

Vegan Soup Season Planner

Fall and winter soups matched to seasonal produce

VeganPreps

Soup Season, Sorted

From September through March, soups are the easiest way to eat well on a vegan diet. They are cheap, freezer-friendly, and take advantage of whatever produce is in season. This planner maps each month to the ingredients that are at their best, then matches them to recipes from the VeganPreps collection.

What You Get

- A month-by-month soup calendar (September through March)
- Seasonal produce notes for each month
- Every soup recipe with full ingredients and steps
- A soup base cheat sheet covering 4 base types
- A table of contents for quick navigation

For the full recipe collection, visit veganpreps.com.

Month-by-Month Soup Calendar

September through March. Matched to seasonal produce for the best flavor and price.

SEPTEMBER

Seasonal produce: Pumpkin, corn, bell peppers, tomatoes, zucchini

SOUP

Quick Vegan Pumpkin Chili

Silky Corn Tofu Soup

OCTOBER

Seasonal produce: Pumpkin, sweet potato, apples, squash, kale

SOUP

Cozy Aduki Bean Pumpkin Stew

Authentic Vegan African Stew

NOVEMBER

Seasonal produce: Root vegetables, parsnips, celery root, turnips, leeks

SOUP

Simple Vegan Lentil Soup

Italian Garbanzo Bean Soup

DECEMBER

Seasonal produce: Cabbage, potatoes, carrots, onions, dried beans

SOUP

Authentic Miso Soup

SOUP

Miso Stew with Quinoa

JANUARY

Seasonal produce: Citrus, stored root vegetables, frozen greens, dried lentils

SOUP

Quick Vegan White Chili

Tofu Bean Chili

FEBRUARY

Seasonal produce: Broccoli, leeks, potatoes, stored squash, beets

SOUP

Creamy Broccoli Soup

Velvety Leek Potato Soup

MARCH

Seasonal produce: Early greens, mushrooms, kale, green onions, peas

SOUP

Korean Bean Paste Soup

Mushroom Kale Soup

What's Inside

1. Quick Mole Seitan Stew (One-Pot Comfort Food)
2. Easy Velvety Leek Potato Soup (Dairy-Free)
3. Quick Lentil Tofu Soup (30 Minutes)
4. Best Miso Soup with Shirataki Noodles
5. Easy Vegan Chickpea Tortilla Soup
6. Creamy Vegan Broccoli Soup (One-Pot)
7. Best Instant Pot Vegan Minestrone Soup
8. Authentic Japanese Miso Soup (Quick)
9. Cozy Vegan Aduki Bean Pumpkin Stew
10. Silky Corn Tofu Soup (Ready in 20 Min)
11. Best Pacific Squash Coconut Soup
12. Easy Vegan Sweet Potato Soup (20 Minutes)
13. Best Bok Choy Red Pepper Laksa (30-Minute)
14. Creamy Vegan Broccoli Soup (One-Pot Method)
15. Healthy Vegan Indian Lentil Soup (Easy)
16. Creamy Pumpkin Tofu Miso Soup (Quick)
17. Best Lemon-Rice Soup With Silken Tofu
18. Easy Vegan Italian Garbanzo Bean Soup
19. Best Vegan Mung Bean & Kale Soup (Easy)
20. Quick Vegan Pumpkin Chili (One-Pot)
21. Easy Homemade Vegetable Soup (Meatless)
22. Easy Vegan Tofu Gumbo (30-Minute)
23. Best Raw Cucumber Soup (Dairy-Free, 10 Min)
24. Quick Vegan White Chili (One-Pot Recipe)
25. Simple Vegan Lentil Soup (Budget-Friendly)
26. Creamy Vegan Mushroom Soup (Joey's Recipe)
27. Authentic Vegan African Stew (Easy)
28. Best Spiced Carrot & Orange Soup (Vegan)
29. Easy Vegan Pochero (Filipino Stew)
30. Quick Vegan Broccoli Soup (10-Minute)
31. Elegant Vegan Vichyssoise (Chilled Soup)
32. Easy Korean Bean Paste Soup (20 Minutes)
33. Quick Soy Milk Noodle Soup (Ready in 15 Min)
34. Best Instant Pot Vegetarian Stew (One-Pot)
35. Easy Veggie Wonton Soup with Tofu
36. Best Meatless Minestrone (Meal-Prep Ready)
37. Easy Vegan Mushroom Kale Soup (30 Min)
38. Quick Enoki Mushroom Miso Soup (10 Min)
39. Best Three-Meal Vegan Chili (Make-Ahead)
40. Nourishing Miso Stew with Quinoa (Easy)
41. Perfect Homemade Miso Soup (5 Minutes)
42. Easy Hot & Sour Tofu Soup (Ready in 30 Minutes)
43. Best Vegan Tofu Bean Chili (One-Pot Wonder)
44. Silky Roasted Garlic Zucchini Quinoa Soup
45. Creamy Vegan Curry Coconut Lentil Soup
46. Quick Vegan Black & White Bean Soup
47. Best Tempeh-Chili Burritos (Quick Dinner)

Recipes

1. Quick Mole Seitan Stew (One-Pot Comfort Food)

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil

1 medium onion, diced

2 jalapeno peppers, seeded and cut into bite-size pieces

2 cups seitan, room temperature, thinly sliced

1/2 teaspoon garlic powder

1/4 teaspoon ground allspice

1/4 teaspoon ground cinnamon

15 ounces tomato sauce or canned stewed tomatoes

1 cup vegetable stock

1 ounce unsweetened vegan dark chocolate (100% cacao), chopped

1 flour tortilla (8-inch), cut into small pieces

INSTRUCTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add diced onion and jalapeno pieces; cook, stirring occasionally, for 5 minutes until softened.
2. Add seitan slices and cook for 2 minutes, stirring, until lightly browned. Stir in garlic powder, allspice, and cinnamon; cook 30 seconds until fragrant.
3. Pour in tomato sauce and vegetable stock; stir to combine. Bring to a simmer over medium-high heat, then reduce to medium-low.
4. Add chopped chocolate and tortilla pieces; stir until chocolate is fully melted and incorporated, about 2 minutes.
5. Use an immersion blender to partially blend the stew (or transfer half to a blender, blend smooth, and stir back in) to create a velvety mole texture.
6. Simmer uncovered for 10 minutes until sauce thickens. Taste and adjust salt if needed. Serve hot over rice or with warm tortillas.

2. Easy Velvety Leek Potato Soup (Dairy-Free)

15 min Serves 4

INGREDIENTS

2 tablespoons olive oil

2 medium leeks, white and light green parts only, halved and sliced (cleaned of grit)

1 medium onion, roughly chopped

4 medium potatoes (about 1.5 lb / 680 g total), peeled and diced

3 medium sunchokes (Jerusalem artichokes), peeled and diced

1 bay leaf

2 sprigs fresh thyme

1 tablespoon dry white wine (optional)

5 cups vegetable stock

1/4 teaspoon white or black pepper

Salt to taste

1 tablespoon olive oil for garnish

INSTRUCTIONS

1. Heat 2 tablespoons olive oil in a large heavy pot over medium heat. Add leeks and onion with a pinch of salt. Cook, stirring occasionally, for 8–10 minutes until softened and translucent but not browned.
2. Add white wine (if using) and stir for 30 seconds. Add potatoes, sunchokes, bay leaf, thyme sprigs, and vegetable stock. Bring to a boil.
3. Reduce heat to medium-low, cover, and simmer for 35–40 minutes until potatoes and sunchokes are completely tender when pierced with a fork.
4. Remove bay leaf and thyme sprigs. Let soup cool for 10 minutes. Using an immersion blender (or in batches in a standing blender with the lid held down firmly), blend until completely smooth and velvety.
5. Return to low heat, season with salt and white pepper, and heat through. Ladle into bowls and finish with a drizzle of olive oil.

