

# Freezer-Friendly Vegan Meal Prep

Cook once, eat for months

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VeganPreps

# How to Use This Guide

Freezer meals let you cook in bulk and eat well for weeks or months without daily cooking. This guide tells you exactly what freezes well, what does not, how long everything lasts, and how to thaw and reheat properly.

## What You Get

- A reference table of what freezes well with shelf life and thaw methods
- A list of foods that do not freeze well so you avoid wasting time
- 25 freezer-friendly recipes from the VeganPreps collection
- 3 full recipe cards for soups, stews, and casseroles
- A printable freezer inventory tracker
- A batch freezer cooking session plan

For the full recipe collection, visit [veganpreps.com](https://veganpreps.com).

# What Freezes Well

Categories of vegan food that freeze and reheat without losing quality.

| CATEGORY                   | EXAMPLES                                       | FREEZER LIFE | THAW METHOD                                                 |
|----------------------------|------------------------------------------------|--------------|-------------------------------------------------------------|
| Soups and stews            | Lentil soup, minestrone, chili, vegetable stew | 3 months     | Overnight in fridge, then reheat on stove or microwave      |
| Cooked grains              | Brown rice, quinoa, farro, barley              | 3 months     | Microwave from frozen with a splash of water                |
| Cooked beans and lentils   | Black beans, chickpeas, lentils, kidney beans  | 6 months     | Overnight in fridge or add frozen to soups directly         |
| Sauces and pestos          | Tomato sauce, peanut sauce, curry paste, pesto | 3-6 months   | Thaw in fridge or run container under warm water            |
| Baked goods                | Muffins, banana bread, energy bars, pancakes   | 3 months     | Thaw at room temperature 1-2 hours or microwave 30 seconds  |
| Veggie burgers and patties | Black bean burgers, lentil patties, falafel    | 3 months     | Cook from frozen in oven at 375F for 15-20 minutes          |
| Casseroles                 | Shepherd's pie, enchiladas, baked pasta        | 3 months     | Thaw overnight, bake at 350F covered for 30 minutes         |
| Curries                    | Chickpea curry, lentil dal, vegetable curry    | 3 months     | Overnight in fridge, reheat on stove with a splash of water |

# What Does NOT Freeze Well

Save yourself the disappointment. These foods lose texture, flavor, or structure after freezing.

## **SALADS AND RAW GREENS**

Lettuce, spinach, arugula, and other raw greens turn to mush when frozen and thawed. Only freeze cooked greens (like in soups or stews).

## **RAW VEGETABLES WITH HIGH WATER CONTENT**

Cucumbers, tomatoes, celery, and bell peppers become watery and limp. Cooked versions in sauces and stews are fine to freeze.

## **TOFU (TEXTURE CHANGES)**

Frozen tofu becomes spongy and chewy. Some people like this for stir-fries, but it will not taste like fresh tofu. If you freeze tofu on purpose, press it well after thawing and use it in heavily seasoned dishes.

## **COCONUT CREAM AND COCONUT MILK**

These separate and become grainy when frozen. Curries made with coconut milk can be frozen, but the texture will be slightly different after reheating. Stir well when reheating.

## **FRIED FOODS**

Anything crispy (fried tofu, falafel from a fryer, spring rolls) loses its crunch completely. Baked versions freeze better than fried versions.

## **DISHES WITH AVOCADO OR FRESH HERBS**

Avocado turns brown and mushy. Fresh herbs lose their color and flavor. Add these fresh when serving, not before freezing.

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# Recipes

## 1. Quick Soy Milk Noodle Soup (Ready in 15 Min)

5 min Serves 2

### INGREDIENTS

150 g (about 2 servings) dried ramen or udon noodles

200 ml (3/4 cup) unsweetened soy milk

3 tablespoons vegan mentsuyu (3x concentrate)

1 teaspoon doubanjiang (Chinese chili bean paste), or more to taste

1 tablespoon ground sesame seeds

1 teaspoon ra-yu (Japanese chili sesame oil), to taste

2 green onions, finely sliced

1 tablespoon roasted sesame seeds

### INSTRUCTIONS

1. Cook noodles according to package directions in boiling salted water. Drain and divide between two bowls.
2. While noodles cook, combine soy milk, vegan mentsuyu, doubanjiang, and ground sesame seeds in a small saucepan over medium heat. Stir and heat for 3 to 4 minutes until steaming but not boiling. Taste and add more doubanjiang for extra heat.
3. Pour hot broth evenly over the noodles in each bowl.
4. Top each bowl with sliced green onions, roasted sesame seeds, and a drizzle of ra-yu. Serve immediately.

## 2. Silky Corn Tofu Soup (Ready in 20 Min)

10 min Serves 2

### INGREDIENTS

Silk from 1 fresh ear of corn (the silky threads pulled from the cob)

70 g (2.5 oz) soft or silken tofu, cut into small cubes

4 okra pods, stems trimmed, sliced into 1/2-inch rounds

500 ml (2 cups) water

1 1/4 teaspoons vegan Chinese stock powder (or vegetable bouillon powder)

2 teaspoons usukuchi (light-colored) soy sauce

Salt and white pepper to taste

1 teaspoon toasted sesame oil

1 teaspoon sesame seeds, for garnish

Ra-yu chili oil, to taste (optional)

### INSTRUCTIONS

1. Bring the water to a boil in a small saucepan over medium-high heat. Add the vegan Chinese stock powder and stir to dissolve.
2. Add the corn silk and sliced okra to the broth. Reduce heat to medium and simmer for 3 to 4 minutes. The okra will naturally thicken the broth slightly.
3. Gently add the tofu cubes. Simmer for 2 minutes – do not stir vigorously or the soft tofu will break apart.
4. Stir in the usukuchi soy sauce. Taste and season with salt and white pepper as needed.
5. Remove from heat. Drizzle the sesame oil over the surface. Ladle into bowls and garnish with sesame seeds and ra-yu if using.

