LEALOU COOKS

Easy Vegan Dinners Recipe Book

Stephanie Fazio
http://www.lealoucooks.com

Lealou Cooks
lealoucooks@gmail.com

Welcome to the Easy Vegan Dinners Recipe Book!

On the next pages, you will find a collection of delicious recipes I put together to keep you inspired and to help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected with a whole food vegan lifestyle in mind, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template here.

You'll be happy to know that all of these recipes should take less than 30 minutes to make! All of the recipes are also not only vegan, they are also gluten-free if that's important to you.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions.
Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

I hope you enjoy everything in this recipe book! If you make something, tag me on Instagram @lealoucooks or just send me a photo in email. If you have any questions at all, please email me and I would be happy to help you.

In good health!
Stephanie

•••

Stephanie Fazio
Culinary Nutrition Expert + Instructor
lealoucooks@gmail.com

Stephanie Fazio
http://www.lealoucooks.com

Roasted Veggie Pasta

4 servings
25 minutes

Ingredients

1 Eggplant (large, diced into half-inch pieces)
1 Zucchini (medium, chopped)
2 cups Cherry Tomatoes
2 Carrot (medium, sliced)
1/2 cup Red Onion (large, sliced)
3 Garlic (cloves, minced)
2 1/2 tbsps Thyme (fresh)
1/4 tsp Sea Salt (to taste)
10 ozs Chickpea Pasta (dry)
2 tbsps Balsamic Vinegar (to taste)

Directions

1. Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
2. In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
3. Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
4. Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving equals approximately 1 1/2 cups.
More Flavor: Add your choice of additional herbs and spices, or use a dressing of your choice instead of balsamic vinegar.
Additional Toppings: Add spinach, marinated tofu, chicken, turkey, tuna, avocado, or sunflower seeds.

Stephanie Fazio
http://www.lealoucooks.com

Tofu & Broccoli Green Curry

4 servings
30 minutes

Ingredients

12 1/3 ozs Tofu (extra firm, pressed and cut into small cubes)
1/4 cup Coconut Aminos
1/3 cup Green Curry Paste
3 cups Canned Coconut Milk
6 cups Broccoli (cut into florets)

Directions

1. In a mixing bowl combine the tofu and coconut aminos. Toss to combine. Let the tofu marinate while preheating the oven.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
3. Arrange the tofu on the baking sheet and bake for 22 to 25 minutes, flipping halfway through.
4. Combine the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
5. Add the broccoli to the pot and cook uncovered for five to eight minutes or until the broccoli is tender. Stir in the baked tofu. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is equal to approximately 1 1/2 cups.
More Flavor: Add fresh ginger, garlic, lime juice, cilantro or basil.
Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.
Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.
Consistency: For a thinner curry add vegetable broth.
No Coconut Aminos: Use tamari or soy sauce instead.

Stephanie Fazio
http://www.lealoucooks.com

Creamy Potato & Dill Soup

8 servings
30 minutes

Ingredients

6 cups Vegetable Broth
4 Sweet Potato (small, peeled and diced)
4 stalks Celery (diced)
1 tsp Sea Salt
1/4 cup Fresh Dill (stems removed, chopped)
2 cups Canned Coconut Milk
2 tbsps Apple Cider Vinegar
2 tbsps Nutritional Yeast

Directions

1. Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
2. Add the sweet potato, celery and salt. Cook until the sweet potato is fork tender, about 15 minutes.
3. Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.
Serving Size: One serving equals approximately 1 1/2 cups.
More Flavor: Use bone broth instead of vegetable broth. Add sautéed garlic and onions.
Additional Toppings: Kale chips, nutritional yeast or crusty bread.
No Coconut Milk: Use almond milk, cashew milk, oat milk or cream instead.
More Protein: Add chicken, sausage, lentils, tofu or quinoa.

Stephanie Fazio
http://www.lealoucooks.com

Tofu Spinach Stir Fry

4 servings
30 minutes

Ingredients

1 1/2 cups Jasmine Rice
14 1/8 ozs Tofu (extra-firm, pressed and cubed)
3 tbsps Extra Virgin Olive Oil
3 tbsps Tamari (divided)
2 Red Bell Pepper (medium, chopped)
6 cups Baby Spinach
Sea Salt & Black Pepper (to taste)

Directions

1. Cook the rice according to package directions and set aside.
2. Heat a large nonstick skillet over medium heat and add the oil. Once hot, add the tofu and cook for four minutes per side, until crispy and browned. Add in half the tamari and stir to combine.
3. Remove the tofu and set aside. Leave the leftover oil in the skillet.
4. Add the bell pepper to the skillet and cook until lightly browned, about five minutes. Lower the heat and add the spinach. Cook until wilted.
5. Add the tofu back to the skillet. Add the remaining tamari and stir to combine. Season with salt and pepper to taste.
6. Divide the rice onto plates and top with the tofu mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is about 3/4 cup cooked rice and about 3/4 cup tofu mixture.
More Flavor: Add minced garlic, sesame oil, or oyster sauce.
Additional Toppings: Top with green onions.

