½ cup Sliced radishes



PREPARATION

TO MAKE TOFU QUESO

1. Drain and press the tofu to remove any excess liquid. Crumble the tofu with your hands into a medium bowl.
2. Add the salt, apple cider vinegar and lime juice and let sit for at least an hour, preferably overnight.

TO MAKE THE LENTIL PICADILLO

1. Heat a large sauté pan to medium-low heat and add the oil. Add the carrots, and potatoes and let cook for 4 minutes or until they begin to soften.
2. Add lentils, raisins, almonds, and vegetable stock and bring to a simmer. Season with salt and pepper. Let cook until vegetables are tender and set aside.

TO PREPARE THE MOLE

1. Bring a medium pot of water to a boil. Add chiles and turn off the heat. Let sit for 15 min. Drain.
2. In the blender combine the drained chiles, water, cornstarch, cinnamon, Mexican chocolate, oregano, black pepper, garlic cloves, and cloves. Process until smooth, strain, and set aside.
3. In a large sauté pan add olive oil and the mole and bring to a simmer. Add piloncillo to taste (According to how sweet you would like these to be. I like mine really sweet.)
4. Let it simmer for a couple of minutes until the piloncillo dissolves and the sauce thickens.

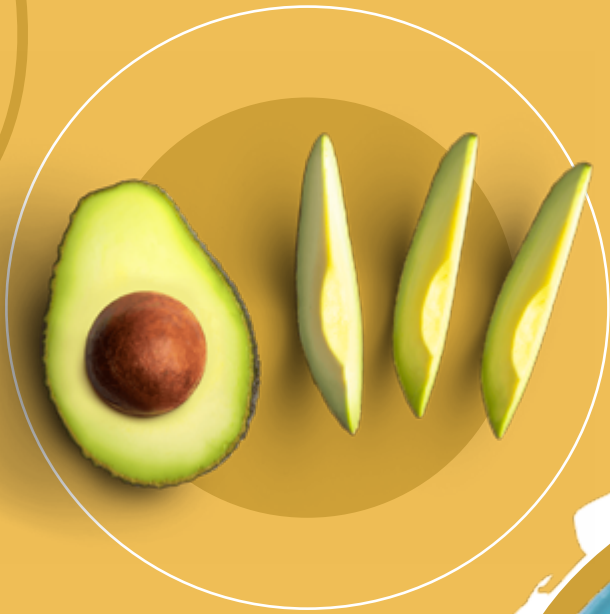
TO ASSEMBLE THE ENCHILADAS

1. Heat a small sauté pan with oil to medium-low heat. Dip tortillas into oil and fill with lentil filling. (For a fat-free version of this you can put the tortillas in the microwave to soften them, then fill them.)
2. Pour mole over enchiladas and top with shredded lettuce, onion, radish, and tofu queso fresco.

 Alejandra Zavala
@saucyrabanillo

TOFU AVOCADO SCRAMBLE

Chiapas



These Tofu Huevos a la Chiapaneca are very easy to make, full of nutrients and a lot of protein, but above all, it is full of tradition from the state of **Chiapas**. Mexican cuisine is so versatile that on a plant-based diet you will enjoy it even more!! I hope you like it.

INGREDIENTS

TOFU SCRAMBLE

- 16 oz. Tofu firm, drained
- 1 tbsp. Garlic powder
- 1 tbsp. Onion powder
- 1 tsp. Nutritional yeast (optional)
- ¼ tsp. Smoked paprika
- ¼ tsp. Ground cumin
- 2 tbsp. Avocado oil, or your oil of preference
- 1 cup Cooked pinto beans, with some broth
- 3 Corn tortillas, cut into strips
- 1 Avocado, sliced
- Pickled jalapeños
- 4 slices Vegan cheese (optional)

CASHEW CREMA

- ¼ cup Raw cashews
- 2 tbsp. Lemon juice, fresh
- 2 tsp. Apple cider vinegar

PREPARATION

TO PREPARE THE TOFU SCRABLE

1. Crumble the tofu with your hands, until it has the consistency of scrambled eggs. In a small bowl, mix the garlic powder, onion powder, paprika, nutritional yeast, cumin, and salt. Add this spice mixture to the crumbled tofu and mix well.
2. Heat a medium sauté pan to medium heat. Add 1 tbsp. of oil and cook the tofu until golden brown, about 6 to 7 minutes. In another sauté pan, set to medium heat, add the remaining tbsp. of oil and add the tortilla strips to the pan. Cook until golden brown and remove from the pan.
3. Add the soupy beans and crispy tortilla strips to the tofu, and mix well. Season to taste.



TO PREPARE THE CASHEW CREAM

1. Soak the cashews in ½ cup of water for two hours. Once the cashews have soaked, place them in the blender with the soaking water, lemon juice, apple cider vinegar, and salt. Process until completely smooth and cream like.

Chef's Notes

“This recipe will be even more delicious if you use homemade beans, but if you don't have time you can use canned beans without a problem. If you don't want to use oil, you can bake your tortilla strips.”

 Liliana Arellanes

MEXICAN SEMITA BREAD

Chihuahua



This sweet and tender semita bread, also known as semitas chorreadas, is designed to be eaten with your morning café de olla. Piloncillo, raisins, cinnamon, orange zest, and anise are studded throughout the semita, making it an incredibly fragrant and delicious Mexican pan dulce.



TIME 1HR. 55MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

- 3 ½ cups Bread flour
- ½ cup Dark brown sugar
- 1 tsp. Ground anise seed
- 1 tsp. Freshly ground cinnamon (Ceylon)
- 1/3 cup Coconut butter, about 3 oz
- 1 ½ cups Warm water
- ½ cup Chopped pecans
- ½ cup Raisins, soaked in the juice of one orange
- 1 tsp. Orange zest
- 1 tsp. Active dry yeast
- 3.5 oz Piloncillo (about ½ cup)
- ½ tsp. Salt



PREPARATION

1. In a large bowl, mix all the dry ingredients flour, sugar, anise, cinnamon, yeast, and salt.
2. Add the warm water and coconut butter to the bowl and knead.
3. I used the hook attachment on my mixer at medium-low speed for 4-6 minutes or until the dough has come off the sides of the bowl and is stretchy but not sticky. If you don't have a mixer you can knead by hand for 10 minutes or until you reach the desired consistency.
4. Place dough in a lightly oiled bowl, cover with a kitchen towel and let rise for an hour.
5. To prepare your piloncillo, place it in a plastic bag, and crush it with the help of a hammer until finely ground. Separate the crushed piloncillo in half. Place half of the piloncillo in a small bowl and mix with 1 tsp. Flour. This will be used to top the semitas before baking.
6. Once the dough is done rising, add the remaining half of the piloncillo, pecans, and orange zest and knead until all the ingredients are mixed evenly throughout.
7. Preheat oven to 350°F.

PREPARATION PT.2

8. Divide the dough in four, roll the pieces tightly into rounds, and place on a sheet tray lined with parchment. Press down on the rounds lightly. Brush the rounds with your favorite plant milk, and top with the piloncillo and flour mixture. Press down slightly on the piloncillo topping with your hands. Cover the sheet tray with a kitchen towel and let the dough rise for 20 minutes. Bake for 20 minutes at 350°F.

Chef's Notes

“These semitas are the best when eaten still warm right out of the oven. If you eat them the next day be sure to warm them up before eating.”



Gaby Bring
@unamamavegana

ALBONDIGAS IN TOMATO CHILE BROTH

Durango



These Albondigas in Caldillo Duranguense are made with a mixture of black beans, rice, and sautéed mushrooms and served in a tomato and chile ancho broth. They are ridiculously easy to make and they are one of those meals that remind you of long afternoons sitting at your abuela's table eating as a family.

INGREDIENTS

MEATBALLS

- 7 oz. Sliced cremini mushrooms (about 10 mushrooms)
- 2 cups Cooked white rice
- 2 cups Cooked black beans, drained
- 1 spring Fresh mint, finely chopped
- 5 Dried figs, finely chopped
- 1 1/4 cups Bread crumbs, adjust for consistency
- 1 tsp. Salt

FOR THE BROTH

- 5 Tomatoes, medium size
- 1/2 White onion, medium size
- 1 clove Garlic,
- 2 Ancho chiles, deseeded
- Salt to taste
- 1 cup Water or vegetable broth
- 1 tsp. Olive oil

PREPARATION

1. To make the meatballs: Heat a large sauté pan to medium-high heat, add a little bit of oil (optional), and sauté mushrooms until golden brown, about 6-7 minutes.
2. Remove mushrooms from pan and set aside. Using a food processor, mix the mushrooms, rice, black beans, figs, mint, bread crumbs, and salt. Pulse a couple of times until everything incorporated together, but is not completely mashed. Try to preserve some of the texture of the beans and rice. Shape the mix into equal sized balls.
3. In the same sauté pan, set to medium heat, brown the meatballs in a little bit of oil until golden brown all over. (You can also bake them at 375°F for 20 to 30 min, flipping them half-way through.)
4. To make the tomato chile broth: In a comal or cast-iron skillet set to medium-high heat, dry roast the tomato, chiles, garlic, and onion until they have dark spots all over. Add the tomato, chile, garlic, onion, and vegetable broth to the blender and process until you have a smooth broth. Strain.
5. In a medium sauce pot heat 1 tsp. of olive oil. Add the tomato broth and let simmer for 5 minutes or until it changes to a dark red color and slightly thickens. Season to taste with salt and pepper. Serve your meatballs in the tomato chile broth.



 **Alejandra Graf**
@piloncilloyvainilla

FLAUTAS DE PAPA

México D.F.



In Mexico, flautas are party food and street food at its best. And when you try them you'll see why these are so popular. They are so good! For this version of flautas de papa I used leftover mashed potatoes I had in the fridge.



TIME 20 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

- 12 corn tortillas
- 1 cup mashed potatoes
- 4 tablespoons of vegetable oil or avocado oil
- 4 long wooden skewers

TO SERVE

- Thinly sliced romaine lettuce or green cabbage
- Radishes, thinly sliced
- Cilantro
- Guacamole
- Salsa verde

PREPARATION

TO PREPARE THE DOUGH

1. Heat tortillas on a skillet for 10-15 seconds to make them pliable.
2. Put a spoonful of mashed potatoes in the center of each tortilla and spread it along the tortilla. Roll the tortilla and put it on a long skewer.
3. Repeat until you put three or four tacos on the skewer.
4. Repeat with all the tortillas.
5. In a frying pan over high heat put a tablespoon of oil and put three or four tacos, leave until golden brown, three to five minutes, turn and brown on the other side.
6. Take out the tacos and put in a dish with a paper towel to absorb the excess oil. Repeat until all the tacos are done.
7. To serve, put the crispy potato tacos on a plate and finish with the toppings. Enjoy immediately.



 Enrique Rodríguez

POTATO ENCHILADAS

Guanajuato



These are Guanajuato's famous Enchiladas Mineras, filled with a sautéed onion and mushroom mix, smothered in a guajillo enchilada sauce, and topped with tender potatoes and carrots, crema, shredded lettuce, and jalapeños en escabeche.

INGREDIENTS

2 Medium Idaho potatoes, peeled and cubed
4 Medium carrots, peeled, and cubed

ENCHILADA SAUCE

15 Dried Guajillo chiles, stems and seed removed
2 cloves Garlic
¼ tsp. Ground cumin
½ tsp. Mexican oregano, dried

FILLING

1 lb. Cremini, oyster or maitake mushrooms, sliced
1 Onion, large, thinly sliced
2 cloves Garlic, minced
2 cups Favorite shredded vegan cheese (optional)
12 Corn tortillas

GARNISH

[Almond Crema](#)

Jalapeños in Escabeche, sliced
2 cups Shredded romaine or iceberg lettuce

PREPARATION

TO MAKE THE ENCHILADA SAUCE

1. On a skillet or comal set to medium heat, toast the guajillo chiles for a couple seconds on each side. Place the chiles in a large bowl and cover with boiling water. Let sit for 10 minutes.
2. Place the soaked chiles, garlic, cumin, oregano, and 2 cups of the chile soaking liquid and process until smooth. Strain and season with salt and pepper. Set aside.

