

QUICK & EASY VEGAN

MEALS. WITH FOODS YOU ALREADY
HAVE IN YOUR HOUSE.



ELIZABETH COOKE

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Quick and Easy Vegan Meals: With Foods You
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Introduction

Welcome to “Quick and Easy Vegan Meals: With Foods You Already Have in Your House.” In this book, we’ll show you how to create tasty, healthy, and affordable vegan meals using ingredients that you probably already got in your home pantry or refrigerator.

Eating vegan doesn’t have to be complicated or expensive. With just a few clean ingredients and some creativity, you can whip up delicious vegan meals that will satisfy your taste buds and keep your body nourished.

📖 I want to THANK YOU for reading my book, please [CLICK HERE](#) for our full VEGAN program. It will change your life. 📖

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Breakfast Ideas



Start your day off right with a delicious and nutritious vegan breakfast. Here are some quick and easy ideas to get you

started:

1. **Vegan Banana Pancakes:** Mash up a ripe banana and mix it with some flour, baking powder, and non-dairy milk to create fluffy and flavorful pancakes.
2. **Overnight Oats:** Mix rolled oats, non-dairy milk, and your favorite toppings (such as fresh fruit, nuts, and seeds) in a jar and let it sit overnight for a delicious and filling breakfast.
3. **Avocado Toast:** Mash up some ripe avocado and spread it on a piece of toasted bread. Top it with some sliced tomato, cucumber, and a sprinkle of salt and pepper for a simple and tasty breakfast.
4. **Vegan Breakfast Burrito:** Wrap up some tofu scramble, black beans, avocado, and salsa in a tortilla for a hearty and delicious breakfast burrito. You can also add in some diced veggies, such as bell peppers or onion, for extra flavor and nutrition.
5. **Vegan Banana Pancakes:** Mash up a ripe banana and mix it with flour, non-dairy milk, and a pinch of baking powder to create a tasty and fluffy pancake batter. Cook the pancakes on a skillet until golden brown and serve with fresh fruit and maple syrup.
6. **Vegan Overnight Oats:** Mix together some oats, non-dairy milk, chia seeds, and your favorite sweetener in a jar and let it sit in the fridge overnight. In the morning,

add in some fresh fruit, nuts, and seeds for a tasty and nutritious breakfast that's ready to go.

By incorporating some of these vegan breakfast ideas into your routine, you'll be starting your day on the right foot with a nutritious and delicious meal. With so many options to choose from, there's no reason to settle for a boring or unhealthy breakfast. So go ahead and get creative in the kitchen, and enjoy the many benefits of a vegan breakfast!

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Lunch Ideas



Whether you're working from home or need a quick lunch to bring to the office, these vegan lunch ideas are sure to satisfy:

- **Veggie Wrap:** Fill a tortilla with your favorite veggies (such as avocado, cucumber, carrots, and lettuce) and some hummus or other spread for a quick and filling lunch.
- **Chickpea Salad:** Mix canned chickpeas with some diced veggies (such as celery, onion, and bell pepper) and a simple dressing of lemon juice and olive oil for a tasty and protein-packed salad.
- **Grilled Veggie Sandwich:** Grill up some veggies (such as eggplant, zucchini, and bell pepper) and layer them on some bread with some vegan mayo or other spread for a delicious and hearty sandwich.
- **Vegan BLT Wrap:** Cook some vegan bacon (such as tempeh or tofu) and assemble it in a wrap with some lettuce, tomato, and avocado. You can also add in some vegan mayo or a spread for extra flavor.
- **Vegan Chickpea Salad Sandwich:** Mash up some canned chickpeas with vegan mayo, diced celery, onion, and spices (such as paprika and garlic powder) to create a delicious and protein-packed salad. Spread it on some bread with lettuce and tomato for a satisfying sandwich.
- **Vegan Falafel Wrap:** Stuff some homemade or store-bought falafels into a wrap with some hummus, lettuce, tomato, and cucumber for a tasty and satisfying meal. You can also add in some pickled veggies or tahini sauce for extra flavor.

These vegan sandwich and wrap ideas are perfect for a quick and easy lunch or dinner that's both nutritious and delicious. By using plant-based proteins and veggies, you'll be fueling your body with the nutrients it needs to thrive. Plus, these options are often more affordable and eco-friendly than their meat-based counterparts. So go ahead and try out some of these vegan sandwich and wrap ideas, and enjoy a tasty and satisfying meal that's good for you and the planet!

