

OUR COOKBOOK

The most delicious vegan recipes



Catarina Marcos

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. Salads .





Quinoa salad with orange, cranberry and mint



INGREDIENTS

1 cup dried quinoa
1 3/4 cup water
1 can (15oz.) chickpeas, drained and rinsed
7 - 8 clementine, tangerine, mandarine or other small oranges
1/2 medium red onion, finely diced
1/2 cup dried organic cranberries
3 - 4 tablespoons fresh mint, chopped
3 - 4 tablespoons fresh parsley, chopped
handful arugula
handful slivered almonds (optional)

Dressing:

1/4 cup apple cider vinegar
juice of 1 small orange
1 tablespoon olive oil (optional)
1 garlic clove, minced
mineral salt and pepper, to taste



Rinse the quinoa under cool running water using. Add the quinoa and water to a medium size pot, and bring to a boil, cover, reduce heat and simmer on low for 15 minutes. Remove from heat, uncover and let rest for 10 minutes. Fluff with fork.

Peel the oranges and thinly slice them 1/4 inch thick. Alternately, just peel the oranges into their natural wedges.

In a small bowl, combine the cider vinegar, orange juice, olive oil, minced garlic, and salt and pepper.

Using the pot the quinoa was cooked in, or a large mixing bowl, add the quinoa, chickpeas, oranges, cranberries, onion, arugula, mint and parsley, pour the dressing overtop and mix to combine. Season with more salt and pepper to taste.

Curry kale salad with chickpeas and almonds



INGREDIENTS

1 head kale, de-stemmed and chopped
1/2 cup Curry Tahini Dressing
2 carrots, peeled and grated
2 cups (328 g) chickpeas, drained and rinsed
1/2 cup (55 g) slivered almonds
1/2 cup (69 g) Quick Pickled Red Onions
1/4 cup (42 g) raisins

Curry Tahini Dressing:

3/4 cup (200g) tahini
1 1/2 cups filtered water
1 tablespoon curry powder
1–2 cloves garlic (or 1/2 tsp dried)
Juice of 1 lemon
1/2 teaspoon kosher or sea salt
1 tablespoon maple syrup or agave
(optional)



For the dressing

Add all ingredients to a high-speed and blend until smooth and creamy, 45 to 60 seconds. If your tahini is on the thicker side you may need to add extra water, to taste.

For the salad

Add the chopped kale to a large bowl and pour the dressing over it. Use clean hands to massage the dressing into the kale for 45 to 60 seconds, until the kale is tender and has reduced in volume.

Fold the carrot, chickpeas, almonds, pickled onions, and raisins into the salad. Once everything is well-incorporated, transfer to serving plates and top with an extra drizzle of dressing.

Quinoa salad



INGREDIENTS

1 cup uncooked quinoa
2 cups water
1 can chickpeas, rinsed and drained
1 medium cucumber, seeded and chopped
1 medium red bell pepper, chopped
 $\frac{3}{4}$ cup chopped red onion
1 cup finely chopped flat-leaf parsley
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup lemon juice (from 2 to 3 lemons)
1 tablespoon red wine vinegar
2 cloves garlic, pressed or minced
 $\frac{1}{2}$ teaspoon fine sea salt
Freshly ground black pepper, to taste



To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.

In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.

Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.

Grape and apple quinoa salad



INGREDIENTS

1 cup quinoa
1 3/4 cup water
1 lemon
juice of 2 large apples, cored and diced
1 1/2 cups grapes, sliced in half
1 celery rib, thinly sliced
1/4 cup raisins (or cranberries)
1/4 cup almonds, chopped
a few large mint leaves, julienned
1/2 teaspoon cinnamon
salt and pepper, to taste

Dressing:

1/4 cup tahini
3 tablespoons water
1-2 tablespoons pure maple syrup
1/2 teaspoon cider vinegar



Rinse your quinoa in a fine mesh sieve. In a medium size pot, add water and quinoa, bring to a boil. Cover, reduce heat and simmer for 15 minutes. Remove cover and let set 15 minutes, fluff with a fork.

