

Vegan Dinner Rotation Planner

7 themed nights to end the "what's for dinner"
question forever

VeganPreps

How the Dinner Rotation Works

Instead of deciding what to cook every single night, assign a theme to each day of the week. Monday is always stir-fry night. Thursday is always curry night. You only need to pick which specific recipe fits the theme, and that takes 30 seconds instead of 30 minutes of scrolling.

What You Get

- A 7-day themed dinner rotation template you can fill in each week
- 3 recipe suggestions per theme from the VeganPreps collection
- A blank printable version you can stick on your fridge

Why Themes Work

DECISION FATIGUE IS REAL

Research shows that the more decisions you make in a day, the worse each subsequent decision gets. A themed rotation removes the daily "what should I cook" question entirely. You already know the category. You just pick from a short list.

For the full recipe collection, visit veganpreps.com.

Weekly Dinner Rotation Template

Fill in one recipe per theme each week. Repeat themes, rotate recipes.

DAY	THEME	THIS WEEK'S PICK
Monday	Stir-Fry Night	Write your pick here
Tuesday	Soup & Bread Night	Write your pick here
Wednesday	Pasta Night	Write your pick here
Thursday	Curry Night	Write your pick here
Friday	Bowl Night	Write your pick here
Saturday	Try Something New	Write your pick here
Sunday	Meal Prep Day	Write your pick here

What's Inside

1. Easy Peanut Curry Tofu & Potatoes (30 Minutes)
2. Best Mushroom Seitan Rolls With Basil Pesto
3. Quick Red Curry Tofu & Sweet Potato (Easy)
4. Best Vegan Shepherd's Pie (Gardener's Pie)
5. Authentic Arroz Con Gandules (Easy)
6. Cozy Tofu-Potato Winter Meal (Quick)
7. Stuffed Thanksgiving Pumpkins (Diabetic-Friendly)
8. Easy Asian Stuffed Peppers With Tofu
9. Simple Sesame Vegan Rice (Side Dish)
10. Homemade Vegan Dolmades (Grape Leaves)
11. Easy Indian Cauliflower Nu Bhanolu (Vegan & Gluten-Free)
12. Crispy Breaded Spiced Tofu (Ready in 30 Minutes)
13. Golden Tempeh Curry (Best Plant-Based Dinner)
14. Thai Baked Tofu (Easy 35-Minute Recipe)
15. Vegetarian Hunan-Style Tofu (Quick & Spicy)
16. Curried Tofu With Soy Sauce (One-Pot Method)
17. Silky Tofu Coconut Curry (Best Vegan Comfort Food)
18. Singapore Hawker Noodles With Golden Tofu (Easy)
19. Vegan Avocado Pasta With Blackened Veggies (Quick)
20. Green Beans With Sesame Seeds (Best Vegan Side)
21. Easy Curried Tomatoes with Ginger (20 Minutes)
22. Crispy Tofu with Olives & Preserved Lemon
23. Best Italian Pistachio Pilaf (One-Pot Method)
24. Thai Pineapple Fried Rice in Shell (Easy)
25. Savory Tofu Loaf (Best Vegetarian Recipe)
26. Crispy Aubergine Yeast Bake (Easy Vegan)
27. Blonde Bliss Vegan Fondue (30-Minute)
28. Stuffed Shells with Ricotta (Best Vegan)
29. Sesame-Coated Crispy Tofu (Easy)
30. Mich's Black Bean Enchilada Bake (Easy)
31. Easy Vegan Pine Cones (Matsukasa) with Tofu
32. Best Vegan Gluten-Free Étouffée Recipe
33. Quick Tofu & Sweet Potato Curry (30 Minutes)
34. Best BBQ Seitan (Vegan & Meat-Free)
35. Easy Vegan Rice & Tofu Loaf (Baked)
36. Vegan Quinoa-Stuffed Peppers (Easy)
37. Best Vegan Stuffed Peppers with Bulgur
38. Creamy Almond Tofu (Vegan Restaurant Favorite)
39. Easy Mandarin Sweet & Sour Tofu (30-Min)
40. Best Vegan Stuffed Shells with Tofu Ricotta
41. Easy Mushroom-Lima Bean Bake (30 Minutes)
42. Best Vegan Tofu Pot Pie Recipe (Comfort Food)
43. Loaded Baked Sweet Potatoes (5 Toppings)
44. Smoky Barbecue Tofu (Crispy & Easy)
45. Roasted Quinoa Stuffed Acorn Squash (Fall Favorite)
46. Braised Tofu Casserole (Comfort in a Dish)
47. Protein-Packed Quinoa with Edamame (Vegan)
48. Soboro Crumbled Tofu (Japanese-Inspired)
49. Quick Peanut Noodles with Ginger Tofu (20 Min)
50. Easy Vegan Portabello Mushroom Bake (30 Minutes)
51. Best Cauliflower Tofu Casserole (Vegan Comfort)
52. Vegan Red Pepper Mushroom Quiche (Rice Crust)
53. Easy Non-Dairy Special K Loaf (Budget-Friendly)
54. Best Spiced Peas and Paneer (Indian-Inspired)
55. Creamy Avocado Curry (Ready in 20 Minutes)
56. Easy Tofu Soboro Over Rice (Japanese-Style)

57. Quick Tofu Vegetable Stir Fry (20-Minute Meal)
58. Best Tempeh Stuffed Peppers (Vegan Comfort)
59. Asian Steamed Tofu & Vegetables (Restaurant-Quality)
60. Easy Vegan Stuffing Recipe (Best Holiday Side)
61. Slow Cooker Sweet Potato Casserole (Dairy-Free)
62. Crispy Tofu Special K Meatloaf (Plant-Based)
63. Massaman Curry Tofu (30-Minute Plant-Based)
64. Best Vegan Hoppin' John (Soul Food Classic)
65. Vegan Vegetable Pot Pie (Homemade Crust)
66. Easy Baked Spinach Casserole (Dairy-Free)
67. Red Curry With Tofu & Vegetables (Quick)
68. Aarsi's Tofu Curry (Authentic Plant-Based)
69. Vegan Palak Paneer (Spinach & Tofu Curry)
70. Easy Vegetarian Lasagna (Meatless & Delicious)
71. Best Tofu & Chickpea Curry (30-Minute)
72. Classic Thai Fried Rice with Tofu (Easy)
73. Vegan Pasilla Enchiladas (Make-Ahead Friendly)
74. Quick Veggie Red Curry (20-Minute Recipe)
75. Hearty Macaroni Dinner (One-Pot Vegan)
76. Best N.Y. Cima Roll (Tofu Masterpiece)
77. Oven Baked Tempeh (Easy & Crispy)
78. Best Vegan Baked Beans à la Crock Pot
79. Tempeh Bourguignon (French Vegan Classic)
80. Easy Mustard-Crusted Tofu With Kale (30 Minutes)
81. Best Vegan Bean Cassoulet (Cozy One-Pot)
82. Mock-Ricotta Stuffed Shells (Plant-Based)
83. Best Vegan Biryani Recipe (Aromatic Rice)
84. Quick Vegetable & Tofu Stir Fry (20 Minutes)
85. Crispy Spicy Tofu Crumbles (Weeknight Easy)
86. Peanut Sauce Vegetable Stir Fry With Tofu
87. Coconut Lime Tofu With Spinach & Quinoa
88. Quinoa Cocotte Recipe (Garden-Fresh & Easy)
89. Vegan Sweet Potato Noodle Coconut Curry
90. Easy Udon with Crispy Tofu & Asian Greens
91. Simple Five Spice Tofu (Ready in 15 Minutes)
92. Easy Vegan Pad Thai (30-Minute Weeknight)
93. Silken Tofu with Mushroom Ankake (One-Pot)
94. Best Salt & Pepper Tofu (Crispy & Golden)
95. Easy Vegan Vegetable Double-Tortilla Pizza
96. Quick Warm Tofu with Soy-Ginger Sauce
97. Tofu With Chilli Jam (Best Condiment Recipe)
98. Easy Tofurkey Fried Rice (Quick Weeknight)
99. Best Tofu & Vegetable Stir-Fry (20-Minute)
100. Easy Pan-Fried Tofu with Dipping Sauce
101. Quick Hot Tomato Pie (20-Minute Dinner)
102. Best Vegan Spaghetti Sauce (Weeknight Easy)
103. Cilantro Lime Grilled Tofu (Simple & Fresh)
104. Quick Asian Vegetable Stir-Fry (30-Minute)
105. Vegan Korean Cauliflower Kimchi Fried Rice
106. Quick Stir-Fry: Tofu & Chinese Chives (Easy)
107. Creamy Green Pea Pasta Sauce (Vegan)
108. Szechuan Tofu Stir-Fry (Spicy & Easy)
109. Easy Tofu Pesto Pasta (Plant-Based Classic)
110. Easy Classic Mapo Tofu Recipe (Ready in 20 Minutes)
111. Best Korean Sautéed Tofu (30-Minute Weeknight Dinner)
112. Crispy Barbecue Tofu Stir-Fry (Easy 25-Minute Recipe)
113. Spicy Udon Noodles With Crispy Tofu (Restaurant-Style)
114. Best Szechwan Tofu With Greens (Spicy & Easy)
115. Walnut Broccoli Stir-Fry (Quick & Crunchy)
116. Easy Teriyaki Cabbage With Tofu (Ready in 15 Minutes)
117. Spicy Udon With Crispy Tofu & Cashews (Restaurant-Quality)

118. Grilled Indonesian Tofu With Mango Salsa (Best Recipe)

119. Easy Asian Noodles & Broccoli (20 Minutes)

120. Raw Zucchini Pasta with Creamy Basil Sauce

121. Cilantro Lime Grilled Tofu (Easy & Fresh)

122. Crumbled Tofu & Carrot with Sesame

123. Stir-Fried Tofu & Vine-Ripened Tomatoes

124. Crispy Tofu Stir Fry (30-Minute Dinner)

125. Quick Tofu & Green Onion Stir-Fry

126. Tofu Dengaku with Celery Root Puree

127. Best Broccoli Tofu Stir Fry (Quick & Easy)

128. Crispy Panko Tofu & Vegetables (Easy)

129. Best Pizza Margherita More (Plant-Based)

130. Baby Bok Choy Tofu Marmalade Sauce (Easy)

131. Noodles With Stir-Fried Tofu Broccoli

132. Lemon Herb Tofu (Easy 30-Minute Meal)

133. Best Teriyaki Tofu (Quick & Crispy)

134. Lemon Fennel Tofu (Easy Mediterranean)

135. Easy Whole-Wheat Pasta Tomato Sauce

136. Easy Spiced Bok Choy and Tofu (20 Minutes)

137. Best Vegan Pasta Con Broccoli (30 Minutes)

138. Spicy Baked Tofu (One-Pan Recipe)

139. Easy Tofu and Mushroom Marsala

140. Best Braised Bean Curd With Garlic (Quick)

141. Creamy Vegan Fettuccine Alfredo

142. Bean Curd With Broccoli (Weeknight Easy)

143. Easy Vegan Polenta (Creamy & Comforting)

144. Best Vegetarian Chap Chae (30 Minutes)

145. Penne With Vegan Arrabbiata (Quick & Spicy)

146. Easy Vegan Curry Sweet Potato Pizza (30-Min)

147. Best Shiitake Miso Soba With Crispy Tofu

148. Quick 20-Minute Vegetable Stir-Fry Supreme

149. Spicy Big Hot Curry Noodle Pot (Easy)

150. Best Orange-Ginger Tofu Stir-Fry (Quick)

151. Spicy Stir-Fried Tofu & Bok Choy (Easy)

152. Easy Pan Pizza With Zucchini & Pistachios

153. Best Asian Tofu & Vegetable Stir-Fry

154. Quick Vegan Teriyaki Tofu Stir Fry (Easy)

155. Roasted Figs With Açaí Coconut Cream (Elegant)

156. Easy Vegan Coconut Whip (Dairy-Free)

157. Best Extremely Addictive Walnut Banana Bread

158. Vegan Lemon Curd (Easy Sauce Recipe)

159. Easy Vegan Zucchini Bread (Moist & Tender)

160. Easy Peanut Noodles With Tofu (Quick Dinner)

161. Crispy Sesame Tofu Recipe (Easy Method)

162. Stuffed Tofu with Vegetables (Easy)

163. Quick Vegan Chickpea Kale with Cilantro-Lime

164. Easy Tofu Nut Patties (Plant-Based Protein)

165. Cold Soy Udon Noodles (Quick & Refreshing)

166. Raw Vegan Pad Thai (30-Minute Easy)

167. Gluten-Free Vegan Soda Bread (Easy)

168. Whole Wheat Vegan Drop Biscuits (Easy)

169. Amazing Vegan Pumpkin Bread (Easy Recipe)

170. Quick Spicy Tempeh Hash (Ready in 20 Minutes)

171. Best Vegan Oatmeal With Cranberries (30-Minute)

172. Pitta With Tofu Spread & Caramelized Onions

173. Easy Vegan Pecan Patties (No-Dairy)

174. Best Piña Colada Recipe (Tropical, Creamy)

175. Best Tofu Stuffed Mushrooms (Easy Appetizer)

176. Smoky Almond Sauce (Plant-Based Perfection)

Recipes

1. Easy Peanut Curry Tofu & Potatoes (30 Minutes)

10 min Serves 4

INGREDIENTS

150 g golden shallots, peeled and left whole
375 g waxy potatoes, cut into 5 cm pieces
375 g firm tofu, cut into 2.5 cm pieces
1/3 cup vegetable oil
2 tbsp red curry paste
2 tbsp palm sugar (or coconut sugar)
2 tbsp soy sauce
2 cups full-fat coconut milk
1/2 cup unsalted roasted peanuts
1 cup fresh Thai basil leaves
4 kaffir lime leaves, finely sliced
1 red chili, chopped, to garnish

INSTRUCTIONS

1. Heat oil in a large wok or heavy-based saucepan over medium heat. Add shallots and fry for 3–4 minutes until lightly golden. Add curry paste and fry, stirring constantly, for 2 minutes until fragrant.
2. Stir in palm sugar, soy sauce, and coconut milk; bring to a simmer over medium heat.
3. Add potatoes to the sauce, cover, and simmer for 12–15 minutes until just tender when pierced with a knife.
4. Add tofu and roasted peanuts; stir gently and cook uncovered for 3–4 minutes until tofu is heated through and sauce has thickened slightly.
5. Remove from heat and stir through Thai basil and kaffir lime leaves. Serve over steamed jasmine rice, garnished with chopped red chili.

2. 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.

3. Quick Red Curry Tofu & Sweet Potato (Easy)

10 min Serves 2

INGREDIENTS

4 teaspoons canola oil, divided
1 (14 oz) package extra firm tofu, pressed and cut into 3/4-inch cubes
1 lb (450 g) sweet potato, peeled and cut into 3/4-inch cubes
1 (14 oz) can full-fat coconut milk
1/2 cup vegetable broth
2 oz (56 g) red Thai curry paste
1/2 lb (225 g) green beans, trimmed and halved
1 tablespoon brown sugar
2 teaspoons fresh lime juice
1/2 teaspoon salt
1/3 cup fresh cilantro, roughly chopped
1 lime, quartered for serving

INSTRUCTIONS

1. Heat 2 teaspoons oil in a large skillet or wok over medium-high heat. Add tofu in a single layer and cook 3 minutes per side until golden. Remove and set aside.
2. Add remaining 2 teaspoons oil to the same pan. Add sweet potato cubes and cook over medium-high heat for 5 minutes, stirring occasionally, until lightly browned on the edges.
3. Add curry paste to the pan and stir-fry with the sweet potato for 1 minute. Pour in coconut milk and vegetable broth, stir to combine, and bring to a simmer.
4. Add green beans, cover, and cook for 8 minutes until sweet potato is tender and green beans are crisp-tender.
5. Return tofu to the pan. Stir in brown sugar, lime juice, and salt. Simmer uncovered for 2 minutes until sauce thickens slightly. Top with cilantro and serve with lime wedges and steamed jasmine rice.

4. Best Vegan Shepherd's Pie (Gardener's Pie)

25 min Serves 6

INGREDIENTS

1.5 kg (about 3.3 lb) russet or Yukon gold potatoes, peeled and cubed

1/2 cup vegetable broth

2 tablespoons unsweetened plant-based milk (such as oat or soy)

1 tablespoon vegan margarine or vegan butter

1 teaspoon salt, divided

1/2 teaspoon black pepper, divided

2 tablespoons olive oil

1 small onion, diced

2 garlic cloves, minced

1 teaspoon ground cumin

1 red bell pepper, diced

2 carrots, diced

1 celery rib, diced

1 cup cauliflower florets, roughly chopped

2 cups shredded cabbage

1 large zucchini, diced

1 cup chopped mushrooms

1 cup frozen corn

1 cup frozen peas

1 cup frozen green beans

1 (14-ounce) can diced tomatoes, with juices

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Boil potatoes in well-salted water until very tender, about 20 minutes. Drain and mash with vegetable broth, plant-based milk, margarine, 1/2 teaspoon salt, and 1/4 teaspoon pepper until smooth and creamy. Set aside.
2. Heat olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add onion and cook 4 minutes until softened. Add garlic and cumin, cook 1 minute until fragrant.
3. Add bell pepper, carrots, celery, cauliflower, and cabbage. Cook 6 minutes, stirring occasionally. Add zucchini and mushrooms, cook 4 more minutes.
4. Stir in corn, peas, green beans, diced tomatoes with juices, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Simmer 5 minutes until liquid reduces slightly. Transfer to a 9x13-inch baking dish if not using an oven-safe skillet.
5. Spread mashed potatoes evenly over the vegetable filling. Use a fork to create ridges on top for crispiness.
6. Bake uncovered 25 minutes until the potato topping is golden at the ridges and the filling is bubbling at the edges. Let rest 5 minutes before serving.

5. Authentic Arroz Con Gandules (Easy)

15 min Serves 4

INGREDIENTS

2 tablespoons neutral cooking oil
1 small yellow onion, finely diced
3 garlic cloves, minced
1 small green bell pepper, finely diced
1 teaspoon ground cumin
1/2 teaspoon achiote (annatto) powder
1 teaspoon salt, plus more to taste
1/2 teaspoon black pepper
1 (13.5 oz / 400 ml) can coconut cream
2 (14 oz / 400 g) cans pigeon peas, drained and rinsed
2 cups (400 g) long-grain white rice, rinsed
2 cups (480 ml) water or low-sodium vegetable broth

INSTRUCTIONS

1. Heat oil in a large heavy-bottomed pot or Dutch oven over medium heat. Add onion and green pepper and cook, stirring occasionally, until softened and translucent, about 5 minutes. Add garlic, cumin, and achiote and cook 1 minute more.
2. Pour in coconut cream and stir to combine with the sofrito base; bring to a gentle simmer.
3. Add drained pigeon peas, rinsed rice, water, salt, and black pepper. Stir once to combine and bring to a boil over medium-high heat.
4. Once boiling, reduce heat to the lowest setting, cover tightly, and cook for 20 minutes without lifting the lid.
5. Remove from heat and let steam, covered, for 5 minutes. Fluff with a fork, adjust seasoning, and serve hot.

6. Cozy Tofu-Potato Winter Meal (Quick)

10 min Serves 2

INGREDIENTS

14 oz (1 block) extra-firm tofu, pressed and cut into 1-inch cubes
3 medium red potatoes (about 12 oz), scrubbed and cut into 1-inch cubes
3 cups fresh baby spinach
8 oz cremini or button mushrooms, sliced
1/3 cup barbecue sauce
1 cup water
1/2 teaspoon garlic powder
Salt and black pepper to taste

INSTRUCTIONS

1. Place potato cubes in a large skillet with 1 cup water, barbecue sauce, and garlic powder. Bring to a boil over medium-high heat, then reduce to a simmer. Cover and cook 10 minutes until potatoes are nearly tender.
2. Add the tofu cubes and sliced mushrooms. Stir gently to combine. Continue cooking uncovered over medium heat 6–8 minutes, stirring occasionally, until the liquid reduces by half and the tofu is heated through.
3. Add the spinach and fold into the skillet. Cook 2 minutes until wilted. Season with salt and black pepper.
4. Serve directly from the pan while hot.

7. Stuffed Thanksgiving Pumpkins (Diabetic-Friendly)

15 min Serves 8

INGREDIENTS

8 small (about 10 oz each) baby sugar pumpkins
2 tablespoons olive oil, divided
1/2 cup onion, finely chopped
1/3 cup celery, finely chopped
2 large garlic cloves, minced
1/2 teaspoon dried sage
1/2 teaspoon dried thyme
1 cup whole wheat breadcrumbs
1/4 cup mixed nuts (walnuts, almonds, or pecans),
toasted and roughly chopped
1/4 cup dried apricots, finely chopped
1/2 cup nutritional yeast
1/3 cup vegetable stock
Salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375F (190C). Cut the top quarter off each pumpkin to create a lid. Scoop out seeds and stringy flesh with a spoon. Brush the inside of each pumpkin and the cut lids with 1 tablespoon olive oil, season with salt and pepper, and place cut-side up on a large rimmed baking sheet.
2. Heat remaining 1 tablespoon olive oil in a skillet over medium heat. Add onion and celery and cook for 5 minutes until softened. Add garlic, sage, and thyme and cook 1 minute more.
3. Remove skillet from heat. Stir in breadcrumbs, nuts, apricots, nutritional yeast, and vegetable stock. Mix until the breadcrumbs absorb the liquid. Season with salt and pepper.
4. Divide the filling among the 8 pumpkins, mounding it slightly. Place the pumpkin lids alongside on the baking sheet (not on top, so steam escapes).
5. Roast for 25–30 minutes until the pumpkin flesh is tender when pierced with a knife and the filling is lightly golden on top.
6. Transfer each pumpkin to a plate, top with its lid, and serve immediately.

8. Easy Asian Stuffed Peppers With Tofu

10 min Serves 2

INGREDIENTS

2 large red bell peppers
2 1/2 oz uncooked Chinese-style curly noodles or
angel hair pasta, broken into thirds
1 tablespoon neutral oil (canola or vegetable)
2 garlic cloves, minced
1 cup cubed firm tofu (about 6 oz), pressed dry
1/2 cup snow peas, sliced diagonally
1/2 cup carrot, cut into 1 1/2-inch julienne strips
2 tablespoons hoisin sauce
1 tablespoon low-sodium soy sauce
2 teaspoons dark sesame oil
2 tablespoons fresh cilantro, chopped
Salt to taste

INSTRUCTIONS

1. Cook noodles in a pot of boiling water for 3–4 minutes until just tender, then drain and rinse with cold water. Set aside. Cut bell peppers in half lengthwise through the stem, remove seeds and membranes, and place cut-side up in a microwave-safe dish with 2 tablespoons water. Cover and microwave on high for 3–4 minutes until just tender but still holding their shape.
2. Heat oil in a large skillet or wok over medium-high heat. Add garlic and cook for 30 seconds. Add tofu cubes and cook, stirring occasionally, for 3–4 minutes until lightly golden.
3. Add snow peas and carrot to the skillet. Stir-fry for 2 minutes until vegetables are crisp-tender.
4. Add the drained noodles, hoisin sauce, soy sauce, and sesame oil. Toss everything together over medium heat for 1–2 minutes until the sauce coats all ingredients and everything is heated through. Season with salt to taste.
5. Spoon the filling evenly into the four pepper halves. Top each with chopped cilantro and serve immediately.

9. Simple Sesame Vegan Rice (Side Dish)

10 min Serves 4

INGREDIENTS

2 cups long-grain white rice
3 cups vegetable broth
3 tablespoons sesame seeds
1 tablespoon sesame oil (toasted)
1 teaspoon neutral oil (such as sunflower or avocado)
1/4 teaspoon fine salt

INSTRUCTIONS

1. Rinse the rice in a fine-mesh strainer under cold water, stirring with your hand, until the water runs mostly clear. Drain well.
2. In a medium saucepan, heat the sesame oil and neutral oil together over medium heat. Add the sesame seeds and toast, stirring constantly, for 1 to 2 minutes until fragrant and lightly golden. Do not walk away – seeds burn quickly.
3. Add the drained rice to the pan and stir to coat every grain in the sesame oil mixture. Cook for 1 minute, stirring, until the rice smells slightly nutty.
4. Pour in the vegetable broth and add the salt. Bring to a boil over high heat, then reduce to the lowest heat setting, cover tightly, and cook for 18 minutes. Do not lift the lid.
5. Remove from heat and let steam, covered, for 5 minutes. Fluff with a fork, taste for salt, and serve.

10. Homemade Vegan Dolmades (Grape Leaves)

30 min Serves 8

INGREDIENTS

35 jarred grape leaves, rinsed, soaked in cold water 20 minutes, drained, and stems trimmed
1 tablespoon olive oil (for sauteing)
1 tablespoon olive oil (for drizzling)
4 green onions, thinly sliced
1/4 cup pine nuts
1/4 cup currants
1/2 teaspoon fresh dill, chopped
1/2 teaspoon fresh mint, chopped
1/2 teaspoon sea salt
1/2 cup long-grain white rice (basmati recommended), rinsed
2 cups vegetable stock (for cooking the filling)
1 cup vegetable stock (for braising the dolmades)
1/2 teaspoon lemon zest
1/2 lemon, juiced
1/2 cup frozen peas
2 tablespoons tomato paste

INSTRUCTIONS

1. Heat 1 tablespoon olive oil in a medium saucepan over medium heat. Saute green onions 2 minutes until softened. Add pine nuts and toast 1 minute. Stir in tomato paste, then add rinsed rice and 2 cups vegetable stock. Bring to a boil, reduce heat, cover, and simmer 12 minutes until rice is just barely cooked (it will finish cooking inside the leaves). Stir in currants, peas, dill, mint, salt, lemon zest, and lemon juice. Remove from heat and cool 10 minutes.
2. Lay a grape leaf flat on your work surface, vein-side up. Place about 1 tablespoon of filling near the stem end. Fold the bottom of the leaf up over the filling, fold in both sides, and roll up firmly into a tight cylinder. Repeat with remaining leaves and filling.
3. Line the bottom of a large, heavy-bottomed pot with 3–4 leftover or torn grape leaves (this prevents sticking). Arrange dolmades seam-side down in tight layers.
4. Pour the remaining 1 cup vegetable stock and 1 tablespoon olive oil over the dolmades. Place a small heatproof plate on top to keep them submerged. Cover the pot with a lid.
5. Bring to a simmer over medium heat, then reduce to low and cook 40–45 minutes until the grape leaves are tender and the rice is fully cooked. Check occasionally and add a splash of water if the pot runs dry.
6. Let rest off heat for 10 minutes before serving. Serve warm or at room temperature.

11. Easy Indian Cauliflower Nu Bhanolu (Vegan & Gluten-Free)

15 min Serves 4

INGREDIENTS

1 1/4 cups cauliflower florets, finely chopped
1 tablespoon green chili and ginger paste
1 1/2 cups full-fat coconut milk
6 tablespoons garbanzo flour (besan)
1 teaspoon sugar
1 teaspoon fresh lemon juice
1 1/2 teaspoons salt (or to taste)
1 tablespoon vegetable oil, divided (for greasing and tempering)
1/2 teaspoon brown mustard seeds
1/2 teaspoon cumin seeds
1 pinch hing (asafoetida), optional

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch baking dish with 1 teaspoon oil.
2. In a large bowl, whisk together coconut milk and garbanzo flour until smooth with no lumps. Stir in cauliflower, green chili-ginger paste, sugar, lemon juice, and salt until combined.
3. Pour the batter into the greased baking dish. Bake at 350°F for 25–30 minutes until the center is set and a toothpick inserted in the middle comes out clean.
4. While the bake rests, heat remaining 2 teaspoons oil in a small pan over medium-high heat. Add mustard seeds and cumin seeds and cook 30–60 seconds until the seeds pop. Add hing if using.
5. Pour the hot tempering oil evenly over the top of the baked dish. Let rest 5 minutes, then cut into squares and serve warm with rice or flatbread.

12. Crispy Breaded Spiced Tofu (Ready in 30 Minutes)

45 min Serves 4

INGREDIENTS

1 block (400g / 14 oz) extra-firm tofu, pressed 30 minutes and cut into 1/2-inch thick sticks
1 cup vegetable broth
1/2 cup all-purpose flour
3 tablespoons plant-based milk
1 teaspoon salt
1/2 teaspoon fresh ground black pepper
1 teaspoon dried sage
1/2 teaspoon cayenne pepper
3 tablespoons vegetable oil

INSTRUCTIONS

1. Press tofu for 30 minutes, then cut into sticks roughly 1/2 inch thick and 3 inches long. Soak sticks in vegetable broth for 10 minutes to add flavor, then drain and pat dry.
2. Combine flour, salt, pepper, sage, and cayenne in a shallow bowl. Add plant-based milk and stir until a thick batter forms.
3. Dredge each tofu stick in the spiced batter, letting excess drip off, so each piece is evenly coated.
4. Heat vegetable oil in a large skillet over medium-high heat. Working in batches without crowding, fry tofu sticks for 3–4 minutes per side until golden brown and crispy on all sides.
5. Drain on a paper-towel-lined plate and season lightly with extra salt if desired. Serve immediately while crispy.

13. Golden Tempeh Curry (Best Plant-Based Dinner)

15 min Serves 4

INGREDIENTS

3 tablespoons olive oil, divided

2 x 225 g (8 oz) packages tempeh, cut into 2 cm cubes

2 medium red onions, cut into 1 cm dice

2 yellow bell peppers, cut into 1 cm dice

1/4 cup (about 40 g) fresh ginger, peeled and minced

2 tablespoons curry powder

2 x 400 ml (14 oz) cans light coconut milk

1 cup (240 ml) unsweetened pineapple juice

2 large ripe mangoes, peeled and cut into 2 cm cubes, divided

1 teaspoon salt

1/4 cup chopped fresh chives, to garnish

4 cups cooked brown rice, to serve

INSTRUCTIONS

1. Heat 2 tablespoons of the olive oil in a large deep skillet or wok over medium-high heat. Add the tempeh cubes in a single layer and cook for 3–4 minutes per side without stirring, until golden brown on at least two sides. Transfer to a plate and set aside.
2. Reduce heat to medium and add the remaining 1 tablespoon oil to the same pan. Add onions and bell peppers and cook, stirring occasionally, for 6–7 minutes until softened. Add ginger and curry powder and cook for 1–2 minutes, stirring constantly, until fragrant.
3. Pour in the coconut milk and pineapple juice. Add half the mango cubes (1 cup). Stir to combine and bring to a gentle simmer. Cook uncovered for 10 minutes, stirring occasionally, until the sauce has thickened slightly.
4. Return the browned tempeh to the pan. Add the remaining mango cubes, season with salt, and stir gently. Simmer for a further 5 minutes to heat the tempeh through and let the fresh mango warm without breaking down.
5. Taste and adjust seasoning. Serve over cooked brown rice, garnished with chopped chives.

14. Thai Baked Tofu (Easy 35-Minute Recipe)

10 min Serves 2

INGREDIENTS

24 ounces firm tofu, drained and pressed for 30 minutes

3 tablespoons Thai red or green curry paste

3 tablespoons soy sauce

2 tablespoons coconut milk

1 tablespoon lime juice

2 teaspoons sesame oil

2 cloves garlic, minced

1 teaspoon grated fresh ginger

1 tablespoon neutral oil (for the pan)

2 green onions, sliced (for garnish)

2 tablespoons chopped fresh cilantro (for garnish)

Lime wedges, to serve

INSTRUCTIONS

1. Preheat oven to 350F (175C). Line a rimmed baking sheet with parchment or lightly oil it. Press tofu for at least 30 minutes, then cut into triangles: slice the block into 4 slabs, then cut each slab diagonally to make 8 triangles total.
2. Whisk together curry paste, soy sauce, coconut milk, lime juice, sesame oil, garlic, and ginger in a shallow bowl. Add tofu triangles and turn gently to coat all sides. Marinate for at least 10 minutes (or up to 2 hours in the fridge).
3. Arrange tofu in a single layer on the prepared baking sheet. Spoon any remaining marinade over the tops. Bake for 20 minutes.
4. Flip each piece and bake for another 20–25 minutes until edges are golden and slightly crisp.
5. Transfer to a serving plate and garnish with green onions and cilantro. Serve with lime wedges and steamed rice or noodles.

