

FREE!

EASY *Vegan* RECIPES

delicious, nutritious, compassionate cuisine

VegRecipes.org



BREAKFAST

Carrot Muffins

Makes 1 dozen

- 1 cup whole-wheat flour
- 1 cup oats or wheat bran
- 1 tablespoon cornstarch
- 2 teaspoons baking powder
- 1 teaspoon allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup raw carrots, grated
- 1 cup water
- ⅓ cup sugar or maple syrup
- ¼ cup mild-flavored oil or vegan butter, melted

1. Preheat the oven to 375°F.
2. In a large mixing bowl, combine flour, oats or bran, cornstarch, baking powder, allspice, cinnamon, and salt. Toss in the grated carrots. Add the water, sugar or maple syrup, and oil or butter, and mix gently.
3. Spoon the batter into a lightly oiled or lined muffin pan, so each tin is about two-thirds full. Bake for 25-30 minutes, or until an inserted toothpick comes out clean. Allow to cool in pan for 5 minutes before transferring to a baking rack.

Fluffy Pancakes

Serves 4

- 1 ½ cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- ¼ teaspoon salt
- 2 ½ cups dairy-free milk
- 2 tablespoons vegetable oil

1. Heat a non-stick skillet over medium heat until a drop of water gently sizzles and pops.
2. Mix together the dry ingredients in a large bowl. Whisk in the wet ingredients, being careful not to over-mix. If there are lumps, allow the batter to sit for a minute so they can break down.
3. Fill a quarter cup and pour batter onto the skillet. Cook over medium heat. Flip when the edges begin to dry and bubbles on the top start to pop.
4. Cook for another 1-2 minutes and serve with vegan butter, maple syrup, agave syrup, or fresh fruit.



Visit VegRecipes.org for more!

Including recipes in Spanish and our **free** Comida Con Amigos recipe guide.



Savory Breakfast Sandwiches

Makes 4 sandwiches

- ¼ cup apple cider vinegar
 - 3 tablespoons soy sauce
 - ¼ cup olive oil
 - 1 ½ teaspoons black pepper, divided
 - 1 14-ounce package firm tofu, drained and cut crosswise into 8 slices
 - 1 large onion, chopped
 - 4 cloves garlic, chopped
 - 8 ounces button mushrooms, sliced
 - 1 medium tomato, chopped
 - 2 cups baby spinach leaves
 - ½ teaspoon dried thyme
 - 1 teaspoon salt
 - Vegan butter (optional)
 - 4 English muffins, toasted
1. Preheat oven to 450°F.
 2. In a shallow baking dish, mix together the vinegar, soy sauce, olive oil, and ½ teaspoon of the black pepper with a whisk. Place tofu slices in a single layer in the dish, then turn over to coat on all sides. Allow tofu to marinate for 20 minutes, turning occasionally.
 3. Place baking dish in oven for 20 minutes. Flip tofu slices over and continue to bake for an additional 10-20 minutes until crispy and most of the liquid has been absorbed.
 4. Meanwhile, spray a large skillet with oil or cooking spray. Sauté onion and garlic over medium-high heat until onion begins to soften. Add mushrooms and continue cooking until they begin to brown. Add tomato, spinach, thyme, salt, and remaining black pepper. Cook and stir until spinach is wilted and any liquid has evaporated, turning heat to medium low if the vegetables are browning too quickly. Adjust seasoning.
 5. To assemble sandwiches, spread vegan butter on English muffins, if using. Then add 2 tablespoons of the cooked vegetables to the bottom half of each muffin. Top with 2 slices of tofu and evenly distribute the remaining vegetables on top of the tofu slices on all 4 sandwiches. Cover with the other muffin halves and press down to help keep vegetables from spilling out.



Tofu French Toast

Makes 6-8 pieces

- 8 ounces silken tofu
- ½ cup dairy-free milk
- 1 teaspoon agave or maple syrup
- ½ teaspoon cinnamon
- 1 ripe banana
- Vegan butter or mild-flavored oil for cooking
- 6-8 slices of bread

1. Heat a non-stick pan over medium heat.
2. Blend the tofu, dairy-free milk, syrup, cinnamon, and banana on high until smooth. If too thick add a few tablespoons extra dairy-free milk or water. Pour the coating mixture into a shallow dish and dip the bread into the mixture, thoroughly coating both sides.
3. Melt a teaspoon of oil or vegan butter on the hot skillet, then add your soaked bread.
4. Cook for 2-3 minutes and flip to cook the other side once the edges begin to turn golden brown. Repeat with remaining bread.
5. Serve with fresh fruit, powdered sugar, or maple syrup.



