

30-Day High-Protein Vegan Meal Plan

100g+ protein every day for a full month – no protein
powder needed

VeganPreps

How This Plan Works

This plan delivers 100g+ of protein every day from whole plant foods. No protein powder, no supplements, no expensive specialty products. Just real food, properly combined, with full macro breakdowns so you can track everything.

Protein Science Basics

- You do not need to combine proteins at every meal. Eat a variety throughout the day and your body handles the rest.
- The RDA is 0.8g per kg of bodyweight. For active people and muscle building, aim for 1.2–1.6g per kg.
- Plant proteins are absorbed slightly less efficiently than animal proteins. This plan accounts for that by targeting 100–120g daily.
- Complete protein sources in this plan: soy (tofu, tempeh, edamame), quinoa, and buckwheat.

What You Get

- 4 weeks of meal plans with full macro breakdown (calories, protein, carbs, fat)
- Weekly grocery lists organized by store section
- Weekly prep schedules to batch-cook protein sources
- A protein sources reference table with grams per serving
- Weekly protein totals summary

For the full recipe collection with step-by-step instructions, visit veganpreps.com.

Top 10 Vegan Protein Sources

Grams of protein per standard serving. Build every meal around these.

FOOD (SERVING SIZE)	PROTEIN	NOTES
Seitan (3.5 oz / 100g)	~75g	Most protein-dense plant food. Made from wheat gluten.
Tempeh (1 cup / 166g)	~31g	Fermented soybeans. Firm texture, nutty flavor.
Firm Tofu (1/2 block / 200g)	~22g	Press before cooking for best texture.
Edamame (1 cup shelled)	~18g	Complete protein. Great as snack or in bowls.
Lentils (1 cup cooked)	~18g	Red lentils cook in 15 min. Green/brown hold shape better.
Black Beans (1 cup cooked)	~15g	Canned is fine. Rinse to reduce sodium.
Chickpeas (1 cup cooked)	~15g	Versatile: curries, salads, roasted snacks, hummus.
Quinoa (1 cup cooked)	~8g	Complete protein. Use like rice in any dish.
Peanut Butter (2 tbsp)	~8g	Also high in fat. Good for calorie-dense meals.
Oats (1 cup cooked)	~6g	Not high alone, but adds up with toppings.

■ 15g+ per serving ■ 6-14g per serving

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 1: Foundation

Building your protein base with tofu, lentils, beans, and chickpeas. Target: 100g+/day. Format: Calories / Protein / Carbs / Fat.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
Mon	Tofu Scramble with Spinach & Toast (200g tofu, 2 cups spinach, 1 slice bread) ~380 / ~28gP / ~22gC / ~18gF	Lentil Soup with Whole Grain Bread (1.5 cups soup, 1 slice bread) ~400 / ~24gP / ~50gC / ~8gF	Chickpea Curry with Brown Rice (1 cup curry, 3/4 cup rice) ~520 / ~22gP / ~62gC / ~16gF	Edamame (1 cup shelled, with sea salt) ~190 / ~18gP	~1490 ~92g
Tue	PB Oat Porridge with Hemp Seeds (1/2 cup oats, 1 tbsp PB, 2 tbsp hemp seeds) ~440 / ~20gP / ~52gC / ~16gF	Black Bean & Quinoa Bowl (1/2 cup beans, 3/4 cup quinoa, veggies) ~460 / ~22gP / ~54gC / ~14gF	Tempeh Stir-Fry with Rice Noodles (150g tempeh, 200g noodles, veggies) ~480 / ~32gP / ~40gC / ~18gF	Hummus + Veggies + Pita (3 tbsp hummus, veggies, 1 pita) ~220 / ~10gP	~1600 ~84g
Wed	Chickpea Flour Pancakes (1/2 cup besan flour, 2 pancakes) ~360 / ~20gP / ~38gC / ~14gF	Tofu & Vegetable Wrap (150g tofu, 1 tortilla, mixed veggies) ~420 / ~24gP / ~36gC / ~18gF	Three-Bean Chili with Cornbread (1 cup chili, 1 piece cornbread) ~540 / ~28gP / ~60gC / ~14gF	PB Banana + Handful of Almonds (1 banana, 1 tbsp PB, 10 almonds) ~340 / ~14gP	~1660 ~86g
Thu	Tofu Scramble with Black Beans (200g tofu, 1/2 cup beans) ~420 / ~32gP / ~24gC / ~20gF	Leftover Three-Bean Chili + Rice (1 cup chili, 3/4 cup rice) ~520 / ~26gP / ~58gC / ~12gF	Lentil Pasta with Marinara (200g lentil pasta, 1/2 cup marinara) ~460 / ~24gP / ~56gC / ~10gF	Edamame (1 cup shelled, splash of soy sauce) ~190 / ~18gP	~1590 ~100g
Fri	PB & Banana Protein Smoothie (1 banana, 2 tbsp PB, 1 cup soy milk) ~380 / ~22gP / ~46gC / ~12gF	Chickpea Salad Sandwich (1/2 cup chickpeas, 2 slices bread) ~440 / ~20gP / ~42gC / ~18gF	Tofu Curry with Quinoa (200g tofu, curry sauce, 3/4 cup quinoa) ~500 / ~28gP / ~48gC / ~20gF	Roasted Chickpeas (1/2 cup, with spices) ~200 / ~10gP	~1520 ~80g
Sat	Tempeh Bacon & Avocado Toast (100g tempeh, 1/4 avocado, 1 slice bread)	Lentil & Vegetable Soup + Bread (1.5 cups soup, 1 slice bread) <small>veganpreps.com</small>	Seitan Stir-Fry with Brown Rice (100g seitan, mixed veg, 3/4 cup rice)	Trail Mix (30g nuts + seeds + edamame) ~280 / ~12gP	~1580 ~100g

