



Tempeh and Eggplant Pot Pies

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 g double-acting baking powder for aluminum-free (look)
- ☐ 30 ml balsamic vinegar
- ☐ 8 g capers rinsed
- ☐ 1 celery stalk chopped
- ☐ 165 g eggplant diced (1 small globe eggplant or 2 Asian eggplants)
- ☐ 2 g fennel seeds
- ☐ 210 g flour all-purpose
- ☐ 0.5 teaspoon hot sauce red

- ☐ 80 ml nondairy melted (such as Earth Balance)
- ☐ 160 ml nondairy milk (soy, rice, almond, hazelnut, hemp, or oat)
- ☐ 30 ml olive oil
- ☐ 1 small size onion yellow chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper to taste
- ☐ 1 can jar tomato sauce (15 ounces, or 420 g)

Equipment

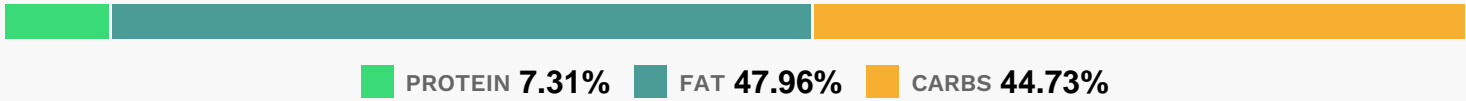
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ ramekin

Directions

- ☐ Preheat oven to 425°F (220°C, or gas mark 7). Coat 4 or 6 individual ramekins with oil, and set aside. You also can use a 9-inch (23 cm) square pan or a rectangular pan.
- ☐ To make filling, steam eggplant and tempeh for 10 to 15 minutes, until eggplant is soft and translucent. At the same time, add water or oil to a large-size sauté pan and cook onion and celery until soft.
- ☐ Add fennel seeds, capers, and vinegar, and sauté for 1 minute.
- ☐ Add tomato sauce, red pepper flakes, and cooked tempeh and eggplant. Simmer for 10 minutes, stirring occasionally.
- ☐ Meanwhile, prepare biscuit dough.
- ☐ Place flour, baking powder, and salt in a mixing bowl, and stir together.
- ☐ Pour in nondairy milk and butter or oil, and mix just until dry ingredients are evenly moistened. The dough should be lumpy and sticky, not smooth like cake batter.
- ☐ Remove sauté pan from heat, and season filling with salt and pepper, to taste.

- ☐ Divide filling evenly among prepared ramekins. Drop dough by small spoonfuls on top of each ramekin. Carefully spread dough with back of spoon so it evenly covers filling.
- ☐ Bake pot pies until crust is golden, about 15 minutes.
- ☐ Serve hot.
- ☐ The Vegan Table
- ☐ From The Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion by Colleen Patrick-Goudreau. Text copyright © 2009 by Colleen Patrick-Goudreau. Food photography by Glenn Scott Photography. Used by permission of Fair Wind Press.

Nutrition Facts



Properties

Glycemic Index:64.07, Glycemic Load:23.25, Inflammation Score:-7, Nutrition Score:15.016086764958%

Flavonoids

Delphinidin: 23.56mg, Delphinidin: 23.56mg, Delphinidin: 23.56mg, Delphinidin: 23.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 340.82kcal (17.04%), Fat: 18.56g (28.55%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 34.79g (12.65%), Sugar: 7.38g (8.2%), Cholesterol: 0mg (0%), Sodium: 1246.87mg (54.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin E: 5.35mg (35.69%), Manganese: 0.48mg (24.1%), Folate: 92.89µg (23.22%), Vitamin B1: 0.34mg (22.65%), Calcium: 219.03mg (21.9%), Vitamin B3: 4.32mg (21.58%), Selenium: 13.39µg (19.13%), Iron: 3.4mg (18.9%), Vitamin B2: 0.32mg (18.8%), Fiber: 4.14g (16.55%), Vitamin K: 16.76µg (15.96%), Potassium: 519.12mg (14.83%), Vitamin C: 11.96mg (14.5%), Phosphorus: 138.53mg (13.85%), Vitamin A: 656.66IU (13.13%), Copper: 0.26mg (12.76%), Vitamin B6: 0.24mg (11.97%), Magnesium: 33.76mg (8.44%), Vitamin B5: 0.61mg (6.07%), Vitamin B12: 0.29µg (4.79%), Zinc: 0.66mg (4.42%), Vitamin D: 0.32µg (2.13%)