

Low-Cost Vegan Recipes

Fruit French Toast (adapted from *Simply Vegan*)
(Makes 14 slices)

3½ medium bananas, peeled
1¾ cups frozen blueberries, thawed
1 cup apple juice
1½ teaspoons cinnamon
14 slices whole-wheat bread
3½ Tablespoons oil, divided

Blend together first four ingredients. Soak bread in the fruit mixture. Cook on both sides on lightly oiled skillet or griddle until just beginning to brown. Add oil to pan between batches of French toast.

Hearty Macaroni Dinner (adapted from *Simply Vegan*)
(Serves 4)

2 cups uncooked macaroni
4 cups water
1 onion, chopped
2 Tablespoons oil
3 cups no salt added tomato juice
4 teaspoons chili powder
Salt and pepper to taste
10 ounces frozen corn
One 15-ounce can kidney beans, rinsed and drained

Cook pasta in water until al dente. Drain well.

In a large pot over medium heat, sauté onions in oil until lightly browned, 6-8 minutes. Add remaining ingredients followed by the cooked pasta. Simmer 15 minutes, stirring occasionally, until slightly thickened and piping hot.

Creole Black-Eyed Peas (adapted from *Vegans Know How to Party*)
(Serves 6)

1½ pounds dried black-eyed peas
¾ teaspoon liquid smoke or 3/8 teaspoon smoked paprika or chipotle powder
¾ cup frozen chopped pepper
1½ cups chopped onions
¾ cup chopped celery
3/8 teaspoon garlic powder
1½ teaspoons black pepper
1½ teaspoons hot sauce

3 quarts water

Rinse peas and soak overnight in the refrigerator. Drain and discard soaking water. Place all ingredients in a large pot. Bring to a boil, reduce heat to a simmer and cook 2 hours or until peas are tender.

Sautéed Collards (Adapted from *Simply Vegan*)
(serves 4)

1 teaspoon oil
1 pound collards, chopped into bite-sized pieces
2 teaspoons lemon juice
½ teaspoon garlic powder
¼ teaspoon mustard powder

Sauté all ingredients together over medium-high heat for 3-5 minutes. Add water as needed to prevent sticking.

Lentil Pate (Adapted from *The Lowfat Jewish Vegetarian Cookbook*)
(Serves 6)

1 cup lentils
2¼ cups water
1 onion, peeled and finely chopped
4 cloves garlic, peeled and minced
2 teaspoons oil
1 teaspoon pepper
½ teaspoon vinegar

Cook lentils in water over medium heat for 45 minutes. Meanwhile, sauté onion and garlic in oil for 2 minutes. When lentils are cooked, place them in a food processor along with remaining ingredients. Blend until creamy, adding a little water if necessary.

Spicy Sautéed Tofu with Peas (Adapted from *Simply Vegan*)
(Serves 4)

2 pounds tofu, in small cubes
1 Tablespoon oil
¼ cup water
½ teaspoon each cumin, turmeric, and curry powder
2 cloves garlic, minced
2 Tablespoons reduced-sodium soy sauce
10 ounces frozen peas, thawed

Stir-fry all ingredients except the peas for 5 minutes over medium-high heat. Add peas and heat 5 minutes longer over low heat.

Chickpea Italiana (Adapted from *Simply Vegan*)

(Serves 4)

1½ 15-ounce cans chickpeas, drained, rinsed, and mashed
3/8 teaspoon oregano
1/8 teaspoon black pepper
3/8 teaspoon onion powder
4½ Tablespoons tomato sauce

Mix all ingredients.

Tofu Italiano (Adapted from *Simply Vegan*)

(Serves 6)

1 pound pasta
1 onion, chopped
2 Tablespoons oil
1 pound tofu, cubed
10 ounces frozen corn
10 ounces frozen peas
½ teaspoon oregano
½ teaspoon garlic powder
One 15-ounce can tomato sauce

Precook pasta in water according to package directions. Drain. Sauté onion and tofu in oil over medium-high heat for 5 minutes. Add remaining ingredients and cook 10 minutes longer, stirring occasionally. Serve over cooked pasta.

Lentil-Spinach Pilaf (Adapted from *Vegan Meals for One or Two*)

(Serves 6)

1 cup uncooked lentils (See *Chef's Note*)
3 cups water
2 Tablespoons oil
3 garlic cloves, minced
3 cups frozen chopped spinach, thawed and drained
2 Tablespoons dried parsley
¾ teaspoon cumin
¾ teaspoon black pepper

Cook lentils in water over medium heat for 45 minutes or until tender. Drain.

In a large frying pan, heat oil over medium heat. Add garlic and cook, stirring, about 2 minutes. Add spinach, lentils, parsley, cumin, and pepper. Stir until heated through, about 3 minutes.

Chef's Note: You can replace 1 cup uncooked dried lentils and 3 cups water with two 15-ounce cans of lentils.

