



7 LAZY VEGAN RECIPES FOR QUICK & EASY DINNERS

And gluten-free too!

BY WATCH LEARN EAT

7 LAZY VEGAN RECIPES FOR QUICK & EASY DINNERS

Each dish serves 3-4 people, requires 10 ingredients or less and takes under 30 minutes to make.



Recipe #1: Easy Pasta and Chickpeas (Pasta e Ceci)

Recipe #2: Easy Vegan Fried Rice with Tofu Egg

Recipe #3: "Cheesy" Chickpea Tacos

Recipe #4: Chickpea Pasta and Veggies with Vegan Parmesan Cream Sauce

Recipe #5: Sheet-Pan Nachos

Recipe #6: Chili-Stuffed Sweet Potatoes

Recipe #7: Lentil Pasta with a Dollop of Vegan Ricotta

GROCERY LIST

Basics

Olive oil
Fresh garlic
Dried parsley
Sea salt
Black pepper
Turmeric
Kala namak
Reduced sodium gluten-free tamari
Nutritional yeast
Taco seasoning
Vegan butter
Garlic powder

Recipe #1

2 - 14.5 ounce cans stewed tomatoes
4 cups vegetable broth
1 - 15 ounce can chickpeas
4 ounces gluten-free pasta
Optional: vegan parmesan, crushed red pepper flakes, chopped parsley

Recipe #2

Small onion
Frozen peas and carrots blend
14 ounces extra-firm tofu
20 ounces frozen brown rice
Optional: toasted sesame oil

Recipe #3

1 box crispy corn taco shells
1/2 cup vegetable broth
1 - 15 ounce can chickpeas
Optional: salsa, guacamole, cilantro

Recipe #4

8 ounces chickpea pasta
12 ounces frozen broccoli, cauliflower and carrot blend
Full fat oat milk
1 lemon (for juicing)
4 ounces vegan parmesan

Recipe #5

1 bag (5.5-8 ounce) non-GMO Tortilla Chips
Red onion
1 - 15 ounce can black beans
1 - 14.5 ounce can diced tomatoes
Vegan queso
Black olives
Optional: scallions, cilantro, guacamole and salsa

Recipe #6

3-4 sweet potatoes
2 - 15 ounce cans vegan chili
Optional: vegan sour cream, guacamole, avocado, scallions, jalapenos, cilantro, vegan cheese shreds, vegan queso

Recipe #7

8 ounces lentil pasta
8 ounces store-bought vegan ricotta (I recommend Kite Hill brand)
24 ounce jar marinara or tomato sauce

Recipe #1: Easy Pasta and Chickpeas (Pasta e Ceci)

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced (you can use a garlic press to make it even easier)
- 2 (14.5 oz.) cans stewed tomatoes
- 1 teaspoon dried parsley
- 4-5 cups vegetable broth (use low sodium if desired)
- 1 (15 oz.) can chickpeas (aka garbanzo beans), drained and rinsed
- 6 oz. gluten-free pasta
- fine sea salt to taste
- freshly ground black pepper to taste
- optional for garnish: more black pepper, vegan Parmesan, crushed red pepper flakes, fresh chopped parsley

Directions

1. Heat olive oil in a 3-quart pot over medium heat.
2. Add the garlic and cook over medium heat until fragrant but not burnt (about 1-2 minutes).
3. Add the stewed tomatoes.
4. Keep cooking over medium heat while breaking up the tomatoes with a wooden spoon.
5. Stir in the parsley and cook over medium heat for 3 minutes, stirring occasionally.
6. Add the broth and bring to a boil. (if you want the dish on the brothier side, use up to 4 cups of broth).
7. Once boiling, stir in the chickpeas and the pasta, and lower the heat to medium-high.
8. Cook until the pasta is tender, stirring occasionally, (about 10 minutes depending on what pasta you are using)
9. Add salt and pepper to taste.
10. Serve with desired toppings.

Recipe #2: Easy Vegan Fried Rice with Tofu Egg

Ingredients

- 2 tablespoons avocado or olive oil
- 1 small onion, diced
- 2 cups frozen peas/carrots blend
- 14 oz. extra firm tofu, excess water drained
- 1/2 teaspoon turmeric
- 1/2 teaspoon kala namak (you can leave this out, but it does add an "eggy" flavor to the dish)
- 20 oz. bag of frozen brown rice (or 4 cups of leftover cooked rice)
- 1/4 cup reduced sodium gluten-free tamari, plus more for serving if desired
- toasted sesame oil, for garnish (optional)

Directions

1. Cook the rice in the microwave according to package directions.
2. While the rice is cooking, heat the oil in a deep 12-inch nonstick sauté pan over medium-high heat.
3. Add the onion and sauté for 2-3 minutes until translucent.
4. Use your hands to crumble the tofu into the pan.
5. Add turmeric and kala namak.
6. Stir to combine the tofu and seasoning mixture.
7. Cook for 2 minutes.
8. Add the veggies, rice and tamari and cook until veggies are warmed throughout, stirring frequently.
9. Drizzle with toasted sesame oil if desired.