15. Vegetarian Hunan-Style Tofu (Quick & Spicy)

10 min Serves 4

INGREDIENTS

14–16 ounces firm tofu, cut into 3/4-inch cubes
4 cups water (for blanching tofu)
1 tablespoon fermented black beans, unrinsed (for blanching water)
1/4 teaspoon salt
3 tablespoons canola oil
2 large cloves garlic, finely chopped
1 Fresno chile, cut diagonally into thin slices
3–4 ounces fresh shiitake mushrooms, trimmed and sliced 1/4 inch thick
1 tablespoon Shaoxing rice wine or dry sherry
1 1/2 tablespoons fermented black beans, unrinsed (for sauce)
2 teaspoons light soy sauce
3/4 cup fermented black bean stock or vegetable stock
1/2 teaspoon cornstarch dissolved in 2 teaspoons cold water or stock
1 green onion, white and green parts, cut on the bias
3/4 teaspoon sesame oil
1/2–1 teaspoon chile oil

INSTRUCTIONS

1. Bring 4 cups water with 1 tablespoon fermented black beans and 1/4 teaspoon salt to a boil in a medium saucepan. Add tofu cubes and blanch for 3 minutes to firm them up, then drain gently and set aside.
2. Heat canola oil in a wok or large skillet over medium-high heat. Add garlic and Fresno chile and stir-fry for 30 seconds until fragrant. Add shiitake mushrooms and cook for 2–3 minutes until they begin to soften.
3. Pour in the Shaoxing rice wine and stir for 30 seconds. Add the 1 1/2 tablespoons fermented black beans, soy sauce, and stock. Stir to combine.
4. Add the drained tofu to the wok. Simmer over medium heat for 5–7 minutes, gently stirring occasionally, until the tofu absorbs the sauce.
5. Stir the cornstarch slurry and pour it into the wok. Cook for 1–2 minutes, stirring gently, until the sauce thickens and clings to the tofu.
6. Remove from heat. Drizzle with sesame oil and chile oil, scatter green onion over the top, and serve immediately with steamed rice.

16. 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.

17. Silky Tofu Coconut Curry (Best Vegan Comfort Food)

15 min Serves 4

INGREDIENTS

1 tablespoon neutral oil
1 bunch (6 to 8) green onions, white and green parts separated, thinly sliced
12 oz (340 g) firm tofu, drained and cut into 1-inch cubes
2 roma tomatoes, chopped
1 bell pepper (any color), chopped
2 2/3 cups bok choy, roughly chopped
1 (13.5 oz) can light coconut milk
1/4 cup soy sauce
1 teaspoon brown sugar
1 teaspoon curry powder
2/3 teaspoon ground ginger
1 1/3 teaspoons red pepper flakes
1/4 cup fresh basil, roughly chopped

INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add the white parts of the green onions and cook for 1 to 2 minutes until softened.
2. Add the bell pepper and tomatoes. Cook for 3 to 4 minutes, stirring occasionally, until the pepper softens slightly and the tomatoes release their juices.
3. Stir in the curry powder, ground ginger, and red pepper flakes. Cook for 30 seconds until fragrant.
4. Pour in the coconut milk, then add the soy sauce and brown sugar. Stir to combine and bring to a gentle simmer over medium heat.
5. Add the tofu cubes and bok choy. Simmer uncovered for 5 to 7 minutes until the bok choy is tender and the tofu has absorbed the sauce. Taste and adjust seasoning.
6. Remove from heat and stir in the fresh basil and green onion tops. Serve immediately over steamed rice.

18. Singapore Hawker Noodles With Golden Tofu (Easy)

20 min Serves 4

INGREDIENTS

6 oz (170 g) dried brown rice vermicelli
14 oz (400 g) extra-firm tofu, pressed and cut into 3/4-inch cubes
2 tablespoons neutral oil, divided
2 cups napa cabbage, thinly sliced
1 cup fresh cilantro, roughly chopped
1 medium carrot, julienned
3 green onions, thinly sliced
1/4 cup unsweetened shredded coconut, toasted
3 tablespoons soy sauce
2 tablespoons lime juice (from about 1 lime)
1 tablespoon sesame oil
1 tablespoon rice vinegar
2 teaspoons sriracha or sambal oelek
1 teaspoon curry powder
1 teaspoon maple syrup

INSTRUCTIONS

1. Press the tofu for at least 15 minutes using a tofu press or by wrapping in a clean towel and weighting it down. Cook brown rice vermicelli according to package directions, drain, rinse under cold water, and set aside.
2. In a small bowl, whisk together soy sauce, lime juice, sesame oil, rice vinegar, sriracha, curry powder, and maple syrup. Set sauce aside.
3. Heat a large skillet or wok over medium-high heat with 1 tablespoon of oil. Add tofu cubes in a single layer and cook undisturbed for 3 to 4 minutes per side until golden and crispy on at least two sides. Transfer to a plate.
4. In the same pan, heat the remaining tablespoon of oil over medium-high heat. Add carrot and napa cabbage and stir-fry for 2 to 3 minutes until just tender-crisp.
5. Add the drained noodles to the pan along with the sauce. Toss everything together for 1 to 2 minutes until the noodles are evenly coated and heated through. Return the tofu to the pan and fold in gently.
6. Remove from heat. Stir in green onions and cilantro. Divide into bowls and top each serving with toasted shredded coconut.

19. 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.

20. Green Beans With Sesame Seeds (Best Vegan Side)

30 min Serves 4

INGREDIENTS

See veganpreps.com for full recipe

INSTRUCTIONS

See veganpreps.com for full recipe

21. Easy Curried Tomatoes with Ginger (20 Minutes)

5 min Serves 4

INGREDIENTS

1 tablespoon peanut oil
1 medium yellow onion (about 150 g), finely chopped
1 tablespoon fresh ginger, grated
3 garlic cloves, minced
1 teaspoon ground cumin
1 teaspoon garam masala
1 teaspoon ground coriander
2 teaspoons ground turmeric
1 tablespoon chili paste (sambal oelek or similar)
500 g (about 3 medium) ripe tomatoes, roughly chopped
1 cup (240 ml) coconut cream
4 kaffir lime leaves
1 teaspoon palm sugar (or light brown sugar)
1/2 teaspoon salt, plus more to taste
Fresh cilantro or basil, to serve

INSTRUCTIONS

1. Heat peanut oil in a medium saucepan over medium heat, add onion and cook stirring for 4–5 minutes until soft and translucent, then add ginger and garlic and cook 1 minute more.
2. Add cumin, garam masala, coriander, and turmeric, stir into the onion mixture, and toast for 2 minutes until fragrant, stirring constantly to prevent burning.
3. Add chili paste and stir for 30 seconds, then add the chopped tomatoes and cook uncovered for 5–6 minutes, stirring occasionally, until tomatoes break down into a thick sauce.
4. Pour in coconut cream, add kaffir lime leaves and palm sugar, stir to combine, and simmer over low–medium heat for 6–8 minutes until the sauce thickens slightly.
5. Remove kaffir lime leaves, season with salt, taste and adjust chili and sugar balance as needed.
6. Serve over steamed rice or with flatbread, topped with fresh cilantro or basil.

22. Crispy Tofu with Olives & Preserved Lemon

15 min Serves 4

INGREDIENTS

3 tablespoons vegetable oil, divided
1 1/2 pounds extra-firm tofu, drained and cut into 1-inch cubes
1 small onion, finely chopped (about 1/2 cup)
3 cloves garlic, minced (about 1 tablespoon)
1 teaspoon ground ginger
1 teaspoon ground cinnamon
2 cups low-sodium vegetable broth
1 preserved lemon, pulp discarded, peel rinsed and finely chopped
2/3 cup green olives, pitted and halved
3 tablespoons fresh parsley, finely chopped
Salt and black pepper to taste
Cooked couscous or rice, to serve

INSTRUCTIONS

1. Pat tofu cubes very dry with paper towels. Heat 2 tablespoons oil in a large skillet or Dutch oven over medium–high heat; add tofu in a single layer and cook undisturbed for 4 to 5 minutes until golden brown on the bottom. Flip and cook 3 to 4 more minutes until crispy on all sides. Transfer to a plate.
2. Reduce heat to medium and add remaining 1 tablespoon oil to the same pan. Cook onion for 3 minutes until softened; add garlic, ginger, and cinnamon and stir for 1 minute until fragrant.
3. Pour in vegetable broth and bring to a simmer, scraping up any browned bits from the bottom of the pan.
4. Return tofu to the pan along with the chopped preserved lemon peel and olives. Simmer uncovered for 10 to 12 minutes, stirring occasionally, until the sauce reduces by about one-third and coats the tofu.
5. Taste and adjust salt and pepper as needed (the preserved lemon and olives are very salty, so add salt only if required). Stir in fresh parsley just before serving.
6. Serve over couscous or steamed rice, spooning extra sauce over the top.

23. Best Italian Pistachio Pilaf (One-Pot Method)

15 min Serves 4

INGREDIENTS

3 1/2 cups water
1 cup basmati rice (white)
1/2 teaspoon salt
3 tablespoons olive oil
1 cup onion, diced
1 cup sweet red bell pepper, diced
2 tablespoons fresh garlic, minced
2 cups seitan, flaked or finely chopped
1 teaspoon black pepper
1 teaspoon ground fennel seed
1 cup scallions or spring onions, sliced
1 cup shelled pistachios, lightly toasted
2 teaspoons salt, or to taste

INSTRUCTIONS

1. Bring water to a boil in a medium saucepan. Add rice and 1/2 teaspoon salt, stir, cover, and reduce heat to low. Cook for 15 minutes until water is absorbed. Remove from heat and let stand covered for 5 minutes, then fluff with a fork.
2. While rice cooks, heat olive oil in a large skillet over medium-high heat. Add onion and bell pepper and cook 5 minutes, stirring occasionally, until softened and beginning to brown.
3. Add garlic and seitan to the skillet. Cook 4 minutes, stirring frequently, until seitan is lightly browned and fragrant.
4. Season with black pepper, ground fennel seed, and salt. Add scallions and cook 1 minute more until just wilted.
5. Add cooked rice to the skillet and stir everything together over medium heat for 2 minutes until evenly combined and heated through.
6. Remove from heat. Fold in toasted pistachios, reserving a handful for garnish. Taste and adjust salt. Serve topped with reserved pistachios.

24. Thai Pineapple Fried Rice in Shell (Easy)

20 min Serves 2

INGREDIENTS

1 large ripe pineapple
2 tablespoons canola oil or light sesame oil
1 medium onion, chopped
2 cups thinly sliced mushrooms
4 cloves garlic, minced
1/2 teaspoon red pepper flakes
1 tablespoon grated fresh ginger
4 cups cold cooked fragrant long-grain brown rice
1 cup young green beans, steamed until crisp-tender
4 ounces firm tofu, patted dry and cut into 1/2-inch cubes
1/2 cup toasted cashews
3 tablespoons soy sauce
1 teaspoon sugar
1/2 teaspoon freshly ground black pepper
2 green onions, thinly sliced diagonally
2 tablespoons toasted shredded coconut, optional

INSTRUCTIONS

1. Cut the pineapple lengthwise through the crown, keeping leaves intact. Use a serrated knife to score around the inner flesh 1/2 inch from the skin, then scoop out the flesh with a spoon or grapefruit knife. Chop 1 cup of the scooped flesh into bite-sized pieces and set aside; reserve or eat the rest. Pat the shells dry and set aside.
2. Heat 2 tablespoons oil in a large wok or 12-inch skillet over medium-high heat. Add tofu cubes and cook undisturbed for 3 minutes until golden, then stir and cook 2 minutes more. Remove tofu and set aside.
3. In the same wok, add onion and stir-fry over medium-high heat for 3 minutes. Add garlic, ginger, and red pepper flakes and cook 1 minute until fragrant.
4. Add mushrooms and cook 3 minutes until softened. Add the reserved 1 cup chopped pineapple and green beans; stir-fry 2 minutes.
5. Add the cold cooked rice, breaking up any clumps. Pour in soy sauce, sugar, and black pepper. Stir-fry everything together for 3–4 minutes until the rice is heated through and lightly browned in spots. Return the tofu to the wok and toss to combine.
6. Spoon the fried rice into the pineapple shells. Top with cashews, green onions, and toasted coconut if using. Serve immediately.

25. Savory Tofu Loaf (Best Vegetarian Recipe)

15 min Serves 4

INGREDIENTS

1 lb (450 g) firm or extra-firm tofu, drained and pressed

1 small yellow onion, finely diced (about 3/4 cup)

1/2 cup (120 g) ketchup, divided

1 cup (90 g) old-fashioned rolled oats (not instant)

1 tablespoon soy sauce

1 teaspoon yellow mustard

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1 teaspoon dried parsley

Salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375 F (190 C). Grease a 9x5-inch (23x13 cm) loaf pan and line the bottom with parchment paper. Press tofu for 20 minutes, then pat dry.
2. Crumble pressed tofu into a large bowl using your hands until no large chunks remain. Add onion, 1/4 cup ketchup, rolled oats, soy sauce, mustard, garlic powder, onion powder, parsley, and a pinch of black pepper. Mix thoroughly until well combined – the mixture should hold together when pressed.
3. Transfer mixture to the prepared loaf pan. Press down firmly and evenly with the back of a spoon or damp hands to compact it. Spread remaining 1/4 cup ketchup evenly over the top.
4. Bake uncovered for 35 to 40 minutes until the top is set, slightly caramelized, and the loaf pulls away slightly from the sides of the pan.
5. Let rest in the pan for 10 minutes before slicing. Run a knife around the edges, invert onto a cutting board, and slice into 4 portions. Serve warm.

26. Crispy Aubergine Yeast Bake (Easy Vegan)

25 min Serves 4

INGREDIENTS

2 tablespoons oil

2 garlic cloves, diced

3 large onions, thinly sliced

4 tablespoons tamari

1/2 teaspoon garlic powder

1/2 teaspoon dried basil

1/2 teaspoon salt

3 tablespoons whole wheat flour

1/2 cup (30g) nutritional yeast

1 cup (240ml) water

3 tablespoons tahini

1 large aubergine (eggplant), peeled and cut into 1/4-inch thick rounds

1/4 teaspoon smoked paprika

INSTRUCTIONS

1. Preheat oven to 350F (175C). Heat oil in a large skillet over medium heat. Add garlic and onions and cook for 15–20 minutes, stirring occasionally, until deeply caramelized and golden. Remove from heat.
2. In a saucepan over medium heat, whisk together tamari, garlic powder, basil, salt, whole wheat flour, nutritional yeast, water, and tahini. Stir constantly for 4–5 minutes until the sauce thickens. Remove from heat.
3. Spread a thin layer of sauce across the bottom of a 9x13-inch (23x33cm) baking dish. Arrange a single layer of aubergine rounds on top. Spoon half the caramelized onions over the aubergine, then pour half the remaining sauce over the onions.
4. Repeat with another layer of aubergine, the remaining onions, and the remaining sauce. Dust the top evenly with smoked paprika.
5. Cover with foil and bake for 25 minutes. Remove foil and bake for a further 10 minutes until the top is golden and the aubergine is tender when pierced with a fork. Let rest 5 minutes before serving.

27. Blonde Bliss Vegan Fondue (30-Minute)

10 min Serves 4

INGREDIENTS

10 small fingerling potatoes (1 lb / 450 g), peeled
1 tablespoon olive oil
2 large onions, peeled and chopped (about 2 cups / 320 g)
3 garlic cloves, minced
2 tablespoons cornstarch
2 tablespoons nutritional yeast
1½ teaspoons salt
1 cup dry white wine, divided (240 ml)
½ cup vegetable broth (120 ml), plus more as needed
1 pinch ground nutmeg
Black pepper to taste

INSTRUCTIONS

1. Boil potatoes in a medium saucepan of salted water for 12–15 minutes until completely tender when pierced. Drain and set aside.
2. Heat olive oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, for 15–18 minutes until deeply golden and caramelized. Add garlic and cook 1 minute more.
3. Whisk together ¾ cup white wine, vegetable broth, cornstarch, nutritional yeast, salt, and nutmeg in a small bowl until smooth.
4. Transfer cooked potatoes, caramelized onion mixture, and the cornstarch–wine slurry to a blender. Blend on high until completely smooth and velvety, about 1–2 minutes. Add extra broth if needed to reach a pourable fondue consistency.
5. Pour the blended mixture into a fondue pot or small saucepan over low heat. Stir in the remaining ¼ cup white wine and heat gently, stirring constantly, until fondue thickens and is hot throughout, 3–5 minutes. Adjust salt and pepper, then serve immediately with bread, vegetables, or crackers for dipping.

28. Stuffed Shells with Ricotta (Best Vegan)

30 min Serves 6

INGREDIENTS

20–22 jumbo pasta shells (from a 12 oz box)
2 cups raw cashews, soaked in water for at least 2 hours, then drained
1 tablespoon lemon juice
2 tablespoons sunflower oil
Zest of 1 lemon
3 cloves garlic
1 tablespoon dried basil
1/2 teaspoon dried oregano
7 pieces sun-dried tomatoes, not oil-packed, soaked in water 15 minutes then drained
1/4 cup nutritional yeast
1/4 cup unsweetened almond milk
1 1/2 teaspoons sea salt
7 oz (1 package) baby spinach
2 1/2 cups store-bought or homemade marinara sauce

INSTRUCTIONS

1. Preheat oven to 375F (190C). Cook pasta shells in a large pot of salted boiling water for 2 minutes less than package directions (they finish cooking in the oven). Drain, rinse with cold water, and spread on a clean towel.
2. Combine drained cashews, lemon juice, sunflower oil, lemon zest, garlic, basil, oregano, drained sun-dried tomatoes, nutritional yeast, almond milk, and sea salt in a blender or food processor. Blend until very smooth, scraping down the sides as needed. Taste and adjust salt.
3. Wilt the spinach: heat a dry skillet over medium heat, add spinach, and toss until just wilted, about 2 minutes. Squeeze out excess water with a clean towel, then roughly chop and stir into the cashew ricotta.
4. Spread 1 cup of marinara sauce over the bottom of a 9x13-inch baking dish. Stuff each shell with 2 heaping tablespoons of filling and arrange snugly in the dish, open side up. Spoon remaining 1 1/2 cups marinara over the stuffed shells.
5. Cover tightly with foil and bake for 25 minutes. Remove foil and bake 10 more minutes until sauce bubbles and the tops of the shells are lightly browned.
6. Let rest 5 minutes before serving.

29. Sesame-Coated Crispy Tofu (Easy)

45 min Serves 4

INGREDIENTS

1 lb (450 g) extra-firm tofu
2 tablespoons tamari
1/3 cup (80 g) tahini, well stirred
1 tablespoon fresh lemon juice
1 tablespoon water
1/2 cup (70 g) sesame seeds
2 tablespoons (30 ml) neutral vegetable oil (canola or peanut)

INSTRUCTIONS

1. Press tofu for at least 30 minutes: wrap the block in a clean kitchen towel, set on a plate, and place a heavy skillet or books on top. Pat dry with paper towels, then cut into 8 triangle-shaped slices about 1/2-inch thick.
2. Marinate tofu: place slices in a shallow dish, drizzle with tamari, turn to coat, and let sit for 10 minutes while you prep the coating.
3. Whisk together tahini, lemon juice, and water in a shallow bowl until smooth. Spread sesame seeds on a separate shallow plate.
4. Working one piece at a time, brush both sides of each tofu slice with tahini sauce, then press firmly into sesame seeds to coat all sides. Set aside on a plate.
5. Heat oil in a large non-stick or cast-iron skillet over medium heat (about 350 F / 175 C). When oil shimmers, add coated tofu in a single layer. Cook undisturbed for 3 to 4 minutes until golden and crisp on the bottom. Flip carefully and cook another 3 minutes. Work in batches if needed.
6. Transfer to a paper-towel-lined plate. Serve immediately while sesame crust is crisp.

30. Mich's Black Bean Enchilada Bake (Easy)

15 min Serves 4

INGREDIENTS

4 ounces tomato sauce
4 ounces tomato juice
1 1/2 cups water (for filling)
1 teaspoon ground cumin
3 tablespoons salsa
1 1/2 teaspoons chili powder
12 ounces soy crumbles
1 teaspoon dry onion soup mix
1/2 cup low-salt canned black beans, drained
1/4 cup finely chopped onion
2 tablespoons chopped fresh cilantro
6 corn tortillas
1 1/4 cups water (for cashew sauce)
1/4 cup raw cashews
1 tablespoon nutritional yeast flakes
1 cup cooked brown rice (frozen is fine)
1/4 teaspoon garlic powder
1 teaspoon onion powder
1 1/2 teaspoons fresh lemon juice

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
2. In a medium saucepan over medium heat, combine tomato sauce, tomato juice, 1 1/2 cups water, cumin, salsa, chili powder, soy crumbles, onion soup mix, black beans, and chopped onion. Simmer for 10 minutes, stirring occasionally, until slightly thickened. Remove from heat and stir in cilantro and cooked rice.
3. Blend the cashew sauce: combine 1 1/4 cups water, raw cashews, nutritional yeast, garlic powder, onion powder, and lemon juice in a blender. Blend on high for 2 minutes until completely smooth.
4. Warm corn tortillas one at a time in a dry skillet for 30 seconds per side to make them pliable. Spoon a heaping 1/3 cup of filling down the center of each tortilla, roll tightly, and place seam-side down in the prepared baking dish.
5. Pour cashew sauce evenly over the rolled enchiladas. Cover the dish with foil and bake for 25 minutes. Remove foil and bake for an additional 5 minutes until the sauce is bubbly and lightly golden.
6. Let rest for 5 minutes before serving. Top with extra salsa or fresh cilantro if desired.

31. Easy Vegan Pine Cones (Matsukasa) with Tofu

60 min Serves 4

INGREDIENTS

400g (14 oz) firm or regular tofu
3 large dried shiitake mushrooms
1 teaspoon vegetable oil (for mushroom sauté)
2 teaspoons soy sauce (for mushroom mixture)
1/2 teaspoon sugar
2 tablespoons cornstarch (binder for shaping)
Vegetable oil for deep-frying (enough to fill pan 2–3 inches / 5–8 cm)
3 tablespoons soy sauce (dipping sauce)
1.5 tablespoons fresh ginger juice (dipping sauce)
1 teaspoon rice vinegar (dipping sauce)

INSTRUCTIONS

1. Soak shiitake mushrooms in hot water for 20 minutes until soft, then drain, squeeze dry, and finely chop; discard stems.
2. Wrap tofu in a clean towel, set a heavy pot on top, and press for 45 minutes to remove moisture; unwrap and crumble into a bowl.
3. Heat 1 teaspoon oil in a small skillet over medium heat, add mushrooms, soy sauce, and sugar, and stir-fry 2–3 minutes until fragrant; let cool, then mix into crumbled tofu with the cornstarch until the mixture holds when squeezed.
4. Divide mixture into 12 equal portions and shape each into a compact oval or pine cone shape, pressing firmly so they hold together.
5. Heat 5–8 cm of vegetable oil in a heavy pot or wok to 175°C (350°F); fry pine cones in batches of 4, turning once, for 3–4 minutes per side until deep golden and crisp; drain on a wire rack.
6. Whisk together soy sauce, ginger juice, and rice vinegar for the dipping sauce; serve pine cones immediately alongside.

32. Best Vegan Gluten-Free Étouffée Recipe

30 min Serves 4

INGREDIENTS

1 lb medium-firm tofu, pressed and cut into 3/4-inch cubes

6 tablespoons olive oil, divided

1/4 cup gluten-free all-purpose flour

1 yellow onion, diced

1 green bell pepper, diced

3 celery stalks, diced

5 garlic cloves, minced

2 small zucchini, sliced into half moons

10 ounces portobello mushrooms, chopped

2-3 organic roma tomatoes, diced (2-3 organic roma tomatoes)

1 cup crushed tomatoes in juice

2 cups vegetable broth

10 dashes hot sauce

1 teaspoon dried thyme

3/4 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon smoked paprika

1/2 teaspoon cayenne pepper

3-5 drops liquid smoke (optional)

3 cups cooked brown rice, for serving

1/4 cup scallions, finely chopped, for garnish

INSTRUCTIONS

1. Press tofu for at least 20 minutes to remove excess moisture, then cut into 3/4-inch cubes. Heat 2 tablespoons olive oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add tofu and cook without stirring for 3-4 minutes until golden on the bottom, then turn and brown remaining sides, about 3 more minutes. Remove tofu and set aside.
2. Reduce heat to medium. Add remaining 4 tablespoons oil to the pot. Sprinkle in the gluten-free flour and stir constantly for 3-4 minutes, scraping the bottom, until the roux turns a light caramel color and smells nutty.
3. Add onion, green pepper, and celery to the roux. Cook for 5 minutes, stirring frequently. Add garlic and cook 1 minute more. Add zucchini, mushrooms, and fresh tomatoes; cook 3 minutes.
4. Pour in crushed tomatoes and vegetable broth. Stir in hot sauce, thyme, salt, black pepper, paprika, cayenne, and liquid smoke if using. Bring to a simmer.
5. Return browned tofu to the pot. Simmer uncovered over medium-low heat for 20-25 minutes, stirring occasionally, until the sauce thickens and flavors meld. Taste and adjust seasoning.
6. Serve over cooked brown rice and top with chopped scallions.

33. Quick Tofu & Sweet Potato Curry (30 Minutes)

10 min Serves 3

INGREDIENTS

1 tablespoon olive oil

1 medium yellow onion, diced

2 cloves garlic, minced

600 g (about 2 large) sweet potatoes, peeled and cut into 3/4-inch cubes

1 pound (450 g) firm tofu, well drained and cut into 3/4-inch cubes

1 (14 oz) can low-sodium diced or stewed tomatoes, with liquid

1/2 cup vegetable broth

1.5 teaspoons curry powder

1/2 teaspoon ground cumin

4 oz (115 g) baby spinach or arugula

Salt and black pepper to taste

INSTRUCTIONS

1. Heat oil in a large skillet or pot over medium heat. Add onion and cook for 3 minutes until softened. Add garlic and cook 1 minute until fragrant.
2. Add sweet potatoes, stir to coat, then add tomatoes with their liquid, vegetable broth, curry powder, cumin, 1/2 teaspoon salt, and a pinch of pepper. Stir to combine.
3. Bring to a gentle boil, then reduce heat to medium-low. Cover and cook for 12 minutes until sweet potatoes are just tender when pierced with a fork.
4. Nestle tofu cubes into the curry, cover, and cook for 5 more minutes until tofu is heated through and has absorbed some of the sauce.
5. Remove from heat. Stir in spinach or arugula until wilted, about 1 minute. Taste and adjust salt. Serve over rice.

34. Best BBQ Seitan (Vegan & Meat-Free)

20 min Serves 4

INGREDIENTS

1 1/4 pounds (560g) prepared seitan, cut into serving pieces (or 1 box seitan quick mix, prepared per package)

1/4 cup (60ml) vegetable oil for frying

3 strips kombu seaweed (each about 6 inches long), soaked in 1 cup cold water for 10 minutes

1 1/2 cups (360ml) vegan BBQ sauce

1 cup (240ml) water for the baking dish

INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Soak kombu strips in 1 cup cold water for 10 minutes, then drain — reserve soaking water to use in the baking dish.
2. Heat vegetable oil in a large skillet over medium-high heat. Add seitan pieces and fry for 3–4 minutes per side until browned on both sides. Work in batches to avoid crowding.
3. Arrange fried seitan in a single layer in a 9x13-inch (23x33cm) baking dish. Lay kombu strips between the seitan pieces.
4. Pour kombu soaking water and plain water into the baking dish — the liquid should come about halfway up the sides of the seitan. Pour BBQ sauce evenly over the top.
5. Cover tightly with foil and bake for 45 minutes. Remove foil, spoon sauce over seitan, and bake uncovered for 15 more minutes until sauce is thickened and caramelized.
6. Remove kombu strips before serving. Serve seitan with remaining pan sauce spooned over, alongside rice or bread.

35. 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.

36. Vegan Quinoa-Stuffed Peppers (Easy)

20 min Serves 4

INGREDIENTS

4 large green bell peppers, tops cut off, seeds and membranes removed

1 cup quinoa, rinsed

1 (14.5-ounce) can vegetable broth

1 bay leaf

1 (6-ounce) can tomato paste

1 teaspoon dried parsley

1/2 teaspoon salt

1/2 teaspoon paprika

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1/4 teaspoon dried thyme

1 tablespoon olive oil

4 carrots, finely chopped

1 onion, finely chopped

2 stalks celery, finely chopped

2 cloves garlic, finely chopped

2 large white mushrooms, sliced

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Bring a large pot of water to a boil. Add the hollowed bell peppers and boil for 5 minutes to partially soften them. Remove, drain upside-down, and place upright in a 9x13-inch baking dish.
2. In a medium saucepan, combine quinoa, vegetable broth, and bay leaf. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until all liquid is absorbed. Remove bay leaf and fluff with a fork.
3. While quinoa cooks, heat olive oil in a large skillet over medium heat. Add onion, carrots, and celery and cook for 5–6 minutes until softened. Add garlic and mushrooms and cook for another 3 minutes until mushrooms release their moisture.
4. Stir cooked quinoa into the vegetable skillet. Add tomato paste, parsley, paprika, oregano, basil, thyme, and salt. Mix thoroughly until the tomato paste coats all the quinoa and vegetables evenly.
5. Pack the quinoa filling firmly into each bell pepper, pressing down to fill all the way. Mound any extra filling over the top. Pour 1/4 cup water into the bottom of the baking dish to prevent the peppers from scorching.
6. Cover the dish tightly with foil and bake at 375°F for 30 minutes. Remove foil and bake for a further 5 minutes to lightly char the tops. Let rest 5 minutes before serving.

37. Best Vegan Stuffed Peppers with Bulgur

20 min Serves 4

INGREDIENTS

4 red bell peppers, halved lengthwise and seeded
1 cup water
1/2 cup bulgur
1 (24-ounce) jar tomato sauce, divided
2 cups arugula, roughly chopped
1 cup corn kernels (fresh or frozen)
1/2 cup canned garbanzo beans, rinsed and drained
1/2 cup canned lima beans, drained
1/2 cup canned black beans, rinsed and drained
1/2 cup canned kidney beans, rinsed and drained
1 teaspoon salt
1/2 teaspoon smoked paprika
1/2 teaspoon dried basil
1/2 teaspoon dried oregano

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Arrange pepper halves cut-side up in a 9x13-inch baking dish.
2. Bring 1 cup water to a boil in a small saucepan. Stir in bulgur, cover, and remove from heat. Let sit 10 minutes, then fluff with a fork.
3. In a large bowl, combine cooked bulgur, arugula, corn, garbanzo beans, lima beans, black beans, kidney beans, salt, paprika, basil, and oregano. Stir in 1 cup of the tomato sauce until evenly coated.
4. Spoon filling evenly into each pepper half, pressing lightly. Pour remaining tomato sauce over and around the peppers in the dish.
5. Cover tightly with foil and bake 25 minutes. Remove foil and bake another 10 minutes until peppers are tender and sauce is bubbling.
6. Let rest 5 minutes before serving.

38. Creamy Almond Tofu (Vegan Restaurant Favorite)

20 min Serves 4

INGREDIENTS

2 pounds firm tofu, cut into 3/4-inch cubes
1/4 cup soy sauce (for marinade)
1 tablespoon peanut butter
1 teaspoon onion powder
1/4 teaspoon garlic powder
3 tablespoons neutral oil (such as canola or peanut oil)
1 large green bell pepper, cut into 1-inch pieces
6 green onions, cut into 1.5-inch pieces
3 stalks celery, cut into 1-inch pieces
8 oz water chestnuts, drained and sliced
1 tablespoon fresh ginger root, grated (or 1 teaspoon ground ginger)
1/4 cup soy sauce (for sauce)
2 tablespoons cornstarch
2 cups cold water
1/2 cup roasted almonds

INSTRUCTIONS

1. In a large bowl, whisk together 1/4 cup soy sauce, peanut butter, onion powder, and garlic powder. Add tofu cubes and toss gently to coat. Marinate for at least 15 minutes at room temperature.
2. Heat oil in a large wok or skillet over medium-high heat. Add marinated tofu in a single layer. Cook without stirring 3–4 minutes per side until browned and slightly crisp. Remove and set aside.
3. In the same pan over medium heat, add ginger and stir 30 seconds. Add green bell pepper, green onions, celery, and water chestnuts. Stir-fry 4–5 minutes until vegetables are crisp-tender.
4. Whisk together the remaining 1/4 cup soy sauce, cornstarch, and cold water until smooth. Pour into the pan and stir continuously as the sauce thickens, about 2 minutes.
5. Return tofu to the pan and toss to coat evenly in the sauce. Cook 1–2 minutes more until heated through. Remove from heat, top with roasted almonds, and serve over steamed rice.

39. Easy Mandarin Sweet & Sour Tofu (30-Min)

10 min Serves 4

INGREDIENTS

1 lb extra-firm tofu, pressed and diced into 1/2-inch cubes

1 lb butternut or delicata squash, peeled and cut into 1/2-inch cubes

2 2/3 cups baby spinach

2/3 cup napa cabbage, cut into thin strips

1/3 cup carrots, peeled and thinly sliced

1/3 cup red onion, thinly sliced

2/3 cup fresh mandarin orange juice (about 4 mandarins)

2 tablespoons rice vinegar

1/3 cup sugar (or to taste)

2 teaspoons cornstarch

2 tablespoons neutral oil, divided

1 teaspoon salt

1 pinch chili flakes

INSTRUCTIONS

1. Preheat oven to 400°F (205°C). Toss squash cubes with 1 tablespoon oil and 1/4 teaspoon salt, spread on a baking sheet, and roast 20–25 minutes until tender and lightly caramelized.
2. While squash roasts, whisk together mandarin juice, rice vinegar, sugar, cornstarch, and remaining salt in a small bowl until smooth. Set aside.
3. Heat remaining 1 tablespoon oil in a large skillet or wok over medium-high heat. Add tofu and cook 4–5 minutes, turning occasionally, until golden on most sides.
4. Add red onion and carrots to the skillet and stir-fry 2–3 minutes until just softened. Add napa cabbage and chili flakes, cook 1 minute more.
5. Pour the mandarin sauce into the skillet. Stir constantly over medium heat for 1–2 minutes until the sauce thickens and coats the ingredients. Add roasted squash and fold to combine.
6. Remove from heat, fold in spinach until just wilted, and serve immediately over steamed rice.