While quinoa is cooking, prepare your dressing by combining ingredients in a small bowl. Mix well and set aside to let the flavors relax into each other. Add more water, 1 teaspoon at a time, to thin as needed. To thicken add more tahini. It should be thin enough to drizzle. Dressing serves four.

Core and dice apples, top with lemon juice and toss gently. Prepare the remaining ingredients. Add the apples, grapes, celery, raisins, almonds, mint leaves and cinnamon to the quinoa, mix well. Taste for flavor adding more cinnamon if you like. Spoon into serving dishes and serve with a good drizzle of the sweet tahini dressing.

. Main Dishes .





Vegetarian Biryani



INGREDIENTS

1 large onion, thinly sliced
1 –2 cups chopped or thinly sliced veggies
(bell pepper, zucchini, or carrots)
3 garlic cloves, rough chopped
1 tablespoon ginger, chopped
1 tablespoon cumin
1 tablespoon coriander
1 teaspoon chili powder
1 teaspoon cinnamon (or one cinnamon stick)
1/2 teaspoon cardamom (or 3 crushed cardamom pods)
1/2 teaspoon turmeric
1 bay leaf
4 cups veggie stock
2 cups basmati rice, rinsed
3/4 teaspoon salt
1 can chickpeas, drained, rinsed
1/2 cup raisins
Garnish: 1/4 cup cashews and chopped parsley or cilantro



In a large skillet heat oil over medium-high heat. Add the onion and saute, stirring often, until tender and golden, 5 minutes. Turn heat to medium, add your choice of veggies and garlic and ginger, and cook 4-5 minutes. Remove one cup of the mixture and set aside.

Add spices and bay leaf, and stir one minute, toasting the spices. Add basmati rice, and saute one-minute stirring. Add stock and salt.

Top with chickpeas, raisins and the cup of veggies you set aside. Bring to a simmer over high heat, then lower heat to low. Cover the pot with a thin dish towel, place the lid over the top of the towel, and bring the four corners of the towel up and over the lid. This will tighten the seal and keep the steam in, allowing the rice to cook more quickly and evenly.

Simmer on low 20-30 minutes or until the rice has soaked up the liquid. Uncover the Vegetarian Biryani and fluff up with a fork. Top with the toasted cashew and cilantro.

Recipe Source: Feasting at Home

Veg Jambalaya



INGREDIENTS

1 tablespoon canola oil
1 medium green pepper, chopped
1 medium onion, chopped
1 celery rib, chopped
3 garlic cloves, minced
2 cups water
1 can (14-1/2 ounces) diced tomatoes, undrained
1 can (8 ounces) tomato sauce
1/2 teaspoon Italian seasoning
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1/8 teaspoon fennel seed, crushed
1 cup uncooked long grain rice
1 can (16 ounces) butter beans, rinsed and drained
1 can (16 ounces) red beans, rinsed and drained

In a pan, heat oil over medium-high heat.

Add the green pepper, onion and celery; cook and stir until tender. Add garlic; cook 1 minute longer.

Add the water, tomatoes, tomato sauce and seasonings. Bring to a boil; stir in rice. Reduce heat; cover and simmer for 15-18 minutes or until liquid is absorbed and rice is tender. Stir in beans; heat through.





Vegetarian homemade chili



INGREDIENTS

2 tablespoons extra-virgin olive oil
1 medium red onion, chopped
1 large red bell pepper, chopped
2 medium carrots, chopped
2 ribs celery, chopped
½ teaspoon salt, divided
4 cloves garlic, pressed or minced
2 tablespoons chili powder
2 teaspoons ground cumin
1 ½ teaspoons smoked paprika
1 teaspoon dried oregano
1 large can or 2 small cans diced tomatoes
2 cans black beans, rinsed and drained
1 can pinto beans, rinsed and drained
2 cups vegetable broth or water
1 bay leaf
2 tablespoons chopped fresh cilantro, plus more for garnishing
1 - 2 teaspoons vinegar or lime juice, to taste



In a large pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.

Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from the heat and discard the bay leaf. Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste. Divide the mixture into individual bowls and serve with garnishes of your choice.