FOR THE FILLING

1. Add ¼ cup of water or vegetable stock to a large sauté pan set to medium-high heat. Add mushrooms and sauté for 5-6 minutes, or until almost all the moisture has evaporated from the mushrooms and they are beginning to brown. Add more liquid if necessary.



PREPARATION PT.2

2. Add the onion and garlic and continue cooking until the onion is tender and translucent about 6 more minutes. Add more liquid as necessary. Season with salt and pepper and set aside.
3. Place potatoes in a medium saucepot with cold water and salt. Bring to a low simmer and let cook for 5 minutes, add carrots and let cook for 3 to 4 minutes more or until the potatoes and carrots are tender. Strain and set aside.

ASSEMBLY

1. Preheat oven to 350°F. Bring enchilada sauce to a very low simmer in a medium saucepot, dip a tortilla in the warm sauce, very quickly, and place on a plate. Fill with mushroom mixture and vegan cheese and fold the tortilla over. Place on serving platter. Repeat this process with the rest of the tortillas.
2. Pour some extra sauce on top of the enchiladas and spread with a spoon. Place in oven for 5 to 6 minutes to melt the vegan cheese. (You can omit this step if you're not using cheese). Remove from oven. Top enchiladas with the potato-carrot mixture, shredded lettuce, jalapeños en escabeche, and drizzle crema on top and serve.

Chef's Notes

“If you are allergic to nuts you can make a tofu crema by blending: 1 lb. of silken tofu, 2 tbsp. lemon juice, 1 clove of garlic, 1/3 cup of water or unsweetened almond milk, 1 tsp. of nutritional yeast, and salt and pepper to taste.”

 **Ruby Ortega**
@_rubbywoo

JACKFRUIT TINGA TOSTADAS

Guerrera



Whenever my mom would make tinga we always ate them with tostadas, but you can totally make a torta out of this! Or use this for sopes!!! For the tostadas, I used vegetarian refried beans for the base, added the tinga, some lettuce, and topped it off with some of the tofu queso fresco :-)



TIME 8.5 HRS
+15 MIN



SERVES 4

DIRECTIONS

INGREDIENTS

FOR THE SOY QUESO FRESCO

- 1/2 pack Extra firm Tofu (drained and dried)
- 1 Tbsp Unsweetened soymilk
- 2 tsp. Garlic salt
- Lime juice to taste
- Fresh ground black pepper to taste
- 1 tsp. Smoked paprika

FOR THE VEGAN TINGA

- 2 - 3 cans of Young Green Jackfruit (I was not able to find this anywhere, so I [ordered a pack of 6 on Amazon.](#))
- 2 cubes [Not- chick'n Bouillon Cubes](#)
- 1 quart Vegetable stock
- 3 Tomatoes
- 1 White onion
- 1 small can Red Chipotle chiles salt and pepper to taste

PREPARATION

The only reason the recipe takes 6 hours is that we will want the fruit to marinate for as long as we can! So before you freak out, that's why! We're going to prepare all of our ingredients first.

1. With your cans of jackfruit you'll want to drain all of the water that it comes in. While you're draining your fruit you'll notice that some of the chunks have smooth seeds in them. Make sure that you take as many out as you can. (if you miss some it's okay because they will soften when cooking)
2. Once your fruit is drained and washed, leave it to dry for about 5 minutes. In the meantime, we will get started on the broth portion of the recipe You'll want to turn on your crock pot and set the timer for 8 hours. As its warming up add both the vegetable broth and cubes to it. The cubes won't dissolve right away, and that's totally fine. Just mix a bit so it won't stick to the bottom of the dish.
3. Once the crock pot has warmed up a bit, go ahead and add the fruit. Mix the fruit into the broth so we can help the cubes dissolve quicker. Leave overnight :)
4. For the soy queso fresco, start with breaking up the block. You'll want your end product to be mushy.



PREPARATION PT.2

5. Add both the wet and dry ingredients and mix. (for the garlic salt I used about 2 tsp of it, but it is all to taste). If you feel as if the queso is too wet, grab a paper napkin and place it in the palm of your hand. Place all the queso on the paper towel and squeeze to remove any excess liquid.
6. Once you've achieved the desired taste, chill overnight.
7. After the 6 hours have passed, switch the crockpot setting to "keep warm"
8. In a blender add 2 tomatoes, 1/2 of an onion and the whole can of chipotle chiles (I love my food to be spicy, but if you don't add about 3-4 of them). Instead of water, we're going to get 2 1/2 cups of the vegetable broth we made to mix the ingredients. Blend until smooth. You should get a slightly thick but watery consistency. As for the rest of the onion and tomato, slice them into thin layers because we will be sautéing them later.
9. As soon as you're ready to make your tinga, drain all the fruit out from the broth. Your jackfruit should have a brown color to it and be very easy to shred. I used my hands for this step, but you can use a fork as well. Place shreds in a bowl
10. In a large pan, set the heat to medium and add some oil to the pan. (I used coconut oil) Once it has warmed up add both the onion and tomato to the pan. You **DO NOT WANT TO GRILL THE ONION**. All you want to do is soften it up and have the tomato release some of its natural juice. You can have it get a little brown, but not all the way.
11. When you see that the onion has softened, quickly add the jackfruit and mix all the ingredients together! Finally, when all the ingredients are well mixed, add the salsa! And you're done! yay!!!!

Chef's Notes

"You can chill any leftovers you may have up to 2 days. If you don't have a crockpot but you still want to try the recipe, I would suggest boiling the jackfruit for 10-15 minutes to soften it up. And in low- medium heat you can try cooking the jackfruit for 2 hours or until browned. But it may alter the taste of the final product."



 Dora Ramírez
@dorastable

ARROZ CON LECHE PASTIES

Hidalgo



Pastes de Arroz con Leche are a typical dish from **Hidalgo**. In the early 19th century cornish miners traveled to central Mexico to mine for silver, establishing cornish communities and recreating their food, like cornish pasties. These pastes are the Mexican version of cornish pasties, and they're delicious!



TIME 4 HRS.



SERVES 8-10

DIRECTIONS

INGREDIENTS

ARROZ CON LECHE

- 1 cup Long grain-rice
- 1 Ceylon cinnamon stick 2 -inch
- 3 cups Water
- 4 cups Soy milk
- ½ - 1 cup Sugar or your sweetener of choice
- ½ cup of raisins optional

EMPANADA DOUGH

- 4 cups (500 g) Bread flour
- 5/8 cup (120 g) Vegetable shortening
- ½ cup (125 g) Vegan butter
- ½ tsp. Salt
- ¾ cup (175 ml) Cold water

GLAZE

- 2 tbsp. Soy milk, unsweetened
- 1 tbsp. Maple syrup

PREPARATION

1. To make the dough: In a large bowl mix the salt and flour. Using your hands rub the vegan butter and shortening into the flour until it resembles breadcrumbs.
2. Add the cold water and mix with your hands. Knead briefly until the dough is smooth and becomes slightly elastic. Cover with plastic and leave in fridge for at least 3 hours.
3. To make the arroz con leche: While the dough is resting, in a large pot combine water, cinnamon stick, and rice. Bring water to a simmer and simmer slowly for 15 min. Add soy milk to the pot and simmer for 10 more minutes.
4. Add ½ - 1 cup of the sugar (depending on desired sweetness), and simmer for another 10 minutes or until the arroz con leche has reached the right consistency.
5. Remove from the heat, add raisins, and let the rice cool slightly. It will thicken as it cools. Let cool completely in the refrigerator.
6. To make the empanadas: Remove the dough from the fridge and roll it out on a lightly floured surface cut into circles 4 inches wide. Place 1 full tablespoon of the arroz con leche on top the pastry. Bring the pastry around and crimp the edges together.
7. To make glaze, combine the maple syrup and plant milk. Brush empanadas with glaze.
8. Bake at 350 °F for about 50 - 55 minutes or until golden.



 Nancy Lopez-Mchugh
@mexicanmademeatless

POZOLE ROJO

Jalisco



This is **Jalisco's** most popular pozole. It is a celebration food eaten for Independence Day, Weddings, and Christmas. Top with your favorite toppings and a splash of lime juice.



TIME 1HR 20MINS



SERVES 6

DIRECTIONS

INGREDIENTS

- 31 oz Canned hominy, drained
- 3 dried Guajillos chiles, deseeded, deveined
- 2 dried Ancho chiles, deseeded, deveined
- 2 dried Pasilla chiles, deseeded, deveined
- 3 dried Chiles de arbol, deseeded
- 8.5 cups Vegetable broth
- 1 lb. Cremini or oyster mushrooms, sliced
- ½ Medium white onion
- 2 Garlic cloves, peeled. Extra large
- 1 tsp. Dried Mexican oregano, adjust to taste
- 2 or 3 Bay leaves, dried
- 2 tbsp. Olive oil

TOPPING CHOICES

- 8 oz shredded iceberg lettuce or cabbage
- 6 whole radishes
- pinch dried Mexican oregano
- 4 Tablespoons Sour cream optional

PREPARATION

1. Bring a small pot of water to a boil. Place the chiles, onion, and garlic into the pot. Allow to simmer under low heat until the chiles have rehydrated and the onion and garlic have softened.
2. Remove the softened ingredients and place them in the blender with 1/2 cup of the chile soaking liquid. Blend the chiles until smooth, add more broth if needed. Strain through a fine strainer. Set aside.
3. Set a large pot, over medium heat, and add 2 tbsp. of olive oil. Add the mushrooms and sauté until soft, about 8 minutes. Pour the chile sauce over the mushrooms and give it a good stir. Add 1 teaspoon of Mexican oregano and the hominy and mix until well combined.
4. Lastly, pour in the vegetable broth and bay leaves. Turn the heat to medium-low, cover the pot and simmer for about 45 minutes to an hour, or until the hominy is very tender. Season to taste.



PREPARATION PT.2

5. While we wait for the pozole to cook, we can prepare the toppings. Slice and chop the toppings you'd like to include. Once the pozole is ready, allow to cool slightly before serving. Top with any or all of the mentioned topping choice, or you can let everyone choose how they'd like to eat their pozole. Enjoy!

Chef's Notes

“Be careful not to add too much oregano or the pozole will sour.”



Angélica Martínez

@veganaalamexicana

MUSHROOM MENUDO

Estado de México



Also known as pancita, this soup it is thought to be the spicy Mexican version of a Spanish dish called mondongo. It is more commonly referred to as menudo. This version uses oyster mushrooms to imitate the tripe. It is spicy, comforting, and delicious!



TIME 45 MIN



SERVES 4-6

DIRECTIONS

INGREDIENTS

- 1 - 2 Morita chiles, dried
- 1 Ancho chiles, dried
- 3 Guajillo chiles, dried
- 1 Pasilla chile, dried
- 3 Small potatoes, peeled, diced
- 1/2 Onion
- 3 Plum tomatoes, large
- 2 Garlic cloves
- 1 tbsp. Oil
- 1 ½ lb. Oyster mushrooms, cleaned, cut into medium pieces
- 1 sprig Epazote
- 3 Bay leaves

GARNISH

- 1/2 onion, minced
- Oregano, dried
- Limes



PREPARATION

1. Remove the veins and seeds from all of the dried chiles except the morita and soak them in boiling water for 10 min.
2. Fill a medium pot with water and add the diced potatoes, simmer for 10 min. They should be slightly tender. Drain and set aside.
3. Heat a heavy-bottomed sauté pan to medium-high heat and place the tomatoes, half an onion and two garlic cloves on it. Let them char on all sides. Be careful with the garlic, because it burns fast.
4. Drain the soaked chiles, but reserve the water. Place them in the blender with the charred tomatoes onion, and garlic. Add the chile soaking water and blend until smooth. Set aside.
5. Heat a large pot to medium heat. Add 1 tbsp. of oil. Add the drained potatoes and let cook for about 3 min. Add the oyster mushrooms and stir, cooking for 3 more minutes. Add the chile sauce and season to taste.
6. If necessary add more water or broth. There should be just enough to cover the mushrooms. Bring to a simmer and add the epazote and bay leaves. Simmer for 25- 30 min. Season to taste. Serve with oregano, minced onion and limes.

