

*perfect  
for lunch*



# 15 VEGAN SALADS





# 16 VEGAN RECIPES

Enjoy these amazing vegan recipes.

## 1. Vegan Lentil Soup

*Ingredients:*

- 1 cup dried green or brown lentils
- 1 onion, chopped.
- 2 carrots, chopped.
- 2 celery stalks, chopped.
- 3 cloves garlic, minced.
- 1 can diced tomatoes.
- 6 cups vegetable broth
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste

*Instructions:*

Rinse and drain the lentils.

In a large pot, sauté the onion, carrots, and celery in a bit of water or oil until they begin to soften.

Add garlic, cumin, and paprika. Cook for another 2 minutes.

Add lentils, tomatoes, and vegetable broth. Bring to a boil.

Reduce heat, cover, and simmer for about 30 minutes.

Season with salt and pepper.

## 2. Vegan Chickpea Curry

*Ingredients:*

- 2 cans chickpeas, drained and rinsed.

- 1 onion, chopped.
- 3 cloves garlic, minced.
- 1 can coconut milk
- 2 tbsp curry powder
- 1 tsp cumin
- 1 tsp turmeric
- Salt and pepper to taste

*Instructions:*

Sauté onions in a bit of oil until they become translucent.

Add garlic, curry powder, cumin, and turmeric. Cook for 2 minutes.

Add chickpeas and coconut milk. Simmer for 15-20 minutes.

Season with salt and pepper.

### 3. Vegan Quinoa Salad

*Ingredients:*

- 1 cup quinoa, rinsed.
- 2 cups water or vegetable broth
- 1 red bell pepper, diced.
- 1 cucumber, diced.
- 1/2 red onion finely chopped.
- 1 cup cherry tomatoes, halved.
- 1/4 cup fresh parsley, chopped.
- 1/4 cup olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

*Instructions:*

Cook quinoa according to package instructions and let it cool.

In a large bowl, combine quinoa, red bell pepper, cucumber, red onion, cherry tomatoes, and parsley.

In a separate bowl, whisk together olive oil, lemon juice, salt, and pepper. Pour over the salad and toss to combine.

### 4. Vegan Tofu Stir-Fry

*Ingredients:*

- 1 block extra-firm tofu, cubed.
- 2 cups mixed vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

- 3 cloves garlic, minced.
- 1/4 cup soy sauce
- 1 tbsp maple syrup
- 1 tsp ginger, minced.
- 1 tbsp cornstarch
- 2 tbsp vegetable oil

*Instructions:*

In a bowl, whisk together soy sauce, maple syrup, ginger, and cornstarch.

Heat oil in a pan, add tofu, and cook until browned.

Add garlic and vegetables, stir-fry for a few minutes.

Pour the sauce over the tofu and vegetables. Cook until the sauce thickens.

## 5. Vegan Mushroom Risotto

*Ingredients:*

- 1 cup Arborio rice
- 1 Lb mushrooms, sliced.
- 1 onion, chopped.
- 2 cloves garlic, minced.
- 4 cups vegetable broth
- 1/2 cup white wine (optional)
- 2 tbsp olive oil
- 1/4 cup nutritional yeast (optional)
- Salt and pepper to taste

*Instructions:*

In a large pan, sauté onions and garlic in olive oil until softened.

Add mushrooms and cook until they release their moisture.

Stir in Arborio rice and cook for a few minutes.

If using wine, pour it in and let it cool off.

Gradually add vegetable broth, stirring constantly until the rice is creamy and cooked.

Stir in nutritional yeast, salt, and pepper.

## 6. Vegan Chickpea and Vegetable Stir-Fry

*Ingredients:*

- 2 cans chickpeas, drained and rinsed.

