ONE-POT VEGAN RECIPES
ONE-POT THAI GREEN CURRY NOODLES

INGREDIENTS

- 1 package wide noodles, vegan
- 14 oz coconut milk
- 3 tbsp green curry paste
- 1 tbsp lemongrass paste
- 2 cloves garlic chopped
- 1 tbsp ginger paste
- 1 tsp red chili flakes plus extra for garnish
- 2 tbsp fresh cilantro chopped
- 8 oz mushrooms washed and sliced
- 1 cup shredded carrots
- 1 red bell pepper sliced
- ½ yellow onion peeled and sliced
- 2 cups vegetable broth
- Olive oil
- Salt to taste

TIME: 40 MINS  SERVES: 6

DIRECTIONS

Heat a drizzle of olive oil over medium heat. Add red bell pepper and onion. Cook for 3-5 minutes, until just softened.

Add carrots and mushrooms. Cook for additional 3-5 minutes.

Add garlic, ginger paste, and lemongrass paste. Cook for 1-2 more minutes.

Add coconut milk. (Shake the can well first!) Stir.

Add green curry paste and red chili flakes. Stir well to combine. Cook for 5 minutes over medium heat.

Add vegetable broth and bring to a boil. Stir in noodles.

Cook for 12 minutes, until noodles are fully cooked and sauce is thickened.

Add salt, as desired. Stir to combine. (The amount of salt found in vegetable broth can vary widely by brand. Be sure to taste first!)

Serve topped with fresh cilantro and additional red chili flakes.

Note: You can use any vegan-friendly noodles for this dish. Fettuccine is a good substitute if the broad noodles are not available.
ONE-POT VEGGIE JAMBALAYA

**INGREDIENTS**
- 1 ½ cups long grain rice, uncooked
- 2 tbsp hot sauce
- 1 sweet potato, peeled and chopped
- 6 oz green beans, washed and trimmed
- 1 yellow onion, peeled and chopped
- 2 cups bell pepper, chopped
- 8 oz mushrooms, washed and sliced
- 14.5 oz canned tomatoes, fire roasted
- 1 tbsp Creole seasoning
- 2 garlic cloves, peeled and minced
- 3 cups vegetable broth
- 2 tbsp olive oil
- salt and pepper, to taste
- 2 tbsp fresh cilantro, chopped for garnish

**DIRECTIONS**

Heat olive oil in large, deep pan over medium heat.

Add sweet potato and cook until slightly softened, about 7 minutes.

Add bell peppers, onions, and green beans to the pan. Cook for additional 3-5 minutes, until just beginning to brown.

Add garlic, Creole seasoning, mushrooms, salt, and pepper. Cook for 3-4 minutes, until mushrooms are softened.

Stir in tomatoes, including the liquid from the can, and vegetable broth. Mix well.

Season with salt and pepper, to taste.

Bring mixture to a boil.

Reduce heat. Add rice, and cover with a lid or piece of aluminum foil.

Simmer for 20 minutes, until rice is tender.

Serve hot, garnished with the fresh cilantro.

**TIME: 60 MINS  
SERVES: 8**
ONE-POT VEGGIE FRIED RICE

INGREDIENTS

- 1 cup firm tofu
- 2 tablespoons nutritional yeast
- 1 teaspoon black pepper
- 2 cups basmati rice dry
- 1 cup peas frozen
- 1 cup carrots fresh, peeled and diced
- 1 cup corn kernels sliced from cob
- 1 tablespoon garlic minced
- 1/2 cup soy sauce
- 2 tablespoons Sriracha

DIRECTIONS

First start by getting your tofu ready. Press and drain it well. Dry it with a paper towel and cut into little squares.

In a medium bowl, mix together the tofu cubes with nutritional yeast and black pepper. Mash up with a fork. Set aside.

In a small bowl, mix together soy sauce and Sriracha. Set aside.

Now over medium heat add some olive oil to your pan. Add in your garlic and cook for two minutes. Now add in the peas, carrots, and corn. Cook until they are soft - 5-7 minutes.

Add the rice to the pan, and mix everything together.

Add in the sriracha-soy sauce and tofu.

Stir well and let simmer on low for about 5 minutes, allowing bottom of rice to get slightly crunchy. Then take off and serve.
Enjoy!
Serve and enjoy!

TIME: 35 MINS
SERVES: 4
**ONE-POT CREAMY MUSHROOM PASTA**

**INGREDIENTS**
- 2 tbsp olive oil
- 14 oz mushrooms washed and sliced (400g)
- 2 shallots peeled and diced
- 4 garlic cloves peeled and minced
- 2 tsp rosemary or thyme finely chopped
- 3 1/3 cups vegetable stock or boiling water
- 12 oz spaghetti (350g)
- 2 1/2 cups dairy free milk such as cashew milk
- 2 tsp salt
- 2 tbsp nutritional yeast
- 2 tsp white miso

**TIME: 20 MINS  
SERVES: 4**

**DIRECTIONS**

Place a large lidded frying pan over a medium high heat. The pan should be wide enough to fit your spaghetti, without breaking it.

Add the oil to the pan and fry the mushrooms until lightly golden. This should take 5-6 minutes. You might need to do this in two batches depending on the size of your pan.

Once the mushrooms are cooked - add the shallots, garlic and herbs.

Cook until the shallots are translucent and the garlic is fragrant, 1-2 minutes, taking care to stir the pan so that the garlic doesn't burn.

Add the vegetable broth (or water). Add the spaghetti, 2 cups of the dairy-free milk (reserving half a cup), salt, nutritional yeast and miso.

Cover the pan and bring it to a boil. Remove the lid, reduce to a simmer and cook for 8 to 10 minutes or until the pasta is cooked, stirring every minute or so to make sure the pasta doesn't clump together.

When the pasta is cooked, remove the pan from the heat, and add the reserved half cup of milk and stir it through.

Serve immediately.
GINGER-GARLIC NOODLE SOUP

INGREDIENTS
- 3 oz noodles, any vegan variety
- 32 oz vegetable broth
- 6 cloves garlic, peeled and minced
- 1 piece fresh ginger, peeled and minced
- 1 tsp salt
- 1/4 tsp black pepper
- 1 tsp olive oil

DIRECTIONS
Heat olive oil over medium heat in a large soup pot.

Add ginger and garlic, and cook for 2-3 minutes until fragrant.

Add vegetable broth, salt, and pepper. Bring to a boil.

Add noodles and cook for ten minutes (or according to time on package).

Remove from heat, and serve!

TIME: 15 MINS
SERVES: 4