

PLANT BASED COOKING RECIPES

***A Guide To Going Quick, Easy and Healthy
Plant-Based Recipes***

SAW CASTLE

Copyright © 2022

All rights reserved. This book is copyright and no part of it may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Printed in the United States of America

Contents

Introduction	1
Green Bean Pasta with Cashew Pesto	3
Ingredients	4
Instructions.....	5
Thai Rice Salad Bowls.....	6
Ingredients	7
Instructions.....	8
Tex-Mex Pita Pizzas.....	10
Ingredients	11
Instructions.....	11
Chock-Full-of-Veggies Chickpea Flour Pizza Crust	12
Ingredients	13
Instructions.....	14
Sneaky Chickpea Burgers	16
Ingredients	17
Instructions.....	18
Lentil Vegetable Soup	19
Ingredients	20
Instructions.....	20

Kale Arrabbiata-Stuffed Spaghetti Squash	21
Ingredients	22
Instructions	22
Hearty Vegan Red Bean Chili	23
Ingredients	25
Instructions	26
Best-Ever Beefless Stew	26
Ingredients	27
Instructions	28
Carrot Dogs	29
Ingredients	30
Instructions	31
Greens and Things Sandwiches with Carrot Hummus	33
Ingredients	34
Instructions	34
Easy Vegan Corn Chowder	35
Ingredients	36
Instructions	37
Creamy Wild Rice Soup	39
Ingredients	39

Instructions.....	40
Quick and Easy Noodle Soup.....	41
Ingredients	42
Instructions.....	43
"Nacho" Vegan Baked Potato	44
Ingredients	45
Instructions.....	45
Stove-Top Vegan Macaroni and Cheese	46
Ingredients	47
Instructions.....	48
Penne with Tomato-Mushroom Sauce	49
Ingredients	50
Instructions.....	50
"No-Tuna" Salad Sandwich.....	52
Ingredients	53
Instructions.....	54
Avocado & White Bean Salad Wraps	55
Ingredients	56
Instructions.....	57
Burritos with Spanish Rice and Black Beans.....	59

Ingredients	60
Instructions	60
Zucchini Fritters	62
Ingredients	64
Instructions	64
Black Bean Burgers	65
Ingredients	66
Instructions	67
Chickpea Omelet.....	69
Ingredients	70
Instructions	70
Spinach-Potato Tacos	72
Ingredients	72
Instructions	73
Black Bean and Sweet Potato Quesadillas	74
Ingredients	75
Instructions	76
Lentil Sloppy Joes.....	78
Ingredients	78
Instructions	79

Corn and Black Bean Cakes	80
Ingredients	81
Instructions	82
Stir-Fry with Peanut Sauce	83
Ingredients	84
Instructions	85
Taco-Spiced Tortilla Chips	86
Ingredients	87
Instructions	88
The Best Oil-Free Hummus	89
Ingredients	89
Instructions	90
8-Ingredient Slow-Cooker Chili	91
Ingredients	92
Instructions	92
Sweet Potato Chili with Kale	93
Ingredients	94
Instructions	94
Potato-Cauliflower Curry	95
Ingredients	96

Instructions	96
Rice Bowls with Kidney Beans, Spinach, and Mixed Veggies	98
Ingredients	99
Instructions	99
Vegan Minestrone Soup with Potatoes and Kale	100
Ingredients	101
Instructions	101
No-Fry Fried Rice.....	102
Ingredients	103
Instructions	104
Vegan Mashed Potatoes and Gravy.....	105
Ingredients	106
Instructions	106
Veggie and Apple Slaw.....	108
Ingredients	109
Instructions	110
Potato Salad with Avocado and Dill	110
Ingredients	111
Instructions	112

Italian-Style Zucchini and Chickpea Sauté	113
Ingredients	114
Instructions	115
Spicy French Fries	116
Ingredients	116
Instructions	117
Smoky spiced veggie rice	118
Ingredients	119
Method.....	120
Sweet potato & cauliflower lentil bowl	122
Ingredients	123
Method.....	124
Ingredients	127
Method.....	128
Acai bowl.....	130
Ingredients	131
Method.....	132
Vegan kebabs with avocado dressing	133
Ingredients	133
Method.....	134

Vegan chilli.....	136
Ingredients	136
Method	137
Roasted cauliflower steaks	140
Ingredients	141
Method	142
Fennel, roast lemon & tomato salad	144
Ingredients	144
Method	145
Griddled vegetables with melting aubergines	147
Ingredients	148
Method	149
Chickpea Bombay mix.....	151
Ingredients	151
Method	152
Chocolate chia pudding.....	152
Ingredients	153
Method	154
Tarka dhal.....	155
Ingredients	155

Method.....	156
Peanut butter overnight oats.....	157
Ingredients	158
Method.....	158
Avocado hummus & crudités.....	159
Ingredients	160
Method.....	161
Ingredients	162
Method.....	163
Lentil fritters.....	165
Ingredients	166
Method.....	167
Vegan chickpea curry jacket potatoes	168
Ingredients	169
Method.....	169
Celeriac, hazelnut & truffle soup.....	171
Ingredients	172
Method.....	173
Squash & spinach fusilli with pecans	174
Ingredients	175

Method	176
Artichoke & aubergine rice	177
Ingredients	178
Method	179
Chickpea salad.....	180
Ingredients	181
Method	182
Guacamole & mango salad with black beans.....	182
Ingredients	183
Method	184
Veggie olive wraps with mustard vinaigrette	184
Ingredients	185
Method	186
Black beans & avocado on toast	187
Ingredients	188
Method	188

Introduction

Making delicious, visually appealing plant-based meals doesn't have to take a lot of time or effort.

These simple plant-based dishes are wonderful for weeknight meals since they require no oil but yet taste great and are loaded with healthy ingredients like fresh produce, whole grains, legumes, herbs, and spices.

This delightful collection of fast and simple plant-based dishes has something for everyone, including mac and cheese, pizza, pasta, creamy soups, chilis, curries, burritos, burgers, and more.

Got a craving for something sugary? Taste our rich sweets.

Hello, I just wanted to drop in and share a few of my all-time favorite plant-based recipes with you!

If you saw my weekend post, you know that this is the time of year when I get the most inquiries about switching to a plant-based diet.

The trend toward plant-based diets during the past few years seems logical.

Their proponents claim that they improve both human and environmental health.

There doesn't seem to be any negatives. You see, a lot of folks just don't know how to get started.

They are aware that a healthy diet includes things like whole grains, vegetables, fruits, and legumes.

Although these parts are healthy in and of themselves, they can't be used to make meals that are both tasty and filling.

Here, plant-based cuisine will save the day! They use the staples of a western diet (fruits, vegetables, grains, etc.) to create tasty, satisfying, and enjoyable meals.

In the following, you will find a wide variety of delicious options, including colorful grain bowls, substantial vegetarian burgers, delicious sandwiches, noodle bowls, sushi, and more.

There's something here for everyone, whether you're a seasoned vegan or trying out vegan cooking for the first time.

Learn about some of our favorite plant-based meals, such as grain bowls, bean chilies, pasta dishes, delicious salads, and more.

Planning to adopt a vegan diet or to become a vegetarian?

If you're interested in making the switch to a vegan diet, Eating Well has some easy vegan dishes to get you started.

Plant-based recipes for plant-based diets, such as Marinated Tofu Salad with Zucchini and Eggplant, Black Bean Quinoa Bowl, and Berry-Almond Smoothie Bowl, can provide both the fuel you need to begin your new eating habits and the delicious, healthful nourishment you crave.



Green Bean Pasta with Cashew Pesto

To quote a devoted follower, "hands down the most amazing pesto recipe I've ever eaten" describes this glossy pesto pasta.

Cashews, fresh spinach, fresh basil, and nutritional yeast are blended together to create the pesto sauce. (The cashews

need to be soaked for 30 minutes.) "Wow. Wow, this is posh and tasty.

As I was out of spinach, I made the pesto with collard greens instead. I plan to use this recipe again and again."

If you need a dairy-free pesto but don't have any cashews on hand, you can use a good substitute: pine nuts.

In addition to contributing to the dish's smoothness, the cheaper nuts also offer a slight cheesy flavor, which is highlighted by the nutritional yeast.

To save time on the big day, prepare the pesto in advance and store it in an airtight jar in the fridge for up to 3 days.

Ingredients

- Crushed red pepper (optional)
- 4 cups fresh spinach
- 1 cup fresh basil
- 2 to 3 tablespoons nutritional yeast
- 2 cloves garlic, peeled
- ¼ cup low-sodium vegetable broth
- 2 tablespoons lemon juice
- 8 oz. dried whole wheat spaghetti

- 8 oz. fresh thin green beans, trimmed and halved lengthwise, if desired
- 1 15-oz. can no-salt-added cannellini beans, rinsed and drained (1½ cups)
- Sea salt and freshly ground black pepper, to taste
- 1 tablespoon chopped pistachio nuts
- ¼ cup raw cashews

Instructions

Put the cashews in a bowl and use them to make the pesto. A simple solution is to cover it with boiling water.

Drain after standing for 30 minutes. Blend or process cashews and the following six ingredients until smooth (through lemon juice).

Pasta should be prepared according to package guidelines, and green beans should be added for the final 2 minutes of cooking time.

Put the pasta back into the pan. To combine, toss everything together.

To adjust the consistency, drizzle in some of the pasta's reserved boiling water and toss to blend.

Put in some salt and pepper and taste it. Top with pistachios and crushed red pepper, to taste.



Thai Rice Salad Bowls

This beautiful dish of brown rice is as tasty as it is visually appealing, thanks to the addition of red cabbage providing crunch, scallions for a hint of sharpness, and sweet potato wedges for just a touch of earthy sweetness.

Sprinkle with chopped cilantro, drizzle with Sriracha sauce, then drizzle with an almond-lime dressing.

One user comments, "I recently prepared this dish for our family (including two little kids), and it was such a hit that I had to share the recipe with you." This salad has a little of everything, and the flavors complement each other beautifully, especially after being doused in that delectable dressing.

Impress your guests with this tasty rice salad that's surprisingly simple to prepare. Minimal effort is necessary, and it tastes great warm or cold, as it is served in individual bowls. The dish is united by a creamy, tangy dressing.

Ingredients

Almond Butter-Lime Dressing

- One teaspoon grated fresh ginger
- Three tablespoons almond butter.
- 1½ teaspoons reduced-sodium soy sauce or tamari
- Two cloves garlic, minced
- Two tablespoons lime juice

Bowls

- Sriracha sauce
- 1 cup frozen shelled edamame
- ¼ cup chopped fresh cilantro.
- ½ cup bias-sliced scallions (green onions).
- Fresh cilantro sprigs
- Lime wedges.
- ¾ cup dry brown rice.
- 2 cups shredded red cabbage.
- 2 medium red and/or yellow bell peppers, cut into strips.
- 2/8 -oz. sweet potatoes, cut lengthwise into wedges

Instructions

Put all of the ingredients for the Almond Butter-Lime Sauce in a bowl and stir to mix.

Mix thoroughly while adding the 1 tablespoon of water. as needed (about a quarter cup's worth) until it reaches a drizzling consistency.

Putting aside 2 cups of water with the rice in a medium pot Get to a boil, then turn down the heat.

During the last 5 minutes of cooking, stir in the edamame and cover to keep warm for another 35-40 minutes, or until soft and the water has been absorbed. Add the chopped cilantro and mix well.

Pre-heat the oven to 400 degrees in the meantime. Use either parchment paper or a silicone cooking mat to line a 15x10-inch baking pan.

Put sweet potato wedges in a pan that has been greased. Brush with water and rotate once while roasting for about 20 minutes, or until tender.

Arrange the sweet potatoes, cabbage, bell peppers, and scallions in individual shallow dishes.

Sprinkle some of the brown rice topping on top. Add some Sriracha and garnish with some cilantro.

Almond Butter-Lime Dressing and lime wedges on the side.



Tex-Mex Pita Pizzas

These convenient pita-based vegan pizzas can be made in a flash. Assembled in minutes, feed the whole family a mixture of corn and black beans topped with avocado. Pizza may be created from scratch in a matter of minutes if you have fresh flatbread on hand, or any other flatbread.

After the pita crusts have been crisped up in the oven so they don't get soggy, they are put together and topped with a delicious corn and black bean mixture.

We've kept the topping on the tame side so that even young children may enjoy it, but feel free to add some heat with your preferred salsa. Pizzas can be served whole or sliced into wedges and served on individual plates with cutlery.

Ingredients

1 cup chopped bell pepper, any color

½ teaspoon ground cumin

6 6- to 7-inch whole wheat pita rounds

1 cup chopped avocado

2 tablespoons snipped fresh cilantro

1 cup chopped onion

1 15-ounce can black beans, rinsed and drained

1 cup oil-free salsa

1 cup fresh or frozen corn kernels

2 cloves garlic, minced

Instructions

Set the oven temperature to 350°F. Spread parchment paper out on two baking pans.

First, bring a quarter cup of hot water to a boil in a big pot. Cook the onion, pepper, and garlic with cumin for 10 minutes over medium heat, stirring regularly and adding 1 to 2 tablespoons of water at a time if necessary to prevent sticking, or until the onion is soft.

Add the corn and beans and mix well. Continue cooking, stirring periodically, for another 5 minutes, or until the flavors have merged and the beans with corn are hot.

While that is happening, spread the pita rounds out on the baking sheets. In a preheated oven, toast the bread for 10 to 15 minutes. Smash the avocado.

Spread the avocado and pea mixture on the pita rounds. Add some salsa and garnish with chopped cilantro.



Chock-Full-of-Veggies Chickpea Flour Pizza Crust

This gluten-free crust is made with chickpea flour and is both simple to prepare and thin enough that you won't be left feeling "breadly" after eating it. This chickpea wheat pizza crust is fantastic.

It's not only tasty but also simple to prepare and gluten-free. In addition, it holds up admirably under heaping helpings of vegetables. Best of all, it's a lot easier on the stomach than just a wheat crust, so you can eat more of it without feeling guilty.

The best part is that you can make several crusts at once and store them in the freezer for later use. If you keep a frozen crust and a jar of marinara sauce on hand, pizza night can happen whenever you like.

Both of these topping combinations are options that I've provided. Go with what strikes your fancy, and don't be afraid to try something new!

Ingredients

Crust

- One cup unflavored, unsweetened plant-based milk.
- ¼ teaspoon sea salt.
- Ground black pepper.
- One cup chickpea flour.
- ¼ teaspoon baking powder.
- One tablespoon tahini.
- One tablespoon apple cider vinegar.

Toppings (Variation 1)

- One tablespoon finely chopped fresh basil.
- One zucchini, cut into ½-inch dice.
- ½ onion, cut into ½-inch dice.
- One cup marinara sauce.
- One tablespoon nutritional yeast.
- Two cups shredded kale.
- ½ cup frozen corn

Toppings (Variation 2)

- ½ cup cauliflower, cut into ½-inch florets.
- One tablespoon nutritional yeast.
- ¼ teaspoon crushed red pepper flakes.
- ½ cup broccoli, cut into ½-inch florets.
- One zucchini, cut into ½-inch dice.
- One cup marinara sauce.
- One red bell pepper, cut into ½-inch dice

Instructions

Use a blender to mix the chickpea flour, plant milk, tahini, vinegar, baking powder, salt, and pepper.

