

# Vegan Broccoli Quiche

Prep: 15 mins

Cook: 30 mins

Total: 45 mins

Servings: 8 servings

Yield: 1 quiche

This healthy, egg-free quiche recipe with broccoli is a crowd-pleaser for vegans and omnivores alike. It uses tofu instead of eggs or egg replacer, making this dish a great vegetarian breakfast or weekend brunch entrée.

This recipe is reprinted with permission from Ingrid Newkirk's "The Compassionate Cook: Or, 'Please Don't Eat the Animals!'. To make this quiche, you'll need a blender or food processor, a pie tin, a saucepan, a stovetop, and an oven.

## Ingredients

- 1 premade vegan pie crust
- 1 tablespoon olive oil
- 1 onion, diced
- 1 green bell pepper, chopped
- 1 cup chopped broccoli
- 1 cup sliced fresh mushrooms
- 1 pound firm tofu, patted dry
- 1 pinch nutmeg
- 1/2 teaspoon turmeric
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- Freshly ground black pepper, to taste
- 1/2 cup soy milk

## Steps to Make It

1. Gather the ingredients.
2. Preheat the oven to 425 F.
3. Chop the onion, green bell pepper, and broccoli. Slice the mushrooms.
4. Heat the olive oil in a medium saucepan over medium heat and sauté the onion, green pepper, broccoli, and mushrooms until softened and cooked, about 8 to 10 minutes.
5. In a blender or food processor, blend the tofu, nutmeg, turmeric, basil, salt, and soy milk until the mixture is smooth.
6. Stir the vegetables and the tofu mixture together and add pepper to taste.
7. Pour the mixed batter into the pie crust.
8. Bake your vegan quiche for 30 minutes, or until a knife inserted just off-center into the quiche comes out clean.
9. Serve the quiche warm with a side of fresh fruit salad or keep things classic with a green salad and vegan salad dressing.
10. Enjoy.

## Tips

- If you are making your own pie crust, ensure you are using only vegan ingredients. Use care with commercially produced pie crust as it may contain lard, butter or other milk products. Or, check out this easy vegan pie crust recipe, perfect for a homemade quiche, too.
- For an individual portion variation, make mini-quiches in a muffin tin. Line each hole with pie dough and fill 2/3 of the way with the batter. Reduce the baking time accordingly, to about 15 to 20 minutes.
- The quiche will keep in the refrigerator for up to three days. Reheat portions in the microwave or the oven. You can freeze portions as well to enjoy later.

## Recipe Variation

- Although the recipe calls for mushrooms and broccoli, you can substitute your favorite vegetables instead. Spinach, roasted bell peppers, sun-dried tomatoes, and scallions are all great stand-ins. Simply adjust to your taste.