3. Quick Lentil Tofu Soup (30 Minutes)

10 min Serves 4

INGREDIENTS

4 tablespoons olive oil
2 medium red onions, diced
100g smoked tofu, cut into small cubes
2 tablespoons all-purpose flour
250g canned lentils, drained and rinsed
1250ml vegetable broth
100ml tomato puree
1 teaspoon dried sage
1/2 teaspoon dried rosemary
1 teaspoon dried oregano
1/2 teaspoon salt, plus more to taste
1/4 teaspoon black pepper, plus more to taste
1/8 teaspoon cayenne pepper, plus more to taste

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add diced red onions and cook, stirring occasionally, for 6–8 minutes until softened and golden.
2. Add smoked tofu cubes and cook for 3 minutes, stirring, until lightly browned on the edges. Sprinkle flour over the onion and tofu mixture and stir to coat evenly; cook for 1 minute to remove the raw flour taste.
3. Pour in vegetable broth gradually, stirring constantly to prevent lumps. Add tomato puree, drained lentils, sage, rosemary, and oregano; stir to combine.
4. Bring to a boil over medium–high heat, then reduce to medium–low and simmer uncovered for 15 minutes, stirring occasionally, until the soup thickens slightly.
5. Season with salt, black pepper, and cayenne pepper. Taste and adjust seasoning – add more cayenne for extra heat.
6. Ladle into bowls and serve hot with crusty bread.

4. Best Miso Soup with Shirataki Noodles

5 min Serves 1

INGREDIENTS

4 oz shirataki noodles, drained and rinsed
1 1/2 cups water or light vegetable broth
1 teaspoon vegan dashi powder (kombu-based) or 1 strip dried kombu (4 inches)
1 tablespoon white or yellow miso paste
1 oz firm tofu, cut into 1/2-inch cubes
1/4 cup dried wakame or mixed dried seaweed, rehydrated
1 green onion, thinly sliced
1 1/2 teaspoons sesame oil

INSTRUCTIONS

1. Rinse shirataki noodles thoroughly under cold water for 1 minute, then boil in a small saucepan for 2 minutes to remove any odor; drain and set aside.
2. Bring water (or broth) to a gentle simmer in a small saucepan over medium heat. Add kombu strip or vegan dashi powder and simmer 3 minutes; remove kombu if used.
3. Reduce heat to low. Place miso paste in a small bowl, ladle in a few tablespoons of hot broth, and whisk until dissolved. Stir miso mixture back into the saucepan – do not boil after adding miso.
4. Add tofu cubes, rehydrated seaweed, and prepared shirataki noodles. Warm gently for 2 minutes over low heat.
5. Ladle into a bowl. Top with sliced green onion and drizzle with sesame oil. Serve immediately.

5. Easy Vegan Chickpea Tortilla Soup

15 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1/4 cup (40 g) yellow onion, diced
1/4 cup (30 g) celery, diced
1/2 cup (75 g) green bell pepper, diced
2 garlic cloves, minced
1 tablespoon chili powder
1 tablespoon ground cumin
1 (440 g / 15.5 oz) can chickpeas, drained and rinsed
1 (400 g / 14 oz) can crushed tomatoes
2 large red potatoes (about 400 g), diced into 1.5 cm cubes
1.5 liters (6 cups) low-sodium vegetable broth
1 teaspoon salt, plus more to taste
1/4 teaspoon black pepper
3 corn tortillas, cut into 1 cm strips
1 tablespoon vegetable oil (for tortilla strips)

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Toss tortilla strips with vegetable oil and a pinch of salt, spread on a baking sheet, and bake 10–12 minutes until crisp and golden. Set aside.
2. Heat olive oil in a large pot over medium heat. Add onion, celery, and bell pepper and cook 5 minutes until softened. Add garlic, chili powder, and cumin and cook 1 minute until fragrant.
3. Add chickpeas, crushed tomatoes, diced potatoes, vegetable broth, salt, and black pepper. Stir to combine and bring to a boil.
4. Reduce heat to medium-low, cover, and simmer 20–25 minutes until potatoes are tender when pierced with a fork.
5. Taste and adjust seasoning. Ladle into bowls and top each serving with a handful of crispy tortilla strips.

6. Creamy Vegan Broccoli Soup (One-Pot)

15 min Serves 4

INGREDIENTS

1 lb fresh broccoli, cut into florets
1 medium onion, quartered
1 garlic clove
2 cups vegetable broth
1/4 cup unbleached all-purpose flour
2 1/2 cups unsweetened soymilk
2 tablespoons soy sauce
2 teaspoons dried basil
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. In a large saucepan, combine broccoli, onion, garlic, and vegetable broth. Bring to a boil over medium-high heat, then reduce to a simmer. Cook for 12–15 minutes until vegetables are very tender.
2. Use an immersion blender to blend the vegetable mixture until smooth. Alternatively, transfer to a stand blender in batches and blend until smooth, then return to the pot.
3. Whisk flour into soymilk in a separate bowl until no lumps remain. Pour the flour-soymilk mixture into the blended soup over medium heat, stirring constantly.
4. Cook for 5–7 minutes, stirring frequently, until the soup thickens. Stir in soy sauce, basil, salt, and pepper.
5. Taste and adjust seasoning. Serve hot.

7. Best Instant Pot Vegan Minestrone Soup

15 min Serves 6

INGREDIENTS

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

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

6 cups vegetable broth

3/4 cup dry quinoa, rinsed

1 yellow onion, chopped

1 zucchini, diced

2 stalks celery, chopped

2 carrots, diced

1 cup chopped kale, stems removed

2 cloves garlic, minced

1/2 teaspoon salt

1/2 teaspoon dried oregano

1/2 teaspoon dried rosemary

1 tablespoon olive oil

Black pepper, to taste

INSTRUCTIONS

1. Select Sauté on the Instant Pot and heat olive oil. Add onion, celery, and carrots and cook 4 minutes until softened. Add garlic and cook 1 minute until fragrant.
2. Add zucchini, rinsed quinoa, cannellini beans, kidney beans, vegetable broth, salt, oregano, and rosemary. Stir well. Cancel Sauté mode.
3. Lock the lid and set the valve to Sealing. Select Pressure Cook (Manual) on High Pressure for 5 minutes.
4. When cooking is complete, allow natural pressure release for 15 minutes, then carefully switch the valve to Venting to release any remaining steam. Remove lid.
5. Stir in chopped kale. Select Sauté mode and cook 3–4 minutes until kale is wilted and soup is heated through. Cancel Sauté mode.
6. Taste and adjust salt and pepper. Ladle into bowls and serve hot.

8. Authentic Japanese Miso Soup (Quick)

8 min Serves 2

INGREDIENTS

2 1/2 cups (600 ml) dashi stock (kombu-based or instant vegan dashi)

5 g (0.17 oz) dried wakame

150 g (5 oz) firm tofu, cut into 1 cm cubes

3 tablespoons white or mixed miso paste

2 tablespoons thinly sliced chives or green onions

INSTRUCTIONS

1. Soak dried wakame in cold water for 5 minutes, then drain and squeeze out excess water; set aside.
2. Bring dashi stock to a gentle simmer in a medium saucepan over medium heat; add tofu cubes and wakame and heat for 2 minutes.
3. Reduce heat to low. Place miso paste in a small ladle or fine-mesh strainer and lower it into the hot broth; stir until fully dissolved, about 30 seconds — do not boil after adding miso.
4. Ladle into bowls, garnish with sliced chives, and serve immediately.