Combine into a homogenous batter. Preheat a nonstick skillet that is 10 inches in diameter. After the batter has been poured into the pan, it should cook for 20 minutes over medium heat.

Using a broad spatula, carefully lift and flip the crust. Preparation time is 10 minutes. Set aside on a wire rack to cool for at least 10 minutes before serving. Preheat oven to 350°F.

Using parchment paper, prepare a baking sheet.

Add the first four veggies from your toppings combination to a separate skillet and cook until tender (Variation 1 or 2).

For Variation 1, sauté the kale for 5 minutes over medium heat, until it has wilted and the other veggies are just starting to cook.

If the vegetables are sticking, add a splash of water, no more than a tablespoon.

Combine the marinara sauce, sautéed vegetables, and nutritional yeast, then spread over the crust. Put it in the oven for 15–20 minutes.

Take the pizza out of the oven and top it with crushed red pepper or fresh basil (for Variation 1). (for Variation 2). Do not delay serving.



Sneaky Chickpea Burgers

Need a quick and easy vegan meal that this family will love? Dreena Burton's delectable burgers are a crowd pleaser for diners of all ages and can be thrown together in a flash.

Sweetness comes from carrots and bell peppers, while sour notes are provided by tomato paste, red wine vinegar, Dijon mustard, and nutritional yeast. Among the comments, one reader said, "I have cooked these burgers several times for my household and everyone loves them!"

And another user commented, "These bean burgers might be the finest I've ever had." This one's for the parents who need to get their children to eat vegetables by whatever means necessary.

For a while, I'm not going to tell our daughters that the burgers they're eating contain both carrots and red pepper.

Ingredients

½ cup chopped red bell pepper

1 medium-large clove garlic

1 tablespoon tomato paste (can substitute natural ketchup)

1 teaspoon red wine vinegar

½ teaspoon dijon mustard

1 teaspoon fresh thyme or rosemary leaves

1 cup rolled oats

1 cup carrot, cut in discs

1 teaspoon sea salt

½ cup nutritional yeast

Freshly ground black pepper (optional)

2 cans (14-ounces each) chickpeas, rinsed and drained

Instructions

Put the carrots, bell pepper, and garlic in a food processor and pulse them until they are finely minced.

Besides rolled oats, add the rest of the ingredients and mix thoroughly. Continue until smooth, stopping to scrape down the sides as needed.

Toss in some rolled oats and give them a quick whirl in the food processor.

Take out the bowl and put it in the fridge for half an hour to cool the mixture.

When you're ready to form patties, just scoop out portions of the mixture and shape them into burgers using your hands.

Cooking the patties entails placing them on a nonstick skillet heated to medium-high.

Allow one side to brown for 7-8 minutes. After that, turn it over and let it cook for yet another 5 to 7 minutes.

You can also bake the patties at 400 degrees Fahrenheit for about 20 minutes, turning them over halfway through, but I find that pan-frying yields a better sear and texture. Top with your favorite toppings and wrap in bread, tortilla, or pita!

Although most kids don't enjoy dijon mustard, garlic, or certain fresh herbs, you probably won't even taste them in this dish! Both of our kids love these burgers, and they gobble them up without batting an eye at the flavors or the hidden vegetables.



Lentil Vegetable Soup

This simple lentil-vegetable soup is a perennial favorite because it features common pantry staples and the rich, nearly meaty texture of brown lentils.

My two sons love this quick and simple lentil veggie soup.

I attribute their approval in part to the fact that I mince every one of the vegetables so finely.

If you don't have a certain item, such as a carrot or spinach, that's okay; just leave it out or replace it with something else you enjoy.

Ingredients

- Two carrots, finely chopped.
- Six small white potatoes, finely chopped.
- 1-2 cups finely chopped spinach.
- Salt and pepper to taste.
- Two small onions, finely chopped.
- One 16-ounce bag brown lentils.
- One 15.5-ounce can fire roasted tomatoes, diced.
- Eight cups vegetable broth or water.

Instructions

Cook for 2 hours on low with all the ingredients except the spinach. Spinach should be added around 5 minutes before the soup is finished cooking. Add salt and pepper to taste.



Kale Arrabbiata-Stuffed Spaghetti Squash

Spaghetti squashes, because of their sturdy rinds, make lovely dishes for this impressively simple vegan supper.

And it's easy as pie: bake spaghetti squash halves at 400°F for 45 minutes, fluff up the tendrils, and serve with a simple chickpea-marinara.

Keep in mind that one serving equals half a spaghetti squash. In the words of a devoted reader:

"This is a beautiful recipe as well as an autumnal/wintery must." Squash, when roasted, is a delicious alternative to pasta in this Italian-inspired dish.

The addition of fresh kale, robust chickpeas, and a generous amount of herbs takes jarred marinara sauce to a whole new level. What's so great about it? Disposable bowls are not required.

This easy and healthy dinner is great for busy weeknights because the strong spaghetti squash shell is a natural container for the sauce delight.

Ingredients

- Two cups oil-free marinara sauce.
- 1½ cups chopped kale.
- One clove garlic, minced.
- ½ teaspoon red pepper flakes.
- Nutritional yeast, for garnish.
- Two medium spaghetti squash.
- 1/15-oz. can chickpeas (1½ cups).
- Half teaspoon dried oregano.

Instructions

Cut the squash in half lengthwise, and use a spoon to remove the seeds. Add 4 inches of water to a large baking dish and lay the cut-side-down halves in it. Prepare squash by baking it at 400 degrees Fahrenheit for 45 minutes or until a knife can be easily inserted into it.

You may also microwave the squash halves in the water-filled baking dish for 12–15 minutes. Once the squash halves have cooled enough to be handled, carefully scrape the internal flesh lengthwise with a fork to separate then fluff the spaghetti-like strands, being cautious not to break through the shell.

Mix kale, chickpeas, marinara sauce, garlic, oregano, and red pepper flakes in a large covered pot and cook over low heat for 5 minutes, or until kale is wilted.

Cut spaghetti squash in half, heat, and spread sauce on each half. Then top with nutritional yeast.



Hearty Vegan Red Bean Chili

This stovetop chili gets its rich flavor from a generous amount of red bell pepper and onion as the base; fire-roasted

tomatoes provide smokiness; kidney beans add bulk; and millet gives a subtle chewy texture that is pleasantly pleasing to the tongue.

One commenter writes, "Delicious and not too much in the form of prep and ingredients. I can see me making this again and again."

Dinner will be kicked up a notch with this vegan red bean chili's abundance of fresh vegetables, protein-packed kidney beans, and flavorful smoky spices.

You won't believe this, but millet is the secret behind the satisfyingly hearty and subtly chewy texture of every serving. Poblano peppers can be replaced with green or yellow-red peppers, and the heat can be increased by adding more jalapenos.

Whole grain tortillas and brown rice are perfect for sopping up the flavorful stew.

Ingredients

- Two cups finely chopped red bell peppers.
- One cup coarsely chopped fresh poblano chile peppers.
- ½ cup millet.
- Two tablespoons finely chopped and seeded fresh jalapeño.
- Three cloves garlic, minced.
- Four cups vegetable broth or water.
- 3 15-oz. cans diced fire-roasted tomatoes, undrained
- One tablespoon onion powder.
- One teaspoon ground cumin.
- ½ teaspoon chipotle chile powder or finely chopped chipotle chile pepper in adobo sauce.
- Two tablespoons paprika.
- Two tablespoons lemon juice.
- Sea salt, to taste.
- Corn tortillas or steamed rice, for serving
- Two cups finely chopped yellow onions.
- teaspoon dried oregano, crushed
- 2 15-oz. cans red kidney beans, rinsed and drained

Instructions

Prepare the first six ingredients (through garlic) in a Dutch oven over medium-low heat for 15 minutes, stirring to combine.

To avoid sticking, add water a tablespoon at a time.

Put in the following eight items (through paprika). Get to a boil, then turn down the heat.

Millet will be done after 30 minutes of simmering, covered. Add a little salt and lemon juice and mix well. Eat it hot with rice or tortillas.



Best-Ever Beefless Stew

This hearty stew will provide you with warmth on the inside and out. In addition to the complex umami taste that

portobello mushrooms contribute, many other common vegetables, such as potatoes, also contribute flavor without requiring any special preparation.

A "hands down" best rating from one reviewer and "definitely our whole family's favorite stew recipe" from another seal the deal. It's simple to prepare and quite tasty.

Eat this comforting dish whenever you feel like you could use some extra love and attention. This hearty classic-style stew is made using Portobello mushrooms, which lend a meaty flavor and texture while soaking up the herbaceous broth with a mix of fresh vegetables. Freezing fresh rosemary and parsley for later is a great idea because their flavors deepen with time. You can try any one of these delicious and nutritious vegan lunch options today.

The stew is best with fresh rosemary, but if you only have dried, add 1/2 teaspoon.

Ingredients

- Two medium Portobello mushrooms, cut into $\frac{3}{4}$ -inch pieces (about 4 cups).
- Six cloves garlic, minced.
- One tablespoon dried Italian seasoning
- One tablespoon paprika.

- Two teaspoons finely chopped fresh rosemary
- ½ cup chopped fresh parsley.
- ⅓ cup no-salt-added tomato paste.
- Three ribs celery, cut into ¾-inch pieces (about 1 cup).
- Three medium carrots, sliced lengthwise and cut into ¾-inch pieces (about 2¼ cups).
- One and half large yellow or white onions, chopped into ¾-inch pieces (about 3 cups).
- Two lb. white potatoes, peeled and cut into ¾-inch chunks (about 6 cups).
- 1½ cups thawed frozen peas.

Instructions

For 8 minutes, over medium heat and turning regularly to prevent sticking, sauté the onions, carrots, and celery in 1 tablespoon of water in a Dutch oven or soup pot.

Add the mushrooms and garlic, and simmer for another 5 minutes, stirring occasionally and adding water as necessary.

Mix in the potatoes, tomato paste, Italian spice, and paprika. Don't forget a quart and a half of water.

Initiate the boiling; then, reduce the heat to medium. Cook with rosemary. 15 minutes of cooking time should be spent covered and stirring occasionally.

Until the carrots or potatoes are cooked, stir in the peas and simmer for an additional 5 minutes with the lid on. Put two cups of the mixture in a blender.

Do not remove the lid until the mixture is completely smooth. Get back to the soup! Stir in the parsley after it has wilted.



Carrot Dogs

Oil-free and steeped in a smokey marinade, these vegan carrot dogs are one of our most favorite vegan recipes for beginners and are sure to permanently fulfill your hot dog cravings.

You may say goodbye to traditional summer cookouts in a hurry. A devoted follower said, "These were delicious, and my finicky teenager gobbled them up!" "

Carrot dogs are amazing; don't knock them until you've tried one. Whole carrots are cooked in a smokey marinade and take on a lot of flavor.

Even though the carrot dogs need to marinate for four hours, the actual cooking time is only about 20 minutes.

Ingredients

- 1 cup low-sodium vegetable broth.
- ¼ cup apple cider vinegar.
- ½ teaspoon garlic powder.
- ½ teaspoon onion powder.
- ½ teaspoon liquid smoke.
- Dash ground cloves.
- 8 whole wheat hot dog buns, toasted if desired.
- ½ of a red onion, finely chopped (¼ cup).
- 3 tablespoons stone-ground mustard.
- ½ of a medium cucumber, spiralizer.
- 8 large carrots.

- ½ teaspoon ground coriander.
- 2 tablespoons reduced-sodium soy sauce or tamari.
- 2 tablespoons pure maple syrup.
- 2 teaspoons smoked paprika.
- 2 teaspoons dry mustard

Instructions

Carrots should be peeled and cut to a length of 6 inches. Reduce the thickness at the wide end by trimming it down.

Put the carrots into a large saucepan and fill it up with water until the carrots are submerged.

Bring the mixture to a boil under cover, then turn the heat down to a simmer.

Carrots just need 8-10 minutes in boiling water before they are fork-tender. good drainage.

Carrots should be kept in a large resalable plastic bag placed in a shallow dish. Mix together the next 11 ingredients (through the cloves) and 1/2 cup water to make the marinade.

Combine the liquid with the carrots and then bag them up. The recommended chilling time is between 4 and 24 hours, with occasional turning.

Expel the marinade and toss it. Cover and cook the carrots over medium heat for 5 to 8 minutes, turning once or twice, or until grill lines emerge. Alternately, you can put the carrots on a baking sheet covered with foil and bake them at 450 degrees Fahrenheit for 8 to 10 minutes, or until the edges are gently browned.

Fill buns with grilled carrots. Sprinkle some red onion, dijon, and cucumber over top.



Greens and Things Sandwiches with Carrot Hummus

Cucumber, pepperoncini (or roasted red peppers, if you prefer), fresh baby kale, and roasted sunflower seeds make up this substantial sandwich.

The homemade hummus is the sandwich's crowning glory; it gets its golden color and mildly sweet flavor from cooked carrots, and the addition of fresh dill makes it smell wonderful.

A supporter writes, "I am happy to be exposed to carrot hummus. The sweetness and flavor are there without the use of tahini."

These fresh and hearty plant-based sandwiches are held together by a homemade hummus that is both healthy and delicious, thanks to the addition of sautéed carrots with chopped fresh dill.

Sliced pepperoncini provide a sharp bite. If you're not a fan of pepperoncini, roasted red peppers could be a great substitute.

Ingredients

- One tablespoon chopped fresh dill.
- Freshly ground black pepper, to taste.
- Eight slices country-style multigrain bread, toasted.
- One cup thinly sliced cucumber.
- ¼ cup sliced pickled pepperoncini peppers, drained.
- Two cups fresh baby kale and/or baby spinach.
- Two medium carrots, thinly sliced.
- Four teaspoons toasted sunflower kernels.
- One 15oz can no-salt-added chickpeas, rinsed and drained.
- One tablespoons lemon juice.
- 2 tablespoons chopped shallot.
- 1 clove garlic, minced

Instructions

Carrots, shallot, garlic, and a quarter cup of water go into a big skillet to make veggie hummus. The temperature should be just below the boiling point.

Cook, covered, for about 10 minutes on medium-low, or until the carrots are fork-tender. Put the carrot mixture in a food processor or blender.

Cook in some chickpeas and fresh lemon juice. Add 1 tablespoon of water and cover the blender or food processor.

Blend or process until smooth gradually till uniformity is reached. Put the ingredients in a basin. Add dill or black pepper and mix well.

Apply hummus to four of the bread slices. Sunflower seeds, cucumber, pepperoncini, and kale make a great topping. Fill in the gaps with the leftover bread.



Easy Vegan Corn Chowder

Instead of dairy, almond flour and potato are used to give this vegan corn chowder its signature smoothness.

Corn chowder's sweet flavor and velvety texture make it a crowd-pleaser, especially among young eaters.

In this version, you may enjoy the rich texture of chowder without the heaviness of the classic version.

