

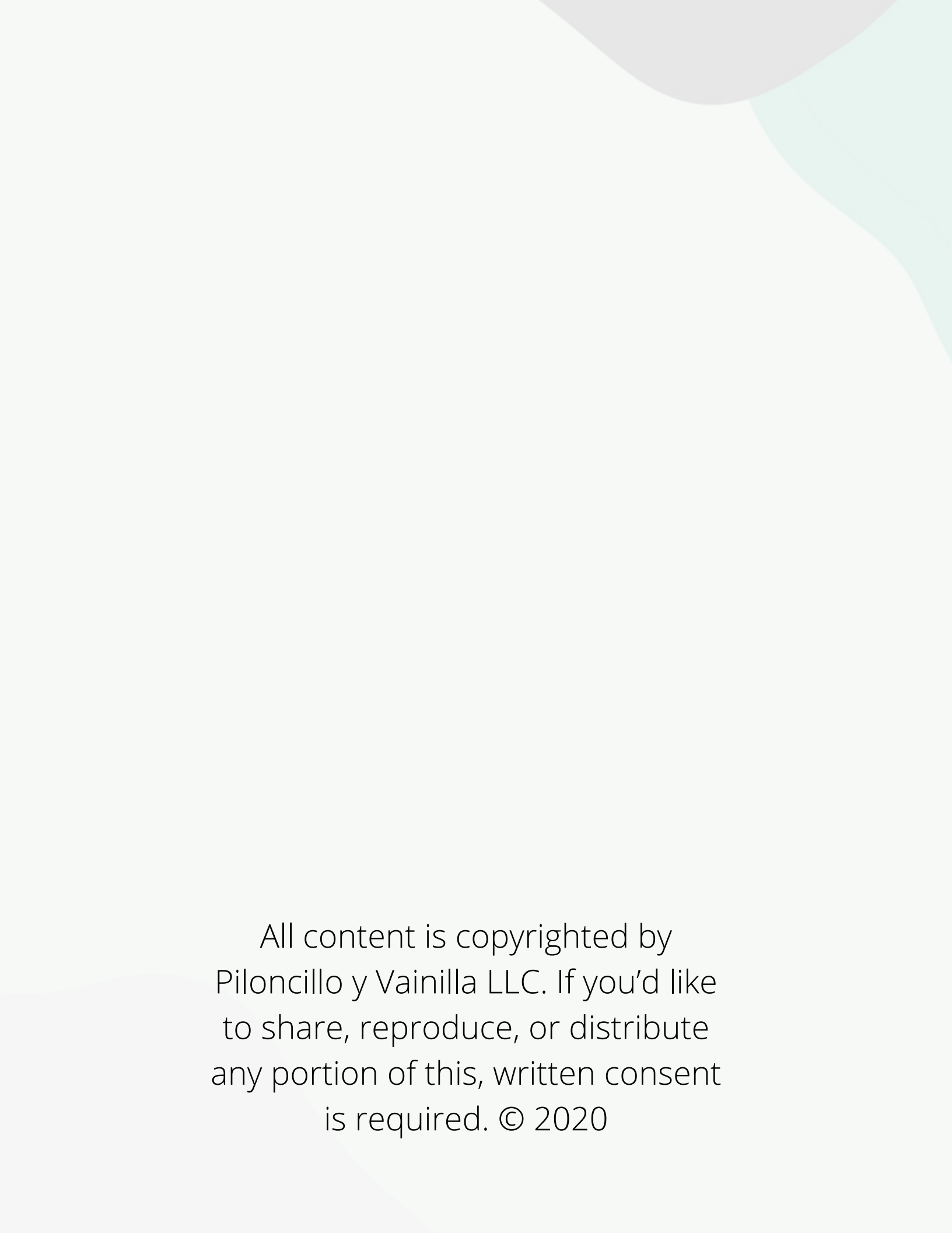
10 best weeknight dinner recipes

easy, plant-based & delicious



by

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Three Bean Chili

This vegan three bean chili is the best recipe to make when in a hurry or when you only have canned beans.