Chef's Notes

“You can replace the potatoes with a 31oz can of hominy, drained, if you prefer. Add it to the pot at the same time as the mushrooms. You can also use shiitake instead of oyster mushrooms.

If you are interested in using snow mushrooms you will need 1.5 oz. Snow mushrooms, dried. Place [snow mushrooms](#) in a bowl and cover with warm water. Leave soaking for 30 min. Add to the pot after you add the sauce to the pot (step 6).”

 **Cynthia Estrada**
@nutricionycocinamx

ATAPAKUA

Michoacán



Atapakua is a traditional dish from **Michoacán** that has pre-Hispanic origins, prepared for hundreds of years by the Purepecha indigenous people. It is a vegetable stew simmered in a smoky chile guajillo sauce made with pumpkin seeds, fresh corn, spearmint, garlic, and tomato.



TIME 45 MIN.



SERVES 2

DIRECTIONS

INGREDIENTS

- 1 Sweet potato, peeled, cut into cubes
- 1 Chayote or chilacayote, cut into cubes
- 1 Zucchini, cut into cubes
- 3 Guajillo chiles, seeds and stems removed
- 2 Roma tomatoes, seeds removed
- 2 cloves Garlic, peeled
- ¼ Large white onion, peeled, chopped
- 10 Pumpkin seeds (pepitas)
- ¼ cup Water
- 1 cup Fresh corn kernels
- 1 tbsp. Spearmint or mint, chopped
- 8 oz. Oyster or maitake mushrooms
- 1 Avocado leaf, dried, crumbled
- Avocado Oil (Optional)



PREPARATION

SWEET POTATO, ZUCCHINI AND CHAYOTE

1. Pre-heat oven to 450°F for 15 minutes. Place sweet potato, zucchini, and chayote on a parchment lined sheet tray, season with salt and pepper. Turn heat down to 350°F and bake for 20 minutes.

SALSA

1. Heat a large sauté pan to low heat and add 1 tbsp. of oil. Add pumpkin seeds and chile guajillo and cook until golden brown, remove from pan and set aside.
2. Add onion and garlic to pan and cook until golden brown (keep garlic whole).
3. In a small pot, simmer the corn in water until tender, about 2-3 minutes. Strain and reserve ¼ cup of the corn cooking liquid, and 1 tbsp. of corn kernels for garnish.
4. Place the corn, chile guajillo, pumpkin seeds, onion, garlic, tomato, and ¼ cup of the corn water and blend until smooth.

5. Add 1 tbsp. of spearmint, season with salt and pepper, and blend again. Pour the sauce into a medium sauce pot, set to medium-low heat, and bring to a simmer. Simmer for 3-5 minutes, then turn off heat, cover and keep warm.

MUSHROOMS

1. In a large sauté pan set to medium high-heat, sauté the mushrooms until golden brown in avocado oil about 6-7 minutes.
2. Season with salt and pepper. Crush the avocado leaf in your hands and sprinkle it over the mushrooms.

TO SERVE

1. Place the sautéed mushrooms in a large bowl or cazuela. Add the sweet potato, zucchini, and chayote.
2. Pour the sauce over the vegetables and stir. Garnish with corn kernels, and spearmint leaves.
3. Serve with your favorite beans and corn tortillas.

Chef's Notes

- You can add zucchini blossoms, fava beans or green beans to add more variety and texture to the dish.
- The sauce is not very spicy since it uses only guajillo chiles, but if you do want it spicy you can add 1-2 serrano chiles.
- The recipe calls for fresh corn, but since corn in the US is so much sweeter than Mexican corn, to make this recipe more authentic tasting use ½ fresh corn and ½ fresh masa. If you do use masa, let the sauce simmer for 15 min.

 Dora Ramírez
@dorastable

ALEGRÍAS

Morelas



Alegria, is a pre-Hispanic Mexican candy made with popped amaranth seeds mixed with, pepitas, raisins, piloncillo syrup, and almonds. The Aztecs would form toasted amaranth into the shapes of their divinities and ate them in a ritual to participate in the divine.



TIME 30 MIN.



SERVES 12

DIRECTIONS

INGREDIENTS

- 1 cone Piloncillo (8 oz.)
- 1/4 cup Water
- 4 cups Popped amaranth
- 1/4 cup Pumpkin seeds, toasted
- 1/2 cup Raisins
- 1/4 cup Almonds, toasted
- 1/4 cup Agave syrup



PREPARATION

1. Place the piloncillo in a large ziploc bag and crush it with a heavy bottomed pan or a hammer(to make this easier you can place the piloncillo in the microwave for 10-15 seconds).
2. Add the water and crushed piloncillo to a large heavy-bottomed pot and bring to a low simmer, stirring constantly. When the piloncillo dissolves add in the amaranth, pumpkin seeds, raisins, almonds, and agave syrup.
3. Mix with a wooden spoon to completely coat the amaranth. Quickly transfer the mixture to a parchment lined sheet tray, spread evenly with a spatula, and press together to form a rectangle (the rectangle will most likely be smaller than your sheet tray).
4. Let it cool slightly. Just so you are able to handle it with your hands and cut into the desired shape. Let cool completely.

Chef's Notes

“You can buy amaranth already popped in Mexican markets or I recommend [Kuali Foods Popped Amaranth](#).”

 **Kimberly Rosales**
@vivaverduras

AGUACHILE VERDE

Nayarit



This vegan aguachile verde recipe (Aguachile Estilo **Nayarit**) is spicy, tangy, and designed to be eaten on the beach on top of tostadas with a nice cold beer! In this vegan version, oyster mushrooms are marinated in a lime juice, cilantro, and serrano pepper mixture then mixed with sliced crisp cucumber and sliced red onion.



TIME 22 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

SALSA

- 2 Serrano peppers
- 1 Garlic clove
- ¼ White onion
- 4 Limes
- 1 cup Cilantro, stems removed
- Salt and pepper to taste

AGUACHILE

- 7-8 King Oyster Mushrooms, medium size (1.25 lb.)
- 2 Cucumbers, peeled and gutted
- 1 Red onion, thinly sliced
- 5 Limes
- Salt & pepper to taste
- 3 Small seaweed sheets crumpled and sprinkled before serving



PREPARATION

1. Preparing the mushrooms: Clean mushrooms with a damp towel, do not wash since it will change the texture of the mushroom.
2. Cut the mushroom stems, you can cut the top as well but I like the texture. Shred them with two forks so they have a “shredded chicken” look. Place them in a large bowl, and marinate with 4-5 squeezed limes and pink salt, refrigerate for about 4 hours (I marinated mine overnight.)
3. To make the salsa: Place the serrano peppers, garlic, onion, juice of 4 limes, and cilantro in the blender and process until smooth.
4. Making the aguachile: Cut the cucumbers in half and gut the cucumber so they resemble a “c” shape, slice thinly. Cut the onion into thin slices. Add cucumbers and onions to a large bowl.

PREPARATION PT.2

5. Pour serrano salsa over the cucumber/onion mix. Marinate for 2 – 4 hours. (I marinated it overnight.) Squeeze additional lime juice if needed, I like it very citrusy but this is optional. After the marinating time is done, combine mushrooms and cucumber/onion mix, add salt to taste, and top with avocado and extra cilantro. I like to add my seaweed right before serving so it doesn't get too soggy.

Chef's Notes

“You can reduce the amount of chiles if you can't take the heat. If mushrooms aren't your thing you can make aguachile with hearts of palm. Serve this with tostadas, avocado, and a nice cold beer.”



Francis Puente

@frijolvegano

EMPALME NORTEÑO

Nuevo León



An empalme norteño is basically two tortillas empalmadas (one on top of the other) filled with refried beans, vegan cheese, shredded “meat”, and chile sauce with the characteristic oregano of the region. They can be cooked on a comal or on the grill.



DIRECTIONS

INGREDIENTS

- 6 Dried guajillo chiles, de-stemmed, deseeded
- 6 Dried ancho chiles, de-stemmed, deseeded
- 2 cloves Garlic
- 1 tbsp. Mexican oregano
- 1/8 tsp. Cumin seeds or 1/4 tsp. ground cumin
- 1 tbsp. Vegetable oil
- 1/4 Onion, diced
- 8 oz. Cooked pinto beans
- 2 tsp. Garlic salt
- 2 tsp. Coarsely ground pepper
- 12 corn tortillas
- 1 lb. Meat substitute (TVP, seitan, jackfruit)
- 8 oz. Vegan cheese, grated (optional)



PREPARATION

TO MAKE THE SAUCE

1. Bring a medium pot of water to boil and add the dried chiles. Turn the heat off and let sit for 15 minutes. Drain the chiles but reserve 1/4 cup of the chile soaking water. Add the soaked chiles, reserved chile soaking water, a pinch of oregano, garlic cloves, cumin seeds (I recommend you grind this in a molcajete with a tsp. of water), and salt to taste to the blender, and process until smooth. Set aside.

TO MAKE THE REFRIED BEANS

1. Preheat a sauté pan to medium-low heat. Add 1 tbsp. of oil and the onion and sauté until the onions is soft and starts to brown, about 3-4 minutes. Add the beans and mash down using a potato masher until they become a smooth paste. Add 1 tsp. garlic salt and 1 tsp. black pepper. Set aside.

TO MAKE THE “MEAT”

1. Heat a sauté pan to medium heat and add 1 tbsp. of oil. and the meat substitute and begin to brown lightly. Add 1 tsp. garlic salt and 1 tsp. black pepper and stir to combine. Once our meat is golden brown add enough chile sauce to cover the “meat”, and remaining oregano. Continue cooking for 5 more minutes. Set aside.

ASSEMBLY

1. Place 6 tortillas on a plate and add 1 tbsp. of beans, about 3.5 oz of the “meat” on each tortilla, and some vegan cheese. Top the tortillas with a second tortilla and spread some of the chile sauce on top of each tortilla. Place on the grill or on a hot comal or griddle until golden and crisp on each side.

Chef's Notes

“You can use your meat substitute of choice. If you use TVP just make sure that it is previously soaked in water, drained, and squeezed out.”



 **Fernanda Álvarez**
@lahealthymexicana

MOLE NEGRO

Oaxaca



Known as the land of the seven moles, **Oaxaca's** crown jewel is without a doubt Mole Negro. A dark smoky, slightly bitter, and incredibly rich sauce. We use this delicious sauce to make cauliflower mole enchiladas otherwise known as enmoladas.



