



# Nel's Vegan Comfort Food Recipe Book – Kid-Friendly Classics

---

## Part I: Vegan Pizzas (7 Recipes)

### 1. Classic Margherita Pizza

Ingredients:

- 1 pizza dough (vegan)
- ½ cup tomato sauce
- 1 cup vegan mozzarella
- Fresh basil leaves
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 475°F (245°C).
  2. Roll out pizza dough on a baking sheet or pizza stone.
  3. Spread tomato sauce over dough.
  4. Sprinkle vegan mozzarella evenly.
  5. Bake 12–15 minutes until crust is golden.
  6. Top with fresh basil and drizzle olive oil.
- 

### 2. BBQ Chick'n Pizza

Ingredients:

- 1 pizza dough
- ½ cup BBQ sauce
- 1 cup shredded jackfruit (seasoned)
- ½ cup red onion, sliced
- 1 cup vegan mozzarella

Instructions:

1. Preheat oven to 475°F.
  2. Roll dough, spread BBQ sauce.
  3. Top with jackfruit, onion, and mozzarella.
  4. Bake 12–15 minutes.
- 

### **3. Veggie Supreme Pizza**

Ingredients:

- 1 pizza dough
- ½ cup tomato sauce
- ½ cup mushrooms, sliced
- ½ cup bell peppers, diced
- ¼ cup red onions, sliced
- ¼ cup olives, sliced
- 1 cup spinach
- 1 cup vegan mozzarella

Instructions:

1. Spread tomato sauce on dough.
  2. Add veggies and sprinkle vegan cheese.
  3. Bake at 475°F for 12–15 minutes.
-

## 4. White Garlic Mushroom Pizza

Ingredients:

- 1 pizza dough
- ½ cup cashew cream sauce (blend soaked cashews, water, garlic, salt)
- 1 cup mushrooms, sautéed
- 1 cup fresh spinach

Instructions:

1. Spread cashew cream over dough.
  2. Add mushrooms and spinach.
  3. Bake at 475°F for 12–15 minutes.
- 

## 5. Mediterranean Pizza

Ingredients:

- 1 pizza dough
- ¼ cup hummus
- ½ cup roasted red peppers
- ¼ cup artichoke hearts
- ¼ cup olives
- 1 cup arugula

Instructions:

1. Spread hummus over dough.
  2. Add roasted veggies and bake 10–12 minutes.
  3. Top with fresh arugula.
-

## 6. Pesto Veggie Pizza

Ingredients:

- 1 pizza dough
- ¼ cup vegan basil pesto
- ½ cup zucchini, sliced
- ½ cup cherry tomatoes, halved
- ¼ cup vegan feta

Instructions:

1. Spread pesto over dough.
  2. Add veggies and feta.
  3. Bake at 475°F for 12–15 minutes.
- 

## 7. Hawaiian Pizza

Ingredients:

- 1 pizza dough
- ½ cup tomato sauce
- 1 cup vegan mozzarella
- ½ cup pineapple chunks
- ¼ cup smoky tempeh bacon

Instructions:

1. Spread sauce on dough.
  2. Top with cheese, pineapple, and tempeh bacon.
  3. Bake 12–15 minutes.
-

## Part II: Vegan Burgers (7 Recipes)

### 8. Black Bean Burger

Ingredients:

- 1 can black beans, drained
- ½ cup breadcrumbs
- 1 small onion, minced
- 1 garlic clove, minced
- 1 tsp cumin
- Salt & pepper
- Burger buns

Instructions:

1. Mash black beans.
  2. Mix in breadcrumbs, onion, garlic, spices.
  3. Form patties, pan-fry 5 minutes per side.
  4. Serve on buns with toppings.
- 

### 9. Lentil Mushroom Burger

Ingredients:

- 1 cup cooked lentils
- ½ cup mushrooms, sautéed
- ¼ cup oats
- 1 tsp smoked paprika
- Salt & pepper
- Burger buns