9. Cozy Vegan Aduki Bean Pumpkin Stew

15 min Serves 4

INGREDIENTS

1 cup dried aduki beans, soaked 2–5 hours and drained

1 piece dried kombu (approx 5 cm square)

3 cups water

3 cups pumpkin or kabocha squash, peeled and cut into 1-inch cubes

2 cloves garlic, minced

1/2 teaspoon salt

2–3 tablespoons shoyu or tamari, to taste

INSTRUCTIONS

1. Rinse the soaked aduki beans and place in a medium saucepan with the kombu and 3 cups water. Bring to a boil over high heat, then reduce to a low simmer. Do not stir. Cook 30 minutes.
2. Add the pumpkin cubes and garlic. Continue simmering uncovered 20–25 minutes until the beans are fully tender and the pumpkin is soft. The pumpkin will partially break down and thicken the stew naturally.
3. Remove the kombu piece and discard. Season with salt and shoyu, starting with 2 tablespoons and adding more to taste. Simmer 5 more minutes to meld flavors.
4. Ladle into bowls and serve hot. Pairs well with steamed short-grain rice.

10. Silky Corn Tofu Soup (Ready in 20 Min)

10 min Serves 2

INGREDIENTS

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

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

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

500 ml (2 cups) water

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

2 teaspoons usukuchi (light-colored) soy sauce

Salt and white pepper to taste

1 teaspoon toasted sesame oil

1 teaspoon sesame seeds, for garnish

Ra-yu chili oil, to taste (optional)

INSTRUCTIONS

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

11. Best Pacific Squash Coconut Soup

15 min Serves 4

INGREDIENTS

1 tablespoon vegetable oil
2 medium onions, chopped
3 cups (about 450 g) peeled, diced kabocha squash
480 ml (2 cups) vegetable stock or water
400 g full-fat coconut cream
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
1/4 teaspoon chili powder
Salt and black pepper to taste

INSTRUCTIONS

1. Heat the oil in a large saucepan over medium heat. Add the chopped onions and cook for 5–6 minutes, stirring occasionally, until softened and translucent.
2. Add the diced kabocha squash and vegetable stock. Bring to a boil, then reduce heat to a simmer. Cook uncovered for 25–30 minutes until the squash is completely tender and breaks apart easily with a fork.
3. Remove from heat and let cool for 5 minutes. Transfer the mixture in batches to a blender and blend until completely smooth. Return to the saucepan.
4. Stir in the coconut cream, lemon juice, lemon zest, and chili powder over low heat. Simmer gently for 3–4 minutes until heated through.
5. Season with salt and pepper to taste. Serve hot, with extra chili flakes on the side if desired.

12. Easy Vegan Sweet Potato Soup (20 Minutes)

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 cup (about 120 g) onion, finely chopped
1 celery stalk, finely chopped
1 carrot, peeled and finely chopped
2 medium sweet potatoes (about 500 g), peeled and diced
16 oz (450 g) canned stewed tomatoes, no-salt-added
3 cups (720 ml) vegetable broth
1 teaspoon sugar
1/4 teaspoon ground nutmeg
Salt and black pepper to taste
2 tablespoons fresh parsley, chopped

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, celery, and carrot and cook for 5–6 minutes, stirring occasionally, until softened.
2. Add diced sweet potatoes, canned tomatoes, and vegetable broth. Stir in sugar and nutmeg. Bring to a boil over high heat.
3. Reduce heat to medium-low, cover, and simmer for 25–30 minutes until sweet potatoes are completely tender when pierced with a fork.
4. Remove from heat. Using an immersion blender, blend about half the soup until smooth, then stir to combine the creamy and chunky portions. Alternatively, transfer half the soup to a blender, blend until smooth, and stir back in.
5. Season with salt and black pepper to taste. Ladle into bowls and garnish with chopped fresh parsley.

13. Best Bok Choy Red Pepper Laksa (30-Minute)

10 min Serves 2

INGREDIENTS

3 ounces (85g) dried rice noodles or ramen noodles
2 tablespoons red or green Thai curry paste
1 teaspoon vegetable oil
1.5 cups (360ml) full-fat coconut cream
2 cups (480ml) water or light vegetable stock
1 baby bok choy (about 6 oz), roughly chopped
1 red bell pepper, roughly chopped
1 tablespoon soy sauce or tamari
1 tablespoon fresh lime juice
1/2 teaspoon salt, or to taste
1/2 cup (15g) fresh basil leaves

INSTRUCTIONS

1. Cook noodles according to package directions, drain, and divide between 2 serving bowls.
2. Heat oil in a medium saucepan over medium heat. Add curry paste and stir-fry for 1–2 minutes until fragrant.
3. Pour in coconut cream and water (or stock), stirring to combine. Bring to a simmer over medium heat — about 5 minutes.
4. Add bok choy and red bell pepper. Simmer for 3–4 minutes until vegetables are just tender but still have some bite.
5. Stir in soy sauce, lime juice, and salt. Taste and adjust seasoning.
6. Ladle hot laksa broth and vegetables over the noodles in each bowl. Top with fresh basil leaves and serve immediately.

14. Creamy Vegan Broccoli Soup (One-Pot Method)

15 min Serves 4

INGREDIENTS

2 tablespoons canola oil
3 medium onions, chopped
2 celery ribs, chopped
4 1/2 cups vegetable broth
4 medium russet potatoes, peeled and cubed (about 4 cups)
6 cups chopped fresh broccoli florets (about 3 small heads)
1 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Heat canola oil in a large pot over medium heat. Add onions and celery, cook for 6–8 minutes until softened and translucent.
2. Add vegetable broth and cubed potatoes. Bring to a boil, then reduce heat and simmer for 15 minutes until potatoes are fork-tender.
3. Add broccoli florets and cook for 8–10 more minutes until broccoli is tender.
4. Remove from heat. Use an immersion blender to blend the soup until smooth, or blend in batches in a stand blender. For a chunkier texture, blend only half the soup and stir back in.
5. Return pot to low heat, season with salt and pepper, and simmer for 2–3 minutes. Serve hot.

15. Healthy Vegan Indian Lentil Soup (Easy)

15 min Serves 4

INGREDIENTS

2 cups red lentils, rinsed and drained
1 tablespoon neutral oil
1.5 red onions, diced
4 cloves garlic, minced
1 dry red chili, whole
2 cinnamon sticks
1 tablespoon ground cumin
1/2 tablespoon ground turmeric
1 teaspoon smoked paprika
3/4 cup canned diced tomatoes (about 3/4 of a 14 oz tin)
2 tablespoons ketchup
4 cups boiling water
1 medium courgette (zucchini), diced
2 cups fresh spinach, loosely packed
1 teaspoon sugar
Salt to taste
Fresh coriander (cilantro) leaves, for garnish

INSTRUCTIONS

1. Heat oil in a large pot over medium heat. Add onion and dried chili and cook for 5 minutes until onion softens. Add garlic, cinnamon sticks, cumin, turmeric, and paprika. Stir for 1 minute until fragrant.
2. Add diced tomatoes and ketchup. Cook for 2 minutes, stirring, until the paste darkens slightly.
3. Add rinsed red lentils and boiling water. Stir to combine, bring to a boil, then reduce heat to medium-low. Simmer uncovered for 15 minutes, stirring occasionally.
4. Add diced courgette and cook for another 5–8 minutes until lentils are fully soft and beginning to break down and courgette is tender.
5. Stir in spinach and cook for 1–2 minutes until wilted. Season with sugar and salt to taste. Remove cinnamon sticks and dried chili before serving.
6. Ladle into bowls and garnish with fresh coriander leaves. Serve with flatbread or rice.