Ingredients

- 1 small onion, cut into $\frac{1}{4}$ -inch dice (about 1 cup).
- 1 large russet potato (about $\frac{3}{4}$ pound), scrubbed and cut into $\frac{1}{4}$ -inch dice (about 3 cups).
- 1 medium red bell pepper, cored, seeded, and cut into $\frac{1}{4}$ -inch dice (about 1 cup).
- 1 teaspoon finely chopped fresh thyme.
- $\frac{1}{3}$ cup almond flour.
- Sea salt and freshly ground black pepper.
- 6 small garlic cloves, minced (about 1 tablespoon).
- 6 cups fresh or frozen corn kernels (from 6 fresh cobs or about 24 ounces frozen).
- 1 teaspoon finely chopped fresh parsley.

- 6 to 7 cups Vegetable Stock or no oil, low-sodium, store-bought vegetable stock

Instructions

The onion, garlic, and 112 cups of the vegetable stock should be placed in a large stew pot or Dutch oven.

The pot should be covered and brought to a boil on high heat. Simmer for about 10 minutes, covered, until the onions are transparent, then add the corn,

potato, and 4 1/2 cups stock. In a medium pot, bring it to a boil. Simmer for 10–15 minutes, till the potato is tender.

Half of the mixture should be placed in a blender and processed until smooth. Put it back in the stew. If the consistency is off, add up to 1 cup of stock.

Throw in some red pepper, parsley, and some thyme. Raise the heat to a simmer, and cook for a further 10 minutes, or until the pepper is soft and the flavors have melded.

In the meantime, mix the flour with a third of a cup of water in a blender. The cream of almond should be added to the chowder and stirred in.

The amount of salt and pepper should be adjusted to personal preference. Cook thoroughly and serve immediately.

Put the soup in an airtight container once it has cooled fully. Keep it fresh for 4–5 days in the fridge or 1 month in the freezer.



Creamy Wild Rice Soup

This hearty soup is perfect for the whole family and can even be dressed up for guests with the addition of mushrooms, wild rice, and a few dashes of red bell pepper.

It's worth noting that this recipe only yields six cups, so you might want to consider doubling it.

This chowder highlights the robust, nutty flavor of wild rice. The natural dark brown grains were gluten-free, nutrient-dense, and collected in the early fall in North America.

As the rice is cooked in the soup broth, the flavors are better able to combine. However, you may need to add extra broth before thickening the soup with the flour, as the rice will absorb some of the liquid. Toss with a salad of arugula, watercress, or spinach.

Ingredients

- $\frac{3}{4}$ cup uncooked wild rice, rinsed and drained.
- $\frac{1}{4}$ cup almond flour.
- $\frac{1}{4}$ cup chickpea flour.
- 1 tablespoon snipped fresh thyme.

- 1 tablespoon white wine vinegar.
- 4 cups vegetable stock.
- 1 (8-ounce) package button mushrooms, trimmed and quartered.
- ½ cup chopped carrot.
- ¼ teaspoon sea salt.
- ½ cup thinly sliced leek (white part only).
- 4 cloves garlic, minced.
- 1 cup chopped red bell pepper.

Instructions

Use a 5-quart Dutch oven or soup pot to combine the stock, mushrooms, wild rice, leeks, and garlic.

In a large pot, bring the water to a boil on high heat. Cook, covered, for 45-50 minutes, or until rice is tender (kernels will begin to pop open).

Mix in the carrots, red pepper, and salt.

Add the lid and continue simmering for another 8 minutes.

In a small bowl, mix the almond flour, chickpea flour, and 1/4 cup water together.

Incorporate the blend into the broth. Keep stirring for 1-2 minutes, or until the mixture is thick and bubbling.

Add up to another half a cup of water and stir until the mixture reaches the required consistency.

Mix the vinegar and thyme together.



Quick and Easy Noodle Soup

This simple one-pot soup has the same soothing aromas of chicken noodle soup but only requires a few ingredients: a

few staple vegetables, whole grain noodles, and a handful of herbs.

Comfort food in a bowl, this rich vegan soup tastes remarkably like chicken noodle.

The same dried herbs (marjoram, sage, and thyme) used to give chicken soup its flavor are also contained in poultry seasoning, the herb blend commonly used in Thanksgiving stuffing.

Considering it takes no more than 30 minutes for the soup to be ready to eat because there is no actual chicken in it, Put a pinch of turmeric in with the herbs to make it a delicious golden color.

Ingredients

- One cup chopped carrots.
- Six cups vegetable stock.
- One teaspoon low-sodium tamari or soy sauce.
- ½ teaspoon dried marjoram, crushed.
- Three cups dried brown rice fettuccine noodles or whole-wheat pasta, broken.
- One cup chopped onion.
- One cup chopped celery.
- ½ teaspoon dried sage, crushed.

- ¼ teaspoon dried thyme, crushed.
- Freshly ground black pepper

Instructions

In a Dutch oven that holds 4 quarts, combine the onion, stalks, carrots, stock, tamari, oregano, sage, thyme, and pepper. Turn the heat up high and let the mixture boil.

Cover and simmer on low heat for 20 minutes. Add the noodles and bring the soup back to a boil. Noodles should be cooked for a further 10 minutes.



"Nacho" Vegan Baked Potato

Top a baked potato with beans, salsa, and avocado for a quick and healthy dinner.

To save time, bake a large batch of potatoes at once and then simply reheat them when you need them.

If you're a busy parent or person, this recipe will become a staple in your weekly rotation. It's quick, simple, delicious, and incredibly nutritious. During your child's sleep time, you can get a lot done in just a few minutes. Now you can eat something that wasn't prepared in a microwave and doesn't come from a package.

For convenience throughout the week, I suggest baking a large batch of potatoes in advance, or you can "bake" the potato inside the microwave shortly before using it.

Black beans and salsa can be made from scratch, salvaged from the fridge, or purchased in a pinch. Taking the extra five minutes to prepare salsa is highly recommended, but I swear I won't hold it against you if you don't.

Ingredients

- ½ cup black beans, either canned or prepared as directed for Black Beans .
- Salt and black pepper to taste.
- Cilantro for garnish.
- Lime wedges for garnish.
- ¼ cup salsa of your choice.
- ¼ to ½ avocado, cubed, sliced, or smashed.
- 1 large baking potato.
- 1½ teaspoons nutritional yeast (optional)

Instructions

If baking the potato, set the oven temperature to 450 °F (230 °C) (rather than microwaving it) and create steam vents by poking the potato with a fork or knife.

It takes roughly 40 minutes in the oven, or 4–6 minutes in the microwave, depending on the size of the potato.

When the potato is done, cut it in half lengthwise and sprinkle with nutritional yeast.

Arrange the salsa, avocado, and black beans on a plate in a layer.

Add salt and pepper to taste, then finish with a lime wedge and a sprig of cilantro.

Eat up and feel good about yourself!



Stove-Top Vegan Macaroni and Cheese

In this delicious plant-based mac and cheese, creaminess comes from potatoes and cashews, color from turmeric, and a rich cheesy flavor from nutritional yeast and garlic.

A golden, creamy, dairy-free sauce is used to cover the macaroni in this satisfying vegan mac and cheese.

It is made by blending together veggies, soaked cashews, nutritional yeast (for a cheesy flavor), and turmeric (for a

cheesy color). Extra sauce can be stored in the fridge for up to a week.

The sauce can be prepared in advance and refrigerated for use at a later time; to use, simply defrost and re-blend.

Need something crunchy to snack on? Prepared mush and cheese are placed in a casserole dish, topped with breadcrumbs, and broiled until the breadcrumbs are brown and crispy.

Ingredients

- 1 teaspoon ground turmeric or 1 tablespoon finely chopped turmeric root.
- 3 cloves garlic, minced.
- 4 ounces dried whole-wheat or gluten-free pasta.
- Freshly ground black pepper.
- 1 large russet potato, peeled and cut into ½-inch cubes (1½ cups).
- 1 cup chopped carrots.
- ½ cup chopped yellow onion.
- ½ cup raw cashews.
- ½ cup nutritional yeast.
- 1 teaspoon sea salt

Instructions

Put 2 cups of water, the potatoes, carrots, onion, turmeric, and garlic into a medium saucepan and stir to combine.

Turn the heat up high and let the mixture boil. Simmer, covered, on low heat for 20 minutes.

Add enough water to cover the cashews and place them in a small bowl. Leave it to soak for at least ten minutes before discarding it.

Meanwhile, prepare the pasta as directed on the package in a large saucepan, then drain.

Run some cold water over it, and then dump it out again. Put the mashed potatoes in a blender and bring the saucepan back to the stove.

Throw in some cashews, nutritional yeast, some salt, and a half cup of water.

To get a smooth and creamy mixture, blend for 2 minutes. Just pour the sauce over the spaghetti and toss to coat. Add pepper for flavor.



Penne with Tomato-Mushroom Sauce

Tomato pasta sauce is a staple in any vegan recipe collection, whether you're just starting out in the kitchen or have years of experience under your belt.

This no-sugar-needed tomato pasta is ready in only 20 minutes thanks to the addition of plant milk, which gives it a creamy texture and mitigates the dish's natural acidity.

The umami in the mushrooms is complemented beautifully by the addition of fresh basil and dried thyme.

This is the best recipe ever! It is very malleable, so it may be adjusted to your exact specifications.

My go-to pantry staple is canned tomatoes, and I always have a supply of mushrooms in the fridge, so whipping together a pasta meal like this one is a breeze.

Use 2 tablespoons of dried basil if you can't find fresh.

Ingredients

- 1 pound mushrooms, trimmed and sliced.
- 4 cloves garlic, minced.
- 2 teaspoons dried thyme.
- 1 cup chopped fresh basil.
- Sea salt and freshly ground black pepper.
- 12 ounces whole-grain penne pasta.
- 1 medium yellow onion, diced.
- 1 (28-ounce) can San Marzano crushed tomatoes.
- 1 cup unsweetened, unflavored plant milk

Instructions

Put some water on to boil in a large pot. Pasta should be prepared in accordance with package directions.

Take it all and put it in a colander to get rid of the excess liquid.

In the meantime, brown and transparent the onions in a large skillet over medium heat for 7 to 8 minutes while sautéing the mushrooms.

If the veggies are sticking to the pan, add water, one or two teaspoons at a time. Garlic and thyme should be added and cooked for a minute.

Toss in the crushed tomatoes and their liquid, then set the pot to a low simmer for 10 minutes while stirring regularly.

Toss the cooked pasta with the plant milk and the basil leaves, then season with salt and pepper to taste.

You may need to alter the seasonings after you give it a taste. Cook for 1 minute, or until piping hot.

Cook thoroughly and serve immediately.



"No-Tuna" Salad Sandwich

Made with mashed chickpeas, capers, red onion, pickles, tahini, mustard, as well as a hint of maple syrup, this sandwich filler is ready in only 10 minutes and is packed with flavor.

Pickles and capers give this vegan take on a tuna salad sandwich that signature tang and taste.

Use it as a filling sandwich between two slices of your favorite thick bread. Keep in mind that the mixture can be stored for up to five days in the fridge, making it ideal for a last-minute workday lunch.

Ingredients

For the salad:

1 tablespoon maple syrup or agave nectar

¼ cup diced red onion

Healthy pinch each sea salt and black pepper

1 tablespoon roasted unsalted sunflower seeds (optional)

1 (15-ounce) can chickpeas, rinsed and drained

3 tablespoons tahini

1 teaspoon Dijon or spicy brown mustard

¼ cup diced celery

¼ cup diced pickle

1 teaspoon capers, drained and loosely chopped

For Serving:

Romaine lettuce

8 slices whole-wheat bread

Dijon or spicy brown mustard

Tomato, sliced

Red onion, sliced

Instructions

Put the chickpeas in a bowl and mash them with a fork until just a few of them remain whole.

Combine the tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt, pepper, and sunflower seeds (if using) in a mixing bowl.

Harmonize through combining. It's important to taste as you go and adjust the seasonings accordingly.

If making a sandwich, toast the bread and get out the fixings of your choice (such as lettuce, tomato, and onion).

To assemble, spread a generous amount of the chickpea mixture (approximately 1/2 cup) on one slice of bread, top with the toppings of your choice, and sandwich together with the remaining slice of bread.

To make more sandwiches, just follow the same procedure.



Avocado & White Bean Salad Wraps

These simple wraps are a delicious and filling lunch option because they have the ideal combination of crisp vegetables, creamy avocado, and mashed white beans.

Cut into little pieces, they make a delicious appetizer.

When I'm too tired to do anything more than flop on the sofa and watch *Downton Abbey*, my go-to meal is a mixture of mashed avocado and mashed white beans with a few other ingredients that I then roll up in lavash or make into tacos or sandwiches.

In certain cases, I've even used a spoon. Including the time it takes to change into pajamas and place the finished meal on the coffee table, the entire process takes less than half an hour.

Ingredients

2 tablespoons fresh lime juice

2 tablespoons fresh parsley or cilantro, if preferred

1 tablespoon diced canned green chiles

1 teaspoon garlic powder

1 teaspoon smoked paprika

1 to 2 Roma tomatoes, thinly sliced

2 large handfuls of baby spinach

1½ cups cooked great northern beans or 1 (15-ounce) can, rinsed and drained

1 tablespoon liquid aminos (or tamari or soy sauce)

1 tablespoon white balsamic vinegar

1 large or 2 small avocados, halved

½ teaspoon onion powder

Sea salt

Freshly ground black pepper

2 lavash wraps or large wheat tortillas

Instructions

Warm the beans by sautéing them in a large frying pan over medium heat for 1-2 minutes.

Toss in the fluid aminos and simmer until almost all of the liquid has evaporated, stirring occasionally. Put in the vinegar and let it simmer until the liquid has evaporated, stirring once or twice. Take the beans off the stove and smash them with a fork.

The avocado flesh should be placed in a large dish and mashed thoroughly.

Mash the beans and add the lime juice, parsley, green chiles, garlic powder, paprika, and onion powder. blending together completely. Depending on your own preference, season the dish with salt and pepper.

Spread a quarter of the avocado mix onto another wrap or tortilla. Place a row of tomato sauce across the wrap's shorter dimension, about an inch from one edge; follow with a row of spinach; repeat with a second row of tomato slices; and end with a row of spinach.

Begin rolling the wrap by placing it over the bottom row of tomatoes and finishing with the top. Reduce it to three or four pieces.

Wrap up the second serving with the same ingredients and repeat. Keep it refrigerated for up to 3 days if stored in an airtight container.

Chickpeas can be used as a white bean alternative. Make a dip out of the filling and serve it with chips!



Burritos with Spanish Rice and Black Beans

These plant-based burritos are delicious, nutritious, and simple to prepare; they're perfect for a filling lunch or dinner.

You will be ready in no time if you already have some rice cooked and ready to go.

My family had burritos for dinner about once a week. For a quick and easy meal, nothing beats this recipe for warming up a can of beans to use as a filler for burritos or as a side dish.

If you like things spicy, feel free to up the jalapeo and chipotle powder amounts.

