

Easy



Vegan



Recipes



delicious, animal-friendly fare  
from compassion over killing

# Breakfast

## Tropical Fruit Freeze • serves 8

- 1 orange, peeled
- 1 cup frozen banana chunks
- 1 cup frozen mango chunks, strawberries, cherries, or blueberries
- ½ to 1 cup soy or rice milk

Combine all of the fruit and ½ cup of the vegan, non-dairy milk in a blender. Process until very smooth, stopping the blender occasionally to stir any unblended chunks to the center. Add a bit more vegan milk for a thinner consistency. Chill for 30 minutes or serve and enjoy immediately. Makes a delicious mid-afternoon snack, too!



## Fluffy Pancakes • serves 4

- 1½ cups flour
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1½ cups soy or rice milk
- 2 tablespoons vegetable oil

Mix together the dry ingredients and then stir in the wet ingredients. If the batter is too thick, add 1 tablespoon of water at a time until reaching the desired consistency.

Pour onto a pan with a nonstick surface and cook over medium heat, turning once when the edges begin to bubble and brown.

Serve immediately topped with fresh fruit and maple syrup.





## Egg-Free Breakfast Scramble • serves 2



- 1 14-ounce package extra-firm tofu, drained
- 2 tablespoons vegetable oil
- ¼ teaspoon turmeric
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- ½ cup nutritional yeast
- salt and pepper, to taste
- ½ pound mushrooms, chopped (optional)
- 1 green onion, finely chopped (optional)
- 1 bell pepper, finely chopped (optional)

Using a fork or potato masher, crumble the tofu into small pieces and then sauté in oil in a frying pan. After 5 minutes, add the remaining ingredients, turmeric through bell pepper, if used. Lightly toss in the pan until well-cooked. Serve warm.

## New-to-You Foods Glossary

**nutritional yeast** • an inactive, vitamin- and mineral-rich yeast that adds a cheesy flavor to soups, casseroles, or in place of cheese to make any dish creamier

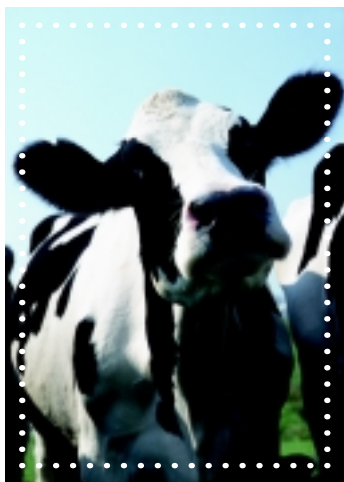
**tahini** • a calcium-rich, creamy, sesame seed paste

**textured vegetable protein (TVP)** • a dried, soy product that substitutes for ground beef in stews, chilis, pasta sauce, and more

**tofu** • a versatile, high-protein, soy product readily available in many different textures from silken (great in smoothies and desserts) to extra firm; happily absorbs surrounding flavors and spices

# Sauces, Sides & Starters

## Moo-Free Cheese Sauce • makes about 2 cups



- 2 tablespoons soy margarine
- 2 cups nutritional yeast
- 1 tablespoon garlic powder
- 1 teaspoon onion salt
- 1 teaspoon basil
- 1 teaspoon turmeric (optional)
- 1 teaspoon mustard
- ½ to 1 cup soy or rice milk

Melt the soy margarine in a pan. Once melted, add the remaining ingredients, whisking well. Add more non-dairy milk for desired consistency. Continue stirring until well-blended. Delicious served over pasta or grilled vegetables.

## Chicken-Free Gravy • makes about 3 cups

- 3 tablespoons soy margarine
- 1 cup flour
- 1 cup nutritional yeast
- 1 teaspoon sage
- 1 teaspoon garlic powder
- 1 teaspoon onion salt
- dash of pepper
- 2 cups vegetarian broth or 1 vegetarian bouillon cube in 2 cups boiling water



Melt the soy margarine in a small saucepan over medium heat. Add the flour, nutritional yeast, and seasonings, stirring quickly with a whisk.

Add the broth, stirring until blended. Continue cooking and stirring for 5 minutes, or until thick. Serve immediately.



## Mango & Black Bean Salsa • serves 4

- 1 15-ounce can black beans, drained
- 1 7-ounce can whole kernel corn, drained
- 1 15-ounce can mango slices, cut into ¾-inch cubes
- ¼ cup finely chopped onion
- ¼ cup coarsely chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon garlic salt
- ¼ teaspoon ground cumin



Combine all of the ingredients in a medium-sized bowl and lightly toss. Chill for 30 minutes before serving with baked tortilla chips or as a delicious garnish on burritos.