Ingredients

1 tablespoon oil
1 cup diced onion
1 tablespoon finely chopped garlic
1/4 cup diced red pepper roasted or raw
1 ½ cup of black beans or 1 can
1 ½ cup white beans or 1 can
1 ½ cup of kidney beans or 1 can
1 teaspoon of dried oregano
1 teaspoon of marjoram
1/2 teaspoon of ground cumin
1 cup of corn kernels
4 cups pureed tomato homemade or canned
salt and pepper

For serving

sliced avocado
sour cream
I use vegan tortilla chips
fresh cilantro

Instructions

- In a soup pot over medium heat add the oil, onion, and garlic with a good pinch of salt. Leave it for a few minutes until the onion is translucent. Make sure the garlic doesn't burn.
- Add the red pepper, if using raw let it brown slightly, if it's already roasted continue to the next step.
- Add the rest of the ingredients, cover the pot and leave it for 15 minutes on low heat. If you are using fresh tomato it might need a few extra minutes to cook.
- Make sure to check the salt and pepper seasoning before serving.
- Serve and top with avocado slices, crema, cilantro, and tortilla chips.
- **Notes** You can use any kind of bean you like or even just one kind. Make this recipe your own. To liquefy the tomatoes just put them in the blender with a little water. If you have any tomato sauce to spare you can freeze it to use at a later date. Serve with pumpkin seeds, cilantro and diced avocado.



Easy Bean Celery Recipe

This easy bean celery recipe comes together in less than 15 minutes. It is vegan easy to prepare perfect as a side dish or to eat for lunch.

Ingredients

½ white onion sliced
2 tablespoons apple cider vinegar
1 bunch celery
¼ cup chopped fresh dill
½-¾ cup chopped parsley
1 ½ cup cooked white beans or 1 can navy beans without the liquid
4 tablespoons olive oil
Salt and pepper

Instructions

- Slice the onion into thin slices and put them in a bowl with the vinegar. Let them sit for 10 minutes.
- Chop the celery and put it on an extended platter.
- Chop the herbs and put them on top of the celery. A
- dd the white beans and olive oil.
- Put the onions and vinegar on top of the beans.
- Add a good pinch of salt and pepper.
- Mix and serve.



Creamy Vegan Roasted Red Pepper Pasta

This creamy vegan red pepper sauce is perfect for the days you don't have much time to cook, or you are craving a delicious, flavorful, nutritious dish.

Ingredients

1 cup pecans
3 roasted garlic cloves
1 large roasted red pepper fresh or from a jar
1 teaspoon champagne or white wine vinegar
salt and pepper
1 1- lb pasta package

Instructions

- Roast the bell pepper and garlic (with the peel on) on a skillet or in the oven.
- When the red pepper is well burned on all sides, remove the skin and seeds. Peel the garlic.
- Put the pecans, the garlic, the red pepper, the teaspoon of vinegar, salt, and pepper in the blender container.
- Blend with 1 cup of water. Start blending at a low speed and gradually turn it up. Leave it on high speed for about two minutes or until creamy.
- Check for salt and pepper.
- Add it to the pasta.
- Have a cup of water where the pasta was cooked. If the pasta is a bit dry or the sauce too thick, you need more liquid, add this liquid to the dish.

Notes

- To remove the skin from the pepper is easier if immediately after roasting it, you put it in a closed plastic bag and wait a few minutes for the skin to peel off.
- Then, rinse it, and with your fingers, under the stream of water, you will remove the skin.
- If it is easier for you, you can use jarred red peppers. I always like to have a jar in the pantry for "no time to cook dinner emergencies".



Easy One Pot Pasta With Broccoli

This pasta is my version of fast food, one pot pasta with broccoli, garlic, and lemon. This pasta is delicious, super easy to make, and is full of flavor and nutrition.

Ingredients

8 oz short pasta
4 cups of broccoli cut into pieces
3 garlic cloves peeled
2 tablespoons of vegan butter
2 tablespoons of extra virgin olive oil
zest of a lemon
juice of a lemon
salt and pepper to taste
1 red chili pepper
Parmesan cheese (I use vegan Violife brand)

Instructions

- Bring a large pot of water to boil.
- When boiling, add a teaspoon of salt and put broccoli in the water for two minutes.
- Take it out and place in the platter where you will serve the pasta.
- You are looking for crunchy and bright green pieces of broccoli.
- Add the pasta to the boiling water and follow the package instructions. When the pasta is ready, store a cup of pasta and put with the broccoli.
- In a pan or the same pot, add the butter, the olive oil, garlic, and the lemon zest and the red chili pepper, if using, it for about a minute.
- The idea is that the garlic is cooked, but not brown.
- Remove from heat and add salt (2 teaspoons approx.), pepper and lemon juice.
- Stir very well and pour over the pasta and broccoli.
- Mix carefully, taste, adjust flavor if needed.
- Serve immediately
- Finish the pasta with nuts, hemp seeds or Vegan parmesan cheese.



Tomato and Butternut Squash Sauce Pasta

Tomato, onion and roasted butternut squash make a delicious creamy sauce for pasta.