- 2 cups mixed vegetables (bell peppers, broccoli, snap peas, etc.)
- 3 cloves garlic, minced.
- 1/4 cup soy sauce
- 2 tbsp maple syrup
- 1 tsp ginger, minced.
- 2 tbsp vegetable oil

*Instructions:*

Heat oil in a large skillet or wok, add garlic, and sauté for a minute.

Add mixed vegetables and stir-fry until crisp-tender.

Add chickpeas, soy sauce, maple syrup, and ginger. Stir-fry for a few more minutes.

## 7. Vegan Sweet Potato and Black Bean Tacos

*Ingredients:*

- 2 sweet potatoes peeled and diced.
- 1 can black beans, drained and rinsed.
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp paprika
- 8 small taco shells
- Toppings: salsa, avocado, lettuce, vegan sour cream

*Instructions:*

Toss sweet potatoes with cumin, chili powder, and paprika. Roast in the oven until tender.

Warm the taco shells according to package instructions.

Fill each taco with sweet potatoes, black beans, and your choice of toppings.

## 8. Vegan Spinach and Mushroom Stuffed Shells

*Ingredients:*

- 20 jumbo pasta shells
- 2 cups fresh spinach, chopped.
- 8 oz mushrooms, chopped.
- 1 onion, chopped.
- 2 cups marinara sauce
- 1 cup vegan ricotta cheese
- 1/4 cup nutritional yeast (optional)
- Salt and pepper to taste

*Instructions:*

Cook pasta shells according to package instructions.

Sauté mushrooms and onions until tender, then add spinach and cook until wilted.

Mix the sautéed vegetables with vegan ricotta, nutritional yeast, salt, and pepper.

Stuff the cooked pasta shells with the mixture and place them in a baking dish.

Cover with marinara sauce and bake at 350°F (175°C) for 20-25 minutes.

## 9. Vegan Thai Green Curry

*Ingredients:*

- 1 can of coconut milk
- 2 tbsp green curry paste
- 1 cup mixed vegetables (bell peppers, zucchini, broccoli, etc.)
- 1 block of tofu, cubed.
- 2 tbsp soy sauce
- 1 tbsp brown sugar
- Fresh basil leaves for garnish.

*Instructions:*

Heat the coconut milk and green curry paste in a pan over medium heat.

Add tofu, mixed vegetables, soy sauce, and brown sugar. Simmer until vegetables are tender and the sauce thickens.

Serve over cooked rice and garnish with fresh basil.

## 10. Vegan Mediterranean Quinoa Bowl

*Ingredients:*

- 1 cup quinoa, rinsed.
- 2 cups water or vegetable broth
- 1 can chickpeas, drained and rinsed.
- 1 cucumber, diced.
- 1 cup cherry tomatoes, halved.
- 1/2 red onion finely chopped.
- 1/4 cup Kalamata olives pitted and sliced.
- 1/4 cup fresh parsley, chopped.
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

*Instructions:*

Cook quinoa according to package instructions and let it cool.

In a large bowl, combine quinoa, chickpeas, cucumber, cherry tomatoes, red onion, olives, and parsley.

In a separate bowl, whisk together olive oil, lemon juice, salt, and pepper. Pour over the salad and toss to combine.

## 11. Vegan Cauliflower Buffalo Wings

### *Ingredients:*

- 1 head of cauliflower, cut into florets.
- 1 cup flour (rice flour for gluten-free)
- 1 cup water
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste
- 1 cup buffalo sauce
- 2 tbsp vegan butter
- Vegan ranch dressing for dipping

### *Instructions:*

Preheat the oven to 450°F (230°C).

In a bowl, whisk flour, water, garlic powder, paprika, salt, and pepper.

Dip cauliflower florets into the batter, allowing excess to drip off, and place on a baking sheet.

Bake for 20-25 minutes or until crispy.

In a separate bowl, melt vegan butter and mix with buffalo sauce.

Toss the baked cauliflower in the sauce.

Serve with vegan ranch dressing.