16. Creamy Pumpkin Tofu Miso Soup (Quick)

15 min Serves 2

INGREDIENTS

3 cups vegetable broth
1/4 small pumpkin, peeled, seeded, and cubed (about 1 1/2 cups)
1 (2-inch) piece fresh ginger, cut into matchsticks
2 tablespoons soy sauce
2 oz buckwheat noodles
3 1/2 oz firm tofu, cubed
2 teaspoons miso paste
2 teaspoons sesame oil
2 green onions, finely chopped on the diagonal
2 large red chile peppers, sliced on the diagonal
2 tablespoons toasted sesame seeds
2 tablespoons fresh cilantro, chopped
2 tablespoons pickled ginger

INSTRUCTIONS

1. Bring vegetable broth to a simmer in a medium saucepan over medium heat. Add pumpkin and fresh ginger, cook for 8–10 minutes until pumpkin is just tender.
2. Add buckwheat noodles and tofu. Cook for 4–5 minutes until noodles are tender.
3. Stir in soy sauce. Remove pot from heat – the broth must not be boiling when adding miso. Ladle 2–3 tablespoons of broth into a small bowl, whisk in miso paste until dissolved, then stir back into the pot.
4. Drizzle in sesame oil and stir gently. Taste and adjust seasoning.
5. Ladle into bowls and top with green onions, sliced chiles, toasted sesame seeds, cilantro, and pickled ginger.

17. Best Lemon-Rice Soup With Silken Tofu

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 small yellow onion, finely diced
2 cloves garlic, minced
6 cups vegetable broth
1 cup Arborio rice
1/2 lb (225g) silken tofu
1/2 cup fresh lemon juice (from about 3 lemons)
Zest of 1 lemon
1/2 teaspoon salt
1/2 teaspoon freshly cracked black pepper
Fresh parsley or chives, chopped, for serving

INSTRUCTIONS

1. Heat olive oil in a large saucepan over medium heat. Add onion and cook 4 minutes until softened. Add garlic and cook 1 minute more.
2. Pour in vegetable broth and bring to a boil over high heat. Add Arborio rice and stir to combine. Reduce heat to medium-low and simmer uncovered for 18–20 minutes, stirring every 5 minutes, until rice is tender and has released its starch into the broth.
3. While rice cooks, combine silken tofu and lemon juice in a blender or use an immersion blender in a tall cup; blend until completely smooth.
4. Remove saucepan from heat. Stir in the blended tofu-lemon mixture, lemon zest, salt, and pepper. Return to very low heat and warm gently for 2 minutes, stirring – do not boil.
5. Taste and adjust salt and lemon. Ladle into bowls and top with fresh parsley or chives and an extra crack of black pepper.

18. Easy Vegan Italian Garbanzo Bean Soup

20 min Serves 4

INGREDIENTS

1/2 cup dried garbanzo beans (chickpeas), soaked overnight in plenty of cold water, drained
1 tablespoon olive oil
1 medium onion, finely chopped
3 cloves garlic, minced
2 medium carrots, sliced into rounds
3 medium celery stalks, sliced
1 teaspoon fennel seed
1 teaspoon dried oregano
1 teaspoon dried thyme
1 can (410g/14.5 oz) fire-roasted diced tomatoes
3 cups (720ml) vegetable broth
18 grape tomatoes, halved
2 cups baby spinach
1 tablespoon fresh flat-leaf parsley, chopped
Salt and black pepper to taste

INSTRUCTIONS

1. Drain soaked garbanzo beans and simmer in fresh unsalted water in a medium pot for 45–50 minutes until tender; drain and, if desired, slip off the skins by gently rubbing the beans between your hands — this makes the soup smoother.
2. Heat olive oil in a large pot over medium heat; add onion and cook 4–5 minutes until softened, then add garlic, fennel seed, oregano, and thyme and stir for 1 minute until fragrant.
3. Add carrots, celery, canned tomatoes, and vegetable broth; bring to a boil, then reduce heat and simmer 15 minutes until vegetables are tender.
4. Add cooked garbanzo beans and grape tomatoes; simmer 5 minutes, then season generously with salt and pepper.
5. Remove from heat, stir in baby spinach and fresh parsley until spinach is wilted (about 1 minute), and serve immediately.

19. Best Vegan Mung Bean & Kale Soup (Easy)

15 min Serves 4

INGREDIENTS

1 tablespoon refined coconut oil
1 medium yellow onion, diced
20–25 small cremini or white mushrooms, quartered
1 organic red bell pepper, diced
3 organic roma tomatoes, diced
5 garlic cloves, minced
1 1/2 teaspoons turmeric
1/2 teaspoon ground cumin
1/2 teaspoon crushed red pepper flakes
3/4 teaspoon sea salt, plus more to taste
1 cup small green lentils, rinsed
1/2 cup mung beans, rinsed (soaked 4 hours if possible)
1/2 cup quinoa, rinsed
1 cup light coconut milk
4 cups vegetable broth
1 bunch lacinato kale, deveined and coarsely chopped
1/2 lemon, juiced
1 small bunch flat-leaf parsley, finely chopped
1 small bunch fresh basil leaves, torn

INSTRUCTIONS

1. Heat coconut oil in a large pot over medium heat. Add onion and cook for 4 minutes until softened. Add mushrooms and cook for 3 more minutes until they release their liquid. Stir in red pepper, tomatoes, and garlic; cook 2 minutes.
2. Add turmeric, cumin, red pepper flakes, and salt. Stir to coat the vegetables and cook 1 minute until fragrant.
3. Add lentils, mung beans, quinoa, coconut milk, and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 35–40 minutes, stirring occasionally, until lentils and mung beans are fully tender.
4. Stir in the kale and cook uncovered for 5 minutes until wilted. Add more broth or water if the soup is thicker than desired.
5. Remove from heat. Stir in lemon juice, parsley, and basil. Taste and adjust salt. Ladle into bowls and serve hot.

20. Quick Vegan Pumpkin Chili (One-Pot)

15 min Serves 6

INGREDIENTS

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

INSTRUCTIONS

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

21. Easy Homemade Vegetable Soup (Meatless)

20 min Serves 8

INGREDIENTS

3 quarts (12 cups) water

2 bay leaves

1 1/2 lbs (680 g) cabbage, roughly chopped into 2-inch pieces

4 large potatoes, peeled and cut into 1-inch cubes

1 medium green bell pepper, diced

5 vegetable bouillon cubes

1 (16 oz) can diced tomatoes, with liquid

1 cup white or cremini mushrooms, sliced

1 cup celery, chopped

3 medium carrots, peeled and sliced into rounds

1 large onion, diced

1/4 cup olive oil

5 tablespoons ketchup

Salt and black pepper to taste

INSTRUCTIONS

1. Bring water to a boil in a large pot (at least 6-quart capacity) over high heat. Add bouillon cubes and bay leaves and stir until dissolved.
2. Add onion, carrots, celery, and green pepper. Reduce heat to medium, cover, and cook 20 minutes.
3. Add cabbage, potatoes, canned tomatoes, mushrooms, olive oil, and ketchup. Stir to combine.
4. Return to a gentle boil, then reduce heat to low. Cover and simmer for 1 hour to 1 hour 15 minutes, stirring occasionally, until potatoes and cabbage are fully tender.
5. Remove bay leaves. Season generously with salt and black pepper. Serve hot with crusty bread.