*This little piggy didn't go to market.
Meet Jimmy da Snout.*

Jimmy was born with rhinitis, a disease that deforms pigs' snouts. On modern-day factory farms, tens of thousands of pigs are crammed into buildings without adequate ventilation. Respiratory illnesses are common, and thousands of sickly piglets die every year before even reaching "slaughter weight" at six months old. Typically, sick and deformed pigs are killed by the farmers, but Jimmy managed to escape this cruel fate and found his way to Farm Sanctuary's LA-area Animal Acres. Jimmy da Snout charms all the sanctuary visitors with his gentle and friendly personality. Visit Jimmy today at FarmSanctuary.org.

New-To-You Food Guide



Cheese

Dairy-free cheeses are often made from nuts, soy, or tapioca. Nutritional yeast (see below) also adds a cheesy flavor to foods. *Brands: Daiya, Parma, Teese, Tofutti, Treeline, Vegan Gourmet*

Condiments

Condiments, including butter, mayo, and sour cream, are available in veg-friendly forms. *Brands: Earth Balance, Just Mayo, Nayonaise, Tofutti, Vegan Gourmet, Vegenaïse*

Milk, Yogurt, and Ice Cream

Dairy-free products are made from almonds, coconut, flax, hemp, oats, rice, and soy. All are free of cholesterol. *Brands: Almond Breeze, Coconut Bliss, Pacific, Silk, So Delicious, Tempt, Tofutti, Whole Soy*

Nutritional Yeast

This flaky, inactive yeast has a cheesy flavor. Try substituting for parmesan on top of pasta or pizza, or in any other food to which you'd like to add a cheesy taste. Fortified versions are packed with B vitamins, including vitamin B12, and other essential minerals. *Brands: Bragg, Red Star*

Seitan

Made from wheat gluten, seitan is packed with protein and offers a meaty texture when cooked. *Brands: Upton's Naturals, West Soy*

Tahini

A calcium-rich, creamy, sesame seed paste often used in Middle Eastern cuisine.

Tempeh

Tempeh is a firm, fermented soybean product. It has a nutty flavor and can take the place of meat in a recipe. *Brands: Lightlife, Tofurky*

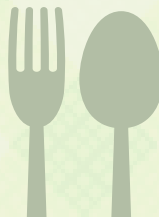
Tofu

Made from soybeans, tofu is popular in vegetarian recipes because it is high in protein and calcium, and it easily absorbs flavors in a recipe. It comes in a white block that can be fried, sautéed, steamed, or used in smoothies. Check recipes to see whether you should use a firm or silken variety.

TVP/Vegan Crumbles

Textured Vegetable Protein (TVP) is a dried protein that must be soaked in liquid before adding to a recipe. Vegan crumbles can be used straight from the package. Both add a meaty texture to stew, chili, and pasta sauce. *Brands: Beyond Meat, Bob's Red Mill, Gimme Lean, Tofurky*

» For tips on cooking without eggs, see page 13



LUNCH

Barbecue Seitan Sandwiches

Serves 4

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 package seitan strips or chunks cut into strips
- 1 cup vegan barbecue sauce
- ¼ cup water
- Hot sauce (optional)
- 4 hamburger buns
- Suggested toppings: lettuce, tomato, green pepper, coleslaw, red onions

1. Heat the vegetable oil in a large pan over medium heat. Add the onion and sauté for 5-8 minutes, or until the onion is very soft. Add seitan, and cook until lightly browned, stirring often.
2. Add the barbecue sauce and water and cook, stirring every 5 minutes, until the sauce has thickened and been absorbed by the seitan. Add hot sauce to taste if using.
3. Toast the inside of the buns to prevent them from getting soggy, then spoon the seitan mixture onto the rolls and garnish. Serve hot.

