

EASY *Vegan* RECIPES

delicious, nutritious, compassionate cuisine

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BREAKFAST

*Carrot Muffins**Makes 1 dozen*

- 1 cup whole-wheat flour
- 1 cup oats or wheat bran
- 1 tablespoon cornstarch
- 2 teaspoons baking powder
- 1 teaspoon allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup raw carrots, grated
- 1 cup water
- ⅓ cup sugar or maple syrup
- ¼ cup mild-flavored oil or vegan butter, melted

1. Preheat the oven to 375°F.
2. In a large mixing bowl, combine flour, oats or bran, cornstarch, baking powder, allspice, cinnamon, and salt. Toss in the grated carrots. Add the water, sugar or maple syrup, and oil or butter, and mix gently.
3. Spoon the batter into a lightly oiled or lined muffin pan, so each tin is about two-thirds full. Bake for 25-30 minutes, or until an inserted toothpick comes out clean. Allow to cool in pan for 5 minutes before transferring to a baking rack.

*Fluffy Pancakes**Serves 4*

- 1 ½ cups all-purpose flour
 - 1 tablespoon baking powder
 - 1 tablespoon sugar
 - ¼ teaspoon salt
 - 2 ½ cups dairy-free milk
 - 2 tablespoons vegetable oil
1. Heat a non-stick skillet over medium heat until a drop of water gently sizzles and pops.
 2. Mix together the dry ingredients in a large bowl. Whisk in the wet ingredients, being careful not to over-mix. If there are lumps, allow the batter to sit for a minute so they can break down.
 3. Fill a quarter cup and pour batter onto the skillet. Cook over medium heat. Flip when the edges begin to dry and bubbles on the top start to pop.
 4. Cook for another 1-2 minutes and serve with vegan butter, maple syrup, agave syrup, or fresh fruit.



Savory Breakfast Sandwiches

Makes 4 sandwiches

- ¼ cup apple cider vinegar
 - 3 tablespoons soy sauce
 - ¼ cup olive oil
 - 1 ½ teaspoons black pepper, divided
 - 1 14-ounce package firm tofu, drained and cut crosswise into 8 slices
 - 1 large onion, chopped
 - 4 cloves garlic, chopped
 - 8 ounces button mushrooms, sliced
 - 1 medium tomato, chopped
 - 2 cups baby spinach leaves
 - ½ teaspoon dried thyme
 - 1 teaspoon salt
 - Vegan butter (optional)
 - 4 English muffins, toasted
1. Preheat oven to 450°F.
 2. In a shallow baking dish, mix together the vinegar, soy sauce, olive oil, and ½ teaspoon of the black pepper with a whisk. Place tofu slices in a single layer in the dish, then turn over to coat on all sides. Allow tofu to marinate for 20 minutes, turning occasionally.
 3. Place baking dish in oven for 20 minutes. Flip tofu slices over and continue to bake for an additional 10-20 minutes until crispy and most of the liquid has been absorbed.
 4. Meanwhile, spray a large skillet with oil or cooking spray. Sauté onion and garlic over medium-high heat until onion begins to soften. Add mushrooms and continue cooking until they begin to brown. Add tomato, spinach, thyme, salt, and remaining black pepper. Cook and stir until spinach is wilted and any liquid has evaporated, turning heat to medium low if the vegetables are browning too quickly. Adjust seasoning.
 5. To assemble sandwiches, spread vegan butter on English muffins, if using. Then add 2 tablespoons of the cooked vegetables to the bottom half of each muffin. Top with 2 slices of tofu and evenly distribute the remaining vegetables on top of the tofu slices on all 4 sandwiches. Cover with the other muffin halves and press down to help keep vegetables from spilling out.