

20 Delicious Vegan Recipes

1. Vegan Vegetable Stir-Fry

Ingredients: Mixed vegetables, soy sauce, garlic, ginger, oil.

Instructions: Heat oil, sauté garlic and ginger, add vegetables, stir-fry, add soy sauce, cook 5–7 mins.

2. Chickpea Salad

Ingredients: Chickpeas, cucumber, tomato, lemon juice, salt.

Instructions: Mix all ingredients in a bowl and serve fresh.

3. Vegan Smoothie Bowl

Ingredients: Banana, berries, almond milk.

Instructions: Blend ingredients and pour into a bowl. Add toppings if desired.

4. Tofu Scramble

Ingredients: Tofu, turmeric, onion, salt.

Instructions: Crumble tofu, sauté with onion, add turmeric and salt.

5. Vegan Pasta

Ingredients: Pasta, tomato sauce, vegetables.

Instructions: Cook pasta, add sauce and vegetables, mix well.

6. Lentil Soup

Ingredients: Lentils, onion, carrot, spices.

Instructions: Boil lentils with vegetables and spices until soft.

7. Vegan Burrito

Ingredients: Tortilla, beans, rice, vegetables.

Instructions: Fill tortilla with ingredients and wrap.

8. Peanut Butter Toast

Ingredients: Bread, peanut butter, banana.

Instructions: Spread peanut butter and add banana slices.

9. Vegan Fried Rice

Ingredients: Rice, vegetables, soy sauce.

Instructions: Stir-fry vegetables, add rice and soy sauce.

10. Avocado Toast

Ingredients: Bread, avocado, salt, pepper.

Instructions: Mash avocado and spread on toast.

11. Vegan Curry

Ingredients: Vegetables, coconut milk, curry powder.

Instructions: Cook vegetables, add coconut milk and curry powder.

12. Fruit Salad

Ingredients: Mixed fruits, lemon juice.

Instructions: Cut fruits, mix, and add lemon juice.

13. Hummus

Ingredients: Chickpeas, tahini, lemon juice, garlic.

Instructions: Blend all ingredients until smooth.

14. Vegan Sandwich

Ingredients: Bread, vegetables, hummus.

Instructions: Spread hummus and add vegetables.

15. Oatmeal

Ingredients: Oats, almond milk, fruits.

Instructions: Cook oats with milk and add fruits.

16. Vegan Pancakes

Ingredients: Flour, plant milk, sugar.
Instructions: Mix ingredients and cook on pan.

17. Quinoa Salad

Ingredients: Quinoa, vegetables, lemon.
Instructions: Cook quinoa and mix with vegetables.

18. Vegan Wrap

Ingredients: Tortilla, hummus, vegetables.
Instructions: Fill tortilla and roll.

19. Stuffed Bell Peppers

Ingredients: Bell peppers, rice, vegetables.
Instructions: Stuff peppers and bake.

20. Vegan Chocolate Shake

Ingredients: Plant milk, cocoa powder, banana.
Instructions: Blend all ingredients.