Ingredients

1 tablespoon olive oil
2 ½ cups cubed butternut squash
3-4 tomatoes into large chunks
1/2 large onion sliced
2 cloves garlic with skin
1/2 teaspoon salt
1 tablespoon oil
1 pinch dried chili pepper flakes
1 teaspoon dried oregano
freshly ground black pepper
1 package of pasta
1 lb or 454grs

Instructions

- Turn on the oven to 350°F and prepare a tray with a mat or a piece of parchment paper.
- Prepare the pumpkin and other vegetables by cutting them in big chunks.
- Put them on top of the tray and add a tablespoon of olive oil and half a teaspoon of salt.
- Mix so all the vegetables are well coated with the oil.
- Arrange them on the tray in a single layer.
- Hide the garlic under the tomatoes so it doesn't burn.
- Put in the oven for about 20-25 minutes or until you see the vegetables start to brown.
- Meanwhile, cook the pasta as the package indicates.
- When ready, save a cup of water in which the pasta cooked.
- When the vegetables are ready, peel the garlic and blend together with water where the pasta cooked.
- In the same pot where you cooked the pasta, add a tablespoon of olive oil, oregano and chile pepper flakes. Leave them for a minute or until they release their aroma.
- Add the sauce, mix well, check salt and pepper.
- Add the cooked pasta and mix well very carefully. Serve immediately.



Green Salad With Hummus

This green salad with hummus is heaven. All the nutrients you need from greens, the benefits from apple cider vinegar and all the good and clean protein from the hummus altogether in a bowl.

Ingredients

4 cups greens
2 tablespoons apple cider vinegar
3 tablespoons extra virgin olive oil
Sea salt
3 tablespoons sesame seeds or hemp seeds
Hummus

Instructions

- Cut, wash and chop the greens and put them in a large salad bowl.
- Add the apple cider vinegar, olive oil, and salt.
- Mix with your hands for a minute or until the greens wilt a little.
- Add the sesame or hemp seeds.
- In a bowl put some hummus on one side and serve the salad next to it.



Vegan Bean Fajitas

These vegan bean fajitas are super easy to make and perfect for dinner, lunch or breakfast. These are perfect with flour or corn tortillas.

Ingredients

1 red pepper sliced
1 yellow pepper sliced
1 orange pepper sliced
½ medium onion sliced
1 tablespoon vegetable oil
1 pinch of salt
1 tablespoon Latin seasoning mix
2 cans of beans black or kidney

To serve:

Flour tortillas
Avocado
Cilantro
Salsa

Instructions

- In a large pan add the tablespoon of oil and when it starts to heat put the peppers and onion
- When they begin to brown add the pinch of salt and the spoonful of Latin seasoning mix.
- Add the beans and mix carefully.
- Heat the tortillas and add the vegan bean fajitas to prepare the tacos.
- You can serve them with avocado, cilantro, and salsa.



Potato Salad With Pesto

This potato salad with pesto is one of my favorite recipes ever! I love all the unexpected flavors and how different it is from the typical potato salad. This salad is crunchy, spicy, flavorful, vegan and very very healthy.

Ingredients

4 cups potatoes cooked and diced
3 cups cooked green beans cut into pieces
Pesto
1/2 cup basil
1/2 cup spinach
1/4 cup almonds
1 clove of garlic
1/4 of jalapeno pepper or whole if you like it very spicy
1 / 4 cup olive oil
1/2 teaspoon salt

Instructions

- Cook the potatoes and the green beans.
- Leave aside to cool down.
- Put all the ingredients for the pesto in the blender and blend until it is all super well integrated.
- Add one tablespoon of water if the pesto is too thick or the blender does not run well.
- In a large bowl mix the potatoes, green beans, and pesto.
- Finish the salad with coarse salt, chiffonade basil, and chopped almonds.

Notes

- To cook everything faster, use the same salted and boiling water to cook both: potatoes and green beans. You put the green beans for one or two minutes and then put the potatoes in the same water.



One Pan Tomato and Onion Pasta

This one pan tomato and onion pasta recipe is the easiest dish you will ever find. In 10 minutes you will have the pasta with a delicious and creamy sauce.

Ingredients

1 lb linguine package
1 tbsp olive oil
1 tbsp butter or vegan butter
½ onion thinly sliced
1 tbsp salt
1 teaspoon red pepper chili flakes
1½ cups tomato sauce

Instructions

- In a large frying pan put the olive oil and the vegan butter. When melted add the sliced onion.
- Leave the onion until transparent. Move the pasta with some kitchen pins until it is ready.
- Add the water, the salt, the dried chili, the tomato and the pasta.
- Move the pasta with some kitchen thongs until it is ready.
- Do not wait for all the liquid to be absorbed.
- That pasta will be ready before that.
- Serve immediately.



