



# 5 Easy Vegan Recipes





# Welcome!

Welcome! Thanks for taking the time to read this eBook. If you are new to veganism, I hope these recipes help you as you start. If you are just thinking about veganism or want some healthy recipes, I hope these come in handy. If you have been vegan veteran, congrats! No matter what your circumstance, anytime you choose to eat a vegan meal, you are bettering yourself, lives, and the planet.

I've always wanted to change the world, but I always thought whatever I did would be insignificant. I think this is a way a lot of people think. We are just specks in an ocean of people. Veganism helped me realize that my influence can be greater than I thought.

Here are some facts for you:

- 40% of the world's land is made to feed the world, but 30% of that goes to animals we later eat (Time Magazine).
- Animal agriculture is responsible for "91 percent of Amazon destruction, with one to two acres of rainforest being cleared every second," (World Bank).
- According to thevegancalculator (super cool if you want to see how much of an impact you have made depending on the amount of time you've been vegan), being a vegan for one year, you would save 401,500 gallons of water, 10,950 sq. ft. of forest, 7,300 lbs. of carbon dioxide, 14,600 lbs. of grain, and 365 animal lives.

You can make a difference in the world. When I feel like I'm going to cave, I think back to all the good I'm doing. Seeing numbers like these, I realize that I am not insignificant.

Even if you only eat one vegan meal a day, you are still making a huge difference. Over a year, you would save 121 animal lives in this simple way.

I hope you find these recipes to help you on your journey.

Remember, you can make a difference.

*Annah*

# Pulled “Pork” Salad

Before becoming vegan, Café Rio was my favorite restaurant. I ordered their sweet pork salad almost every time I went. While I love being vegan and understand the reasoning, I still really missed that salad.

Just in October, I stumbled upon a recipe for vegan pulled “pork.” It was literally the easiest recipe I had ever seen, so I had to try it. This was the closest I have gotten to eating pulled pork since becoming vegan, and I added my slightly altered recipe below. I hope you enjoy this salad as much as I do.

## Ingredients:

### *Pulled “Pork”*

- 1 tbsp. oil
- 1 small sweet potato, grated
- 1 c. BBQ sauce

### *Salad*

- 1 head romaine
- ½ c. corn
- ½ c. black or pinto beans
- 1 avocado
- Additional BBQ sauce to drizzle or vegan ranch

### *Additional toppings (optional)*

- Handful of cilantro
- Pico de Gallo
- Tortilla strips
- Hemp seeds

## Directions:

1. Heat oil at medium high heat in pan.
2. Grate small sweet potato. The larger the chunks, the less “tender” it will be, but don’t choose the smallest grating of it will taste like mush.
3. Add grated sweet potato to pan.
4. Let cook for about 10 minutes.
5. Add BBQ sauce. Turn down heat and simmer for 15 minutes.
6. While the pulled “pork” is simmering, chop the head of romaine and put in your bowl. Top with other ingredients.
7. When the “pork” is done, place on top of salad.
8. Drizzle with additional BBQ sauce or vegan ranch dressing.



# Mexican Leftovers Dip

I think this is the easiest recipe in this book. I happened to have a few tomatoes and some rice leftover from a recipe, so I OBVIOUSLY instantly thought Mexican. I pulled out some black beans, chopped up an avocado, and added some salsa verde. This was the perfect Mexican fix, and it was super simple.

## Ingredients:

- 1 avocado, chopped
- 1 tomato, chopped
- 1 can corn
- 1 can black beans
- 1 cup rice, cooked
- 1 tsp salt
- 1 tsp lemon juice
- 1/4 cup salsa verde (optional)

## Additional ingredients (optional)

- 1/2 cup scallions, chopped
- 1/4 cup cilantro, chopped

## Directions:

1. Mix all ingredients in a medium-sized bowl. Salt to taste. If you choose to add the salsa verde, don't add the salt.

# Best Vegetable Stew

I've found that in cold weather, I can't get enough of vegetables. Not only that, but I always want something extremely savory which is sometimes hard to get without milk or meat. (Not complaining, though).