### 3. Best Instant Pot Vegetarian Stew (One-Pot)

15 min Serves 4

#### INGREDIENTS

1 leek, halved lengthwise and sliced (white and light green parts)  
2 portabella mushroom caps, diced  
1 teaspoon canola oil  
6 carrots, peeled and sliced into 1/2-inch rounds  
3 russet potatoes, peeled and cut into 1-inch cubes  
2 celery ribs, sliced  
1 cup frozen peas  
1 (8-ounce) package seitan, sliced  
4 cups water  
1 teaspoon herbes de Provence  
1 teaspoon soy sauce or tamari  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons all-purpose flour dissolved in 2 tablespoons cold water

#### INSTRUCTIONS

1. Select Sauté on the Instant Pot and heat canola oil. Add leek and mushrooms and cook 4 minutes, stirring occasionally, until softened.
2. Add carrots, potatoes, celery, seitan, water, herbes de Provence, soy sauce, salt, and pepper. Stir to combine. Cancel Sauté mode.
3. Lock the lid and set the valve to Sealing. Select Pressure Cook (Manual) on High Pressure for 12 minutes.
4. When cooking is complete, allow a natural pressure release for 10 minutes, then carefully switch the valve to Venting to release remaining steam. Remove lid.
5. Select Sauté mode again. Stir the flour-water slurry into the stew. Cook 3–4 minutes, stirring frequently, until broth thickens. Add frozen peas and cook 1 minute more until warmed through.
6. Cancel Sauté mode. Taste and adjust salt. Serve hot.

### 4. Creamy Vegan Mushroom Soup (Joey's Recipe)

15 min Serves 4

#### INGREDIENTS

3 tablespoons plant-based margarine  
1 1/2 tablespoons extra virgin olive oil  
15 large white button mushrooms, chopped  
4 scallions, chopped  
3 garlic cloves, minced  
1 tablespoon fresh ginger juice  
1 (14 oz) can full-fat coconut milk  
2 cups vegetable broth  
1/4 teaspoon soy sauce  
1/2 teaspoon salt, or to taste  
1/4 teaspoon black pepper

#### INSTRUCTIONS

1. Melt margarine with olive oil in a large pot over medium heat. Add scallions and garlic, cook for 2 minutes until softened.
2. Add chopped mushrooms and cook for 8–10 minutes, stirring occasionally, until mushrooms release their liquid and begin to brown.
3. Stir in ginger juice, soy sauce, salt, and pepper. Pour in vegetable broth and bring to a simmer. Cook for 5 minutes.
4. Add coconut milk and stir to combine. Remove from heat and use an immersion blender to blend until smooth and creamy, or transfer in batches to a stand blender.
5. Return pot to low heat, taste and adjust salt. Simmer gently for 2–3 minutes. Serve hot.

## 5. Easy Vegan Pochero (Filipino Stew)

15 min Serves 4

### INGREDIENTS

1 tablespoon canola oil  
1 teaspoon garlic, minced  
1/2 sweet onion, chopped  
1/2 cup (120 ml) tomato sauce  
1 cup (240 ml) water or vegetable broth  
180 g firm tofu, pressed and cut into 1-inch cubes  
2 semi-ripe plantains, peeled and cut into 1/2-inch slices  
1/2 cup (90 g) cooked chickpeas  
300 g green cabbage, roughly chopped  
300 g napa (Chinese) cabbage, sliced into 1-inch strips  
5 green beans, cut into 2-inch pieces  
2 teaspoons sugar  
1/2 teaspoon salt

### INSTRUCTIONS

1. Heat canola oil in a large wok or deep skillet over medium-high heat. Add garlic and onion and cook for 2-3 minutes, stirring, until onion is translucent.
2. Pour in tomato sauce and water. Stir to combine and bring to a simmer.
3. Add tofu cubes and plantain slices. Cook for 5 minutes, stirring gently once or twice, until plantains begin to soften.
4. Add chickpeas, green beans, sugar, and salt. Stir to distribute and cook for 3 minutes.
5. Add green cabbage and napa cabbage. Fold them in gently and cook for 4-5 more minutes until the cabbages are wilted but still have some texture and the broth is slightly thickened.
6. Taste and adjust salt and sugar as needed. Serve hot over steamed white rice.

## 6. Quick Vegan Pumpkin Chili (One-Pot)

15 min Serves 6

### INGREDIENTS

1 tablespoon vegetable oil  
1 onion, diced  
5 cloves garlic, minced  
3 red bell peppers, diced  
1 tablespoon tomato paste  
2 teaspoons ground cumin  
2 teaspoons chipotle powder  
1/2 teaspoon dried Mexican oregano  
1/2 teaspoon ground coriander  
1 tablespoon dark cocoa powder  
1 tablespoon brown sugar  
1 teaspoon salt  
1 (16 ounce) can kidney beans, drained and rinsed  
1 (15 ounce) can black beans, drained and rinsed  
1 (15 ounce) can garbanzo beans, drained and rinsed  
1 (15 ounce) can pumpkin puree  
1 (14.5 ounce) can fire-roasted diced tomatoes  
1 (8 ounce) can tomato sauce  
1 (4 ounce) can diced green chile peppers  
1 (2.25 ounce) can sliced black olives, drained  
2 cups vegetable broth  
1/4 cup orange juice  
1 (5 ounce) bag baby spinach

### INSTRUCTIONS

1. Heat vegetable oil in a large pot over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and bell peppers; cook 3 more minutes.
2. Stir in tomato paste, cumin, chipotle powder, oregano, coriander, cocoa powder, brown sugar, and salt. Cook, stirring constantly, for 1-2 minutes until fragrant.
3. Add kidney beans, black beans, garbanzo beans, pumpkin puree, diced tomatoes, tomato sauce, green chiles, black olives, vegetable broth, and orange juice. Stir well to combine.
4. Bring to a boil, then reduce heat to medium-low and simmer uncovered for 25-30 minutes, stirring occasionally, until chili thickens and flavors meld.
5. Stir in baby spinach and cook until wilted, about 2 minutes. Taste and adjust salt. Serve hot.