## Tuscan Panzanella • serves 4 to 6

- 4 slices Italian bread
- olive oil cooking spray
- 1 cup basil leaves (preferably fresh)
- ½ cup thinly sliced red onion
- ¼ cup pitted, halved black olives
- 2 pints cherry or grape tomatoes, halved
- 1 16-ounce can white beans, drained
- 1 tablespoon water
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon bottled minced garlic
- ½ teaspoon pepper



Preheat the oven to 350°F.

Trim the crusts from the bread slices. Cut the bread into 1-inch cubes and arrange in a single layer on a baking sheet. Lightly coat the bread cubes with cooking spray and bake until toasted, about 15 minutes.

Combine the basil, onion, olives, tomatoes, and white beans in a large bowl. In a separate bowl, combine the remaining ingredients (water through pepper) and stir with a whisk until mixed well. Pour the marinade over the tomato-bean mixture and toss lightly. Add the toasted bread cubes and toss well. Serve immediately.

# Soup & Chili



## Hearty Vegetable Soup • serves 4

- 2 medium potatoes, diced
- 2 to 3 carrots, thinly sliced
- 1 medium stalk broccoli, chopped
- 1 very large onion, chopped small
- 2 cups chopped mushrooms
- 2 tablespoons vegetable oil
- 6 cups water or vegetable stock
- 4 to 6 large tomatoes, chopped
- 3 to 4 celery stalks, chopped
- 1 bell pepper, chopped
- 1 to 2 tablespoons soy sauce
- 2 teaspoons dried parsley or ¼ cup fresh, chopped
- ½ teaspoon basil
- ½ teaspoon oregano
- cayenne pepper, to taste

Steam the potatoes, carrots, and broccoli for about 7 minutes.

In a large pot, sauté the onions and mushrooms in oil until slightly transparent. Add the water or vegetable stock, remaining vegetables, and soy sauce. Cook 30 minutes longer on medium-low heat, until the vegetables are tender but not soggy and the flavors have developed. Add the parsley, basil, oregano, and cayenne pepper. Serve warm.



## Champion Chili • serves 8

- 1 cup boiling water
- 1 cup dry textured vegetable protein (TVP)
- 2 16-ounce cans chopped tomatoes
- 1 3-ounce can tomato paste
- 1 cup frozen corn
- 1 zucchini, chopped
- 2 carrots, chopped
- 1 large onion, coarsely chopped
- 1 bell pepper, chopped
- 1 jalapeno pepper, minced
- 3 teaspoons chili powder (or more to taste)
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 15-ounce can kidney, pinto, or black beans, drained



Pour the boiling water over the textured vegetable protein (TVP) and let sit for 5 minutes. Then combine the reconstituted TVP with the remaining ingredients except the beans. Cover and simmer for 1 hour. Add the beans and simmer for an additional 30 minutes. Serve as-is or over rice or pasta.

*Note:* The chili tastes even better the next day!

# Meet Jane

COK investigators found her at an egg factory farm, one of her wings pinned in the wires of her “battery cage.” Painfully thin and dehydrated, she had struggled so violently to free herself that her wing dislocated and her tendons ripped.

We rescued Jane from the egg factory farm. Her wing had to be amputated, but that didn't stop her from enjoying her freedom from the tiny cage. Jane would hop onto a hay bale to roost for the night after a day of basking in the sun, scratching the earth with her feet, dust-bathing, and eating her favorite snack: green grapes.



her first hour  
of freedom



after six  
months

# Ashley

Ashley was rescued from a horrific slaughter and now lives in peace at a farmed animal sanctuary. She loves to meet and greet visitors and delights everyone with her quirky personality. Heavy from the selective breeding of agribusiness, she walks slowly. Often, she's carried back to her barn companions after a day of serving as a turkey ambassador.



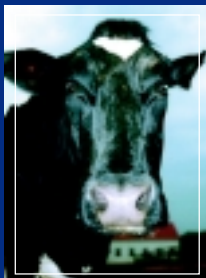
# Larry

Larry was rescued and taken to an animal sanctuary, his life spared while his mother's was taken. During his first few weeks at the sanctuary, he slept snuggled next to a Piglet doll.



Now, Larry lives with other rescued pigs. He loves to nap in cool mud baths, root through the soil, and take long strolls. Rub his belly—just

for a minute—and you've got a friend for life!



# and Norman

Norman was rescued before being turned into hamburger. Strikingly handsome, his expressive eyes follow you as you approach, wondering if you'll have the apples he loves so much. He lives with other animals rescued from the meat, egg, and dairy industries.