Dinner Ideas

When it comes to vegan dinners, the options are endless. Here are a few ideas to get you started:

- **Veggie Stir-Fry:** Sauté some veggies (such as broccoli, carrots, and snap peas) in a pan with some soy sauce and sesame oil. Serve over rice or noodles for a quick and easy dinner.
- **Lentil Soup:** Cook some lentils with diced veggies (such as onion, carrot, and celery) and vegetable broth for a hearty and filling soup that's perfect for chilly evenings.
- **Sweet Potato Tacos:** Roast some sweet potato and black beans and serve them in a tortilla with some avocado, salsa, and other toppings for a flavorful and satisfying taco dinner.
- **Vegan Mushroom Stroganoff:** Sauté sliced mushrooms and onions in a pan with garlic and herbs, then mix with a vegan sour cream and serve over cooked pasta or noodles for a delicious and comforting dinner.

- **Vegan Shepherd's Pie:** Layer cooked lentils or chickpeas with mashed potatoes and veggies (such as carrots, peas, and corn) for a filling and hearty shepherd's pie. Bake in the oven until golden brown for a tasty and satisfying meal.
- **Vegan Chili:** Cook up some beans, veggies, and spices (such as chili powder, cumin, and paprika) in a pot with some tomato sauce and vegetable broth for a delicious and warming chili. Serve with some cornbread or crackers for a complete meal.

By incorporating some of these vegan dinner ideas into your routine, you'll be able to enjoy a variety of tasty and nutritious meals that are easy to prepare and customize. Vegan dinners can be just as satisfying and flavorful as their meat-based counterparts, and they're often more affordable and eco-friendly too.

Dessert Ideas

Who says you can't have dessert when you're eating vegan? Here are a few sweet treats to indulge in:

- **Vegan Brownies:** Mix together some flour, sugar, cocoa powder, and non-dairy milk to create a decadent and fudgy brownie. Top with some vegan whipped cream or ice cream for an extra treat.
- **Banana Nice Cream:** Blend frozen bananas with a splash of non-dairy milk and some vanilla extract for a creamy and delicious ice cream alternative.
- **Peanut Butter Cookies:** Mix together some peanut butter, sugar, and flour to create a simple and tasty cookie that's perfect for satisfying your sweet tooth.
- **Vegan Cheesecake:** Blend together soaked cashews, non-dairy milk, lemon juice, and agave syrup to create a creamy and tangy vegan cheesecake. Serve with a graham cracker crust and some fresh berries for a delicious and elegant dessert.

- **Chocolate Chia Pudding:** Mix together chia seeds, non-dairy milk, cocoa powder, and some sweetener (such as maple syrup or agave) to create a chocolatey and nutritious pudding. Top with some fresh fruit or nuts for extra flavor and texture.
- **Fruit Crisp:** Layer some sliced fruit (such as apples, pears, or berries) in a baking dish and top with a mixture of oats, flour, sugar, and vegan butter. Bake in the oven until golden brown and crispy for a warm and comforting dessert.

By incorporating some of these vegan dessert ideas into your routine, you'll be able to enjoy a variety of delicious and guilt-free treats that are easy to prepare and customize. Vegan desserts can be just as indulgent and satisfying as their non-vegan counterparts, and they're often healthier and more sustainable too.

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Snack Ideas

Chapter 6: Snack Ideas

When hunger strikes between meals, reach for one of these easy vegan snacks:

- **Apple Slices and Almond Butter:** Slice up an apple and dip it in some almond butter for a satisfying and healthy snack.
- **Roasted Chickpeas:** Drain and rinse a can of chickpeas and toss them with some spices (such as garlic powder and cumin) and roast them in the oven for a crispy and protein-packed yummy vegan snack.
- **Trail Mix:** Mix together some nuts, seeds, and dried fruit for a quick and portable snack that's perfect for on-the-go.
- **Hummus and Veggies:** Dip some fresh veggies (such as carrot sticks, cucumber slices, or cherry tomatoes) into some homemade or store-bought hummus for a tasty and nutritious snack.

- **Edamame:** Boil some frozen edamame and sprinkle with some salt or other seasonings for a protein-packed and satisfying snack that's perfect for munching on.
- **Popcorn:** Air-pop some popcorn and sprinkle with some nutritional yeast, herbs, or spices for a tasty and crunchy snack that's also low in calories.

By incorporating some of these vegan snack ideas into your routine, you'll be able to curb your hunger and cravings with healthy and delicious options. Vegan snacks are often high in fiber, protein, and other important nutrients, making them a great choice for fueling your body throughout the day.