TIME 1:30 HRS

4 ENMOLADAS
12 MOLE NEGRO**DIRECTIONS**

INGREDIENTS

2 cups Extra virgin coconut oil
 1 cup Chile chilhuacle negro, dried
 1 cup Chile chilhuacle rojo, dried
 1 cup Chile Mulato
 1 cup Chile Pasilla
 ¼ cup Sesame seeds
 ¼ cup Peanuts raw
 ¼ cup Pecans raw
 ½ cup Hazelnuts raw
 ¼ cup Pepitas pumpkin seeds, raw
 2 Corn tortillas
 3 Slices whole wheat bread
 2 Large red onions
 4 Garlic cloves peeled
 2 Ripe plantains peeled
 ¼ cup Goji berries
 8 Plum tomatoes cut into dice
 10 Tomatillos husks removed, cut into dice
 1 tsp. Salt
 1 tsp. Ground nutmeg
 1 tsp. Ground cinnamon
 1 tsp. Dried oregano
 1 tsp. Dried thyme
 1 tsp. Ground ginger
 1 tsp. Ground cumin
 1 tsp. Ground turmeric
 5 Whole cloves
 5 Whole allspice
 ¼ cup Coconut sugar
 1 cup Dark chocolate dairy-free
 4 Avocado leaves, toasted

TO SERVE

10 corn tortillas
 1 Large head of cauliflower
 ¼ cup Coconut oil extra virgin
 Sea salt
 1 tsp. Smoked Paprika



1 tsp. Ground cumin

PICKLED RED ONIONS

1 Large red onion
 2 Limes juiced
 2 tbsp. water
 1 tsp. Oregano

CREMA

1 cup Sunflower seeds hulled, raw
 1 ½ cups Water
 1 tsp. Sea salt
 1 Lime juiced
 1 tsp. Nutritional yeast

PREPARATION

TO MAKE THE CREMA

1. Fill a large glass container with water and add the sunflower seeds. Let them soak overnight in the refrigerator. (Preferably one day before you make the mole.)
2. Drain the seeds. Place the sunflower seeds, water, salt, lime juice, and nutritional yeast in the blender and process until smooth.
3. You can adjust the lime and salt to taste or even add some other spice like jalapeño, ginger, turmeric or nutmeg.

TO MAKE THE MOLE

1. Set a large sauté pan to medium-high heat add all the chiles (stems and seeds removed), and toast lightly on both sides. Transfer to a bowl with cold water and set aside for later.
2. In a large pot or wok, add 1 cup of coconut oil and heat to medium heat. Add sesame seeds, peanuts, nuts, hazelnuts, pumpkin seeds, bread, tortilla, onion, garlic, plantain slices, and goji berries. Add them one at a time until they are a deep golden brown, then remove them from the pan, set them aside, and add the next ingredient.
3. Add the diced tomatoes and tomatillos to the pot, season them with salt, nutmeg, cinnamon, oregano, thyme, ground ginger, cumin, clove, turmeric, and allspice, cook until golden brown. Remove from pan and set aside.
4. Place all the fried ingredients plus the drained dried chiles in the blender, and process until smooth. Strain this mixture.
5. Heat a large pot to medium heat and add the remaining 1 cup of coconut oil, fry the sauce for 5 minutes and add the 5 cups of vegetable broth. Add the coconut sugar, chocolate, and avocado leaves (previously toasted). Simmer for 45 min at medium heat, stirring constantly to avoid sticking.
6. While de mole is simmering, cut the cauliflower in small florets and sauté it with a little bit of coconut oil. Season with cumin, paprika, and salt to taste. Cover and let it pan steam for about 10 minutes or until tender. Add a little bit of water to the pan if necessary.
7. Prepare the crema (instructions above) and marinate the red onion with the lime juice, water, and oregano. Fill the tortillas (heat them up for a couple of seconds in the microwave so they are easy to fold), and fold them in half. Pour the finished mole sauce on top of the folded tortillas and drizzle some crema, and top with pickled red onions.

Chef's Notes

“If you can't find hazelnuts you can use almonds/ You can also use cranberries instead of goji berries/ If you are gluten free, you can use gluten-free bread instead./ You can also serve your cauliflower enmoladas with [this almond crema](#). I found my chile chilhuacle [HERE](#).”

 Chantall Viguera
@mamavegetal

MOLE POBLANO ENCHILADAS

Puebla



The pride of Mexican gastronomy, made with over 18 different ingredients, mole poblano is a savory sauce with a combination of flavors unlike anything you have ever eaten. Use this delicious mole to make enmoladas filled with sauteed mushrooms.



DIRECTIONS

INGREDIENTS

MOLE POBLANO PASTE

- 7 Ancho chiles
- 6 Mulato Chiles
- 6 Pasilla Chiles
- 3 Chipotle chiles, dried
- 1 Onion, small
- 2-3 Roma tomatoes
- 3 cloves Garlic
- 2/3 cup Raisins
- ¼ cup Raw peanuts, unsalted
- 2/3 cup Almonds
- 1/3 cup Pumpkin seeds (pepitas)
- 1/3 cup Sesame seeds
- 2 Corn tortillas, cut into fourths
- 1 Bolillo, a couple of days old, sliced
- 1 Ripe plantain, peeled sliced
- 1 stick Ceylon cinnamon broken into pieces
- 3 Whole cloves
- ½ tsp. Anise seed
- ½ cone Piloncillo
- 1 tablet Mexican chocolate (Ibarra)
- 1 L Water or vegetable stock
- 2 Vegetable bouillon cubes (optional)
- 1 tsp. Black peppercorns
- Olive oil or avocado oil

ENMOLADAS

- Corn Tortillas
- 8 oz. Mushrooms, sliced
- ¼ Onion, thinly sliced

GARNISH FOR ENMOLADAS

- Toasted sesame seeds
- Crumbled tofu
- Thin onion slices
- Avocado



PREPARATION

MOLE POBLANO PASTE

1. Clean, and remove the seeds and stems from the dried chiles. Using a comal or cast iron pan set to medium heat toast the chiles. Be careful not to burn them or the sauce will be bitter. Once they are lightly toasted submerge them in a pot full of boiling water and let soak for 20 minutes.
2. While the chiles are soaking, bring a medium pot of water to a simmer and add the tomato, onion, and garlic. Simmer for about 6-7 minutes or until the tomatoes begin to lose their skins and the onion is tender. Drain and set aside.
3. Once the chiles are soft and pliable, place them in the blender with 1 cup of water or some of the soaking liquid. Blend until smooth. Strain and set aside.
4. Heat a large sauté pan to medium-high heat and add vegetable oil. Fry the raisins, pumpkin seeds, peanuts, almonds, tortilla, bolillo, and plantain one at a time until deep golden brown, almost burnt! Place all of the fried ingredients in the blender with the cinnamon stick, clove, anise seed, black peppercorns, and sesame seeds. Add 1 cup of water and blend. Add as much water as necessary to get your blender to process all of the ingredients into a smooth thick sauce. Strain and set aside.
5. In a large pot (preferably clay), set to medium heat, add ½ cup of water, piloncillo, vegetable bouillon and Mexican chocolate. Stir constantly until it dissolves. Add the chile mixture and the nut-bread mixture, and mix well to incorporate. Season to taste with salt and pepper if needed.
6. Continue mixing constantly with a wooden spoon and bring to a low simmer. Simmer for 15 minutes and recheck seasoning. Let cool in pot. Now it is ready to use or store.

TO MAKE THE ENMOLADAS

1. Place 1 cup of the mole paste in a medium sauce pot. Add ½ cup of water or vegetable stock and bring to a low simmer. Stir to incorporate. Add more liquid if necessary to get the right consistency.
2. In a large sauté pan, sauté the onions and mushrooms until golden brown. Season with salt and pepper to taste. Soften your corn tortillas by heating them briefly in the oven or microwave until they roll easily. Fill the tortillas with the mushroom mixture and roll. Place on a plate and pour mole sauce on top of them. Sprinkle with sesame seeds and top with sliced onions, avocado and crumbled tofu.

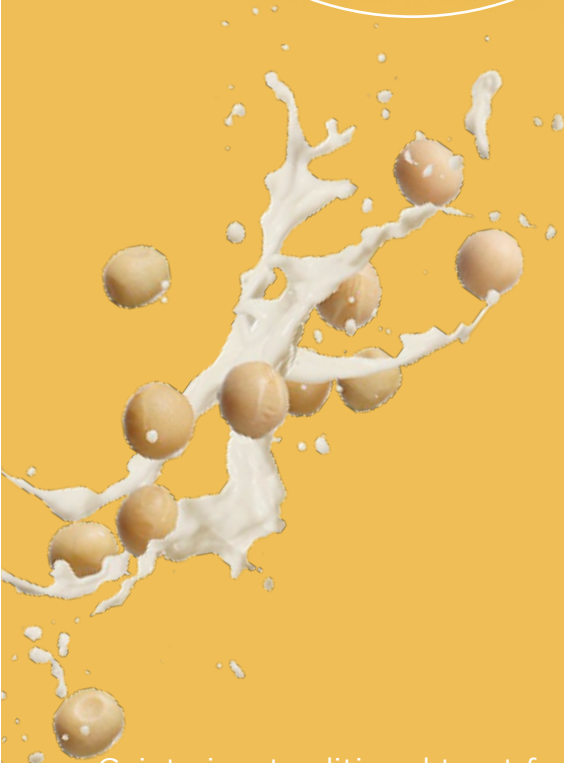
Chef's Notes

- The recipe makes mole paste, which you can freeze or save in the fridge for later use. To use the paste all you need to do is add enough vegetable stock to get it to the right consistency and let it simmer for a couple of minutes, then serve.
- You can make enmoladas with this or serve it over potatoes, chayote, and zucchini with rice.
- If you want to make this without oil you can toast the ingredients, that were meant to be fried, in the oven until a dark golden Brown.
- There were some chiles I couldn't find easily and I purchased these on Amazon: [Chile Mulato](#) and [chile chipotle](#).

 Dora Ramírez
@dorastable

CAJETA ENVINADA

Querétaro



Cajeta is a traditional treat from the city of Celaya, **Guanajuato**. It is made in large copper pots and simmered slowly for hours. There are three varieties quemada (caramelized), envinada (with wine), and vanilla.



TIME 1:30 HRS.



SERVES 1 CUP

DIRECTIONS

INGREDIENTS

- 4 ¼ cups Soy milk, unsweetened
- 1 1/3 cup Turbinado or brown sugar
- ¼ cup Agave syrup
- 1 tsp. Vanilla extract
- ¼ tsp. Baking soda
- 1 -2 tbsp. Brandy, Dark rum or whiskey

PREPARATION

1. In a large heavy bottomed pot combine the soy milk, sugar, agave, vanilla, and baking soda.
2. Bring to a slow simmer, and let simmer for 1 hour and 15 min. Stirring frequently to prevent sticking and burning.
3. Add the brandy and simmer for 15 more minutes or until the cajeta has reached the desired consistency.



Chef's Notes

“I used unsweetened soy milk, but you can use your favorite plant milk. I used turbinado sugar, also known as sugar in the raw, which is a less processed version of fine white sugar. If you can't find it, you can use brown sugar. The baking soda in this recipe help the cajeta get its dark caramelized color. I chose to use whiskey, but you can use brandy, dark rum or white wine.”

 **Alessandro Scetta**
@alessandro_scetta

HABANERO HEARTS OF PALM CEVICHE

Quintana Roo



This habanero hearts of palm ceviche will transport you to the Mexican Caribbean with the combination of habanero, hearts of palm, onion, tomato, and cilantro marinated in lime juice. You can serve it on tostadas, eat with chips or even serve it as a salad.



TIME 40 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

- 2 cans (14 oz.) Hearts of palm, drained
- 3 Plum tomatoes, pulp removed, diced
- ½ Red onion, finely diced
- 1 Habanero pepper, finely diced
- 2 tbsp. Lime juice, fresh
- 3 tbsp. Extra virgin olive oil (optional)
- 1 tbsp. Chopped cilantro or to taste

PREPARATION

1. Cut the hearts of palm in slices or half-moon pieces.
2. In a large bowl, combine the hearts of palm, tomato, onion, and habanero pepper.
3. Add the lime juice, olive oil, and cilantro. Mix well. (Hold off on seasoning it.)
4. Let marinate in the refrigerator for 30 min. Season with salt and mix to combine.
5. Serve with chips or tostadas.