Instructions:

1. Mash lentils, combine with mushrooms and oats.
  2. Season and form patties.
  3. Cook on skillet until golden.
- 

## 10. Chickpea Burger

Ingredients:

- 1 can chickpeas, drained
- 2 tbsp tahini
- Juice of ½ lemon
- 1 garlic clove, minced
- 2 tbsp parsley, chopped
- Salt & pepper

Instructions:

1. Mash chickpeas and mix with tahini, lemon, garlic, parsley, salt, and pepper.
  2. Form patties, pan-fry until golden.
- 

## 11. Beyond Burger Deluxe

Ingredients:

- 1 Beyond Meat patty
- Lettuce, tomato, pickles
- Vegan mayo & ketchup
- Burger buns

Instructions:

1. Cook patty according to package.

2. Assemble with toppings on buns.
- 

## 12. Sweet Potato Burger

Ingredients:

- 1 cup mashed sweet potatoes
- ¼ cup oats
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt & pepper

Instructions:

1. Mix all ingredients, form patties.
  2. Pan-fry until golden.
- 

## 13. Falafel Burger

Ingredients:

- 1 cup cooked chickpeas
- 1 garlic clove
- 2 tbsp parsley
- ½ tsp cumin
- Burger buns

Instructions:

1. Blend chickpeas with garlic, parsley, cumin.
  2. Form patties, bake or fry.
  3. Serve with tahini sauce.
-

## 14. Sloppy Joe Burger

Ingredients:

- 1 cup cooked lentils
- ½ cup walnut, chopped
- ½ cup tomato sauce
- 1 tbsp maple syrup
- 1 tsp smoked paprika

Instructions:

1. Combine lentils, walnuts, sauce, syrup, and paprika.
  2. Warm on stove.
  3. Serve on buns.
- 

## Part III: Vegan Hot Dogs (6 Recipes)

### 15. Classic Carrot Dog

Ingredients:

- 4 large carrots
- 2 tbsp soy sauce
- 1 tsp smoked paprika
- 1 tsp maple syrup
- Hot dog buns, ketchup, mustard

Instructions:

1. Boil or steam carrots until slightly tender.
2. Marinate with soy sauce, paprika, maple syrup for 20 minutes.
3. Grill or roast, serve in buns with condiments.



---

## 16. Tofu Dog

Ingredients:

- 4 tofu logs
- 2 tbsp soy sauce
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Hot dog buns

Instructions:

1. Marinate tofu with spices for 15 minutes.
  2. Grill or pan-fry until golden.
  3. Serve with buns and toppings.
- 

## 17. Jackfruit Chili Dog

Ingredients:

- 4 vegan hot dogs
- 1 cup jackfruit, shredded
- ½ cup beans
- ½ cup tomato sauce
- Spices: chili powder, cumin, paprika

Instructions:

1. Cook jackfruit with beans, tomato sauce, and spices.
  2. Serve over hot dogs in buns.
-

## 18. Mac & Cheese Dog

Ingredients:

- 4 vegan hot dogs
- 1 cup vegan mac & cheese
- Hot dog buns

Instructions:

1. Cook hot dogs.
  2. Top with vegan mac & cheese in buns.
- 

## 19. Chicago-Style Dog

Ingredients:

- 4 vegan hot dogs
- Mustard, relish, diced onions
- Pickle spear, tomato slices, sport peppers
- Celery salt, hot dog buns

Instructions:

1. Grill hot dogs.
  2. Layer all toppings in buns.
- 

## 20. Pizza Dog

Ingredients:

- 4 vegan hot dogs
- ¼ cup tomato sauce
- ¼ cup vegan mozzarella

- ¼ cup olives, sliced
- ¼ tsp oregano

Instructions:

1. Grill hot dogs.
2. Top with sauce, cheese, olives, oregano.
3. Serve in buns