22. Easy Vegan Tofu Gumbo (30-Minute)

15 min Serves 4

INGREDIENTS

1 pound (450 g) extra-firm tofu, pressed and cut into 1/2-inch cubes

1/4 cup Dijon mustard

1/4 cup peanut oil

1/4 cup cider vinegar

1 tablespoon brown sugar

1/4 teaspoon cayenne pepper

3 tablespoons canola oil (for roux)

1/4 cup canola oil (additional, for roux)

1/2 cup all-purpose flour

1/2 onion, diced

2 ribs celery, diced

1 green pepper, diced

1/2 red pepper, diced

1 tablespoon minced garlic

1 cup diced canned tomatoes

2 cups vegetable stock

1/4 pound (115 g) okra, cut into 1/2-inch pieces

1 teaspoon dried thyme

1 teaspoon dried oregano

1 teaspoon dried basil

2 bay leaves

Kosher salt and black pepper to taste

INSTRUCTIONS

1. Whisk together Dijon mustard, peanut oil, cider vinegar, brown sugar, and cayenne in a bowl. Add tofu cubes, toss to coat, and marinate for at least 30 minutes (up to 24 hours refrigerated).
2. Heat 3 tablespoons plus 1/4 cup canola oil in a heavy-bottomed pot or Dutch oven over medium heat. Whisk in flour and cook, stirring constantly, for 8–10 minutes until the roux turns a deep golden-brown color.
3. Add onion, celery, green pepper, and red pepper to the roux. Cook over medium heat for 5 minutes, stirring frequently, until vegetables soften.
4. Add garlic, thyme, oregano, basil, and bay leaves. Stir for 1 minute, then pour in diced tomatoes and vegetable stock. Bring to a boil, then reduce heat and simmer for 10 minutes.
5. Add marinated tofu and okra to the pot. Simmer for 5 more minutes until okra is tender and tofu is heated through.
6. Remove bay leaves, season with salt and pepper, and serve over cooked rice.

23. Best Raw Cucumber Soup (Dairy-Free, 10 Min)

10 min Serves 3

INGREDIENTS

2 cups cucumber, roughly chopped (about 1 medium cucumber, peeled if waxed)

1 cup zucchini, roughly chopped

1 cup ripe avocado, peeled and pitted (about 1 large avocado)

1 clove garlic, minced

2 cups lukewarm water

1/2 lemon, juiced (about 2 tablespoons)

2 tablespoons olive oil

1/2 teaspoon sea salt

Fresh dill or chives, for garnish (optional)

INSTRUCTIONS

1. Peel the cucumber if the skin is thick or waxed, then roughly chop cucumber and zucchini. Scoop avocado flesh into the blender.
2. Add cucumber, zucchini, avocado, garlic, lemon juice, olive oil, and sea salt to a high-speed blender. Pour in lukewarm water.
3. Blend on high for 60 seconds until completely smooth and creamy. If the soup is too thick, add water 2 tablespoons at a time and blend again.
4. Taste and adjust seasoning with additional salt or lemon juice. For a chilled version, refrigerate for 20 to 30 minutes before serving.
5. Ladle into bowls and garnish with fresh dill, chives, a drizzle of olive oil, or a few thin cucumber slices. Serve immediately.

24. Quick Vegan White Chili (One-Pot Recipe)

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil

1/2 onion, diced

2 cloves garlic, chopped

1 pint fresh mushrooms (white button or baby bella), medium chop

1 teaspoon ground cumin

2 cups vegetable stock

1 (15 ounce) can northern beans, drained and rinsed

1 (15 ounce) can navy beans, drained and rinsed

16 ounces fresh mild salsa

16 ounces frozen corn

1/4 cup jalapenos, chopped

1/2 cup chipotle-style salsa or 2 chipotles in adobo, chopped

Salt and black pepper to taste

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cumin; cook 1 minute until fragrant.
2. Add mushrooms and cook, stirring, until they release their liquid and begin to brown, about 5 minutes.
3. Pour in vegetable stock, northern beans, navy beans, mild salsa, frozen corn, jalapenos, and chipotle salsa. Stir to combine.
4. Bring to a boil, then reduce heat to medium-low and simmer uncovered for 20 minutes, stirring occasionally, until flavors meld and corn is fully cooked.
5. Taste and season with salt and black pepper. Serve hot with crusty bread or tortilla chips.

25. Simple Vegan Lentil Soup (Budget-Friendly)

15 min Serves 4

INGREDIENTS

2–3 tablespoons olive oil
1 medium onion, diced
5 garlic cloves, minced
2 carrots, sliced into rounds
5–6 new potatoes (about 500g), chopped into 1-inch pieces
2 cups (400g) red lentils, rinsed and picked over
1 vegetable bouillon cube
10 cups (2.4 litres) water
1 teaspoon salt, plus more to taste
1/2 teaspoon black pepper

INSTRUCTIONS

1. Heat 2–3 tablespoons olive oil in a large pot over medium heat. Add the diced onion and cook, stirring occasionally, for 5 minutes until softened and translucent. Add the minced garlic and cook for 1 more minute until fragrant.
2. Add the sliced carrots and chopped potatoes to the pot and stir to coat with the oil. Cook for 2 minutes.
3. Pour in the 10 cups of water and crumble in the bouillon cube. Increase heat to high and bring to a boil, stirring to dissolve the cube.
4. Once boiling, add the rinsed red lentils, 1 teaspoon salt, and 1/2 teaspoon black pepper. Reduce heat to medium-low, cover partially, and simmer for 25–30 minutes, stirring every 10 minutes, until the lentils have broken down and thickened the soup and the potatoes are completely tender when pierced with a fork.
5. Taste and adjust seasoning with additional salt and pepper. If the soup is thicker than you like, stir in up to 1 cup of hot water to reach your preferred consistency. Ladle into bowls and serve hot.

26. Creamy Vegan Mushroom Soup (Joey's Recipe)

15 min Serves 4

INGREDIENTS

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

INSTRUCTIONS

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

27. Authentic Vegan African Stew (Easy)

15 min Serves 6

INGREDIENTS

2 tablespoons olive oil
2 large onions, chopped
3 cloves garlic, minced
1 teaspoon ground ginger
1/4 teaspoon cayenne pepper
3 cups yams (about 2 medium), peeled and cut into 1-inch cubes
2 cups green cabbage, roughly chopped
2 medium tomatoes, chopped
1 large green bell pepper, chopped
3 cups tomato juice
1 cup apple juice
1/2 cup natural peanut butter
6 tablespoons unsweetened shredded coconut, toasted
1 pinch salt, plus more to taste

INSTRUCTIONS

1. Heat olive oil in a large pot (at least 4-quart) over medium heat. Add onions and cook for 5 minutes, stirring occasionally, until softened and translucent. Add garlic, ground ginger, and cayenne pepper and cook for 1 more minute until fragrant.
2. Add yams, cabbage, tomatoes, and green bell pepper to the pot. Stir to coat with the aromatics.
3. Pour in tomato juice and apple juice. Bring to a boil over high heat, then reduce to a low simmer. Cover and cook for 45–60 minutes, stirring occasionally, until yams are completely tender when pierced with a fork.
4. Reduce heat to low. Scoop out about 1/2 cup of hot broth and whisk it together with the peanut butter in a small bowl to loosen it. Stir the peanut butter mixture back into the stew and simmer uncovered for 10 more minutes until slightly thickened.
5. Toast shredded coconut in a dry skillet over medium heat for 2–3 minutes, stirring constantly, until golden. Season stew with salt to taste and serve topped with toasted coconut.