40. Best Vegan Stuffed Shells with Tofu Ricotta

30 min Serves 4

INGREDIENTS

20–24 jumbo pasta shells

2 cups (480 ml) marinara sauce (store-bought or homemade)

Tofu ricotta filling: 1 lb (450 g) firm tofu, pressed and drained

Tofu ricotta filling: ¼ cup raw cashews, soaked in water 2 hours and drained

Tofu ricotta filling: 3 garlic cloves, roasted

Tofu ricotta filling: Juice of 1 lemon (about 3 tablespoons)

Tofu ricotta filling: 2 tablespoons olive oil

Tofu ricotta filling: 5 oz (140 g) shiitake mushrooms, finely chopped

Tofu ricotta filling: ½ leek, white part only, finely chopped

Tofu ricotta filling: 2 tablespoons fresh basil, minced

Tofu ricotta filling: 1 tablespoon fresh chives, minced

Tofu ricotta filling: ¾ teaspoon salt

Tofu ricotta filling: ¼ teaspoon black pepper

INSTRUCTIONS

1. Soak cashews in cold water for at least 2 hours, then drain. Cook pasta shells in a large pot of well-salted boiling water for 1–2 minutes less than package directions (they will finish cooking in the oven). Drain and lay out on a baking sheet to prevent sticking.
2. Heat olive oil in a skillet over medium heat. Add leek and shiitake mushrooms and cook for 6–8 minutes, stirring, until soft and any liquid has evaporated. Season with a pinch of salt.
3. Combine pressed tofu, drained cashews, roasted garlic, lemon juice, salt, and pepper in a food processor. Pulse until the mixture is chunky and crumbly, resembling ricotta – do not over-process to a paste. Transfer to a bowl and fold in the cooked mushroom–leek mixture, basil, and chives.
4. Preheat oven to 375°F (190°C). Spread 1 cup of marinara sauce over the bottom of a 9x13-inch baking dish. Fill each pasta shell with a generous tablespoon of tofu ricotta and nestle them in a single layer in the dish. Spoon remaining marinara over the tops.
5. Cover tightly with foil and bake for 20 minutes. Remove foil and bake a further 5 minutes until sauce is bubbling and shells are tender. Serve immediately, garnished with extra fresh basil if desired.

41. Easy Mushroom-Lima Bean Bake (30 Minutes)

10 min Serves 4

INGREDIENTS

1 (10 oz) package frozen lima beans

1/2 medium onion, diced

8 oz (225 g) fresh mushrooms, sliced

1 (10.5 oz) can vegan cream of mushroom soup (e.g., Pacific Foods or homemade)

2 tablespoons neutral oil

1/2 teaspoon salt

1/4 cup unsweetened soy milk

1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat oil in a 10-inch oven-safe skillet or cast iron pan over medium heat. Add onion and cook 3 minutes until softened.
2. Add mushrooms and cook 5 minutes, stirring occasionally, until they release their moisture and begin to brown.
3. Add frozen lima beans (no thawing needed), vegan mushroom soup, soy milk, salt, and pepper. Stir to combine.
4. Bring the mixture to a simmer over medium heat, stirring 1–2 minutes until evenly blended.
5. Transfer skillet to oven (or pour into a greased 8x8-inch baking dish) and bake uncovered at 375°F for 25–30 minutes until bubbling and lightly golden on top.
6. Remove from oven, let rest 5 minutes, then serve hot as a side dish or over rice.

42. Best Vegan Tofu Pot Pie Recipe (Comfort Food)

70 min Serves 6

INGREDIENTS

Tofu: 1 lb (450 g) firm tofu, pressed 1 hour and cut into ½-inch cubes

Tofu: 3 tablespoons soy sauce

Tofu: 2 tablespoons neutral oil

Vegetables: 1 cup onion, minced

Vegetables: ½ cup celery, minced

Vegetables: ½ cup carrots, slivered

Vegetables: ½ cup frozen corn

Vegetables: ½ cup frozen peas

Gravy: 1 tablespoon corn oil

Gravy: ¼ cup tahini

Gravy: ½ cup nutritional yeast

Gravy: 4 tablespoons soy sauce

Gravy: ¼ cup all-purpose flour

Gravy: 2 teaspoons dried basil

Gravy: 1 teaspoon dried rosemary

Gravy: 2 teaspoons dried sage

Gravy: 3 cups vegetable stock

Pastry crust: 1 cup whole wheat pastry flour

Pastry crust: 1 cup unbleached white flour

Pastry crust: ⅓ cup light neutral oil

Pastry crust: 1 teaspoon salt

Pastry crust: ½ cup ice water

INSTRUCTIONS

1. Press tofu under a weighted plate or tofu press for 1 hour. Preheat oven to 425°F (220°C). Toss tofu cubes with soy sauce and 2 tablespoons oil, spread on an oiled baking sheet, and bake for 15 minutes until golden. Remove and reduce oven to 350°F (175°C).
2. Make the pastry: combine both flours and salt in a bowl. Drizzle in oil and mix with a fork until crumbly. Add ice water 1 tablespoon at a time, mixing until dough just comes together. Press into a disk, wrap, and refrigerate while you make the filling.
3. Make the gravy: heat 1 tablespoon corn oil in a large saucepan over medium heat. Add onion, celery, and carrots and cook for 5 minutes until softened. Whisk in flour and cook 1 minute. Add tahini, nutritional yeast, soy sauce, basil, rosemary, and sage, then gradually whisk in vegetable stock. Cook, stirring, until gravy thickens, 5–7 minutes.
4. Stir baked tofu, frozen corn, and frozen peas into the gravy. Pour filling into a greased 9x13-inch baking dish or a deep 9-inch pie dish.
5. Roll pastry between two sheets of parchment to fit your dish. Lay crust over the filling, press edges to seal, and cut several slits in the top for steam to escape. Bake at 350°F (175°C) for 40–45 minutes until crust is golden brown. Let stand 10 minutes before serving.

43. Loaded Baked Sweet Potatoes (5 Toppings)

20 min Serves 4

INGREDIENTS

4 large sweet potatoes

Topping 1 – Guacamole:

3 ripe Hass avocados

2 large cloves garlic, pressed

1 lime, juiced and zested

1/4 teaspoon coarse sea salt

1/4 teaspoon black pepper

1/4 teaspoon red chili flakes

Topping 2 – Fresh Salsa:

1/4 red bell pepper, finely diced

1/2 roma tomato, finely diced

1/4 small red onion, finely diced

1 dash red wine vinegar

Topping 3 – Tomato-Olive Bruschetta:

4 roma tomatoes, finely diced

1/4 red onion, finely diced

1 1/2 tablespoons balsamic vinegar

1 tablespoon extra virgin olive oil

3 kalamata olives, finely diced

Topping 4 – Seasoned Black Beans:

1 (15-ounce) can black beans, drained and rinsed

1/2 teaspoon ground cumin

1/4 teaspoon smoked paprika

1 pinch salt

Topping 5 – Cashew Sour Cream:

1/2 cup raw cashews, soaked in water 2 hours and drained

3 tablespoons water

1 tablespoon lemon juice

1 pinch salt

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Pierce each sweet potato several times with a fork, place on a foil-lined baking sheet, and bake for 45 to 55 minutes until a knife slides in without resistance.
2. While potatoes bake, make the guacamole: mash avocados in a bowl with garlic, lime juice, lime zest, salt, pepper, and chili flakes. Fold in diced bell pepper, tomato, and onion. Splash with red wine vinegar. Cover and refrigerate.
3. Make the tomato-olive bruschetta: toss diced roma tomatoes, red onion, and kalamata olives with balsamic vinegar and olive oil. Set aside at room temperature.
4. Make the cashew sour cream: blend soaked cashews, water, lemon juice, and salt in a high-speed blender for 2 to 3 minutes until completely smooth. Season to taste.
5. Warm black beans in a small saucepan over medium heat with cumin, smoked paprika, and a pinch of salt for 3 to 4 minutes.
6. Split each baked sweet potato lengthwise and fluff the flesh with a fork. Arrange all five toppings in small bowls on the table and let everyone load their own potato.

44. Smoky Barbecue Tofu (Crispy & Easy)

30 min Serves 4

INGREDIENTS

2 lb previously frozen firm tofu, thawed, pressed well, and cut into 1/2-inch thick strips

3 tablespoons neutral oil (canola or vegetable), divided

3 tablespoons peanut butter

1 tablespoon smoked paprika

1 teaspoon regular paprika

2 tablespoons apple cider vinegar

1 tablespoon soy sauce

1 tablespoon maple syrup or molasses

2 teaspoons salt

1/4 teaspoon cayenne pepper

1/4 teaspoon garlic powder

INSTRUCTIONS

1. Freeze tofu overnight, then thaw completely in the refrigerator (8+ hours). Press the thawed tofu firmly – it will release a significant amount of liquid. Cut into strips about 1/2-inch thick.
2. In a large bowl, whisk together peanut butter, smoked paprika, regular paprika, apple cider vinegar, soy sauce, maple syrup, salt, cayenne, garlic powder, and 1 tablespoon oil until smooth. Add tofu strips and toss to coat. Marinate 30 minutes at room temperature.
3. Preheat oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper. Brush with 1 tablespoon oil.
4. Arrange marinated tofu strips in a single layer on the baking sheet. Drizzle remaining 1 tablespoon oil over the top. Bake 20 minutes, flip each strip, then bake 10–15 more minutes until edges are caramelized and tofu is firm.
5. Alternatively, pan-fry in a cast-iron skillet with 1 tablespoon oil over medium-high heat, 3–4 minutes per side undisturbed, until a dark crust forms. Work in batches to avoid steaming.
6. Serve immediately over rice or in a wrap. Leftovers keep refrigerated 3 days and reheat well in a 375°F oven for 8 minutes.

45. Roasted Quinoa Stuffed Acorn Squash (Fall Favorite)

20 min Serves 4

INGREDIENTS

2 acorn or kabocha squash, halved and seeded
1 tablespoon olive oil or canola oil (for squash)
1/2 teaspoon salt, divided
1/4 cup plus 2 tablespoons (60 g) quinoa, rinsed and drained
3/4 cup (180 ml) water or vegetable broth (for cooking quinoa)
1 1/2 teaspoons canola oil
3 tablespoons shallots, finely chopped
3 tablespoons leeks, finely chopped
3 tablespoons celery, finely chopped
3 tablespoons carrots, finely chopped
2 cups (300 g) corn kernels (fresh or thawed frozen)
2/3 cup (160 ml) plain unsweetened soy milk
3/4 cup (180 ml) carrot juice
1/4 teaspoon cornstarch
2 tablespoons dried cranberries
1/4 cup fresh parsley, finely chopped
Black pepper to taste

INSTRUCTIONS

1. Preheat oven to 400 F (200 C). Brush cut sides of squash halves with oil, season with 1/4 teaspoon salt and pepper. Place cut-side down on a parchment-lined baking sheet. Roast for 40 to 50 minutes until flesh is completely tender when pierced with a fork and edges are caramelized.
2. While squash roasts, cook quinoa: combine quinoa with 3/4 cup water or broth and a pinch of salt in a small saucepan. Bring to a boil, reduce heat to low, cover, and cook for 12 to 15 minutes until water is absorbed. Fluff and set aside.
3. Heat canola oil in a medium skillet over medium heat. Add shallots, leeks, celery, and carrots. Cook, stirring, for 4 to 5 minutes until softened. Add corn and soy milk, stir to combine, and cook for 2 minutes. Add cooked quinoa, cranberries, and remaining 1/4 teaspoon salt. Stir to combine and remove from heat.
4. Whisk cornstarch into carrot juice until dissolved. Pour into a small saucepan and bring to a simmer over medium heat, stirring constantly, for 2 to 3 minutes until slightly thickened into a light glaze.
5. Flip roasted squash halves cut-side up. Divide quinoa-corn filling evenly among the 4 halves, mounding it in the cavity. Drizzle carrot glaze over filling and squash. Garnish with fresh parsley and serve.

46. 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.

47. Protein-Packed Quinoa with Edamame (Vegan)

15 min Serves 4

INGREDIENTS

2 cups quinoa, rinsed
4 cups water
4 teaspoons vegetable bouillon (or 2 cubes)
2 1/2 cups frozen shelled edamame
1 tablespoon olive oil
2 sweet onions, finely chopped
2 bell peppers (any color), chopped
2 tablespoons fresh ginger, minced
6 cloves garlic, minced
1/4 cup reduced-sodium soy sauce
2 tablespoons fresh cilantro, chopped
1 tablespoon hot chili paste such as sambal oelek (optional)

INSTRUCTIONS

1. Bring 4 cups water to a boil in a medium saucepan. Stir in bouillon until dissolved, then add rinsed quinoa. Reduce heat to low, cover, and cook for 15 minutes until water is absorbed. Remove from heat and let stand covered for 5 minutes, then fluff with a fork.
2. While quinoa cooks, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add onions and cook for 5–6 minutes, stirring occasionally, until softened and lightly golden.
3. Add garlic and ginger to the skillet and cook for 1–2 minutes until fragrant.
4. Add bell peppers and cook for 3–4 minutes until just tender. Stir in edamame and cook for 2–3 minutes until heated through.
5. Add cooked quinoa to the skillet. Pour in soy sauce and chili paste if using. Toss everything together over medium heat for 2 minutes until well combined.
6. Remove from heat, stir in chopped cilantro, and serve immediately.

48. Soboro Crumbled Tofu (Japanese-Inspired)

10 min Serves 4

INGREDIENTS

2 blocks (14 oz / 400g each) firm tofu, pressed
2 tablespoons mushroom powder or 2 tablespoons finely ground dried nori
4 tablespoons mirin
3 tablespoons soy sauce
2 tablespoons water
2 teaspoons sugar
1 tablespoon neutral oil (canola or vegetable)

INSTRUCTIONS

1. Press tofu for 15 minutes, then crumble it into small pea-sized pieces by hand or with a fork – aim for uneven crumbles, not a paste.
2. Heat oil in a large non-stick skillet over medium-high heat. Add crumbled tofu and cook, stirring occasionally, for 8–10 minutes until most moisture has evaporated and the tofu turns golden and slightly dry.
3. Reduce heat to medium. Add mushroom powder or ground nori and stir to coat evenly, cooking 1 minute.
4. In a small bowl, mix together mirin, soy sauce, water, and sugar. Pour sauce over the tofu and stir continuously over medium heat for 3–4 minutes until the liquid is fully absorbed and the tofu looks glazed and slightly sticky.
5. Remove from heat. Serve over steamed rice as a donburi bowl, or pack into bento boxes. Keeps refrigerated up to 4 days.

49. Quick Peanut Noodles with Ginger Tofu (20 Min)

8 min Serves 4

INGREDIENTS

12 ounces spaghetti

2 tablespoons peanut oil

2 tablespoons fresh ginger, minced

8 ounces broccoli, cut into small florets (stems sliced thin)

1 large carrot, peeled and julienned

1 celery stalk, sliced diagonally

1 medium zucchini, halved lengthwise and sliced

1 medium yellow crookneck squash, halved lengthwise and sliced

1 red bell pepper, seeded and thinly sliced

8 green onions, sliced into 1-inch pieces

10 ounces extra-firm tofu, drained, pressed, and cut into 1/2-inch cubes

2 tablespoons dry sherry

1 cup lightly salted roasted peanuts, for garnish

For the peanut sauce: 1/3 cup natural peanut butter

For the peanut sauce: 3 tablespoons soy sauce

For the peanut sauce: 2 tablespoons rice vinegar

For the peanut sauce: 1 tablespoon sesame oil

For the peanut sauce: 1 tablespoon maple syrup

For the peanut sauce: 1 teaspoon chili garlic sauce

For the peanut sauce: 3–4 tablespoons warm water to thin

INSTRUCTIONS

1. Cook spaghetti in a large pot of salted boiling water according to package directions until al dente, then drain and set aside.
2. Whisk together all peanut sauce ingredients (peanut butter, soy sauce, rice vinegar, sesame oil, maple syrup, chili garlic sauce, and warm water) in a small bowl until smooth; set aside.
3. Heat peanut oil in a large wok or skillet over medium-high heat until shimmering. Add ginger and stir-fry for 30 seconds until fragrant.
4. Add broccoli, carrot, and celery; stir-fry for 3 minutes. Add zucchini, yellow squash, bell pepper, and green onions; stir-fry 2 more minutes until vegetables are crisp-tender.
5. Push vegetables to the sides, add tofu cubes to the center, and cook undisturbed for 1 minute to lightly brown. Deglaze with dry sherry and toss everything together.
6. Add drained spaghetti to the pan, pour peanut sauce over, and toss to coat evenly over medium heat for 1 minute. Divide into bowls, top with roasted peanuts, and serve immediately.

50. Easy Vegan Portabello Mushroom Bake (30 Minutes)

10 min Serves 4

INGREDIENTS

4 large Portobello mushrooms, stems removed and gills scraped

1/2 cup (75 g) raw almonds

1/4 cup (60 ml) extra-virgin olive oil

1/4 cup (60 ml) Bragg's Liquid Aminos

1/3 cup (80 ml) water, plus more to adjust consistency

2 tablespoons balsamic vinegar

3 cloves garlic, roughly chopped

1 teaspoon dried rosemary

1 teaspoon dried oregano

1/2 medium onion, sliced into rings

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly oil a 9x13-inch (23x33 cm) baking dish.
2. Combine almonds, olive oil, Liquid Aminos, water, balsamic vinegar, garlic, rosemary, and oregano in a blender. Blend on high for 60 seconds until smooth and creamy. Add 1–2 more tablespoons water if needed to reach a pourable but thick sauce.
3. Place mushrooms gill-side up in the prepared baking dish. Scatter sliced onion around and over the mushrooms.
4. Pour almond sauce generously over each mushroom cap, letting it pool in the gills and surround the onions.
5. Bake uncovered for 20–22 minutes until mushrooms are tender and juicy and the sauce is set and lightly browned at the edges.
6. Transfer to plates and spoon any sauce from the dish over the top. Serve immediately as a main dish or over cooked grains.

51. 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.

52. Vegan Red Pepper Mushroom Quiche (Rice Crust)

20 min Serves 6

INGREDIENTS

For the rice crust:

2 cups cooked brown or white rice
1 tablespoon silken tofu (from filling batch below)
1/4 teaspoon salt
1/4 teaspoon black pepper

For the tofu filling:

14 ounces firm silken tofu, drained
3 tablespoons nutritional yeast
1 tablespoon soy sauce
1 tablespoon lemon juice
1/2 teaspoon turmeric
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon salt

For the vegetables:

1 teaspoon olive oil
3 cloves garlic, minced
1 cup mushrooms, roughly chopped
1 whole roasted red pepper, chopped
1 green onion, white and green parts, chopped
1/4 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a 9-inch pie dish with oil or cooking spray. Blend all tofu filling ingredients together in a blender or food processor until completely smooth. Set aside 1 tablespoon of the blended filling for the crust.
2. Mix cooked rice with the reserved tablespoon of tofu filling, salt, and pepper until evenly combined. Press the rice mixture firmly and evenly into the bottom and up the sides of the prepared pie dish. Bake the empty crust for 8 minutes to set it, then remove from oven.
3. While the crust bakes, heat olive oil in a skillet over medium heat. Add garlic, mushrooms, roasted red pepper, and green onion. Cook for 5 minutes, stirring frequently, until mushrooms release their moisture and begin to brown. Season with salt and pepper.
4. Spread the sauteed vegetables evenly over the prebaked rice crust. Pour the blended tofu filling over the vegetables, spreading it to the edges with a spatula.
5. Bake at 375°F for 35–40 minutes until the filling is set, lightly golden on top, and no longer jiggles in the center when the dish is gently shaken.
6. Let the quiche cool in the dish for at least 15 minutes before slicing. This rest time is essential for the filling to firm up enough to hold clean slices.

53. Easy Non-Dairy Special K Loaf (Budget-Friendly)

15 min Serves 12

INGREDIENTS

2 (16 oz) packages soft or regular tofu, drained
3 cups vegetable broth (from 3 standard bouillon cubes dissolved in 3 cups hot water)
1/2 cup (1 stick / 113 g) vegan margarine or vegan butter, melted
1 large onion, finely chopped
1 cup walnuts, roughly chopped
12 oz (about 10 cups) Special K cereal

INSTRUCTIONS

1. Preheat oven to 350 F. Lightly grease a 9x13-inch baking pan.
2. Blend tofu in a blender or food processor until completely smooth. Transfer to a large mixing bowl.
3. Add melted vegan margarine, vegetable broth, and chopped onion to the blended tofu and stir well to combine.
4. Add walnuts and Special K cereal; fold together until the cereal is fully coated and the mixture is uniform. It will be thick and slightly sticky. If the mixture seems too dry to hold together, add up to 1/4 cup additional broth.
5. Spread mixture evenly into the prepared baking pan and press down firmly. Bake uncovered for 55–60 minutes until the top is golden brown and the loaf is set in the center. A knife inserted in the middle should come out clean. Let stand 10 minutes before slicing.

54. Best Spiced Peas and Paneer (Indian-Inspired)

15 min Serves 4

INGREDIENTS

1 (14-ounce) package extra-firm tofu, pressed and cut into 3/4-inch cubes

2 tablespoons neutral oil, divided

2 tablespoons neutral oil (for the curry base)

1 heaping teaspoon cumin seeds

1 teaspoon turmeric powder

1 (2-inch) cinnamon stick

1 black cardamom pod

1 large yellow or red onion, peeled and finely minced

1 (2-inch) piece ginger root, peeled and grated

6–8 cloves garlic, peeled and grated or minced

2 medium tomatoes, peeled and diced

3 tablespoons tomato paste

2–4 green Thai or serrano chiles, stems removed, finely chopped

1 cup water

1 heaping teaspoon garam masala

1 heaping teaspoon ground coriander

1 teaspoon red chile powder or cayenne

2 teaspoons coarse sea salt

1 pound fresh peas or 1 (16-oz) bag frozen peas, thawed

2 tablespoons fresh cilantro, chopped, to garnish

Cooked basmati rice or warm naan, to serve

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Press tofu for 15 minutes, then cut into 3/4-inch cubes. Toss with 1 tablespoon oil, spread on a parchment-lined baking sheet in a single layer, and bake 25 minutes, flipping once at 12 minutes, until golden and firm. Set aside.
2. Heat remaining oil in a large pot or kadai over medium-high heat. Add cumin seeds and cook 30 seconds until they sputter and pop. Add cinnamon stick and cardamom pod and stir 15 seconds.
3. Add minced onion and cook 8–10 minutes, stirring frequently, until deep golden brown. Add grated ginger and garlic and cook 2 minutes more, stirring constantly.
4. Add diced tomatoes and tomato paste. Cook 5 minutes, crushing the tomatoes, until the mixture thickens into a paste. Add green chiles, garam masala, coriander, red chile powder, and salt. Stir well and cook 1 minute.
5. Pour in 1 cup water, stir to combine, and bring to a simmer. Add peas and baked tofu cubes. Cook uncovered 5–8 minutes until peas are tender and sauce coats everything. Remove cinnamon and cardamom before serving. Garnish with cilantro and serve over rice or with naan.

55. Creamy Avocado Curry (Ready in 20 Minutes)

10 min Serves 4

INGREDIENTS

1 (14 oz) can full-fat coconut milk
1 avocado, peeled, pitted, and diced (half blended into sauce, half reserved for topping)
2 tablespoons green curry paste, or more to taste
3 tablespoons Golden Mountain seasoning sauce (or soy sauce)
1/2 lime, juiced
1/2 cup water, or as needed to thin sauce
8 oz tempeh, cut into 1-inch cubes
2 cups green beans, trimmed and cut into 2-inch pieces
1 carrot, cut into matchstick-size pieces
1 zucchini, cut into 1-inch cubes
1 cup fresh basil leaves
Cooked jasmine rice or noodles, for serving

INSTRUCTIONS

1. Add half the diced avocado to a blender with the coconut milk. Blend until smooth. Set aside.
2. Heat a large skillet or wok over medium-high heat. Add tempeh cubes and cook 3–4 minutes per side until lightly browned. Remove and set aside.
3. In the same pan over medium heat, add the green curry paste and stir 30 seconds until fragrant. Pour in the blended coconut-avocado mixture, Golden Mountain seasoning, and water. Stir to combine and bring to a gentle simmer.
4. Add the green beans, carrot, and zucchini. Cook 5–7 minutes until vegetables are just tender. Return tempeh to the pan and stir to coat.
5. Remove from heat, stir in the basil leaves and lime juice. Top with remaining diced avocado. Serve over jasmine rice or noodles.

56. Easy Tofu Soboro Over Rice (Japanese-Style)

5 min Serves 2

INGREDIENTS

14 oz (400 g) firm tofu, drained and pressed
1 1/2 cups long-grain white rice (uncooked)
1 tablespoon sake
1 tablespoon granulated sugar
3 tablespoons soy sauce
3 tablespoons mirin
1 teaspoon nori powder (or 1 sheet nori, crumbled fine)

INSTRUCTIONS

1. Cook the rice according to package directions (about 18 minutes covered on low heat after bringing to a boil with 2 3/4 cups water). Keep warm.
2. Crumble the pressed tofu into fine, pea-sized pieces directly into a cold non-stick or stainless steel skillet — no oil needed.
3. Set the pan over medium-high heat and stir constantly for 5–6 minutes until the tofu is dry, crumbly, and starting to turn golden at the edges.
4. Add sake and stir for 30 seconds to let the alcohol cook off, then add sugar, soy sauce, and mirin in that order, stirring between each addition.
5. Continue cooking over medium-high heat for 3–4 minutes, stirring frequently, until the liquid is fully absorbed and the tofu looks glossy and dark.
6. Divide rice between two bowls, top with the tofu soboro, and finish with a dusting of nori powder.

57. Quick Tofu Vegetable Stir Fry (20-Minute Meal)

10 min Serves 2

INGREDIENTS

1 package (14 oz) extra firm tofu, pressed and cubed
3 tablespoons soy sauce (for marinade)
2 cloves garlic, minced
1 teaspoon fresh ginger, grated
2 tablespoons vegetable oil, divided
3 cups broccoli florets
2 cups red bell pepper, sliced into strips
1 cup snap peas
1/3 cup green onions, sliced
2 tablespoons soy sauce (for sauce)
1 teaspoon lemon juice

INSTRUCTIONS

1. Press tofu for at least 10 minutes, then cut into 3/4-inch cubes. Toss with 3 tablespoons soy sauce, garlic, and ginger and marinate for 5 minutes while you prep the vegetables.
2. Heat 1 tablespoon oil in a large wok or skillet over high heat. Add tofu (reserve marinade) and fry undisturbed for 3 minutes, then toss and cook 2 more minutes until golden. Remove tofu and set aside.
3. Add remaining 1 tablespoon oil to the pan. Add broccoli and red pepper and stir-fry on high heat for 3 minutes until crisp-tender. Add snap peas and green onions and cook 1 more minute.
4. Return tofu to the pan. Add the reserved marinade, 2 tablespoons soy sauce, and lemon juice. Toss everything together over high heat for 1 minute until the sauce coats all ingredients. Serve immediately over rice or noodles.

58. Best Tempeh Stuffed Peppers (Vegan Comfort)

20 min Serves 4

INGREDIENTS

4 large bell peppers (red, yellow, or green), tops cut off and seeds removed
FILLING:
1 tablespoon olive oil
2 medium onions, diced (about 2 cups)
2 cloves garlic, minced
12 oz tempeh, crumbled
1/2 cup sauerkraut, well-drained
1/4 cup cooked black beans or kidney beans
1/4 cup dry breadcrumbs
2 tablespoons dried onion flakes
1 teaspoon dried oregano
Salt and black pepper to taste
SAUCE:
2 cups Italian plum (Roma) tomatoes, chopped (about 4–5 tomatoes)
1 small tomato, diced
Salt to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Bring a large pot of salted water to a boil. Add bell peppers (tops removed, seeds out) and blanch 4 minutes to soften slightly. Remove with tongs and drain upside down on paper towels.
2. Heat olive oil in a large skillet over medium heat. Add onions and cook 6 minutes until soft and translucent. Add garlic and cook 1 minute more. Add crumbled tempeh and cook 4 minutes, stirring, until lightly browned.
3. Remove skillet from heat. Stir in sauerkraut, black beans, breadcrumbs, dried onion flakes, and oregano. Season generously with salt and pepper – the filling should taste well-seasoned.
4. Combine chopped Roma tomatoes and diced small tomato in a small bowl with a pinch of salt. Spread half the tomato mixture across the bottom of a 9x13-inch baking dish.
5. Stand blanched peppers upright in the baking dish. Divide filling evenly among the peppers, pressing down firmly to pack. Spoon remaining tomato mixture over and around the stuffed peppers. Cover tightly with foil and bake 35 minutes. Remove foil and bake 10 minutes more until peppers are tender and tops are lightly browned. Serve hot.

59. Asian Steamed Tofu & Vegetables (Restaurant-Quality)

15 min Serves 2

INGREDIENTS

3 tablespoons light soy sauce
3 tablespoons sake or Chinese Shaoxing rice wine
3 tablespoons water
1 teaspoon peeled and grated fresh ginger
1/2 teaspoon sugar
1 medium leek (white and light green parts only), cut into 3-inch slivers
6 cups Chinese mustard greens, coarsely chopped
6 oz (170 g) daikon radish, peeled and sliced 1/4-inch thick
8 oz (225 g) firm silken tofu, cut into 1-inch cubes
3 oz (85 g) enoki mushrooms, root ends trimmed

INSTRUCTIONS

1. Whisk together soy sauce, sake, water, ginger, and sugar in a small bowl to make the sauce; set aside.
2. Fill a wok or large pot with 2 inches of water and bring to a boil over high heat; set a steamer rack or basket inside.
3. Arrange daikon slices in a single layer on a heatproof plate that fits inside the steamer. Scatter mustard greens and leek on top, then layer tofu cubes and enoki mushrooms over the vegetables.
4. Pour the sauce evenly over the arranged ingredients. Place plate on the steamer rack, cover tightly, and steam over high heat for 7 to 8 minutes, until daikon is just tender and tofu is heated through.
5. Carefully remove the plate from the steamer and serve immediately with steamed rice.

60. Easy Vegan Stuffing Recipe (Best Holiday Side)

15 min Serves 6

INGREDIENTS

8 cups (about 400 g) day-old whole grain bread, cut into 3/4-inch cubes
2 tablespoons olive oil
1 medium onion, finely diced
3 celery stalks, finely diced
3 cloves garlic, minced
2 cups (480 ml) vegetable broth, low-sodium
1 1/2 teaspoons dried sage
1 teaspoon dried thyme
1 teaspoon dried rosemary, crumbled
1 teaspoon dried parsley
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Spread bread cubes in a single layer on a large baking sheet and toast for 10–12 minutes until dry and lightly golden. Transfer to a large mixing bowl.
2. Heat olive oil in a large skillet over medium heat. Add onion and celery and cook for 6–8 minutes, stirring often, until softened. Add garlic and cook for 1 more minute.
3. Add sage, thyme, rosemary, parsley, salt, and pepper to the skillet. Pour in 1/2 cup of the vegetable broth and stir to deglaze the pan.
4. Pour the vegetable mixture over the toasted bread cubes and toss to combine. Gradually pour in the remaining 1 1/2 cups vegetable broth, tossing as you go, until the bread is evenly moistened but not soggy.
5. Transfer stuffing to a greased 9x13-inch (23x33 cm) baking dish. Spread evenly and bake uncovered at 325°F for 30–35 minutes until the top is lightly crispy and golden.
6. Remove from oven and let rest for 5 minutes before serving.

61. Slow Cooker Sweet Potato Casserole (Dairy-Free)

15 min Serves 8

INGREDIENTS

5 medium sweet potatoes (about 2.5 lbs / 1.1 kg),
peeled and roughly chopped

2 tablespoons vegan butter (such as Earth Balance),
melted

1/2 cup fresh orange juice

2 teaspoons pure vanilla extract

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 teaspoon fine salt

1/2 cup packed light brown sugar

2 cups vegan mini marshmallows

INSTRUCTIONS

1. Lightly grease the slow cooker insert with cooking spray or a thin layer of vegan butter. Add the chopped sweet potatoes.
2. Pour the orange juice and melted vegan butter over the sweet potatoes. Sprinkle with vanilla, cinnamon, nutmeg, salt, and brown sugar. Stir briefly to coat.
3. Cover and cook on LOW for 5 hours or HIGH for 3 hours, until the sweet potatoes are completely tender and pierced easily with a fork.
4. Use a fork or potato masher to mash the sweet potatoes in the slow cooker to your preferred texture – fully smooth or slightly chunky. Taste and adjust seasoning.
5. Transfer the casserole to an oven-safe dish. Scatter vegan mini marshmallows in an even layer over the top.
6. Broil on HIGH 4 to 6 inches from the heating element for 2 to 3 minutes, watching constantly, until the marshmallows are golden and toasted. Serve immediately.