Ingredients

- Cloves garlic, minced.
- Four cups cooked brown rice.
- One teaspoon ancho chili powder (or other pure, mild chili powder).
- ½ teaspoon chipotle chili powder (or more, to taste).
- ½ teaspoon smoked paprika.
- Salt and freshly ground black pepper to taste.
- ½ -1 jalapeño chile, stemmed, seeded and finely diced (add more or less to taste).
- 1½ cup diced tomatoes (fresh or canned fire-roasted, liquid reserved).
- 1½ cup black beans (or 1 15-ounce can), rinsed well.
- One teaspoon ground cumin.
- 8 7- to 8-inch whole grain tortillas.
- One medium onion, chopped.
- Two green or yellow pepper, stemmed, seeded and chopped

Instructions

Put a large, nonstick skillet over medium heat. Toss in the onion and stir-fry until it takes on some color.

Cook for 2 minutes more, stirring occasionally so as not to scorch the garlic, before adding the pepper, jalapeo , and garlic.

Toss in the rest of the ingredients and simmer for about 15 minutes, stirring often.

Add some water, broth, or saved tomato juice if it dries up.

Taste it to see if it needs more salt or other seasonings.

Tortillas can be warmed in a dry nonstick saucepan over medium heat for 40 seconds on each side, or until they are malleable.

Keep it warm by covering it with a moist cloth.

Just below the tortilla's center, spread about 1 cup of a bean and vegetable mixture.

Wrap the filling in one tortilla and fold the bottom over. Tortillas should be rolled up with the folded ends in.

Arrange burritos on a serving dish with the folded sides down. Serve hot. Get the hot sauce if you like it spicy.



Zucchini Fritters

Fried zucchini fritters made with grated zucchini are delicious. This simple vegan dish replaces the egg with a mixture of chickpea flour, tahini, and lemon juice, which acts as a binder.

To boost the flavor, throw in some green onions and dill seeds. Reviewer: "As someone who has only recently adopted the WFPB lifestyle, I can only concur with other reviews that these fritters are great."

When we started producing our own zucchini at home, I came up with this recipe.

This recipe has made us so fond of zucchini that they can't grow quickly enough to keep up with our demand.

Both yellow and green zucchini can be used in this recipe without being peeled before being grated on the large holes of a box grater or fed through the grating blade of a food processor.

These are perfect as an appetizer or a small lunch. You may top them with ketchup, a balsamic reduction, or even just some vegan sour cream (or nut cheese diluted with a little water).

Advice on Flour: You may need less or more flour depending on the moisture content of the zucchini and how much of it you grate.

Half a cup is the perfect amount for me; the resulting fritters are moist from the zucchini but still stay together.

Begin with 3/4 cup and add extra flour as needed during cooking. A greater quantity of flour will result in more solid burgers. These fritters would be perfect with a dash of dill seed. It is not recommended to use dried or fresh dill weed as a substitute. You might use fennel or cumin seeds, 1/4 to 1/2 teaspoon.

Ingredients

- Three cups grated zucchini.
- $\frac{3}{4}$ to 1 cup chickpea flour (see tip in intro).
- One teaspoon Dijon mustard (optional).
- $\frac{1}{2}$ teaspoon dill seed (see tip in intro).
- Freshly ground black pepper to taste.
- One tablespoon fresh lemon juice.
- One tablespoon tahini.
- 3 to 4 tablespoons chives or sliced green onions (green portion only).
- $\frac{1}{2}$ teaspoon sea salt

Instructions

Mix the tahini and lemon juice together. Mix the remaining ingredients with the tahini and lemon juice in a large bowl.

Stir the ingredients together with a spoon or spatula until they are completely blended.

The chickpea flour would soak up the moisture released by the zucchini (because of the salt).

Give the ingredients 15 minutes to settle.

Prepare a medium-high fire in a skillet that doesn't stick. Spread a quarter cup of the mixture over the pan.

Press it flat with a spatula to make a fritter. Toast for 3 to 4 minutes on one side. Cook for yet another 2 to 4 minutes, flipping halfway through, until both sides are brown and the meat is cooked through.

Turn down the heat so that the outsides don't burn before the insides are done.



Black Bean Burgers

These tasty vegan patties are made with just a few whole-food, plant-based ingredients.

This is different from most store-bought veggie burgers, which have a lot of oil and ingredients that have been overly processed.

We owe a debt of gratitude to Jeff Novick's veggie burger line for the inspiration behind this Mexican burger.

It's a great alternative to fatty beef burgers that everyone can enjoy. You can use ketchup instead of salsa if you choose.

Feel free to add some hot sauce if you like things on the spicy side. You can improve the patties' ability to stay together by making them the day before and storing them in the fridge overnight.

Ingredients

- ½ onions, diced.
- ¼ cup corn.
- One teaspoon cumin.
- One cup cooked brown rice.
- One 15-ounce can black beans.
- One teaspoon garlic powder.
- ¼ teaspoon chili powder.
- ¼ cup cornmeal.
- Two tablespoons salsa.

Instructions

Brown rice is prepared by bringing half a cup of rice and one cup of water to a boil. When the water is boiling, reduce the heat to a low simmer.

Test the doneness of the rice by tasting it once all the water has been absorbed.

If it's not done, add a bit more water and allow it to simmer for a while longer.

Prepare beans by either boiling them until tender or removing the liquid from canned beans.

The beans should be mashed in a medium-sized bowl using your hands, a potato masher, or a fork.

The oven temperature should be set to 350 degrees Fahrenheit. Set out a sheet of parchment paper on a baking sheet.

Sauté the onion until soft, or "sweat" it. When vegetables sweat, the moisture comes directly from them, negating the need for added oil.

Always make sure the pot is covered. Add a splash of water if the onions start to stick.

Add the corn and seasonings when the onions are transparent. Leave it in the oven for a few more minutes.

For the bean bowl, add the cornmeal, salsa, vegetables, and rice.

Don't forget to combine all of the ingredients thoroughly for a uniform texture.

Don't be shy about using your paws. Next, shape the dough into patties with your hands.

A half-inch thickness is ideal, and a three-inch diameter is ideal for me.

Bake the patties for 15 minutes at 350°F (or until cooked through).

After 15 minutes, turn the patties over and continue baking.

A tomato, onion, ketchup, and mustard sandwich between two romaine lettuce leaves.

Or, for a delightful alternative to the bun, serve the burger atop a bed of fresh spinach.



Chickpea Omelet

What's not to like about quick, simple vegan dinners that call for only a few common ingredients and can be adapted to use up whatever leftover vegetables you have at the back of the fridge?

Such a recipe is this popular vegan omelet from the Prevent and Reverse Coronary Heart Cookbook.

This eggless omelet is similar to a savory vegetarian pancake because it is made with seasoned chickpea water and flour.

This recipe is a huge hit with my family and I. "It's a staple in our house, and we eat it for every meal, not just breakfast," one user says.

This delicious omelet substitute uses no eggs and may be eaten for any meal of the day.

Ingredients

- One cup chickpea flour.
- ½ teaspoon onion powder.
- ½ teaspoon garlic powder.
- ¼ teaspoon white pepper.
- ¼ teaspoon black pepper.
- 1/3 cup nutritional yeast.
- ½ teaspoon baking soda.
- Three green onions (white and green parts), chopped.
- Four ounces sautéed mushrooms (optional)

Optional toppings: Tomatoes, spinach, salsa, hot sauce, microgreens.

Instructions

In a separate bowl, whisk together the chickpea flour, onion powder, garlic powder, white pepper, black pepper, nutritional yeast, and baking soda.

One cup of water should be added and the batter should be stirred until it is smooth.

Prepare a pan for cooking by heating it over medium heat. Make pancakes by adding the batter to the frying pan.

As the omelets are cooking, sprinkle 1–2 tablespoons of the green onions with mushrooms into the batter. Do a flip on the omelet.

Turn the omelet over and continue cooking for another minute once the bottom is golden.

The heart-healthy, plant-based Chickpea Omelet can be served with any of your favorite toppings.



Spinach-Potato Tacos

Tacos aren't only about picking your favorite meat. This soft spinach and potato filling is delicious and easy to prepare for tacos.

There is more to authentic Mexican tacos than just ground beef and sour cream. Tacos can be prepared in a wide variety of ways, but this is one of my favorites.

Ingredients

- One large onion, diced.
- One medium poblano pepper, seeded and diced.
- Sea salt and freshly ground black pepper.
- Twelve corn tortillas.
- ½ cup chopped fresh cilantro.
- Two large yukon gold potatoes, scrubbed and cut into small dice.
- One (10-ounce) package frozen spinach, thawed.
- One cup unsweetened, unflavored plant milk.
- Three tablespoons nutritional yeast.
- Two cloves garlic, minced.
- Two teaspoons ground cumin

Instructions

Cover the potatoes with water and put them in a medium saucepan. Cook, covered, over medium heat until the potatoes are cooked when pierced with the tip of a sharp knife, about 10 to 12 minutes after you've brought the mixture to a boil.

Don't forget to drain everything thoroughly before setting it aside.

The thawed spinach should be placed at the end of one short end of a clean kitchen towel or even several layers of paper towel on the counter. Squeeze out as much liquid as possible from the spinach by rolling it up in a towel and twisting the ends of the roll while holding it over the sink. Unwind and put it away.

To soften the onion and poblano pepper, sauté them in a large skillet over medium heat for 7 to 8 minutes, turning periodically and adding water by the tablespoonful to prevent sticking. After approximately a minute, add the cumin and garlic and heat until the cumin is fragrant.

Combine the nutritional yeast, plant milk, and reserved spinach and potatoes. Cook for another 2-3 minutes, or until hot throughout, after seasoning with salt and pepper to taste. Turn off the stove and put it away.

In the meantime, heat a big, nonstick skillet over moderate heat. Warm the corn tortillas by adding as many as will fit in a single layer on a pan and heating them for a few minutes. Take them out of the pan and cover them with a clean dish towel to keep them toasty while you finish the rest of the meal. Make another batch with the remaining tortillas.

To serve, arrange the tortillas on individual plates or a large platter, and ladle the potato mixture down the center of each tortilla. Just before serving, toss in some chopped cilantro.



Black Bean and Sweet Potato Quesadillas

These sweet potato quesadillas are so delicious, you won't even miss the cheese.

This Mexican-style dish is perfect for feeding a large group. It's stuffed with salsa, rice, spinach, and beans.

The Hall family of Engine 2 is known for their dedication to a plant-strong lifestyle, and these quesadillas are a family favorite thanks to their inclusion in Plant-Strong: Discover the World's Healthiest Diet.

They don't require much effort but provide a lot of satisfaction once completed.

Ingredients

- One cup of salsa.
- One cup fresh spinach.
- Eight ounces black beans, drained and rinsed.
- $\frac{1}{4}$ teaspoon onion powder.
- $\frac{1}{4}$ teaspoon chili powder.
- $\frac{1}{4}$ teaspoon cumin.
- One jalapeño pepper, diced (optional and HOT).
- 6-8 whole-wheat tortillas.
- One large sweet potato.
- One cup brown rice, cooked.
- Eight ounces vegetarian, no added oil, re-fried beans.

Instructions

Increase the oven temperature to 375 F. In advance, line a sheet pan with parchment paper.

An hour before you want to serve them, peel and cut the sweet potatoes into quarters.

To get them tender in the oven, you can bake sweet potatoes for 45 minutes to an hour.

In the meantime, make rice in a crock pot or even on the stove top as suggested.

Take out the sweet potatoes and throw them into a large basin. Combine the sweet potatoes, salsa, rice, and fresh spinach in a bowl and mash.

Combine the mashed sweet potatoes with the black beans and refried beans in a saucepan and cook through over medium heat, stirring occasionally.

Seasoning to taste with onion powder, chili powder, and cumin.

Throw a tortilla in a pan over medium heat and spread the sweet potato and bean mixture on the side that will be on top. If you like things spicy, add some jalapeos.

Place a whole grain tortilla on top. For about 3 minutes over medium heat, press down on the top of the tortilla with a spatula. Use a spatula to flip and cook for a further three minutes.

Voila! Divide it into as many pieces as you like. Add some salsa as a garnish and serve.

As an alternative to black beans, try using black-eyed peas or your preferred bean.



Lentil Sloppy Joes

This recipe is a cinch if you have at least an hour and a half to spare before you need to eat, as it just takes 10 minutes to prepare and then only requires simmering.

Make extra stuffing and store it in the freezer for a fast weeknight supper.

This is a simple dinner that can be easily reheated for lunch the following day or two.

Eat it with your hands by stuffing it into a whole-grain bun, or serve it open-faced on a plate and use a fork to pick it up.

When fresh corn is in season, I also serve it alongside the cooked kale.

Ingredients

- 1 tablespoon chili powder.
- 1 ½ cups dried brown lentils.
- 1 15-ounce can diced fire roasted tomatoes.
- 2 tablespoons brown sugar.
- 1 teaspoon rice vinegar.
- 1 teaspoon vegetarian Worcestershire sauce.
- Salt to taste.

- 3 ½ cups water or low-sodium vegetable stock.
- 1 onion, chopped.
- 1 red bell pepper, chopped.
- 2 tablespoons soy sauce.
- 2 tablespoons Dijon mustard

Instructions

In a large saucepan, add 1 cup of water or stock.

After about 5 minutes, add the onions and bell pepper to simmer, stirring regularly.

Stir in the chili powder. Combine the leftover liquid with the lentils, tomatoes, and spices.

Bring to a boil, then reduce to a low heat, cover, and cook for an hour, stirring occasionally.

Distribute it on fresh-baked bread or whole-wheat buns, and top with whatever you choose.



Corn and Black Bean Cakes

You can make these fritters for breakfast, lunch, or dinner since they're so yummy and light.

Enjoy them as-is or dress them up with your favorite salsa and sour cream made from tofu.

When I was a youngster, my mom used to make something quite similar to these savory pancakes for dinner.

My modified recipe is healthy without sacrificing flavor, and I even eat them for breakfast now.

The pancakes will not easily release from the pan until the underside is properly crisped, so wait to flip them until that point.

Ingredients

- 1½ cups whole wheat pastry flour.
- ½ cup cornmeal.
- 1 cup cooked or canned black beans, rinsed and drained.
- 6 green onions, white and light green parts thinly sliced.
- Tomato Salsa (or use store-bought), for serving.
- Sour "Cream" for serving.
- Chopped fresh cilantro, for serving.
- 1/4 cup unsweetened applesauce.
-] 1 medium red bell pepper, seeded and finely diced.
- ½ teaspoon sea salt.
- 1½ cups unsweetened, unflavored plant milk.
- 1 tablespoon aluminum-free baking powder.
- 1 (10-ounce) package frozen corn kernels, thawed

Instructions

Turn the oven's temperature up to 200 degrees Fahrenheit.

Sift the flour, cornmeal, baking powder, and salt into a large bowl and whisk until smooth.

Place the plant milk, applesauce, bell pepper, corn, black beans, and green onions in a well you've made in the center of the flour mixture. Mix the ingredients together by folding them in gently. Be careful not to over-blend.

Water put onto a hot griddle or large nonstick pan should sizzle and hop around.

Make sure the pancakes don't touch when you add the remaining batter by the half cup until the pan is full.

Around 4 minutes of cooking time should be plenty for the bottoms to become crisp and the pancakes to be flipped without breaking apart.