Recipe Source: Cookie and Kate



Red lentil curry (dahl)



INGREDIENTS

1 tablespoon olive oil
4 cloves garlic, minced
2-inch piece of fresh ginger, peeled and grated
1 teaspoon ground turmeric
1-2 serrano peppers, diced (optional)
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon Indian red chili powder (if you only have regular chili powder, which is a blend, use 1 teaspoon)
2 teaspoons curry powder

1 teaspoon garam masala
Kosher salt or sea salt to taste (I use about 1 tsp kosher salt, and add more at the end)
Freshly cracked black pepper to taste
1 cup (180-190g) red lentils
2 cups (480 mL) vegetable broth or water
1 can (400-425g) crushed tomatoes
1 can (400 mL) full-fat coconut milk
3 tablespoons unsweetened almond butter
1/2 a small lemon, juiced
1/2 cup (~8g) fresh cilantro, roughly chopped

For serving: Basmati or Jasmine rice and Indian flatbread such as roti, paratha, or naan





Red lentil curry (dahl)

Rinse the lentils in cold water until the water runs clear. Heat a large, deep skillet over medium-high heat and add the olive oil. Once the oil is shimmering, add the garlic, ginger, fresh turmeric (if using), and Serrano pepper and cook for 2 minutes, stirring frequently to prevent garlic from burning.

Add the cumin, coriander, chili powder, curry powder, garam masala, salt, and black pepper to taste, and cook for 30 to 60 seconds until fragrant, tossing frequently to prevent burning (add water if needed to deglaze the pan). If using ground turmeric instead of fresh turmeric, add the ground turmeric now, along with the rest of the spices. Pour in the vegetable broth (or water), and use a spatula to scrape up any browned bits on the bottom of the pot. Add in the lentils and the crushed tomatoes and mix well. Reduce the heat to low and cover the pan with a lid. Simmer for 20 to 25 minutes, or until the lentils are cooked through and have mostly softened. If you find that the lentils are not quite soft after 25 minutes, add a few spoons more of broth or water and cook for another 5 minutes.



Remove the lid and stir in the coconut milk, almond butter, salt and pepper to taste. Continue cooking on low heat, uncovered for 5 to 8 minutes, until the curry has thickened and is creamy.

Finally, stir in the lemon juice and cilantro, and turn off the heat. If you want your lentils to even creamier and more on the puréed side, use an immersion blender to lightly purée the curry. Serve the curry with rice and/or Indian flatbread and garnish with additional cilantro.

Kung pao tofu



INGREDIENTS

1 block tofu, super firm, extra firm or firm
5 tablespoons soy sauce divided
1 tablespoons + 2 teaspoons dark sesame oil (toasted), divided
2 tablespoons olive oil, divided
1/2 teaspoon fresh cracked black pepper
1/4 teaspoon red pepper flakes, or to taste
3 tablespoons water
3 tablespoons rice wine vinegar
3 tablespoons pure maple syrup
10-12 dried red chilies (see notes)
1 small white onion, diced
2 bell peppers, red and green, diced
1 zucchini, quartered and diced
2 cloves garlic, minced
1 1/2 inch knob ginger, minced
2 teaspoons organic cornstarch
1/4 cup roasted peanuts (unsalted)
1 green onion, thinly sliced

Cut the tofu into 3/4 inch cubes. To marinate the tofu, add 2 tablespoons soy sauce, 2 teaspoons dark sesame oil, black pepper and red pepper flakes to a medium-sized bowl, add tofu and gently fold together until tofu is coated. Let tofu marinate while preparing the other ingredients.

To make the sauce, whisk together 3 tablespoons water, 3 tablespoons soy sauce, 3 tablespoons rice vinegar, 3 tablespoons maple syrup, and 1 tablespoon dark sesame oil in a small-medium bowl.

Heat 1 tablespoon regular oil in a wok or large saute pan over medium-high heat. Add marinated tofu in a single layer in the pan and cook without moving for 2-3 minutes. Stir the tofu and cook for 2-3 minutes, stir once again and cook for 2 minutes. Transfer tofu to a plate.