62. Crispy Tofu Special K Meatloaf (Plant-Based)

15 min Serves 6

INGREDIENTS

2 packages (450 g each) soft or firm tofu, drained

4 teaspoons onion powder

2 teaspoons celery salt

1 teaspoon garlic powder

1 teaspoon dried parsley flakes

1/4 teaspoon turmeric

1/4 teaspoon dried marjoram

1 stick (113 g) vegan butter (such as Earth Balance),
melted

1 cup walnuts, roughly chopped

1 1/2 large yellow onions, finely diced

1 box (340 g) Special K cereal, lightly crushed

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 9x5-inch loaf pan with a little vegan butter or cooking spray.
2. Drain tofu and squeeze out as much liquid as possible by pressing between paper towels or in a tofu press. Transfer to a large mixing bowl and mash thoroughly with a fork until no large chunks remain.
3. Mix together onion powder, celery salt, garlic powder, parsley, turmeric, and marjoram in a small bowl; add to the mashed tofu and stir to combine.
4. Add melted vegan butter, chopped walnuts, and diced onion to the tofu mixture; stir well. Fold in the crushed Special K cereal until evenly incorporated – the mixture should be thick and hold its shape when pressed.
5. Press the mixture firmly into the prepared loaf pan, smoothing the top. Bake for 55 to 60 minutes until the top is deep golden-brown and the edges are pulling away from the sides of the pan.
6. Remove from oven and let cool in the pan for 10 minutes before slicing. Serve with vegan gravy or ketchup.

63. Massaman Curry Tofu (30-Minute Plant-Based)

10 min Serves 4

INGREDIENTS

14 ounces extra-firm tofu, pressed and cubed into 1-inch pieces
2 tablespoons neutral oil (for frying tofu)
1 (14 ounce) can full-fat coconut milk
2 to 4 tablespoons vegan massaman curry paste
1/2 cup water
1/2 small yellow onion, diced
2 medium carrots, peeled and sliced 1/4 inch thick
1 medium Yukon gold potato, peeled and cut into 3/4-inch cubes
2 bay leaves
1 cinnamon stick
1/4 cup unsalted dry-roasted peanuts
2 tablespoons sugar
1 tablespoon lime juice

INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium-high heat. Add tofu cubes and fry for 4 to 5 minutes per side until golden brown on all sides. Transfer to a plate and set aside.
2. In the same pan, reduce heat to medium and add coconut milk and massaman curry paste. Stir-fry the paste into the coconut milk for 2 minutes until fragrant and the oil begins to separate.
3. Add water, onion, carrots, potato, bay leaves, and cinnamon stick. Stir to combine. Bring to a gentle boil, then reduce heat and simmer uncovered for 15 minutes until the potato and carrots are fork-tender.
4. Return the fried tofu to the pan. Add peanuts, sugar, and lime juice. Stir gently and simmer for 3 more minutes until everything is heated through and the sauce has thickened slightly.
5. Remove bay leaves and cinnamon stick. Taste and adjust with more lime juice or sugar as needed. Serve over steamed jasmine rice.

64. Best Vegan Hoppin' John (Soul Food Classic)

15 min Serves 4

INGREDIENTS

1 1/4 cups dry black-eyed peas, soaked overnight or quick-soaked
4 cups vegetable broth
1 cup water
1 1/2 cups yellow onion, diced
3 garlic cloves, minced
1 bay leaf
1/2 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper
1 tablespoon olive oil
8 ounces tempeh, crumbled
1 tablespoon low-sodium soy sauce
1/2 teaspoon smoked paprika
Salt to taste
2 cups long-grain white rice, cooked, for serving
Sliced green onions for garnish

INSTRUCTIONS

1. Drain and rinse soaked black-eyed peas. Place in a large pot with vegetable broth and water. Bring to a boil, then reduce heat to medium-low. Add onion, garlic, and bay leaf. Simmer uncovered for 40-50 minutes until peas are fully tender, skimming foam as needed.
2. While peas cook, heat olive oil in a skillet over medium-high heat. Add crumbled tempeh and cook for 6-8 minutes, stirring occasionally, until browned on the edges. Stir in soy sauce and smoked paprika; cook 1 more minute. Remove from heat.
3. Once peas are tender, stir in the browned tempeh, black pepper, and cayenne. Simmer together for 5 minutes to meld flavors. Remove and discard bay leaf. Taste and add salt as needed.
4. Serve over cooked rice, garnished with sliced green onions.

65. 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.

66. Easy Baked Spinach Casserole (Dairy-Free)

15 min Serves 4

INGREDIENTS

1 pound pasta shells
1 pound fresh spinach, chopped
1 tablespoon olive oil
3 garlic cloves, minced
2 1/2 cups tomato sauce
1/2 cup unsweetened soy milk
1 tablespoon fresh basil, chopped
Salt and black pepper to taste
1/4 cup breadcrumbs
1 tablespoon olive oil (for topping)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a 9x13-inch baking dish. Cook pasta shells in a large pot of salted boiling water until al dente per package directions, then drain.
2. While pasta cooks, steam spinach for 2–3 minutes until wilted. Squeeze out as much liquid as possible and set aside. Heat 1 tablespoon olive oil in a small skillet over medium heat and saute garlic for 1 minute until fragrant.
3. In a large bowl, whisk together tomato sauce and soy milk. Stir in sauteed garlic, basil, salt, and pepper. Add drained pasta and squeezed spinach, tossing to coat everything evenly.
4. Transfer the mixture to the prepared baking dish and spread in an even layer. In a small bowl, toss breadcrumbs with 1 tablespoon olive oil, then scatter evenly over the top.
5. Bake uncovered for 25–30 minutes, until the sauce is bubbling around the edges and the breadcrumb topping is golden and crisp.
6. Let stand for 5 minutes before serving.

67. Red Curry With Tofu & Vegetables (Quick)

10 min Serves 4

INGREDIENTS

4 teaspoons canola oil, divided
1 (14 oz / 400 g) package extra-firm tofu, rinsed, patted dry, and cut into 1-inch cubes
1 lb (450 g) sweet potato, peeled and cut into 1-inch cubes
1 (14 oz / 400 ml) can light coconut milk
1/2 cup (120 ml) low-sodium vegetable broth
1 to 2 teaspoons Thai red curry paste (vegan/fish-sauce-free variety)
1/2 lb (225 g) green beans, trimmed and cut into 1-inch pieces
1 tablespoon brown sugar
2 teaspoons lime juice
1/2 teaspoon salt
1/3 cup (15 g) fresh cilantro, chopped
1 lime, quartered (for serving)
Cooked rice or rice noodles for serving

INSTRUCTIONS

1. Heat 2 teaspoons canola oil in a large non-stick skillet or wok over medium-high heat. Add tofu cubes in a single layer. Cook undisturbed for 3 to 4 minutes until golden on the bottom, then turn and cook another 2 to 3 minutes. Transfer to a plate.
2. Add remaining 2 teaspoons oil to the same pan over medium-high heat. Add sweet potato cubes and cook, stirring occasionally, for 5 minutes until lightly browned on edges.
3. Add coconut milk, vegetable broth, and curry paste. Stir to dissolve curry paste. Bring to a boil, then reduce heat to medium and simmer for 5 minutes.
4. Add green beans and return tofu to the pan. Stir in brown sugar, lime juice, and salt. Simmer for 4 to 5 more minutes until green beans are tender-crisp and sweet potato is fully cooked through.
5. Taste and adjust curry paste, salt, and lime juice. Divide over rice or rice noodles, garnish with cilantro, and serve with lime wedges.

68. Aarsi's Tofu Curry (Authentic Plant-Based)

20 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 large red onion, finely minced
2 Indian green chilies, halved lengthwise
4 bay leaves
1 teaspoon ground turmeric
1 pinch asafoetida powder
Salt to taste
1 (15 oz / 425 g) can diced tomatoes
2 tablespoons ground coriander
1 tablespoon garam masala
1 teaspoon red chili powder
2 cups (480 ml) water
2 cups (300 g) green peas, fresh or frozen
1 (16 oz / 450 g) package medium-firm tofu, pressed and cut into 1-inch cubes

INSTRUCTIONS

1. Heat oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add onion, green chilies, and bay leaves; cook, stirring frequently, until onion is golden and softened, about 8 minutes.
2. Add turmeric and asafoetida and stir for 30 seconds. Add canned tomatoes, ground coriander, garam masala, and red chili powder. Cook, stirring, until the tomatoes break down and the oil begins to separate from the masala, about 8 minutes.
3. Pour in water and season with salt. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes to develop the base.
4. Add green peas and tofu cubes. Stir gently to coat everything in the sauce and simmer for 10 to 12 minutes, until peas are tender and tofu has absorbed the flavors.
5. Remove bay leaves. Taste and adjust salt. Serve hot over steamed basmati rice or with flatbread.

69. Vegan Palak Paneer (Spinach & Tofu Curry)

10 min Serves 4

INGREDIENTS

9 oz (250 g) firm tofu, pressed and cut into 3/4-inch cubes
2 tablespoons neutral oil, divided
2 medium onions, finely diced
3 cloves garlic, minced
3/4-inch piece fresh ginger, peeled and finely grated
1 red chili, finely diced (seeds removed for less heat)
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon turmeric
1 teaspoon garam masala
1/4 teaspoon ground cloves
1 1/4 lb (560 g) fresh spinach
1/2 cup water
1/2 cup full-fat coconut milk
Salt to taste

INSTRUCTIONS

1. Press tofu for at least 10 minutes, then cut into 3/4-inch cubes. Heat 1 tablespoon oil in a large skillet over medium-high heat and fry the tofu cubes for 3 to 4 minutes per side until golden brown. Remove and set aside.
2. In the same skillet, heat the remaining tablespoon of oil over medium heat. Add the onions and cook for 6 to 7 minutes, stirring occasionally, until soft and translucent. Add the garlic, ginger, and chili and cook for 2 minutes more.
3. Add the cumin, coriander, turmeric, garam masala, and cloves to the pan. Stir constantly for 1 to 2 minutes until the spices are fragrant and coat the onion mixture evenly.
4. Add the fresh spinach in batches with the 1/2 cup water, stirring and wilting each batch before adding more. Once all the spinach is wilted, transfer the entire mixture to a blender and blend until smooth.
5. Return the blended spinach sauce to the skillet over medium-low heat. Stir in the coconut milk and season with salt. Add the browned tofu cubes, stir gently to coat, and simmer for 5 minutes until heated through and the sauce has thickened slightly.
6. Taste and adjust salt. Serve hot with basmati rice or flatbread.

70. Easy Vegetarian Lasagna (Meatless & Delicious)

25 min Serves 6

INGREDIENTS

4 tablespoons olive oil
1 large onion, finely chopped
3 cloves garlic, minced
2 small red chilies, deseeded and finely chopped
14 oz (400 g) button mushrooms, quartered
10.5 oz (300 g) winter squash, peeled, deseeded, and diced into 1/2-inch cubes
1 red bell pepper, deseeded and chopped
1/3 cup fresh mixed basil, thyme, and oregano, chopped
2 cans (13.5 oz / 400 g each) green lentils, drained and rinsed
2 cans (13.5 oz / 400 g each) chopped tomatoes
1 cup vegetable stock
2 tablespoons tomato puree
7 oz (200 g) lasagna sheets (use egg-free/vegan variety)
2 cups oat milk
1/3 cup white miso paste
1/4 cup spelt flour
2 tablespoons olive oil (for white sauce)
1/2 teaspoon ground nutmeg
1 1/2 teaspoons smoked paprika
2 slices rye bread, processed to fine breadcrumbs
Salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat 4 tablespoons olive oil in a large deep skillet or Dutch oven over medium-high heat. Add onion, chilies, and garlic; cook 5 minutes. Add mushrooms, squash, and red pepper; cook 8 minutes until softened. Stir in lentils, chopped tomatoes, vegetable stock, tomato puree, fresh herbs, and paprika. Simmer uncovered for 15 minutes until slightly thickened. Season with salt and pepper.
2. Make the miso white sauce: In a small saucepan, whisk 2 tablespoons olive oil and spelt flour over medium heat for 1 minute. Gradually whisk in oat milk until smooth. Bring to a gentle simmer, whisking constantly for 4–5 minutes until thickened. Remove from heat, whisk in miso paste and nutmeg until fully dissolved.
3. Assemble the lasagna in a 9x13-inch (23x33 cm) baking dish: Spread a thin layer of vegetable filling on the bottom. Top with a layer of lasagna sheets. Add another layer of filling, then a layer of white sauce. Repeat layers (sheets, filling, white sauce) until ingredients are used, finishing with a final layer of white sauce on top.
4. Scatter rye breadcrumbs evenly over the top. Cover tightly with foil and bake at 375°F (190°C) for 30 minutes. Remove foil and bake a further 15 minutes until the top is golden and the pasta is tender.
5. Rest the lasagna for 10 minutes before cutting into 6 portions and serving.

71. Best Tofu & Chickpea Curry (30-Minute)

15 min Serves 4

INGREDIENTS

1 tablespoon canola oil
1 cup chopped onion
2 garlic cloves, minced
1 tablespoon Madras curry powder
1 tablespoon grated peeled fresh ginger
1 tablespoon brown sugar
1 1/4 teaspoons salt
2 cups sweet potato, peeled and cut into 3/4-inch cubes
2 cups small cauliflower florets
1 (14-ounce) package extra-firm tofu, pressed and cut into 3/4-inch cubes
1 (16-ounce) can chickpeas, rinsed and drained
1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
1 (13.5-ounce) can light coconut milk
Freshly ground black pepper to taste
3 cups hot cooked rice, to serve
3 tablespoons chopped fresh cilantro, to garnish

INSTRUCTIONS

1. Press tofu for 15 minutes to remove excess moisture, then cut into 3/4-inch cubes. Heat canola oil in a large pot or Dutch oven over medium-high heat.
2. Add onion and cook 4 minutes until softened. Add garlic, curry powder, ginger, brown sugar, and salt. Stir and cook 1 minute until fragrant.
3. Add sweet potato, cauliflower, chickpeas, diced tomatoes with their juice, and coconut milk. Stir to combine and bring to a boil.
4. Reduce heat to medium, cover, and simmer 15 minutes until sweet potato is just tender. Add tofu cubes, stir gently, and cook uncovered 5 minutes more until tofu is heated through and sauce has thickened slightly. Season with black pepper.
5. Serve over cooked rice and garnish with fresh cilantro.

72. Classic Thai Fried Rice with Tofu (Easy)

10 min Serves 4

INGREDIENTS

2 tablespoons vegetable oil
2 garlic cloves, crushed
2 teaspoons red curry paste
8 oz (1/2 lb) firm tofu, drained and cut into 3/4-inch cubes
4 cups cooked long-grain rice (preferably day-old)
3 tablespoons soy sauce
1 green onion, thinly sliced
1 tablespoon fresh cilantro, chopped
2-3 green onion stalks, for garnish
1/2 cucumber, thinly sliced, for garnish

INSTRUCTIONS

1. Heat oil in a wok or large skillet over high heat until shimmering. Add garlic and stir-fry 30 seconds until fragrant. Add red curry paste and stir-fry 30 seconds more.
2. Add tofu cubes and cook 3-4 minutes, turning occasionally, until lightly browned on the edges.
3. Add the cooked rice, breaking up any clumps. Stir-fry 3-4 minutes, pressing rice against the pan to create some crispy bits. Pour soy sauce over and toss to coat evenly.
4. Remove from heat. Stir in sliced green onion and cilantro. Plate the fried rice and garnish with extra green onion stalks and cucumber slices. Serve immediately.

73. Vegan Pasilla Enchiladas (Make-Ahead Friendly)

20 min Serves 4

INGREDIENTS

Cooking spray

2 cups dry TVP (texturized vegetable protein)

1 1/4 cups boiling water or vegetable broth (for rehydrating TVP)

1 (12-ounce) bottle pasilla chile cooking sauce, divided

2 tablespoons liquid aminos

1 1/2 tablespoons garlic powder

1 1/2 tablespoons onion powder

1 tablespoon browning and seasoning sauce

2 tablespoons nutritional yeast (for filling)

1 cup shredded mozzarella-style vegan cheese

1 (12-ounce) package blue corn tortillas, warmed

For the crema:

1/2 cup unsweetened coconut creamer

1 tablespoon nutritional yeast

1 avocado, mashed

1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly coat a 9x13-inch baking dish with cooking spray. Rehydrate TVP by placing it in a bowl and pouring boiling water or broth over it. Stir, cover with a plate, and let sit for 10 minutes until all liquid is absorbed.
2. Drain any excess liquid from TVP. In a large skillet over medium heat, combine rehydrated TVP with liquid aminos, garlic powder, onion powder, browning and seasoning sauce, and 2 tablespoons nutritional yeast. Stir in half of the pasilla sauce (about 3/4 cup). Cook for 5–7 minutes, stirring frequently, until the mixture is fragrant and any remaining moisture has cooked off.
3. Make the crema: whisk together coconut creamer, nutritional yeast, mashed avocado, and salt until smooth. Set aside.
4. Warm tortillas wrapped in a damp towel in the microwave for 30–45 seconds to make them pliable. Spoon 3–4 tablespoons of TVP filling down the center of each tortilla and roll tightly. Place seam-side down in the prepared baking dish.
5. Pour the remaining pasilla sauce over the enchiladas, then spoon the avocado crema over the top. Sprinkle shredded vegan cheese evenly over everything.
6. Bake at 375°F for 25–30 minutes until the sauce is bubbling around the edges and the cheese is melted. Let rest for 5 minutes before serving.

74. Quick Veggie Red Curry (20-Minute Recipe)

5 min Serves 4

INGREDIENTS

2 tablespoons canola oil (or neutral vegetable oil)

2 tablespoons red curry paste

2 tablespoons fresh basil leaves, torn (or Thai basil)

3 baby bok choy, quartered lengthwise

2 medium carrots, peeled and sliced diagonally 1/4 inch thick

1/2 red bell pepper, sliced into strips

One 13.5-oz (400ml) can full-fat coconut milk

12 oz (340g) firm tofu, pressed and cut into 3/4-inch cubes

1 tablespoon brown sugar

Juice of 1 lime (about 2 tablespoons)

1/3 cup fresh cilantro leaves, roughly chopped

Cooked jasmine rice, for serving

INSTRUCTIONS

1. Press tofu between paper towels for at least 5 minutes to remove excess moisture, then cut into 3/4-inch cubes.
2. Heat canola oil in a large wok or 12-inch skillet over medium-high heat. Add red curry paste and cook, stirring constantly, for 1 minute until fragrant.
3. Add tofu cubes and cook undisturbed for 3 minutes until golden on one side, then stir and cook 2 more minutes.
4. Add carrots and red pepper. Stir-fry for 2 minutes, then pour in coconut milk and add bok choy. Stir to combine.
5. Add brown sugar and basil. Reduce heat to medium and simmer for 5–7 minutes until vegetables are tender and sauce has slightly thickened.
6. Remove from heat. Stir in lime juice and half the cilantro. Taste and adjust salt or sugar. Serve over jasmine rice, garnished with remaining cilantro.

75. Hearty Macaroni Dinner (One-Pot Vegan)

10 min Serves 4

INGREDIENTS

2 cups elbow macaroni, dry
4 cups water (for boiling pasta)
1 medium yellow onion, chopped
1-2 tablespoons water (for oil-free sauteing)
One 15 oz can diced tomatoes
One 15 oz can kidney beans, drained and rinsed
1 cup frozen or canned corn, drained
3 tablespoons nutritional yeast
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon cumin
Salt and black pepper to taste

INSTRUCTIONS

1. Cook macaroni in 4 cups of salted boiling water according to package directions until al dente, about 8 minutes. Drain and set aside.
2. In a large non-stick pot over medium heat, saute chopped onion with 1-2 tablespoons of water for 4-5 minutes, adding more water as needed to prevent sticking, until onion is soft and translucent.
3. Add diced tomatoes, kidney beans, corn, chili powder, garlic powder, and cumin to the pot. Stir to combine and bring to a simmer.
4. Stir in cooked macaroni and nutritional yeast. Simmer together for 10-12 minutes over medium-low heat, stirring occasionally, until the sauce thickens and coats the pasta.
5. Season with salt and black pepper to taste. Serve hot.

76. Best N.Y. Cima Roll (Tofu Masterpiece)

40 min Serves 6

INGREDIENTS

Tofu base:

680 g (1 1/2 lb) firm tofu, drained and pressed

1 tablespoon vegetable oil

3 tablespoons arrowroot flour

1 tablespoon agar flakes

1 teaspoon dried marjoram

1 teaspoon dried thyme

1 tablespoon minced garlic

1 teaspoon salt

1/4 teaspoon white pepper

1/2 teaspoon black pepper

Filling:

1/2 cup (80 g) onion, finely chopped

2 tablespoons olive oil

115 g (1/4 lb) ground seitan

115 g (1/4 lb) soy grits, rehydrated

115 g (1/4 lb) firm tofu, crumbled by hand

1/3 cup (20 g) nutritional yeast flakes

1 cup (60 g) whole wheat breadcrumbs

2 teaspoons dried marjoram

2 teaspoons dried thyme

1/2 cup (75 g) frozen peas, thawed

1/2 cup (75 g) roasted red bell pepper, diced

1/2 cup (60 g) cooked spinach, squeezed very dry and chopped

Salt and black pepper to taste

INSTRUCTIONS

1. Make the filling: Heat olive oil in a skillet over medium heat. Saute onion for 4–5 minutes until soft. Add seitan, soy grits, and crumbled tofu; cook 3–4 minutes. Stir in nutritional yeast, breadcrumbs, marjoram, thyme, peas, roasted pepper, and spinach. Season with salt and pepper. Let cool completely.
2. Make the tofu base: dissolve agar flakes in 3 tablespoons hot water, let sit 2 minutes. Blend pressed tofu, vegetable oil, arrowroot flour, dissolved agar, marjoram, thyme, garlic, salt, white pepper, and black pepper in a food processor until smooth.
3. Lay a large piece of damp cheesecloth (about 40 x 50 cm) flat on a work surface. Spread the tofu base mixture over it in a rectangle about 25 x 35 cm and 5 mm thick. Spread the cooled filling evenly over the tofu base, leaving a 2 cm border on all sides.
4. Using the cheesecloth to assist, roll the tofu base tightly over the filling into a log shape. Tie the ends securely with kitchen twine. Wrap the entire roll tightly in the cheesecloth.
5. Set up a steamer with enough water for 30 minutes of steaming. Place the roll in the steamer basket, cover, and steam over medium heat for 30 minutes until firm throughout.
6. Remove from steamer and cool for 15 minutes before unwrapping. Slice into rounds about 1.5 cm thick and serve warm, or refrigerate overnight and slice cold for cleaner cuts.

77. Oven Baked Tempeh (Easy & Crispy)

15 min Serves 4

INGREDIENTS

1 (8 oz) package seasoned tempeh, cut into 1-inch cubes

1 1/2 teaspoons olive oil

1 leek, white and light green parts sliced into half-moons

1/3 cup shallots, chopped

1/2 cup red bell pepper, chopped

4 cloves garlic, minced

2 cups baby carrots, halved lengthwise

1 cup zucchini, diced

1 tomato, chopped

1/2 cup dry sherry

1 tablespoon tamari

1/8 teaspoon crushed red pepper flakes

Salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add leek, shallots, and bell pepper; cook for 4 minutes until softened.
2. Add garlic and red pepper flakes; cook 1 minute until fragrant. Add tempeh cubes and cook, stirring occasionally, for 5 minutes until lightly browned on the edges.
3. Stir in carrots, zucchini, and tomato. Pour in dry sherry and tamari; stir to combine and season with salt and black pepper.
4. Cover the dish tightly with a lid or foil and transfer to the oven. Bake for 30 minutes until carrots are tender and tempeh is firm and slightly crispy around the edges.
5. Remove lid and bake uncovered for an additional 10 minutes to crisp up the tempeh. Let rest 5 minutes before serving.

78. Best Vegan Baked Beans à la Crock Pot

30 min Serves 6

INGREDIENTS

2 cups dried navy beans

Water for soaking and boiling

1/3 cup unsulphured molasses

1/4 cup brown sugar, packed

1 tablespoon mustard powder

1/4 teaspoon cayenne pepper

2 teaspoons nutritional yeast

3 drops liquid smoke (optional)

3 teaspoons Bragg liquid aminos or light soy sauce

2 medium onions, diced

4 garlic cloves, minced

1 teaspoon sea salt, plus more to taste

Black pepper to taste

2 bay leaves

4 cups water (for slow cooker)

INSTRUCTIONS

1. Soak navy beans in a large bowl covered by 3 inches of cold water for 8–12 hours or overnight. Drain and rinse.
2. Place drained beans in a pot, cover with fresh water by 2 inches, and bring to a boil over high heat. Boil uncovered for 10 minutes, then drain and rinse.
3. Transfer par-boiled beans to a slow cooker. Add onions, garlic, molasses, brown sugar, mustard powder, cayenne, nutritional yeast, liquid smoke (if using), liquid aminos, salt, pepper, bay leaves, and 4 cups fresh water. Stir to combine.
4. Cover and cook on HIGH for 6–7 hours or LOW for 8–10 hours, stirring once or twice during cooking, until beans are completely tender and the sauce has thickened.
5. Remove bay leaves. Taste and adjust salt, pepper, and sweetness. If beans are very liquid, cook uncovered on HIGH for 20–30 minutes more to thicken. Serve hot.

79. Tempeh Bourguignon (French Vegan Classic)

15 min Serves 4

INGREDIENTS

2 cups pinot noir wine
8 ounces tempeh, cut into 1-inch cubes
1 small onion, chopped
1 large carrot, peeled and cut into 1/2-inch dice
3 garlic cloves, peeled and chopped
3 tablespoons olive oil, divided
1/2 teaspoon herbes de Provence
1 bay leaf
1 tablespoon balsamic vinegar
2 tablespoons tomato paste
7 ounces shiitake mushrooms, sliced
3/4 cup vegetable broth
1 tablespoon all-purpose flour or cornstarch
Salt and black pepper to taste
2 tablespoons chopped fresh parsley, for garnish

INSTRUCTIONS

1. Combine wine, garlic, herbes de Provence, bay leaf, and balsamic vinegar in a bowl. Add tempeh cubes, cover, and marinate in the refrigerator for at least 1 hour (up to overnight). Remove tempeh and pat dry; reserve the marinade.
2. Heat 2 tablespoons olive oil in a large heavy skillet or Dutch oven over medium-high heat. Add tempeh in a single layer and cook without stirring for 3–4 minutes until browned. Flip and brown the other side, 2–3 minutes more. Remove tempeh and set aside.
3. Add remaining 1 tablespoon oil to the same pan. Add onion and carrot and cook over medium heat for 5 minutes, stirring occasionally. Add tomato paste and flour; stir for 1 minute to cook the flour.
4. Pour in the reserved marinade and vegetable broth, scraping up any browned bits from the bottom. Bring to a simmer and add the mushrooms.
5. Return tempeh to the pan. Simmer uncovered over medium-low heat for 30–35 minutes, stirring occasionally, until the sauce thickens and the vegetables are tender. Remove bay leaf, season with salt and pepper.
6. Serve over mashed potatoes, polenta, or egg-free pasta. Scatter chopped parsley over the top.

80. Easy Mustard-Crusted Tofu With Kale (30 Minutes)

10 min Serves 2

INGREDIENTS

1 (14 oz) package firm tofu, drained and pressed
1/2 cup whole grain Dijon mustard
4 tbsp vegetable oil, divided
1/2 medium onion, thinly sliced
1 tbsp fresh ginger, peeled and minced
1 small sweet potato (about 8 oz), peeled, halved lengthwise, thinly sliced crosswise
1 bunch kale, stems removed, leaves thinly sliced crosswise (about 8 cups)
2 tbsp fresh lime juice
1/2 tsp sea salt
black pepper, to taste

INSTRUCTIONS

1. Slice pressed tofu crosswise into 6–8 planks about 1/2 inch thick. Pat dry, then spread both sides generously with Dijon mustard. Season with salt and pepper.
2. Heat 2 tablespoons oil in a large (12-inch) skillet over medium-high heat. Add tofu planks in a single layer and cook undisturbed for 4–5 minutes until golden and the mustard has formed a crust. Flip and cook another 3–4 minutes. Transfer to a plate.
3. In the same skillet, heat remaining 2 tablespoons oil over medium heat. Add onion and ginger and cook for 2–3 minutes until softened. Add sweet potato slices and cook, stirring occasionally, for 5–6 minutes until just tender.
4. Add kale to the pan in two or three batches, tossing after each addition. Cook over medium heat for 3–4 minutes until kale is wilted and tender. Season with salt, pepper, and lime juice.
5. Divide the kale and sweet potato mixture between two plates and lay mustard-crusted tofu planks on top. Drizzle with any remaining pan juices and serve immediately.

81. Best Vegan Bean Cassoulet (Cozy One-Pot)

15 min Serves 4

INGREDIENTS

4 tablespoons olive oil, divided
1 medium onion, diced
1 large carrot, diced
1 celery stalk, sliced
1 large red potato (about 300g), cubed into 3/4-inch pieces
10 garlic cloves, minced
1 1/2 teaspoons herbes de Provence
1 teaspoon sea salt, plus more to taste
1/2 teaspoon black pepper
1 bay leaf
2 cans (15 oz each) cannellini beans, drained and rinsed
1 can (14.5 oz) diced tomatoes
2 cups vegetable broth
3 slices whole wheat bread, torn into rough 1-inch chunks
2 tablespoons fresh parsley, chopped

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat 2 tablespoons olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add onion, carrot, and celery; cook 6 minutes until softened.
2. Add potato, garlic, herbes de Provence, salt, pepper, and bay leaf; stir 2 minutes. Pour in cannellini beans, diced tomatoes with juices, and vegetable broth. Bring to a simmer and cook uncovered 10 minutes.
3. Meanwhile, toss bread chunks with remaining 2 tablespoons olive oil and a pinch of salt in a bowl until coated. Scatter evenly over the surface of the cassoulet.
4. Transfer pot to oven and bake uncovered for 30–35 minutes until the bread crumb topping is golden and crisp and the liquid has thickened.
5. Remove bay leaf, taste and adjust seasoning. Scatter fresh parsley over the top and serve directly from the pot.

82. Mock-Ricotta Stuffed Shells (Plant-Based)

25 min Serves 4

INGREDIENTS

16 oz (1 package) extra-firm tofu, pressed for 20 minutes
60 ml (1/4 cup) extra-virgin olive oil
1 1/2 tablespoons dried basil
1 1/2 tablespoons dried oregano
1 teaspoon garlic salt
Salt and black pepper to taste
1/4 cup vegan parmesan (optional)
1 cup steamed broccoli or spinach, chopped (optional)
16 oz (1 package) large pasta shells (about 20 shells)
2 1/2 cups tomato pasta sauce, divided

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Press tofu for 20 minutes, then crumble it into a large bowl. Add olive oil, dried basil, oregano, garlic salt, salt, and pepper. Mix well until the tofu resembles ricotta. Fold in vegan parmesan and steamed vegetables if using.
2. Cook pasta shells in a large pot of salted boiling water for 2 minutes less than the package directions (they will finish cooking in the oven). Drain and rinse under cold water. Lay shells out on a clean towel so they don't stick.
3. Spread 1 cup of tomato sauce evenly over the bottom of a 9x13-inch baking dish.
4. Fill each cooked shell with about 2 tablespoons of the tofu ricotta mixture and place filled-side up in the baking dish. Pour remaining 1 1/2 cups of sauce over and around the stuffed shells.
5. Cover the dish tightly with foil and bake for 25 minutes. Remove foil and bake for an additional 5 minutes until sauce is bubbling and shells are tender. Rest for 5 minutes before serving.