Black Bean Soup

Serves 6-8

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 can diced tomatoes
- 2 tablespoons white or apple cider vinegar
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 3-4 bay leaves
- Salt and pepper to taste
- 6 cups black beans, cooked
- 2 cups vegetable broth
- ¼ cup fresh parsley

1. In a large stockpot over medium-high heat, sauté the onion, garlic, and bell pepper in the olive oil until the onion begins to soften, about 5 minutes.
2. Add the tomato, vinegar, cumin, coriander, paprika, bay leaves, salt, and pepper and cook for another 5 minutes.
3. Add the beans and broth and reduce to a simmer. Cook for about 15 minutes, covered.
4. Remove bay leaves and serve garnished with parsley.



Egg-Free Salad Sandwiches

Makes 4 sandwiches

- 1 12-ounce package extra firm tofu
 - ½ cup vegan mayonnaise
 - 2 teaspoons mustard
 - 1 teaspoon lemon juice or apple cider vinegar
 - 1 teaspoon garlic powder
 - ¼ teaspoon ground cumin
 - 1 celery stalk, diced
 - 1 small pickle, diced
 - 2 green onions, diced
 - Salt and pepper to taste
 - Indian Black Salt (kala namak) (optional)
 - Bread, tomato, lettuce, or other desired sandwich fixings
1. Wrap the tofu in a paper towel, then a clean dish towel. Press by leaving between two heavy pots for about 10 minutes. Replace the soaked dish towel with another dry towel and press for another 5 minutes. Chop up the tofu into nonuniform chunks or cubes.
 2. Toss tofu in a bowl with the vegan mayonnaise, mustard, lemon juice or vinegar, garlic powder, and cumin. Stir in the celery, pickle, and onions. Season with salt, pepper, and black salt if using. Use less salt if also using black salt, which adds a great egg-y flavor.
 3. Toast bread before assembling your sandwiches and serve with your favorite fixings.

DINNER

Champion Chili

Serves 8

- 1 cup dry TVP or 1 package vegan crumbles (optional)
- 1 tablespoon vegetable oil
- 1 large onion, coarsely chopped
- 1 28-ounce can diced tomatoes
- 1 small can tomato paste
- 1 jalapeño pepper, minced (optional)
- 3 tablespoons chili powder (or more to taste)
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- Black pepper to taste
- ½ cup vegetable broth
- 2 carrots, chopped
- 1 bell pepper, chopped
- 2 15-ounce cans of beans drained and rinsed (kidney, black, pinto, etc.), add a third can of beans if not using vegan crumbles or TVP
- 1 cup frozen corn
- 1 zucchini, chopped

1. If using TVP, start by heating a few teaspoons of vegetable oil in a large skillet. Add the TVP and toast over medium-high heat, stirring constantly for about 3 minutes. Toasting the TVP will give the texture a bit more of a bite and keep it from getting soggy. Bring 1 cup of water or vegetable broth to a boil and pour over the TVP. Set aside.
2. In a large stockpot, heat 1 tablespoon of vegetable oil over medium heat. Add the onion and cook for about 2 minutes. Next add the diced tomatoes, tomato paste, jalapeño (if using), chili powder, ground cumin, garlic powder, Italian seasoning, salt, and pepper and allow to cook for about 5 minutes.
3. Add the broth, soaked TVP or vegan crumbles (if using), carrots, and bell pepper. Cover and turn down heat. Simmer for 30 minutes.
4. Add the beans, corn, and zucchini and simmer uncovered for an additional 30 minutes.
5. Adjust seasoning to taste and serve with rice or pasta and top with vegan sour cream, if desired.



Give thanks for turkeys. Meet Perry.

Over 65 million turkeys are killed each holiday season in the US. The vast majority of these intelligent birds spend their entire lives intensively confined inside massive sheds and will never set foot outside. Perry escaped this cruelty when he was abandoned in a driveway of Poplar Spring Animal Sanctuary in the middle of the night. Although we don't know who left this young turkey behind on Thanksgiving Day, we do know that he was spared from becoming part of a holiday meal.

Visit Perry today at AnimalSanctuary.org.