Chef's Notes

“You might have to try several brands of hearts of palm and see which one you like best. Some are more tender than others. The recipe calls for 1 whole habanero, but if you don’t eat a lot of spicy food I would add 1/2 or even a 1/3 of a pepper. Oil is optional. Avocado would go really well with this.”



 **Ivonne Lara**
@veganaxicana

ENCHILADAS POTOSINAS

San Luis Potosí



These enchiladas are perhaps the most iconic dish of **San Luis Potosí**. They are made with a red hand-made tortilla, dyed red with a puree of dried chiles, filled with seasoned potatoes, and topped with lettuce, onion, and sour cream.



TIME 40 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

FOR THE MASA (DOUGH)/TORTILLAS

- 2-3 Chiles Guajillos
- 2-3 Chiles de Arbol *(optional for spicier taste)*
- 2 Cups of gluten free masa *(Maseca brand)*
- 3 Cups warm water
- ½ Cup of vegetable oil

FOR THE STUFFING

- 4 Medium potatoes, peeled and boiled
- 1 Tbsp of vegetable oil
- ½ Tsp of cumin
- ½ Tsp of salt *(or to taste)*
- ½ Cup of the blended chile *(leftover from the masa)*
- ½ Tsp of black pepper *(optional)*

TO FINISH OFF THE ENCHILADAS

- Half a head of lettuce, finely chopped
- 1 Small Roma tomato, diced
- ½ white onion, diced
- 1 can of vinegar jalapenos
- Vegan sour cream *(optional, I use Tofutti brand)*



PREPARATION

TO PREPARE THE DOUGH

1. Boil the guajillo and arbol chile in a small pot over medium heat.
2. Once it comes to a boil, remove them from the heat and place them to the side for a minute or two allowing them to cool down a bit.
3. Then, place the chiles in a blender along with 1 cup of water using the water they were boiled in and blend until smooth. Place to the side.
4. In a medium sized bowl, add in the masa and 2 cups of warm water. Mix well.
5. Then, add a hint of salt and using a colander add in ½ a cup of the blended chile. Continue to mix well until all the masa is colored. Place remaining blended chile to the side.

TO MAKE STUFFING

1. Heat the vegetable oil in a medium sized pan over medium/high heat.
2. Then, add in the boiled potatoes and mash them well.
3. Once the potatoes are mashed well, add in the cumin, salt, and black pepper. Using a colander, also add in the remainder of the blended chile. Mix well and let it simmer. Then place it to the side.

TO MAKE THE TORTILLAS

1. Heat a lightly oiled skillet over medium heat
2. Meanwhile, press one small ball of dough between two plastic sheets using a tortilla press to form a circle.
3. Make sure that the skillet is warm, otherwise tortilla will stick, place tortilla on the skillet. Cook for about 30-40 seconds, then turn it over to cook the other side. Once the tortilla inflates, remove it and set it to the side.
4. Continue to form and cook the rest of the tortillas until you are all out of dough.
5. Then, heat $\frac{1}{2}$ a cup of vegetable oil in a frying pan and lightly fry each side of the tortilla.

TO FINISH OFF THE ENCHILADAS

1. To finish off, lightly wipe the grease off the tortillas using a paper towel and add in a bit of the stuffing to each.
2. Top them off with lettuce, tomato, onion, and sour cream. I like mine with jalapeños on the side as well.
3. ENJOY!

 Fabby Gastelum

VEGAN BARBACOA SINALOENSE

Sinaloa



This traditional vegan barbacoa Sinaloense uses Gardein beefless tips instead of pork or beef, but still holds all the chiles, spices, and flavors that characterize barbacoa in **Sinaloa**.



DIRECTIONS

INGREDIENTS

- 1 package Gardein Homestyle Beefless Tips *see note
- 5 Small russet potatoes (about 4 cups diced potatoes)
- 5 Small carrots (about 1 ½ cups diced Carrots)
- 3 Small tomatoes (about 1 ¼ cup diced tomato)
- 1/4 White onion (about 1/3 cup diced onion)
- 2 cloves Garlic
- 1 Anaheim chile, fresh
- 5 Guajillo chiles, dried
- 1 Pinch Cumin (about 1/4 tsp.)
- 2 Not Beef Bouillon Cubes
- 1 Not-Chick'n Bouillon Cube
- 1 tsp. Dried oregano
- Salt & pepper to taste
- 1/2 cup Manzanilla olives
- 2 Bay leaves, dried
- 1/4 cup Preferred beer, *see notes

PREPARATION

1. Fill a medium pot with water and bring to a boil. Add guajillo chiles and let simmer slowly for 5 - 8 minutes to soften the chiles.
2. Continue by dicing tomato, anaheim chile, and onion in to very small-fine pieces.
3. Heat a large pot to medium-low heat and add 1 tsp. oil (optional). Add onion, Anaheim chile, and tomato and sweat for 5 minutes or until vegetables are tender,
4. Meanwhile chop carrots and potatoes into small-medium chunks. Add only carrots and olives to pot; cover and continue to cook for another 3-5 mins.
5. When guajillo chiles have softened, drain, and place in the blender with 1 cup of water, garlic, cumin, dried oregano, and a pinch of salt and black pepper, blend till smooth.
6. Take that chile mixture and strain it, add strained liquid to pot and simmer for another 5 mins
7. Add potatoes and both not-beef cubes, 1 chkn cube, and 2 bay leaves. Increase heat to medium, cover, and keep cooking for another 10 mins depending how soft or hard you like your potatoes to be. (If necessary add more water.)
8. Heat a sauté pan to medium-high heat and add 1 tsp. of oil. Add beefless tips and brown them on both sides until golden brown.



PREPARATION PT.2

9. Add the beefless tips to the pot with the vegetables, add another 2 cups of water, and ¼ cup of beer. Stir and let cook on low heat for 5 more mins. (You can add more than 2 cups of water. Today I did because I wanted my barbacoa to have plenty of broth. Add as much or little as you like.)
10. Season to taste with salt and pepper.
11. Turn off heat, make some frijoles puercos and sopa fria to go with it and voilà.

Chef's Notes

*The beer is only for a different kick on the taste of this barbacoa, in Sinaloa (my Mexico native state) adding some beer to it is very common and I wanted to make this as traditional as possible. Yes it's safe for children since it's only a small amount and the alcohol taste disappears with all the other spices. I added Michelob. (of course I drank the remaining of it #bosslife #momlife #winning)

*The beefless tips are already seasoned, I didn't want that flavor to overpower the barbacoa. I washed them very well and added a squeeze of lime juice and let it rest for 15 mins with lime juice and water. It helped, and the "meat" got the original taste of the barbacoa spices added but this is totally optional.

 Natalia Vanegas

GALLINA PINTA

Sonora



Gallina Pinta is a beautiful thick stew of pinto beans, hominy, Anaheim Chile, and herbs. Served with a splash of lime juice, chopped cilantro, onion, and Chile chiltepin. It is a dish so local to the state of **Sonora** that you might not have heard of it before!



TIME 12 HRS



SERVES 8-10

DIRECTIONS

INGREDIENTS

14 oz. Pinto beans, dried
 14 oz. Dried Pozole, (prepared hominy)
 1 head Garlic, peeled
 1 White onion, cut into ¼'s
 1 Anaheim pepper, stemmed and deseeded
 (increase quantity according to taste)
 1 tbsp. Coriander seeds
 1 gallon Water
 Salt to taste, add at the end when the hominy
 has "burst"

GARNISH

½ cup Chopped Cilantro
 3 limes
 ½ cup Sliced green onion
 Chiltepin or [chile piquín to taste](#)
 4 slices Bolillo bread, toasted and slathered in
 vegan butter



PREPARATION

1. Clean the beans and soak them for 8 - 12 hours, discard the soaking water and rinse the beans.
2. Place the hominy in a strainer and rinse until the water is clear.
3. Place the beans, hominy, garlic, onion, Anaheim pepper, and coriander seeds in the slow-cooker. Add water (according to the instructions on your slow cooker). Cook on low for 12 hours.
4. Check periodically and add more water if necessary.
5. When the beans are cooked and the hominy has "burst", remove the chile skins and add salt to taste.
6. Serve hot in large bowl. Place garnishes on the table so everyone can garnish their own plate.

Chef's Notes

“I recommend you slow cook this, it is well known that slow cooked beans are so much better! If your slow cooker is small, half the recipe. If you can't find Anaheim peppers, you can use serrano peppers, but the flavor will change. Some people also prepare it with chile guajillo (chile Colorado) which is essentially dried Anaheim pepper. The original recipe contains beef, but you can substitute with jackfruit, mushrooms or your favorite meat substitute. I prefer to simply omit the beef and I quite enjoy it. Enjoy!!”



Eddie Garza

@theeddiegarza

SEAFOOD STEW

Matamoros Style



This vegan **Matamoros** style seafood stew is a spicy, tangy, and hearty stew of oyster mushrooms, chickpeas, hearts of palm, and corn simmered in a chile-tomato broth. It is served with chopped cilantro, a splash of lime juice, and tostadas.



TIME 30 MIN



SERVES 8

DIRECTIONS

INGREDIENTS

- 8 Dried guajillo chiles, soaked, seeded and chopped
- 2 tbsp. Vegetable oil divided
- 4 cloves Garlic, minced
- ½ tbsp. Dried Mexican oregano
- 1 tsp. Salt
- ½ tsp. Black pepper
- 2 tsp. Ground cumin
- 2 tsp. Ancho chile powder
- 1 tsp. Chipotle powder
- 2 tbsp. [Dulse flakes](#)
- 4-5 Roma tomatoes roasted and peeled
- 8 ounces Tomato sauce
- 2 Carrots diced medium
- 1 Medium onion diced medium
- 3 Stalks celery diced medium
- 8 ounces Oyster mushrooms separated
- 4 cups Vegetable stock
- 14 ounces Hearts of palm, half diced in rings, half julienned
- 4 ears Fresh corn on the cob broken into halves
- 1 ½ cups Chickpeas, cooked
- ½ cup Cilantro, chopped (garnish)
- Lime wedges (garnish)

PREPARATION

1. Heat 1 tablespoon of oil in a large soup pot, and sauté the garlic, oregano, salt, pepper, cumin, ancho chile powder, chipotle powder, and dulse flakes for 3 minutes. Add the rehydrated guajillo chiles, tomatoes, and tomato sauce. Lower the heat and simmer for 10 minutes.
2. Purée the mix (the soup base) with an immersion blender (or in batches with a conventional blender). Transfer the soup base to a bowl and set aside.
3. In the same pot, heat 1 tablespoon of oil on medium heat and sauté the carrots, onions, celery and mushrooms for 4 minutes.



PREPARATION PT.2

4. Add the hearts of palm, corn on the cob and chickpeas. Cook for 5 to 7 minutes.
5. Serve hot, garnished with cilantro and lime wedges.

Chef's Notes

“If you can't find [dulse flakes](#), you can use ground up nori seaweed. Potatoes make a great addition to this! You can also add zucchini or chayote. Any mushroom would do, but preferably try to find oyster mushrooms. Serve with tostadas”.

 **Dora Stone**
@dorastable

SISGUÁ

Tabasco



A typical dessert of the state of **Tabasco**. It is a custard like fresh corn cake, so tender and sweet it's irresistible. This recipe is made with the sweet American corn, which is high in water content thus the addition of flour to the original recipe.

