

# Easy



# Vegan

# Recipes



delicious, animal-friendly fare  
from compassion over killing

# Breakfast

## 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)



1. Using a fork or potato masher, crumble the tofu into small pieces and sauté in oil in a frying pan.
2. After a few minutes, add the remaining ingredients and lightly toss in the pan until well-cooked. Serve warm.

## Fluffy Pancakes

Serves 4

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



1. 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.
2. Pour onto a pan with a nonstick surface and cook over medium heat, flipping once when the edges begin to bubble and brown.
3. Top with fruit and/or syrup and serve warm.

\* See page 7 for a *New-To-You Food Guide*

## Carrot Muffins

Serves 6 to 8

- 1 cup whole-wheat flour
- 1 cup oat bran
- 1 tablespoon cornstarch
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon all-spice
- ½ teaspoon cinnamon
- ⅔ cup grated carrots
- ⅓ cup maple syrup
- 1 cup water
- ¼ cup canola oil



1. Preheat the oven to 375°F.
2. In a large mixing bowl, combine all of the dry ingredients (flour through cinnamon) and the grated carrots. Add all of the wet ingredients, maple syrup through oil. Mix well.
3. Pour the batter into a lightly oiled muffin pan and bake for 25 to 30 minutes, or until an inserted toothpick comes out clean.

## The hard-boiled truth about eggs. Meet Jane.



Six months after rescue

When Compassion Over Killing investigators found her at an egg factory farm, one of her wings was pinned in the wires of her cage. Painfully thin and dehydrated, she struggled so violently to free herself that her wing dislocated and her tendons ripped. We rescued Jane, and after having her wing amputated, she now enjoys her freedoms at a sanctuary where she basks in the sun, scratches the earth, and eats her favorite snack—green grapes.

Nearly 300 million egg-laying hens are suffering in wire cages in the U.S. Visit [EggIndustry.com](http://EggIndustry.com) to learn the truth about egg factory farms and discover more delicious egg-free recipes.



# Soup & Chili

## Cheesy Broccoli Soup

Serves 8

- 2 cups cashew pieces
- 1 tablespoon salt
- 1 cup nutritional yeast flakes\*
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon dill weed
- ½ cup pimentos
- 7 cups water
- 8 cups chopped broccoli



1. In a blender, add the first seven ingredients (cashew pieces through pimentos) and half of the water.
2. Blend on high until creamy, 2 to 3 minutes. Pour the mixture into a saucepan and add the rest of water and the chopped broccoli.
3. Cook over medium-high heat, stirring constantly until slightly thickened and broccoli is tender.

## 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 tablespoons 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



1. Pour the boiling water over the TVP and let sit for 5 minutes. Then combine with the remaining ingredients except the beans.
2. Cover and simmer for 1 hour. Add the beans and simmer for an additional 30 minutes. Serve as-is or over rice, pasta, fries, or a veggie dog.

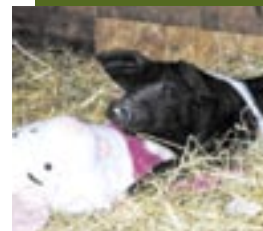
\* See page 7 for a New-To-You Food Guide

## New-To-You Food Guide

- **Ground "beef"** is an animal-friendly version of the real thing. You can find it in most grocery stores or you can make it using TVP (see below). Brands include Gimme Lean and Boca.
- **Nutritional yeast** is 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
- **Seitan (SAY-tan)**, also known as gluten or wheat meat, is a delicious, high-protein meat substitute. Seitan can be found prepackaged in many grocery stores. Brands include White Wave and Lightlife.
- **Soy margarine** is a tasty, non-dairy version of butter without the cholesterol or cruelty. Brands include Earth Balance and Willow Run.
- **Soy milk** is a healthy alternative to cow's milk and is widely available in grocery stores everywhere. Soy milk can be substituted for milk in any recipe. Brands include Silk, Edensoy, and WestSoy.
- **Tahini** is a calcium-rich, creamy, sesame seed paste often used in Middle Eastern cuisine.
- **Textured vegetable protein (TVP)** is a dried soy product that substitutes for ground beef in stews, chilis, pasta sauce, and more
- **Tofu** is 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
- **Vegan mayonnaise** is a creamy egg- and dairy-free version of mayonnaise. Available in most health food stores. Brands include Follow Your Heart and Nasoya.
- **Veggie sausage links** are meat-free alternatives, rich in protein and flavor. Available in most grocery stores. Brands include Tofurky and Lightlife.