Lots of Layers Lasagna

Serves 6-8

- 1 14-ounce package extra firm tofu
- 1 tablespoon lemon juice or white vinegar
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- ¼ teaspoon ground nutmeg
- 1 package vegan crumbles or 2 cups TVP
- 2 cups vegetable broth, if using TVP
- 1 tablespoon olive oil
- 6 cups red marinara sauce
- 1 12-ounce package lasagna noodles
- 8 ounces raw spinach
- ½ cup vegan mozzarella shreds

1. Preheat the oven to 375°F.
2. To create tofu-ricotta, drain and mash the tofu in a mixing bowl. Add the lemon juice, salt, garlic powder, Italian seasoning, and nutmeg. Set aside.
3. If using vegan crumbles, break up in a small frying pan with the tablespoon of olive oil. Fry for about 5 minutes, stirring occasionally. Once it starts to turn golden and crispy, remove from heat. If using TVP, soak it in the 2 cups of boiling broth.
4. Spread a thin layer of marinara sauce on the bottom of a 9 x 13-inch pan.
5. Prepare the dry noodles by spreading the tofu-ricotta evenly on each piece. Place 1 layer of noodles on the bottom of the pan. Place a layer of spinach leaves on top of the noodles, followed by half of the vegan crumbles or TVP.
6. Then pour 1 cup of marinara sauce, making sure it is evenly distributed over the whole pan. Repeat with the second half of your ingredients. Top with a final layer of noodles, the last cup of marinara sauce, and the half cup of vegan cheese.
7. Cover with foil and bake for 35-45 minutes, until the sauce is bubbling. Uncover and bake for an additional 5 minutes. Allow to cool and set for at least 15 minutes before serving.

Meatloaf

Serves 4-6

- 1 pound vegan crumbles
- ½ cup soft bread crumbs
- ¼ cup dairy-free milk
- 1 small onion, minced
- 3 cloves garlic, minced
- ¼ cup ketchup or tomato paste
- 1 tablespoon soy sauce
- 1 tablespoon mustard

- 1 teaspoon horseradish
- 1 teaspoon salt

Glaze

- ¼ cup ketchup or tomato paste
- 1 tablespoon mustard
- 1 tablespoon apple cider vinegar
- 1 tablespoon molasses

1. Preheat oven to 350°F.
2. Combine all of the meatloaf ingredients in a large bowl and mix thoroughly. Line a bread loaf pan with parchment paper and press the loaf ingredients into it.
3. Whisk together the glaze ingredients and spread evenly across the top of the loaf.
4. Cover pan with foil and bake for 50 minutes. Uncover and bake for another 10 minutes.

Roasted Lemon Garlic "Chicken"

Serves 4

- 8 small red potatoes, quartered
- ¼ cup olive oil
- 2 lemons, 1 cut into thin slices or wedges and 1 juiced
- 3 sprigs fresh rosemary, de-stemmed
- 6-8 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¾ pound green beans, trimmed
- 1 package of vegan chicken cutlets

1. Preheat oven to 400°F. Place the potatoes on a large baking sheet and toss with a tablespoon of the olive oil. Sprinkle with some salt and pepper. Roast for about 15 minutes, while preparing the rest of the ingredients. This step will form a nice skin on the potatoes.
2. Coat a large baking dish or cast-iron skillet with 1 tablespoon of the olive oil. Arrange the lemon slices and ⅓ of the rosemary in a single layer on the bottom of the dish or skillet.
3. In a large bowl, combine the remaining olive oil and rosemary with the lemon juice, garlic, salt, and pepper; add the green beans and toss to coat. Using tongs, remove the green beans and arrange them on top of the lemon slices. Remove the potatoes from the oven and arrange along the edge of the dish or skillet on top of the green beans.
4. Place the vegan chicken in the same bowl as the olive oil mixture and coat thoroughly. Place the chicken onto skillet and pour any of the remaining olive oil mixture over the top.
5. Roast in the oven for 20-30 minutes or until the green beans are tender, but still bright, and the chicken is golden brown around the edges. Place a piece of the roasted chicken on each serving plate and divide the green beans and potatoes equally. Top with the lemon slices and serve hot.



SNACKS/SIDES

Egg-Free Potato Salad

Serves 6

- 2 pounds red potatoes, cut into large cubes
- 1/3 cup vegan mayonnaise
- 2 tablespoons Dijon or brown mustard
- 1 tablespoon lemon juice
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 cup celery, diced (optional)
- 1/4 cup red onion, chopped (optional)
- 1/4 cup parsley or chives, finely chopped

1. Bring a large pot of water to a rolling boil, then carefully add the chopped potatoes. Cook for about 10 minutes or until potatoes are soft enough to be pierced with a fork, but not at all mushy. Drain and rinse in cold water. Set aside to cool completely.
2. Separately, combine the mayonnaise, mustard, lemon juice, salt, and pepper in a small bowl and mix well to combine.
3. When the potatoes are fully cooled, place them in a large bowl with the celery, onion, and parsley or chives. Mix gently to combine. Add the mayonnaise mixture and toss to coat. Cover and chill for at least 2 hours. Adjust seasoning before serving.