## 7. Nourishing Miso Stew with Quinoa (Easy)

10 min Serves 2

### INGREDIENTS

4 1/2 cups filtered water  
1/3 cup quinoa, rinsed  
1 (1-inch) piece kombu (dried kelp)  
1/2 medium onion, cut into 3/4-inch pieces  
2 teaspoons extra-virgin olive oil  
2 garlic cloves, thinly sliced  
1/2 lb firm tofu, cut into 24 small cubes  
1/2 carrot, halved lengthwise, then sliced 1/4-inch thick  
5 fresh shiitake mushrooms, stems discarded, caps thinly sliced  
2 to 3 tablespoons white miso  
1 cup bok choy or Napa cabbage, very thinly sliced  
1 teaspoon tamari  
1 scallion, thinly sliced  
1/2 teaspoon dulse flakes

### INSTRUCTIONS

1. Bring 1 cup of the water to a boil in a small saucepan. Add quinoa, reduce heat to low, cover, and cook for 12 minutes until water is absorbed and quinoa is fluffy. Remove from heat and set aside.
2. Combine remaining 3 1/2 cups water with kombu in a medium pot. Bring to a gentle simmer over medium heat (do not boil). Remove kombu after 5 minutes.
3. Heat olive oil in a separate skillet over medium heat. Add onion and cook for 3 minutes until translucent. Add garlic and cook 1 minute. Add tofu, carrot, and mushrooms; cook for 3 minutes, stirring gently.
4. Transfer the sautéed vegetables and tofu to the kombu broth. Simmer over medium-low heat for 8 minutes until carrots are tender.
5. Ladle out 1/4 cup of broth into a small bowl and let it cool for 2 minutes. Whisk in the miso paste until smooth, then stir the mixture back into the pot. Do not let the soup boil after adding miso.
6. Stir in bok choy, tamari, cooked quinoa, and dulse flakes. Cook 1 minute until bok choy wilts. Divide between bowls and top with sliced scallion.

## 8. Best Three-Meal Vegan Chili (Make-Ahead)

15 min Serves 6

### INGREDIENTS

1 tablespoon olive oil  
1 large onion, diced  
4 cloves garlic, minced  
1 can (15 oz) ranchero beans, rinsed and drained  
1 can (15 oz) pinto beans, rinsed and drained  
1 can (15 oz) kidney beans, rinsed and drained  
2 cans (10 oz each) diced tomatoes with green chiles  
1 can (28 oz) whole peeled tomatoes, crushed by hand  
1 can (15 oz) tomato sauce  
1 cup vegetable broth  
2 packages (1.25 oz each) vegan chili seasoning mix  
2 tablespoons chili powder  
1 teaspoon cayenne pepper  
1 cup green lentils, rinsed (or 2 cups cooked green lentils)  
Salt to taste

### INSTRUCTIONS

1. If using dry lentils: simmer in 2 cups water for 20 minutes until just tender, drain, and set aside.
2. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook 5 minutes until softened. Add garlic and cook 1 minute more. Add chili seasoning mix, chili powder, and cayenne and stir 30 seconds to bloom the spices.
3. Add all three cans of beans, diced tomatoes with chiles, crushed whole tomatoes, tomato sauce, and vegetable broth. Stir well and bring to a boil.
4. Reduce heat to low, cover, and simmer 30 minutes, stirring occasionally. Add cooked lentils and simmer uncovered 10 minutes more until chili thickens. Taste and adjust salt and seasoning.
5. Serve hot. Leftovers keep refrigerated up to 5 days or frozen up to 3 months. Flavors improve overnight.

## 9. Best Cauliflower Tofu Casserole (Vegan Comfort)

20 min Serves 6

### INGREDIENTS

2 medium heads cauliflower (about 2 lbs total), cut into bite-sized florets

1 block (14 oz) extra-firm tofu, pressed and cubed into 3/4-inch pieces

2 tablespoons olive oil, divided

1 teaspoon salt, divided

1/2 teaspoon black pepper

1 (28 oz) can crushed tomatoes

3 cloves garlic, minced

1 small onion, finely chopped

1 teaspoon dried oregano

1 teaspoon dried basil

1/2 teaspoon smoked paprika

1/4 cup nutritional yeast

1/2 cup breadcrumbs (use gluten-free if needed)

### INSTRUCTIONS

1. Preheat the oven to 400 F (200 C). Grease a 9x13-inch baking dish with a little olive oil.
2. Toss the cauliflower florets and tofu cubes with 1 tablespoon of the olive oil, 1/2 teaspoon salt, and the black pepper on a large rimmed baking sheet. Roast for 20 minutes, turning once halfway, until the cauliflower is tender with lightly browned edges.
3. While the vegetables roast, heat the remaining tablespoon of olive oil in a medium saucepan over medium heat. Add the onion and cook for 5 minutes until soft. Add the garlic and cook 1 minute more. Stir in the crushed tomatoes, oregano, basil, smoked paprika, and remaining 1/2 teaspoon salt. Simmer for 8 minutes.
4. Remove the sauce from heat and stir in the nutritional yeast. Transfer the roasted cauliflower and tofu to the prepared baking dish and pour the tomato sauce evenly over the top.
5. Scatter the breadcrumbs over the surface. Bake at 400 F for 20 to 25 minutes until the sauce is bubbling around the edges and the breadcrumb topping is golden brown.
6. Let the casserole rest for 5 minutes before serving so the sauce sets slightly.