*For tips on cooking without eggs, see page 14.*

## This little piggy didn't go to the market. Meet Larry.



Larry was rescued and taken to an animal sanctuary, his life spared while his mother's taken. During his first few weeks at the sanctuary, he snuggled with a Piglet doll. Now, Larry lives with other rescued pigs, and he naps in cool mud baths, roots through the soil, and takes leisurely strolls. Rub his belly – just for a minute – and you've got a friend for life.

Visit [TryVeg.com](http://TryVeg.com) to learn how factory-farmed pigs are routinely treated like meat- and piglet-producing machines.

# Lunch

## Mac Un-Cheese

Makes 6-8 servings

- 1 lb (16 oz) pasta
- 2 cups vanilla soy milk\*
- 2 tablespoons soy margarine\*
- 2 tablespoons vegan mayonnaise\*
- 1 cup nutritional yeast\*
- 1 teaspoon turmeric
- ¼ teaspoon ground sage
- 1 teaspoon salt
- ¾ teaspoon ground pepper
- ½ teaspoon garlic powder



1. Cook pasta and drain. In a large bowl, combine pasta and all other ingredients. Mix thoroughly and enjoy.
2. For variety, mix in one cup of steamed vegetables, such as broccoli or peas.

## Barbeque Seitan Sandwiches

Makes 4 servings

- 1 small red onion, chopped
- 1 16-ounce package of seitan strips or chunks of seitan cut into strips\*
- 2½ to 3 cups vegetarian barbeque sauce
- 4 sandwich rolls
- hot sauce to taste
- garnish: lettuce, tomato, green pepper, if desired



1. Drain seitan and set aside.
2. Sauté the onion in vegetable oil in a large pan over high heat until soft.
3. Add seitan, and cook until lightly browned, stirring often. Add barbeque sauce, reduce to medium heat, and cook, stirring every 5 minutes, until the barbeque sauce has thickened to completely coat the seitan (about 30 to 45 minutes).
4. Add hot sauce to taste. Spread seitan mixture on rolls and garnish, if desired.

\* See page 7 for a New-To-You Food Guide

## Quick Quesadillas

Makes 8 quesadillas

- 1 15-ounce can garbanzo beans (chick peas)
- 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



1. Drain the beans and place in a food processor or blender with the next five ingredients. Process until very smooth, about 1 to 2 minutes.
2. Spread a tortilla with 2 to 3 tablespoons of the garbanzo mixture and place in a nonstick skillet over medium heat. Sprinkle with chopped onions and salsa.
3. Top with a second tortilla and cook 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. Repeat with the remaining tortillas.

\* See page 7 for a New-To-You Food Guide

even more free recipes online!

Compassion Over Killing's **VegRecipes.org** lists dozens more easy vegan recipes for breakfast, lunch, dinner, dessert, and even snacks!



# Dinner

## Mock Meatloaf

Serves 4

- 1 pound vegetarian ground beef \*
- 2/3 tablespoon prepared mustard
- 1/2 tablespoon horseradish
- 1 small onion, finely chopped
- 1 teaspoon salt
- 1/2 cup soft bread crumbs
- 1/4 cup soy milk\*
- 1/2 tablespoon soy sauce



1. Preheat oven to 350°F degrees. Combine all ingredients in a large bowl. Press lightly into a bread loaf pan. Wrap loosely with foil.
2. Bake for about 1 hour and 20 minutes.

## Veggie Sausage Gumbo

Makes 4 servings

- 1 cup frozen okra
- 16 ounces veggie sausage links\*, cut into 1-inch pieces
- 2 tablespoons all-purpose flour
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 large green pepper, chopped
- 2 cloves fresh garlic, chopped
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground red pepper
- 1 16-ounce can diced tomatoes
- 1 cup celery, chopped



- 5 cups vegetable stock
- salt to taste (if desired)
- Tabasco sauce to taste (if desired)
- 2 cups cooked rice

1. Fry the okra until lightly browned and set aside. Lightly fry the sausage pieces and set aside.
2. Combine flour and oil in a large pot, stirring constantly. Sauté over medium-high heat for 1 minute. Add okra, onion, pepper, garlic, thyme, and ground red pepper. Cook for 1 minute on medium heat, stirring frequently.
3. Stir in veggie sausage, tomatoes, celery, vegetable stock, and cook 15 minutes or until thoroughly heated. Add salt and Tabasco sauce if desired. Serve over rice.