Once the bottoms are bubbling, flip the pancakes with a spatula and continue cooking for another 4 minutes, or until they are lightly browned and crisp.

The best way to keep the pancakes warm is to put them on a heatproof tray and pop them in the oven. Use the remaining batter in the same manner.

The pancakes should be served with a side of salsa, sour "cream," and chopped cilantro.



Stir-Fry with Peanut Sauce

This simple vegan dish features a variety of brightly colored vegetables that are cooked till crisp-tender and then piled atop a bed of brown rice.

For maximum impact, drizzle with a fat-free peanut sauce. Absolutely excellent; very adaptable to whatever vegetables you have on hand, as one fan put it.

The author of another review states, "This is my husband's favorite stir-fry!" It just takes 30 minutes to prepare and is quite tasty!

A stir fry's appearance is important. The two different kinds of peppers, the crisp peas, and the soft cabbage all add visual, textural, and morphological variety to this dish (strips, shredded, and wedges). This vegan stir-fry is elevated with a homemade peanut sauce that's both delicious and simple to prepare. To make this dish, you'll need freshly cooked brown jasmine rice.

Ingredients

1 teaspoon arrowroot powder

1 teaspoon pure maple syrup

Sea salt and freshly ground black pepper, to taste

2 cups hot cooked brown jasmine rice

1 tablespoon crushed unsalted peanuts

1 lime, cut into wedges

½ cup low-sodium vegetable broth

2 tablespoons unsalted creamy peanut butter

1 tablespoon lime juice

3 cloves garlic, minced

2 cups shredded napa cabbage

1 cup snow pea pods, halved

¼ teaspoon crushed red pepper

2 red, orange, yellow, and/or green bell peppers, cut into strips (2 cups)

1 medium onion, cut into thin wedges (1 cup)

Instructions

The sauce is made by combining the first six components (through crushed red pepper) with a quarter cup of water and whisking the mixture together. The ingredients should be thoroughly combined.

Cook the bell peppers, onion, and garlic in a large wok or extra-large pan over medium heat for three to four minutes, or till crisp-tender, adding water, one to two tablespoons at a time, to prevent sticking if necessary.

For the next 1-2 minutes, boil and toss the cabbage with snow peas until they are just beginning to soften.

Reconstitute the sauce and pour it into the wok. To thicken the sauce, heat and whisk it for 1-2 minutes, until it reaches the desired consistency.

Add salt and pepper to taste. The dish is best when served over rice and garnished with crushed peanuts and lime wedges.



Taco-Spiced Tortilla Chips

These thick and crunchy handmade tortilla chips are baked rather than fried and are seasoned with a delectable blend of spices; they are just as addictive as their fried counterparts!

These seasoned tortilla chips, in contrast to store-bought chips, are oven-baked rather than fried and contain no chemical ingredients.

And they're hard to stop eating. Have them on their own or with a dip like Green Pea Guacamole, Sonoran Desert Tepary Beans with Roasted Red Pepper Hummus, or Cheese Sauce.

Ingredients

½ teaspoon onion powder

½ teaspoon paprika

¼ teaspoon chile de árbol or chipotle chile powder

¼ teaspoon sea salt

5 oil-free corn tortillas, cut into bite-size triangles

1 tablespoon nutritional yeast

1 tablespoon lemon juice

½ teaspoon garlic powder

½ teaspoon ground coriander

½ teaspoon ground cumin

Instructions

Preheat the oven to 300°F. Use parchment paper to line a baking sheet.

The first nine components (salt) and 1 tablespoon of water should be mixed together in a basin. Stir in tortilla triangles, being careful not to break them.

Place tortillas in a single layer on the cookie sheet. Crisp up in the oven for an hour. Let the chips sit on the sheet pan to cool completely. Pack it away in an airtight container.



The Best Oil-Free Hummus

This oil-free hummus is ready in 10 minutes and has all the zing of regular hummus. Are you in the mood for some risk-taking? Spinach, olives, mint, and eggplant are just some of the options for spicing things up.

This delicious oil-free hummus recipe is indeed the perfect way to satisfy your hummus cravings without sacrificing your health.

Almost any supermarket will stock a premade version of this no-cook dish, but the vast majority of them will have extra olive oil and tahini (sesame paste) that will increase the dish's already high fat content.

Making a big batch of homemade, petroleum-based hummus on Sunday will keep you in good stead for the rest of the week.

Serve it with crudites, spread it on toast, put it in a wrap, a bowl, etc.

Ingredients

Juice of 1 lemon

2 teaspoons ground cumin

2 cans chickpeas, rinsed and drained

3 cloves garlic

2 teaspoons Bragg Liquid Aminos

¼ cup water or vegetable broth

Instructions

Combine everything to form a thick paste. Optional additions to this dish are: toasted sesame seeds (2 tablespoons); fresh jalapeño (1 pepper), seeded and diced; roasted red bell pepper (1 pepper), chopped; Kalamata olives (1 cup); a bunch of mint (1 bunch); fresh spinach (1 cup); cooked eggplant (1 cup).



8-Ingredient Slow-Cooker Chili

This hearty vegetarian chili has tons of flavor from canned tomatoes, garlic, and a sachet of vegetarian chili powder. Turn your slow cooker on low and add a bag of dried beans (kidney or pinto work well). The end product will wow you.

You had better be prepared to spend some significant time in the hot kitchen while the chili simmered on the burner if you wanted to make it back in the day.

Slow cookers and multi-cookers such as the Instant Pot have made that no longer the case.

You can get all the benefits of a slow-cooked chili with less effort thanks to these ultra-reliable tiny gadgets. The kitchen is air-conditioned, which is a huge plus in the summer.

Plus, the slow heat allows you to do both the soaking and cooking of the chili beans at once. This chili made in a slow cooker is delicious and worth a try.

This is a great dish for those times when you have a busy schedule but still want to get home to a nice meal. There are countless ways to customize it by using different spices or adding in different vegetables.

Ingredients

1 1-ounce packet vegetarian chili seasoning, such as Simply Organic, or chili seasonings of your choice

6 cloves garlic, minced

Toppings such as chopped bell pepper, sliced green onions, and/or snipped fresh cilantro

2 cups dried pinto beans, rinsed and drained

1 14.5-ounce can no-salt-added fire-roasted diced tomatoes, undrained

1 cup chopped red onion

4 cups unsalted vegetable stock

2 cups water

1 cup fresh or frozen whole kernel corn

Instructions

Add the beans, tomatoes, onion, spice, and garlic to a slow cooker that is 4 to 5 quarts in size. Combine the stock with water and add it to the pot.

For four to five hours, covered, over high heat, with the corn added in the final 15 minutes. Add the toppings and serve.



Sweet Potato Chili with Kale

Your taste buds are in for a treat with this vegan sweet potato chili. When cooked with orange juice, sweet potatoes and kale get a great citrusy and peppery taste.

A bowl of this sweet potato chili on a cool night is just what the doctor ordered, and kale enhances the flavor of any dish.

Ingredients

- 2 red bell peppers, seeded and finely diced.
- 2 teaspoons smoked paprika (makes a difference when it's smoked).
- ¼ teaspoon chipotle powder (or more to taste).
- 2 cups lacinato kale finely shredded like coleslaw (around 8 ounces).
- 3 cups of orange juice.
- 2 medium sweet potatoes, diced (approximately 2 pounds).
- 1 large red onion (approximately 10 ounces), finely chopped.
- 2 15 ounce cans salt-free kidney beans.
- 2 pounds fresh tomatoes, diced (or 2 14.5 ounce cans of salt-free tomatoes).
- 1 tablespoon salt-free chili powder

Instructions

To get the onion soft and translucent, sauté it with the bell pepper in half of the orange juice in a big pot for 8–10 minutes. Except for the kale, add the remaining ingredients.

Bring to a boil, then reduce to a simmer for 25-30 minutes for soft but not mushy sweet potatoes.

Remove from the heat and stir in the kale until it wilts. Serve.

When using an electric pressure cooker, throw everything in, set it on high for 6 minutes, and then let the pressure naturally drop.



Potato-Cauliflower Curry

This hearty meal features potatoes, cauliflower, and frozen peas doused in a homemade curry sauce full of nuanced flavor. Is the heat to your liking? Increase the amount of cayenne pepper to suit your taste.

It's easy to make the sauce for this vegan curry in a blender, and it's packed with warming ingredients like potatoes,

cauliflower, and peas. Prepare the brown rice and top with chopped fresh cilantro.

Ingredients

- ¼ cup tomato paste.
- One clove garlic, minced.
- Cayenne pepper, to taste.
- Sea salt, to taste.
- Four cups cooked brown rice.
- One tablespoon finely snipped fresh cilantro.
- Four cups 2-inch cauliflower florets.
- Two cups 1½-inch potato pieces.
- One cup onion wedges.
- 1½ cups fresh or frozen peas.
- ¼ cup raw cashews, finely ground.
- Two tablespoons lime juice.
- One tablespoon mild curry powder.
- 1½ teaspoon grated fresh ginger.
- One teaspoon cumin seeds

Instructions

Steam the cauliflower florets in a big skillet or large saucepan. Bring the water level up to where the basket will sit. Raise it to a boil.

Cauliflower should be steamed for 5 minutes with the lid on, or until it is just soft. Toss the cauliflower into a large basin.

To cook the potatoes, place them in a steamer basket, cover the pan, and steam them for 10 minutes. Place the cauliflower in a bowl and discard the cooking water.

Onion wedges, tomato paste, curry powder, ginger, cumin seeds, and garlic should all be blended together to make the sauce. Stir well with a single cup of water. Cloak the mixture in the cover and whizz it till it's completely smooth. Bring the sauce to a skillet and add another cup of water, stirring to combine. Get the sauce boiling, then turn the heat down to medium and let it simmer for 5–7 minutes. ten minutes more at medium heat to achieve the desired depth of color for the sauce.

Mix in cashews, lime juice, cayenne pepper, and steamed vegetables (such as cauliflower and potatoes). Stirring occasionally or adding more water if necessary, cook the veggies for 5 to 7 minutes, or until the sauce is absorbed. To taste, add salt.

Sprinkle some chopped cilantro over the rice and top with the vegetable mixture.



Rice Bowls with Kidney Beans, Spinach, and Mixed Veggies

Brown rice, a variety of vegetables, spinach, and tomatoes are tossed with a creamy cilantro-cashew dressing and served in a bowl. A lack of rice? Try something else, like quinoa, teff, bulgur, or even barley, which is also a whole grain. Feel free to try your hand at a variety of other vegetables as well.

This one-bowl meal is ready in just ten minutes and packs a ton of flavor and texture punch with no effort. Our Cilantro-Cashew Dressing goes great with this vegan rice dish, which you can fill with any beans, grains, or vegetables you choose.

Ingredients

- Two cups fresh spinach leaves, shredded..
- ½ cup finely chopped green onions..
- One cup Cilantro-Cashew Dressing..
- Two tablespoon finely snipped fresh cilantro.
- Two 15-oz. cans red kidney beans, rinsed and drained.
- Two cups frozen mixed vegetables, thawed.
- Three cups cooked brown rice, warmed.
- One cup finely chopped tomatoes.

Instructions

Blend the beans with the half cup of water in a medium pot. Gently reheat over medium heat, stirring periodically, until ready to serve.

While that's going on, bring a tiny amount of water to a boil in a small saucepan, add frozen vegetables, and cook for 5 minutes, or until soft. Drain.

Disperse the spinach into bowls of soup or salad. Put in some rice, beans, and veggies. Cilantro-Cashew Dressing is drizzled over tomatoes and green onions. Top with a pinch of chopped fresh cilantro. Assemble while it's still hot.



Vegan Minestrone Soup with Potatoes and Kale

That's comfort food right there in that hearty stew. Russet potatoes, with their robust earthiness, go wonderfully with meaty mushrooms, green greens, and smooth white beans. This is one of those simple vegan dishes you'll cook again and again, and it's ready in only 30 minutes. One supporter remarked, "Tasty. That's a huge plus. My spouse has a very particular palate. The food was so good that he wants to see it again."

The fork-tender potatoes, kale, and white beans give this vegan minestrone a rich, savory flavor, and the fork-tender potatoes, kale, and white beans add a nice variety of textures.

Ingredients

- Six cloves garlic, minced.
- One teaspoon dried oregano leaves.
- One 15-oz. can cannellini or other white beans, rinsed and drained (1½ cups).
- Sea salt and freshly ground black pepper, to taste.
- 1½ lb. russet potatoes, cut into 1-inch pieces.
- One onion, finely chopped (1 cup).
- One cup chopped fresh mushrooms.
- Four cups vegetable stock.
- One bay leaf.
- Three cups finely chopped kale, stems removed.

Instructions

Start by preheating a saucepan of the same size over medium heat. Throw in the first five ingredients (through oregano). Stirring occasionally, cook for 10 minutes, or until the onion and mushrooms are soft.

Put in some bay leaves and vegetable stock. Bring it to a boil, then reduce the heat to keep it there. The potatoes should be fork-tender after simmering for 10 minutes. Add the kale and

beans, and stir to combine. Cook until the kale has wilted. Take out the bay leaf. Just add salt and pepper to taste.



No-Fry Fried Rice

Vegetables abound in this "fried" rice that uses no oil. Adding sweet pineapple and a simple garlic-ginger-tamari sauce makes the dish even better.

Yum! I really enjoy this oil-free vegan fried rice. The last touch is a sprinkle of fresh chile and chopped cilantro on top.

I'm a bit of a Sriracha addict, so that goes in there occasionally as well. Please don't pass judgment on me. Want some more plant-based meal inspiration?

Ingredients

Teriyaki sauce

1 small clove garlic, crushed

1 small knob ginger, finely grated

1 tablespoon low-sodium Tamari

2 tablespoons dry sweetener

½ cup water

1 tablespoon cornstarch plus 1 tablespoon water

Un-fried Rice

One cup frozen or fresh corn.

Two carrots, diced.

Three green onions, chopped.

Four mushrooms, sliced.

One 8-ounce can chop pineapple, or fresh if available.

Two cups baby spinach.

One red chile, seeded and diced.

½ cup chopped cilantro.

One small head broccoli, diced.

Two cups uncooked brown jasmine rice.

Instructions

Give your rice a good rinse before you cook it. Give your rice a good rinse. A tablespoon more water should be heated in a nonstick skillet or wok over medium heat until it just begins to simmer. For about 5 minutes, or until the onions are transparent, add the carrots, broccoli, and green onions.

Put in the mushrooms, corn, pineapple, spinach, chile, and cilantro. Combined, reduce the heat to medium. If the vegetables are starting to stick to the pan, add a few tablespoons of water at a time.

To make the sauce, simply combine the garlic, ginger, tamari, and coconut sugar in a small pot and stir to combine. The sugar should dissolve after about a minute of stirring and cooking. Combine the water with half a cup.

In a small bowl, combine the cornstarch and water. The sauce can be thickened by adding the cornstarch mixture and cooking it for an additional 2 minutes, after which it should be ready to serve.

As soon as the rice is done cooking, toss it into the skillet with the sautéed vegetables, and then pour the sauce over the top. The food should be served right away.