## 10. Easy Whole-Wheat Pasta Tomato Sauce

5 min Serves 4

### INGREDIENTS

250 g (9 oz) whole wheat pasta, uncooked

4 cups water (for pasta, plus more as needed)

1 teaspoon salt (for pasta water)

2 tablespoons olive oil

1 medium onion, chopped

2 garlic cloves, minced

1 cup fresh peas (or frozen, thawed)

6 tablespoons tomato paste

1 teaspoon brown sugar

1 teaspoon dried oregano

1 teaspoon dried thyme

2 tablespoons nutritional yeast

1/2 cup fresh basil, chopped

Sea salt and black pepper to taste

Fresh basil leaves for garnish

### INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Cook whole wheat pasta according to package directions until al dente, about 10–12 minutes. Reserve 1/2 cup pasta cooking water, then drain.
2. Heat olive oil in a large skillet over medium heat. Add onion and cook for 5 minutes until softened. Add garlic and cook 1 minute more.
3. Stir in tomato paste, oregano, thyme, and brown sugar. Cook 2 minutes, stirring constantly, until the paste darkens slightly.
4. Add peas and 1/4 cup of the reserved pasta water. Simmer 3–4 minutes until peas are tender. Stir in nutritional yeast and chopped basil. Season with salt and pepper.
5. Add drained pasta to the skillet and toss to coat, adding more pasta water as needed to loosen the sauce. Serve immediately, garnished with fresh basil.

## 11. Vegan Avocado Pasta With Blackened Veggies (Quick)

15 min Serves 4

### INGREDIENTS

12 oz (340 g) pasta (linguine or spaghetti)

4 ripe avocados, pitted and peeled

Juice of 2 limes

2 cloves garlic, roughly chopped

1/2 cup fresh cilantro leaves

1/2 teaspoon salt, plus more to taste

2 heads broccoli, cut into 1-inch florets

2 red bell peppers, cut into 1/2-inch chunks

1 yellow onion, thinly sliced into rings

3 tablespoons olive oil

Juice of 1 additional lime (for vegetables)

1/2 teaspoon salt (for vegetables)

Black pepper to taste

### INSTRUCTIONS

1. Preheat oven to 450 F (230 C). Toss the broccoli florets, red bell pepper chunks, and onion rings with 3 tablespoons olive oil, the juice of 1 lime, and 1/2 teaspoon salt until evenly coated. Spread in a single layer across two large baking sheets. Roast for 25 to 30 minutes, stirring once halfway through, until the edges are deeply browned and charred in spots.
2. While the vegetables roast, bring a large pot of well-salted water to a boil. Cook the pasta according to package directions until al dente. Reserve 1/2 cup of the pasta water before draining.
3. Make the avocado sauce: combine the avocado flesh, lime juice from 2 limes, garlic, cilantro, and 1/2 teaspoon salt in a blender or food processor. Blend until completely smooth. Taste and adjust salt and lime juice as needed.
4. Drain the pasta and return it to the pot off the heat. Add the avocado sauce and toss immediately to coat, adding splashes of the reserved pasta water to loosen the sauce to a creamy, coating consistency.
5. Divide the avocado pasta into bowls and top generously with the blackened roasted vegetables. Season with additional black pepper and serve immediately, as the avocado sauce will begin to darken after 20 to 30 minutes.

## 12. Easy Vegan Rice & Tofu Loaf (Baked)

20 min Serves 4

### INGREDIENTS

14 oz (400g) firm or extra-firm tofu, pressed and patted dry

1 1/2 cups cooked brown or white rice

1 small onion, finely diced

2 carrots, grated

1 leek, white and light green parts only, halved lengthwise and finely diced

2 garlic cloves, minced

1 1/2 tablespoons sesame oil

1 tablespoon soy sauce

1/4 teaspoon Herbamare (or 1/4 teaspoon seasoned salt)

2 teaspoons dried herbs (thyme, basil, or a mix)

3 tablespoons fresh parsley, finely minced

2 flax eggs (2 tablespoons ground flaxseed mixed with 6 tablespoons water, rested 5 minutes)

### INSTRUCTIONS

1. Preheat the oven to 375F (190C). Line a 9x5 inch (23x13 cm) loaf pan with parchment paper, leaving an overhang on the long sides for easy lifting. Mix the flax eggs and set aside to gel for 5 minutes.
2. Heat the sesame oil in a skillet over medium heat. Add the onion, leek, and carrots and cook, stirring occasionally, for 7–8 minutes until softened. Add the garlic and cook for 1 more minute. Remove from heat and let cool for 5 minutes.
3. Crumble the pressed tofu into a large mixing bowl until it resembles coarse crumbs with no large chunks. Add the cooked rice, sauteed vegetables, soy sauce, Herbamare, dried herbs, parsley, and gelled flax eggs. Mix thoroughly until everything is evenly combined and the mixture holds together when pressed.
4. Transfer the mixture into the prepared loaf pan and press down firmly and evenly with the back of a spoon or your hands to eliminate air pockets. Smooth the top.
5. Bake on the center rack for 45–55 minutes, until the top is golden brown and the loaf feels firm and set when pressed in the center. A toothpick inserted in the middle should come out clean with no wet mixture.
6. Let the loaf cool in the pan for 10 minutes before lifting out using the parchment overhang. Slice with a sharp knife — the loaf firms up further as it cools and slices cleanly once rested.