28. Best Spiced Carrot & Orange Soup (Vegan)

15 min Serves 4

INGREDIENTS

2 pounds carrots, thinly sliced
2 tablespoons peanut oil
2 cups onion, chopped
2 celery stalks, diced
4 cups water
1 1/2 cups fresh orange juice
1/4 cup dry white wine
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 cup unsweetened soy milk
1 teaspoon salt, plus more to taste
1/4 teaspoon black pepper
3 tablespoons fresh parsley, minced
3 tablespoons scallions, minced (optional)

INSTRUCTIONS

1. Heat peanut oil in a large pot over medium heat. Add onion and celery and cook, stirring occasionally, for 6 to 8 minutes until softened and translucent.
2. Add carrots, cumin, coriander, ginger, and nutmeg. Stir to coat and cook for 2 minutes.
3. Pour in water, orange juice, and white wine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 20 to 25 minutes until carrots are completely tender.
4. Remove from heat. Use an immersion blender to puree the soup until smooth, or carefully transfer in batches to a blender.
5. Return pot to low heat, stir in soy milk, and heat through for 3 to 4 minutes. Season with salt and black pepper to taste.
6. Ladle into bowls and garnish with minced parsley and scallions. Serve hot.

29. Easy Vegan Pochero (Filipino Stew)

15 min Serves 4

INGREDIENTS

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

INSTRUCTIONS

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

30. Quick Vegan Broccoli Soup (10-Minute)

10 min Serves 6

INGREDIENTS

10 cups broccoli florets and peeled stems (about 3-4 large heads), roughly chopped
5 stalks celery, diced
3 medium potatoes, peeled and diced
4 cups water or vegetable broth
2 tablespoons vegan butter
1/4 cup nutritional yeast
2 teaspoons dried thyme
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt, plus more to taste
Black pepper to taste

INSTRUCTIONS

1. Combine broccoli, celery, potatoes, and water (or broth) in a large pot over medium-high heat. Bring to a boil.
2. Reduce heat to medium and cook until potatoes are fully tender when pierced with a fork, about 15-20 minutes.
3. Remove pot from heat. Use an immersion blender to blend the soup until smooth and creamy, or carefully transfer in batches to a stand blender. Return soup to pot.
4. Stir in vegan butter, nutritional yeast, thyme, garlic powder, onion powder, and salt over low heat. Cook 2-3 minutes, stirring, until butter melts and flavors combine.
5. Taste and adjust salt and pepper. If soup is too thick, add water or broth 1/4 cup at a time to reach desired consistency. Serve hot.

31. Elegant Vegan Vichyssoise (Chilled Soup)

15 min Serves 6

INGREDIENTS

2 tablespoons olive oil

6 medium leeks, dark green tops removed, white and light green parts sliced into rings

1 small yellow onion, diced

1 tablespoon fresh thyme leaves (or 1 teaspoon dried)

1 bay leaf

4 small Russet potatoes (or 6 Yukon Gold), peeled and cut into 1-inch pieces

2 quarts (8 cups) vegetable stock

1 quart (4 cups) unsweetened cashew milk

1 teaspoon salt, plus more to taste

1/2 teaspoon white pepper

1/4 cup fresh chives, finely minced, to serve

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add leeks and onion and cook, stirring occasionally, for 8 minutes until softened and translucent. Add thyme and bay leaf and cook for 1 minute more.
2. Add potatoes and vegetable stock. Bring to a boil, then reduce heat to a gentle simmer. Cook uncovered for 20 to 25 minutes until potatoes are completely tender and break apart easily with a fork. Remove and discard the bay leaf.
3. Working in batches, carefully transfer the soup to a blender and blend on high until very smooth, about 60 seconds per batch. Leave the blender lid slightly ajar and hold a folded towel over it to allow steam to escape.
4. Pass the pureed soup through a fine-mesh sieve into a large bowl or clean pot, pressing with the back of a ladle to extract all liquid. Discard any fibrous solids.
5. Stir in cashew milk and season with salt and white pepper. Taste and adjust. Refrigerate for at least 4 hours or overnight until thoroughly chilled.
6. Serve cold in bowls, topped with a generous pinch of minced chives and a crack of white pepper.

32. Easy Korean Bean Paste Soup (20 Minutes)

5 min Serves 4

INGREDIENTS

3 1/2 cups water (or homemade kombu-mushroom dashi)

3 tablespoons doenjang (Korean fermented soybean paste)

1 tablespoon garlic, minced

1/2 tablespoon vegan dashi powder (kombu or mushroom-based, e.g., Kombu Dashi)

1/2 tablespoon gochujang (Korean hot pepper paste)

1 medium zucchini, cut into 1/2-inch cubes

1 medium potato, peeled and cut into 1/2-inch cubes

4 oz (115 g) fresh mushrooms, quartered

1 medium onion, roughly chopped

1 (12 oz) package soft tofu, cut into 1-inch cubes

INSTRUCTIONS

1. Bring water (or kombu dashi) to a boil in a medium pot over high heat. Whisk in doenjang and vegan dashi powder until dissolved.
2. Add garlic, gochujang, potato, and onion. Reduce heat to medium and cook 7 minutes until potato begins to soften.
3. Add zucchini and mushrooms and continue cooking 5 minutes until all vegetables are just tender.
4. Gently slide in tofu cubes and simmer 3 minutes without stirring vigorously to keep tofu intact.
5. Taste and adjust saltiness with a little more doenjang if needed. Serve immediately in bowls with steamed rice.

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

5 min Serves 2

INGREDIENTS

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

200 ml (3/4 cup) unsweetened soy milk

3 tablespoons vegan mentsuyu (3x concentrate)

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

1 tablespoon ground sesame seeds

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

2 green onions, finely sliced

1 tablespoon roasted sesame seeds

INSTRUCTIONS

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

34. Best Instant Pot Vegetarian Stew (One-Pot)

15 min Serves 4

INGREDIENTS

1 leek, halved lengthwise and sliced (white and light green parts)

2 portabella mushroom caps, diced

1 teaspoon canola oil

6 carrots, peeled and sliced into 1/2-inch rounds

3 russet potatoes, peeled and cut into 1-inch cubes

2 celery ribs, sliced

1 cup frozen peas

1 (8-ounce) package seitan, sliced

4 cups water

1 teaspoon herbes de Provence

1 teaspoon soy sauce or tamari

1/2 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons all-purpose flour dissolved in 2 tablespoons cold water

INSTRUCTIONS

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

35. Easy Veggie Wonton Soup with Tofu

25 min Serves 4

INGREDIENTS

12 vegan wonton wrappers (egg-free)
10 oz (283 g) firm tofu, finely crumbled
1 1/2 cups cremini or shiitake mushrooms, finely chopped
8 oz (226 g) water chestnuts, finely diced
4 green onions, thinly sliced (whites for filling, greens for garnish)
1 teaspoon sesame oil
1 tablespoon soy sauce (for filling)
1/2 teaspoon fresh ginger, grated
Salt and white pepper to taste
6 cups vegetable broth
1 tablespoon soy sauce (for broth)
1 tablespoon cornstarch dissolved in 2 tablespoons cold water (optional, to thicken broth)

INSTRUCTIONS

1. Make the filling: Combine crumbled tofu, mushrooms, water chestnuts, green onion whites, sesame oil, 1 tablespoon soy sauce, and ginger. Season with salt and white pepper. Mix thoroughly.
2. Fill wontons: Place 1 heaped teaspoon of filling in the center of each wonton wrapper. Moisten the edges with water, fold into a triangle, press to seal, then bring the two bottom corners together and pinch firmly. Repeat for all 12.
3. Bring a medium pot of water to a boil. Cook wontons in two batches for 4–5 minutes each until they float and the wrappers are translucent. Remove with a slotted spoon and set aside.
4. In a separate large saucepan, bring vegetable broth to a simmer over medium heat. Add 1 tablespoon soy sauce. If a thicker broth is desired, stir in the cornstarch slurry and simmer 2 minutes until slightly thickened.
5. Divide cooked wontons among 4 bowls. Ladle hot broth over the wontons and garnish with sliced green onion tops. Serve immediately.

