

10 QUICK + HEALTHY VEGAN RECIPES

that don't compromise on flavor



CONTENTS

PAGE **3**

Overnight Oats + Chickpea
Spinach Curry

PAGE **4**

Quinoa and Black bean
Stuffed Peppers + Tofu
Scramble

PAGE **5**

Lentil Soup + Sweet Potato
and Black bean Tacos

PAGE **6**

Chickpea Salad + Mushroom
and Spinach Pasta

PAGE **7**

Buddha Bowl + Banana and
Almond Butter Toast



1. **Vegan Overnight Oats**

- Ingredients:
 - 1/2 cup rolled oats
 - 1 cup almond milk (or any plant-based milk)
 - 1 tablespoon chia seeds
 - 1/2 teaspoon vanilla extract
 - Mixed berries or sliced banana for topping
- Instructions:
 - Mix all ingredients in a jar, refrigerate overnight, and top with your choice of fruits in the morning.

2. **Chickpea and Spinach Curry**

- Ingredients:
 - 1 can chickpeas, drained and rinsed
 - 1 onion, diced
 - 2 cloves garlic, minced
 - 1 can diced tomatoes
 - 2 cups fresh spinach
 - 1 tablespoon curry powder
 - Salt and pepper to taste
- Instructions:
 - Sauté onion and garlic until softened. Add chickpeas, tomatoes, and spices. Simmer for 15 minutes, then stir in spinach until wilted.



3. Quinoa and Black Bean Stuffed Peppers



- Ingredients:

- 4 bell peppers, halved and seeds removed
- 1 cup cooked quinoa
- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1 cup diced tomatoes
- 1 teaspoon chili powder

- Instructions:

- Mix cooked quinoa, black beans, corn, tomatoes, and chili powder. Stuff into bell peppers. Bake at 350°F (175°C) for 25-30 minutes.

4. Vegan Tofu Scramble

- Ingredients:

- 1 block extra-firm tofu, crumbled
- 1/2 onion, diced
- 1/2 red bell pepper, diced
- 1/2 cup spinach
- 1/2 teaspoon turmeric
- Salt and pepper to taste



- Instructions:

- Sauté onion and pepper until softened. Add tofu and turmeric. Cook until heated through. Stir in spinach and season.

5. Vegan Lentil Soup

○ Ingredients:

- 1 cup green or brown lentils
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cups vegetable broth
- 2 cloves garlic, minced
- 1 teaspoon thyme



○ Instructions:

- Sauté onion, carrots, and celery until tender. Add lentils, garlic, thyme, and vegetable broth. Simmer until lentils are soft.

6. Vegan Sweet Potato and Black Bean Tacos

○ Ingredients:

- 2 large sweet potatoes, diced
- 1 can black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Corn tortillas
- Salsa, avocado, and shredded lettuce toppings



○ Instructions:

- Roast sweet potatoes with spices until tender. Serve in tortillas with black beans and your choice of toppings.

7. Vegan Chickpea Salad

- Ingredients:
 - 2 cans chickpeas, drained and rinsed
 - 1 cucumber, diced
 - 1 red onion, diced
 - 1 bell pepper, diced
 - 1/4 cup fresh parsley, chopped
 - Dressing: 2 tablespoons olive oil, 2 tablespoons lemon juice, salt, and pepper
- Instructions:
 - Combine all ingredients and toss with the dressing.



8. Vegan Mushroom and Spinach Pasta

- Ingredients:
 - 8 oz whole wheat or gluten-free pasta
 - 2 cups sliced mushrooms
 - 2 cups fresh spinach
 - 2 cloves garlic, minced
 - 1/4 cup nutritional yeast (for a cheesy flavor)
- Instructions:
 - Sauté mushrooms and garlic, then add spinach until wilted. Toss with cooked pasta and nutritional yeast.



9. Vegan Buddha Bowl

- Ingredients:
 - Cooked quinoa or brown rice
 - Roasted vegetables (e.g., broccoli, cauliflower, carrots)
 - Baked tofu or tempeh
 - Sliced avocado
 - Tahini or peanut sauce for drizzling
- Instructions:
 - Assemble ingredients in a bowl, drizzle with your choice of sauce, and enjoy.



10. Vegan Banana and Almond Butter Toast

- Ingredients:
 - Whole-grain bread slices
 - Ripe bananas, sliced
 - Almond butter
 - Chia seeds or flaxseeds (optional)
- Instructions:
 - Spread almond butter on toast, top with banana slices, and sprinkle with chia or flaxseeds for added nutrition.



These vegan recipes offer a variety of flavors and are packed with nutrients. Enjoy your plant-based meals!