Vegan Mashed Potatoes and Gravy

This recipe for vegan mashed potatoes is simple to make and uses cashews for creaminess, along with mushrooms, veggie broth, and dry herbs for a flavorful gravy.

It is easy to comprehend why this meal is considered comfort food by people of many cultures. The richness and savoriness of its texture never fail to impress.

Ingredients

- ¼ cup cashews.
- Sea salt.
- 8 ounces button mushrooms, sliced (about 4 cups).
- 4 cups low-sodium vegetable broth.
- ½ teaspoon dried sage.
- ½ teaspoon dried thyme.
- 1 clove garlic, minced.
- 2 tablespoons fresh lime juice (from 1 to 2 limes).
- ⅛ teaspoon freshly ground white or black pepper, plus ¼ teaspoon freshly ground black pepper.
- 2 pounds russet potatoes (about 4 medium-large), scrubbed and chopped.
- 2 cups cooked brown rice.
- ½ teaspoon dried marjoram.

Instructions

To soak the cashews, fill a small basin with 1 cup of water and set aside. Prepare to soak for 30 minutes.

Cover the potatoes with cold water and put them in a large saucepan. The potatoes are done when they can be easily punctured with the point of a sharp knife after 20 minutes of

cooking at a medium boil. The dish should be drained completely and then cooled down.

Meanwhile, mix the rice, mushrooms, and vegetable broth together in a sauce pan. Cook for about 10 minutes, or until the mushrooms are soft, by bringing everything to a boil over medium-high heat and then reducing the heat to medium. Take it off the stove and cool it down a little. Transfer the contents of the bowl to a food processor or blender and pulse until smooth. (Another option is to use an immersion blender to puree the mixture right in the pan.)

If you took it out of the pan, put it back in. Season with salt and pepper to taste, then stir in the sage, marjoram, thyme, garlic, lime juice, and 1/8 teaspoon of pepper. Ten minutes of cooking time over medium heat will help the flavors come together. Put the lid on it and set it aside to keep the gravy warm.

Put the cashews and the water they were soaking in into a new blender. Blend in the remaining 1/4 teaspoon of pepper and a touch of salt until completely combined. Mash the potatoes with a potato masher or a hand mixer until they are thoroughly coated in the cashew cream.

The seasoning has to be tasted and adjusted. Pour the gravy over the mashed potatoes and serve.



Veggie and Apple Slaw

Red and white cabbage, together with an apple, carrot, and celery, are called for in this recipe for coleslaw. Toss with Dijon vinaigrette and serve with burgers, pizza, or whatever you want!

This vegan slaw comes in a rainbow of hues thanks to the addition of grated fresh apple and zesty Dijon vinaigrette. The crunchy and flavorful addition of carrots and celery completes the salad. For best results, make the slaw no more than a few hours before serving, as the vinegar in the dressing will only prevent the apples from browning temporarily.

Use pre-cut slaw mixtures from the store in place of the cabbage and carrots for a really hands-off preparation method.

Alternately, you can experiment with other vinegars, including balsamic or raspberry, when preparing this dish. Use it as a condiment on meat or vegetarian burgers.

Ingredients

¼ cup white wine vinegar

2 tablespoons pure maple syrup

Jazz, or Honeycrisp

2 carrots

2 cups shredded green cabbage

2 cups shredded red cabbage

1 cup thinly sliced celery

1 teaspoon Dijon-style mustard

Pinch of sea salt

3 red apples, such as Braeburn

Instructions

In a very large basin, mix the green cabbage, red cabbage, and celery together.

In a small bowl, combine the maple syrup, mustard, salt, and vinegar with a whisk.

Use the coarse blade of a spiralizer or even the coarse side of a box grater to create spirals or shred the apples and carrots; add them to the cabbage. Toss with the dressing and serve.



Potato Salad with Avocado and Dill

The avocado is the star of this vegan potato salad that is both light and creamy. In order to cool the potatoes, cook them in advance.

Then, when it's time to make the salad, you can simply cut the ingredients and put them together. It really is that simple!

What are some suggestions for a healthy, creamy potato salad recipe? Simple! You may replace the vegan mayo (which I never buy) with mashed ripe avocado. I prefer to season this dish so that it may either stand on its own or be served alongside a light soup and a wrap. Prepare yourself for the most delicious, nutritious potato salad you've ever had.

Ingredients

- Two pounds small red potatoes.
- One large avocado.
- ¼ teaspoon smoked paprika.
- Freshly ground black pepper.
- ⅓ cup fresh dill, packed and then chopped.
- ½ bunch green onions (green part), sliced.
- Three stalks celery, trimmed and sliced.
- ½ white onion, diced.
- ½ teaspoon (or less) Herbamare or sea salt
- 1½ teaspoons maple syrup or liquid sweetener (optional, to balance the acidic lemon and spicy mustard)

2 teaspoons fresh lemon juice

1 tablespoon Dijon mustard

Instructions

Firstly, you need to clean the potatoes and remove any eyes or unhealthy spots. Keep steaming until the center is just delicate enough to pierce with a fork, about 10 minutes. A quick rinse under cold water is in order to stop the cooking process in its tracks.

To get the most out of the potatoes, chill them in the fridge for at least an hour after cooking. (It keeps them from crumbling when you cut them.)

Depending on your preference, you can quarter and peel the potatoes. Drop into a big bowl.

In a separate bowl, peel the avocado and mash it. Make a dressing by mixing together some lemon juice, mustard, paprika, Herbamare or salt, and maple syrup (if using). Pepper it to your liking.

Mix the avocado dressing, dill, green onion, celery, onion, and potatoes together. Put everything in a large bowl and gently

toss until evenly covered. Try it out and see if the seasoning needs to be changed.

Serve immediately or store in the fridge to enjoy the next day (as the avocado darkens and breaks down quickly).



Italian-Style Zucchini and Chickpea Sauté

A traditional flavor combination that never gets old includes tender zucchini, tomatoes, and fresh basil. A can of chickpeas is used for extra substance in this dish.

This vibrant traditional Italian side dish is a saucy combination of delicate vegetables. For the greatest results,

find zucchini that are about 6 to 7 inches long and a deep, lush green. In general, larger zucchini have more seeds and less flavor than their smaller counterparts.

Ingredients

- 1 teaspoon dried oregano.
- ½ teaspoon dried thyme.
- Three medium zucchini, halved lengthwise and cut into ¼-inch slices (4 cups).
- Sea salt and freshly ground black pepper, to taste.
- 8 to 10 fresh basil leaves, chopped.
- One onion, chopped (1 cup).
- One large red bell pepper, chopped (1 cup)
- Six cloves garlic, minced.
- 1 15-oz. can chickpeas, rinsed and drained (1½ cups).
- One cup oil-free marinara sauce.
- One tablespoon white wine vinegar

Instructions

Gather your ingredients and get an enormous pan hot over medium heat. Mix the first five ingredients (through the thyme) in a large skillet. Simmer over medium heat for 10 minutes, stirring often and adding 1 to 2 tablespoons of water at a time if needed to keep the food from sticking.

Toss in the zucchini and simmer for another 10 minutes, or until the vegetable is soft. Chickpeas, marinara, and vinegar should be stirred in. Add salt and pepper to taste. Bring it to a boil. Before serving, quickly plate and sprinkle with basil.



Spicy French Fries

A tasty snack or side dish, these fries get their kick by being baked in a spicy sauce. A spoiler alert: the key to making them crispy without oil is to slightly steam them first.

Even though plain baked fries are delicious, we like to add a little kick every once in a while.

Ingredients

1 teaspoon ground coriander

¼ teaspoon cayenne pepper

2 tablespoons fresh lemon juice (from 1 lemon)

Ketchup and Dijon mustard, for serving (optional)

1 tablespoon onion powder

1½ teaspoons garlic powder

1½ teaspoons sweet paprika

1 teaspoon ground turmeric

Sea salt

1½ pounds russet potatoes (3 or 4 medium-small), scrubbed and cut into 1-inch-thick wedges

Instructions

Set the temperature to 450 degrees Fahrenheit. Prepare parchment paper on a baking pan.

Get a big pot and fill it with water until it's approximately 2 inches over the steamer basket. Cover the steamer and set it over high heat; cook the potatoes for 10 minutes. At this point, the potatoes are about to be done cooking.

In a larger bowl, mix the onion powder, garlic powder, paprika, turmeric, coriander, cayenne pepper, and salt to taste.

Place the potatoes into the basin containing the spice mixture and toss lightly but thoroughly to coat the potatoes in the spice mixture. Spread the potato wedges out in a single layer on the baking pan. Put it in the oven for 20–25 minutes.

Fries should be served hot, with ketchup and/or Dijon mustard on the side for dipping.



Smoky spiced veggie rice

Try this hot and smokey vegan jambalaya, packed with vegetables. It's low in fat and calories without sacrificing flavor.

- ✓ Dairy-free ✓ Egg-free ♥ Healthy VE Vegan
V Vegetarian

Nutrition: Per serving

low in	low in		
kcal	fat	saturates	carbs
447	11g	2g	69g
sugars	fibre	protein	salt
20g	11g	11g	0.6g

Ingredients

- 25g cashews.
- Four tbsp olive oil.
- One corn cob 2 red onions, finely chopped.
- Two celery sticks, finely chopped.
- Two large red peppers finely sliced.
- Three garlic cloves, crushed.
- Two tbsp Cajun seasoning.
- 1½ tbsp smoked paprika.
- One tsp chipotle paste.
- Two tbsp tomato purée.

- 200g heirloom cherry tomatoes, halved.
- 400g can kidney beans, drained and rinsed.
- 400g can cherry tomatoes.
- 300g long-grain rice , washed.
- 400ml vegetable or vegan stock.
- One tbsp red wine vinegar (vegan varieties are readily available).
- Two tbsp caster sugar.
- Two spring onions, finely slice.
- 250g rainbow baby carrots, halved lengthways.

Method

STEP 1

Toast the cashews by dry-frying them in a large saucepan or casserole dish over medium heat. Take it off the stove, let it cool, and then roughly chop. Char the corn by frying it for 20 seconds in the same pan on high heat with 1 tablespoon of oil on each side.

Put the chicken out of the pan, put it to the side, and add the carrots to cook for 5 minutes. Take it out of the frying pan.

STEP 2

Onions and celery should be fried in the same pan with the remaining oil over medium heat for about 10 minutes, until they are tender and have taken on some color. After 5 minutes of frying, add the peppers and garlic, along with the Cajun spice, smoked paprika, chipotle paste, and tomato purée. Add the cherry tomatoes and cook for a further 2 minutes, or until the spices have released their aroma.

STEP 3

The kidney beans, canned tomatoes, rice, stock, vinegar, and sugar should be stirred in together until well blended. Bring to a boil, cover, and cook on low heat for 35–40 minutes, stirring once halfway through, until the rice is soft and the liquid is absorbed.

STEP 4

Carrots and sliced fresh corn from the cob can be added to cooked rice for a colorful and nutritious side dish. Use the spring onions and cashews as a garnish and seasoning.



Sweet potato & cauliflower lentil bowl

Prepare this zesty vegan dish in advance and store it in the refrigerator for on-demand, delicious meals. Each serving has four of the daily servings of fruits and vegetables that you should eat.

✓ Dairy-free

✓ Egg-free

🌿 Gluten-free

♥ Healthy

ⓋE Vegan

Ⓥ Vegetarian

Nutrition: Per serving

low in

kcal
350

fat
11g

saturates
2g

carbs
41g

sugars
13g

fibre
13g

protein
15g

salt
0.3g

Ingredients

- One tbsp groundnut oil.
- Two garlic cloves.
- 1½ lime, juiced.
- Two carrots.
- ¼ red cabbages.
- ½ small pack corianders.
- One large sweet potato, skin left on, scrubbed and cut into medium chunks.
- One cauliflower, cut into large florets, stalk diced.
- One tbsp garam masala.
- 200g puy lentils.
- Thumb-sized piece ginger , grated

- One tsp Dijon mustard

Method

STEP 1

Preheat the oven to 200 degrees Celsius (180 degrees Celsius with the fan on) or gas mark 6.

Combine the sweet potato and cauliflower with the garam masala, half the oil, and some seasoning.

Disperse on a broad baking sheet for roasting. Roast the garlic for around 30–35 minutes.

STEP 2

While that's happening, cover the lentils with 400ml of cold water and set the pan over medium heat.

To cook the lentils so that they are tender but still have a bit of bite, bring them to a boil and then reduce the heat to a simmer for 20–25 minutes. Drain.

STEP 3

Grab a knife and put it to good use by squishing those garlic cloves out of the tray.

Add the garlic, ginger, mustard, sugar, and lime juice (reserving some lime juice for later) to a large bowl and mix well.

Blend, add the warm lentils, and adjust the seasoning to your liking. Carrots should be grated coarsely, cabbage should be shredded, and coriander should be chopped roughly. Season to taste with the remainder of the lime juice and squeeze over.

STEP 4

Separate the lentil mixture among four bowls (or four containers if you're saving and chilling).

Put a quarter of a sweet potato or cauliflower mixture and a quarter of the carrot slaw on top of each serving.



Indulge in our simple vegan parsnip & wild rice tabbouleh and load up on flavorful vegetables. One serving of our hearty winter salad gives you two of the five servings of vegetables that you should eat every day.

Gluten-free Healthy **VE** Vegan **V** Vegetarian

Nutrition: per serving

kcal	fat	saturates	carbs
555	24g	3g	61g
sugars	fibre	protein	salt
16g	16g	15g	0.1g

Ingredients

Two tsp ground coriander.

Two tbsp sesame seeds.

Three tbsp tahini.

One small pack mint , leaves roughly chopped

One tsp ground turmeric.

130g wild rice.

Two red onions, sliced

Two tbsp white wine vinegar

One small pack coriander , roughly chopped

Two tbsp pomegranate seeds

500g (5 medium) parsnips , peeled and cut into thumb-sized pieces

2 ½ tbsp cold pressed rapeseed oil

Method

STEP 1

Start by preheating the oven to 200 degrees Fahrenheit (180 degrees Celsius with a fan or gas stovetop) 6.

Sprinkle the sesame seeds over the parsnips and toss them in the remaining 1 1/2 tablespoons of oil along with the turmeric, coriander, and seasonings.

Bake for 30 minutes, or until the meat is cooked through.

STEP 2

While that's happening, prepare the wild rice according to the package's directions. In a separate skillet, warm the extra tablespoon of oil and add the chopped onion along with the three tablespoons of water.

To ensure complete softness, cook for 10-15 minutes while stirring occasionally. To achieve a brilliant pink color, increase the heat, add 1 tablespoon of vinegar, and cook for a few minutes.

STEP 3

To produce a creamy dressing, combine the tahini with the remaining vinegar and just enough warm water to whisk together. Adjust seasonings based on your personal preference.

STEP 4

Wild rice should be drained and then combined with the onions and about 3/4 of the chopped herbs.

Divide among three dishes and garnish with the pomegranate seeds, the remaining herbs, and the sesame parsnips. Garnish with a dollop of the tahini dressing and serve.