# Lunch

## Quick Quesadillas • makes 8 quesadillas

- 1 15-ounce can garbanzo beans (chick peas), drained
- ½ cup water-packed roasted red pepper
- 3 tablespoons lemon juice
- 1 tablespoon tahini
- 1 garlic clove, peeled
- ¼ teaspoon cumin
- 8 corn tortillas
- ½ cup chopped green onions
- ½ to 1 cup salsa

Place the beans, roasted red pepper, lemon juice, tahini, garlic, and cumin in a food processor or blender and process until very smooth, 1 to 2 minutes.

Put one tortilla in a nonstick skillet and spread on 2 to 3 tablespoons of the garbanzo mixture. Sprinkle with chopped onions and salsa, then top with a second tortilla. Cook over medium heat until the bottom tortilla is warm and soft, 2 to 3 minutes. Flip and cook the second side for 1 minute. Remove from the pan and cut in half or quarters. Repeat with the remaining tortillas. Top with salsa and non-dairy sour cream, if desired. Serve warm.



## Black Bean Burgers • serves 2 to 3



- ¼ cup diced onions
- 1 15-ounce can black beans, drained
- 2 slices multigrain bread, finely crumbled
- ½ teaspoon each of garlic powder, black pepper, and onion powder
- ¼ teaspoon salt (optional)
- ½ cup cracker crumbs

Sauté the diced onions for 5 minutes.

In a large bowl, mash the beans. Add the sautéed onions, crumbled bread, and spices. Mix thoroughly. Add about ¼ cup of cracker crumbs. Using your hands, form the mixture into ½-inch thick patties. For a breaded burger, gently coat each patty with more cracker crumbs.

In a lightly oiled non-stick pan, fry both sides of the patties. Serve with a garnish of lettuce, tomatoes, avocado, and any other condiments on buns or over a bed of rice.





## Chicken-Friendly Nuggets • serves 2 to 4



- 1 14-ounce package extra-firm tofu
- ½ cup bread crumbs
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- salt, to taste
- ½ cup water

Unwrap the tofu and shake off any excess moisture. Place the tofu in a freezer bag or wrap well in plastic, then freeze the sealed tofu for at least 24 hours.

The next day, thaw the tofu by placing it—unwrapped—into a microwave-safe bowl. Cover the bowl and microwave on high, checking every 2 to 3 minutes to make sure the tofu doesn't cook. Once thoroughly defrosted, gently squeeze out any excess moisture and cut into 1-inch cubes.

Preheat the oven to 350°F.

In a shallow bowl, add the bread crumbs and spices, mixing well. Pour the water in a separate bowl.

Dip each piece of tofu into the water, lightly shake off any excess water, and then coat with the seasoned bread crumbs.

Put the breaded tofu cubes on a lightly oiled baking pan and bake 25 to 30 minutes, until golden brown and crisp.

Serve with a dipping sauce such as sweet and sour or barbecue, or spicy mustard.

Even More Recipes Online!

COK's **VegRecipes.org** lists dozens more delicious and animal-friendly recipes for breakfast, lunch, dinner, dessert, and even snacks! Check out our regularly expanded site and happy cooking!

# Dinner

## Lots of Layers Lasagna • serves 6 to 8



- 2 8- or 9-ounce packages lasagna noodles
- 1 10-ounce package frozen chopped spinach
- 1 14-ounce package extra-firm tofu
- 1 teaspoon garlic powder
- 1 teaspoon onion salt
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 Gimme Lean Sausage Style or 2 cups dry textured vegetable protein (TVP) with 2 cups boiling water
- 4 cups Moo-Free Cheese Sauce ([recipe on page 4](#))
- 5 cups tomato sauce

Cook the lasagna noodles according to package instructions.

Preheat the oven to 375°F.

Thaw the frozen chopped spinach. Drain and then mash the tofu in a mixing bowl. Add the thawed spinach, garlic powder, onion salt, basil, and oregano.

Cut the Gimme Lean Sausage Style (a fantastic meat substitute by LightLife, readily available in the refrigerated section of many grocery stores) into ¼-inch slices or, if using TVP, soak it in the 2 cups of boiling water.

Lightly oil the bottom of a 9- by 13-inch baking pan or casserole dish. Place 1 layer of noodles on the bottom of the pan and spoon on half of the spinach-tofu mixture. Then pour 1 cup of Moo-Free Cheese Sauce and 1 cup of tomato sauce, making sure the sauces are evenly distributed over the whole pan. Add a second layer of noodles and half of the Gimme Lean slices or 1 cup of the reconstituted TVP. Then pour 1 cup each of the “cheese” and tomato sauces. Add a third layer of noodles, the second half of the spinach-tofu mixture, and 1 cup each of the two sauces. Then add a fourth layer of noodles, the rest of the Gimme Lean or TVP, and 1 cup each of the two sauces. Top with a final layer of noodles and the last cup of tomato sauce.