## Artichoke Pesto Pasta

Serves 4 to 6

- 8 ounces pasta (tri-color spirals)
- 1/2 medium onion chopped
- 1/2 cup chopped parsley
- 1/4 cup chopped walnuts or pine nuts
- 2 cloves garlic, chopped
- 1 tablespoon olive oil
- 1/4 lb. extra firm tofu\*, sliced into thin strips or mashed
- 1 can artichoke hearts, drained
- 1 can black olives or 1/2 cup Kalamata olives



- 1 lemon
- Fresh basil to taste
- Red pepper flakes
- Nutritional yeast\*

1. Cook the pasta until tender. Drain and rinse, then set aside.
2. In a large skillet, fry the tofu, onion, and garlic in oil on medium heat for about 5 minutes.
3. In a serving bowl, mix chopped parsley, chopped basil, walnuts or pine nuts, artichokes hearts, and olives with the cooked pasta. Cut lemon in half and squeeze juice over pasta and mix. Sprinkle nutritional yeast and red pepper flakes to taste. Stir in tofu, onion, and garlic before serving.

\* See page 7 for a New-To-You Food Guide

## Eating is for the birds. Meet Ashley.



After spending her life intensively confined on a factory farm, Ashley was slated for slaughter when she was rescued. She now lives in peace at an animal sanctuary and loves meeting and greeting visitors. Heavy from selective breeding for meat production, she walks slowly and is often carried back to her barn companions after a day of serving as a turkey ambassador.

Every year in the U.S. 9 billion turkeys and chickens are killed for human consumption—that's about one million birds every single hour. Visit [TryVeg.com](http://TryVeg.com) for more information.

# Desserts

## Chewy Chocolate Chip Cookies

Makes 25 to 30 cookies

- 1 cup of softened soy margarine\*
- ½ cup brown sugar
- ½ cup sugar
- ¼ cup soy milk\*
- 1 teaspoon vanilla
- 2¼ cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 12 ounces dairy-free chocolate chips



1. Preheat the oven to 350°F.
2. In a large bowl, mix the margarine, sugar, and brown sugar until it's light and fluffy. Slowly stir in the soy milk then add the vanilla to make a creamy mixture.
3. In a separate bowl, combine the flour, salt, and baking soda. Add this dry mixture to the creamy mixture and stir well. Then fold in the chocolate chips.
4. Drop small spoonfuls onto non-stick cookie sheets and bake for 8 to 10 minutes.

## Apple Crisp

Serves 4 to 6

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



1. Preheat the oven to 350°F.
2. Chop the apples and place them in a lightly oiled 8- x 8-inch baking pan. Cover the chopped apples with the maple syrup and sprinkle with cinnamon.
3. In a bowl, mix the flour and oatmeal. Then add the applesauce and brown sugar. Mix until the flour is just moistened. 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.

## Chocolate Peanut Butter Pie

Makes 6 to 8 servings

- 1 12-ounce package dairy-free chocolate chips (about 2 cups)
- 1 16-ounce package firm tofu\*
- 1½ cups peanut butter, crunchy or smooth (or more to taste)
- Soy milk\* (to desired texture)
- 1 vegan graham cracker crust, such as Keebler's Graham Cracker Ready Crust
- 1 cup dairy-free chocolate chips (optional topping)
- 1 cup chopped nuts (optional topping)



1. Melt the chocolate chips in a double boiler, saucepan, or microwave.
2. In a food processor or high-powered blender, add the melted chocolate chips, tofu, peanut butter, and ½ cup of soy milk. Blend until very smooth, adding more soy milk if desired.
3. Pour the filling into a graham cracker crust and refrigerate for 2 hours.
4. For a Chocolate Peanut Butter Pie with a hard chocolate topping, after the pie has been chilled for 2 hours, melt 1 cup of dairy-free chocolate chips. Pour the melted chocolate over the top of the pie. If desired, add chopped nuts. Refrigerate for 2 additional hours.

\* See page 7 for a New-To-You Food Guide.

## Moo-ve over dairy and beef. Meet Norman.



Millions of cows suffer on factory farms and are killed each year so we can have beef, veal, milk, and cheese. Norman, however, was luckily rescued before being turned into a hamburger. Now he spends his days with other animals rescued from the meat, egg, and dairy industries, walking through fields, napping in the sun, and playing with his friends.