INGREDIENTS

3 Ears of fresh yellow corn, medium (1 ½ cups)
1/4 cup Fine yellow cornmeal
14 oz. Sweetened condensed soy milk
1 ¼ cups + 2 tbsp. All-purpose flour
2 tbsp. Cornstarch
2 tsp. Baking powder
½ tsp. Salt
6 tbsp. Chickpea flour + 6 tbsp water
½ cup Vegetable oil or vegan butter
Powdered sugar to serve



PREPARATION

1. Heat oven to 350F. Place a round of parchment paper on the bottom of a 9-inch round cake pan, grease it with cooking spray or vegan butter.
2. Cut the kernels off the corn and place in the blender, add the cornmeal, condensed milk, and puree until smooth.
3. In a small bowl combine the flour, cornstarch, baking powder, and salt.
4. In a small bowl combine the chickpea flour and water and whisk to combine. Add this to blender, along with the vegetable oil, blend on low until you get a smooth puree. Pour this into a large bowl.
5. Pour the flour mixture into the corn puree, and whisk well until there are no more lumps in the batter. Pour batter into cake pan and bake for 40 to 45 minutes until a toothpick inserted comes out clean.
6. Cool in the pan on a rack for 30 minutes. Unmold the cake and place on a plate. Let cool completely then dust with powdered sugar.

Chef's Notes

“Recipe adapted from [Milk Street Magazine](#).”

 **Cocina Vegan Facil**
@cocinaveganfacil

TACOS DE CANASTA

Tlaxcala



Tacos de canasta (basket tacos) are famous for exactly that, they are sold on the streets in a basket on top of a bicycle. Not many people know that these delicious tacos were born in the town of San Vicente Xiloxochitla, **Tlaxcala** in the 1950's, now you can find them all across the country.

INGREDIENTS

TO SERVE

- 1 tbsp. Vegetable oil
- 1 lb Oyster mushrooms
- ½ tsp. Onion powder
- ½ tsp. Garlic powder
- 3 sprigs Cilantro
- 2 sprigs Epazote
- 3 sprigs Parsley
- 6 Tomatillos, stems removed, chopped
- ¼ Onion
- 1 Garlic Clove
- ¼ Corn tortilla
- 1 ½ Serrano chiles, chopped
- 3 Leaves of lettuce, chopped
- 1 tbsp. Toasted sesame seeds
- 2 tbsp. Peanuts
- ¾ cup Pepitas (shelled pumpkin seeds)

POTATOES

- 2 Potatoes, peeled, cut into large pieces
- 1 tbsp. Oil
- ½ tsp. Garlic powder
- ½ tsp. Onion powder
- 3 sprigs of Parsley, finely chopped
- Sal and pepper to taste

SALSA

- 3 Guajillo chiles, destemmed, deseeded
- ¼ White Onion, chopped
- 1 Garlic clove
- 1 cup Hot water
- 1/3 cup Vegetable oil
- 1/2 tsp. Salt

- 20 Tortillas



PREPARATION

TO MAKE THE MUSHROOMS IN MOLE VERDE FILLING

1. Trim oyster mushroom stems and tear into smaller pieces with your hands. Set a sauté pan to medium-high heat add 1 tbsp of oil. Add half of the mushrooms to the pan and sauté until golden brown. Season them with salt, pepper, garlic powder and onion powder. Remove from pan, and repeat with the rest of the mushrooms.
2. Set a large sauté pan to medium heat, add 1 tbsp. of oil and fry the pepitas until they begin to pop and expand. Remove from the pan and set aside. Using the same pan, fry the onion and garlic until it is golden brown. Set aside.
3. Add the tomatillo, 2 cups water, lettuce, cilantro, parsley, epazote, chile serrano, toasted sesame seeds, fried onion, and garlic. Blend until smooth, add more water if necessary. Add the peanuts, toasted sesame seeds, and tortilla to the blender and process until smooth.
4. Heat a medium sauce pot to medium heat and add 1 tbsp. of oil. Pour in sauce and bring to a simmer for 5 minutes. Season with salt and pepper. Add mushrooms to the pot and mix to combine

TO MAKE POTATO FILLING

1. Fill a pot with water and add potatoes and salt. Bring to a simmer, cover, and simmer for 20 minutes. Reserve 1 cup of the cooking liquid, drain and set aside.
2. Heat a medium sauté pan to medium-low heat. Add potatoes and heat through. Add onion powder, garlic powder, salt, and pepper. Mash with a potato masher, add a bit of the potato cooking water to make mashed potatoes, and add parsley.

TO MAKE THE TACOS

1. Line a basket with a 2 linen kitchen towels, a large plastic sheet, aluminum foil, and several sheets of butcher's paper. Set aside.
2. Place the chiles in a pot with water and bring to a simmer. Simmer for 4 minutes.
3. Drain the chiles, and place chiles in the blender with the onion and garlic, and blend until smooth. (If necessary add more water to get a smooth puree).
4. While the blender is running at low speed slowly pour in the oil. Blend for 1 minute until emulsified.
5. Place the sauce in a pot and bring to a simmer. Season to taste. Simmer for 5 minutes and set aside.
6. Heat 4 tortillas on a comal, once warm dip the tortillas in the still hot salsa one by one. Transfer them to a plate and fill with 1 tbsp. of your favorite filling.

PREPARATION PT.2

Layer the tacos in the basket, and repeat this process until you have used up all the salsa, tortillas, and filling. (Make sure to keep the tacos covered in the basket as you build the layers.

7. Pour some of the remaining sauce on top and close all of the layers in the basket until ready to serve.

Chef's Notes

“You can also use refried beans as a filling.”



Edith Peredo

@mexicanacomeplantas

CHILEATOLE ROJO W/ IZOTE FLOWERS

Veracruz



Chileatole is a pre-Hispanic beverage/meal made with fresh masa, water, epazote, and dried chiles. We like to pair it with masa dumplings and izote flowers, also known as yucca flowers.



INGREDIENTS

- 2 -3 Izote flowers
- 4 Plum tomatoes, medium
- 3 Ancho chiles, dried, seeds and stems removed
- 3 Chipotle chiles, dried, seeds and stems removed
- 1 clove Garlic
- ¼ White onion
- 1 sprig Epazote, fresh
- 8 ½ oz (250 g) Fresh corn masa



PREPARATION

1. Pick the petals from the izote flower, rinse them with water, and place in a medium pot with water. Simmer for 10 - 15 minutes, drain, and set aside.
2. To make the dumplings take 150g (5.25 oz.) and season it with salt. (Save the rest of the masa for later use.) Form the masa into small balls and use the tip of your finger to create an indentation in the center of each ball. Set aside.
3. Set a cast iron skillet or comal to medium heat and toast the chiles 30 seconds on each side. Be careful not to burn them. Place in a large pot filled with water along with the plum tomatoes, bring to a simmer for 7 - 8 minutes or until the tomatoes are peeling and the chiles are soft.
4. Place the soaked chiles, tomatoes, the remaining masa you set aside, garlic clove, and water in the blender. (Add enough water to blend easily and check the consistency, then add more if necessary).
5. Add the chile-tomato mixture to a pot with the epazote and salt to taste.

PREPARATION PT.2

As it heats it will thicken, if necessary add more water until you reach the desired consistency. As soon as it comes to a simmer the first time, add the dumplings and move constantly with a wooden spoon to prevent the mixture from sticking to the bottom of the pot. Simmer for 10 min. or until the dumplings are cooked, add the izote flowers and check the seasoning. Bring to a simmer one more time then take off the heat.

Chef's Notes

“You can add 2 ears of corn cut into 3 pieces each when you bring the chileatole to a simmer”.



Martha García Aguilar

@unpedacitodemicocina

COCHINITA PIBIL

Yucatán



Cochinita pibil is perhaps the most well-known dish of **Yucatán**. For this version TVP is marinated in a mixture of sour orange, achiote, garlic, onion, oregano, and cinnamon then cooked in banana leaves.


DIRECTIONS

INGREDIENTS

COCHINITA

8 oz. of TVP or soy curls, soaked and drained
(see note)

6 tbsp. Vegetable oil

6 Plum tomatoes, cooked (see note)

1/3 cup Achiote paste

1 2/3 cup Orange juice, fresh

1/3 cup Lime juice, fresh

1/4 tsp. Ground cinnamon

1/4 tsp. Ground oregano

2 Whole cloves

10 Black peppercorns

1 tbsp. Salt

2 large sheets Banana leaves

HABANERO SAUCE

1/2 Red onion, thinly sliced

10 Habanero peppers, thinly sliced

1 tsp. Salt

1/2 cup Orange juice

1/4 cup Lime juice

PREPARATION

1. To make the habanero sauce: in a small bowl combine the red onion, habanero, salt, orange juice, and lime juice. Let marinate during the cooking of the cochinita.
2. Place the tomatoes, onion, garlic, achiote, cinnamon, oregano, clove, black peppercorns, salt, orange juice, and lime juice. Blend until smooth and set aside.
3. Set a large pot to medium-low heat, add 3 tbsp. of oil and add TVP. Pour the remaining 3 tbsp. over the TVP and cook until golden brown, about 5-7 minutes.
4. Pour tomato-orange mixture over the TVP, cover, and simmer for 10 minutes.
5. While the TVP simmers, pour water into a steamer pot, add insert, then line with banana leaves. Pour seasoned TVP into the steamer pot and cover with banana leaves. Steam for 30 min.
6. Serve in tacos with the red onion/habanero sauce.



Chef's Notes

To soak the tvp: Place the TVP in a pot with water and simmer for 10 minutes. Drain and let cool. Squeeze out all the excess water with your hands.

To cook the tomatoes: place them in a pot with water and simmer until the skins begin to fall off and the tomatoes are soft, about 5 - 6 minutes.

 Yocelyn Ramírez
@todoverde

JACKFRUIT IN PIPIAN ROJO

Zacatecas



Pipian es a traditional Mexican sauce that is eaten in Central Southern regions or states of Mexico. In my mother's hometown of Monte Escobedo, **Zacatecas**, pipián rojo is one of the traditional dishes served for special occasions.



TIME 30 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

FOR THE JACKFRUIT

2 (20oz.) cans Jackfruit, drained, rinsed and squeezed dry

2 tbsp. Ground cumin

$\frac{3}{4}$ tsp. Crushed red pepper flakes

$\frac{1}{3}$ cup Cooking oil

Salt and pepper to taste

FOR THE PIPIÁN SAUCE

$\frac{1}{2}$ cup Pepitas

1 tbsp. Cooking oil

2 Whole cloves of garlic

$\frac{1}{4}$ Yellow onion, peeled

6 Guajillo chiles, destemmed and deseeded

2 cups Vegetable broth

Salt, to taste

FOR SERVING

Arroz con Cilantro

Cilantro sprigs, to garnish



PREPARATION

TO MAKE THE JACKFRUIT

1. Remove the non-shreddable core from the shreddable part of the jackfruit with a knife. Remove any seedpods from the shreddable parts and add them to the piles of cores. Add the shreddable jackfruit to a medium bowl. Mince the cores and seedpods with a knife until they are a similar texture to the shreddable jackfruit.
2. Shred the jackfruit in the bowl and add the minced jackfruit. Add the cumin, crushed red pepper flakes, oil, salt, and pepper to the bowl and mix until fully incorporated.
3. Heat a large skillet over medium heat and add the jackfruit.
4. For the pipian sauce: preheat a dry sauté pan over medium heat. Add the pepitas to the pan and stir continuously for 4 to 5 minutes until they are evenly toasted and slightly inflated. Remove the seeds from the pan and set aside.
5. Coat the bottom of the same hot pan with the oil, and add the garlic cloves, onion, and guajillo chiles to panfry until slightly blackened on both sides.

PREPARATION PT.2

The chiles will cook much faster than the onion and garlic. Once the chiles are blackened and fragrant, place them into a mixing bowl with vegetable broth to rehydrate for about 10 minutes. Place another mixing bowl over the chiles to keep them submerged.

6. Add the rehydrated chiles, roasted garlic, roasted onion, toasted pepitas (reserve a few for garnish), salt and the retained vegetable broth to the blender. Blend until the mixture is smooth, and add additional broth or water as necessary to create a smooth sauce consistency that coats the back of a spoon. If the sauce is too thick, you can add more of the rehydrating liquid, and if it's too thin, you can blend and add a cooked and slightly charred tortilla.