Wrap the pan tightly with tin foil and bake for 35 to 45 minutes, until the sauce is bubbling. Then uncover and bake for an additional 5 minutes. Serve warm.





## Fabulous Fried “Chicken” • serves 4

- 2 14-ounce packages extra-firm tofu
- 1 cup soymilk or water
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- 2 teaspoons chopped parsley
- salt and pepper, to taste
- 1 cup flour
- 1 cup bread crumbs
- 2 cups Chicken-Free Gravy  
(recipe on page 4)

Unwrap the tofu and shake off any excess moisture. Place the tofu in a freezer bag or wrap well in plastic, then freeze the sealed tofu for at least 24 hours.

The next day, thaw the tofu by placing it—unwrapped—into a microwave-safe bowl. Cover the bowl and microwave on high, checking every 2 to 3 minutes to make sure the tofu doesn’t cook. Once thoroughly defrosted, gently squeeze out any excess moisture and cut into 1-inch-thick slices.

In a bowl, add the soymilk or water and all of the seasonings, onion powder through pepper. Whisk well.

Place the flour in a second bowl, and the bread crumbs in a third.

Dip each slice of tofu first into the flour and then into the seasoned soymilk mixture. Coat both sides of the wet slice with bread crumbs and repeat until all of the slices are battered. Then lightly fry them in vegetable oil until golden brown. Serve with Chicken-Free Gravy.



## Citrus Barbeque Tofu • serves 2 to 3

- juice of 2 lemons
- ¼ cup orange juice
- 2 tablespoons maple syrup
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1½ teaspoon rosemary
- 2 garlic cloves, peeled and crushed
- 1½ teaspoon soy sauce
- dash of black pepper
- 1 14-ounce package extra-firm tofu



Whisk all of the ingredients but the tofu in a bowl to make the marinade.

Drain the tofu and then cut into 8 or 9 slices. Put the tofu slices in a flat dish and pour over the marinade. Cover and refrigerate for at least 8 hours.

Lightly brush oil on a grill or frying pan over medium heat. Grill the tofu slices, brushing on extra marinade while cooking, about 5 minutes for each side. Serve warm.

# Desserts

## Chocolate Peanut Butter Pie • makes a 9-inch pie



- 1 12-ounce package non-dairy chocolate chips (about 2 cups)
- 1 14-ounce package firm tofu
- 2 cups peanut butter, crunchy or smooth
- ½ cup soymilk (or more for desired texture)
- 1 vegan graham cracker crust, such as Keebler's Graham cracker Ready Crust
- 1 cup non-dairy chocolate chips (optional topping)
- 1 cup chopped nuts (optional topping)

Melt the chocolate chips in a double boiler, saucepan, or microwave.

In a food processor or blender, add the melted chocolate chips, tofu, peanut butter, and ½ cup of soymilk. Blend until very smooth, adding more soymilk if desired.

Pour the filling into the crust and refrigerate for 2 hours before serving.

For a **Chocolate Peanut Butter Pie with a hard chocolate topping**, after the pie has been chilled for 2 hours, melt 1 cup of non-dairy chocolate chips. Pour the melted chocolate over the top of the pie. If desired, add chopped nuts. Refrigerate for 2 additional hours before serving.



## Apple Crisp • serves 4 to 6

- 5 to 6 apples
- ¾ cup maple syrup
- cinnamon, to taste
- ½ cup whole-wheat flour
- ½ cup oatmeal
- ½ cup unsweetened applesauce
- ½ cup brown sugar



Preheat the oven to 350°F.

Chop the apples and place them in a lightly oiled 8- × 8-inch baking pan. Cover the chopped apples with the maple syrup and sprinkle with cinnamon.

In a bowl, mix the flour and oatmeal. Add the applesauce and brown sugar, mixing until the flour is just moistened. Then spread the oatmeal mixture onto the apples. (Don't worry if all of the chopped apples aren't covered.)

Bake for 30 to 35 minutes and serve warm.



## Truffles • serves 4

- 1 12-ounce package non-dairy chocolate chips (about 2 cups)
- 8 ounces non-dairy cream cheese, such as Tofutti's Better Than Cream Cheese
- 2 cups powered sugar
- 2 tablespoons flavored syrup, such as hazelnut or vanilla (optional)
- ½ cup chopped nuts (optional topping)
- ½ cup coconut flakes (optional topping)
- 1 cup non-dairy chocolate chips (optional topping)



Melt the chocolate chips in a double boiler, saucepan, or microwave.