Turn heat down to medium and add 1 tablespoon regular oil. Add red chili peppers, stir-fry for 1 minute. Add the onion and stir-fry 1 minute. Add bell peppers and stir-fry for 1 minute. Add zucchini, garlic, ginger, and cook for 1 minute. Add the tofu back to the pan. Add the sauce to the pan and allow to heat and bubble, about 1 to 2 minutes. Make a cornstarch slurry by mixing together 2 teaspoons cornstarch and 1 tablespoon water. Add to the pan, stirring to combine, continue stirring until the sauce is thickened, about 1 minute. Serve with rice or quinoa. Garnish kung pao tofu with peanuts and sliced green onion

Tofu nuggets



INGREDIENTS

Block (400g) of extra firm tofu
1/2 cup fresh breadcrumbs
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon mustard powder
1 teaspoon mixed herbs
1 tablespoon nutritional yeast
Salt and pepper
2 tablespoon cornstarch
4 tablespoon water
Vegetable oil



Drain and press your tofu thoroughly. Chop into rectangular nugget shapes.

Blend up your bread to make the breadcrumbs. In one bowl, mix the breadcrumbs, garlic powder, onion powder, mustard powder, mixed herbs, nutritional yeast and salt and pepper. In a second bowl, whisk together the cornstarch and water.

Heat up about 1/2 an inch of vegetable oil in a pan over high heat. Dip each piece of tofu into the cornstarch mixture first, then the breadcrumb mixture, coating on all sides. When all the tofu is coated, individually add to the pan. Cook on each side for around 5 minutes, or until golden brown. When they're fully cooked, remove the pan from the heat and the tofu from the pan.

Use a tea towel you don't mind staining/getting dirty and dab any excess oil off the tofu until dry.

Serve with chips, or by themselves as finger food with a side of ketchup.

Make your own buddha bowl



Follow the steps below by choosing one or more ingredients at each category and find some inspiration in the pictures to create your own buddha bowls.

Start with a base

- Spinach
- Kale
- Lettuce

Add your veggies

- Cucumber
- Broccoli
- Green Beans
- Cauliflower
- Zucchini
- Carrots



Add some fruits

- Mango
- Apple
- Tomatoes



Pack your protein

- Tofu
- Tempeh
- Quinoa
- Chickpeas

Healthy fats

- Avocado
- Seeds (pumpkin; sunflower)
- Tahini

Complex carbohydrates

- Rice (brown; wild)
- Sweet potatoes
- Corn
- Parsnip

A little something extra

- Sauerkraut
- Lemon juice
- Nutritional yeast
- Sesame flakes



Pictures Source: Love and lemons

. Pasta .



Vegetable spaghetti



INGREDIENTS

1 tablespoon olive oil
1 onion, thinly sliced
2 – 3 garlic cloves, minced
250g mushrooms, sliced
1 medium zucchini, thinly sliced
1 medium yellow squash, thinly sliced
1 can diced tomatoes, with juices
1 teaspoon dried oregano
1/2 teaspoon red pepper flakes
mineral salt and cracked pepper to taste
2 handfuls of spinach
pasta of choice
parmesan, to serve

Cook your pasta of choice according to package directions. Set aside.

In a large flat bottom pan, heat oil on medium high, add mushrooms, zucchini, onion, garlic and spices, cook for about 8-10 minutes, or until mushrooms and zucchini are tender, stirring frequently. Add tomatoes and cook until heated through. Stir in spinach and let wilt. Taste for seasoning.

Serve veggies over a bed of pasta with a good dusting of parmesan.



Lentil ragu



INGREDIENTS

1 onion
3 garlic cloves
3 bay leaves
1 carrot (grated)
200g red lentils
2 cans of chopped tomatoes
1l veg stock
2 tbsp tomato puree
1 tbsp mixed herbs
1 tbsp maple syrup
1 tbsp balsamic glaze
Salt and pepper

Chop the onion and garlic. Grate the carrot. Add the onion to a large pan with a drizzle of oil and cook until softened. Add in the garlic and bay leaves and fry for a few more minutes. Throw in the remaining ingredients to the pan and stir through. Bring to a boil and simmer for 45 minutes until the lentils have cooked and you have a yummy thick sauce.

When the ragu is nearly done, put your spaghetti on to cook. When the spaghetti is al dente, add in to the sauce and stir through.