7. Add the sauce to the skillet with the jackfruit, Mix until the pipian fully coats the jackfruit and warms through. Serve with arroz con cilantro, and top with the reserved toasted pepitas and sprigs of cilantro.

The Contributors and their Stories

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(Chamberete de Hongos)

@thevegantaste

Chef Jason Wyrick is a New York Times best-seller, executive chef of The Vegan Taste and Casa Terra restaurant, the author of Vegan Tacos and Vegan Mexico a well-known culinary instructor, caterer, a former diabetic, and founder of the world's first vegan food magazine, The Vegan Culinary Experience. His website is www.thevegantaste.com

Alex Cardenas
(Baja Fish Tacos)

@chocolateandavocadoes

Hi my name is Alejandra Cardenas and I was born and raised in Mexico in Ensenada, Baja California Norte. I currently live in Los Angeles, CA, and have been here since 2009. I majored in psychology and worked for several years, and now I dedicate my time to raising my small son. I initially became vegetarian in 2010 after watching the documentary [Food, Inc.](#)

The images of the animals in large factory farms and food corporations, and how they allow the animals to live in the most inhospitable conditions was enough to motivate me to stop participating in that cycle of cruelty. However, it wasn't until 2014 after watching more documentaries and reading some health books that I decided to take my diet and lifestyle to another level and become vegan. The change impacted my health quickly, my energy increased, I no longer felt a heavy feeling after eating, like I did when eating animal products, and my skin became clear after many years of skin problems.

A vegan diet also changed the way I cooked completely. I discovered that vegan cooking is not only about substituting protein, but about opening the door to an infinity of ingredients, vegetables and spices that I had never used before, and that maybe I would've never used if I had kept eating an animal based diet.

Thanks to veganism I discovered my love for cooking, and gained the peace of mind that my son will grow strong and healthy. I hope that through our example he will always have a positive perspective towards food, will know where this food comes from without having to hurt another living being, and have compassion towards all sentient beings.

**Adrean
Rodriguez**

(Calabacitas con Arroz)

@mrbrownvegan

Hi! I'm Adrean Rodriguez and I'm 27 years old from Compton, CA. I have been vegan for about two and a half years. I first became vegan after becoming highly interested in how the food we eat affects our body. I have a background in nursing and have always questioned the current American diet; Coming from a community where we aren't as educated in health & wellness I made it my mission to educate myself so in the future I can inspire others to be conscious of what they put in their body. My current mission is to eventually becoming a source of inspiration to my community and show that Mexican food can be enjoyed without any animal products. Hope you guys enjoy this recipe!

**Zuleyma Rosado
Sosa**

(Pan de Cazón)

@mita_bhuk

Lover of preparing plant-based meals, I have 2 associates degrees in vegan cuisine, which comes to a total of 2 ½ years of school. I am the founder of Mita Bhuk (Foods full of life 100% vegan) and it's been 9 years since I started this beautiful journey of living a healthy lifestyle free of animal products.

Gabie Noyola

(Discada)

It all started when I was a little girl, I always liked taking care of animals and giving them love (total cliché). I wanted to be a veterinarian, but when I became a teenager I started to feel strange, I even started to consider it incongruous loving animals so much, living alongside of them, and eating them at the same time (even if they were another species). So when I turned 18 I decided to stop eating meat, however my parents were not in agreement, they did agree that I could stop eating meat as long as I kept eating eggs and dairy. That's what I did for 9 years, but something didn't feel right, the word "vegan" kept circulating around my mind, and I kept watching Youtube videos of vegan recipes. Until a couple of months ago I discovered a group of animal activists in my city, that's when veganism finally made sense, days later I decided to become vegan. Now in addition to becoming vegan I am part of a beautiful organization that dedicates itself to promoting this lifestyle that goes beyond leaving animals off our plate, veganism is empathy, respect, helping the environment, the health of all people, feeling with more energy and in harmony with yourself.

**Biana Geovana
Graneros Zacarias**

(Sweet Enchiladas
Colima Style)

My name is Bianca Graneros Zacarias, I am 24 years old, 2 years ago I discovered how to live with less waste and starting taking actions in my daily choices to not affect the planet. After 8 months I discovered that what most impacts the planet is the meat industry and that is what made me change my ways starting with #meatlessmonday. Three months later I decided to go vegan with the help of my nutritionist, and I can say that is the best decision I have taken, in terms of health I feel better than ever, and I feel a...

...deeper respect for my home and the planet. Without a doubt we have to be more empathetic towards animals and the planet.

Alejandra Zavala
(Chiapas Tofu Avocado Scramble)

@saucyrabanillo

I'm Mexican, born in Sonora!! A little more than two years ago my life took a huge turn. An antinuclear antibody test came back positive, and another series of lab tests finally determined the reason for my inexplicable fatigue, constant pain in my body and bones hair loss, and gradual loss of hearing in my left ear. My immune system was weak, damaged, and my defenses, just like me, were tired. I returned home with many medications, that I was told I would need to take for life and an enormous sadness.

It was then that my supervisor told me about the benefits of a plant-based lifestyle, and I decided to investigate. It has been only a year since I started nourishing my body on a plant-based diet and I have been reborn! I no longer feel pain or fatigue, my hair is beautiful, and I take zero medication!! Today, a few months from graduating as a holistic nutrition life coach I feel that my life has taken another turn, but this time one of light and health.

When Dora launched her project to invite our people to try just how delicious eating a plant-based diet can be, my heart jumped for joy! I wanted to make a special dish, and for me, breakfast is something very close to my heart, because it takes me to when I was a little girl and my family sat down on weekends to have breakfast together.

Liliana Arellanes
(Mexican Semita Bread)

@veganocosmico

My Name is Liliana Arellanes; I am from Chihuahua Mexico but have been living in Los Angeles, CA for the last 30 years. My path to Veganism began 25 years ago, for two fundamental reasons, respect, and compassion for all living beings, and respect for myself. Understanding above all, that it is not necessary to kill another living being in order to eat. In this way, we will be nourishing ourselves with Light and not death.

I share the recipe of the famous "CHORREADAS DE PILONCILLO" a typical bread of the region, with a delicious flavor reminiscent of "small town" comfort food. I have added my personal touch, with raisins, nuts, and fragrant orange zest. It is an exquisite handmade sweet bread, with a spongy crumb that you can enjoy fresh out of the oven with a café de olla or a glass of almond milk.

Gaby Bring

(Albondigas in
Tomato-Chile Broth)

@unamamavegana

Many people ask me why I am vegan. On March 2015 my husband, then 40 years old, underwent a complicated open-heart surgery. A hereditary medical condition, of which he wasn't aware of, completely blocked 2 of his arteries. We lived a very difficult stage as a family.

My children were so little, and their dad was very young. It was a case that the doctors just couldn't believe. Fortunately, everything went well, and my husband drastically changed his habits and began to take great care of himself. Shortly after, I was diagnosed with several autoimmune diseases and the doctors recommended a Mediterranean anti-inflammatory diet as part of my treatment. So three years ago we hardly ate meat, and shortly before last summer, he decided to become vegan, and I told him, "Yes, I'll do it with you!" Because it's what I can do from my trench, it's how I can take care of him because I love him, and it's also how I can motivate and encourage him. From there on everything came naturally, it became a decision and commitment that we made as a family, very convinced that we are on the right path.

Alejandra Graf

(Flautas de Papa)

@piloncilloyvainilla

I'm Alejandra, the voice, the eye, the everything of the award-winning blog Piloncillo&Vainilla, BrownSugar&Vanilla. I love to cook, to read, to run, and to eat. I'm Mexican, married an American guy, and we've been living in the United States for 10 years now. We have three kids Santiago, Sofia, and Romina.

When our first child, Santiago, was born, the way I cooked changed dramatically. His allergies led us to clean, organic, and 100% plant-based food. I have spent almost 12 years on this path. I continue to improve and evolve through courses, books, and classes. I'm still fascinated by all the ingredients and combinations I need to try in the vegan world. I finished my Professional Certification as a plant-based cook and plan to continue educating myself in this healthy food world. I invite you to try the benefits of eating healthy, stop eating processed food, and return to the basics.

Enrique Rodriguez

(Guanajuato's Potato
Enchiladas)

My name is Enrique Rodriguez and I'm from the city of Irapuato in the state of Guanajuato, and I have been vegan for more than 4 years. Ever since I was a child I wondered what vegetarianism was all about and always declared myself a lover of animals. So much so, that I stopped eating fish, because my first pets were fish, except for tuna in a can, probably because I couldn't see the fish's corpse, hahaha.

As an adult, I met a group of animal activists in Irapuato, and that's how it all started. I began researching veganism and in one week I stopped eating all animal products. It was easy for me, since I...

didn't really like eating meat to begin with, and I learned to substitute it with beans and vegetables such as garbanzos, lentils, mushrooms, etc. My love for cooking and animals grew, and I began to veganize every recipe I came across, and now this lifestyle will accompany me forever.

Ruby Ortega

(Jackfruit Tinga
Tostadas)

@_rubbywoo

Whenever my mom would make tinga we always ate them with tostadas, but you can totally make a torta out of this! Or use this for sopes!!!

For the tostadas, I used vegetarian refried beans for the base, added the tinga, some lettuce, and topped it off with some of the tofu queso fresco :-)

I hope you love this recipe as much as I did! Share it with your mama! My parents really loved this recipe :) If you do remake it, send me a picture! I love seeing other people recreate their own version :)

Thank you so much for checking this out!
With lots of love, Ruby.

Nancy Lopez Mchugh

(Pozole Rojo)

@mexicanmademeatless
mexicanmademeatless.com

I was born and raised in a traditional small town Mexican environment, in which my education in Mexican food preparation began early by watching the passion that my mother, grandmother, and aunts all put into their cooking sessions. Though the culinary bug took time to fully infect my soul, when it finally did it instilled in me a fiery passion that has led me to devour everything about the culinary arts and helped me get to where I am today.

My current experience with food is entirely self-taught, and occasionally touching up on what I have learned from family and friends in their traditional Mexican recipes. Becoming meatless has been an exciting journey that has helped me learn so much more about food. I am very excited to share this journey and all of my [recipes](#) and [food videos](#) with you.

Angélica Martínez

(Mushroom Menudo)

@veganaalamexicana

I started a plant-based diet in my early 30's, I don't know if age makes you more conscious and more mature, but in my case this led me to lead a more sustainable lifestyle. I was very interested in the subject and researched in books, videos on YouTube, and documentaries, but now I get most of my inspiration from Instagram. In the beginning, I wanted to veganize everything I used to eat before, but now everything flows and I don't worry so much about that. Instead, I focus on providing my body with whole foods, healthy foods, and foods that are free of animal cruelty. I love sharing on Instagram what I eat daily, my experiences, areas of opportunity, and challenges that I face since I adopted this beautiful way of eating and living. Try it, you have nothing to lose, you won't regret it! I also said, "No, I could never do it.", and now I'm never looking back.

Cynthia Estrada
(Atapakua)

@nutricionycocinamx

They say that the Earth needs to be saved. Before existing as men, women or your gender of preference we are human beings, and before that we are animals, just another species. The planet evolves, the species become extinct.

I accept the word ecologist to describe me. The reality is that I am just trying to save myself. Earth can exist without humans, but we can't exist without the earth. So why have I decided to reduce the consumption of animal products in my life and everything that goes with it?? The preservation of my person.

I decided to reduce my consumption of animal products for my health, to improve my existence on this planet, to have more energy, and improve my economy.

Kimberly Rosales
(Aguachile Verde)

@vivaverduras

I decided to change my diet in Junior high (age 13) to a vegetarian based diet after making a bet with a friend on who can go the longest. After discovering [PETA](#) and watching a few of their videos, I was motivated to make it an actual real diet of mine.