36. Best Meatless Minestrone (Meal-Prep Ready)

20 min Serves 25

INGREDIENTS

3 quarts (12 cups) water
12 vegan vegetable bouillon cubes
2 bay leaves
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme
4 medium russet potatoes, peeled and cut into 1-inch cubes
4 large carrots, peeled and sliced
4 stalks celery, sliced
2 cups shredded green cabbage
1 (28-ounce) can diced tomatoes
1 (15-ounce) can corn, drained
1 (15-ounce) can peas, drained
1 (15-ounce) can lima beans, drained and rinsed
1 (15-ounce) can kidney beans, drained and rinsed
1 cup pearl barley or small pasta (such as ditalini)
1 teaspoon salt, or to taste
1/2 teaspoon black pepper

INSTRUCTIONS

1. Tie bay leaves, oregano, and thyme in a square of cheesecloth to form an herb pouch; secure with kitchen twine. In a large pot (at least 10-quart), combine water and bouillon cubes and bring to a boil over high heat, stirring until cubes dissolve.
2. Add potatoes, carrots, celery, and cabbage to the pot along with the herb pouch. Return to a boil, then reduce heat to medium and simmer 20 minutes.
3. Stir in diced tomatoes, corn, peas, lima beans, kidney beans, and barley (or pasta). Bring back to a simmer.
4. Cook uncovered for 30–35 minutes, stirring occasionally, until barley is tender and potatoes are fully cooked through. If using pasta, add it in the last 12 minutes to avoid overcooking.
5. Remove and discard the herb pouch. Season with salt and pepper to taste. Ladle into bowls or cool completely before portioning into airtight containers.
6. Refrigerate for up to 4 days or freeze in individual portions for up to 3 months. Reheat on the stovetop over medium heat, adding a splash of water if needed.

37. Easy Vegan Mushroom Kale Soup (30 Min)

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 medium onion, diced
3 cloves garlic, minced
2 medium russet potatoes, peeled and diced (about 2 cups)
2 medium carrots, diced
3 stalks celery, diced
48 oz (1.5 litres) vegetable broth
225g (8 oz) sliced mushrooms, divided (half for blending, half added whole)
2 teaspoons salt
2 teaspoons herbes de Provence
1 teaspoon ground black pepper
1 bay leaf
2 cups chopped kale, tough stems removed

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat; add onion and cook 3–4 minutes until softened, then add garlic and cook 1 minute more.
2. Add potatoes, carrots, celery, half the mushrooms, vegetable broth, salt, herbes de Provence, pepper, and bay leaf; bring to a boil, then reduce heat and simmer 15–18 minutes until potatoes and carrots are completely tender.
3. Remove bay leaf; use an immersion blender to partially blend the soup until creamy but still chunky — or transfer half to a blender, blend smooth, and stir back in.
4. Add the remaining mushrooms and kale; simmer over medium heat for 4–5 minutes until mushrooms are cooked through and kale is wilted and tender.
5. Taste, adjust salt and pepper, and ladle into bowls.

38. Quick Enoki Mushroom Miso Soup (10 Min)

5 min Serves 2

INGREDIENTS

1000ml water
1/2 teaspoon vegan kombu dashi powder (or 1 strip dried kombu, simmered and removed)
100g enoki mushrooms, root ends trimmed and clusters separated
150g firm tofu, cut into 1/2-inch cubes
1 tablespoon dried wakame seaweed
3 tablespoons white miso paste (or red miso for a stronger flavor)
2 green onions, thinly sliced, for serving

INSTRUCTIONS

1. Bring water to a gentle simmer in a medium saucepan over medium heat. Stir in vegan kombu dashi powder until dissolved.
2. Add enoki mushrooms and simmer for 2–3 minutes until just tender.
3. Add tofu cubes and dried wakame; simmer for 1–2 more minutes until wakame has rehydrated and expanded.
4. Remove pot from heat. Place miso paste in a small sieve or ladle, submerge in the broth, and whisk until miso is fully dissolved into the soup – never boil miso as it destroys flavor and beneficial enzymes.
5. Ladle into bowls, top with sliced green onions, and serve immediately.

39. Best Three-Meal Vegan Chili (Make-Ahead)

15 min Serves 6

INGREDIENTS

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

INSTRUCTIONS

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

40. Nourishing Miso Stew with Quinoa (Easy)

10 min Serves 2

INGREDIENTS

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

INSTRUCTIONS

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

41. Perfect Homemade Miso Soup (5 Minutes)

5 min Serves 4

INGREDIENTS

6 cups cold water
One 12-inch (30cm) piece of dried kombu
2 tablespoons brown miso paste
2 tablespoons white miso paste
6 oz (170g) silken tofu, cut into 1/2-inch cubes
2 scallions, white and green parts, thinly sliced on the diagonal
2 tablespoons mirin (sweetened rice wine), optional
2 teaspoons dried wakame seaweed, rehydrated in cold water (optional)

INSTRUCTIONS

1. Make vegan dashi: combine cold water and kombu in a medium saucepan. Let soak for 30 minutes (or up to overnight in the refrigerator). Bring to a gentle simmer over medium-low heat – do not boil. Just before it reaches a boil, remove kombu with tongs and discard. You now have about 4–5 cups of vegan dashi.
2. Keep the dashi at a low simmer. If using mirin, stir it in now.
3. Place miso pastes in a small bowl. Ladle about 1/4 cup of hot dashi into the bowl and whisk until the miso is fully dissolved with no lumps. Pour the mixture back into the pot. Do not boil the soup after adding miso or the flavor will dull.
4. Gently add silken tofu cubes and rehydrated wakame (if using). Warm over low heat for 2 minutes until tofu is heated through.
5. Ladle into bowls, top with sliced scallions, and serve immediately.

42. Easy Hot & Sour Tofu Soup (Ready in 30 Minutes)

10 min Serves 4

INGREDIENTS

3 tablespoons vegetable oil
3/4 cup red bell pepper, cut into julienne strips
1 1/2 cups green onions, chopped
2 cups vegetable stock
2 cups water
2 tablespoons soy sauce
3 tablespoons rice vinegar or red wine vinegar
1/2 teaspoon crushed red pepper flakes
2 tablespoons cornstarch dissolved in 3
tablespoons cold water
1 teaspoon sesame oil
8 oz (225 g) snow peas, fresh or frozen
1 lb firm tofu, drained and cut into 1/2-inch cubes
1 (8 oz) can sliced water chestnuts, drained
Salt and black pepper to taste

INSTRUCTIONS

1. Heat vegetable oil in a large pot over medium-high heat. Add red bell pepper and green onions and saute 2-3 minutes until slightly softened.
2. Pour in vegetable stock and water. Add soy sauce, vinegar, and red pepper flakes. Bring to a boil over high heat.
3. Add tofu, snow peas, and water chestnuts. Reduce heat to medium and simmer 5 minutes.
4. Stir the cornstarch-water slurry to recombine, then pour slowly into the simmering soup while stirring constantly. Cook 2-3 minutes until the broth thickens.
5. Remove from heat, stir in sesame oil, and season with salt and black pepper to taste. Serve immediately.