Cows, like all animals raised for food, are routinely treated in ways that would be illegal if those same abuses were inflicted upon cats or dogs. Learn more by visiting [TryVeg.com](http://TryVeg.com).

# Vegan Eatin' on a Budget!

Tips to help to you save money and animals.

## Mint Chocolate Cake

Makes one 9- x 13-inch cake

### For the cake

- 2¼ cups flour
- 4½ tablespoons cocoa powder
- 1½ cups sugar
- ½ cup vegetable oil
- 1½ teaspoons baking soda
- 1½ tablespoons white vinegar
- 1½ teaspoons vanilla extract
- 1½ cups cold water



1. Preheat the oven to 350°F.
2. Combine and mix the dry ingredients until blended well. Add the wet ingredients and stir quickly. Once smooth, pour the batter into a lightly-oiled a 9- x 13-inch nonstick baking pan. Bake for 25 to 30 minutes. (Note: As each oven is different, after 20 minutes, check the cake by inserting a fork or knife into it. If the utensil comes out clean, it's done!)
3. Let the cake cool completely before frosting with icing (recipe below).

### For the icing

- 1 12-ounce bag dairy-free chocolate chips
- ¼ cup soy milk\*
- 1 tablespoon peppermint extract

1. Melt the chips in a saucepan over very low heat. Add the soy milk and peppermint extract. Stir continuously, adding more soy milk or mint extract, until reaching the desired consistency and taste.
2. Let icing cool completely before frosting the cake.

\* See page 7 for a *New-To-You Food Guide*



Whether you're a student, raising a family on a tight budget, or just trying to make ends meet, choosing to buy vegan foods doesn't mean you have to break the bank. Sure, you can splurge on savory mock meats and non-dairy cheeses that are readily available in grocery stores everywhere, but there are plenty of fantastic, nutritious vegan options that are as economical as they are delicious.

Here are some meal ideas to help you discover how easy—and affordable—it is to transition to a more compassionate diet!

## Breakfast

- Oatmeal with fruit or maple syrup
- Cereal with soy milk and sliced bananas
- Peanut butter (and fruit spread!) on toast or a bagel
- Smoothie: blend fresh or frozen banana chunks and soy milk

## Lunch & Dinner

- Rice, beans and vegetables on a platter or in corn tortillas
- Pasta with tomato sauce and frozen veggies
- Baked sweet potato topped with salsa, baked beans, or veggie chili

## Snacks

- Celery, apples, or carrots topped with peanut butter
- Popcorn seasoned with nutritional yeast or salt
- Make-your-own trail mix with nuts, raisins, and sunflower seeds

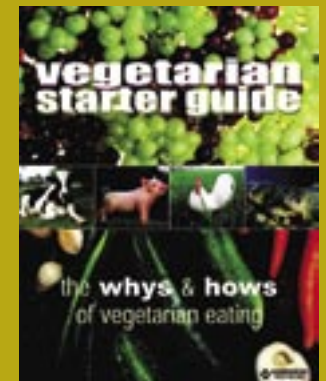
## Cracking the Habit: Cooking without eggs

Here are some quick and easy tips for replacing one egg in baked goods recipes, including cakes, muffins, pancakes, and bread.

- 2 tbsp corn starch
- half of a banana, mashed
- 2 tbsp water + 2 tsp baking powder (1tsp oil is optional)
- ¼ cup tofu, blended
- ¼ cup applesauce + 1 tsp baking powder
- Ener-G Egg Replacer, follow directions on box

## Visit [TryVeg.com](http://TryVeg.com) for more cheap meal ideas.

You can also request a free *Vegetarian Starter Guide* filled with practical and simple tips, more recipes, nutrition information, grocery shopping suggestions, and much more!



Every time we sit down to eat,  
we can stand up for animals  
by choosing vegetarian foods.



Help end animal cruelty—  
one meal at a time.

Visit COK's online  
vegetarian resources

**TryVeg.com:**  
the whys and hows of  
vegetarian eating

**VegRecipes.org:**  
dozens of fantastic  
animal-friendly recipes

**VegDC.com:**  
Washington, D.C.-area din-  
ing and shopping guide

**VegPortland.com:**  
Portland, Oregon-  
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