### 13. Best Mushroom Seitan Rolls With Basil Pesto

15 min Serves 4

#### INGREDIENTS

1 lb seitan, sliced into 6–8 strips (about 1/4-inch thick)  
3 tablespoons olive oil, divided  
1 large garlic clove, minced  
1 tablespoon minced fresh basil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 large portabella mushroom cap, sliced into 1/4-inch strips  
4 scallions, halved lengthwise  
3/4 cup vegetable stock  
1/2 cup vegan basil pesto, thinned with 2 tablespoons hot water

#### INSTRUCTIONS

1. Combine 2 tablespoons olive oil, garlic, basil, salt, and pepper in a shallow dish. Add seitan strips and toss to coat; marinate for 10 minutes at room temperature.
2. Heat remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add marinated seitan strips and cook 3–4 minutes per side until golden brown. Transfer to a plate.
3. In the same skillet, add mushroom strips and scallions. Cook over medium heat for 3 minutes, stirring occasionally, until mushrooms soften and scallions are just tender.
4. Pour in vegetable stock and bring to a simmer. Return seitan to the skillet, nestling strips among the vegetables. Cook 3–4 minutes until stock reduces by half and seitan is heated through.
5. Lay each seitan strip flat and place 2–3 mushroom strips and a scallion piece across one end; roll up firmly and secure with a toothpick if needed. Plate all rolls seam-side down.
6. Drizzle warm thinned pesto over rolls immediately before serving.

### 14. Best Braised Bean Curd With Garlic (Quick)

40 min Serves 2

#### INGREDIENTS

6 ounces (170g) firm tofu, sliced into triangles  
3 garlic cloves, crushed to a paste  
2 teaspoons coriander roots (or coriander stems), finely chopped  
4 teaspoons shoyu or light soy sauce, divided  
1 teaspoon raw sugar  
3 teaspoons sesame oil, divided  
10 tablespoons (150ml) peanut oil, divided (4 tbsp for marinade frying, 6 tbsp for main fry)  
5 fluid ounces (150ml) dark vegetable stock  
1 tablespoon tomato puree  
1 tablespoon rice vinegar  
1 teaspoon arrowroot  
1 teaspoon coarsely ground black pepper  
1/2 medium cucumber, halved lengthwise and thinly sliced  
4 spring onions, shredded

#### INSTRUCTIONS

1. In a shallow dish, mix crushed garlic, coriander roots, 2 teaspoons soy sauce, raw sugar, 4 tablespoons peanut oil, and 1 teaspoon sesame oil into a paste. Add tofu triangles, coat thoroughly, and marinate for at least 30 minutes (or up to overnight) in the refrigerator.
2. Heat 6 tablespoons peanut oil in a wok or heavy skillet over medium-high heat to approximately 180°C (350°F). Add marinated tofu in batches and fry 2–3 minutes per side until golden and crispy. Remove to a paper towel-lined plate.
3. Discard all but 1 tablespoon of oil from the pan. In a small bowl, whisk together vegetable stock, remaining 2 teaspoons soy sauce, tomato puree, rice vinegar, arrowroot, black pepper, and remaining 2 teaspoons sesame oil.
4. Pour sauce into the pan over medium heat and stir constantly for 2–3 minutes until it thickens and becomes glossy.
5. Return tofu to the pan, spoon sauce over the pieces, and heat through for 1 minute.
6. Arrange cucumber slices on a serving plate, place tofu on top, pour remaining sauce over, and garnish with shredded spring onions. Serve immediately.

## 15. Vegan Vegetable Pot Pie (Homemade Crust)

25 min Serves 6

### INGREDIENTS

For the crust:

1 3/4 cups all-purpose flour

3/4 cup whole wheat flour

1 teaspoon salt

2 teaspoons dried basil

2 teaspoons dried oregano

1/4 cup olive oil

1/2-2/3 cup cold water

For the filling:

3 1/4 cups vegetable broth

1/2 cup all-purpose flour

3 cups frozen mixed vegetables (peas, carrots, corn, green beans)

1 cup frozen corn

1 tablespoon olive oil

1 medium onion, diced

3 cloves garlic, minced

1 teaspoon dried thyme

1/2 teaspoon dried rosemary

1/2 teaspoon black pepper

1 teaspoon salt

### INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Make the crust: whisk together both flours, salt, basil, and oregano in a large bowl. Drizzle in olive oil and mix with a fork until the mixture resembles coarse crumbs. Add cold water 2 tablespoons at a time, mixing until the dough just comes together. Divide into two portions, wrap, and chill for 10 minutes.
2. Make the filling: heat olive oil in a large saucepan over medium heat. Add onion and cook for 4–5 minutes until softened. Add garlic, thyme, rosemary, salt, and pepper and cook for 1 minute. Sprinkle flour over the vegetables and stir for 1–2 minutes to cook out the raw flour taste.
3. Gradually whisk in vegetable broth, adding it in a slow stream while stirring constantly to prevent lumps. Cook over medium heat, stirring frequently, for 5–7 minutes until the filling thickens to a gravy consistency. Stir in frozen mixed vegetables and corn and remove from heat.
4. Roll out one dough portion on a lightly floured surface to fit a 9-inch pie dish. Press into the dish, trimming excess. Pour the warm filling into the crust.
5. Roll out the second dough portion and lay it over the filling. Pinch the edges together to seal and cut 3–4 small slits in the top crust to allow steam to escape.
6. Bake at 375°F for 35–40 minutes until the crust is golden brown and the filling is bubbling through the slits. Let rest for 10 minutes before slicing.

## 16. Quick Hot Tomato Pie (20-Minute Dinner)

5 min Serves 2

### INGREDIENTS

1 frozen pre-made vegan pizza crust (12-inch)  
5 tablespoons vegan pesto (basil, olive oil, garlic, lemon – no Parmesan)  
1/2 cup heirloom tomatoes, diced  
1/2 cup kale, thinly sliced  
1/2 cup cremini mushrooms, diced  
200g canned artichoke hearts, drained and roughly chopped (about 1/2 standard jar)  
1 tablespoon nutritional yeast  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon Mrs. Dash original blend (or Italian seasoning)

### INSTRUCTIONS

1. Preheat oven to 400F (200C). Place frozen pizza crust on a baking sheet or pizza stone and let thaw for 5 minutes at room temperature.
2. Spread pesto evenly over the crust, leaving a 1/2-inch border at the edges.
3. Scatter tomatoes, kale, mushrooms, and artichoke hearts evenly over the pesto. Sprinkle nutritional yeast, salt, pepper, and Mrs. Dash over the top.
4. Bake at 400F (200C) for 10 minutes until toppings are heated through and edges are crisp.
5. Turn off the oven and leave pizza inside for 10 more minutes – this dries out the toppings and crisps the crust without burning.
6. Remove from oven, slice into 4–6 pieces, and serve immediately.