83. Best Vegan Biryani Recipe (Aromatic Rice)

30 min Serves 4

INGREDIENTS

1 1/2 cups basmati rice, rinsed and soaked 20 minutes
3 cups water or vegetable broth (for cooking rice)
3 tablespoons neutral oil or ghee-style vegan butter
1 teaspoon cumin seeds
2 whole cloves
1 cinnamon stick (1 inch)
4 whole black peppercorns
4 dried red chile peppers
2 medium onions, thinly sliced
15 cloves garlic, minced
1/2 inch piece fresh ginger, grated
2 medium tomatoes, chopped
1 medium carrot, diced
1 cup cauliflower florets
1/2 cup frozen peas
1 medium potato, cubed
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon turmeric
1/2 teaspoon garam masala
1/2 teaspoon cayenne pepper
1 teaspoon salt, plus more to taste
2 tablespoons fresh cilantro, chopped (for garnish)
2 tablespoons fresh mint leaves (for garnish)

INSTRUCTIONS

1. Drain soaked basmati rice and cook in 3 cups salted water or broth: bring to a boil, reduce heat to low, cover, and cook 10 minutes until 80% done. Drain and set aside.
2. Heat oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add cumin seeds, cloves, cinnamon, peppercorns, and dried chiles; fry 1 minute until fragrant. Add sliced onions and cook, stirring often, for 10–12 minutes until deep golden brown.
3. Add garlic and ginger; stir-fry 2 minutes. Add tomatoes and all ground spices (cumin, coriander, turmeric, garam masala, cayenne, salt); cook 5 minutes until tomatoes break down into a thick masala paste.
4. Add carrot, cauliflower, potato, and 1/4 cup water; stir to coat vegetables in masala. Cover and cook over medium heat 10 minutes until vegetables are just tender. Stir in peas.
5. Spread the par-cooked rice evenly over the vegetable layer. Cover the pot tightly with a lid (seal with foil if needed) and cook on lowest heat for 15 minutes to steam and finish cooking through.
6. Remove from heat, rest covered for 5 minutes, then gently fold rice and vegetables together. Garnish with cilantro and mint and serve hot.

84. Quick Vegetable & Tofu Stir Fry (20 Minutes)

40 min Serves 6

INGREDIENTS

8 ounces extra firm tofu, pressed and cubed
6 cups cooked brown rice
2 tablespoons soy sauce (for marinade)
1 tablespoon rice vinegar (for marinade)
1 teaspoon sesame oil (for marinade)
1 teaspoon grated fresh ginger
2 cloves garlic, minced
1 cup mung bean sprouts (or cooked mung beans)
5–6 green onions, sliced
1 cup red bell pepper, diced
1 cup sliced mushrooms
2 cups shredded cabbage
2 tablespoons neutral oil (for stir-frying)
2 tablespoons soy sauce (for stir-fry sauce)
1 tablespoon hoisin sauce
1 teaspoon cornstarch dissolved in 2 tablespoons water

INSTRUCTIONS

1. Whisk together 2 tablespoons soy sauce, rice vinegar, sesame oil, ginger, and garlic in a bowl. Add tofu cubes, toss to coat, and marinate for at least 30 minutes (up to 3 hours in the refrigerator).
2. Heat 1 tablespoon neutral oil in a wok or large skillet over medium-high heat until shimmering. Remove tofu from marinade and cook, turning occasionally, until golden on all sides, 6–8 minutes. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the wok over high heat. Add mushrooms and bell pepper and stir-fry for 3 minutes until softened. Add cabbage and stir-fry 2 minutes more.
4. Add green onions, mung bean sprouts, garlic, and ginger; stir-fry 1 minute. Pour in 2 tablespoons soy sauce, hoisin sauce, and cornstarch mixture; stir until sauce thickens, about 1 minute.
5. Return tofu to the wok and toss everything together for 1 minute to coat evenly.
6. Divide cooked brown rice among bowls and top with stir-fry. Serve immediately.

85. Crispy Spicy Tofu Crumbles (Weeknight Easy)

10 min Serves 4

INGREDIENTS

1 pound extra-firm tofu, sliced 3/4-inch thick
2 tablespoons vegetable oil
1 Fresno chile, thinly sliced
3 tablespoons soy sauce
2 tablespoons mirin
2 tablespoons Sriracha or gochujang
2 tablespoons unseasoned rice vinegar
2 teaspoons toasted sesame oil
1 teaspoon fresh ginger, finely grated
Cooked rice, noodles, or lettuce cups to serve
Sliced green onion and sesame seeds, to garnish

INSTRUCTIONS

1. Press tofu slices firmly between several layers of paper towels for 10 minutes to remove as much moisture as possible. Pat dry.
2. Whisk together soy sauce, mirin, Sriracha (or gochujang), rice vinegar, toasted sesame oil, and grated ginger in a small bowl; set sauce aside.
3. Heat vegetable oil in a cast iron skillet or heavy non-stick pan over medium-high heat until shimmering. Add tofu slices in a single layer and cook undisturbed for 4 to 5 minutes until the bottom is deeply golden and crispy. Flip and cook 3 to 4 more minutes.
4. Using a spatula or wooden spoon, break and crumble the tofu into irregular pieces directly in the pan. Add the sliced Fresno chile and toss for 1 minute.
5. Pour the sauce over the tofu crumbles and toss to coat. Cook for 1 to 2 minutes until the sauce reduces and glazes the crumbles, with slightly caramelized edges.
6. Serve hot over steamed rice, noodles, or in lettuce cups, garnished with sliced green onion and sesame seeds.

86. Peanut Sauce Vegetable Stir Fry With Tofu

15 min Serves 3

INGREDIENTS

400g (14 oz) extra firm tofu, pressed and cut into 1-inch cubes
3 cups broccoli florets
200g (7 oz) mushrooms, sliced
1 red bell pepper, sliced
1 tablespoon neutral oil (such as sunflower or avocado)
2 scallions, sliced, to garnish
1/2 cup natural peanut butter
1/2 cup hot water
2 tablespoons low-sodium soy sauce
1 tablespoon rice vinegar
1 clove garlic, minced
1/4 teaspoon cayenne pepper (adjust to taste)
Cooked rice or noodles, to serve

INSTRUCTIONS

1. Make the peanut sauce: whisk together peanut butter, hot water, soy sauce, rice vinegar, minced garlic, and cayenne pepper in a bowl until smooth. Set aside.
2. Press tofu for at least 15 minutes. Cut into 1-inch cubes and pat dry. Heat oil in a large wok or 12-inch skillet over high heat. Add tofu in a single layer and cook for 4–5 minutes, turning occasionally, until golden and crisp on most sides. Transfer to a plate.
3. In the same wok over high heat, add broccoli and bell pepper. Stir-fry for 4–5 minutes until tender-crisp.
4. Add mushrooms and stir-fry for 2 minutes until just softened.
5. Return tofu to the wok. Pour peanut sauce over everything and toss to coat. Cook for 1–2 minutes over medium heat until sauce is heated through and coats all ingredients.
6. Serve immediately over rice or noodles, garnished with sliced scallions.

87. Coconut Lime Tofu With Spinach & Quinoa

70 min Serves 4

INGREDIENTS

1 package (14–16 oz) extra-firm tofu, drained and pressed

1 cup light coconut milk (from a can)

2 whole jalapeno peppers, seeded and diced

1 tablespoon fresh ginger, grated

4 cloves garlic, grated

2 tablespoons soy sauce

1/4 cup lime juice, freshly squeezed (about 2 limes)

1.5 tablespoons coconut sugar (or regular sugar or maple syrup)

1 tablespoon safflower oil (or neutral oil)

1 large tomato, diced

1 package (7 oz) baby spinach

2 cups quinoa, cooked according to package instructions

Salt to taste

INSTRUCTIONS

1. Cut pressed tofu into 1-inch cubes. In a shallow dish, whisk together coconut milk, jalapeno, ginger, garlic, soy sauce, lime juice, and coconut sugar. Add tofu and toss to coat. Cover and marinate in the refrigerator for at least 1 hour (up to overnight).
2. Heat oil in a large skillet over medium-high heat. Remove tofu from marinade with a slotted spoon and reserve the marinade. Add tofu to the skillet in a single layer and cook 3–4 minutes per side until browned. Remove and set aside.
3. Pour the reserved marinade into the same skillet. Bring to a simmer over medium heat and cook 3–4 minutes until slightly reduced. Add the diced tomato and stir to combine.
4. Add baby spinach and stir until fully wilted, about 2 minutes. Return tofu to the pan and gently toss to coat. Season with salt to taste.
5. Serve over cooked quinoa.

88. Quinoa Cocotte Recipe (Garden-Fresh & Easy)

25 min Serves 4

INGREDIENTS

2 medium carrots, peeled and cut into 1-inch pieces
4 small leeks, white and light-green parts, split lengthwise and cleaned
5 green asparagus spears, cut into 3-inch pieces
12 small radishes, cleaned and halved
1 small fennel head, trimmed and cut into wedges
1 medium yellow onion, peeled and finely chopped
1 cup quinatori blend (1/4 cup each: red quinoa, long grain white rice, canned chickpeas drained, white quinoa, sesame seeds)
2 tablespoons olive oil (for sautéing)
4 tablespoons crushed tomatoes
1/2 teaspoon fine sea salt, plus more to taste
Black pepper to taste
For the herb oil:
2 sprigs fresh chervil, leaves only
2 sprigs fresh cilantro, leaves only
3 sprigs flat-leaf parsley, leaves only
3 sprigs fresh basil, leaves only
1 garlic clove, peeled
2 tablespoons Moroccan argan oil (or extra-virgin olive oil)
6 tablespoons oat milk

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat 2 tablespoons olive oil in a 4-quart (3.8L) ovenproof cocotte or Dutch oven over medium heat. Add onion and sauté for 5 minutes until softened. Add crushed tomatoes and cook 2 more minutes.
2. Add the quinatori blend (quinoa, rice, chickpeas, sesame seeds) to the cocotte and stir to coat. Add 2 cups of water, salt, and pepper. Bring to a simmer, then add carrots, leeks, fennel, and radishes on top.
3. Cover the cocotte and transfer to the oven. Bake for 25 minutes. Add asparagus on top, cover again, and bake for a further 8–10 minutes until vegetables are tender and liquid is absorbed.
4. While cocotte bakes, make the herb oil: blend chervil, cilantro, parsley, basil, and garlic with argan oil and oat milk using an immersion blender or mini food processor until smooth. Season with a pinch of salt.
5. Remove cocotte from oven. Drizzle herb oil over the top, taste and adjust seasoning, and serve directly from the pot.

89. Vegan Sweet Potato Noodle Coconut Curry

15 min Serves 2

INGREDIENTS

For the curry:

1 tablespoon coconut oil

1/3 cup onion, chopped

1 teaspoon fresh ginger, minced

3 cloves garlic, minced

1/2 tablespoon yellow curry powder

1 large carrot, peeled and sliced

1 small red bell pepper, stem and seeds removed, sliced

1 cup broccoli, cut into bite-sized pieces

1 (13.5-ounce) can full-fat coconut milk

1/2 teaspoon salt

1 large sweet potato (250–300g), peeled and spiralized into noodles

For the mango salsa:

3/4 cup mango, diced

2 tablespoons red onion, finely diced

1 red Thai chili, minced

1/2 teaspoon apple cider vinegar

1/4 cup fresh cilantro, chopped, plus extra for garnish

INSTRUCTIONS

1. Make the mango salsa first: combine mango, red onion, Thai chili, apple cider vinegar, and cilantro in a small bowl. Toss to combine and set aside at room temperature while you cook the curry.
2. Heat coconut oil in a large skillet or wok over medium-high heat. Add onion and cook for 3 minutes until softened. Add ginger and garlic and cook for 1 minute until fragrant. Stir in curry powder and cook for 30 seconds to bloom the spice.
3. Add carrot, red bell pepper, and broccoli to the pan. Stir-fry for 3–4 minutes until the vegetables begin to soften but still have some bite.
4. Pour in coconut milk and salt, stir to combine, and bring to a simmer over medium heat. Add the spiralized sweet potato noodles, pressing them gently into the liquid.
5. Cover and cook for 4–6 minutes, stirring once halfway through, until the sweet potato noodles are just tender but not mushy. They should bend without snapping.
6. Divide the curry into bowls and top generously with mango salsa and additional fresh cilantro.

90. Easy Udon with Crispy Tofu & Asian Greens

10 min Serves 4

INGREDIENTS

1 (225 g / 8 oz) package udon noodles

4 tablespoons roasted peanut oil (or 3 tablespoons sesame oil + 1 tablespoon vegetable oil)

1 (340 g / 12 oz) package firm tofu, pressed and cut into 12 pieces

3/4 teaspoon kosher salt, divided

1/4 teaspoon freshly ground black pepper

1 (310 g / 11 oz) package Asian cooking greens or baby spinach

1 bunch scallions, thinly sliced on the diagonal

1/4 teaspoon red pepper flakes

3 tablespoons soy sauce

1/2 teaspoon sugar

INSTRUCTIONS

1. Cook udon noodles according to package directions in well-salted boiling water. Reserve 240 ml (1 cup) of the cooking water before draining. Drain and set noodles aside.
2. Pat tofu pieces dry with paper towels and season on all sides with 1/2 teaspoon salt and black pepper. Heat 2 tablespoons of the oil in a large non-stick skillet or wok over medium-high heat until shimmering. Add tofu in a single layer and sear undisturbed for 3–4 minutes per side until deep golden and crisp. Transfer to a plate.
3. Add remaining 2 tablespoons oil to the same pan over medium heat. Add scallion whites and red pepper flakes and cook 1 minute. Add greens and toss with tongs for 1–2 minutes until just wilted.
4. Add the drained noodles to the pan along with 180 ml (3/4 cup) of the reserved noodle water, soy sauce, sugar, and remaining 1/4 teaspoon salt. Toss everything together over medium heat for 1–2 minutes until the broth is absorbed and noodles are coated.
5. Return crispy tofu to the pan and toss gently to combine. Divide into bowls and top with scallion greens. Serve immediately.

91. Simple Five Spice Tofu (Ready in 15 Minutes)

25 min Serves 4

INGREDIENTS

2 (12 oz / 340 g) packages firm or extra-firm tofu, pressed for 20 minutes and sliced into 1/2-inch planks or 1-inch cubes

2 tablespoons neutral oil (such as avocado or sunflower), for frying

1 tablespoon toasted sesame oil

1 tablespoon Chinese five spice powder

1 teaspoon fine salt

1 teaspoon black pepper

1 teaspoon red pepper flakes (optional)

4 tablespoons (1/4 cup) soy sauce

1/4 cup water

INSTRUCTIONS

1. Press tofu for at least 20 minutes using a press or by sandwiching between towels with a heavy pan on top. Pat dry. Slice into 1/2-inch planks or 1-inch cubes.
2. Mix the five spice powder, salt, black pepper, and red pepper flakes in a small bowl. Brush or drizzle the sesame oil over the tofu pieces, then sprinkle the spice mixture evenly over all sides.
3. Heat the neutral oil in a large non-stick or cast iron skillet over medium-high heat. Add the tofu in a single layer and cook for 4 to 5 minutes per side without moving, until deeply golden on each side.
4. Reduce heat to medium. Pour the soy sauce and water into the pan – it will sizzle. Flip the tofu once and cook for 2 to 3 more minutes until the sauce reduces to a sticky glaze and coats each piece.
5. Remove from heat and serve immediately over rice or noodles.

92. Easy Vegan Pad Thai (30-Minute Weeknight)

15 min Serves 4

INGREDIENTS

16 oz (450g) flat rice noodles (Pad Thai width)
14 oz (400g) firm tofu, pressed and cut into 3/4-inch cubes
2 tablespoons sesame oil, divided
3 garlic cloves, minced
1 tablespoon fresh ginger, grated
1/2 cup (120ml) agave nectar
1/3 cup (80ml) fresh lime juice (about 3 limes)
1/2 cup (120ml) shoyu (soy sauce)
2 cups (160g) bean sprouts
4 green onions, sliced on a diagonal
1/3 cup (45g) roasted peanuts, roughly chopped
Lime wedges, to serve

INSTRUCTIONS

1. Cook the rice noodles in a large pot of boiling water according to package directions until just tender, typically 6–8 minutes. Drain, rinse under cold water to stop cooking, and toss with 1 teaspoon of the sesame oil to prevent sticking. Set aside.
2. Whisk together the agave, lime juice, and shoyu in a small bowl until combined. Set the sauce aside.
3. Heat the remaining sesame oil in a large wok or skillet over high heat until shimmering. Add the garlic and ginger and stir-fry for 30 seconds until fragrant. Add the tofu cubes in a single layer and cook without stirring for 3–4 minutes until golden on the bottom, then stir and cook 2 more minutes.
4. Pour the sauce over the tofu and toss to coat. Add the drained noodles and toss everything together with tongs over high heat for 2–3 minutes, until the noodles absorb most of the sauce and the pan is nearly dry.
5. Remove from heat, add the bean sprouts and green onions, and toss to combine — the residual heat will soften the sprouts slightly while keeping them crisp. Divide into bowls and top with chopped peanuts and lime wedges.

93. Silken Tofu with Mushroom Ankake (One-Pot)

10 min Serves 2

INGREDIENTS

1 block (300 g / 10.5 oz) silken tofu
200 g (7 oz) enoki mushrooms
2 green onions, thinly sliced
200 ml (3/4 cup plus 1 tablespoon) water
2 tablespoons vegan mentsuyu (3x concentrated; check label for no fish extract)
2 tablespoons mirin
1/2 teaspoon vegan dashi granules (kombu or kombu-shiitake based, not bonito-based)
2 teaspoons katakuriko (potato starch) for slurry
2 teaspoons cold water for slurry

INSTRUCTIONS

1. Trim the root end off the enoki mushrooms and separate into small clusters. Slice the green onions and set aside. In a small bowl, mix the katakuriko and 2 teaspoons cold water until smooth – set this slurry aside.
2. Combine the 200 ml water, vegan mentsuyu, mirin, and vegan dashi granules in a medium saucepan. Bring to a simmer over medium heat, stirring to dissolve the granules.
3. Add the enoki mushrooms to the simmering broth and cook for 2 to 3 minutes until tender and wilted.
4. Gently lower the silken tofu block into the pan whole, or cut into large portions first. Simmer for 2 minutes to heat through without breaking it apart – use a gentle hand.
5. Stir the katakuriko slurry once more and pour it slowly into the simmering broth while stirring in a circular motion. Cook for 1 minute until the sauce turns glossy and thickened.
6. Transfer the tofu and mushroom ankake sauce to a serving bowl. Spoon the sauce generously over the tofu and garnish with sliced green onions. Serve immediately.

94. Best Salt & Pepper Tofu (Crispy & Golden)

15 min Serves 2

INGREDIENTS

12 ounces firm silken tofu
5 tablespoons cornstarch
2 teaspoons sea salt, finely ground
1 teaspoon Sichuan or black peppercorns, finely ground
1 cup neutral oil, for frying (such as sunflower or vegetable oil)
2 green onions, thinly sliced (for serving)
1 red chili, thinly sliced (optional, for serving)

INSTRUCTIONS

1. Drain the silken tofu and cut into 1-inch cubes. Pat each cube gently with paper towels to remove surface moisture without breaking them.
2. Mix cornstarch, sea salt, and ground peppercorns together in a shallow bowl. Gently roll each tofu cube in the seasoned cornstarch, pressing lightly so it adheres on all sides.
3. Heat oil in a heavy-bottomed skillet or wok over medium-high heat to 350°F (175°C). To test readiness, drop a pinch of cornstarch into the oil – it should sizzle immediately.
4. Working in batches to avoid crowding, carefully lower coated tofu cubes into the hot oil. Fry for 1 to 2 minutes per side, turning once, until golden and crispy all over. Do not move the tofu for the first minute so the crust can set.
5. Remove with a slotted spoon and drain on paper towels. Sprinkle lightly with extra ground salt if desired.
6. Arrange on a plate and scatter sliced green onions and red chili over the top. Serve immediately while crispy.

95. Easy Vegan Vegetable Double-Tortilla Pizza

10 min Serves 2

INGREDIENTS

1 tablespoon vegetable oil
2 (12-inch) flour tortillas
1/2 cup tomato sauce (store-bought or homemade)
5 white mushrooms, thinly sliced
1/2 green bell pepper, deseeded and chopped
1/2 red onion, thinly sliced
1/2 white onion, thinly sliced
5 black olives, sliced
3 sun-dried tomatoes, roughly chopped
1/2 jalapeno pepper, deseeded and thinly sliced
2 tablespoons nutritional yeast (for savory topping)

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Brush a large baking sheet with vegetable oil. Place one tortilla flat on the oiled baking sheet.
2. Spread half the tomato sauce evenly over the first tortilla, leaving a 1/2-inch border. Lay the second tortilla on top and press gently to adhere. Spread the remaining tomato sauce over the top tortilla.
3. Arrange mushrooms, bell pepper, red onion, white onion, olives, sun-dried tomatoes, and jalapeno evenly over the sauce. Sprinkle nutritional yeast over the top.
4. Bake at 400°F (200°C) for 18–20 minutes until the edges are crisp and golden and the vegetables are tender. Slide onto a cutting board, cut into wedges, and serve immediately.

96. Quick Warm Tofu with Soy-Ginger Sauce

5 min Serves 4

INGREDIENTS

One 12-oz (340g) package silken firm tofu, drained
1 tablespoon soy sauce
1/2 tablespoon fresh ginger, finely grated and peeled
1 teaspoon toasted sesame oil
1/4 teaspoon kosher salt (to season cooking water)
2 green onions (scallions), thinly sliced, for garnish
1 teaspoon white sesame seeds, for garnish
1/4 teaspoon togarashi seasoning, for garnish

INSTRUCTIONS

1. Fill a medium saucepan with enough water to submerge the tofu. Add kosher salt and bring to a bare simmer over medium heat — do not boil.
2. Cut tofu block into 4 equal pieces (about 3 oz each). Gently lower pieces into the simmering water using a slotted spoon. Warm for 4–5 minutes until heated through. Remove carefully and drain on a clean paper towel.
3. While tofu warms, whisk together soy sauce, grated ginger, and toasted sesame oil in a small bowl.
4. Place one tofu piece on each serving plate. Spoon sauce evenly over each piece.
5. Garnish with sliced scallions, sesame seeds, and a pinch of togarashi. Serve immediately.

97. Tofu With Chilli Jam (Best Condiment Recipe)

25 min Serves 4

INGREDIENTS

1 block (14 oz) firm tofu, pressed and cut into 1-inch cubes
3 tablespoons peanut oil or neutral cooking oil, divided
4 long red chillies, roughly chopped
2 red capsicums (bell peppers), roughly chopped
6 shallots, roughly chopped
4 cloves garlic, roughly chopped
2 tablespoons tamarind concentrate
3 tablespoons brown sugar
2 tablespoons soy sauce or kecap manis
½ teaspoon salt, or to taste
2 spring onions, thinly sliced
¼ cup cashews, roughly chopped and toasted
2 cups cooked jasmine rice, for serving

INSTRUCTIONS

1. Press tofu for at least 20 minutes. Cut into 1-inch cubes and pat dry. Heat 2 tablespoons of oil in a large non-stick skillet or wok over medium-high heat. Fry tofu in a single layer for 3 to 4 minutes per side until golden and crispy on all sides. Remove and set aside.
2. Add chillies, capsicums, shallots, and garlic to a food processor or blender. Pulse until a coarse paste forms.
3. Heat remaining 1 tablespoon of oil in the same skillet over medium heat. Add the chilli paste and cook, stirring frequently, for 8 to 10 minutes until darkened, fragrant, and most of the moisture has evaporated.
4. Stir in tamarind concentrate, brown sugar, and soy sauce. Simmer for a further 10 minutes over low-medium heat, stirring often, until the jam is thick and glossy. Taste and adjust salt and sweetness.
5. Add the fried tofu to the skillet and toss to coat in the chilli jam. Cook for 2 minutes to let the tofu absorb the sauce. Plate over rice, garnish with spring onions and toasted cashews, and serve.

98. Easy Tofurkey Fried Rice (Quick Weeknight)

10 min Serves 4

INGREDIENTS

1 tablespoon canola oil
2 tablespoons minced garlic
1 cup (130g) diced carrot
1 cup (165g) corn kernels (fresh, frozen, or canned and drained)
1/2 cup (75g) frozen peas
8 oz (225g) Tofurkey (or other vegan sausage/deli slices), diced into 1/2-inch pieces
3 cups cold cooked brown rice
2 tablespoons soy sauce
1/4 teaspoon white pepper (or black pepper)
1/2 cup (30g) scallions, sliced
1/4 cup (10g) fresh cilantro, roughly chopped

INSTRUCTIONS

1. Heat the canola oil in a large wok or skillet over medium-high heat until shimmering. Add the minced garlic and stir-fry for 30 seconds until fragrant and just starting to turn golden.
2. Add the diced carrot and stir-fry for 3 minutes until slightly tender. Add the corn and frozen peas and stir-fry for 2 more minutes until the peas are heated through.
3. Push the vegetables to the sides of the wok and add the diced Tofurkey to the center. Cook for 2 minutes, stirring occasionally, until lightly browned on the edges.
4. Add the cold cooked brown rice to the wok, breaking up any clumps with a spatula. Toss everything together and stir-fry over medium-high heat for 3–4 minutes until the rice is heated through and beginning to crisp slightly on the bottom.
5. Drizzle the soy sauce and white pepper over the rice, toss well to distribute evenly, and cook for 1 more minute. Remove from heat, fold in the scallions and cilantro, and serve immediately.

99. Best Tofu & Vegetable Stir-Fry (20-Minute)

5 min Serves 2

INGREDIENTS

2 tablespoons vegetable oil
1 clove garlic, finely sliced
3/4 inch (about 1 tablespoon) fresh ginger, peeled and finely sliced
8 oz (225g) baby carrots, trimmed and halved lengthwise
1 medium head broccoli, cut into small florets (about 3 cups)
11.25 oz (320g) marinated firm tofu, cut into bite-size pieces
1/3 cup vegetable stock
2 tablespoons sweet soy sauce (kecap manis)
1 tablespoon light soy sauce
2 spring onions, sliced
1/3 cup roasted peanuts, roughly chopped
Cooked brown rice, to serve
Lime wedges, to serve

INSTRUCTIONS

1. Bring a small pot of salted water to a boil. Blanch baby carrots 2 minutes, then add broccoli florets and blanch 1 minute more. Drain and set aside – vegetables should be crisp-tender.
2. Heat a wok or large skillet over high heat until smoking. Add vegetable oil, then immediately add garlic and ginger and stir-fry 30 seconds until fragrant.
3. Add tofu pieces to the wok and stir-fry 3–4 minutes, tossing regularly, until edges are golden.
4. Add blanched carrots and broccoli. Pour in vegetable stock, sweet soy sauce, and light soy sauce. Toss everything together and stir-fry on high heat 2–3 minutes until the sauce reduces and coats everything well.
5. Remove from heat, scatter spring onions and peanuts over the top. Serve immediately over brown rice with lime wedges on the side.

100. Easy Pan-Fried Tofu with Dipping Sauce

15 min Serves 4

INGREDIENTS

For the tofu:

1 (20 oz) package regular tofu (not firm, not silken)

2 tbsp vegetable oil

1 tsp kosher salt

For the soy dipping sauce:

2 tbsp low-sodium soy sauce

2 tsp mirin

2 tsp agave syrup or sugar

2 tbsp water or vegetable stock

1/4 tsp sesame oil

1 tbsp vegetable oil

1 green onion, thinly sliced

1 clove garlic, minced

1 tsp fresh ginger, minced

hot sauce or chili oil, to taste (optional)

INSTRUCTIONS

1. Drain the tofu and cut into 8 equal rectangular blocks. Spread on a clean kitchen towel, sprinkle with kosher salt on all sides, and press gently. Let sit for 10 minutes to draw out moisture, then pat dry.
2. Make the dipping sauce: combine soy sauce, mirin, agave, water, and sesame oil in a small bowl. Heat 1 tablespoon vegetable oil in a small saucepan over medium heat, add garlic and ginger, cook 30 seconds until fragrant, then pour in the soy mixture and bring to a brief simmer. Remove from heat, stir in green onion, and set aside.
3. Heat 2 tablespoons vegetable oil in a 12-inch non-stick or cast-iron skillet over medium-high heat until shimmering. Add tofu blocks in a single layer and cook undisturbed for 3–4 minutes until deep golden on the bottom.
4. Flip each block carefully and cook another 3–4 minutes until golden on the second side. The tofu should have a firm, lightly crisp exterior and a silky, creamy interior.
5. Transfer to a serving plate and serve immediately with the dipping sauce on the side.

101. 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.

102. Best Vegan Spaghetti Sauce (Weeknight Easy)

15 min Serves 4

INGREDIENTS

1 (29-ounce) can tomato sauce
1 (6-ounce) can sliced mushrooms, drained
1/2 cup chopped celery
1/4 cup diced red onion
1/4 cup raisins
1/4 cup chopped walnuts
1 medium ripe tomato, diced
1 large orange, juice and zest only (about 1/3 cup juice, 1 tablespoon zest)
1 tablespoon minced garlic (about 3 cloves)
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Heat olive oil in a large saucepan over medium heat. Add red onion, celery, and garlic. Cook, stirring often, until softened, about 5 minutes.
2. Add mushrooms, diced tomato, and raisins. Cook 3 minutes, stirring occasionally, until tomato begins to break down.
3. Pour in tomato sauce, orange juice, and orange zest. Stir to combine. Bring to a gentle simmer.
4. Reduce heat to low. Stir in walnuts, salt, and pepper. Simmer uncovered 20 minutes, stirring occasionally, until sauce thickens slightly and raisins are plump.
5. Taste and adjust salt. Serve over cooked spaghetti or pasta of choice.

103. Cilantro Lime Grilled Tofu (Simple & Fresh)

40 min Serves 4

INGREDIENTS

1 (14 oz / 400 g) package firm tofu, pressed 30 minutes
1/4 cup fresh lime juice (about 2–3 limes)
1 tablespoon olive oil
2 cloves garlic, minced
5 tablespoons chopped fresh cilantro
2 teaspoons chili powder
1 teaspoon garlic powder
2 teaspoons salt
1/4 teaspoon cayenne pepper
Black pepper to taste

INSTRUCTIONS

1. Press tofu for at least 30 minutes using a tofu press or by placing it between two plates weighted with a heavy object. Once pressed, slice into 8 equal slabs about 1/2-inch thick.
2. In a shallow dish, whisk together lime juice, olive oil, minced garlic, cilantro, chili powder, garlic powder, salt, cayenne, and black pepper. Add tofu slabs, turning to coat both sides. Cover and marinate in the refrigerator for at least 30 minutes, or up to 8 hours.
3. Heat a grill or grill pan over medium-high heat (about 400°F / 200°C). Brush the grates or pan lightly with oil.
4. Remove tofu from the marinade and grill for 5–7 minutes per side until firm grill marks form and the tofu is heated through. Brush with remaining marinade during cooking.
5. Serve immediately, garnished with extra fresh cilantro and lime wedges on the side.

104. Quick Asian Vegetable Stir-Fry (30-Minute)

10 min Serves 2

INGREDIENTS

1 cup uncooked instant brown rice

1 cup water

1 (10.5-ounce / 300g) package firm tofu, drained, pressed, and cut into 1-inch cubes

1/4 cup low-sodium soy sauce, divided

1 tablespoon soy sauce (additional, for sauce)

1 tablespoon cornstarch

1 tablespoon water

1 tablespoon rice vinegar

1 teaspoon dark sesame oil

2 garlic cloves, minced

2 teaspoons fresh ginger, peeled and minced

2 tablespoons neutral cooking oil (such as avocado or canola oil), divided

4 1/2 cups assorted fresh stir-fry vegetables (such as bell pepper strips, broccoli florets, snap peas, shredded carrots, and baby bok choy)

INSTRUCTIONS

1. Cook instant brown rice with 1 cup water according to package directions; cover and keep warm.
2. In a small bowl, whisk together 1/4 cup soy sauce, cornstarch, 1 tablespoon water, rice vinegar, and sesame oil to make the sauce; set aside.
3. Toss tofu cubes with 1 tablespoon soy sauce. Heat 1 tablespoon oil in a large wok or non-stick skillet over medium-high heat. Add tofu in a single layer and cook undisturbed for 3-4 minutes until golden on the bottom, then flip and cook 2 more minutes. Remove tofu from pan and set aside.
4. Add remaining 1 tablespoon oil to the pan. Add garlic and ginger; stir-fry for 30 seconds until fragrant. Add hard vegetables (broccoli, carrots) first and stir-fry 2 minutes, then add softer vegetables (bell pepper, snap peas, bok choy) and stir-fry 2 more minutes until crisp-tender.
5. Return tofu to the pan. Whisk sauce once more and pour over everything; toss to coat and cook for 1 minute until sauce thickens and coats all ingredients evenly.
6. Serve immediately over brown rice.