## 12. Vegan Pad Thai

### *Ingredients:*

- 8 oz rice noodles
- 2 tbsp vegetable oil
- 1 block of tofu, cubed.
- 2 cloves garlic, minced.
- 1/2 cup carrots, julienned
- 1/2 cup bell peppers, sliced.
- 1/2 cup broccoli florets

- 1/4 cup soy sauce
- 2 tbsp brown sugar
- 1 tbsp lime juice
- Crushed peanuts and fresh cilantro for garnish

*Instructions:*

Cook rice noodles according to package instructions, then drain and set aside.

In a wok or large pan, heat vegetable oil and add tofu. Cook until browned on all sides.

Add garlic, carrots, bell peppers, and broccoli. Stir-fry for a few minutes.

In a bowl, mix soy sauce, brown sugar, and lime juice. Pour over the tofu and vegetables.

Add the cooked rice noodles and toss to combine.

Serve garnished with crushed peanuts and fresh cilantro.

## 13. Vegan Black Bean and Corn Salad

*Ingredients:*

- 2 cans black beans, drained and rinsed.
- 1 cup corn kernels (fresh or frozen)
- 1 red bell pepper, diced.
- 1/2 red onion finely chopped.
- 1/4 cup fresh cilantro, chopped.
- 2 tbsp olive oil
- 2 tbsp lime juice
- 1 tsp cumin
- Salt and pepper to taste

*Instructions:*

In a large bowl, combine black beans, corn, red bell pepper, red onion, and cilantro.

In a separate bowl, whisk together olive oil, lime juice, cumin, salt, and pepper. Pour over the salad and toss to combine.

## 14. Vegan Eggplant Parmesan

*Ingredients:*

- 1 large eggplant, sliced into rounds.
- 1 cup breadcrumbs (use vegan breadcrumbs)
- 1 cup marinara sauce
- 1 cup vegan mozzarella cheese
- 1/4 cup fresh basil leaves



- 2 tbsp olive oil
- Salt and pepper to taste

*Instructions:*

Preheat the oven to 375°F (190°C).

Dip eggplant slices in water, then coat with breadcrumbs.

Heat olive oil in a pan and lightly fry eggplant slices until golden brown.

In a baking dish

## 15. Vegan Roasted Red Pepper and Tomato Soup

*Ingredients:*

- 2 red bell peppers halved, and seeds removed.
- 4 large tomatoes, halved.
- 1 onion, chopped.
- 3 cloves garlic, minced.
- 4 cups vegetable broth
- 2 tbsp olive oil
- 1 tsp dried basil
- Salt and pepper to taste

*Instructions:*

Preheat the oven to 400°F (200°C).

Place red bell pepper halves and tomato halves, cut side down, on a baking sheet.

Roast in the oven for about 25-30 minutes or until the skins are charred.

Remove the skins from the roasted peppers and tomatoes.

In a large pot, sauté onions and garlic in olive oil until softened.

Add the roasted peppers, tomatoes, vegetable broth, dried basil, salt, and pepper.

Simmer for about 15 minutes, then blend the soup until smooth.

## 16. Vegan Banana Bread

*Ingredients:*

- 3 ripe bananas, mashed.
- 1/3 cup melted coconut oil.
- 1/2 cup maple syrup
- 1 tsp vanilla extract

- 1 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp cinnamon (optional)
- 1/2 cup chopped walnuts or chocolate chips (optional)

*Instructions:*

Preheat the oven to 350°F (175°C). Grease a loaf pan.

In a mixing bowl, combine mashed bananas, coconut oil, maple syrup, and vanilla extract.

In another bowl, whisk together flour, baking soda, salt, and cinnamon.

Gently fold the dry ingredients into the banana mixture until just combined. If desired, fold in walnuts or chocolate chips.

Pour the batter into the greased loaf pan.

Bake for 60-65 minutes or until a toothpick inserted into the center comes out clean.

Allow the banana bread to cool before slicing and serving. Enjoy!

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