Season and serve with optional basil and vegan parmesan.



No-boil pesto pasta bake



INGREDIENTS

1/2 cup pesto sauce
3 cups vegetable broth
2 tablespoons nutritional yeast
1/2 teaspoon red pepper flakes (optional)
225g pasta of your choice
225g cremini mushrooms, sliced
1 handful of cherry tomatoes, whole
10–12 Kalamata olives, sliced in half (around 1/4 cup)
1/4 – 1/2 teaspoon kosher salt, or to taste
Fresh Basil, for serving (optional)

Preheat the oven to 200°C and set a 9×13" casserole dish aside. Add the pesto, vegetable broth, nutritional yeast, and red pepper flakes (if using) to the casserole dish and whisk well. Then, add the pasta, mushrooms, cherry tomatoes, and Kalamata olives. Mix until evenly distributed, then use a spatula or spoon to press everything down evenly into the sauce, especially the pasta noodles.

Cover the dish tightly with aluminum foil (or parchment paper, followed by aluminum foil) and bake in the middle rack of the oven for 40 minutes. Remove from the oven and add salt to taste, if desired. If the pasta sauce appears too runny for your taste, let the dish sit for 5 or so minutes; it will thicken as it cools. Serve warm topped with fresh basil, or as desired. Leftovers can be stored in the fridge and are best eaten within 5 days.

Recipe Source: From my bowl





The ultimate vegetable lasagna



INGREDIENTS

1 tablespoon olive oil
1 small onion, diced
2 carrots (2 cups), diced
1 zucchini (2 cups), diced
1 yellow squash (2 cups), diced
8 oz. mushrooms, chopped
1/2 teaspoon Italian seasoning (or thyme, basil or marjoram), optional
1 package frozen spinach, thawed and drained
1 jar pasta sauce, about 3 cups
9 lasagna noodles (approx.), regular or no-boil
2 cups vegan ricotta (Cashew Ricotta Cheese)
salt and pepper, to taste



Cook noodles according to package directions, set aside. In a large skillet, heat oil over medium heat, add onion and garlic, saute for about 5 minutes. Add carrots, zucchini, squash, mushrooms, herbs/seasonings and good pinch of salt and pepper, continue to saute for another 5-7 minutes. We don't need to saute the zucchini, yellow squash and mushrooms too much, we want their juices to fully release while baking. Remove from heat.

For the spinach ricotta, mix together the cashew ricotta and spinach.

Using a large rectangular baking dish place about 1/3 cup of sauce on the bottom of the dish spreading to coat, add a layer of pasta, top with 1/2 ricotta cheese and 1/2 vegetables. Add another layer of pasta, 1/2 of the remaining sauce, then the rest of the ricotta, then vegetables. Add one more layer of pasta and top with the remaining sauce. Cover with lid, small silpat or foil.

Cover and bake on the center rack for 40 minutes. Let rest covered for 5 minutes, remove cover and let cool 10 minutes. If not using no-boil noodles, you can remove the cover half way through for a baked look.

Cashew ricotta cheese



INGREDIENTS

1 1/2 cups raw cashews, soaked
1/2 cup water
juice of 1 large lemon or 1 tablespoon apple
cider vinegar
1-2 tablespoons nutritional yeast
1 small garlic clove
1/2 teaspoon onion powder
himalayan sea salt cracked and pepper, to
taste



First, it's best to soak your cashews in water before starting. Drain cashews and place all remaining ingredients into a blender or food processor, process until creamy stopping to scrape down the sides every few minutes.

Taste for flavors adding any additional ingredients. Some like a salty ricotta so feel free to add as much salt as you want.

Store in an airtight container in the refrigerator for an hour or two, this will stiffen the mixture a bit. You can also prepare your dish straight away without refrigeration if needed. Refrigeration will thicken the mixture a bit. If it becomes too thick, add a tad of water and mix well.



Recipe Source: The Simple Veganista

. Burgers and Sandwiches .