105. Vegan Korean Cauliflower Kimchi Fried Rice

15 min Serves 2

INGREDIENTS

1/2 head cauliflower (about 4 cups florets), pulsed into rice-sized pieces

3 oz (85 g) firm tofu, pressed and cut into 1/2-inch cubes (about 1/3 of a standard 280 g block)

1 cup vegan kimchi, roughly chopped

1/4 cup kimchi juice

1 tablespoon soy sauce or tamari

1 teaspoon sesame oil

1/2 tablespoon vegan butter

1/2 tablespoon extra-virgin olive oil

1 pinch sea salt

1 tablespoon toasted sesame seeds, for garnish

2 green onions, sliced, for garnish

1 tablespoon nori flakes, for garnish

INSTRUCTIONS

1. Cut the cauliflower into florets and pulse in a food processor 6 to 8 times until broken down into rice-sized pieces. Do not over-process or it will turn mushy. Set aside.
2. Heat the olive oil in a large skillet or wok over medium-high heat. Add the tofu cubes and a pinch of salt and cook for 4 to 5 minutes, turning occasionally, until golden on most sides. Remove and set aside.
3. In the same skillet over medium-high heat, melt the vegan butter. Add the chopped kimchi and cook for 2 to 3 minutes until it starts to caramelize and deepen in color.
4. Add the cauliflower rice to the pan and pour in the kimchi juice and soy sauce. Stir-fry for 5 to 6 minutes over high heat, pressing the cauliflower against the pan occasionally, until most of the moisture has cooked off and the cauliflower is tender.
5. Return the tofu to the pan, drizzle with sesame oil, and toss everything together for 1 minute. Taste and adjust seasoning with salt or soy sauce.
6. Divide between two bowls and top with sliced green onions, toasted sesame seeds, and nori flakes.

106. Quick Stir-Fry: Tofu & Chinese Chives (Easy)

5 min Serves 2

INGREDIENTS

300 g (10.5 oz) firm tofu

1 tablespoon vegetable oil

1 bunch Chinese chives (about 100 g / 3.5 oz), cut into 2-inch lengths

7 cm (about 1/3 cup sliced) Japanese leek, sliced diagonally

1 red chilli, thinly sliced (seeds removed for less heat)

1 teaspoon sesame oil

2 teaspoons sake

1 teaspoon sugar

1 tablespoon soy sauce

INSTRUCTIONS

1. Wrap tofu in paper towels and microwave on high for 2 minutes to remove excess moisture. Pat dry and cut into rough 1-inch chunks.
2. Heat vegetable oil in a wok or large skillet over high heat. Add tofu and cook for 3 to 4 minutes, turning occasionally, until lightly golden on multiple sides.
3. Add leek and chilli to the pan and stir-fry for 1 minute. Add sake, soy sauce, and sugar; toss everything together for 1 minute until the sauce reduces slightly.
4. Add Chinese chives and stir-fry for 1 minute until just wilted but still bright green. Drizzle sesame oil over the top, toss once more, and serve immediately over steamed rice.

107. Creamy Green Pea Pasta Sauce (Vegan)

10 min Serves 4

INGREDIENTS

12 oz pasta of choice (linguine or spaghetti work well)
1 cup frozen green peas
1 cup water
2 green onions, chopped
2 tablespoons fresh flat-leaf parsley
1 tablespoon olive oil
Juice of 1 small lemon (about 2 tablespoons)
1/2 teaspoon sea salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Cook pasta in a large pot of salted boiling water according to package instructions. Reserve 1/4 cup pasta water before draining.
2. While pasta cooks, combine frozen peas, water, green onions, olive oil, lemon juice, salt, and pepper in a small saucepan. Bring to a simmer over medium heat and cook for 4–5 minutes until peas are tender.
3. Transfer the pea mixture to a blender and add parsley. Blend on high for 60 seconds until completely smooth. Add reserved pasta water 1 tablespoon at a time if sauce is too thick.
4. Toss hot drained pasta with the green pea sauce until evenly coated. Taste and adjust salt and lemon juice.
5. Serve immediately, topped with extra fresh parsley if desired.

108. Szechuan Tofu Stir-Fry (Spicy & Easy)

15 min Serves 4

INGREDIENTS

2 tablespoons canola oil, divided
3 garlic cloves, minced
1 inch piece ginger root, grated
2 tablespoons brown sugar or coconut sugar
1/2 cup water
2 tablespoons chili garlic sauce
1 tablespoon cider vinegar
3 tablespoons soy sauce
1/2 teaspoon crushed red pepper flakes
1 pound extra firm tofu, pressed, drained, and cut into 3/4-inch cubes
2 tablespoons cornstarch
1 bunch fresh asparagus, tough ends removed, sliced into 1-inch lengths
1/2 red bell pepper, thinly sliced
5 ounces baby spinach
3/4 cup unsalted cashews, toasted
Sea salt to taste
3 scallions, chopped, for garnish
4 cups cooked rice, to serve

INSTRUCTIONS

1. Whisk together garlic, ginger, brown sugar, water, chili garlic sauce, cider vinegar, soy sauce, and red pepper flakes in a small bowl to make the sauce. Set aside. Toss tofu cubes with cornstarch until evenly coated.
2. Heat 1 tablespoon oil in a large wok or 12-inch skillet over medium-high heat. Add tofu in a single layer and cook undisturbed for 4 minutes until golden and crispy on the bottom. Flip and cook 3 minutes more. Remove tofu and set aside.
3. Add remaining 1 tablespoon oil to the wok. Add asparagus and red bell pepper and stir-fry over high heat for 3–4 minutes until crisp-tender.
4. Add baby spinach and toss until just wilted, about 1 minute. Pour in the sauce and stir everything together. Return tofu to the pan and toss to coat.
5. Cook 1–2 minutes until the sauce thickens and glazes the tofu. Remove from heat, fold in cashews, and season with sea salt.
6. Serve over steamed rice, topped with scallions.

109. Easy Tofu Pesto Pasta (Plant-Based Classic)

5 min Serves 2

INGREDIENTS

8 oz (225 g) whole-grain pasta (spaghetti or penne)
14 oz (400 g) firm tofu, pressed and drained
2 cups fresh basil leaves (loosely packed)
2 garlic cloves
3 tablespoons pine nuts (or walnuts)
4 tablespoons olive oil
2 tablespoons fresh lemon juice
1/2 teaspoon salt, plus more for pasta water
Black pepper to taste
2 tablespoons nutritional yeast (optional, for cheesy depth)

INSTRUCTIONS

1. Bring a large pot of well-salted water to a boil and cook the pasta according to package directions until al dente (about 8–10 minutes). Reserve 1/4 cup pasta water before draining.
2. While the pasta cooks, combine basil, garlic, pine nuts, olive oil, lemon juice, salt, and nutritional yeast in a food processor and blend until smooth, scraping down the sides once.
3. Press the tofu dry and crumble it into rough 1/2-inch pieces with your hands — the texture should resemble chunky ricotta.
4. Drain the pasta and return it to the pot off the heat. Add the pesto and crumbled tofu, tossing well. Add a splash of reserved pasta water if the sauce is too thick.
5. Taste and adjust salt, lemon, or black pepper, then divide into two bowls and serve immediately.

110. Easy Classic Mapo Tofu Recipe (Ready in 20 Minutes)

5 min Serves 4

INGREDIENTS

1 pound (450 g) medium-firm tofu, cut into 2 cm cubes
2 tablespoons vegetable oil
3 garlic cloves, minced
3 tablespoons Chinese hot bean paste (doubanjiang)
1 cup (240 ml) vegetable broth
1/4 teaspoon paprika
1 tablespoon ground Szechuan pepper
1 tablespoon cornstarch
2 tablespoons cold water
2 green onion stalks, thinly sliced

INSTRUCTIONS

1. Cut tofu into 2 cm cubes and let sit on a paper towel-lined plate for 5 minutes to drain excess moisture.
2. Heat vegetable oil in a wok or large skillet over medium-high heat, add the doubanjiang (hot bean paste) and minced garlic, and stir-fry for 1–2 minutes until fragrant and the oil turns red.
3. Pour in vegetable broth, add paprika, stir to combine, and bring to a gentle simmer.
4. Carefully add tofu cubes to the sauce, stir gently to coat, and simmer over medium-low heat for 5–6 minutes, occasionally spooning sauce over the tofu without breaking the cubes.
5. In a small bowl, whisk cornstarch with 2 tablespoons cold water until smooth, then pour into the simmering pan and stir gently for 1–2 minutes until the sauce thickens and coats the tofu.
6. Sprinkle ground Szechuan pepper over the dish, stir once, top with sliced green onions, and serve immediately over steamed rice.

111. Best Korean Sautéed Tofu (30-Minute Weeknight Dinner)

35 min Serves 2

INGREDIENTS

1 block (14 oz) water-packed soft tofu, drained
2 tablespoons low-sodium soy sauce
1 tablespoon mirin
1 tablespoon rice vinegar
1 1/2 teaspoons dark sesame oil
1/2 teaspoon ground red pepper (gochugaru or cayenne)
1/2 teaspoon kosher salt
1 tablespoon canola oil
1 teaspoon fresh ginger, minced
2 cloves fresh garlic, minced
3 green onions, thinly sliced
1 teaspoon sesame seeds, for garnish

INSTRUCTIONS

1. Drain tofu and place between two layers of paper towels on a cutting board. Set a heavy skillet or pot on top and press for 30 minutes to remove excess moisture. Cut pressed tofu into 1-inch cubes and sprinkle with kosher salt and ground red pepper.
2. Whisk together soy sauce, mirin, rice vinegar, and sesame oil in a small bowl to make the sauce; set aside.
3. Heat canola oil in a large non-stick skillet over medium-high heat until shimmering. Add tofu cubes in a single layer without crowding and cook undisturbed for 3–4 minutes until golden on the bottom. Flip and cook another 2–3 minutes until crisp on all sides.
4. Reduce heat to medium. Push tofu to one side and add ginger and garlic to the open side of the pan; cook 30 seconds until fragrant, then stir into tofu.
5. Pour sauce over tofu and toss to coat. Cook 1–2 minutes until sauce reduces slightly and coats the tofu. Remove from heat and stir in most of the green onions.
6. Serve immediately over steamed rice, topped with remaining green onions and sesame seeds.

112. Crispy Barbecue Tofu Stir-Fry (Easy 25-Minute Recipe)

15 min Serves 4

INGREDIENTS

1 block (400g / 14 oz) extra-firm tofu, pressed and cut into 1-inch cubes
2 tablespoons cornstarch
3 tablespoons vegetable oil, divided
1/2 cup (120ml) vegan barbecue sauce
2 tablespoons soy sauce
1 teaspoon rice vinegar
3 baby bok choy, halved lengthwise
200g (7 oz) cremini mushrooms, sliced
2 medium carrots, julienned
3 garlic cloves, minced
1 teaspoon fresh ginger, grated
2 green onions, sliced
1 tablespoon sesame seeds
2 cups cooked rice, for serving

INSTRUCTIONS

1. Press tofu for 15 minutes, cut into 1-inch cubes, and toss in cornstarch until evenly coated.
2. Heat 2 tablespoons oil in a large wok or skillet over medium-high heat. Add tofu in a single layer and cook undisturbed 3–4 minutes until golden. Flip and cook another 3 minutes until crispy on all sides. Remove tofu from pan and set aside.
3. Add remaining 1 tablespoon oil to the same pan. Stir-fry garlic and ginger for 30 seconds, then add carrots and mushrooms. Cook for 4 minutes until softened. Add bok choy halves cut-side down and cook 2–3 minutes until just tender.
4. Mix barbecue sauce, soy sauce, and rice vinegar in a small bowl. Return tofu to the pan, pour sauce over everything, and toss over high heat for 1–2 minutes until sauce coats all ingredients and thickens slightly.
5. Serve over cooked rice, garnished with sesame seeds and sliced green onions.

113. Spicy Udon Noodles With Crispy Tofu (Restaurant-Style)

15 min Serves 3

INGREDIENTS

1 lb firm tofu, pressed and cut into 2-inch cubes
1/4 cup vegetable oil, divided
1 lb Chinese broccoli or broccolini, cut into 2-inch pieces
4 garlic cloves, minced
1 tablespoon Szechuan peppercorns, toasted and coarsely ground
5 oz beech, cremini, or shiitake mushrooms, sliced
1 tablespoon chili-garlic sauce
3 tablespoons soy sauce
1 tablespoon rice vinegar
1 teaspoon dark sesame oil
1 teaspoon sugar
8 oz fresh or dried udon noodles
2 scallions, thinly sliced, for garnish

INSTRUCTIONS

1. Toast Szechuan peppercorns in a dry skillet over medium heat for 1–2 minutes until fragrant. Let cool, then grind coarsely using a mortar or spice grinder. Cook udon noodles according to package directions, drain, and toss with sesame oil to prevent sticking.
2. In a small bowl, whisk together soy sauce, rice vinegar, chili-garlic sauce, and sugar. Set aside.
3. Heat 3 tablespoons vegetable oil in a large wok or skillet over high heat. Add tofu cubes in a single layer – do not crowd. Cook undisturbed 3–4 minutes per side until golden brown and crispy. Remove and set aside.
4. Add remaining 1 tablespoon oil to the wok. Add garlic and ground Szechuan peppercorns, stir-fry 30 seconds. Add mushrooms and cook 3–4 minutes until browned. Add Chinese broccoli and stir-fry 3 minutes until bright green and just tender.
5. Pour sauce over the vegetables, add udon noodles, and toss everything together over high heat for 2 minutes. Return tofu to the wok and gently fold in.
6. Divide into bowls and garnish with sliced scallions. Serve immediately.

114. Best Szechwan Tofu With Greens (Spicy & Easy)

15 min Serves 4

INGREDIENTS

14 oz (400g) firm tofu, pressed and cut into 3/4-inch cubes

5 tablespoons canola oil, divided

4 tablespoons minced seeded jalapeno or poblano pepper (or 2 tablespoons dried chili flakes)

3 garlic cloves, minced

1 tablespoon fresh ginger, grated

3 cups (200g) mustard greens, stems removed, leaves roughly chopped

3 cups (200g) Chinese cabbage (napa cabbage), roughly chopped

3 tablespoons tamari (or soy sauce)

1 tablespoon rice vinegar

1 teaspoon toasted sesame oil

1 teaspoon cornstarch dissolved in 2 tablespoons cold water

1 teaspoon Szechwan peppercorns, lightly toasted and ground (optional but recommended)

INSTRUCTIONS

1. Heat 3 tablespoons of the canola oil in a wok or large skillet over high heat until shimmering and just starting to smoke. Add the tofu cubes in a single layer — do not crowd the pan. Cook without stirring for 3 minutes until the bottom is golden and crisp, then toss and cook 2 more minutes until golden on multiple sides. Remove tofu to a plate.
2. Add the remaining 2 tablespoons canola oil to the wok over medium-high heat. Add the minced pepper and stir-fry for 30 seconds. Add the garlic and ginger and stir-fry for another 30 seconds until fragrant.
3. Add the mustard greens and Chinese cabbage to the wok. Toss and stir-fry for 2–3 minutes until the greens are wilted and bright but still have some texture — do not overcook.
4. Return the crisped tofu to the wok. Pour in the tamari, rice vinegar, and Szechwan peppercorn powder. Stir in the cornstarch slurry and toss everything together over high heat for 1–2 minutes until the sauce thickens and coats the tofu and greens.
5. Remove from heat, drizzle with the sesame oil, toss once more, and serve immediately over steamed rice.

115. Walnut Broccoli Stir-Fry (Quick & Crunchy)

15 min Serves 4

INGREDIENTS

1 lb firm tofu, pressed and cut into 1-inch cubes
1 cup walnut halves
2 medium carrots, sliced thin on the diagonal
2 cups broccoli florets with 1-2 inch stems
2 medium onions, thinly sliced
1 cup mushrooms, sliced
3 cloves garlic, minced
1 teaspoon fresh ginger, grated
4 tablespoons neutral oil, divided
3 tablespoons soy sauce
1 tablespoon cornstarch
1 cup cold water
1/2 teaspoon salt
1/2 teaspoon black pepper

INSTRUCTIONS

1. Whisk together the soy sauce, cornstarch, cold water, salt, and black pepper in a small bowl until fully dissolved; set aside.
2. Heat 2 tablespoons oil in a wok or large skillet over high heat until shimmering. Add tofu cubes in a single layer and cook undisturbed for 3-4 minutes per side until golden brown. Remove tofu and set aside.
3. Bring a medium pot of salted water to a boil. Add broccoli and carrots and blanch for 1 minute, then drain immediately and pat dry.
4. Add remaining 2 tablespoons oil to the wok over high heat. Add onions and mushrooms and stir-fry for 3 minutes until softened. Add garlic and ginger and cook for 30 seconds until fragrant.
5. Add blanched broccoli and carrots to the wok and stir-fry for 2 minutes. Return tofu to the pan, pour in the sauce, and toss everything together over high heat for 1-2 minutes until the sauce thickens and coats all ingredients.
6. Add walnuts, toss once to combine, and remove from heat immediately so the walnuts stay crunchy. Serve hot over rice or noodles.

116. Easy Teriyaki Cabbage With Tofu (Ready in 15 Minutes)

5 min Serves 2

INGREDIENTS

2 garlic cloves, finely chopped
1 teaspoon fresh ginger, finely chopped
400 g (14 oz) green cabbage, roughly chopped
150 g (5 oz) straw mushrooms, sliced
150 g (5 oz) firm tofu, drained and diced into 1/2-inch cubes
4 teaspoons teriyaki sauce
6 teaspoons plum sauce
2 teaspoons all-purpose flour
3/4 cup cold water (divided: 2 tbsp for slurry, rest for sauce)
1 tablespoon canola oil
1 teaspoon sesame oil

INSTRUCTIONS

1. In a small bowl, whisk the flour with 2 tablespoons of the cold water until smooth to make a slurry. Combine the remaining water with the teriyaki sauce and plum sauce in a separate bowl. Set both aside.
2. Heat canola oil in a large wok or skillet over medium-high heat. Add garlic and ginger and stir-fry for 30 seconds until fragrant.
3. Add the tofu cubes and cook for 2-3 minutes, turning occasionally, until lightly golden on the edges. Add the mushrooms and cabbage and stir-fry for 3-4 minutes until the cabbage is just beginning to wilt.
4. Pour the sauce mixture into the pan and stir to combine. Bring to a simmer over medium heat, then stir in the flour slurry. Cook for 1-2 minutes, stirring constantly, until the sauce thickens and coats the vegetables.
5. Drizzle with sesame oil, toss once more, and serve immediately over steamed rice.

117. Spicy Udon With Crispy Tofu & Cashews (Restaurant-Quality)

35 min Serves 2

INGREDIENTS

8 oz firm tofu, pressed 30 minutes and cut into 3/4-inch cubes

1 tablespoon vegetable oil (for tofu)

2 tablespoons soy sauce (for marinade)

1 tablespoon sriracha (or 1.5 teaspoons for medium heat)

1 tablespoon rice wine vinegar (for marinade)

1 tablespoon cornstarch

9.5 oz (1 package) fresh or frozen udon noodles

1 bunch broccolini (about 8 oz), cut into 2-inch pieces

3 tablespoons vegetable oil (for stir-fry)

2 tablespoons sesame oil, divided

1 tablespoon peeled fresh ginger, minced

2 garlic cloves, minced

2 tablespoons soy sauce (for sauce)

2 tablespoons rice wine vinegar (for sauce)

1 bunch radishes (about 8-10), thinly sliced

1/3 cup roasted cashews

3 scallions, thinly sliced

INSTRUCTIONS

1. Press tofu 30 minutes, then cut into 3/4-inch cubes. In a bowl, toss tofu with soy sauce, sriracha, 1 tablespoon rice wine vinegar, 1 tablespoon sesame oil, and cornstarch until evenly coated. Spread on a parchment-lined baking sheet and bake at 400°F (200°C) for 25-30 minutes, flipping halfway, until golden and crispy.
2. Cook udon noodles according to package directions (2-3 minutes for fresh, 4-5 minutes for frozen). Drain and toss with 1 teaspoon sesame oil to prevent sticking. Set aside.
3. Blanch broccolini in boiling salted water for 2 minutes until bright green and just tender. Drain and set aside.
4. Heat vegetable oil in a large wok or skillet over high heat. Add garlic and ginger, stir-fry 30 seconds. Add broccolini and cook 2 minutes. Add 2 tablespoons soy sauce and 2 tablespoons rice wine vinegar, toss to combine.
5. Add cooked udon noodles to the wok and toss everything together over high heat for 1-2 minutes. Remove from heat. Stir in remaining 2 teaspoons sesame oil.
6. Divide noodles into bowls. Top with crispy tofu, sliced radishes, and cashews. Garnish with scallions and serve immediately.

118. Grilled Indonesian Tofu With Mango Salsa (Best Recipe)

30 min Serves 4

INGREDIENTS

See veganpreps.com for full recipe

INSTRUCTIONS

See veganpreps.com for full recipe

119. Easy Asian Noodles & Broccoli (20 Minutes)

8 min Serves 4

INGREDIENTS

1 lb broccoli, cut into florets
1 lb dry pasta (linguine or fettuccine)
1 lb firm tofu, drained and pressed, cut into 3/4-inch cubes
1 tablespoon light olive oil
2 garlic cloves, minced
1 teaspoon red pepper flakes
6 tablespoons soy sauce
3 tablespoons rice wine vinegar
2 tablespoons turbinado sugar
1/4 cup pasta cooking water (reserved)
2 tablespoons dark sesame oil (toasted)

INSTRUCTIONS

1. Cook pasta in a large pot of salted boiling water per package directions. In the last 3 minutes of cooking, add broccoli florets to the same pot. Reserve 1/4 cup of pasta cooking water before draining. Drain pasta and broccoli together and set aside.
2. While pasta cooks, whisk together soy sauce, rice wine vinegar, and turbinado sugar in a small bowl until sugar dissolves. Set sauce aside.
3. Heat olive oil in a large skillet or wok over medium-high heat. Add tofu cubes in a single layer and cook without stirring for 3–4 minutes until golden on one side. Flip and cook another 2–3 minutes. Transfer to a plate.
4. In the same skillet, add garlic and red pepper flakes and cook for 30 seconds over medium heat until fragrant. Add the sauce mixture and reserved pasta water, stirring to combine.
5. Add drained pasta, broccoli, and tofu to the skillet. Toss everything together over medium heat for 1–2 minutes until evenly coated. Remove from heat, drizzle with sesame oil, and toss again.
6. Divide among bowls and serve immediately. Leftovers can be eaten cold.

120. Raw Zucchini Pasta with Creamy Basil Sauce

15 min Serves 2

INGREDIENTS

3 medium zucchini, washed
1/2 ripe avocado, peeled and pitted
3/4 medium onion, peeled and quartered
3 cloves garlic, peeled
2 cups unsweetened almond milk
1/4 cup raw cashews (soaked 30 min if not using high-speed blender)
4 tablespoons Bragg's Liquid Aminos (or tamari)
1/3 cup nutritional yeast
1 cup cauliflower florets
3/4 cup fresh basil leaves, packed
1/4 teaspoon sea salt, plus more to taste
Pinch of cayenne pepper
Black pepper to taste
Optional garnish: diced tomatoes, fresh basil leaves

INSTRUCTIONS

1. Using a mandoline slicer or julienne peeler, slice zucchini lengthwise into thin pasta-like strands. Place noodles in a large bowl and set aside.
2. Combine avocado, onion, garlic, almond milk, cashews, Bragg's Liquid Aminos, nutritional yeast, cauliflower florets, basil, salt, pepper, and cayenne in a high-speed blender. Blend on high for 60–90 seconds until completely smooth and creamy.
3. Taste sauce and adjust salt, cayenne, and aminos as needed.
4. Optional: Heat a large skillet over medium-low heat (about 250°F / 120°C). Add zucchini noodles and toss for 2–3 minutes just until slightly softened but not mushy. Skip this step to keep the dish fully raw.
5. Pour desired amount of sauce over zucchini noodles and toss well to coat evenly.
6. Divide between 2 bowls and garnish with diced tomatoes and fresh basil. Serve immediately.

121. Cilantro Lime Grilled Tofu (Easy & Fresh)

35 min Serves 4

INGREDIENTS

1 (14 oz) package firm tofu, pressed for at least 30 minutes

1/4 cup fresh lime juice (from about 2 limes)

1 tablespoon olive oil

5 tablespoons chopped fresh cilantro

2 cloves garlic, minced

2 teaspoons chili powder

1/4 teaspoon cayenne pepper

1/2 teaspoon salt

1/4 teaspoon black pepper

INSTRUCTIONS

1. Slice the pressed tofu into 8 slabs about 1/2 inch thick. In a shallow dish or zip-lock bag, whisk together the lime juice, olive oil, cilantro, garlic, chili powder, cayenne, salt, and black pepper.
2. Add the tofu slabs, turning to coat all sides. Marinate at room temperature for at least 30 minutes, or refrigerate for up to 12 hours, turning once halfway through.
3. Preheat a grill or grill pan over medium-high heat (about 400 to 425 F). Lightly brush the grates or pan with oil.
4. Lift the tofu from the marinade, letting excess drip off. Grill for 5 to 6 minutes per side without moving, until clear grill marks form and the edges are firm and slightly charred.
5. Brush any remaining marinade over the tofu in the final 2 minutes of cooking on each side.
6. Remove from the grill and rest for 2 minutes before serving.

122. Crumbled Tofu & Carrot with Sesame

10 min Serves 2

INGREDIENTS

1 block (300g) firm tofu, pressed and drained

1 medium carrot, peeled and cut into matchsticks or thin rounds

3–4 fresh shiitake mushrooms, stems removed, caps thinly sliced

3 tablespoons ground sesame seeds (or sesame paste)

2 tablespoons sesame oil

2 tablespoons soy sauce

1 tablespoon sugar

1 tablespoon rice vinegar

1 pinch salt

INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel or paper towels and press for 10 minutes to remove excess moisture. Crumble the tofu into a bowl by hand into small, uneven pieces.
2. Bring a small pot of water to a boil. Blanch carrot for 1–2 minutes until just tender. Remove with a slotted spoon. In the same water, blanch shiitake mushroom slices for 1 minute. Drain both and pat dry.
3. In a small bowl, whisk together ground sesame seeds, sesame oil, soy sauce, sugar, and rice vinegar until the sugar dissolves.
4. In a large bowl, combine crumbled tofu, carrot, and shiitake mushrooms. Pour the sesame dressing over the top and toss gently to coat everything evenly.
5. Taste and adjust seasoning with salt or an extra splash of soy sauce. Serve at room temperature or slightly chilled.

123. Stir-Fried Tofu & Vine-Ripened Tomatoes

15 min Serves 4

INGREDIENTS

4 cups canola oil, for deep frying
3 tablespoons canola oil, for stir-frying
1 1/4 pounds firm or medium tofu, cut into 1 1/4-inch cubes
1 cup yellow onion, cut into 1/4-inch slices
2 teaspoons minced garlic
1 1/2 pounds vine-ripened tomatoes, cut into 3/4-inch wedges
3 tablespoons rice wine (Shaoxing wine or dry sherry)
1 tablespoon soy sauce
1/2 cup green onions, cut into 1-inch pieces
Salt to taste
Steamed rice, to serve

INSTRUCTIONS

1. Pat tofu cubes completely dry with paper towels. Heat 4 cups canola oil in a wok or medium saucepan to 350F (175C). Fry tofu in batches for 3–4 minutes, turning occasionally, until golden and crispy on all sides. Remove with a slotted spoon and drain on a paper towel-lined plate. Season lightly with salt.
2. Carefully discard or strain the frying oil. Wipe out the wok and heat 3 tablespoons fresh canola oil over high heat until shimmering.
3. Add yellow onion and stir-fry for 2 minutes until softened and starting to color. Add garlic and stir-fry 30 seconds until fragrant.
4. Add tomato wedges and stir-fry over high heat for 3–4 minutes until tomatoes soften and release their juices. Pour in rice wine and soy sauce; stir to combine.
5. Add the fried tofu back to the wok and toss gently to coat in the tomato sauce without breaking the tofu. Cook 1–2 minutes until heated through.
6. Add green onions, toss once, and season with salt. Serve immediately over steamed rice.

124. Crispy Tofu Stir Fry (30-Minute Dinner)

10 min Serves 2

INGREDIENTS

3 teaspoons sesame oil, for frying
2 teaspoons sesame oil, for sauce
300 g firm tofu, pressed and cut into 2 cm cubes
1 garlic clove, minced
1 teaspoon fresh ginger, peeled and grated
1/2 cup fresh orange juice
2 tablespoons light soy sauce
1 tablespoon rice cooking wine (Shaoxing wine)
1 tablespoon hoisin sauce
1 teaspoon granulated sugar
2 teaspoons hot sauce
2 teaspoons cornstarch
4 cups mixed vegetables, chopped (broccoli florets, red bell pepper, carrots, mushrooms)
2 cups cooked jasmine rice or noodles, to serve
Sesame seeds and sliced green onion, to garnish

INSTRUCTIONS

1. Press tofu for at least 15 minutes using a tofu press or by wrapping in a clean towel and placing a heavy pan on top. Pat dry, then cut into 2 cm cubes.
2. Whisk together orange juice, soy sauce, cooking wine, hoisin sauce, sugar, hot sauce, and cornstarch in a small bowl until smooth; set sauce aside.
3. Heat 3 teaspoons sesame oil in a large non-stick skillet or wok over medium-high heat. Add tofu in a single layer and cook undisturbed for 3 to 4 minutes per side until all surfaces are golden and crispy. Remove tofu from the pan and set aside.
4. In the same pan, add garlic and ginger; stir for 30 seconds. Add the harder vegetables first (carrots, broccoli) and stir-fry for 3 minutes; add bell pepper and mushrooms and cook 2 more minutes until vegetables are tender-crisp.
5. Return tofu to the pan and pour the sauce over everything. Toss and cook for 1 to 2 minutes until the sauce thickens and coats the tofu and vegetables evenly.
6. Serve immediately over cooked jasmine rice or noodles, garnished with sesame seeds and sliced green onion.

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125. Quick Tofu & Green Onion Stir-Fry

10 min Serves 2

INGREDIENTS

1 (1 lb / 450 g) package extra firm tofu, cut into 3/4-inch cubes

2 tablespoons peanut oil or vegetable oil

1 cup green onions, sliced into 1-inch pieces (white and light green parts)

3 cloves garlic, chopped

2 jalapeño peppers, finely chopped (seeds removed for less heat)

1/2 cup vegetable stock

2 tablespoons soy sauce

Salt and black pepper to taste

INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel and press under a heavy pan for 10 minutes to remove excess moisture. Cut into 3/4-inch cubes and season lightly with salt and pepper.
2. Heat oil in a large skillet or wok over medium-high heat. Add tofu in a single layer and cook undisturbed for 3 minutes until golden on the bottom, then turn and cook 2 more minutes.
3. Push tofu to the side of the pan. Add garlic and jalapeño to the center and cook for 1 minute until fragrant. Add green onions and stir everything together.
4. Pour in vegetable stock and soy sauce. Cook, stirring, for 2 to 3 minutes until the liquid reduces by half and coats the tofu. Taste and adjust seasoning. Serve immediately over steamed rice.

126. Tofu Dengaku with Celery Root Puree

25 min Serves 4

INGREDIENTS

2 large celery roots (celeriac), about 3 lb total, peeled and cut into 1-inch chunks

2 tablespoons vegan butter (e.g., Earth Balance)

¼ cup plain unsweetened rice milk or soy milk, warmed

Salt, to taste

1 package (16 oz) firm or extra-firm tofu, drained and pressed for 20 minutes

1 tablespoon white miso paste

½ teaspoon agave nectar

¼ teaspoon cracked black pepper

Cooking spray

INSTRUCTIONS

1. Place celery root chunks in a large pot and cover with cold salted water. Bring to a boil over high heat, then reduce to a medium boil and cook for 20 to 25 minutes until completely tender when pierced with a fork. Drain thoroughly.
2. Return drained celery root to the hot pot. Add vegan butter and warm plant milk. Mash or blend with an immersion blender until smooth and creamy. Season with salt to taste. Keep warm over very low heat.
3. Preheat the broiler to high. Line a baking sheet with foil and spray with cooking spray. Slice pressed tofu into 8 slabs (about ¾ inch thick). Arrange in a single layer on the baking sheet and spray the tops lightly.
4. In a small bowl, stir together white miso, agave nectar, and black pepper until smooth. Brush half of the miso glaze over the tofu slabs. Broil on the top rack (about 4 inches from the element) for 6 to 8 minutes until the tops are golden and caramelized.
5. Flip tofu slabs, brush with remaining miso glaze, and broil for a further 5 to 6 minutes until the second side is golden. Serve tofu over the warm celery root puree immediately.

127. Best Broccoli Tofu Stir Fry (Quick & Easy)

10 min Serves 4

INGREDIENTS

3 tablespoons hoisin sauce
2/3 cup (160ml) water
3 tablespoons rice vinegar
3 tablespoons soy sauce
1 tablespoon cornstarch
2 tablespoons vegetable oil, divided
2 garlic cloves, minced
1 small fresh chile, seeded and finely chopped (or 1/2 teaspoon red pepper flakes)
18 ounces (500g) firm tofu, cut into 1-inch cubes
5 cups (450g) broccoli florets and sliced stems (1/4-inch slices)
1/3 cup (80ml) dry sherry
1 1/2 cups (135g) scallions, cut into 1-inch pieces
1 red bell pepper, cut into strips (optional)
2 tablespoons unsalted peanuts or sesame seeds, for topping

INSTRUCTIONS

1. In a small bowl, whisk together hoisin sauce, water, rice vinegar, soy sauce, and cornstarch until smooth — set sauce aside.
2. Heat 1 tablespoon oil in a wok or large skillet over high heat until shimmering. Add tofu cubes in a single layer and cook undisturbed for 3–4 minutes until golden on the bottom, then flip and cook 2 more minutes. Transfer tofu to a plate.
3. Add remaining 1 tablespoon oil to the wok. Add garlic and chile and stir-fry for 30 seconds over high heat until fragrant.
4. Add broccoli and bell pepper (if using). Stir-fry for 3–4 minutes until broccoli is bright green and just tender-crisp. Pour in the sherry and let it evaporate, about 1 minute.
5. Return tofu to the wok. Add scallions and pour the sauce over everything. Toss and cook for 1–2 minutes until sauce thickens and coats all ingredients.
6. Divide among 4 bowls, top with peanuts or sesame seeds, and serve immediately over rice or noodles.