Put the non-dairy cream cheese in a food processor or blender and slowly add the sugar. Blend until well mixed. Then add the melted chocolate chips to the cream cheese mixture and blend well. If using flavored syrup, add the syrup to the mixture and blend for 30 seconds. Pour the blended mixture into a bowl and refrigerate for at least 2 hours.

Once chilled, roll the mixture with your hands into bite-sized balls and enjoy!

If using optional toppings, pour the nuts and/or coconut flakes into a shallow bowl and roll the chilled balls into them. Place the truffles on a tray and refrigerate for 30 minutes before serving.

For a hard chocolate coating, after the chilled mixture has been rolled into bite-sized balls, melt 1 cup of non-dairy chocolate chips. Dip the truffles into the melted chocolate, place on a tray, and refrigerate for 2 additional hours before serving.



## Nutty Fudge Balls • serves 4

- 1 cup peanut butter, crunchy or smooth
- ¾ cup maple syrup
- 1 cup non-dairy chocolate chips
- 1 cup chopped walnuts or pecans

In a saucepan, melt the peanut butter, chocolate chips, and maple syrup. Then fold in the chopped nuts. Pour the blended mixture into a bowl and refrigerate for at least 2 hours.

Once chilled, roll the mixture with your hands into bite-sized balls and serve.



## Lemonilla Cake with Fluffy Lemon Frosting

• makes a 9- x 13-inch cake •

### For the cake

- 3 cups unbleached flour
- 1½ cups sugar
- 1 tablespoon baking soda
- 1 cup water
- ½ cup lemon juice
- ¼ cup vegetable oil
- 3 tablespoons vanilla extract
- 3 tablespoons lemon extract
- 2 tablespoons white vinegar

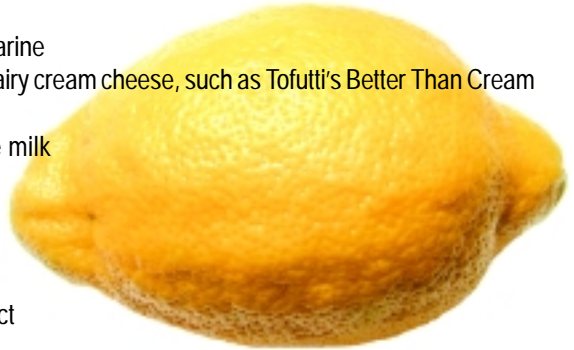
Preheat the oven to 350°F.

In a large bowl, sift together the flour, sugar, and baking soda. In another bowl, place the water, lemon juice, oil, and extracts. Whisk well to combine. Mix together the wet and dry ingredients and whisk well. Drizzle the vinegar over the top of the batter and whisk quickly. Pour the batter into a lightly oiled 9- x 13-inch pan.

Bake for 20 to 25 minutes, or until an inserted toothpick comes out clean. Cool the cake completely before frosting.

### For the frosting

- ½ cup softened soy margarine
- 3 ounces softened, non-dairy cream cheese, such as Tofutti's Better Than Cream Cheese
- 2 tablespoons soy or rice milk
- 3 cups sugar
- ¾ cup cornstarch
- 1 tablespoon lemon juice
- 2 teaspoons lemon zest
- 1 tablespoon vanilla extract



Cream together the soy margarine, non-dairy cream cheese, and soy or rice milk. In a separate bowl, blend the sugar and cornstarch.

Add half of the blended sugar-cornstarch to the creamed non-dairy mixture and combine well. Then add the remaining ingredients and continue to beat until the mixture is light and fluffy.

## More Suggestions for Meals & Snacks

### breakfast

- cereal with soy or rice milk
- oatmeal with maple syrup
- fruit smoothie
- soy sausage sandwich
- toast with peanut butter
- soy yogurt with raisins

### lunch

- veggie burger
- falafel wrap with lemon tahini dressing
- mock meat sub / hoagie
- spinach salad with walnuts
- cajun-style beans and rice
- veggie chili with mixed green salad

### dinner

- vegetable stir fry over rice
- spaghetti with mock meatballs
- vegetable stew with sourdough bread
- BBQ tofu with corn on the cob
- black bean burrito

### snacks

- fresh fruit
- mixed nuts
- energy bar
- soy or rice milk smoothie
- baked pita wedges with hummus

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# vegetarian starter guide

- simple and practical tips for making the transition to vegetarian eating
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- the best in cookbooks, websites, and videos
- a vegetarian nutrition section
- grocery shopping suggestions
- frequently asked questions
- and much more!



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