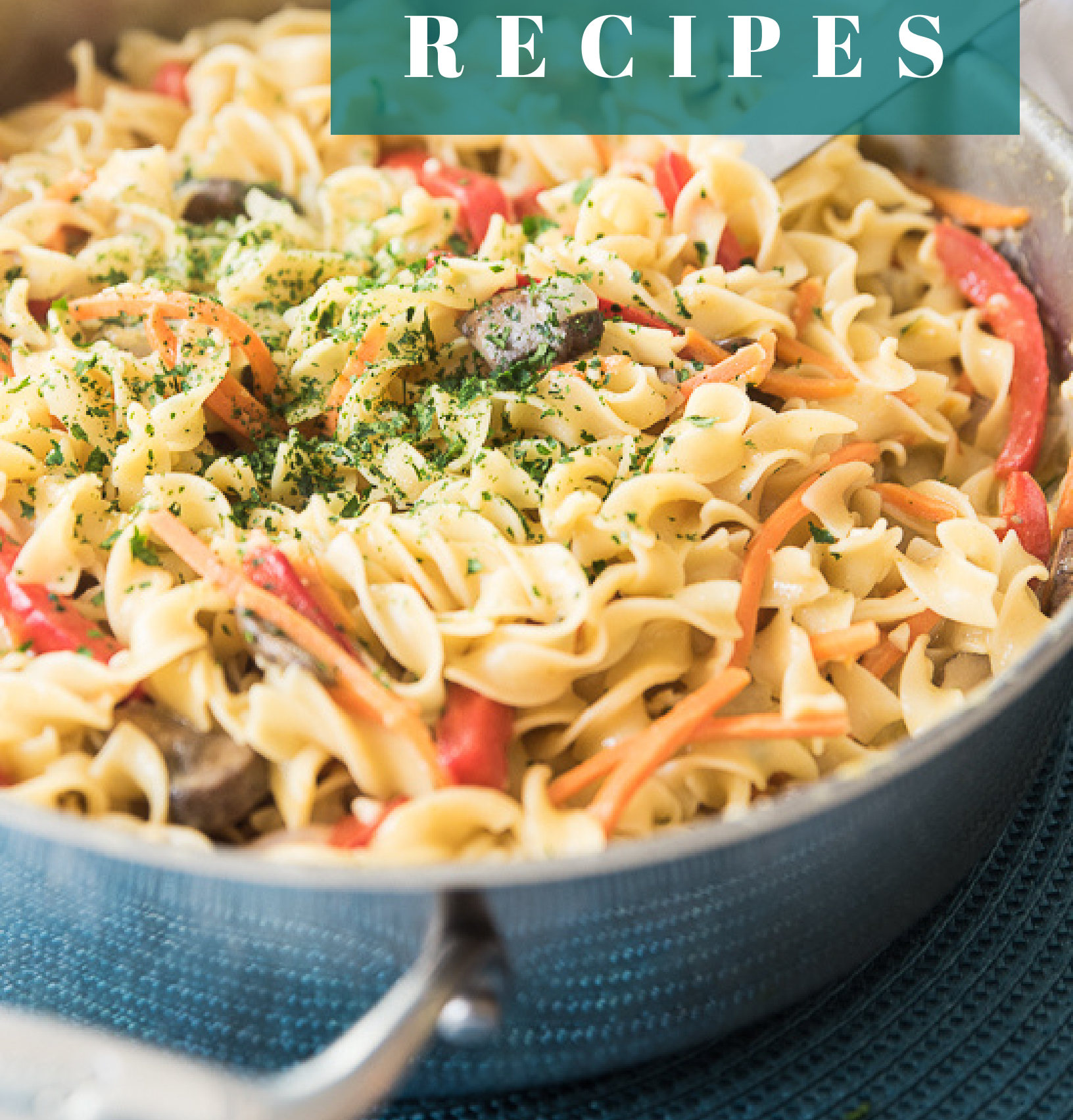


# ONE-POT VEGAN RECIPES





# 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

**TIME: 60 MINS**  
**SERVES: 8**

## 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.*



# 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

**TIME: 35 MINS**  
**SERVES: 4**

## 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!*





# 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**