Creamy Mac & Cheese

Serves 2-4

- ½ pound pasta
 - 1 tablespoon mustard
 - 1 tablespoon lemon juice or apple cider vinegar
 - 1 tablespoon soy sauce
 - 1 tablespoon peanut butter or tahini
 - 1 teaspoon garlic powder
 - ½ teaspoon paprika
 - 1 cup nutritional yeast
 - 2 cups dairy-free milk
 - 1-2 teaspoons salt
 - ½ cup vegan cheese shreds (optional)
1. Cook the pasta until al dente (cooked through, but still slightly firm). After draining the pasta, use the hot stockpot to cook your sauce.
 2. Combine the mustard, lemon juice, soy sauce, and peanut butter (or tahini) in the stockpot over low heat. Add the garlic powder, paprika, and nutritional yeast, whisking to combine. Slowly add the dairy-free milk, a little at a time, until it reaches your desired thickness. Add salt and adjust to taste.
 3. Add the vegan cheese if desired and cook until cheese is completely melted. Turn off the heat and add the pasta, tossing to coat all the noodles.



Holiday Stuffing

Serves 6-8

- 2 tablespoons vegetable oil, divided
 - ½ small onion, diced
 - 2 celery stalks, chopped
 - 4 cups bread cubes, toasted
 - 1 cup vegetable broth
 - 2 Fuji, gala, or pink lady apples, cored and chopped
 - ⅓ cup raisins
 - ¼ cup dried cranberries
 - 1 teaspoon basil
 - 1 teaspoon garlic powder
 - 1 teaspoon oregano
 - Salt and pepper, to taste
1. Preheat the oven to 350°F.
 2. In a large skillet, heat 1 tablespoon of the oil. Sauté the onion and celery until tender, about 5-7 minutes.
 3. Use the remaining oil to grease a medium casserole dish and pour the sautéed vegetables into the dish.
 4. Add all the remaining ingredients and toss well, making sure all of the bread cubes are soaked in the vegetable broth. Bake for 45 minutes.



DESSERT

Chewy Chocolate Chip Cookies

Makes 25-30 cookies

- 1 cup vegan butter, softened
- ½ cup white sugar
- ½ cup brown sugar
- ¼ cup dairy-free milk
- 1 teaspoon vanilla
- 2 ¼ cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 12 ounces dairy-free chocolate chips

1. Preheat oven to 350°F.
2. In a large bowl, mix the butter, white sugar, and brown sugar until light and fluffy. Slowly stir in the dairy-free milk and then add the vanilla to make a creamy mixture.
3. In a separate bowl, combine the flour, salt, and baking soda. Add this dry mixture to the liquid mixture and stir well. Fold in the chocolate chips.
4. Drop small spoonfuls of the batter onto non-stick cookie sheets and bake for 8-10 minutes.

Cracking the Habit: Cooking without Eggs

Use any of these tips to replace one egg when making cakes, muffins, pancakes, and bread.

- 2 tablespoons cornstarch mixed with 1 tablespoon water
- Half a banana, mashed
- 2 tablespoons water + 2 teaspoons baking powder
- ¼ cup silken tofu
- 1 tablespoon flax meal mixed with 1 tablespoon water
- ¼ cup applesauce + ½ teaspoon baking powder
- Ener-G Egg Replacer, follow directions on box
- 1 teaspoon The Vegg Baking Mix mixed with ¼ cup water





Classic Cupcakes with Buttercream Frosting

Serves 2-4

Cake

- ¼ cup vegetable oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons vanilla extract
- 1 ¼ cup dairy-free milk
- 2 cups all-purpose flour
- ¾ cup sugar
- 1 ½ teaspoons baking powder

- ½ teaspoon baking soda
- ½ teaspoon salt

Buttercream Frosting

- 1 cup vegan butter
- 3-4 cups powdered sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3-4 tablespoons dairy-free milk