Veggie burger



INGREDIENTS

1 cup cooked brown rice
1 cup raw walnuts (or sub bread crumbs)
1/2 Tbsp avocado oil
1/2 medium white onion finely diced (~3/4 cup)
1 Tbsp each chili powder, cumin powder, and smoked paprika
1/2 tsp each sea salt and black pepper
1 Tbsp coconut sugar
1 1/2 cups black beans (rinsed and drained)
1/3 cup panko bread crumbs (if gluten-free, use gluten-free bread crumbs)
3-4 Tbsp vegan BBQ sauce



Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until golden brown. Reserve and let it cool. In the meantime, heat the same skillet over medium heat. Once hot, add oil and onion. Season with a bit of salt and pepper and sauté for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat and set aside.

Once walnuts are cooled, add to blender or food processor with chili powder, cumin, smoked paprika, salt, pepper and coconut sugar and blend until a fine meal is achieved. Set aside. To a large mixing bowl, add drained, rinsed black beans and mash well with a fork, leaving only a few whole beans. Next add cooked rice, spice-walnut mixture, sautéed onion, panko bread crumbs, BBQ sauce, and mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms. If dry, add extra 1-2 Tbsp BBQ sauce. If too wet, add more panko bread crumbs.

For larger burgers, divide into 5 patties (1/2 cup in size), or form 10 smaller burgers (1/4 cup in size). To help form the patties, line your 1/2 or 1/4 measuring cup with plastic wrap and pack with burger mixture. Press down to pack firmly, then lift out by the plastic wrap's edge, and slightly flatten with hands. Heat the skillet to medium heat. Once skillet is hot, add oil, then add your burgers. Cook for 3-4 minutes or until well browned on the underside, then flip gently. Cook for 3-4 minutes on other side. Remove burgers from heat to let cool slightly, and prepare any other toppings/sides at this time. Serve burgers as is, or on toasted buns with desired toppings.



Baked falafel



INGREDIENTS

1 can chickpeas, drained and rinsed
1/4 cup loosely packed cilantro, chopped
1/4 cup loosely packed parsley, chopped
2 tablespoons fresh dill, chopped (optional)
1/2 small onion, roughly chopped
3 garlic cloves, roughly chopped
1 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
pinch or two cayenne pepper
red pepper flakes, chili powder or smoked paprika
juice of 1/2 lemon
himalayan salt, freshly cracked
pepper to taste



Drain and rinse well by running the beans under cool running water.

Preheat oven. Coat your cast iron skillet or cookie sheet with olive oil. In food processor/blender, combine all the ingredients for the falafel. Blend until fairly smooth but not pureed, scraping down the sides as needed. Form patties into whatever size you like.

Place patties on greased skillet/cookie sheet and bake for 10 minutes. Flip and bake for 15 minutes. Total cooking time 25 minutes. To warm them up and return crispness again to the outside, place under broiler or in a toaster oven at a high temp for a minute or two while keeping an eye on them so they don't burn.



Recipe Source: The Simple Veganista

Beet burgers



INGREDIENTS

2 medium beets, peeled (2 cups or 300 g)
1 cup (95 g) walnuts
1/2 cup (45 g) rolled oats
1/4 cup (25 g) ground flax seeds
2 cloves of garlic
1 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/4 teaspoon cinnamon
1/4 teaspoon cayenne (optional)
1/2 teaspoon sea salt
1 cup (170 g) white beans, rinsed
1 tablespoon low-sodium tamari

Preheat the oven to 375F and line a baking sheet with parchment paper. Finely grate the beets. Set aside. Quickly clean out the processor, then re-attach it to the base with an S-blade attachment. Add the walnuts, oats, flax, garlic, all dry spices, and salt. Process until a slightly coarse flour forms.



Add the shredded beets, beans, and tamari to the food processor and blend until combined, scraping the sides of the device with a spatula as necessary. It's okay if there are still some pieces of beans or beets left – this will add texture! Scoop out the burger “batter” to form patties (½ cup measure to make 6 large patties).

Use slightly damp hands to flatten and shape the burgers, then place on a baking tray. Bake in the middle rack of the oven for 20 minutes, then flip the burgers and bake in the top rack of the oven for 15-20 minutes, until the edges are crispy and slightly browned. Serve as desired; leftovers will keep in the fridge for up to 5 days, or can be frozen for up to two months

Chickpea tuna sandwich



INGREDIENTS

1 can chickpeas
2 tbsp vegan mayo (use olive oil if you don't have access to vegan mayo)
Juice of half a lemon
1 tbsp vinegar
1/2 red onion
1/2 tsp garlic powder
Salt and pepper

Drain and rinse the chickpeas, and finely chop the onion.