One-Pot Meals

When you don't feel like doing dishes, try one of these easy one-pot vegan meals:

- **One-Pot Pasta:** Cook some pasta in a pot with some canned tomatoes, garlic, and onion for a flavorful and easy pasta dinner.
- **Lentil Stew:** Cook some lentils with diced veggies (such as onion, carrot, and celery) and some vegetable broth in a pot for a hearty and satisfying stew.
- **Chickpea Curry:** Sauté some veggies (such as onion, garlic, and bell pepper) in a pot with some curry powder and canned chickpeas for a flavorful and easy curry.
- **Quinoa Chili:** Cook some quinoa with some canned tomatoes, beans, veggies (such as onion, bell pepper, and zucchini), and spices (such as chili powder and cumin) for a hearty and protein-packed chili that's perfect for chilly nights.

- **Vegan Paella:** Cook some rice with some veggie broth, saffron, and diced veggies (such as onion, bell pepper, and peas) for a flavorful and satisfying vegan paella that's reminiscent of the traditional Spanish dish.
- **Butternut Squash Risotto:** Cook some arborio rice with some diced butternut squash, veggie broth, and spices (such as sage and thyme) for a creamy and comforting risotto that's perfect for fall and winter evenings.

By incorporating some of these vegan one-pot meals into your routine, you'll be able to save time and effort in the kitchen while still enjoying a delicious and nutritious dinner. Plus, one-pot meals often make great leftovers, so you can enjoy them for lunch or dinner the next day.

Meal Prep Ideas

Save time and cash by prepping your vegan meals in advance with these vegan meal prep ideas:

- **Mason Jar Salads:** Layer some veggies, protein (such as tofu or chickpeas), and dressing in a mason jar for a portable and easy lunch.
- **Freezer Burritos:** Roll up some beans, rice, veggies, and salsa in a tortilla and freeze them for a quick and easy breakfast or lunch.
- **Overnight Chia Pudding:** Mix chia seeds, non-dairy milk, and some sweetener in a jar and let it sit in the fridge overnight for a tasty and filling breakfast or snack.
- **Stir-Fry Kits:** Chop up some veggies (such as broccoli, carrots, and bell peppers) and store them in containers in the fridge with some pre-cooked rice or noodles. When you're ready to eat, simply heat up some oil in a pan, add in the veggies and rice/noodles, and stir-fry for a quick and easy meal.

- **Chickpea Tuna Salad:** Mix together some mashed chickpeas with vegan mayo, diced veggies (such as celery and onion), and some spices (such as dill and garlic powder) for a tasty and protein-packed tuna salad alternative. Store it in the fridge and enjoy it on a sandwich or salad throughout the week.
- **Soup or Stew:** Make a big batch of your favorite vegan soup or stew and portion it out into containers for easy meals throughout the week. You can also freeze some for future use.

By incorporating some of these vegan meal prep ideas into your routine, you'll be able to save time and money while still enjoying nutritious and delicious meals. Meal prepping can also help you stick to your healthy eating goals, as you'll have ready-to-eat options on hand when hunger strikes.

International Flavors

Get creative in the kitchen with these vegan recipes inspired by international cuisines:

- **Vegetable Pad Thai:** Cook some rice noodles with veggies (such as carrots, bell pepper, and bean sprouts) and a simple sauce of soy sauce, peanut butter, and lime juice for a flavorful and easy Thai-inspired dinner.
- **Mexican Quinoa Bowl:** Cook some quinoa and top it with black beans, salsa, avocado, and other Mexican-inspired toppings for a filling and tasty bowl.
- **Indian Lentil Dal:** Cook some lentils with onion, garlic, and Indian spices (such as cumin, coriander, and turmeric) for a flavorful and comforting dal that's perfect for chilly evenings.
- **Mediterranean Greek Salad:** Toss together some fresh veggies (such as tomatoes, cucumbers, and bell peppers) with olives, tofu feta cheese, and a simple dressing of

lemon juice and olive oil for a refreshing and flavorful Greek salad.

- **Ethiopian Injera Bread and Stew:** Make your own injera bread (a fermented sourdough flatbread) and serve it with a hearty and spicy vegetable stew. This dish is perfect for those who love bold and complex flavors.
- **Korean Bibimbap:** Cook some rice and top it with veggies (such as spinach, carrots, and mushrooms), tofu, and a spicy sauce of gochujang (Korean chili paste) and sesame oil. Serve with some kimchi for a delicious and filling Korean-inspired meal.

By incorporating international flavors into your vegan meals, you can discover new tastes and cuisines while still sticking to your plant-based diet. These recipes are also a great way to experiment with new ingredients and cooking techniques. So go ahead and try out some of these international-inspired vegan recipes, and enjoy a world of flavors in your own kitchen.