## 17. Braised Tofu Casserole (Comfort in a Dish)

40 min Serves 2

### INGREDIENTS

6 dried black mushrooms (shiitake), soaked in 1 cup hot water for 30 minutes  
7 oz (200 g / 1/2 package) firm tofu, drained and cut into 1-inch cubes  
2 teaspoons soy sauce (for tofu coating)  
1 tablespoon cornstarch (for tofu coating)  
2 tablespoons vegetable oil, divided  
1 small zucchini, halved lengthwise and sliced into 1/2-inch pieces  
1/2 cup sliced bamboo shoots, drained if canned  
1 leek, white part only, cut into 1/2-inch rings  
3/4 cup vegetable broth  
2 tablespoons soy sauce (for braising)  
2 teaspoons sugar  
1 teaspoon sesame oil  
1 teaspoon cornstarch dissolved in 2 teaspoons cold water (for thickening)

### INSTRUCTIONS

1. Place dried mushrooms in a bowl and cover with 1 cup hot water. Soak for 30 minutes until fully softened. Remove mushrooms, squeeze out excess liquid, trim off any tough stems, and slice into strips. Reserve the soaking liquid.
2. Pat tofu cubes dry with paper towels. Toss with 2 teaspoons soy sauce, then dust evenly with 1 tablespoon cornstarch. Heat 1 tablespoon oil in a wok or large non-stick skillet over medium-high heat (about 375°F / 190°C). Fry tofu cubes for 2–3 minutes per side until golden. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the pan over medium heat. Stir-fry leek rings for 2 minutes until softened. Add zucchini, bamboo shoots, and soaked mushrooms and stir-fry 2 minutes more.
4. Return tofu to the pan. Pour in vegetable broth and 1/4 cup of the reserved mushroom soaking liquid. Add soy sauce and sugar, stir to combine, and bring to a gentle simmer.
5. Reduce heat to medium-low, cover, and braise for 10–12 minutes until the vegetables are tender and the tofu has absorbed the flavors. If a thicker sauce is desired, stir in the cornstarch slurry and simmer uncovered for 1–2 minutes until the sauce thickens.
6. Drizzle with sesame oil, give a gentle stir, and serve hot over steamed rice.

## 18. Curried Tofu With Soy Sauce (One-Pot Method)

10 min Serves 4

### INGREDIENTS

2 tablespoons peanut, canola, or grapeseed oil  
1 large onion, peeled and chopped  
1 tablespoon curry powder, or to taste  
1 cup roughly chopped walnuts or unsalted cashews  
1 can (13.5 oz) unsweetened coconut milk  
1 block (about 1 lb) firm or extra-firm tofu, cut into 3/4-inch cubes  
2 tablespoons soy sauce, or to taste  
Salt and cayenne pepper to taste  
Cooked basmati rice, for serving

### INSTRUCTIONS

1. Heat oil in a large skillet or wide pot over medium heat. Add onion and cook, stirring occasionally, for 6–8 minutes until softened and golden brown.
2. Stir in curry powder and cook for 1 minute until fragrant. Add chopped nuts and stir to coat in the spiced oil, cooking for 1–2 minutes.
3. Pour in coconut milk and stir to combine, scraping up any bits from the bottom. Bring to a gentle simmer over medium heat.
4. Add tofu cubes and soy sauce. Stir gently to combine. Reduce heat to medium-low and simmer uncovered for 8–10 minutes, stirring occasionally, until the sauce thickens slightly and tofu has absorbed the flavors.
5. Season with salt and cayenne pepper to taste. Adjust curry powder or soy sauce if needed.
6. Serve over cooked basmati rice.

## 19. Siesta Special Rice & Black Bean Bowl

15 min Serves 2

### INGREDIENTS

1 cup (195 g) raw white rice  
2 cups (470 ml) water  
1/2 teaspoon salt, divided  
1 (15.5 oz / 440 g) can black beans, rinsed and drained  
1/4 cup (28 g) sun-dried tomatoes packed in olive oil, drained and chopped (reserve oil)  
1/2 cup (75 g) red bell pepper, diced  
1 cup (145 g) ripe avocado (about 1 medium), diced  
1/2 cup (8 g) fresh cilantro leaves, coarsely chopped  
2 teaspoons (5 g) chia seeds  
2 tablespoons (30 ml) fresh lemon juice  
2 tablespoons (30 ml) reserved sun-dried tomato oil or extra-virgin olive oil  
Black pepper to taste

### INSTRUCTIONS

1. Combine rice, water, and 1/4 teaspoon salt in a medium saucepan. Bring to a boil over high heat, then reduce to the lowest setting, cover, and cook for 18 minutes. Remove from heat and let steam, covered, for 5 minutes. Fluff with a fork and spread on a baking sheet to cool to room temperature, about 15 minutes.
2. While rice cools, whisk together lemon juice, reserved sun-dried tomato oil, and remaining 1/4 teaspoon salt in a large bowl. Add black beans and toss to coat.
3. Add cooled rice, sun-dried tomatoes, red bell pepper, and chia seeds to the bowl. Toss gently to combine.
4. Add avocado and cilantro. Fold in carefully to keep avocado pieces intact. Taste and adjust salt, pepper, and lemon juice.
5. Divide between 2 bowls and serve immediately, or refrigerate up to 2 hours before serving (add avocado just before serving if making ahead).