Blend together all of the ingredients in a food processor, leaving some lumps in there for texture.

Spread in a sandwich (or wrap, or pita, or just go ahead and eat by itself on a spoon), and top with a classic mix of sliced cucumber, tomato and some crunchy lettuce. Top with some more mayo.



Cranberry walnut chickpea salad sandwich



INGREDIENTS

2 cans chickpeas, drained and rinsed
1 cup celery, diced
1/2 cup organic dried cranberries (chopped
fresh would be great too)
1/2 cup walnuts or pecans, roughly chopped
1/2 cup scallions (green onions), thinly sliced
salt and freshly ground pepper, to taste

Dressing:

1/3 cup tahini or vegan mayo
1/4 cup champagne, white wine or cider vinegar
2 tablespoons water (only needed if using tahini)
2 teaspoons pure maple syrup

In a small bowl combine tahini/mayo, vinegar, water and maple syrup. Set aside so the flavors come together. Add a tad more water, or vinegar if you're a vinegar lover, to thin out dressing as desired. If using vegan mayo, you may like to add 2 more tablespoons. In a medium to large bowl, add your chickpeas and roughly mash with a strong fork. Add in celery, cranberries, nuts, scallions, salt, pepper and dressing, mix well. Serve at room temp or let chill in the refrigerator for an hour before serving. Serve on your favorite bread as a closed or open faced sandwich, or on a bed of leafy greens. You may even opt to simply enjoy the salad as is.



• Soups •





Vegan 'chicken' soup



INGREDIENTS

300 g Pleurotus mushrooms
1 medium onion
2 medium carrots
150 g pasta
1,5 L water
1 teaspoon miso paste
2 tablespoon olive oil
Salt to taste

Boil the water in a kettle. Chop the onion and the carrots in small cubes. Clean the mushrooms with a kitchen cloth and thinly slice them.

Heat up the olive oil in a pan and cook the onions until golden. Add the carrots and the mushrooms and let it cook for a few minutes. Add the boiling water and let it cook for 5 minutes covered with the lid.

Add the pasta and the salt to taste. Let it cook for 10 minutes.

Take a small portion of the broth into a separate bowl and dissolve the miso paste.

Take the pan from the heat and mix the miso mixture. At this point, you might want to check all the flavours. Serve with fresh chopped coriander and fresh mint.



Lentil soup



INGREDIENTS

1 tablespoon oil (or water)
1/2 yellow onion, diced
2 carrots, peeled and diced
3–5 cloves garlic, minced
1" piece ginger, peeled and grated
1 teaspoon ground turmeric
1/4 teaspoon cayenne pepper (optional)
1 1/2 (280 g) cups dry red lentils
4 cups (945 ml) vegetable broth
2 cups (470 ml) filtered water
2 tablespoons lemon juice (1 large lemon)
Salt and black pepper, to taste

Optional toppings: fresh cilantro, coconut yogurt, olive oil, etc.



Bring a large pot to medium-high heat and add 1 tablespoon of oil or 1/4 cup of water. Once the oil is warm, add the onion and sauté for 3 to 5 minutes, until translucent. Add the diced carrots, garlic, and ginger to the pot and sauté for 1 minute, then add the turmeric, optional cayenne, and a pinch of salt and pepper. Cook for 1 minute more.

Place the red lentils in a fine-mesh strainer and give them a quick rinse, then add them to the pot along with the vegetable broth and water. Turn the heat to high and bring everything to a boil, then reduce the heat to medium-low and simmer until the lentils are tender, 15 to 18 minutes.

Use an immersion blender to puree the soup to your liking, or transfer around half of the soup to a blender with a vent and puree until smooth; return to the pot and mix well. Stir in the lemon juice, then add any additional salt and pepper to taste, if necessary. Serve warm; leftovers will keep at room temperature for up to 5 days, or can be frozen for up to 2 months.