Comfort Food Classics

When you're craving something cozy and comforting, try one of these vegan versions of classic comfort foods:

Vegan Mac and Cheese: Cook some pasta and toss it with a creamy and cheesy sauce made from cashews, non-dairy milk, and nutritional yeast for a comforting and satisfying meal.

Vegan Shepherd's Pie: Cook some veggies (such as carrots, peas, and onion) and lentils in a pot and top it with mashed potatoes for a hearty and flavorful shepherd's pie.

Vegan Chili: Cook some beans, veggies, and spices in a pot for a filling and satisfying chili that's perfect for chilly evenings.

Vegan Meatloaf: Mix together some lentils, oats, veggies, and spices (such as garlic and onion powder) and bake it in a loaf pan for a hearty and flavorful meatloaf alternative.

Vegan Baked Potatoes: Bake some potatoes and top them with some vegan butter, sour cream, and chives for a simple and comforting meal.

Vegan Lasagna: Layer some cooked lasagna noodles with a tomato sauce, vegan ricotta cheese, and veggies (such as spinach and mushrooms) for a delicious and hearty lasagna that's perfect for feeding a crowd.

These vegan comfort food classics are perfect for when you're in need of a cozy and satisfying meal. By using plant-based ingredients, you can still enjoy your favorite comfort foods while also fueling your body with nutrients. So go ahead and try out some of these vegan comfort food recipes, and enjoy a delicious and guilt-free meal.

Quick Sweets

Chocolate Banana Smoothie: Blend frozen banana, cocoa powder, and non-dairy milk for a creamy and chocolatey smoothie that's perfect for a quick and satisfying dessert.

Vegan Chocolate Mug Cake: Mix together some flour, sugar, cocoa powder, non-dairy milk, and a splash of oil in a mug and microwave it for a quick and easy cake that's ready in minutes.

Vegan Fruit Salad: Chop up your favorite fruits (such as berries, mango, and kiwi) and mix them together for a refreshing and healthy dessert that's ready in no time.

Vegan Banana Bread: Mash up some ripe bananas and mix them with flour, sugar, baking powder, and non-dairy milk to create a quick and easy banana bread that's perfect for

satisfying your sweet tooth. You can even add in some chopped nuts or chocolate chips for an extra treat.

Vegan Ice Cream Sundae: Scoop some non-dairy ice cream into a bowl and top it with your top-choice toppings, such as fresh fruit, macademia nuts, and vegan vanilla syrup. You can even make your own homemade vegan whipped cream to add on top for an extra indulgence. This quick and easy dessert is amazing for a hot summer day or when you're craving something sweet and refreshing.

Bonus Recipe: Mexican Quinoa Bowl

This recipe is not only delicious but also a great way to support a healthy, balanced diet. It's also an excellent option for those following a vegan or vegetarian lifestyle, as it provides a complete protein source without relying on animal products. So, whether you're looking to incorporate more plant-based meals into your diet or simply looking for a delicious and easy meal to prepare.



Ingredients

- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1/2 cup corn kernels (fresh or frozen)
- 1 avocado, diced
- 1/2 cup salsa
- 1/4 cup chopped fresh cilantro
- 1 lime, cut into wedges
- Salt and pepper, to taste

- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1/2 cup corn kernels (fresh or frozen)
- 1 avocado, diced
- 1/2 cup salsa
- 1/4 cup chopped fresh cilantro



Instructions

Rinse the quinoa in a fine-mesh strainer and move it to a quality pot. Add 2 cups of water and a pinch of salt and bring

to a boil. Reduce the fire to low and simmer for 15-20 minutes, until the quinoa is cooked and the water is absorbed.

1. While the quinoa is cooking, heat a large skillet over medium-high heat. Add a splash of oil and sauté the red onion and red bell pepper for 5-7 minutes, until they are softened.
2. Add the black beans and corn to the skillet and cook for another 2-3 minutes, until the beans are heated through.
3. To assemble the bowls, divide the cooked quinoa among four bowls. Top each bowl with the bean and vegetable mixture, diced avocado, salsa, and cilantro.
4. Serve the bowls with a wedge of lime on the side, and season with salt and pepper to taste.

This Mexican Quinoa Bowl is a flavorful and protein-packed meal that's perfect for lunch or dinner. The combination of quinoa, black beans, and veggies provides a balance of complex carbs, fiber, and plant-based protein, while the avocado adds healthy fats and creaminess. The salsa and cilantro add a fresh and tangy flavor, and the lime wedges bring a bright acidity that ties everything together. Give this recipe a try and enjoy a taste of Mexican-inspired cuisine in the comfort of your own home!