## 20. Brown Rice & Tofu Bowl (One-Pot Method)

15 min Serves 4

### INGREDIENTS

1 1/2 cups short-grain brown rice, rinsed  
2 3/4 cups water  
1/2 oz (15 g) dried shiitake mushrooms, broken into pieces if large  
1 tablespoon fresh ginger, finely chopped  
4 garlic cloves, minced  
1 dried red chile, crumbled  
1 teaspoon coarse salt, plus more to taste  
7 oz (200 g) extra-firm tofu, drained and cut into 3/4-inch cubes  
3 oz (85 g) baby spinach  
6 scallions (white and pale green parts only), finely chopped  
1/4 cup fresh cilantro leaves, finely chopped  
2 tablespoons plus 1 teaspoon low-sodium tamari soy sauce  
1 1/2 tablespoons unseasoned rice vinegar  
1 teaspoon toasted sesame oil

### INSTRUCTIONS

1. In a large heavy-bottomed pot or Dutch oven, combine rinsed rice, water, dried shiitake mushrooms, ginger, garlic, crumbled red chile, and 1 teaspoon salt. Bring to a boil over medium-high heat, stirring once.
2. Reduce heat to the lowest setting, cover tightly, and cook for 45–50 minutes until the rice is tender and has absorbed all the liquid. Do not lift the lid during cooking.
3. Remove the pot from heat. Scatter tofu cubes and baby spinach over the surface of the rice without stirring. Cover and let steam for 5 minutes — the residual heat will warm the tofu and wilt the spinach.
4. In a small bowl, stir together tamari, rice vinegar, and sesame oil. Pour over the rice, tofu, and spinach, then gently fold everything together, breaking up the shiitakes as you go.
5. Divide among four bowls, top with scallions and fresh cilantro, and serve immediately. Season with additional tamari or salt to taste.

## 21. Sprouted Brown Rice Bowl (Easy & Nutritious)

25 min Serves 2

### INGREDIENTS

1/2 oz (about 1/2 cup) dried hijiki  
1 tablespoon tamari or soy sauce, plus more to taste  
2 teaspoons mirin  
1 tablespoon dark sesame oil, divided  
1 tablespoon peanut oil or canola oil  
8 oz (1/2 lb) firm tofu, pressed and cut into 1/2 x 1-inch pieces  
1 tablespoon plus 1 teaspoon fresh ginger, minced  
2 large carrots (about 8 oz), cut into 2–3-inch julienne strips  
1/4 teaspoon salt, or to taste  
1 1/2 tablespoons toasted sesame seeds  
3 cups cooked sprouted brown rice, warm

### INSTRUCTIONS

1. Place hijiki in a bowl and cover with warm water. Soak for 20 minutes until softened, then drain and rinse well. In a small bowl, whisk together tamari, mirin, and 1 teaspoon sesame oil to make the sauce. Set aside.
2. Heat peanut oil in a large skillet or wok over medium-high heat. Add tofu in a single layer and cook undisturbed for 3–4 minutes per side until golden. Transfer to a plate.
3. Add ginger to the same skillet and stir-fry 30 seconds until fragrant. Add carrots and cook 3–4 minutes, stirring occasionally, until just tender-crisp.
4. Add drained hijiki and the sauce mixture. Stir to combine and cook 2 minutes. Return tofu to the pan, toss gently to coat everything, and season with salt to taste.
5. Divide warm sprouted brown rice into bowls. Top with the tofu-hijiki stir-fry. Drizzle remaining 2 teaspoons sesame oil over each bowl and scatter sesame seeds on top. Serve immediately.

## 22. Yam & Oat Breakfast Casserole (Meal Prep)

15 min Serves 6

### INGREDIENTS

2 medium yams (about 1 lb total), peeled and cubed into 1-inch pieces

1 cup old-fashioned rolled oats

2 cups water

2 tablespoons flax meal

1/4 cup pure maple syrup

1/2 teaspoon ground cinnamon

1/2 teaspoon pumpkin pie spice

For the topping: 1/2 cup chopped walnuts, 1/4 cup old-fashioned rolled oats, 2 tablespoons light brown sugar, 2 tablespoons chia seeds, 2 tablespoons olive oil

### INSTRUCTIONS

1. Preheat the oven to 375 F (190 C). Grease an 8x8-inch baking dish with a little olive oil or cooking spray.
2. Steam or microwave the yam cubes for 8 to 10 minutes until completely tender when pierced with a fork. Transfer to a large bowl and mash until smooth.
3. Stir the oats, water, flax meal, maple syrup, cinnamon, and pumpkin pie spice into the mashed yam until fully combined. Pour the mixture into the prepared baking dish and spread evenly.
4. In a small bowl, combine the topping walnuts, oats, brown sugar, chia seeds, and olive oil. Mix until the oats are coated, then scatter evenly over the casserole.
5. Bake for 30 to 35 minutes until the top is golden brown and the center is set and no longer jiggles when the dish is gently shaken.
6. Cool for 10 minutes before slicing into 6 portions. Refrigerate leftovers in an airtight container for up to 5 days and reheat individual portions in the microwave for 90 seconds.

## 23. Peanut Chocolate Chia Quinoa Poppers (No-Bake)

15 min Serves 12

### INGREDIENTS

1/2 cup sprouted quinoa (dry, uncooked)

1/2 cup cocktail peanuts

1/2 cup pitted Medjool dates (about 8-10 dates)

1/2 cup organic dark roasted crunchy peanut butter

1/2 tablespoon chia seeds

2 tablespoons unsweetened cocoa powder

1/4 cup cinnamon sugar (for rolling)

### INSTRUCTIONS

1. Toast the sprouted quinoa in a dry skillet over medium heat for 3-4 minutes, shaking the pan, until golden and fragrant. Some grains will pop – this is normal. Transfer to a plate to cool completely.
2. Place dates in a food processor and pulse until a sticky paste forms. Add peanut butter, cocoa powder, and chia seeds and process until combined.
3. Add toasted quinoa and peanuts to the food processor. Pulse in short bursts until the mixture comes together but still has texture – do not over-process. The mixture should hold its shape when pressed together. If too dry, add 1 teaspoon water and pulse again.
4. Scoop tablespoon-sized portions of the mixture and roll into balls between your palms. Roll each ball in cinnamon sugar to coat.
5. Place poppers on a parchment-lined plate or tray and refrigerate for at least 30 minutes until firm. Store in an airtight container in the refrigerator for up to 1 week.

