

Designed for Students

Ready to take the dive into plant-based eating, but pressed for time? We completely understand, which is why we collected five super easy, no fuss recipes to help you get started! These recipes are easy to make between classes, and include many pantry and fridge staples to up your plant-based cooking game.

For additional recipes and resources, visit **PlantUniversity.ca!**

Veggie BLT

Think you'll have to forego the classics? Think again! Start simple by modifying your favourite recipes.

Ingredients

- 2-3 strips veggie bacon or tempeh (e.g. Lightlife)
- 1 tbsp vegan mayo (e.g. vegan Hellmann's, Earth Island)
- 2 leaves of lettuce
- 1 slice tomato
- 2 pieces of your favourite bread



Instructions

Begin to toast your bread, then add oil to a pan along with 2-3 slices of veggie bacon. Meanwhile, cut a slice of tomato and a few leaves of lettuce. Layer your bread with mayo and other ingredients, then plate up and enjoy!



Find more resources on
plant-based eating at:

www.PlantUniversity.ca

Want to learn more? Dive into the wide variety of FREE resources on the PlantUniversity website, including plant-based recipes, where to buy plant-based alternatives, and helpful blog posts.

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#303 – 8623 Granville Street
Vancouver, BC V6P 5A2

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A place for plant-based learning

15 Minute Plant-Based Recipes



Tofu 'Egg' Salad

Ingredients

- 1 block medium-firm tofu
- 6 tbsp vegan mayo
- 1-2 scallions
- 3 cloves garlic
- 2 tsp chicken seasoning

Instructions

Mash your tofu to an 'eggy' consistency, then chop your scallions and crush your garlic. Mix everything in a container then let sit overnight in a fridge and enjoy.

Optional - Add 2 tbsp nutritional yeast and 1/4 turmeric for flavour and colour.

Sausage Penne

Ingredients

- 1 cup penne
- 1/2 cup+ red sauce
- 1 veggie sausage (e.g. Field Roast, Beyond)

Instructions

Boil penne and cook sausage to package instructions. Chop up the sausage into bite-sized pieces, then mix with the pasta and sauce in the pot and feast.



Veggie Tacos

Relive family taco night with this delicious staple.

Ingredients

- 1/2 package veggie ground (e.g. GUSTA) (about 170 g)
- 1/2 tbsp taco seasoning (if not pre-seasoned)
- 3 small tortillas
- 2 leaves of lettuce
- 1/4 cup salsa
- 1/4 white onion
- Small handful of cilantro
- 1 lime

Instructions

Cook your veggie ground in a pan with some oil and your taco seasoning (about 5 minutes on medium-low). Once your ground is cooked, add a bit of salsa to it in the pan and mix to keep it moist. Chop the lettuce, cilantro, and onion to sprinkle on top.

Load up your tortillas with the ground, veggies, salsa, and a squeeze of lime then dig in!

Optional: Blend 1 cup of vegan mayo with 2 chipotle peppers (from a can) and the other half of your lime for a smokey chipotle mayo!



Tofu Yaki Udon

Ready to level up? Get saucy with this savoury Japanese noodle dish.

Ingredients

- 1/3 block of firm tofu (about 160 g)
- 1 pack udon noodles (200 g)
- 1 tbsp soy sauce
- 1 tbsp vegan oyster sauce (e.g. Naked & Saucy)
- 1/2 tbsp mirin
- 1/2 tsp maple syrup
- 1/4 tsp rice wine vinegar

Instructions

Slice your tofu into 1/4 inch thick pieces, then cook in a pan with oil (about 4 minutes each side on medium-low). Meanwhile, prepare your udon noodles according to package instructions.

Once your tofu is crisp and golden on both sides and your udon is cooked, mix both with the remaining ingredients and stir.

Optional: Add broccoli for crunch, and scallions and sesame seeds for flavour!