This recipe for green enchiladas is so straightforward to make. These enchiladas can be made with whatever you want or whatever you have in the fridge as leftovers. You could use quinoa, farro, lentils, navy beans, etc. These enchiladas are delicious and moist and amazing.

Ingredients

1 ½ cup of salsa verde
 1 ½ cup cooked brown rice
 1 ½ cup cooked black beans or any other that you prefer
 1 large handful of green leaves spinach, kale or mixture of the two
 ½ cup of pumpkin seeds
 8-12 corn tortillas
 To serve
 5 thinly sliced radishes
 1 medium avocado, diced
 ½ cup chopped cilantro
 3 scallions, white and green parts

Instructions

- Pre-heat the oven to 350°F.
- Prepare the green sauce as you like or follow this recipe.
- Put two or three tablespoons of sauce in the bottom of a baking dish.
- In a large bowl put the rice, beans, green leaves, pumpkin seeds and about half a cup of sauce. Mix well.
- Heat the corn tortillas until pliable. Fill each tortilla with two or three tablespoons of this mixture, roll it up and put it in the oven dish with sauce, with the fold of the tortilla facing down.
- When finished, put the rest of the sauce in the center of the enchiladas, cover and put in the oven for 20 minutes or until the enchiladas are hot and the sauce has changed color. Remove from the oven and finish with slices of radish, cilantro, scallion, and avocado. Serve immediately.

Notes

- Salsa verde recipe: 5-7 tomatillos depending on the size without peel and rinsed 1 cup cilantro, leaves, and stems 1-2 serrano chili peppers 1 / 4-1 / 2 cup of roughly chopped white onion 1/2 teaspoon of salt Put the blender the tomatillos, the cilantro, the chile serrano, the salt and a quarter cup of chopped onion. Blend until everything is well integrated, taste and adjust.



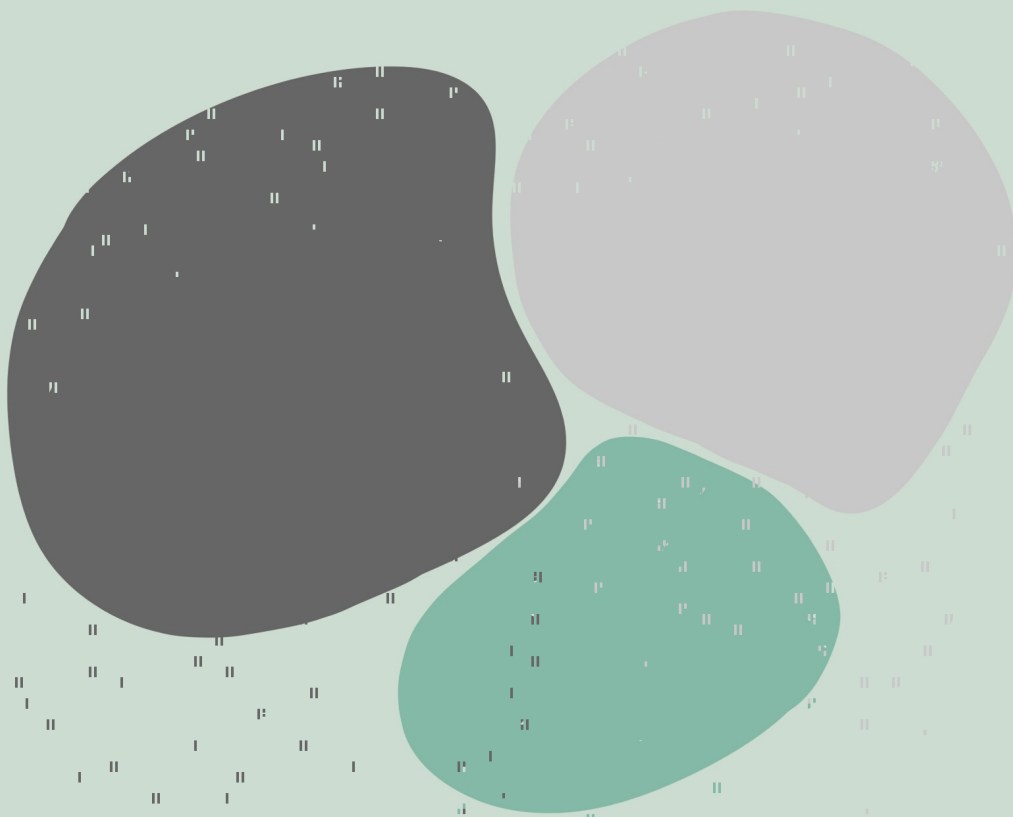
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