

Debra's Special (Veg) Roasting

1.5 cups vegan mayo

2 TBSP Bragg's liquid aminos (or coconut aminos if you prefer)

3 TBSP nutritional yeast (more if you'd like a cheesy-ish texture)

Spices of your choice (Debra prefers ~2 tsp turmeric but she has also used rosemary, dill, marjoram, Mrs. Dash, etc.)

6-7 cups of your favorite raw veggies/tofu/tempeh/soy dogs (For the holidays use red and green veggies like peppers, broccoli, tomatoes, celery)

DIRECTIONS:

Preheat oven to 450 degrees

Whisk together mayo, Bragg's and spices in a very large bowl. Be sure to use a whisk.

Cut the veggies, tofu and tempeh into bite sizes.

Pour the veggie/tofu/tempeh mix into the very large bowl. Using a wooden spoon, stir until covered.

Dump the bowl onto a baking sheet (no grease or parchment paper needed)

Bake for 20 mins, remove, stir and flip the food

Bake for 15 mins or to desired done-ness (Debra likes hers burned!)

ENJOY!!