128. Crispy Panko Tofu & Vegetables (Easy)

15 min Serves 4

INGREDIENTS

3 cups puffed rice cereal, crushed
8 tablespoons vegetable oil, divided
1 1/2 teaspoons salt, divided
1 1/2 cups white rice flour
1 1/2 cups plain seltzer water
1 (16 oz / 450g) block extra-firm tofu, pressed and cut into 1-inch cubes
2 zucchini, halved and sliced on the bias
6 large button mushrooms, halved
6 asparagus spears, trimmed and cut into 2-inch pieces
2 small red onions, cut into 8 wedges each
1 red bell pepper, cored and sliced
3 tablespoons soy sauce
1 tablespoon rice vinegar
1 teaspoon sesame oil

INSTRUCTIONS

1. Press tofu for 20 minutes. Crush puffed rice cereal in a zip-lock bag with a rolling pin until it resembles coarse breadcrumbs. Spread on a plate. Mix rice flour, seltzer water, and 1/2 teaspoon salt in a bowl to form a thin batter.
2. Dip tofu cubes and vegetables into batter one at a time, letting excess drip off, then roll in crushed puffed rice cereal to coat. Set on a wire rack.
3. Heat 4 tablespoons oil in a large skillet over medium heat (350F / 175C). Working in batches without crowding, fry tofu for 3-4 minutes per side until golden and crisp. Transfer to a paper-towel-lined plate. Fry vegetables in batches for 2-3 minutes per side, adding more oil as needed.
4. Season fried tofu and vegetables immediately with remaining 1 teaspoon salt.
5. Whisk together soy sauce, rice vinegar, and sesame oil in a small bowl to make the dipping sauce.
6. Arrange tofu and vegetables on a platter and serve with dipping sauce on the side.

129. Best Pizza Margherita More (Plant-Based)

10 min Serves 6

INGREDIENTS

One 12- to 14-inch store-bought or homemade pizza crust
3 to 4 medium tomatoes, sliced 1/4 inch thick
1/2 teaspoon sea salt
1 tablespoon olive oil
1/3 cup pitted black olives, preferably oil-cured, roughly chopped
3/4 cup artichoke hearts, canned or frozen-thawed (not marinated), drained and roughly chopped
1/2 cup extra-firm silken tofu, cut into small dice
1/4 cup fresh basil leaves, thinly sliced
Freshly ground black pepper

INSTRUCTIONS

1. Preheat oven to 450°F (230°C). Place a baking sheet or pizza stone in the oven while it preheats.
2. Lay tomato slices on paper towels and sprinkle with sea salt. Let sit for 5 minutes to draw out excess moisture, then pat dry.
3. Brush the pizza crust lightly with olive oil. Arrange tomato slices in a single layer over the crust, leaving a 1-inch border around the edge.
4. Scatter chopped olives and artichoke hearts evenly over the tomatoes. Distribute the diced silken tofu across the top and season with black pepper.
5. Slide the pizza onto the preheated baking sheet or stone. Bake for 12 to 15 minutes until the crust is golden and the edges are crisp.
6. Remove from the oven and immediately scatter fresh basil over the hot pizza. Slice and serve.

130. Baby Bok Choy Tofu Marmalade Sauce (Easy)

10 min Serves 4

INGREDIENTS

14 oz (400g) extra-firm tofu, pressed and cut into 3/4-inch cubes

4 heads baby bok choy, halved lengthwise

2 tablespoons vegetable oil

3 garlic cloves, minced

1 teaspoon fresh ginger, grated

1/4 cup orange marmalade

2 tablespoons low-sodium soy sauce

1 teaspoon cornstarch

2 tablespoons water

1/4 cup roasted cashews

INSTRUCTIONS

1. In a small bowl, whisk together orange marmalade, soy sauce, cornstarch, and water until smooth. Set the sauce aside.
2. Heat a wok or large skillet over high heat until very hot. Add 1 tablespoon oil and sear tofu cubes in a single layer for 3 minutes without stirring, then flip and cook 2 more minutes until golden. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the wok. Stir-fry garlic and ginger for 30 seconds. Add bok choy cut-side down and cook for 2 minutes until lightly charred. Flip and cook 1 more minute until stems are just tender.
4. Return tofu to the wok. Pour the sauce over everything and toss over medium-high heat for 1-2 minutes until the sauce thickens and coats all ingredients.
5. Top with roasted cashews and serve immediately over steamed rice.

131. Noodles With Stir-Fried Tofu Broccoli

20 min Serves 2

INGREDIENTS

1 lb firm tofu, pressed for 20 minutes, cut into 3/4-inch cubes

8 oz Chinese wheat noodles or linguine

1 tablespoon canola oil

1 small head broccoli, cut into bite-size florets (about 3 cups)

2 tablespoons water (for steaming broccoli)

1/3 cup stir-fry sauce or 1/2 cup Thai peanut sauce

Salt to taste

INSTRUCTIONS

1. Press tofu for at least 20 minutes using a tofu press or by wrapping in a clean towel and weighting it. Cook noodles according to package directions until al dente; drain and set aside.
2. Heat canola oil in a large wok or skillet over medium-high heat. Add tofu cubes in a single layer and cook undisturbed for 3 to 4 minutes until golden. Flip and cook another 3 minutes. Transfer tofu to a plate.
3. In the same wok, add broccoli florets and 2 tablespoons water. Cover and steam for 3 to 4 minutes until bright green and just tender. Remove lid and let any remaining water cook off.
4. Return tofu to the wok with the broccoli. Pour in the stir-fry or peanut sauce and toss to coat. Cook over medium heat for 1 minute until everything is heated through.
5. Add drained noodles to the wok and toss everything together until noodles are evenly coated. Taste and adjust salt. Serve immediately.

132. Lemon Herb Tofu (Easy 30-Minute Meal)

20 min Serves 2

INGREDIENTS

1 (16-ounce) block firm tofu, pressed and drained
1/4 cup fresh lemon juice
3 tablespoons soy sauce
2 tablespoons olive oil
2 teaspoons dried herbs (rosemary, dill, or oregano)
1/4 teaspoon black pepper
2 garlic cloves, minced

INSTRUCTIONS

1. Press tofu for 20 minutes, then slice into 1/2-inch thick planks or cut into 1-inch cubes. Whisk together lemon juice, soy sauce, olive oil, dried herbs, black pepper, and garlic in a shallow dish. Add tofu and let marinate for at least 15 minutes, turning once.
2. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange tofu in a single layer and pour any remaining marinade over the top.
3. Bake for 20 minutes, flip each piece, and bake for another 10 minutes until the tofu is deep golden and the edges are slightly crisped.
4. Serve immediately over steamed rice, roasted vegetables, or a simple green salad. Drizzle any pan juices over the top.

133. Best Teriyaki Tofu (Quick & Crispy)

15 min Serves 2

INGREDIENTS

1 package (14 oz / 396g) firm tofu, drained and pressed
2 tablespoons grapeseed or canola oil
2 tablespoons soy sauce
2 tablespoons sake or dry sherry (or 2 tablespoons rice vinegar + 1 tsp sugar)
2 tablespoons brown sugar
2 teaspoons rice vinegar
1/2 medium red onion, diced
2 tablespoons fresh cilantro, chopped, to garnish
Cooked rice or steamed greens, to serve

INSTRUCTIONS

1. Press tofu for at least 20 minutes using a tofu press or by wrapping in a clean towel and placing a heavy pan on top. Pat completely dry with paper towels, then cut into 1-inch cubes.
2. Whisk together soy sauce, sake, brown sugar, and rice vinegar in a small bowl to make the teriyaki glaze. Set aside.
3. Heat a large 12-inch skillet or cast-iron pan over high heat until very hot. Add oil and swirl to coat. Add tofu cubes in a single layer – do not crowd. Sear undisturbed 2–3 minutes until deep golden on the bottom. Turn each cube and sear 2 minutes more on a second side. Repeat on a third side for maximum crust.
4. Add diced red onion to the pan and stir-fry with the tofu 1 minute. Pour the teriyaki glaze over everything and toss to coat. Cook 2 minutes more, stirring frequently, until the glaze thickens and caramelizes around the tofu.
5. Remove from heat, garnish with fresh cilantro, and serve immediately over rice or steamed greens.

134. Lemon Fennel Tofu (Easy Mediterranean)

25 min Serves 4

INGREDIENTS

1 lb (450g) firm tofu, pressed and sliced into 1-inch thick planks

1/4 cup olive oil

4 garlic cloves, minced

2 teaspoons fennel seeds, crushed

2 teaspoons lemon zest

2 tablespoons fresh lemon juice

1/2 teaspoon salt

1 teaspoon black pepper

1/2 cup sun-dried tomatoes, roughly chopped

1 lemon, thinly sliced (for roasting alongside)

INSTRUCTIONS

1. Press tofu for 20 minutes to remove excess moisture. While tofu presses, whisk together olive oil, minced garlic, crushed fennel seeds, lemon zest, lemon juice, salt, and pepper in a bowl.
2. Place pressed tofu slices in a single layer in a shallow dish. Pour the marinade over the top and turn to coat. Marinate for at least 20 minutes at room temperature, or up to 2 hours in the refrigerator.
3. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange tofu slices on the sheet, spoon extra marinade over each piece, and scatter sun-dried tomatoes around the pan. Lay lemon slices between the tofu.
4. Roast for 20 to 25 minutes, flipping halfway through, until the tofu is golden and slightly crisped at the edges and the lemon slices are caramelized.
5. Transfer to a serving platter with the roasted lemon slices and sun-dried tomatoes. Serve with crusty bread, couscous, or a simple salad.

135. 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.

136. Easy Spiced Bok Choy and Tofu (20 Minutes)

10 min Serves 4

INGREDIENTS

1 lb (450 g) firm tofu, pressed and cut into 1-inch cubes

9 cups bok choy, rinsed and sliced crosswise (1 medium bunch)

4 cups shiitake mushroom caps, sliced

1 cup scallions, sliced (about 6–8 scallions)

2 garlic cloves, minced

1 jalapeño, minced (seeds removed for less heat)

1 tablespoon fresh ginger, grated

1 tablespoon vegetable oil

1 tablespoon dark sesame oil

1 tablespoon low-sodium soy sauce

3 tablespoons water

1 teaspoon granulated sugar

Steamed rice, for serving

INSTRUCTIONS

1. Press the tofu for 15 minutes, then cut into 1-inch cubes and pat completely dry. Have all vegetables prepped and ready before starting — this dish moves fast.
2. Heat vegetable oil and sesame oil together in a large wok or skillet over high heat until shimmering. Add garlic, jalapeño, and ginger and stir-fry for 30 seconds until fragrant.
3. Add the tofu cubes and cook for 3–4 minutes, turning occasionally, until lightly golden on the edges.
4. Add the shiitake mushrooms and scallions and stir-fry for 2 minutes. Add the bok choy, soy sauce, water, and sugar. Toss everything together and cook for 3–4 minutes over high heat until the bok choy is tender-crisp and most of the liquid has evaporated.
5. Taste and adjust soy sauce or add a pinch of salt if needed. Serve immediately over steamed rice.

137. Best Vegan Pasta Con Broccoli (30 Minutes)

10 min Serves 2

INGREDIENTS

1/2 lb (225g) whole wheat linguine

2 teaspoons olive oil

6 garlic cloves, thinly sliced

1/2 teaspoon red pepper flakes

1 teaspoon dried thyme

1/2 cup dry white wine

1 cup vegetable broth

1/2 teaspoon salt

4 cups broccoli, tops cut into small florets, stalks peeled and thinly sliced

2 teaspoons balsamic vinegar

1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

1. Bring a large pot of well-salted water to a boil. Cook linguine according to package directions until al dente. Reserve 1/4 cup pasta water before draining.
2. While pasta cooks, heat olive oil in a large skillet over medium heat. Add sliced garlic and cook, stirring often, 2–3 minutes until golden and fragrant — do not let it brown.
3. Add red pepper flakes and dried thyme, stir 30 seconds. Pour in white wine and simmer 2 minutes until reduced by half. Add vegetable broth and salt, bring to a simmer.
4. Add broccoli florets and sliced stalks. Cover and cook 5–6 minutes until broccoli is bright green and just tender.
5. Add drained linguine to the skillet. Toss over medium heat 1–2 minutes, adding reserved pasta water a splash at a time if sauce is too thick. Stir in balsamic vinegar and black pepper.
6. Serve immediately, divided between 2 bowls.

138. Spicy Baked Tofu (One-Pan Recipe)

30 min Serves 2

INGREDIENTS

1 (16 oz) package extra-firm tofu, pressed and cut into 1/2-inch cubes

2 tablespoons rice vinegar

2 tablespoons ketchup

2 tablespoons natural peanut butter

1 teaspoon low-sodium soy sauce

1 teaspoon toasted sesame oil

1 garlic clove, minced

1/2 teaspoon ground ginger

1/4 teaspoon cayenne pepper, or to taste

Fresh ground black pepper, to taste

INSTRUCTIONS

1. Press tofu for at least 20 minutes to remove excess moisture, then cut into 1/2-inch cubes. Preheat oven to 400°F (200°C). Line a 9x13-inch baking sheet with parchment paper.
2. In a large bowl, whisk together rice vinegar, ketchup, peanut butter, soy sauce, sesame oil, garlic, ground ginger, cayenne, and black pepper until smooth.
3. Add tofu cubes to the sauce and toss gently to coat evenly. Let marinate at room temperature for 20–30 minutes, tossing once halfway through.
4. Spread marinated tofu in a single layer on the prepared baking sheet. Bake at 400°F for 20–25 minutes, flipping once at the 12-minute mark, until edges are golden and slightly caramelized.
5. Serve immediately over steamed rice or noodles, with extra sauce drizzled on top if desired.

139. Easy Tofu and Mushroom Marsala

15 min Serves 4

INGREDIENTS

16 oz (450 g) firm tofu, pressed and cut into 3/4-inch cubes

10 oz (280 g) cremini mushrooms, sliced

1 (14 oz) can diced tomatoes, with juices

1 cup Marsala wine

2 tablespoons olive oil

4 garlic cloves, pressed or minced

1 red bell pepper, chopped

1/2 teaspoon dried oregano

1/2 teaspoon salt

Black pepper to taste

1/4 cup fresh basil, chopped

Crusty bread, for serving

INSTRUCTIONS

1. Press the tofu for at least 15 minutes, then cut into 3/4-inch cubes and pat dry with paper towels.
2. Heat olive oil in a large skillet over medium-high heat. Add tofu cubes in a single layer and sear for 3–4 minutes per side until golden. Remove and set aside.
3. In the same pan, add garlic and red bell pepper and cook over medium heat for 2 minutes until softened. Add oregano, salt, and black pepper and stir for 30 seconds.
4. Pour in the Marsala wine, increase heat to high, and cook for 4 minutes, stirring occasionally, until reduced by about half.
5. Add the diced tomatoes with their juices and the seared tofu. Stir to combine, reduce heat to medium, and simmer for 5–6 minutes until the sauce thickens slightly.
6. Remove from heat, stir in fresh basil, taste and adjust salt, and serve immediately with crusty bread.

140. 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.

141. Creamy Vegan Fettuccine Alfredo

15 min Serves 2

INGREDIENTS

8 oz (1/2 lb) fettuccine pasta
2 teaspoons olive oil
1 medium onion, chopped into big chunks
4 garlic cloves, chopped
1/2 cup vegetable broth
1/2 cup pine nuts, toasted
1/2 cup nutritional yeast
2 teaspoons soy sauce or Bragg's liquid aminos
2 teaspoons yellow mustard
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Cook fettuccine in a large pot of salted boiling water according to package instructions until al dente. Reserve 1/2 cup pasta water before draining.
2. Heat olive oil in a skillet over medium heat. Add onion and cook for 5–6 minutes until softened. Add garlic and cook for 1 minute more.
3. Transfer onion and garlic to a blender. Add vegetable broth, toasted pine nuts, nutritional yeast, soy sauce, mustard, chili powder, salt, and pepper. Blend on high for 60–90 seconds until completely smooth and creamy.
4. Pour sauce into the skillet over low heat. Add drained pasta and toss to coat, adding reserved pasta water 2 tablespoons at a time to reach desired consistency.
5. Taste and adjust seasoning. Serve immediately.

142. Bean Curd With Broccoli (Weeknight Easy)

10 min Serves 2

INGREDIENTS

1/2 lb (225g) medium-firm tofu, cut into 3/4-inch cubes

2 cups broccoli, cut into small florets (stems peeled and sliced)

4 tablespoons vegetable oil, divided

2 slices fresh gingerroot

2 garlic cloves, sliced

1 scallion, cut into 1-inch pieces

3/4 cup vegetable stock, divided

2 tablespoons low-sodium soy sauce

1 tablespoon dry sherry

1 tablespoon sesame oil

1 1/2 teaspoons cornstarch

1/2 teaspoon salt

INSTRUCTIONS

1. In a small bowl, whisk cornstarch with 2 tablespoons of the cold vegetable stock until dissolved. Stir in remaining stock, soy sauce, sherry, and sesame oil. Set sauce aside.
2. Heat a wok or large skillet over high heat. Add 2 tablespoons vegetable oil and stir-fry broccoli with salt for 2 minutes until bright green. Add remaining 1/4 cup stock, cover, and steam for 1 minute. Transfer broccoli to a plate.
3. Return wok to high heat, add remaining 2 tablespoons oil. Fry ginger and garlic for 30 seconds until fragrant. Add tofu cubes and cook undisturbed for 2 minutes, then gently turn and cook 1–2 minutes more until lightly golden.
4. Return broccoli to the wok. Pour the sauce over everything and add the scallion pieces. Toss gently over medium-high heat for 1–2 minutes until sauce thickens and coats the ingredients.
5. Remove ginger slices before serving. Serve immediately over steamed rice.

143. Easy Vegan Polenta (Creamy & Comforting)

5 min Serves 4

INGREDIENTS

4 cups (960 ml) water

1 cup (160 g) fine-ground cornmeal

1/4 cup (60 ml) unsweetened soy milk

1 tablespoon vegan margarine

1/2 teaspoon garlic powder

Salt and ground black pepper to taste

INSTRUCTIONS

1. Bring 4 cups of water to a boil in a medium heavy-bottomed saucepan over high heat. Add 1/2 teaspoon salt.
2. Reduce heat to medium-low. While whisking constantly, slowly pour in the cornmeal in a thin, steady stream to prevent lumps from forming.
3. Continue cooking over medium-low heat, stirring vigorously with a wooden spoon every minute, for 10–12 minutes until the polenta thickens and pulls away from the sides of the pan.
4. Remove from heat. Stir in soy milk, vegan margarine, and garlic powder until fully incorporated and smooth.
5. Season generously with salt and black pepper to taste. Serve immediately in bowls as a base for vegetables, beans, or tomato sauce.

144. Best Vegetarian Chap Chae (30 Minutes)

10 min Serves 4

INGREDIENTS

1 lb (450 g) sweet potato glass noodles (dangmyeon)
2 tablespoons vegetable oil, divided
2 small shallots, thinly sliced
1 medium carrot, julienned
1 small red bell pepper, julienned
1 cup shiitake mushrooms, sliced
1 cup enoki mushrooms, cut into 2-inch pieces
2 cups fried tofu, cut into long strips
1 tablespoon minced garlic
2 scallions, cut into 1-inch pieces
2 cups fresh spinach leaves
½ cup low-sodium soy sauce
¼ cup mirin
1 tablespoon sugar
½ tablespoon sesame oil
1 tablespoon toasted sesame seeds
Black pepper to taste

INSTRUCTIONS

1. Cook sweet potato noodles in a large pot of boiling water for 6–7 minutes until tender but still chewy. Drain, rinse under cold water, and use scissors to cut noodles into 6-inch lengths. Toss with 1 teaspoon sesame oil to prevent sticking.
2. Stir together soy sauce, mirin, and sugar in a small bowl until sugar dissolves. Set sauce aside.
3. Heat 1 tablespoon vegetable oil in a large wok or skillet over high heat. Add shallots, carrot, and bell pepper and stir-fry for 2–3 minutes. Add shiitake mushrooms, enoki mushrooms, and garlic and stir-fry 2 minutes more. Add tofu strips and stir-fry 1 minute.
4. Add drained noodles and pour the sauce over everything. Toss constantly over high heat for 2 minutes until noodles are evenly coated and glossy. Add spinach and scallions and toss for 30 seconds until spinach wilts.
5. Remove from heat. Drizzle with remaining sesame oil, season with black pepper, and toss once more. Transfer to a serving platter and top with toasted sesame seeds. Serve immediately.

145. Penne With Vegan Arrabbiata (Quick & Spicy)

10 min Serves 4

INGREDIENTS

400g (14 oz) penne pasta
3 tablespoons extra virgin olive oil
6 cloves garlic, minced
2 x 400g (14 oz) cans crushed tomatoes
1 teaspoon crushed red pepper flakes (adjust to taste)
2 bay leaves
10 fresh basil leaves, torn
Salt to taste

INSTRUCTIONS

1. Heat olive oil in a large, deep skillet or saucepan over medium heat. Add minced garlic and red pepper flakes and cook for 1–2 minutes, stirring constantly, until garlic is fragrant but not browned.
2. Pour in crushed tomatoes, add bay leaves, and stir to combine. Season with salt. Bring to a simmer, then reduce heat to medium-low and cook uncovered for 25–30 minutes, stirring occasionally, until sauce thickens.
3. Meanwhile, bring a large pot of salted water to a boil. Cook penne according to package directions until al dente. Reserve 1/2 cup pasta water before draining.
4. Remove bay leaves from sauce. Add drained pasta to the sauce and toss over medium heat for 1–2 minutes, adding a splash of pasta water if needed to loosen the sauce.
5. Remove from heat, stir in torn basil leaves, and serve immediately.

146. Easy Vegan Curry Sweet Potato Pizza (30-Min)

15 min Serves 2

INGREDIENTS

1 store-bought vegan pizza base (30 cm / 12-inch)
100 g sweet potato, peeled and sliced 2 mm thin
2 tablespoons olive oil
2 garlic cloves, minced
1 (400 g) can chickpeas, drained and rinsed
1/2 small red onion, thinly sliced
1/2 red bell pepper, thinly sliced
60 g rocket (arugula)
For the curry sauce:
1 tablespoon vegan margarine
1 tablespoon all-purpose flour
1 tablespoon curry powder
180 ml (3/4 cup) unsweetened soymilk
1/4 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 220°C (425°F). Place sweet potato slices in a microwave-safe bag or steamer and steam for 45 seconds (microwave) or 3 minutes (stovetop steamer) until just tender. Set aside.
2. Make the curry sauce: melt margarine in a small saucepan over medium heat, whisk in flour and curry powder until smooth paste forms (about 1 minute). Gradually whisk in soymilk, stirring constantly, until sauce thickens (2–3 minutes). Season with salt and pepper. Remove from heat.
3. Stir together olive oil and garlic and spread evenly over the pizza base. Spread curry sauce on top of the garlic oil.
4. Arrange sweet potato slices over the curry sauce, then scatter chickpeas, red onion, and bell pepper evenly across the pizza.
5. Bake on a large baking sheet or pizza stone for 8–10 minutes at 220°C (425°F) until the crust is golden and the toppings are heated through.
6. Remove from oven, scatter rocket over the hot pizza, slice into 6–8 pieces, and serve immediately.

147. Best Shiitake Miso Soba With Crispy Tofu

20 min Serves 4

INGREDIENTS

14 ounces extra-firm tofu, pressed and cubed
1/2 teaspoon sesame oil
1/2 teaspoon peanut oil
1 teaspoon soy sauce
1/4 teaspoon garlic powder
1 red bell pepper, thinly sliced
8 ounces shiitake mushrooms, stems removed and caps sliced
8 cups water
8 ounces (half a 13-oz package) soba noodles
4 cups baby tatsoi or fresh spinach
4 tablespoons black sesame seeds
5 green onions, thinly sliced
1 cup vegetable broth
3 tablespoons light brown sugar
2 tablespoons soy sauce
1 tablespoon rice vinegar
2 teaspoons sesame oil
1 tablespoon arrowroot powder
1 teaspoon garlic powder
1/4 teaspoon ground ginger
1/8 teaspoon cayenne pepper
3 tablespoons white miso paste

INSTRUCTIONS

1. Press tofu for 20 minutes, then cut into 1-inch cubes. Heat sesame oil and peanut oil in a large non-stick skillet over medium-high heat. Add tofu, drizzle with 1 teaspoon soy sauce and 1/4 teaspoon garlic powder, and cook undisturbed for 3 to 4 minutes per side until golden and crispy. Remove and set aside.
2. In the same skillet, add sliced bell pepper and shiitake mushrooms. Cook over medium heat for 5 to 6 minutes, stirring occasionally, until mushrooms are tender.
3. In a small bowl, whisk together vegetable broth, brown sugar, 2 tablespoons soy sauce, rice vinegar, 2 teaspoons sesame oil, arrowroot powder, 1 teaspoon garlic powder, ground ginger, and cayenne. Pour into the skillet with the vegetables and cook for 2 to 3 minutes until the sauce thickens. Remove from heat and stir in miso paste until fully dissolved.
4. Meanwhile, bring 8 cups of water to a boil in a large pot. Cook soba noodles according to package directions (about 4 to 5 minutes), then drain and rinse under cold water.
5. Add cooked noodles and tatsoi or spinach to the skillet with the sauce. Toss everything together over low heat for 1 to 2 minutes until greens wilt and noodles are coated.
6. Divide into bowls, top with crispy tofu, sliced green onions, and black sesame seeds. Serve immediately.

148. Quick 20-Minute Vegetable Stir-Fry Supreme

10 min Serves 4

INGREDIENTS

200g (7 oz) firm tofu, pressed and cut into 1-inch cubes
2 heads broccoli, cut into florets (about 4 cups)
3 medium carrots, sliced on the diagonal
6–8 fresh mushrooms, sliced
1 medium green bell pepper, seeded and cut into thin strips
1 medium onion, cut into half-rings
2 cloves garlic, minced
1 tablespoon peanut oil
1 tablespoon low-sodium soy sauce
1 tablespoon water
1/2 teaspoon sesame oil (optional, to finish)

INSTRUCTIONS

1. Press tofu for 15 minutes, then cut into 1-inch cubes and pat dry with paper towels.
2. Heat 1 tablespoon peanut oil in a large wok or 12-inch skillet over high heat until shimmering. Add tofu in a single layer and cook undisturbed for 3–4 minutes until golden on the bottom, then toss and cook 2 more minutes. Transfer to a plate.
3. In the same wok over high heat, add garlic and stir for 30 seconds until fragrant. Add carrots and onion and stir-fry for 3 minutes.
4. Add broccoli, mushrooms, and green pepper. Stir-fry for 4–5 minutes until vegetables are tender-crisp.
5. Return tofu to the wok. Add soy sauce and 1 tablespoon water, toss everything together and cook for 1 minute until heated through.
6. Drizzle with sesame oil if using, remove from heat, and serve immediately over steamed rice.

149. Spicy Big Hot Curry Noodle Pot (Easy)

10 min Serves 4

INGREDIENTS

8 oz udon noodles
2 tablespoons olive oil
1 medium onion, chopped
2 garlic cloves, minced
1 yellow bell pepper, thinly sliced
1 1/2 teaspoons red curry paste
2 teaspoons ground turmeric
12 oz extra-firm tofu, cut into 1-inch cubes
14 oz lite coconut milk
2 cups vegetable broth
2 tablespoons soy sauce
1 tablespoon brown sugar
Juice of 1 lime (about 2 tablespoons)
2/3 cup roasted peanuts
Fresh cilantro, for garnish (optional)

INSTRUCTIONS

1. Cook udon noodles according to package directions until just tender. Drain, rinse under cold water, and set aside.
2. Heat olive oil in a large pot over medium heat. Add onion and cook 4–5 minutes until softened. Add garlic, bell pepper, red curry paste, and turmeric. Stir and cook 2 minutes until fragrant.
3. Add tofu cubes, coconut milk, and vegetable broth. Bring to a simmer over medium heat and cook 8–10 minutes until tofu is heated through and flavors meld.
4. Stir in soy sauce, brown sugar, and lime juice. Taste and adjust seasoning – add more curry paste for heat or soy sauce for salt.
5. Add cooked udon noodles to the pot and stir to combine. Simmer 1–2 minutes until noodles are warmed through.
6. Ladle into bowls. Top each serving with peanuts and fresh cilantro. Serve immediately with lime wedges.

150. Best Orange-Ginger Tofu Stir-Fry (Quick)

10 min Serves 4

INGREDIENTS

3 tablespoons thawed orange juice concentrate
1 tablespoon dry sherry
1 1/2 teaspoons cornstarch
1 teaspoon brown sugar
2 teaspoons dark sesame oil
1/2 teaspoon salt
2 teaspoons vegetable oil
1 tablespoon minced fresh ginger
3 garlic cloves, crushed
225 g (8 oz) pre-sliced mushrooms
340 g (3/4 lb) asparagus, cut into 2.5 cm (1-inch) pieces
1 1/2 cups thinly sliced leek (about 2 large leeks, white and light green parts)
300 g (10.5 oz) firm tofu, drained and cubed into 2 cm pieces
600 g (3 cups) hot cooked brown rice

INSTRUCTIONS

1. In a small bowl, whisk together orange juice concentrate, dry sherry, cornstarch, brown sugar, sesame oil, and salt. Set sauce aside.
2. Press tofu between paper towels for 10 minutes to remove excess moisture, then cut into 2 cm cubes.
3. Heat vegetable oil in a large wok or non-stick skillet over high heat until shimmering. Add ginger and garlic and stir-fry for 30 seconds until fragrant.
4. Add mushrooms, asparagus, and leek. Stir-fry over high heat for 4–5 minutes, tossing frequently, until vegetables are tender-crisp.
5. Add tofu cubes and stir gently. Pour the sauce over everything and stir-fry for 1–2 minutes until the sauce thickens and coats all ingredients.
6. Serve immediately over hot cooked brown rice.

151. Spicy Stir-Fried Tofu & Bok Choy (Easy)

10 min Serves 4

INGREDIENTS

1 lb firm tofu, thoroughly pressed and cut into pieces 1/2-inch thick and 1-inch long
2 tablespoons canola oil or peanut oil
1 red bell pepper, seeded and cut into thin strips
2 garlic cloves, minced
1 tablespoon fresh ginger, minced
4 scallions, white and light green parts separated from dark green tops, both chopped
1 lb bok choy or baby broccoli, chopped into stir-fry sized pieces
2 tablespoons soy sauce
1 teaspoon sambal oelek or Asian chili paste
1/4 cup water
1 teaspoon cornstarch
Salt to taste
1 tablespoon toasted sesame seeds, for garnish

INSTRUCTIONS

1. Press tofu thoroughly and pat dry. Heat oil in a large wok or skillet over high heat until shimmering. Add tofu pieces in a single layer and cook 3–4 minutes per side without stirring until golden. Remove and set aside.
2. In the same wok, add bell pepper, garlic, ginger, and the white and light green scallion parts. Stir-fry over high heat for 2 minutes until fragrant and slightly softened.
3. Add bok choy or baby broccoli and stir-fry 2–3 minutes until bright green and crisp-tender.
4. Whisk cornstarch into 1/4 cup water until dissolved, then stir in soy sauce and sambal oelek. Pour sauce over vegetables, toss to coat, and cook 1 minute until sauce thickens slightly.
5. Return tofu to the wok and fold in gently. Season with salt. Scatter dark green scallion tops and sesame seeds over the top. Serve immediately over steamed rice.