## 24. Best Vegan Lentil Burgers (Homemade)

15 min Serves 8

### INGREDIENTS

1 cup dry green or brown lentils, rinsed  
2 1/2 cups water  
1 tablespoon olive oil, plus more for frying  
1/2 medium yellow onion, finely diced  
1 medium carrot, grated  
2 garlic cloves, minced  
1 tablespoon low-sodium soy sauce  
1 teaspoon black pepper  
1/2 teaspoon smoked paprika  
1/2 teaspoon salt  
2 tablespoons ground flaxseed mixed with 5  
tablespoons water (flax egg)  
3/4 cup rolled oats, finely ground  
3/4 cup plain breadcrumbs

### INSTRUCTIONS

1. Combine lentils and water in a medium saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for 25–30 minutes until lentils are fully tender and water is absorbed. Drain any excess water. Set aside to cool for 10 minutes. Mix ground flaxseed with water in a small bowl and let sit 5 minutes to gel.
2. Heat 1 tablespoon oil in a skillet over medium heat. Sauté onion and carrot for 5 minutes until soft. Add garlic and cook 1 minute more. Remove from heat.
3. Transfer cooled lentils to a large bowl and mash thoroughly with a fork or potato masher — leave some texture, not fully smooth. Add the sautéed vegetables, flax egg, soy sauce, pepper, paprika, salt, ground oats, and breadcrumbs. Mix until a firm, moldable mixture forms. If too wet, add 2 tablespoons more breadcrumbs.
4. Divide mixture into 8–10 equal portions and shape into patties about 3/4 inch thick. For pan-frying: heat a thin layer of oil in a skillet over medium heat and cook patties 4–5 minutes per side until a dark golden crust forms. For baking: arrange on a parchment-lined baking sheet and bake at 375°F (190°C) for 20 minutes, flip, and bake 10 more minutes until firm and browned.
5. Serve on buns with desired toppings. Refrigerate leftovers up to 4 days, or freeze uncooked patties between parchment sheets for up to 2 months.

## 25. Easy Vegan Dumplings (Rice Paper)

30 min Serves 2

### INGREDIENTS

8 sheets rice paper (22 cm / 9-inch)  
150 g shiitake mushrooms, finely minced  
50 g carrots, finely minced  
30 g leeks, thinly sliced  
30 g shallots, finely minced  
10 g fresh ginger, finely minced  
1 tablespoon chia seeds  
15 ml (1 tablespoon) hot water  
15 ml (1 tablespoon) soy sauce (use tamari for gluten-free)  
15 ml (1 tablespoon) sesame oil  
1/2 teaspoon Chinese five spice powder  
1/4 teaspoon black pepper

### INSTRUCTIONS

1. Stir chia seeds into the hot water in a small bowl and let sit 5 minutes until a gel forms.
2. Heat sesame oil in a skillet over medium heat. Add shallots, ginger, and leeks and cook 2 minutes until softened. Add mushrooms and carrots, cook 4 minutes until moisture evaporates. Stir in soy sauce, five spice, black pepper, and chia gel. Remove from heat and cool completely.
3. Fill a wide shallow bowl with warm water. Dip one rice paper sheet for 10–15 seconds until just pliable but not limp. Lay flat on a damp work surface.
4. Place 1 heaped tablespoon of filling in the lower third of the wrapper. Fold the bottom edge up over the filling, fold in both sides, then roll tightly upward to seal. Repeat with remaining wrappers and filling.
5. Set a steamer basket over 2.5 cm (1 inch) of boiling water. Line the basket with parchment or cabbage leaves. Place dumplings seam-side down without touching. Steam over medium-high heat for 6–8 minutes until wrappers are translucent and tender.
6. Serve immediately with soy sauce, rice vinegar, or chili oil for dipping.

# Freezer Inventory Tracker

Print this page and tape it to your freezer. Update it every time you add or remove a container.

| ITEM                     | DATE FROZEN | PORTIONS | USE BY |
|--------------------------|-------------|----------|--------|
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Use masking tape and a permanent marker on each container. Write the dish name, date frozen, and number of portions. This takes 10 seconds per container and saves you from the "mystery container" problem 2 months later.

# Batch Freezer Cooking Session

A 3-hour cooking session that fills your freezer with 20+ meals. Do this once a month.

## HOURL 1: SOUPS AND STEWS

Start a large pot of lentil soup (6 servings). Start a second pot of vegetable chili (6 servings). Both simmer for 30–40 minutes with minimal attention.

*While pots simmer, prep ingredients for the next hour.*

## HOURL 2: CASSEROLE AND GRAINS

Assemble a shepherd's pie or baked pasta (6 servings). Put it in the oven.

Cook a large batch of rice or quinoa (makes 8–10 cups). Portion into freezer bags once cooled.

*Soups should be done by now. Turn off heat and let them cool on the stove.*

## HOURL 3: PORTIONING AND CLEANUP

Portion cooled soups and stews into single-serve containers. Leave 1 inch of headspace for expansion.

Cut the casserole into portions once cooled. Wrap each in foil or place in containers.

Label every container: dish name, date, portions.

Stack in freezer. Clean kitchen.

*Result: 20–24 individual meal portions ready to thaw and eat over the next 1–3 months.*

## CONTAINER TIPS

Use freezer-safe glass containers or thick plastic containers with tight lids. Freezer bags work for soups and grains – lay them flat to freeze, then stack vertically like files in a cabinet. This saves space.

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