

## [QUICK VEGAN MEAL](#)



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### **21 Easy Vegan Weeknight Dinners Wallflower Kitchen**

Vegan burger + burger bun + chips + ketchup; Falafel (egg-free) + pita wrap + hummus + tahini + salad; The above meal ideas aren't all necessarily healthy but for when you're on the verge of giving up, feeling lazy or just want some fast food, these will definitely hit the spot. Just make sure you always check the ingredients to watch for added dairy, particularly in sauces and baked goods.

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### **35 Easy Vegan Dinner Recipes for Weeknights Vegan Heaven**

This easy vegan chickpea curry with potatoes, peas, and carrots is perfect for a quick vegan dinner! It's super comforting and packed with proteins and nutrients. It's one of my all-time favorites and we make it all the time!

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### **30 Delicious Vegan Meals You Can Make In Under 30 Minutes**

N.B., with this one - scroll down below the fold after you hit the link to get to ensure that you end up on the vegan version of this recipe.

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### **Quick and Easy Vegetarian Recipes Allrecipes.com**

Quick and Easy Vegetarian Recipes Quick and Easy Vegetarian Recipes "Thank you for this recipe! Super simple and took less than 20 minutes to whip up. I made it for my mom, who is not vegan, and she loved it!" ashby45. Pesto Pizza these quesadillas make great appetizers or a quick and healthy meal. By Jennifer Baker; ADVERTISEMENT.

<http://ebookslibrary.club/download/Quick-and-Easy-Vegetarian-Recipes-Allrecipes-com.pdf>

### **Easy Vegetarian Weeknight Dinners Kitchn**

A few spoonfuls of pesto add spunk to this quick, cheddar-laced macaroni and cheese both vegetarians and non-vegetarians at the dinner table will love. (Image credit: Faith Durand ) 21.

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