Tofu Squash Patties (Adapted from *Simply Vegan*)
(Makes 9 patties)

¾ pound tofu, crumbled
1½ pounds yellow squash or zucchini, grated
¾ cup whole wheat flour
¾ cup rolled oats
2 teaspoons onion powder
1½ Tablespoons tamari or soy sauce
¼ teaspoon black pepper
1½ Tablespoons oil

In a bowl, mix all the ingredients except the oil. Form 9 patties and fry in oil over medium-high heat for 5 minutes. Turn and fry 5 minutes more.

Garbanzo Bean Burgers (Adapted from *Simply Vegan*)
(Makes 6 patties)

2 cups canned garbanzo beans, drained, rinsed, and mashed
1 stalk celery, finely chopped
1 carrot, finely chopped
½ teaspoon onion powder
¼ cup whole wheat flour
Salt and pepper to taste
2 teaspoons oil
Buns, sliced tomatoes, lettuce, and/or pickles, to serve (optional)

In a bowl, mix all ingredients except the oil and optional toppings. Form 6 flat patties. Fry in oiled pan over medium-high heat, turning once, until golden brown on each side.

Assemble burgers with buns and any vegetable toppings you'd like. Enjoy hot.

Fast and Lean Bean Dip (Adapted from *Vegans Know How to Party*)
(Serves 6)

3 cups canned kidney beans, drained and rinsed
1½ cups salsa
1½ teaspoons garlic powder

Place beans in a bowl and mash with a fork. Stir in salsa and garlic powder. Mix until well combined.

Baked Tofu (by Reed Mangels)
(Serves 8)

28 ounces firm tofu, diced
¼ cup soy sauce
¼ cup oil
1 teaspoon onion powder
1 teaspoon ginger powder

Preheat oven to 350 degrees. Line 2 rimmed baking sheets with parchment. In a bowl, combine all ingredients and toss gently. Spread half the tofu on each of the baking sheets in a single layer. Bake for 20 minutes until lightly browned. Flip and bake 10 more minutes.

Carrot and Cabbage Sauté (Adapted from *The Lowfat Jewish Vegetarian Cookbook*)
(Serves 6)

1 medium cabbage, shredded
2 pounds carrots, peeled and grated
4 cloves garlic, peeled and minced
1 teaspoon ginger powder
Salt and pepper to taste
4 teaspoons oil
2 Tablespoons lemon juice

In a large frying pan, sauté all the ingredients except the lemon juice over medium-high heat for 5 minutes. Add water if necessary to prevent sticking. Add the lemon juice and continue sautéing for 2 more minutes.

Tofu Scramble (Adapted from *Vegan Meals for One or Two*)
(Serves 4)

1 Tablespoon oil
2 cups firm tofu, drained and crumbled
½ cup chopped frozen peppers, thawed
¼ cup salsa

Heat a frying pan over medium heat and add oil. When oil is hot, add tofu and peppers. Stir and sauté until the tofu is heated through. Add the salsa and allow the scramble to cook until hot.

Sautéed Potatoes (Adapted from *Simply Vegan*)
(Serves 4)

2 Tablespoons oil

6 medium potatoes, thinly sliced
1 onion, finely chopped
½ teaspoon garlic powder
Salt and pepper to taste

In a large frying pan, heat oil over medium heat. Add remaining ingredients and stir-fry until potatoes are tender, stirring often so that the potatoes do not stick to the pan.

Rice, Chickpea, and Spinach Dish (Adapted from the *Lowfat Jewish Vegetarian Cookbook*)
(Serves 4)

1 cup uncooked brown rice
3½ cups water
1 large onion, peeled and chopped
2 teaspoons oil
2 cups canned chickpeas, drained and rinsed
2/3 cup frozen chopped spinach, thawed and drained
Salt and pepper to taste

Cook rice in water for 35 minutes or until tender. While the rice is cooking, sauté the onion in oil over medium-high heat for 2 minutes. Add chickpeas and stir-fry 3 minutes longer. Add the spinach and seasonings and cook 3 more minutes, adding water as necessary to prevent sticking. Add the cooked rice to the chickpea-spinach mixture.

Kitchen Sink Minestrone (Adapted from *Vegan Meals for One or Two*)
(Serves 6)

6 cups tomato juice
1 cup uncooked pasta
3 cups frozen mixed vegetables
4 cups canned diced tomatoes, undrained
3 cups canned kidney beans, drained and rinsed
1 Tablespoon garlic powder
1 Tablespoon dried basil

Place all ingredients in a saucepan and bring to a boil. Reduce heat, cover, and simmer until pasta is cooked, approximately 20 minutes.

Whole Wheat Apple Muffins (Adapted from *Vegans Know How to Party*)
(Makes 9 muffins)

1 Tablespoon vegetable oil
1½ cups whole wheat flour
1½ Tablespoons organic sugar

2¼ teaspoons baking powder
1/8 teaspoon salt
¾ teaspoon cinnamon
¾ cup water
½ cup applesauce
1 cup peeled, cored, and chopped apples

Preheat oven to 425 degrees. Oil muffin tin.

In a large mixing bowl, combine dry ingredients. Combine water and applesauce in another bowl. Add chopped apples to the dry ingredients and mix. Add water/applesauce mixture and stir. Divide batter into nine muffin cups. Bake for about 20 minutes or until lightly browned.