Cake

1. Preheat oven to 350°F. Prepare a cupcake tin by placing baking liners into each of the cups.
2. In a small bowl, slowly mix the oil, vinegar, and vanilla into the dairy-free milk, allowing it to curdle. In a large bowl, sift together the flour, sugar, baking powder, baking soda, and salt.
3. Pour the liquid mixture over the flour mixture and stir gently, being very careful not to over-mix. Once combined, spoon the batter into each of the lined cupcake cups, filling each about two-thirds of the way full.
4. Bake for 20-25 minutes or until a toothpick inserted into the center of a cake comes out clean. Remove from oven and allow to cool for a few minutes in the tray. Once cool enough to touch, remove from the tray and cool the rest of the way on a cookie rack.

Buttercream Frosting

1. While the cupcakes are cooling, prepare the buttercream. Start by whipping the vegan butter with an electric mixer or by hand until slightly soft and smooth. Add the powdered sugar, 1 cup at a time. Add the full 4 cups for a sweeter and stiffer frosting.
2. Mix in the vanilla, salt, and a little bit of the dairy-free milk until your desired consistency is reached. Spread or pipe the frosting onto the completely cooled cupcakes in whatever fashion you like and enjoy.

Fudge Brownies

Makes 20 brownies

- 2 cups flour
- 2 cups sugar
- ½ cup cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup vegetable oil (½ cup can be substituted with apple sauce for a more cake-like brownie)
- 1 cup water
- 1 teaspoon vanilla
- 1 cup dairy-free chocolate chips (optional)
- ½ cup chopped walnuts (optional)

1. Preheat oven to 350°F and grease a 9 x 13-inch baking pan.
2. Combine dry ingredients in a mixing bowl. Whisk together wet ingredients and fold into the dry ingredients. If desired, add half the chocolate chips and chopped walnuts to the mix. Pour mixture into the prepared pan and sprinkle with remaining chocolate chips and walnuts, if using.
3. For fudge-like brownies, bake for 20-25 minutes. For cake-like brownies, bake 25-30 minutes. Let the brownies cool slightly before serving.

Pumpkin Pie

Serves 6-8

- 16 to 24 ounces silken tofu
- 2 cups pumpkin purée
- ¾ cup maple or agave syrup
- ¾ cup evaporated cane sugar
- ¼ cup cornstarch
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ¼ teaspoon ground cloves
- 1 9-inch unbaked pie shell

1. Preheat the oven to 400°F.
2. Combine all of the filling ingredients in a blender or food processor and blend until completely smooth. Pour the mixture into the pie shell.
3. Bake for 30 minutes, then turn down the oven temperature to 350°F. Bake for another 30-45 minutes or until the center of the pie appears set.
4. Remove from oven and allow to cool completely. Chill for at least 2 hours to allow the pie to firm up even more.

* Most recipes and photos by Chef Gwendolyn Mathers of Miss Kitchen Witch.

LOVE YOURSELF. LOVE THE PLANET. LOVE ANIMALS.
VISIT TRYVEG.COM



VEGAN EATING ON A BUDGET

Whether you're a student, raising a family on a tight budget, or just saving for the future, choosing vegan foods doesn't mean breaking the bank. There are plenty of nutritious vegan options that are as economical as they are tasty. Here are some meal ideas to help you discover how easy—and affordable—it is to transition to a more compassionate diet:

Breakfast

- Oatmeal with fruit or maple syrup
- Cereal with soy milk and sliced bananas
- Peanut butter or jam on toast or a bagel
- Smoothie of fresh or frozen fruit with soy milk

Lunch & Dinner

- Rice, beans, and vegetables on a platter or in a tortilla
- Pasta with marinara sauce and frozen veggies
- Baked sweet potato topped with salsa, baked beans, or veggie chili
- Lentil soup with veggies

Snacks

- Celery, apples, or carrots topped with peanut butter or hummus
- Popcorn seasoned with nutritional yeast or salt
- Make-your-own trail mix with nuts, raisins, and sunflower seeds

Visit [TryVeg.com](https://www.tryveg.com) for additional meal ideas and to request a free *Vegetarian Starter Guide!*



PO Box 9773, Washington, DC 20016
COK.net • 301-891-2458 • info@cok.net