This stew has been a godsend for me, especially on a cold, winter day. This is the perfect amount of savory and satisfying. This is my go-to meal any day.

## Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1/4 cup all-purpose flour
- 4 cups vegetable broth
- 3 carrots, peeled and chopped
- 8 oz mushrooms, chopped
- 3 cups potatoes, chopped
- 1/2 cup tomato paste
- 1 teaspoon dried thyme
- 2 teaspoons brown sugar
- 3/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 2 cups water (optional)

## Additional ingredients (optional)

- 2 parsnips, peeled and chopped
- 2 stalks celery, chopped
- 1 can corn
- any other vegetable you'd like

## Directions:

1. Add olive oil, onion, and garlic to a pot heated over medium-high heat. Cook until onion becomes translucent.
2. Add flour and stir to coat vegetables evenly.
3. Add vegetable broth and mix well.
4. Add the rest of the vegetables, tomato paste, and spices. Simmer for 15 minutes or until vegetables are fork-tender.
5. Add up to 2 cups of water for a thinner soup.



# Creamy Alfredo Casserole

I'm always craving some alfredo, but because I didn't know how to make it and the store-bought always contains milk, I figured I would just go without it.

After some experimenting of lots of recipes, I finally found an alfredo sauce that I love. And it's super easy to make!

## Ingredients

- 4 cups water
- 1 tsp. salt
- 3 cups pasta (any small pasta works best like penne or elbow noodles)
- 1 can green beans
- 1 slices of bread or 1 cup breadcrumbs

## Sauce

- 1 teaspoon olive oil
- 1/2 white onion, chopped
- 3 garlic cloves, crushed
- 3 cups cauliflower, chopped
- 1 cup vegetable stock or water
- 1-2 tablespoons nutritional yeast
- 1/2 tablespoon lemon juice
- 1-2 teaspoons sea salt
- 1/2 teaspoon soy sauce

## Directions

1. Preheat oven to 350.
2. Bring salted water to boil in a medium sized pot. Add noodles and cook until tender.
3. While the noodles are cooking, pull out a large pot, add oil, and heat over medium high heat. Add onion and cook until soft and translucent. Add garlic and cook for another minute. Add cauliflower and vegetable stock/water. Cover, and let steam until soft (10 minutes).
4. Transfer mixture, including vegetable stock/water, to a blender and blend on high until smooth.
5. Add the remaining ingredients and blend again. Add more salt or nutritional yeast to taste.
6. By now, the noodles should be cooked. Drain and return to pot. Mix in alfredo sauce, can of green beans, and mix.
7. Top with breadcrumbs. If you are making your own breadcrumbs, toast bread slices and then pulse in food processor until a fine crumble.
8. Place in oven, and cook for 15 minutes to thoroughly heat casserole.

# Banana Bread

When my roommate made this banana bread for me, she went up a notch in my book. Desserts do that. This was seriously amazing. It's perfect for when you need just a bit of chocolate and sweetness in your day.

Make this on a cold winter day or in the middle of summer. Either way, I know you'll love this.

## Ingredients:

- 3 ripe bananas
- 1/4 cup vegetable oil
- 1/4 cup nut milk
- 1/2 cup brown sugar
- 2 tsp vanilla
- 1 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup chocolate chips

## Directions:

1. Preheat oven to 350. Spray a 9×5 loaf pan with nonstick spray.
2. In a large mixing bowl, roughly mash the bananas. Add the brown sugar, oil, vanilla, and almond milk, and whisk together.
3. Add flour, baking soda, salt, and cinnamon, and mix.
4. Transfer the batter to your pan and bake for 45 minutes, then cover with foil and bake for 10 minutes longer, until a toothpick inserted in the center comes out with just a couple crumbs.