Recipe Source: From my bowl

. Sweets .



Lemon and chia seed cookies



INGREDIENTS

Dry Ingredients:

2 cups oat flour
1/3 cup sugar
1-2 tablespoon chia seeds
1 teaspoon baking powder
zest of 1 lemon
Salt

Wet Ingredients:

1/4 plant based milk
2 tablespoons lemon juice
2 teaspoons olive oil or coconut oil



Preheat the oven at 180°.

In a large mixing bowl add the dry ingredients: oat flour, sugar, chia seeds, baking powder, lemon zest and salt. Mix well.

To the dry ingredients, add the milk, the oil and lemon juice. Mix everything well until it forms a dough. The dough should not be too liquid nor too dry. Ideally, prepare the dough and let it sit for 10 minutes in order for the flour to absorb the humidity.

Make small balls (about a tablespoon). Place the balls on a baking tray and press it down with a fork to create a cookie shape. You can now sprinkle some additional lemon zest and sugar on top of the cookies.

Place the baking tray in the oven and cook for about 15-20 minutes or until golden. When they are ready, let them cool before storing them.

Recipe Source: Made by Choices

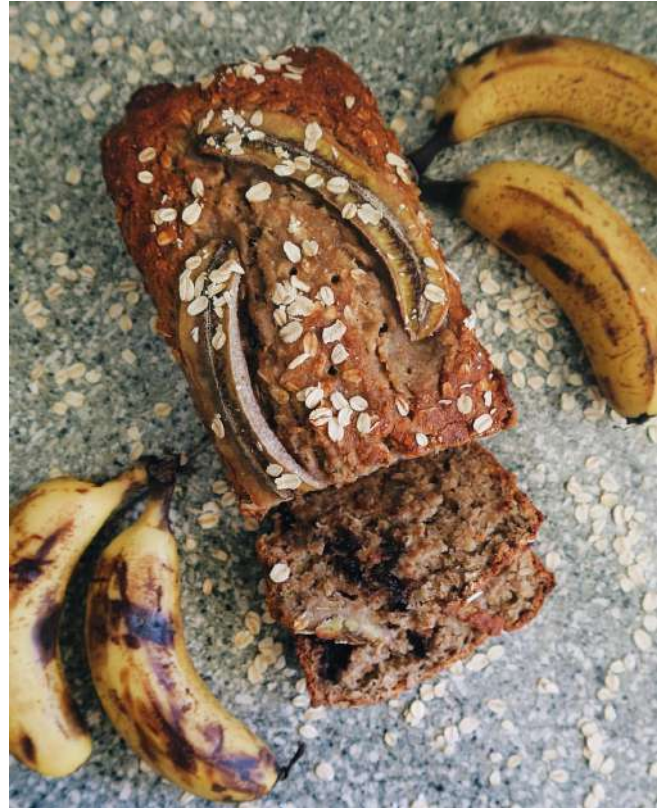


Chocolate chip banana bread



INGREDIENTS

3 medium ripe bananas
(1 1/2 cups mashed) + 1 for on top
1/2 tsp vanilla
1 flax egg (1 tbsp flax meal + 3 tbsp water)
1/2 cup packed brown sugar
3 1/2 tsp baking powder
1/2 tsp ground cinnamon
1/2 tsp salt
3/4 cup of plant milk
1 1/4 cups almond meal
1 1/4 cups rolled oats
1 1/4 cups wholemeal flour
handful of dairy-free dark
chocolate chunks
handful of chopped walnuts



Preheat oven to 350 °F.

In a small bowl, make the flax egg by combining the flax meal and water. Stir and set aside.

Mash 3 bananas in a large mixing bowl. Then add the above ingredients from vanilla through the plant milk and mix.

Add the almond meal, oats, and flour; mix. Then gently fold in extras (walnuts and chocolate).

Pour the batter into a loaf tin and top with a sliced banana. Bake for 45 minutes to 1 hour (or until it passes the toothpick test). Let banana bread cool completely before cutting and serving.

*TIP: If the top of the bread is getting too brown while the inside needs to cook more, cover the bread with aluminum foil and bake until done!