152. Easy Pan Pizza With Zucchini & Pistachios

30 min Serves 4

INGREDIENTS

1 1/2 lb store-bought pizza dough (or homemade)
1/4 cup plus 2 tbsp extra-virgin olive oil, divided
1 small zucchini, sliced into 1/4-inch rounds
1 small summer squash, sliced into 1/4-inch rounds
1/2 small red onion, thinly sliced
2 tsp fresh thyme leaves
1/4 cup pistachios, roughly chopped
1 tsp kosher salt
1/2 tsp freshly ground black pepper

INSTRUCTIONS

1. Remove dough from refrigerator 1–2 hours before baking to come to room temperature. Coat a 12-inch cast-iron skillet with 3 tablespoons olive oil. Press and stretch dough into the pan until it covers the base; if it springs back, let it rest 10 minutes and try again. Cover loosely and rest at room temperature for 30 minutes.
2. Preheat oven to 450 F.
3. Toss zucchini, summer squash, and red onion with the remaining 3 tablespoons olive oil, thyme, salt, and pepper in a bowl. Arrange the vegetables in an even layer over the dough, overlapping slightly.
4. Bake for 25–30 minutes until the crust is deeply golden on the bottom and edges and the vegetables are tender and lightly charred at the edges. Check the bottom by lifting an edge with a spatula – it should be dark golden.
5. Remove from oven, scatter chopped pistachios over the top, slice into wedges, and serve hot directly from the pan.

153. Best Asian Tofu & Vegetable Stir-Fry

10 min Serves 4

INGREDIENTS

1 cup (185g) uncooked instant brown rice
2 teaspoons cornstarch
1/4 cup (60ml) low-sodium vegetable broth
2 tablespoons hoisin sauce
1 tablespoon low-sodium soy sauce
1 teaspoon toasted sesame oil
1 teaspoon canola or corn oil
2 medium garlic cloves, minced
1 package (12.3 ounces / 350g) light extra-firm tofu, drained, patted dry, and cut into 1/2-inch cubes
4 ounces (115g) sugar snap peas, trimmed
4 medium stalks bok choy, cut crosswise into 1/2-inch slices
1/2 cup (75g) canned baby corn, drained
1/4 cup (40g) canned sliced water chestnuts, drained
2 tablespoons chopped unsalted peanuts or sesame seeds, for topping

INSTRUCTIONS

1. Cook instant brown rice according to package directions (typically 10 minutes in boiling water). Cover and keep warm. In a small bowl, whisk cornstarch, vegetable broth, hoisin sauce, soy sauce, and sesame oil until smooth — set sauce aside.
2. Heat oil in a wok or large non-stick skillet over medium-high heat until shimmering. Add garlic and stir for 30 seconds until fragrant.
3. Add tofu cubes in a single layer. Cook undisturbed for 3–4 minutes until golden on the bottom, then stir and cook 2–3 minutes more until lightly browned on multiple sides. Transfer tofu to a plate.
4. Add sugar snap peas and bok choy to the same wok. Stir-fry over high heat for 2–3 minutes until vegetables are bright and just tender-crisp.
5. Add baby corn and water chestnuts, stir for 30 seconds. Return tofu to the wok. Pour sauce over everything and toss for 1–2 minutes until sauce thickens and coats all ingredients.
6. Divide rice among 4 bowls. Top with tofu stir-fry and garnish with chopped peanuts or sesame seeds. Serve immediately.

154. Quick Vegan Teriyaki Tofu Stir Fry (Easy)

25 min Serves 2

INGREDIENTS

1 (14 ounce) package extra firm tofu, pressed and cut into 1-inch cubes

2 tablespoons cornstarch

2 tablespoons neutral oil, divided

1 white or sweet onion, sliced into half-moons

1 (6–8 ounce) can sliced mushrooms, drained (or 8 oz fresh, sliced)

2 cloves garlic, minced

1 teaspoon grated fresh ginger

1 cup broccoli florets

1 cup snap peas or green beans

1/2 cup vegan teriyaki sauce

1 tablespoon soy sauce

1/4 cup hulled sesame seeds

3 green onions, sliced (for garnish)

2 cups cooked rice (for serving)

INSTRUCTIONS

1. Press tofu for 20 minutes, then cut into 1-inch cubes. Toss cubes in cornstarch until evenly coated.
2. Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Add tofu in a single layer and cook undisturbed 3–4 minutes per side until golden and crispy on all sides. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the skillet over high heat. Add onion and cook 3 minutes until softened. Add garlic, ginger, and mushrooms; stir-fry 2 minutes.
4. Add broccoli and snap peas; stir-fry 3 minutes until vegetables are tender-crisp.
5. Return tofu to the skillet. Pour in teriyaki sauce and soy sauce; toss everything to coat and cook 1–2 minutes until sauce thickens slightly.
6. Divide rice among bowls. Top with stir-fry, sprinkle with sesame seeds and green onions, and serve immediately.

155. Roasted Figs With Açaí Coconut Cream (Elegant)

10 min Serves 2

INGREDIENTS

10 fresh figs, halved lengthwise

2 teaspoons date syrup

2 tablespoons almond oil or other mild nut oil

320 ml (1 1/3 cups) full-fat coconut cream, refrigerated overnight

2 teaspoons freeze-dried açaí powder

1 teaspoon maple syrup or date syrup (for cream)

2 teaspoons pistachios, finely chopped

Pinch of flaky salt

INSTRUCTIONS

1. Preheat oven to 400 F (200 C). Line a small baking sheet with parchment paper. Arrange fig halves cut-side up, drizzle with almond oil and date syrup. Roast for 8 to 10 minutes until figs are soft, caramelized at the edges, and releasing their juices.
2. While figs roast, make açaí cream: open the refrigerated coconut cream without shaking. Scoop the thick solidified cream from the top into a chilled bowl (reserve the liquid for another use). Add açaí powder and maple syrup. Whisk or beat with an electric mixer for 1 to 2 minutes until smooth and lightly airy.
3. Divide açaí coconut cream between 2 plates or shallow bowls. Arrange 5 warm fig halves over each portion.
4. Scatter chopped pistachios over the figs, add a pinch of flaky salt, and serve immediately.

156. Easy Vegan Coconut Whip (Dairy-Free)

15 min Serves 8

INGREDIENTS

2 (400 ml / 13.5 oz) cans full-fat coconut milk,
refrigerated overnight

60 ml (1/4 cup) agave nectar

1 teaspoon vanilla extract

1 pinch sea salt (about 1/8 teaspoon)

INSTRUCTIONS

1. Refrigerate both cans of coconut milk upright overnight (at least 8 hours). Place your mixing bowl and beaters in the freezer for 15 minutes before whipping.
2. Open the chilled cans without shaking. Scoop out only the thick, solid coconut cream from the top into the cold bowl; discard or reserve the clear coconut water for smoothies.
3. Beat the coconut cream with a hand mixer or stand mixer on medium-high speed for 2–3 minutes until it begins to hold soft peaks.
4. Add agave nectar, vanilla extract, and sea salt. Beat another 1–2 minutes until light, fluffy, and fully combined. Taste and adjust sweetness.
5. Use immediately as a topping or transfer to an airtight container and refrigerate for up to 3 days. Re-whip briefly before serving if it has deflated.

157. Best Extremely Addictive Walnut Banana Bread

15 min Serves 8

INGREDIENTS

1 1/2 cups (180g) whole wheat flour

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon fine sea salt

1/2 cup (55g) chopped walnuts (for batter)

1/4 cup (28g) chopped walnuts (for topping)

3 medium overripe bananas, peeled (about 1 1/2 cups / 340g mashed)

1/2 cup (120ml) pure maple syrup

1/4 cup (60ml) sunflower oil

1/4 cup (60ml) unsweetened almond milk

2 teaspoons pure vanilla extract

INSTRUCTIONS

1. Preheat oven to 350F (175C). Grease a 9x5-inch (23x13cm) loaf pan and line with parchment paper.
2. Whisk together whole wheat flour, baking powder, baking soda, and salt in a large bowl.
3. In a separate bowl, mash bananas thoroughly until nearly smooth. Stir in maple syrup, sunflower oil, almond milk, and vanilla extract until combined.
4. Pour wet ingredients into dry ingredients and fold until just combined – do not overmix. Fold in 1/2 cup chopped walnuts.
5. Pour batter into prepared loaf pan and smooth the top. Scatter remaining 1/4 cup chopped walnuts over the surface.
6. Bake at 350F for 45–50 minutes until a toothpick inserted in the center comes out clean and the top is deep golden brown. Cool in pan 15 minutes, then turn out onto a wire rack to cool completely before slicing.

158. Vegan Lemon Curd (Easy Sauce Recipe)

10 min Serves 8

INGREDIENTS

1 cup fresh lemon juice (from 4 to 5 lemons)

1/2 cup water

1 1/2 cups granulated sugar

4 tablespoons cornstarch

1/8 teaspoon salt

6 tablespoons unsweetened soymilk

2 tablespoons vegan margarine

INSTRUCTIONS

1. In a medium mixing bowl, whisk together the lemon juice, water, sugar, cornstarch, and salt until the cornstarch is fully dissolved with no lumps.
2. Pour the mixture into a heavy-bottomed saucepan. Place over medium heat and whisk continuously as the mixture heats up. Do not walk away — constant stirring prevents the cornstarch from clumping on the bottom.
3. Continue whisking over medium heat for 8 to 10 minutes. The mixture will first turn opaque, then gradually become clear and noticeably thicker. This change signals the cornstarch has cooked through. The curd should coat the back of a spoon thickly.
4. Remove the pan from the heat. Immediately whisk in the soymilk and vegan margarine until fully incorporated and the curd is smooth and glossy.
5. Pour the finished curd into a clean jar or airtight container. Press a piece of plastic wrap directly onto the surface to prevent a skin from forming. Let cool to room temperature, then refrigerate for at least 2 hours before using. The curd will firm up as it chills and keeps refrigerated for up to 2 weeks.

159. Easy Vegan Zucchini Bread (Moist & Tender)

15 min Serves 18

INGREDIENTS

3 tablespoons ground flax seeds
9 tablespoons (1/2 cup + 1 tbsp) water
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
2 teaspoons ground cinnamon
1 cup unsweetened applesauce
1 cup white sugar
1 cup brown sugar, packed
3/4 cup neutral vegetable oil
2 teaspoons vanilla extract
2 1/2 cups zucchini, coarsely shredded (do not squeeze out liquid)
Cooking spray or vegan margarine for greasing

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease two standard 9x5-inch loaf pans with cooking spray or vegan margarine. Mix ground flax seeds with 9 tablespoons water in a small bowl and let sit 5 minutes until gel forms.
2. In a large bowl, whisk together flour, salt, baking soda, baking powder, and cinnamon.
3. In a separate large bowl, whisk together flax gel, applesauce, white sugar, brown sugar, vegetable oil, and vanilla extract until smooth and well combined.
4. Add the wet ingredients to the dry ingredients and stir until just combined (do not overmix). Fold in shredded zucchini with its moisture – do not squeeze the zucchini dry, as the liquid is essential for the bread's texture.
5. Divide the batter evenly between the two prepared loaf pans. Bake at 350°F (175°C) for 65–70 minutes, until a toothpick inserted in the center comes out clean. Tent loosely with foil after 45 minutes if tops brown too quickly.
6. Cool in pans on a wire rack for 15 minutes, then turn out and cool completely before slicing.

160. Easy Peanut Noodles With Tofu (Quick Dinner)

5 min Serves 2

INGREDIENTS

4 oz soba noodles
4 oz firm tofu, drained, patted dry, cut into 1/2-inch cubes
1/2 cup natural peanut butter
3 tbsp reduced-sodium soy sauce
3 tbsp rice wine vinegar
1/2 tbsp toasted sesame oil
2 tsp chili paste with garlic (optional)
2 cups carrots, shredded or grated
3 scallions, thinly sliced
1 tsp sesame seeds, toasted
1 tsp neutral oil for cooking tofu

INSTRUCTIONS

1. Cook soba noodles according to package directions (typically 4–5 minutes in boiling salted water). Drain, rinse under cold water, and set aside.
2. Whisk together peanut butter, soy sauce, rice wine vinegar, sesame oil, and chili paste in a large bowl until smooth. If the sauce is too thick, thin with 1–2 tablespoons warm water.
3. Heat neutral oil in a non-stick skillet over medium-high heat. Add tofu in a single layer and cook undisturbed for 3–4 minutes until golden; flip and cook another 2–3 minutes. Remove from heat.
4. Add drained noodles and shredded carrots to the peanut sauce bowl; toss well to coat everything evenly.
5. Divide into two bowls, top with cooked tofu, sliced scallions, and toasted sesame seeds. Serve immediately or at room temperature.

161. Crispy Sesame Tofu Recipe (Easy Method)

23 min Serves 2

INGREDIENTS

1 lb (450g) firm tofu, pressed and cut into 1/2-inch cubes
3 tablespoons soy sauce
1 teaspoon sesame oil
2 tablespoons vegetable oil
1/4 cup ground almonds
1 tablespoon toasted sesame seeds
1/3 cup sliced green onion
1 teaspoon cornstarch
2 tablespoons water

INSTRUCTIONS

1. Press tofu for 20 minutes, then cut into 1/2-inch cubes. Pat dry with paper towels. Mix soy sauce, sesame oil, cornstarch, and water in a small bowl to make the sauce.
2. Heat vegetable oil in a large non-stick skillet or wok over medium-high heat. Add tofu cubes in a single layer and cook undisturbed for 3–4 minutes until golden on the bottom.
3. Flip tofu and cook another 3 minutes until golden on all sides. Push tofu to the edge of the pan, pour sauce into the center, and stir for 30 seconds until it thickens.
4. Toss tofu in the sauce to coat. Remove from heat, sprinkle ground almonds and sesame seeds over the top, and toss once more.
5. Plate immediately and garnish with sliced green onion. Serve over steamed rice.

162. Stuffed Tofu with Vegetables (Easy)

15 min Serves 4

INGREDIENTS

10 oz baked marinated tofu, cut lengthwise into 4 equal rectangular pieces
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 tablespoon mirin
1 1/2 teaspoons minced scallion tops
1 teaspoon dark sesame oil
3 teaspoons olive oil, divided
1 small clove garlic, minced
1 teaspoon minced fresh ginger
6 scallions (white and light green parts), thinly sliced
1/2 small red bell pepper, finely chopped
1/2 small green bell pepper, finely chopped
1 teaspoon tamari or soy sauce
1/4 cup chopped fresh cilantro, plus more for garnish
1 1/2 teaspoons curry powder

INSTRUCTIONS

1. Make the dipping sauce: whisk together soy sauce, rice vinegar, mirin, minced scallion tops, and sesame oil in a small bowl. Set aside.
2. Cut a deep horizontal pocket into each piece of tofu: use a small sharp knife to slice into the long edge, stopping 1/2 inch from the other three sides. Be careful not to cut all the way through. Set aside.
3. Heat 2 teaspoons olive oil in an 8-inch skillet over medium heat. Add garlic and ginger and cook for 30 seconds. Add scallions and both bell peppers and stir-fry for 3–4 minutes until softened. Stir in tamari, curry powder, and cilantro. Remove from heat and let cool slightly.
4. Stuff each tofu pocket with 2–3 tablespoons of the vegetable filling, pressing gently to fill without tearing the tofu.
5. Heat remaining 1 teaspoon olive oil in the skillet over medium heat. Place stuffed tofu pieces seam-side down and cook for 2–3 minutes per side until warmed through and lightly browned on each face.
6. Arrange on a plate, spoon any remaining dipping sauce over the top, and garnish with extra cilantro. Serve immediately.

163. Quick Vegan Chickpea Kale with Cilantro-Lime

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1/2 onion, chopped
2 cloves garlic, minced
1 small jalapeno pepper, minced
1 teaspoon curry powder
1 (15 ounce) can chickpeas (garbanzo beans),
drained and rinsed
1/2 cup frozen fava beans, thawed
2 cups chopped kale
Juice of 1 small lime (about 2 tablespoons)
1/4 cup fresh cilantro, minced
1/4 teaspoon coarse salt
Black pepper to taste

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add onion and cook until softened, about 4 minutes. Add garlic and jalapeno; cook 1 minute until fragrant.
2. Stir in curry powder and cook 30 seconds. Add chickpeas and fava beans; cook, stirring occasionally, for 5 minutes until heated through and lightly crisped.
3. Add kale and stir-fry over medium-high heat until wilted, about 2–3 minutes.
4. Remove from heat. Squeeze lime juice over the pan, add cilantro and salt, and toss to combine. Taste and adjust seasoning with black pepper. Serve immediately.

164. Easy Tofu Nut Patties (Plant-Based Protein)

15 min Serves 4

INGREDIENTS

1/2 pound (225 g) firm tofu, pressed and crumbled
1 cup whole wheat bread crumbs
1/2 cup almond butter
1/2 cup finely chopped walnuts
1/2 cup lightly roasted sunflower seeds
1/2 cup pre-cooked millet or brown rice
3 tablespoons aquafaba (liquid from canned chickpeas)
2 tablespoons almond oil (or neutral vegetable oil)
2 tablespoons fresh parsley, finely chopped
1 tablespoon onion powder
1 teaspoon garlic powder
1 teaspoon dried thyme
1/2 teaspoon dried marjoram
1/2 teaspoon sea salt
1/8 teaspoon ground rosemary
2–4 tablespoons water, as needed

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C). Line a large baking sheet (18x13 inches) with parchment paper and brush lightly with almond oil.
2. Press the tofu dry and crumble it into a large mixing bowl. Add almond butter, walnuts, sunflower seeds, millet or rice, bread crumbs, parsley, onion powder, garlic powder, thyme, marjoram, salt, and rosemary. Mix well.
3. Add the aquafaba and almond oil, then stir until the mixture holds together when pressed. If too dry to form a patty, add water 1 tablespoon at a time.
4. Divide the mixture into 8 equal portions and shape each into a firm patty about 3/4 inch thick. Place on the prepared baking sheet, spacing them 1 inch apart.
5. Bake for 20–22 minutes, flipping once at the 12-minute mark, until the patties are firm and golden brown on both sides.
6. Let the patties rest on the baking sheet for 3 minutes before serving — they firm up as they cool.

165. Cold Soy Udon Noodles (Quick & Refreshing)

5 min Serves 1

INGREDIENTS

1 portion (approximately 6 oz) frozen udon noodles
200 ml (3/4 cup) unsweetened soy milk
2 teaspoons shiro-dashi
1 teaspoon yuzu pepper paste (or 1/2 tsp white pepper + 1/2 tsp lemon zest)
2 tablespoons sun-dried tomatoes in oil, finely chopped (vegan mentaiko substitute for umami and brininess)
1 small sheet toasted nori, cut into thin strips
4-5 fresh shiso leaves, torn or thinly sliced
Black pepper to taste (optional)

INSTRUCTIONS

1. Cook the frozen udon noodles according to package directions (typically 2-3 minutes in boiling water or 1.5-2 minutes in the microwave). Drain and rinse immediately under cold running water until the noodles are fully chilled. Shake off excess water.
2. In a bowl or measuring cup, whisk together the cold soy milk, shiro-dashi, and yuzu pepper paste until combined.
3. Place the chilled noodles in a serving bowl. Pour the cold soy milk broth over the noodles.
4. Top with the sun-dried tomatoes, nori strips, and shiso leaves. Add black pepper if desired. Serve immediately while cold.

166. Raw Vegan Pad Thai (30-Minute Easy)

30 min Serves 3

INGREDIENTS

8 oz (225g) sea tangle kelp noodles, rinsed and drained
1 medium daikon radish, spiralized or julienned
2 cups red cabbage, finely shredded
2 medium carrots, cut into matchsticks
4 green onions, thinly sliced
1 cup bean sprouts
1/4 cup fresh cilantro leaves
2 tablespoons sesame seeds, for garnish
For the sauce:
2/3 cup raw tahini
2 tablespoons coconut aminos
Juice of 1 large lime (about 3 tablespoons)
1 jalapeño, coarsely chopped (seeds removed for less heat)
2 large garlic cloves, coarsely chopped
1-inch piece fresh ginger, coarsely chopped
3 Medjool dates, pitted
2-4 tablespoons water, to thin

INSTRUCTIONS

1. Rinse kelp noodles under cold water and use scissors or your hands to separate and cut into shorter lengths. Place in a large mixing bowl with spiralized daikon.
2. Add shredded red cabbage, matchstick carrots, green onions, and bean sprouts to the bowl.
3. Combine tahini, coconut aminos, lime juice, jalapeño, garlic, ginger, and dates in a high-speed blender. Blend on high for 60 seconds until completely smooth. Add water 1 tablespoon at a time to reach a thick but pourable consistency.
4. Pour sauce over noodle-vegetable mixture and toss thoroughly with tongs until everything is evenly coated.
5. Divide between 2-3 bowls and top with cilantro and sesame seeds. Serve immediately.

167. Gluten-Free Vegan Soda Bread (Easy)

10 min Serves 8

INGREDIENTS

240 ml (2/3 cup + 2 tbsp) unsweetened almond milk
1 tablespoon apple cider vinegar
2 cups (240 g) wholemeal spelt flour, plus extra for dusting
1/2 cup (45 g) whole rolled spelt flakes
1 teaspoon baking soda
1 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.
2. Combine the almond milk and apple cider vinegar in a jug. Stir briefly and set aside for 3–5 minutes until it curdles into a vegan buttermilk.
3. In a large bowl, whisk together the spelt flour, spelt flakes, baking soda, and salt. Make a well in the centre and pour in the curdled almond milk. Mix with a fork, then briefly by hand, until a soft shaggy dough comes together. Do not knead – overworking toughens the loaf.
4. Turn the dough onto a lightly floured surface and shape gently into a round about 18 cm (7 inches) in diameter. Place on the prepared baking sheet. Score a deep cross on top with a sharp knife, cutting almost to the base.
5. Bake for 35–40 minutes until the loaf sounds hollow when tapped on the base and the crust is deep golden brown. If the top colours too quickly, reduce heat to 190°C after 20 minutes.
6. Cool on a wire rack for at least 15 minutes before slicing. Best eaten the same day; store wrapped at room temperature for up to 2 days.

168. Whole Wheat Vegan Drop Biscuits (Easy)

5 min Serves 8

INGREDIENTS

1 cup whole wheat flour
1 cup all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1/4 cup canola oil
3/4 cup unsweetened soy milk

INSTRUCTIONS

1. Preheat the oven to 425 F (220 C). Line a large baking sheet with parchment paper or lightly grease it.
2. Whisk together the whole wheat flour, all-purpose flour, baking powder, and salt in a large bowl until evenly combined.
3. Add the canola oil and soy milk all at once. Stir with a fork just until the dough comes together and no dry flour remains – the dough will be shaggy and sticky, not smooth. Do not overmix.
4. Drop the dough by rounded 1/4-cup scoops onto the prepared baking sheet, spacing them at least 2 inches apart. You should get 8 biscuits.
5. Bake for 10 to 12 minutes until the tops are set and lightly golden and a toothpick inserted in the center comes out clean.
6. Transfer to a wire rack and let cool for 3 minutes before serving warm.

169. Amazing Vegan Pumpkin Bread (Easy Recipe)

15 min Serves 10

INGREDIENTS

Cooking spray or vegan butter for pan
2 tablespoons ground flaxseed meal
5 tablespoons water
1 cup unsweetened applesauce
1 cup loosely packed brown sugar
1/3 cup neutral vegetable oil
1/4 cup unsweetened almond milk
1 cup (240 g) canned pumpkin puree (not pumpkin pie filling)
1 1/2 cups (190 g) whole wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground cardamom
1/4 teaspoon ground cloves
1/8 teaspoon ground nutmeg
1/2 teaspoon fine sea salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 9x5-inch (23x13 cm) loaf pan with cooking spray or vegan butter.
2. Mix ground flaxseed meal with 5 tablespoons water in a small bowl; set aside for 5 minutes until thickened into a gel.
3. In a large bowl, whisk together flax egg, applesauce, brown sugar, oil, almond milk, and pumpkin puree until smooth.
4. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon, cardamom, cloves, nutmeg, and salt. Add dry ingredients to wet ingredients and stir until just combined — do not overmix.
5. Pour batter into the prepared loaf pan and smooth the top. Bake for 50 to 55 minutes, until a toothpick inserted in the center comes out clean.
6. Cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely before slicing.

170. Quick Spicy Tempeh Hash (Ready in 20 Minutes)

10 min Serves 2

INGREDIENTS

8 oz (225g) tempeh, cut into 1/2-inch cubes
1/2 cup (120ml) water
1 tablespoon canola oil
2 medium Yukon Gold potatoes (about 400g), scrubbed and diced into 1/2-inch cubes
1 small red onion, diced
1 red bell pepper, seeded and diced
1 jalapeno, seeded and minced
2 garlic cloves, minced
1 teaspoon smoked paprika
1/2 teaspoon cumin
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons fresh cilantro or flat-leaf parsley, chopped (optional garnish)

INSTRUCTIONS

1. Place the cubed tempeh and 1/2 cup water in a large nonstick skillet over medium-high heat. Bring to a boil, cover, and steam for 5 minutes. Drain the tempeh in a colander and wipe the skillet dry.
2. Heat the canola oil in the same skillet over medium-high heat. Add the diced potatoes in a single layer and cook without stirring for 4–5 minutes until golden on the bottom. Stir and cook for another 3–4 minutes until the potatoes are golden on multiple sides and just tender when pierced with a fork.
3. Push the potatoes to the edges of the skillet. Add the diced onion and bell pepper to the center and cook for 3 minutes, stirring occasionally, until softened. Add the jalapeno and garlic and cook for 1 more minute until fragrant.
4. Add the steamed tempeh to the skillet. Sprinkle the smoked paprika, cumin, cayenne, salt, and black pepper over everything. Toss to combine and cook for 3–4 minutes, stirring occasionally, until the tempeh is lightly browned and the spices are toasted and fragrant.
5. Taste and adjust salt and cayenne to your preference. Scatter with chopped cilantro or parsley if using, and serve directly from the skillet.

171. Best Vegan Oatmeal With Cranberries (30-Minute)

5 min Serves 2

INGREDIENTS

1 cup steel cut oats
3 cups water
1/4 cup fresh or frozen cranberries
1/4 cup fresh or frozen raspberries
2 tablespoons maple syrup
1/4 teaspoon kosher salt
1 teaspoon coconut oil or neutral oil

INSTRUCTIONS

1. Heat oil in a medium saucepan over medium heat. Add steel cut oats and toast, stirring constantly, for 2–3 minutes until fragrant and lightly golden.
2. Pour in 3 cups water and add the salt. Bring to a boil, then reduce heat to low. Simmer uncovered, stirring occasionally, for 20–22 minutes until oats are creamy and most of the liquid is absorbed.
3. Stir in the cranberries and raspberries during the last 5 minutes of cooking. Press them gently against the side of the pan with a wooden spoon to burst the skins and release their juice.
4. Remove from heat, stir in maple syrup, and taste for sweetness. Divide between two bowls and serve immediately.

172. Pitta With Tofu Spread & Caramelized Onions

10 min Serves 2

INGREDIENTS

2 pitta breads
200g (7 oz) firm tofu, drained and pressed
1 tablespoon lemon juice
1 tablespoon olive oil
1 clove garlic, minced
Salt and black pepper to taste
1 large onion, halved and thinly sliced
2 tablespoons olive oil (for caramelizing)
2 tablespoons brown sugar
1–2 tablespoons balsamic vinegar
6 cherry tomatoes, halved
2 tablespoons fresh flat-leaf parsley, roughly chopped

INSTRUCTIONS

1. Make the tofu spread: mash or blend pressed tofu with lemon juice, 1 tablespoon olive oil, minced garlic, salt, and pepper until smooth and spreadable. Taste and adjust seasoning. Refrigerate until needed.
2. Caramelize the onion: heat 2 tablespoons olive oil in a heavy skillet over medium-low heat. Add sliced onion and cook, stirring occasionally, for 15 minutes until soft and golden. Stir in brown sugar and cook for 3–4 more minutes. Add balsamic vinegar, stir well, and cook for 2 minutes until the onions are dark and jammy. Remove from heat.
3. Warm the pitta breads in a dry skillet over medium heat or in a 180°C (350°F) oven for 3–4 minutes until soft and pliable.
4. Spread a generous layer of tofu spread over each warm pitta. Top with caramelized onions, halved cherry tomatoes, and fresh parsley. Serve immediately.

173. Easy Vegan Pecan Patties (No-Dairy)

15 min Serves 6

INGREDIENTS

1 cup chopped pecans
1 cup rolled oats (old-fashioned, not quick oats)
1 cup crumbled extra-firm tofu, pressed and drained
1 tablespoon ground flaxseed mixed with 3 tablespoons water (flax egg, rested 5 min)
1.5 tablespoons soy sauce
1/2 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon salt
1–2 tablespoons vegetable oil for pan-frying

INSTRUCTIONS

1. Mix ground flaxseed with 3 tablespoons water in a small bowl and set aside for 5 minutes to gel; press tofu dry with paper towels.
2. Combine pecans, oats, crumbled tofu, flax egg, soy sauce, onion powder, garlic powder, and salt in a large bowl; mix thoroughly until the mixture holds together when squeezed — if too dry, add 1 tablespoon water.
3. Divide into 12 equal portions (about 2 tablespoons each) and press firmly into round patties about 1 cm thick.
4. Heat 1 tablespoon oil in a large non-stick or cast-iron skillet over medium heat (about 175°C/350°F); cook patties in batches for 3–4 minutes per side until golden brown and firm, adding more oil between batches as needed.
5. Transfer cooked patties to a plate lined with paper towels; serve immediately or keep warm in a 100°C (200°F) oven.

174. Best Piña Colada Recipe (Tropical, Creamy)

5 min Serves 2

INGREDIENTS

360 ml (1 1/2 cups) ice cubes
120 ml (1/2 cup) frozen diced pineapple
60 ml (2 oz) pineapple juice
60 ml (2 oz) coconut cream
45 ml (1 1/2 oz) white rum
30 ml (1 oz) dark rum
2 pineapple slices, for garnish

INSTRUCTIONS

1. Add ice, frozen pineapple, pineapple juice, and coconut cream to a blender.
2. Pour in the white rum and dark rum.
3. Blend on high for 30–45 seconds until completely smooth and frothy.
4. Taste and adjust sweetness with a little more pineapple juice if needed.
5. Pour into two chilled glasses and garnish each with a pineapple slice. Serve immediately.

175. Best Tofu Stuffed Mushrooms (Easy Appetizer)

20 min Serves 4

INGREDIENTS

24 medium button or cremini mushrooms (about 1.5 lbs), stems removed and reserved
12 oz firm tofu, pressed and crumbled
3 tablespoons tahini
2 tablespoons tamari
2 cloves garlic, minced
1/4 cup red bell pepper, finely minced
2 tablespoons fresh parsley or cilantro, finely minced
1/4 teaspoon black pepper
3/4 cup panko breadcrumbs
2 tablespoons olive oil
1 tablespoon nutritional yeast

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Lightly oil a 9x13-inch baking dish. Wipe mushroom caps clean and arrange hollow-side up in the dish.
2. Finely chop the reserved mushroom stems. Heat 1 teaspoon olive oil in a small skillet over medium heat; sauté stems with garlic and red bell pepper for 3–4 minutes until softened. Remove from heat.
3. Combine pressed tofu, tahini, tamari, nutritional yeast, and black pepper in a bowl; mash and stir until mostly smooth. Fold in the sautéed mushroom stem mixture and fresh herbs.
4. Toast panko with remaining olive oil in the same skillet over medium-high heat, stirring constantly for 2–3 minutes until golden brown. Remove from heat.
5. Spoon tofu filling into each mushroom cap, pressing gently to fill. Top each with a pinch of toasted panko.
6. Bake for 22–25 minutes until mushrooms are tender and the filling is heated through. Serve warm.

176. Smoky Almond Sauce (Plant-Based Perfection)

10 min Serves 8

INGREDIENTS

1/3 cup water, room temperature
1/3 cup freshly ground almond butter
2 tablespoons grapeseed oil
2 tablespoons fresh Meyer lemon juice (from about 1/2 lemon)
2 teaspoons fresh garlic paste (about 2 cloves)
2 1/2 tablespoons nutritional yeast
2 tablespoons liquid aminos
1/4 teaspoon fine sea salt
2 teaspoons ground chipotle powder
1/2 teaspoon smoked cumin and coriander blend (or Arizona Dreaming spice blend if available)
1 tablespoon smoked paprika (up to 2 tablespoons for deeper smoke)

INSTRUCTIONS

1. Add the almond butter, water, grapeseed oil, and lemon juice to a food processor or blender. Process for 20 seconds until the base is smooth and emulsified.
2. Add the garlic paste, nutritional yeast, liquid aminos, sea salt, chipotle powder, spice blend, and 1 tablespoon of smoked paprika. Process for 30 seconds, scraping down the sides once.
3. Taste and adjust: add the second tablespoon of smoked paprika for more smoke, extra lemon juice for brightness, or a pinch more salt as needed.
4. If the sauce is thicker than desired, blend in an additional 1 to 2 teaspoons of water, one teaspoon at a time, until pourable.
5. Transfer to a sealed jar and refrigerate for up to 5 days. Stir before each use as the sauce will thicken when chilled.

Blank Printable Rotation

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DAY	THEME	RECIPE	PREP TIME	NOTES
Monday	Stir-Fry Night			
Tuesday	Soup & Bread Night			
Wednesday	Pasta Night			
Thursday	Curry Night			
Friday	Bowl Night			
Saturday	Try Something New			
Sunday	Meal Prep Day			

GROCERY NOTES

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