Acai bowl

This fruity smoothie bowl is a great option for a stress-free morning meal. You can switch up the toppings depending on the season, using summer's abundance of fresh berries or peaches, for example.



Gluten-free



Healthy



Vegan



Vegetarian

Nutrition: Per serving

kcal	fat	saturates	carbs
180	8g	5g	19g
sugars	fibre	protein	salt
13g	7g	3g	0.1g

Ingredients

- Handful ice cubes
- One tsp coconut flakes , 5 pineapple chunks, ½ passionfruit,
- One tbsp toasted oats, to top (optional)
- Two tsp açai powder
- Handful frozen berries
- ½ a very ripe banana , chopped

Method

STEP 1

Blend together the aça powder, frozen berries, banana, ice cubes, and 100 ml of water in a high-powered blender. Blend until silky, then serve with desired toppings.



Vegan kebabs with avocado dressing

Skewer some mushrooms, peaches, zucchini, and red onions for a delicious grilled taste. Drizzle with a tasty avocado dressing and serve.

Gluten-free Healthy **VE** Vegan **V** Vegetarian

Nutrition: Per serving

low in			
kcal	fat	saturates	carbs
295	20g	3g	15g
sugars	fibre	protein	salt
12g	8g	9g	0.1g

Ingredients

- 2 large courgettes , each cut into 8 chunks
- 2 large red onions , each cut into 8 wedges (leave the root on)
- 3½ tbsp olive oil
- 2 garlic cloves , crushed

- 1 tsp chilli flakes
- 3 rosemary sprigs, finely chopped
- 4 Portobello mushrooms , each cut into quarters
- 4 peaches , destoned, each cut into quarters
- 1 avocado
- 1 lemon , juiced
- ½ tsp wholegrain mustard
- Large bag rocket , watercress and spinach salad
- 2 tbsp toasted mixed seeds

You will need

8 metal skewers

Method

STEP 1

Combine the smashed garlic, chili flakes, and rosemary with 3 tablespoons of oil. Put two of each of the following on separate skewers: mushrooms, peaches, courgettes, and red onions.

Salt or black pepper the kebabs, then brush them with the flavored olive oil and put them aside. Prepare the kebabs in advance and store them in the refrigerator.

STEP 2

Raise the temperature to its maximum on the grill or barbecue. In the meantime, make a dressing by blending together half a lemon's worth of juice, 50 ml of water, and some salt and pepper.

Toss the mixed rocket salad with the toasted seeds and the remaining lemon juice, olive oil, and mustard.

STEP 3

Cook the skewers on a barbecue or grill for about four to five minutes on each side, or until they are fully cooked and have a lovely sear. Serve on a plate with avocado dressing and a salad on the side.



Vegan Chilli

Vegetables abound in our hearty vegan chili recipe, but the dish's robust flavor comes from beans and spices. A hearty meal, whether paired with rice or stuffed into jacket potatoes,

* Freezable 🌿 Gluten-free ❤️ Healthy ✔️ High-fibre
🌱 Vegan 🌱 Vegetarian

Nutrition: Per serving

low in	low in	low in	
kcal	fat	saturates	carbs
367	10g	2g	48g
			low in
sugars	fibre	protein	salt
22g	17g	12g	0.6g

Ingredients

- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 red pepper, cut into chunks
- 2 x 400g cans chopped tomatoes

400g can black beans, drained

2 tsp ground cumin

2 garlic cloves, crushed

1-2 tsp chilli powder (depending on how hot you like it)

1 tsp dried oregano

1 tbsp tomato purée

400g can kidney beans, drained

Lime wedges, guacamole, rice and coriander to serve

3 tbsp olive oil

2 sweet potatoes, peeled and cut into medium chunks

2 tsp smoked paprika

Method

STEP 1

Preheat the oven to 400 degrees Fahrenheit/200 degrees Celsius/gas mark 6.6.6.6. 6. Place the sweet potatoes in a roasting pan and season with the oil, smoked paprika, and ground cumin called for in the recipe. In a large bowl, toss all

of the ingredients together so that all of the chunks are well coated in spices. Roast for 25 minutes. Season with salt and pepper to taste.

STEP 2

In the meantime, bring the remaining oil to a temperature over medium heat in a big saucepan. Put in the vegetables, such as onions, carrots, and celery. Stirring occasionally, simmer for 8 to 10 minutes until tender, then add the garlic and cook for 1 minute more. Put in the remaining ground spices and tomato paste. After 1 minute, stir the ingredients together and heat for 1 more minute.

STEP 3

Put in the diced tomatoes, red pepper, and 200 cc of water. Get the chili boiling, then reduce the heat and simmer for 20 minutes. Throw in the beans, and after ten more minutes of cooking, throw in the sweet potato. Adjust seasonings to taste and serve with lime wedges, guacamole, rice, and cilantro. It will keep for up to three months in the freezer if stored in an airtight container.

To make in a slow cooker

Oil should be heated over medium heat in a big frying pan. Put in the vegetables, such as onions, carrots, and celery.

Adding the garlic and cooking for another minute, the sweet potatoes should be soft in 8 to 10 minutes.

Cook for 1 minute before dumping into a slow cooker and adding all of the dried spices, oregano, and tomato puree.

Mix in the diced tomatoes and red peppers. Stir everything together and simmer for 5 hours on low heat.

Cook for a further half an hour to an hour after you've stirred in the beans.

The dish is best when served with lime wedges, guacamole, rice, and fresh coriander, all of which should be seasoned to taste.



Roasted cauliflower steaks

The red pepper, olive, and caper salsa with almonds is the key to unlocking the cauliflower's hidden flavor potential. It's vegan, healthy, and perfect for a quick meal in the middle of the day.



Gluten-free



Healthy



Keto



Vegan



Vegetarian

Nutrition: Per serving

low in

kcal

277

fat

21g

saturates

2g

carbs

11g

sugars

6g

fibre

4g

protein

9g

salt

0.3g

Ingredients

1 roasted red pepper

4 black olives, pitted

1 cauliflower

½ tsp smoked paprika

2 tbsp olive oil

Small handful parsley

1 tsp capers

½ tbsp red wine vinegar

2 tbsp toasted flaked almonds

Method

STEP 1

Prepare a baking sheet with baking parchment and preheat the oven to 220C/200C fan/gas 7.

Cut the cauliflower in half lengthwise to make two 1-inch steaks; use the larger center portion and set the remainder aside for another use.

Season the steaks by massaging them with the paprika and the half tablespoon of oil.

Spread out on a baking sheet and roast in the oven for about 15 to 20 minutes, or until done.

STEP 2

Concurrently, prepare the salsa. Prepare a bowl with the remaining oil and vinegar, then add the chopped pepper, olives, parsley, and capers.

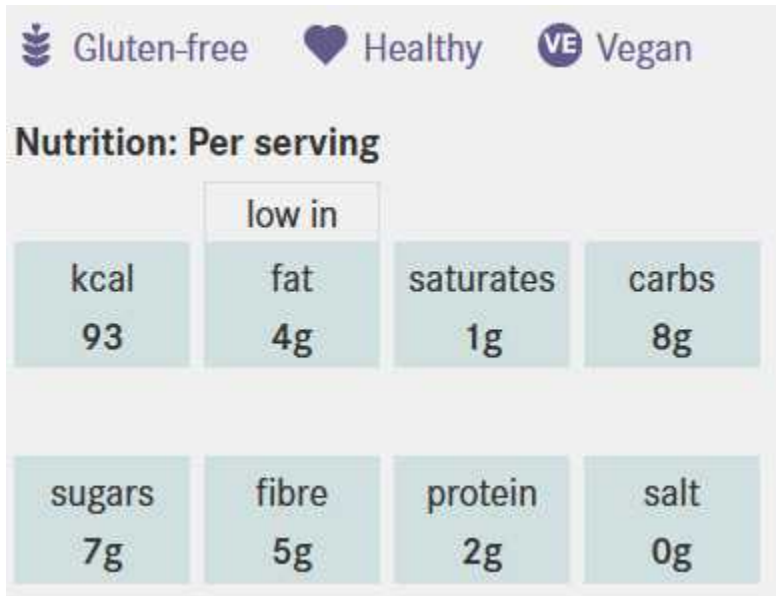
Adjust seasonings based on your personal preference.

When ready to serve, ladle the salsa over the steaks and sprinkle with the flaked almonds.



Fennel, roast lemon & tomato salad

This vibrant summer salad features roasted lemon, fennel fronds, cherry tomatoes, pomegranates, and herbs. The dish is great for a group dinner.



Ingredients

3 fennel bulbs

100g pomegranate seeds

1/2 small pack tarragon leaves

2 lemons

2 tbsp extra virgin olive oil

Pinch of sugar

500g mixed tomatoes (I used cherry tomatoes and some larger ones)

1/2 small pack parsley leaves

1/2 small pack mint leaves

Method

STEP 1

Put baking paper on a tray and preheat the oven to 200 degrees Celsius (180 degrees Fahrenheit, gas 6).

Spread 1 lemon's worth of sliced rounds out on a baking sheet, drizzle with 1/2 tablespoon of oil, and sprinkle with sugar.

Cook in the oven for 20 to 25 minutes, or until the vegetables have shrunk and begun to caramelize.

A few of them may be done before the rest, so keep an eye on the oven.

These are best when made inside in the morning and stored at room temperature.

STEP 2

Chopping the tomatoes and slicing the fennel, reserving the fronds, can be done while waiting for the lemons to cook. combine with the other half of the olive oil, the juice of the second lemon, and the pomegranate arils in a bowl. Add seasonings to taste, then combine all the ingredients.

STEP 3

When you're ready to serve, toss the salad with roasted lemons, the fennel fronds, and sprinkle with the chopped herbs.



Griddled vegetables with melting aubergines

You can get all of your daily vegetable requirements from this one vegan meal. Whether you cook it on the stovetop griddler or on the grill, you'll appreciate the flavorful blend of garlic, lemon, and herbs.

♥ Healthy

VE Vegan

V Vegetarian

Nutrition: per serving

low in

kcal

395

fat

21g

saturates

3g

carbs

29g

sugars

24g

fibre

18g

protein

12g

salt

0.4g

Ingredients

2 tbsp chopped parsley , plus extra to serve

1 tsp extra virgin olive oil , plus a little for drizzling

4 tsp omega seed mix (see tip)

2 courgettes , sliced on the angle

2 large tomatoes , each cut into 3 thick slices

8 Kalamata olives , halved

1 large aubergine

½a lemon , zested and juiced

3cloves of garlic , 1 crushed, 2 chopped

2 tsp thyme leaves

1 tbsp rapeseed oil

1 red pepper , deseeded and cut into quarters

1 large onion , thickly sliced

Method

STEP 1

For around 8–10 minutes, depending on how often you turn it, grill the aubergine until it is tender all the way through and the skin is blistered.

You could also prepare it directly over a gas stove burner. After it has cooled enough to be handled, peel it and slice the flesh into small pieces before adding the lemon juice, garlic, parsley, olive oil, and seeds.

To the remaining minced garlic and lemon zest, add the remaining parsley.

STEP 2

Keep the onions in slices rather than split them up into rings, then toss the vegetables with the thyme, crushed garlic, and rapeseed oil.

Char the veggies over a hot griddle pan until they are soft and striped, paying special attention to the tomatoes, which will take the least amount of time.

Served with olives and aubergine purée, drizzled with olive oil and garnished with parsley, lemon zest, and garlic.



Chickpea Bombay mix

When hunger strikes, whip up a batch of this gluten-free Bombay mix. Our recipe for curried chickpeas is used in this dish; they can be prepared in advance.

 Gluten-free  Healthy  Vegan  Vegetarian

Nutrition: Per serving

kcal	fat	saturates	carbs
142	7g	1g	12g
sugars	fibre	protein	salt
3g	4g	6g	0.1g

Ingredients

- One tbsp unsalted peanuts.
- One tsp raisins.
- 60g curried chickpeas

Method

STEP 1

Toss the unsalted peanuts with the curried chickpeas. Mix in the raisins after baking for 10 minutes at 200C/180C fan/gas 6.



Chocolate chia pudding

In under five minutes, you can whip up a bowl of nutritious and delicious chocolate pudding. Low in calories and animal products, this dish is also rich in omega-3 fatty acids thanks to the chia seeds.

✓ Dairy-free ✓ Egg-free 🌿 Gluten-free ♥ Healthy
VE Vegan V Vegetarian

Nutrition: per serving

low in			
kcal	fat	saturates	carbs
130	7g	1g	9g
sugars	fibre	protein	salt
6g	7g	4g	0.3g

Ingredients

- Two tbsp maple syrup.
- ½ tsp vanilla extract.
- Cacao nibs , mixed.
- Frozen berries , to serve.
- 60g chia seeds.
- 400ml unsweetened almond milk or hazelnut milk.
- 3 tbsp cacao powder

Method

STEP 1

Combine everything with a healthy amount of salt by whisking it in a big basin. Cover and chill for at least 4 hours, preferably overnight, to allow the sauce to thicken.

STEP 2

Layer the pudding, frozen berries, and cacao nibs in four glasses.



Tarka dhal

When you're short on cash for dinner, use this easy dhal for a quick and healthy meal that can be assembled from pantry staples. Veggie oil can be substituted for ghee to keep it cruelty-free.



Ingredients

1 small onion, finely chopped

Coriander, to serve

1 small tomato, chopped

200g red lentils

2 tbsp ghee, or vegetable oil if you're vegan

3 garlic cloves, finely chopped

¼ tsp turmeric

½ tsp garam masala

Method

STEP 1

The lentils should be washed thoroughly until the water has evaporated, and then poured into a saucepan along with 1 liter of water and a dash of salt. Bring to a boil, then lower the heat and simmer for 25 minutes, removing any foam that rises to the surface. Then boil, uncovered, for another 40 minutes, until the mixture has thickened into a soup.

STEP 2

While the lentils are cooking, stir-fry the onion and garlic in the ghee or oil over medium heat for about 8 minutes, or until the onion is softened. Toss in the turmeric and garam masala and continue cooking for one more minute. Reserved for later use.

STEP 3

Place some lentils in each serving dish and top with a quarter of the onion mixture. Sprinkle some chopped coriander and diced tomatoes on top before serving.



Peanut butter overnight oats

Use peanut butter and tart raspberries to create a healthy bowl or overnight oats that tastes like a treat. Use a jar to transport your creation to the office.



Healthy



Vegan



Vegetarian

Nutrition: per serving

kcal	fat	saturates	carbs
345	12g	3g	44g
sugars	fibre	protein	salt
9g	8g	11g	0.6g

Ingredients

1 tsp maple syrup

1 tbsp peanut butter

80g frozen raspberries

50g rolled porridge oats

Method

STEP 1

Combine the oats, 150 ml of water, and a pinch of salt in a bowl, then stir in the frozen raspberries. Chill inside the fridge overnight, covered.

STEP 2

Add the maple syrup and stir it in the following morning, then sprinkle the peanut butter on top.



Avocado hummus & crudités

This vegan meal is a great way to get your daily intake of vegetables, and it can be used as either a lunch or an appetizer. Have some amazing avocado hummus.