Stephanie Fazio
http://www.lealoucooks.com

Deconstructed Falafel

4 servings
15 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1/2 cup Red Onion (finely chopped)
4 Garlic (clove, minced)
1 1/3 tbsps Cumin
1/2 tsp Sea Salt
3 cups Chickpeas (cooked, rinsed)
1/3 cup Lemon Juice (divided)
1/2 cup Parsley (finely chopped)
1/4 cup Tahini
1/4 cup Water
8 leaves Romaine (large, chopped)

Directions

1. Heat the oil in a non-stick pan over medium heat. Add the onion and cook for three to five minutes until softened. Add the garlic, cumin, and salt and stir to combine.
2. Add the chickpeas, 1/3 of the lemon juice, and the parsley, and cook for three to four minutes or until the chickpeas are warmed through. Transfer to a bowl and roughly mash the chickpeas with a potato masher or fork. Season the chickpeas with additional salt if needed.
3. In a small bowl combine the tahini, water, and the remaining lemon juice. Stir until smooth. Season the dressing with salt or additional lemon juice if needed.
4. To serve, divide the lettuce between plates and top with the chickpeas. Drizzle with the tahini sauce and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

Additional Toppings: Serve with additional lemon wedges, chopped tomatoes, sliced onions, hot peppers, cucumbers, pickles, or hummus.

No Romaine Lettuce: Use baby spinach or mixed greens instead.

No Red Onion: Use yellow onion instead.

Stephanie Fazio
http://www.lealoucooks.com

Thai Red Lentil & Spinach Curry

4 servings
25 minutes

Ingredients

1 tbsp Coconut Oil
1 Yellow Onion (medium, chopped)
4 Garlic (clove, minced)
2 tbsps Ginger (fresh, minced or grated)
1/2 cup Thai Red Curry Paste
3 cups Vegetable Broth
2 cups Canned Coconut Milk
1 cup Dry Red Lentils (rinsed)
4 cups Baby Spinach (chopped)
1 Lime (juiced)

Directions

1. Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
2. Add the vegetable broth and coconut milk and bring the sauce to a simmer.
3. Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cups.

Additional Toppings: Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With: Rice, quinoa or cauliflower rice.

Stephanie Fazio
http://www.lealoucooks.com

Broccoli Pesto Pasta

4 servings
20 minutes

Ingredients

3 cups Brown Rice Fusilli (uncooked)
1 cup Basil Leaves
1 1/2 tbsps Pine Nuts
3 tbsps Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt (divided, to taste)
1/4 cup Nutritional Yeast (plus more for garnish)
2 tbsps Water
3 1/2 cups Broccoli (chopped into florets)
1 Red Bell Pepper (medium, sliced)

Directions

1. Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
2. Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
3. In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
4. Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving equals approximately 2 1/2 cups.
Nut-Free: Use sunflower seeds instead of pine nuts.
More Flavor: Add garlic and toast the pine nuts.
Additional Toppings: Add red pepper flakes, lemon juice, black pepper, or chopped parsley.

Stephanie Fazio
http://www.lealoucooks.com

One Pot Cauliflower & Lentil Green Curry

4 servings
30 minutes

Ingredients

1/2 cup Water
2 Yellow Onion (medium, chopped)
1/2 cup Green Curry Paste
3 cups Vegetable Broth
2 cups Canned Coconut Milk
1 cup Dry Red Lentils (rinsed)
1 head Cauliflower (small, cut into florets)
2 tbsps Coconut Aminos
2 tbsps Lime Juice
1/2 cup Cilantro (chopped, optional for serving)

Directions

1. Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
2. Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
3. Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
4. Divide between bowls and garnish with the cilantro (if using). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is approximately two cups.
More Flavor: Add fresh garlic or ginger.
Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.
No Cauliflower: Use broccoli instead.
Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.
Consistency: For a thinner curry add more vegetable broth.
Serve it With: Rice, quinoa or cauliflower rice.

Stephanie Fazio
http://www.lealoucooks.com

Moroccan Chickpea Stew

4 servings
20 minutes

Ingredients

1/2 cup Vegetable Broth
2 Yellow Onion (medium, diced)
2 cups Chickpeas (cooked, rinsed)
1 1/2 tsps Sea Salt
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
3 Tomato (large, diced)
1/2 cup Parsley
1/3 cup Pitted Dates (chopped)

Directions

1. Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
2. Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
3. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is equal to approximately one cup of stew.
More Flavor: Add fresh garlic, ginger, chili flakes, and/or raisins.
Serve it With: Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.

Stephanie Fazio
http://www.lealoucooks.com

Black Bean, Corn & Quinoa Salad

4 servings
25 minutes

Ingredients

1 cup Quinoa (dry)
1 1/3 cups Frozen Corn
2 cups Black Beans (cooked and rinsed)
2 Red Bell Pepper (diced)
1/2 cup Red Onion (finely chopped)
1/3 cup Lime Juice
2 Garlic (clove, minced)
1 tsp Chili Powder
1/2 tsp Sea Salt
1/2 tsp Cumin

Directions

1. Cook the quinoa according to package directions. Let the quinoa cool slightly.
2. Cook the corn according to package directions. Drain and rinse under cold water to cool.
3. Combine the lime juice, garlic, salt, chili, and cumin in a large mixing bowl. Add the black beans, red pepper, red onion, quinoa, and corn to the bowl and stir to combine. Season with additional lime juice and salt if needed. Divided between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is approximately two cups.
More Flavor: Use taco seasoning or add other dried herbs and spices.
Additional Toppings: Avocado, cilantro, green onion, tomatoes, salsa.
More Fat: Add avocado oil.
More Protein: Serve with tofu, tempeh, cooked chicken, or cooked shrimp on top.