Recipe #3: "Cheesy" Chickpea Tacos

Ingredients

- 6 crispy corn taco shells
- 1/2 cup vegetable broth (use low sodium if desired)
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 tablespoon nutritional yeast
- 1 tablespoon taco seasoning (use low sodium if desired)
- optional toppings: salsa, guacamole, cilantro

Directions

1. Warm taco shells according to package directions.
2. Heat vegetable broth in a 10-inch nonstick skillet over medium-high.
3. Add the chickpeas, nutritional yeast and taco seasoning.
4. Stir to combine and sauté until liquid is absorbed.
5. Divide chickpea mixture into taco shells and add toppings of your choice such as guacamole and cilantro.

Recipe #4: Chickpea Pasta and Veggies with Vegan Parmesan Cream Sauce

Ingredients

- 8 oz. chickpea pasta
- 12 oz. frozen broccoli, cauliflower, and carrot blend (steam-in-bag if desired)
- 2 tablespoons vegan butter
- 1 cup full fat oat milk (use certified GF brand if needed)
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon garlic powder
- 1/4 teaspoon fine sea salt, plus more to taste
- 1/8 teaspoon freshly ground black pepper, plus more to taste
- 2 tablespoons nutritional yeast
- 4 oz. vegan Parmesan

Directions

1. Cook the pasta and the veggies according to package directions.
2. While the pasta and veggies are cooking, make the Parmesan cream sauce.
3. Add the milk, butter, lemon juice, garlic powder, salt and black pepper to a saucepan and cook over medium-high until butter is melted.
4. Stir in nutritional yeast.
5. Stir in the vegan Parmesan and remove from heat.
6. Taste test and add more salt and pepper to the sauce if desired.
7. Add pasta to a serving bowl.
8. Drain the cooked veggies and add to the bowl.
9. Pour the sauce over top and stir to combine.
10. Serve topped with more vegan Parmesan if desired.

Recipe #5: Sheet-Pan Nachos

Ingredients

- 1 (5.5-8 oz.) bag of non-GMO tortilla chips
- 2 teaspoons olive oil
- 1/2 cup chopped red onion
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (14.5 oz.) can diced tomatoes, drained
- 1 tablespoon taco seasoning (use low sodium if desired)
- fine sea salt to taste
- 1 cup store-bought vegan queso
- 1/2 cup sliced black olives
- optional toppings and dips for serving: chopped scallions, chopped cilantro, guacamole, salsa

Directions

1. Preheat the oven to 400° F and heat olive oil in a 10-inch non-stick skillet over medium heat.
2. Add the chopped onion and cook for 2 minutes, stirring occasionally.
3. Add the beans and tomatoes followed by the taco seasoning and salt. Stir to combine.
4. Cook on medium for 5 more minutes, stirring occasionally. Set aside until ready to use.
5. When you are ready to assemble the nachos, start by spreading the tortilla chips out on a large baking sheet (lined with parchment paper if desired).
6. Spread the bean and tomato mixture over the chips.
7. Add the vegan queso and the olives.
8. Bake for 7-10 minutes until exposed chips are lightly toasted.
9. After removing from the oven, top with scallions and cilantro, if using.
10. Serve as is or with salsa or guacamole.

Recipe 6: Chili-Stuffed Sweet Potatoes

Ingredients

- 3-4 sweet potatoes
- 2 (15 oz.) cans vegan chili
- optional toppings: sour cream, guacamole, avocado, scallions, jalapenos, cilantro, vegan queso, vegan cheese shreds

Directions

1. First, heat the canned chili in a saucepan on the stovetop over medium heat until thoroughly warmed.
2. While the chili is warming, cook the sweet potatoes.
3. Pierce the skin of each potato in multiple places with a fork and then wrap each one in a paper towel
4. Place the potatoes on a microwave-safe plate and microwave on high for 6-8 minutes, or until tender, turning once halfway through.
5. Allow the potatoes to cool down for a few minutes before handling.
6. Use a knife to make a slit lengthwise through the top of each sweet potato about 1/3 to 1/2 of the way down.
7. Fill the inside of each sweet potato with chili. Add desired toppings.

Note: If you'd like, you can use leftover chili instead of canned.

Recipe #7: Lentil Pasta with a Dollop of Vegan Ricotta

Ingredients

- 8 oz. lentil pasta
- 8 ounces store-bought vegan ricotta (I recommend Kite Hill brand)
- 24-25 oz. jar of marinara or tomato sauce
- olive oil for drizzle
- freshly ground black pepper for serving,
- optional: fresh herbs such as basil or parsley for garnish

Directions

1. Cook the pasta according to package directions.
2. When the pasta is done, drain in a colander. While the pasta is draining, heat up the sauce.
3. Add the sauce to the pot you used to make the pasta and warm over medium-high heat for 2 minutes, stirring constantly to avoid splattering.
4. Remove the pot from the heat and add the cooked pasta. Stir to combine the pasta and sauce.
5. Return the pasta to the burner and cook over medium heat for about 2-3 more minutes until thoroughly heated, stirring occasionally.
6. Divide the pasta between four serving dishes or bowls. Dollop approximately 1/4 cup of ricotta on top of the middle of each serving of pasta.
7. Drizzle on olive oil and top with pepper and fresh herbs if desired.

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and vegan recipes!*

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