Gluten-free



Healthy



Vegan



Vegetarian

Nutrition: per serving

low in

kcal

335

fat

17g

saturates

3g

carbs

28g

sugars

15g

fibre

15g

protein

10g

salt

0.2g

Ingredients

- A pinch (or two) of chili flakes, plus some extra for serving
- One juiced lime.
- A few leaves of coriander
- Sugar snap peas, about 160g
- One peeled and stoned avocado.
- 210g of drained chickpeas.
- 1 garlic clove, mashed
- Two carrots, thinly sliced.
- Cut two mixed peppers into strips.

Method

STEP 1

Process the avocado, chickpeas, garlic, chili flakes, lime juice, and salt to taste in a food processor until smooth.

Serve the hummus alongside the carrot, pepper, and sugar snap crudité's, and garnish with coriander leaves and extra chilli flakes. A delicious lunch that can be made the night before and taken to the office the next day.



You can get all five of your recommended daily servings of vegetables by preparing these vegan tacos with such a smoky-sweet salsa. Adding kiwi to the salsa adds a sweet and savory flavor.

♥ Healthy

VE Vegan

V Vegetarian

Nutrition: per serving

low in	low in		
kcal	fat	saturates	carbs
351	6g	1.8g	56g
	high in		
sugars	fibre	protein	salt
20g	15g	12g	0.2g

Ingredients

2 tsp olive oil

1 large ripe kiwi , halved lengthways (110g)

1 large red onion , sliced (190g)

1 red pepper , deseeded and roughly chopped

½ tsp cumin seeds

100g whole meal flour , plus extra for rolling

1 large garlic clove

15g fresh coriander , chopped

1 tsp vegan bouillon powder

1 large tomato , halved (115g)

½ tsp smoked paprika

85g red cabbage , finely shredded

175g pack baby corn

Method

STEP 1

Preheat the oven to 220°C (200°F fan-forced, 7 on the gas scale). In a shallow dish roasting tray, stir the corn, red onion, and pepper with the sesame seeds and oil.

Set the kiwi and tomatoes on one side of the tin and bake for 20 minutes.

STEP 2

While that's going on, use the point of a knife to incorporate the 60 ml of water into the flour to produce dough.

Briefly knead until smooth, divide into quarters, and form each quarter into a circular tortilla about 16 centimeters in diameter on a lightly floured board. Keep them from drying out by covering them with a tea towel.

STEP 3

Take out the tin with the cooked tomatoes and kiwi and put the vegetables back in the oven for another 10 minutes.

Scoop the kiwi flesh out of the peel and add it to a bowl with the tomato, garlic, half your coriander, bouillon, and paprika. Use a hand blender to make a smooth salsa.

STEP 4

In a large, oil-free frying pan, heat the tortillas for one minute solely on one side and about 10 seconds on the other, or until they begin to puff.

To assemble, spread a tortilla with salsa, pile on some shredded cabbage and roasted vegetables, then sprinkle with the remaining coriander.

It would be best to eat with your hands and heap on a few additional spoonful of salsa.



Lentil fritters

In only 25 minutes, you can whip up delicious lentil fritters using our standard lentil recipe as well as some courgette and carrot. The nutrients they provide are plentiful, while the fat content is modest.



Gluten-free



Healthy



Vegan



Vegetarian

Nutrition: Per serving

low in	low in		
kcal	fat	saturates	carbs
356	12g	3g	41g
sugars	fibre	protein	salt
11g	11g	17g	0.1g

Ingredients

- 50g gram flour.
- 2 carrots.
- 2 courgettes.
- ½ tsp sesame seeds.
- 1 tbsp rapeseed oil.
- 300g leftover basic lentils.
- Handful of chopped coriander.
- 1 chopped spring onion.
- Handful of coriander.
- ½ tsp sesame oil.
- Juice of 1 lime.

Method

STEP 1

Reserved lentils should be combined with chopped coriander, spring onion, and gram flour.

Toss the carrot and courgette ribbons, along with the sesame seeds and coriander, in the sesame oil and lime juice, and serve.

STEP 2

The rapeseed oil should be heated in a skillet. Flatten four spoonfuls of the lentil mixture.

Cook until browned on both sides and serve with a ribbon salad.



Vegan chickpea curry jacket potatoes

This delicious chickpea curry jacket is a great way to add protein to a vegan diet. It's perfect for a quick and satisfying weeknight dinner or a hearty lunch on the go.

🌿 Gluten-free ❤️ Healthy 🇻🇪 Vegan 🇻 Vegetarian

Nutrition: Per serving

	low in		
kcal	fat	saturates	carbs
276	9g	3g	32g
sugars	fibre	protein	salt
12g	11g	12g	0.3g

Ingredients

- Two garlic cloves, crushed.
- Thumb-sized piece ginger, finely grated.
- One green chilli, finely chopped.
- 2 x 400g can chopped tomatoes.
- 2 x 400g can chickpeas, drained.
- Lemon wedges and coriander leaves, to serve.
- Four sweet potatoes.
- One tbsp coconut oil.
- 1 ½ tsp cumin seeds.
- One large onion, diced.
- One tsp garam masala.
- One tsp ground coriander.
- ½ tsp turmeric.
- Two tbsp tikka masala paste

Method

STEP 1

Preheat the oven to 400°F/200°C (fan)/gas mark 6.6. Fork-poke the sweet potatoes all over, place them on a baking sheet, and roast them in the oven for 45 minutes, or until a knife easily pierces them.

STEP 2

Meanwhile, in a large saucepan, melt the coconut oil over low heat. Fry the cumin seeds for 1 minute, or until aromatic, then add the onion and cook both for another 7–10 minutes, or until the onion is softened.

STEP 3

Add the garlic, ginger, and green pepper to the pan and simmer for 2 to 3 minutes. Cook for 2 minutes, until the paste is fragrant, then add the spices and tomatoes. Bring to a boil, then add the chickpeas and simmer for 20 more minutes, or until the sauce has thickened. season.

STEP 4

Place the lengthwise-split sweet potatoes in four dishes. lemon wedges for squeezing and chickpea curry for spooning. For seasoning and serving, season and sprinkle with chopped coriander.



Celeriac, hazelnut & truffle soup

Prepare this vegan celeriac with hazelnut soup as an appetizer for the holiday meal. You may go all out with truffle oil for a fancy holiday meal, or keep it simple for a cold-weather dinner.



Healthy



Vegan

Nutrition: Per serving

kcal	fat	saturates	carbs
237	15g	2g	14g
sugars	fibre	protein	salt
5g	11g	5g	0.6g

Ingredients

1 onion, chopped

1 fat garlic clove, chopped

1 celeriac (about 1kg), peeled and chopped

50g blanched hazelnuts, toasted and roughly chopped

1 tbsp truffle oil, plus an extra drizzle to serve

1 tbsp olive oil

Small bunch thyme

2 bay leaves

1 potato (about 200g), chopped

1l veg stock (check the label to ensure it's vegan – we used Marigold)

100ml soya cream

Method

STEP 1

Slowly warm the oil in a big pot. Put the onion in the pan with a pinch of salt and the string with the tied bay leaves and thyme sprigs. Ten minutes should be enough time to soften it without browning it.

STEP 2

Once the garlic has been cooked for a minute, add the celeriac to the potato and stir to combine. Add some salt as well as white pepper and whisk everything together. Add the stock, bring to a boil, and then reduce the heat to low and simmer for 30 minutes, or until the veggies are tender.

STEP 3

Get rid of the herbs, add the cream and swirl to combine; then, turn off the heat and blend until smooth. The potency of truffle oil varies, so it's best to start with less oil and add a bit at a time, so stir through 1/2 tbsp at a time and taste for seasoning.

STEP 4

Reheat your soup until it is very hot, then spoon it into bowls and sprinkle each serving with hazelnuts, freshly ground black pepper, and a few drops of truffle oil.



Squash & spinach fusilli with pecans

This colorful low-fat, low-calorie squash as well as spinach spaghetti with nuts are sure to please any diet. It's nutritious and delicious.

♥ Healthy

VE Vegan

V Vegetarian

Nutrition: Per serving

low in	low in		
kcal	fat	saturates	carbs
353	12g	1g	45g
sugars	fibre	protein	salt
6g	9g	13g	0.1g

Ingredients

2 tsp rapeseed oil

1 large courgette , halved and sliced

160g butternut squash , diced

3 garlic cloves , sliced

1 tbsp chopped sage leaves

6 pecan halves

115g wholemeal fusilli

125g bag baby spinach

Method

STEP 1

Preheat the oven to 400 degrees Fahrenheit/200 degrees Celsius (fan)/gas 6 and set aside.

In a large bowl, combine the butternut squash, garlic, and sage with the oil.

Spread the mixture in a roasting pan and roast for 20 minutes. Stir in the pecans and continue cooking for another 5 minutes, or until the veggies are soft and beginning to caramelize and the nuts are toasted.

STEP 2

Meanwhile, cook the pasta for the specified amount of time (12 minutes on average) on the package.

Drain the pasta and combine it with the spinach in a serving bowl. Before serving, add the roasted vegetables and pecans and toss again until everything is spread out evenly.



Artichoke & aubergine rice

This aubergine with artichoke dish has all the benefits of being inexpensive, low in fat and calories, and delicious. You can make a big quantity and enjoy it cold the next day.

♥ Healthy **VE** Vegan

Nutrition: Per serving

low in	low in		
kcal	fat	saturates	carbs
431	16g	2g	58g
sugars	fibre	protein	salt
9g	11g	8g	1.5g

Ingredients

Small pack parsley, leaves picked, stalks finely chopped

2 tsp smoked paprika

2 x 175g packs chargrilled artichokes

2 lemons 1 juiced, 1 cut into wedges to serve

60ml olive oil

2 aubergines , cut into chunks

1 large onion , finely chopped

2 garlic cloves , crushed

2 tsp turmeric

400g paella rice

1 ½l vegetable stock

Method

STEP 1

Two tablespoons of the oil should be heated in a big, deep nonstick skillet or paella pan.

Fry the aubergines until they are evenly browned on both sides (add more oil by the tablespoonful if they start to stick too much), remove and put aside.

To the pan, add another tablespoon of oil and sauté the onion for two to three minutes, or until softened.

Cook for a few more minutes with the garlic and parsley stalks added, then mix in the seasonings and rice to ensure that everything is well coated.

Cook, uncovered, over medium heat for 20 minutes, stirring regularly to prevent sticking. Heat for 2 minutes before adding half the stock.

STEP 2

Pour in the aubergine with artichoke hearts, pour in the remaining liquid, and continue cooking for 20 minutes, until the rice is tender.

The parsley leaves should be chopped, lemon juice added, and the dish should be seasoned.

Spoon the entire contents of the pan into bowls and serve with lemon wedges on the side.



Chickpea salad

Spice up your nutritious chickpea salad with a dash of harissa. It's ready in about 10 minutes and goes perfectly with braised Greek lamb.



Gluten-free



Healthy



Vegan



Vegetarian

Nutrition: Per serving

kcal	fat	saturates	carbs
123	6g	1g	12g
sugars	fibre	protein	salt
4g	5g	4g	0g

Ingredients

400g can chickpeas, drained and rinsed

Small pack coriander, roughly chopped

2 large tomatoes, chopped

1 lemon, juiced

Small pack parsley, roughly chopped

1 red onion, thinly sliced

2 tbsp olive oil

2 tbsp harissa

Method

STEP 1

Put everything in a bowl and mash it up a little so that the chickpeas have some texture and can better soak up the dressing.

(Preparation is one day in advance, so you may store it in the fridge.) Pair it with Greek tzatziki sauce and slow-cooked lamb.



Guacamole & mango salad with black beans

This salad of avocado, mango, and beans will satisfy your hunger and provide you with four of your recommended daily servings of fruit and vegetables. It is a vegan and gluten-free dietary powerhouse.



Gluten-free



Healthy



Vegan



Vegetarian

Nutrition: Per serving

low in

kcal

341

fat

15g

saturates

3g

carbs

33g

sugars

18g

fibre

15g

protein

11g

salt

0.7g

Ingredients

1 small avocado , stoned, peeled and chopped

100g cherry tomatoes , halved

1 red chilli , deseeded and chopped

400g can black beans , drained and rinsed

1 lime , zested and juiced

1 small mango , stoned, peeled and chopped

1 red onion , chopped

½ small pack coriander , chopped

Method

STEP 1

Prepare a bowl by combining the lime juice and zest with mango, avocado, tomatoes, chili, and onion.



Veggie olive wraps with mustard vinaigrette

Get your fill of colorful vegetables with one of our wraps. You can enjoy a healthy vegan lunch on the go with this olive and vegetable sandwich.



Healthy



Vegan



Vegetarian

Nutrition: per serving

low in	low in		
kcal	fat	saturates	carbs
281	12g	2g	31g
sugars	fibre	protein	salt
12g	10g	8g	0.9g

Ingredients

1 carrot , shredded or coarsely grated

80g wedge red cabbage , finely shredded

2 spring onions , thinly sliced

1 courgette , shredded or coarsely grated

Handful basil leaves

5 green olives , pitted and halved

½ tsp English mustard powder

2 tsp extra virgin rapeseed oil

1 tbsp cider vinegar

1 large seeded tortilla

Method

STEP 1

Except for the tortilla, mix all the other ingredients together.

STEP 2

Place the tortilla on a sheet of foil and pile your filling along one side; it may look like too much at first, but as you begin to roll it, the mixture will condense and the tortilla will stay in place.

Start rolling the tortilla from the side with the contents. Tuck the foil's ends in toward the center to prevent food from falling out.

Split it in half and devour it immediately. If you're bringing it to the office, leave it intact and wrap it in baking paper like a cracker.



Black beans & avocado on toast

A bright and flavorful Mexican breakfast with ripe avocado and hearty black beans. Start your day off right with this creative spin on the classic breakfast of beans and toast that is both vegan and easy to make.

♥ Healthy VE Vegan V Vegetarian

Nutrition: per serving

kcal	fat	saturates	carbs
368	19g	3g	30g
sugars	fibre	protein	salt
6g	13g	12g	0.9g

Ingredients

2 garlic cloves, crushed

1 tsp ground cumin

4 slices bread

1 avocado, finely sliced

270g cherry tomatoes, quartered

1 red or white onion, finely chopped

½ lime, juiced

4 tbsp olive oil

2 tsp chipotle paste or 1 tsp chilli flakes

2 x 400g cans black beans, drained

Small bunch coriander, chopped.

Method

STEP 1

In a bowl, combine the chopped tomatoes, 1/4 of an onion, lime juice, and 1 tablespoon of oil.

Heat 2 tablespoons of oil in a pan and fry any remaining onion until it begins to soften.

Then, after a minute, add the garlic and sauté until golden, followed by the cumin and chipotle.

Add the beans and a small amount of water, stir, and heat over low heat until warm.

Cook for 1 minute, stirring often, before adding the bulk of the coriander and tomato combination.

STEP 2

Lightly toast the bread and then drizzle it with the remaining 1 tablespoon of oil. Divide the beans among the plates and top with a slice.

Spread some avocado slices on top, and then garnish with the leftover tomato mixture and the coriander leaves.