After a couple of years struggling on how to eat without meat, and getting tired of pb&j sandwiches, I discovered my passion for cooking and creating recipes that catered to my diet. In 2011, I was convinced to incorporate seafood in my diet and I became pescatarian for a couple of years. After not feeling right, I watched a video from a Youtuber named [FreeLee](#).

Although I didn't agree with a lot with her or her choices, I did come to a realization that I didn't want to consume any fish or dairy products. I actually changed my diet cold turkey (no pun intended) and went fully plant-based. I had a few occasional slip-ups but fully committed this past year. After discovering the endless substitutes, I found there was no need to go back. Now, I look to encourage and educate those in my community to try out a plant-based diet and show the versatility of recipes that one can create. My goal is to share my idea of, **"Add the veggies, keep the culture!"**

Francis Puente
(Empalme Norteño)

@elfrijolvegano

I have been vegan for 9 yrs. My transition happened from one day to the next, honestly I never had to see the animal cruelty videos. All I needed was that one day when I was wearing a t-shirt that said " I love animals", and somebody came up and asked me if I was vegan or vegetarian, to what I responded that I was neither. That person said, "So you don't love animals then...." For me that moment made me question my lifestyle, and commit to living an authentic life, one where my words were congruent with my actions. Now I have two children (vegan from birth), and I try that day by day the way that I am raising them will motivate them to transmit to the world a little bit of peace, starting with what we eat.

Fernanda Alvarez
(Mole Negro Enchiladas)

[@lahealthymexicana](#)

I was proudly born and raised in Mexico. Five years ago I arrived in the United States and I now call it my home. I am passionate about sharing health and well-being through food, and I am a firm believer that you don't need to consume animals, that what is needed is more superfoods, and more home-cooked meals. When I was 15 years old I was diagnosed with hypoglycemia, but for a long time, I had been living with food intolerances that did not allow me to live a happy life. When I discovered and experienced that I could heal everything that was keeping me from living a healthy life with food, I decided to share it with the world so I could help other people live longer and better lives regardless of their intolerance or illness while at the same time nourishing themselves with delicious food.

Chantall Vigeras
(Mole Poblano)

[@mamavegetal](#)

In 2010 vegetarianism came to my life, because I believed that it wasn't necessary to eat animals in order to live at their expense, but I still consumed fish and cheese without knowing everything that was behind their production. At that time I didn't know much, but I began learning along the way. In 2015 [Chantall Vegetal](#) was born promoting the philosophy of veganism. I've been veganizing and creating dishes for almost five years! My love for cooking, the planet, and life without violence were what prompted me to want to share this lifestyle. I want to encourage and help others include more plant-based foods in their day to day life with my content, which I create with love.

Alessandro Scetta
(Habanero Hearts of Palm Ceviche)

Facebook
[@CocinaUrbanaVegana](#)
Instagram
[@alessandro_scetta](#)

My name is Alessandro Scetta, and I am Italian, born in Naples, and I have been living in Cancún for the last 15 years. I have been vegan since 2013, a decision that I made for health reasons. However, my eyes were quickly opened to the great animal suffering that is behind the meat, dairy, and entertainment industry, and many others. Now I can say with certainty that I am vegan for the animals, but of course my health has also received incredible benefits. And since cooking is my thing, I dedicated myself to veganizing a lot of the dishes of my homeland, and of course my second homeland, Mexico. All this so I could tell my family and friends.....you can still eat delicious and mouthwatering meals without having to eat animals, plus your health and the planet will benefit.

¿My favorite ingredient? Eggplant

¿My favorite Mexican dish? Chiles en Nogada (vegan of course)

¿Mi favorite regional Mexican cuisine? Yucatán cuisine

Ivonne Lara
(Enchiladas Potosinas)

[@vegana_xicana](#)

Hola, my name is Ivonne Lara. I have been vegan for about a year now. However, I grew up vegetarian. To make a long story short, my mom tried to feed me meat but I started refusing it at the age of 2. I come from a big, meat-loving, Mexican family so this was...

...very abnormal behavior to them, especially for a 2 year old that “didn’t know any better.” Very concerned, my mom made an appointment with my pediatrician but was told that I was OK, not to be alarmed, and to just make sure I drank my milk,, and had plenty yogurt, eggs, and cheese. Being vegetarian was my normal, and I to be honest, I knew very little to nothing about veganism. The first time I was introduced to veganism was through activists, and although I thought what they were doing was awesome, their anger, judgement, and shaming of vegetarians was a huge turn off for me. I didn’t learn much from them, and if that was what all vegans were like than, boy, they were pretty harsh. It wasn’t until one day, about a year ago, my cousin and I had a conversation about all the wrong that goes on in the dairy industry. That really opened my eyes and actually taught me what a vegan lifestyle is truly about. Coincidentally, the day after I received a message from my other cousin. She had recently gone vegan. She messaged me about a vegan chef, Eddie Garza, and showed me his awesome cookbook. That was the first time I had ever truly related to someone. I grew up being teased (in a loving way of course) by my family for being vegetarian, but especially for being vegetarian AND Mexican. Reading about Eddie Garza’s journey and looking through his recipe book made me realize there were other people like me out there. That day was the start to my vegan journey, and I haven’t looked back since. I have discovered an entire community of vegans on Instagram. Not only are they compassionate, they help one another, and don’t judge those who are slowly making their transition from vegetarianism to veganism. They are full of encouragement and love. Veganism is a lifestyle, a compassionate one, and I learn something new about it everyday. It excites me to see its growth, especially within the Latinx community.
Gracias!

Fabby Gastelum
(Vegan Barbacoa
Sinaloense)

Hi my name is Fabiola Gastelum and I was born in Culiacán Sinaloa. My family and I moved here when I was 7 years old, we lived in Mesa Arizona and I spent all my childhood there. That’s Home! I currently live in Albuquerque New Mexico with my toddler and my husband.

Growing up I remember hating the feeling of knowing where my food came from. I would cry after every zoo trip thinking of the animals incarcerated there. I always considered myself a “tree hugger” because I hated plastic and I would try and safe water. When I became a mother I became so conscious of what products I used on my son -all-natural plant-based products. He never had cow milk and very little red meats. I remember watching What The Health for the first time on August 2017 (knowing that I would come out of it feeling different) that day our lives changed.
My inner wish of always wanting to be vegetarian finally made it...

...out. And by vegetarian I mean growing up I watched a kids show where one of the girls was an animal activist and I dreamt of having her courage to fight for animal rights. Our vegan journey began 1 week after that. We stopped buying, wearing, eating and exploiting animals. As much as I wished our journey would have come sooner I'm happy to say we are one big happy vegan family! I have not left my culture, my food or my identity. I'm a true Sinaloense and I will continue to veganize my states dishes! #LosVeganosComenMejor.

Natalia Vanegas
(Gallina Pinta)

Changing my diet has been a long process, it didn't happen overnight. I began a diet to lose weight which recommended the elimination of all dairy products and red meats. I could only eat chicken or fish 1-2 times per week. I followed this diet for two months until I accomplished my weight-loss goal, but since I was feeling so great I considered the possibility of becoming vegetarian, consequently, I began to eliminate all meat from my diet.

I continued to cook for my family as I always had, but when serving the food I would simply not put the meat on my plate, on occasion I would eat fish though. Around the same time, late 2010 I watched a video by the activist [Gary Yourofsky](#), this caused a great impact in my life and it was the first time I heard the term "vegan", but at that moment I didn't know how to make such a drastic change. It was clear to me that consuming cow's milk was completely unnecessary and in certain cases, it could be harmful to your health. I began consuming soy milk or almond milk, but every once in a while I would eat cheese when I was traveling, in restaurants or at social reunions.

It wasn't until 2017, when I had more nutritional information at my disposal, that I decided to stop being a closeted vegetarian and become fully plant-based. I am now more conscious of the nutrients my body needs. I still cook my favorite foods but in vegan versions; I eat a lot of grains and legumes, that, of course, I had eaten before, but not often. I enjoy cooking so much more now, and I often experiment with new ingredients and different types of recipes. Blogs like Dora's have been a great help with their recipes and stories of their daily lives, tips of places to eat, and products to use. This makes it easy to live vegan and still enjoy good food!

Eddie Garza
(Matamoros Seafood Stew)

I was born and raised in the South Texas border town of Brownsville, right across the Rio Grande River from Matamoros, Tamaulipas, Mexico. My hometown slogan is "On the border, by the Sea." And as the slogan suggests, Mexican style seafood a big part of the culture. Unfortunately, chronic diseases such as type 2 diabetes and heart disease caused by obesity is also a big part of the culture. Like many of my classmates, I was a chubby kid. And every year...

...I got bigger and bigger. By the time I finished high school, I weighed close to 250 pounds. For a 5'7" 18 year-old, that's a lot. But it didn't stop there. I finally maxed out at 310 pounds and I was always sick and injured (because my ankles couldn't keep up with my rapid weight gain). I hit my rock bottom when I was diagnosed as prediabetic right after college.

Thankfully, things turned around for me after meeting a new friend who taught me how to feed myself better. I began eating less of the fatty meat-centric meals that were harming my body and eating more fruits and vegetables. After 5 years of trying to go fully vegan, I finally did it. And I lost 150 pounds along the way. Now, 16 years later, I feel better than ever! And what's really amazing is that I still get to enjoy all the same flavors I loved growing up on the SoTex-Mex border in a healthy plant-based way.

Today, I'm delighted to share a veganized version of one of our fall family favorites. It's a Matamoros style seafood stew that features hearts of palms, oyster mushrooms, and chickpeas instead of sea animals. What gives this lip-smacking stew its sea-like flavor is dulce seaweed, which I love using for all my plant-based seafood dishes. I hope you love it as much as I do. ¡Buen provecho!

Alfonso & Deyanira

(Tacos de Canasta)

Cocina Vegan Fácil

A mother son duo who run de really popular Youtube channel Cocina Vegan Fácil, which has over 1 million subscribers. There they share delicious recipes without animal products. You can see their story [HERE](#).

Edith Pereda

(Chileatole Rojo with Izote Flowers)

Hi, my name is Edith Peredo Gonzalez, I'm originally from San Marcos de León, a town in Xico in the state of Veracruz, Mexico. It was mid- 2017 when I decided to change a lot of the habits that were making me sick. I had gone to doctors, and even after taking dozens of medications my health would not improve. My liver, gall bladder, and kidneys were suffering the consequences of years of bad eating habits. My doctor was adamant I had to make a radical change in my lifestyle.

I started doing research on a plant-based diet, veganism, and the benefits it could bring to my health and the planet. In the beginning it wasn't easy, after years of eating junk, but little by little everything began to flow. I began to experiment in the kitchen with my mom, and we tried to create and adapt delicious dishes that were cruelty free, but most of all we began to rescue the recipes of our ancestors. Veganism allowed me to reconnect to the earth and appreciate the gastronomy of my people and my country.

Jocelyn Ramirez
(Jackfruit Pipian Rojo)

Jocelyn is a plant-based chef, college professor, yoga instructor, and advocate for healthy food access in her community. After Jocelyn's father was diagnosed with cancer for the second time, she created a plant-based superfood smoothie diet that made him dramatically stronger and helped with a quick recovery. As she drove across the city in search of healthy food options, she was astounded by the lack of access to good food in her neighborhood. Jocelyn founded Todo Verde in 2015 with a mission to create delicious and healthy plant-based food inspired by her Mexican and South American roots for the Eastside community. She left her career in higher education to pursue a new path in foodways related to culture and tradition, and references traditional recipes passed down for generations within her family. As she continues to learn about the health benefits of nutrient dense food and healthy ecosystems, she offers knowledge on healthy living with the community through workshops, dialogues, and food demonstrations. Jocelyn also leads speaking engagements in relation to critical analysis of the industrial food system and traditional foodways.