43. Best Vegan Tofu Bean Chili (One-Pot Wonder)

15 min Serves 6

INGREDIENTS

120 ml (8 tablespoons) olive oil
4 medium onions, diced
2 green bell peppers, diced
2 red bell peppers, diced
4 garlic cloves, smashed and minced
14 oz (400 g) firm tofu, pressed and crumbled
1 (15 oz / 425 g) can diced plum tomatoes
4 (15 oz / 425 g) cans black beans, drained and rinsed
1 cup (240 ml) vegetable broth
10 g (1½ teaspoons) ground black pepper
4 g (1 teaspoon) ground cumin
15 g (2 tablespoons) chili powder
9 g (1 tablespoon) dried oregano
30 ml (2 tablespoons) white vinegar
15 ml (1 tablespoon) hot sauce (such as Tabasco)

INSTRUCTIONS

1. Heat olive oil in a large heavy pot or Dutch oven over medium-high heat. Add onions and bell peppers and cook for 6-8 minutes, stirring occasionally, until softened and beginning to brown. Add garlic and cook 1 minute more.
2. Add crumbled tofu and cook, stirring, for 3-4 minutes until lightly browned.
3. Stir in canned tomatoes, black beans, and vegetable broth. Add black pepper, cumin, chili powder, and oregano. Stir to combine.
4. Bring to a boil, then reduce heat to low, cover, and simmer for 35-40 minutes, stirring occasionally, until chili has thickened and flavors have melded. Alternatively, transfer to a slow cooker and cook on low for 6-8 hours.
5. Stir in white vinegar and hot sauce. Taste and adjust seasoning. Serve hot with rice, cornbread, or your preferred accompaniments.

44. Silky Roasted Garlic Zucchini Quinoa Soup

20 min Serves 4

INGREDIENTS

2 heads garlic
3 teaspoons olive oil, divided (1 teaspoon for garlic, 2 teaspoons for sauteing)
1 medium onion, diced
3 cups zucchini, diced (about 2 medium zucchini)
1/2 cup quinoa, rinsed
4 cups water
2 tablespoons Better Than Bouillon vegetable base
1 (12.3 oz) box silken tofu
Juice of 2 medium lemons (about 6 tablespoons)
2 teaspoons dried dill
2 teaspoons fine salt
1 teaspoon white pepper

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Slice the top quarter off both heads of garlic to expose the cloves. Drizzle 1 teaspoon olive oil over the exposed cloves, wrap tightly in foil, and roast for 40 to 45 minutes until the cloves are golden, soft, and caramelized. Remove and let cool enough to handle, then squeeze the cloves out of the skins.
2. While the garlic roasts, heat the remaining 2 teaspoons olive oil in a large pot over medium heat. Add the onion and cook for 5 minutes until softened. Add the zucchini and cook for another 3 minutes.
3. Add the rinsed quinoa, water, vegetable base, dill, salt, and white pepper to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes until the quinoa is fully cooked and the zucchini is tender.
4. Remove from heat. Add the roasted garlic cloves and the silken tofu (broken into chunks) to the pot. Use an immersion blender to blend until completely smooth and creamy, or carefully transfer in batches to a countertop blender with the lid vented.
5. Stir in the lemon juice. Taste and adjust salt, white pepper, and lemon as needed. Reheat gently over low heat if needed before serving.

45. Creamy Vegan Curry Coconut Lentil Soup

15 min Serves 4

INGREDIENTS

1 tablespoon unrefined virgin coconut oil
1 medium red onion, chopped
2 large red or orange bell peppers, thinly sliced
1 tablespoon hot Madras curry powder
5 1/2 cups vegetable broth
3/4 cup dry black beluga lentils, rinsed
2 teaspoons grated fresh ginger
1 (13.5 oz) can light coconut milk
5 oz fresh baby kale
2 tablespoons fresh lime juice
1/4 teaspoon sea salt, or to taste
2 tablespoons sliced almonds, toasted
1/3 cup fresh cilantro leaves

INSTRUCTIONS

1. Heat coconut oil in a large pot over medium heat. Add onion and bell peppers, cook for 5–6 minutes until softened. Stir in curry powder and grated ginger, cook for 1 minute until fragrant.
2. Add vegetable broth and rinsed lentils. Bring to a boil, then reduce heat to a simmer. Cook uncovered for 25–30 minutes until lentils are tender but still hold their shape.
3. Stir in coconut milk and baby kale. Simmer for 5 minutes until kale is wilted and soup is heated through.
4. Remove from heat. Stir in lime juice and season with sea salt to taste.
5. Ladle into bowls and top each serving with toasted almonds and fresh cilantro.

46. Quick Vegan Black & White Bean Soup

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 onion, chopped
1 celery rib, chopped
1 tablespoon crushed garlic
1 teaspoon dried thyme
1 teaspoon ground cumin
1/2 teaspoon dried sage
1 (14.5 ounce) can black beans, drained and rinsed
1 (14.5 ounce) can white beans (cannellini or Great Northern), drained and rinsed
8 cups low-sodium vegetable broth
Salt and black pepper to taste

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, celery, garlic, and thyme. Cook, stirring occasionally, until vegetables are softened, about 6 minutes.
2. Stir in cumin and sage; cook 1 minute until fragrant.
3. Add black beans and 4 cups of broth. Use an immersion blender or a fork to partially mash some of the black beans directly in the pot to create a creamy base, leaving some whole.
4. Add white beans and remaining 4 cups of broth. Stir to combine and bring to a boil over medium-high heat.
5. Reduce heat to medium-low and simmer uncovered for 20–25 minutes until soup is slightly thickened. Taste and season with salt and black pepper. Serve hot.

47. Best Tempeh-Chili Burritos (Quick Dinner)

15 min Serves 6

INGREDIENTS

FILLING:

1 package (8 oz) tempeh

12 oz cremini or button mushrooms, roughly chopped (about 3 cups)

2 medium onions, diced (about 2 cups)

3 cloves garlic, minced

2 tablespoons olive oil

2 teaspoons chili powder

2 teaspoons ground cumin

1 teaspoon dried oregano

1 can (14 oz) diced tomatoes with chiles

2 teaspoons fresh lime juice

Salt to taste

SALSA:

1 can (15 oz) black beans, rinsed and drained

1/2 cucumber, diced (about 1 cup)

1/2 avocado, diced (about 1/2 cup)

1/2 cup fresh cilantro, chopped

2 tablespoons fresh lime juice

Salt to taste

TO SERVE:

6 large whole-wheat tortillas (10-inch)

INSTRUCTIONS

1. Steam tempeh: place in a steamer basket over boiling water and steam 10 minutes to remove bitterness. Let cool slightly, then crumble into small pieces by hand or with a fork.
2. Heat olive oil in a large 12-inch skillet over medium-high heat. Add onions and cook 5 minutes until softened. Add garlic, chili powder, cumin, and oregano and stir 1 minute. Add mushrooms and crumbled tempeh and cook 5 minutes, stirring occasionally, until mushrooms are tender.
3. Pour in diced tomatoes with chiles and 2 teaspoons lime juice. Stir to combine, reduce heat to medium-low, and simmer uncovered 25–30 minutes until sauce is thick and almost dry. Season with salt.
4. While filling simmers, make the salsa: combine black beans, cucumber, avocado, cilantro, and 2 tablespoons lime juice in a bowl. Season with salt and toss gently.
5. Warm tortillas one at a time in a dry skillet over medium heat, 30 seconds per side. Spoon filling down the center of each tortilla, top with salsa, fold in sides, and roll tightly. Serve immediately.

Looking for More?

This is one of 27 free guides in the VeganPreps PDF Vault.
Browse meal plans, cheat sheets, printable planners, and
more.

[Browse All 27 Free Guides](#)



Scan to open on your phone

VeganPreps

veganpreps.com