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
	~420 / ~26gP / ~30gC / ~22gF	~400 / ~22gP / ~48gC / ~8gF	~480 / ~40gP / ~42gC / ~16gF		
Sun	Oat Porridge with PB, Banana & Hemp (1/2 cup oats, 1 tbsp PB, 1 banana, 2 tbsp hemp) ~450 / ~20gP / ~54gC / ~16gF	Black Bean Burrito with Tofu Crumble (1/2 cup beans, 100g tofu, 1 tortilla) ~520 / ~28gP / ~52gC / ~18gF	Red Lentil Dal with Rice & Chickpeas (1 cup dal, 1/2 cup rice, 1/4 cup chickpeas) ~480 / ~26gP / ~58gC / ~12gF	Edamame + Hummus (1/2 cup edamame, 3 tbsp hummus) ~240 / ~16gP	~1690 ~90g

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 1 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|--|--|
| <input type="checkbox"/> Spinach (1 large bag) | <input type="checkbox"/> Avocado (1) |
| <input type="checkbox"/> Mushrooms (8 oz) | <input type="checkbox"/> Carrots (1 lb bag) |
| <input type="checkbox"/> Bell peppers (3) | <input type="checkbox"/> Broccoli (1 large head) |
| <input type="checkbox"/> Onions (3 lb bag) | <input type="checkbox"/> Sweet potatoes (2) |
| <input type="checkbox"/> Garlic (1 head) | <input type="checkbox"/> Lemons (2) |
| <input type="checkbox"/> Bananas (5) | <input type="checkbox"/> Fresh ginger (1 knob) |
| <input type="checkbox"/> Apples (2) | |

GRAINS & BREAD

- | | |
|---|--|
| <input type="checkbox"/> Brown rice (2 lb bag) | <input type="checkbox"/> Whole grain bread (1 loaf) |
| <input type="checkbox"/> Quinoa (1 lb bag) | <input type="checkbox"/> Flour tortillas (pack of 8) |
| <input type="checkbox"/> Lentil or whole grain pasta (1 lb box) | <input type="checkbox"/> Cornbread mix (1 box) |

BEANS & PROTEIN

- | | |
|--|--|
| <input type="checkbox"/> Firm tofu (3 blocks) | <input type="checkbox"/> Canned kidney beans (2 cans) |
| <input type="checkbox"/> Tempeh (2 packages) | <input type="checkbox"/> Peanut butter - natural (16 oz) |
| <input type="checkbox"/> Frozen edamame - shelled (2 bags) | <input type="checkbox"/> Almonds (8 oz bag) |
| <input type="checkbox"/> Dry red lentils (2 lb bag) | <input type="checkbox"/> Hemp seeds (small bag) |
| <input type="checkbox"/> Canned black beans (3 cans) | <input type="checkbox"/> Hummus (1 container) |
| <input type="checkbox"/> Canned chickpeas (3 cans) | |

CANNED & PANTRY

- | | |
|---|--|
| <input type="checkbox"/> Vegetable broth (3 cartons, 32 oz) | <input type="checkbox"/> Coconut milk (2 cans) |
| <input type="checkbox"/> Canned diced tomatoes (3 cans) | <input type="checkbox"/> Curry powder |

- Soy sauce
- Marinara sauce (1 jar)
- Salsa (1 jar)
- Olive oil
- Chia seeds (1 small bag)

OTHER

- Plant milk - soy (half gallon)
- Soy yogurt (2 containers)

Week 1 Prep Schedule

Prep protein sources in advance to hit 100g+ daily without stress.

STEP 1 (15 MIN)

Press and bake a block of tofu

Press 20 min, cube, toss with soy sauce, bake at 400F for 25 min. Use in bowls and wraps all week.

STEP 2 (20 MIN)

Cook a large pot of lentil soup

Red lentils + onion + carrot + broth + cumin. Makes 6+ servings. Monday lunch + more throughout the week.

STEP 3 (15 MIN)

Cook brown rice and quinoa

2 cups rice, 1.5 cups quinoa. Store separately. Use for curries, bowls, burritos.

STEP 4 (10 MIN)

Prep edamame and chickpeas

Boil edamame, drain and salt. Drain and rinse canned chickpeas. Portion for snacks.

STEP 5 (10 MIN)

Make three-bean chili base

Wednesday dinner. Brown onion, add beans, tomatoes, chili powder. Simmer 20 min. Reheat Thu.

Week 2: Level Up

Adding tempeh and seitan for higher protein density. Target: 100g+/day. Format: Calories / Protein / Carbs / Fat.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
Mon	Tofu Scramble with Mushrooms & Toast (200g tofu, 1 cup mushrooms, 1 slice bread) ~390 / ~28gP / ~24gC / ~18gF	Tempeh Bowl with Quinoa & Greens (150g tempeh, 3/4 cup quinoa, greens) ~480 / ~32gP / ~42gC / ~18gF	Lentil & Chickpea Stew (1.5 cups, lentils + chickpeas + veg) ~440 / ~24gP / ~52gC / ~10gF	PB on Whole Grain Toast (2 slices bread, 1 tbsp PB each) ~280 / ~12gP	~1590 ~96g
Tue	Chickpea Flour Omelette with Vegetables (1/2 cup besan, mixed veggies) ~370 / ~22gP / ~34gC / ~16gF	Black Bean Soup with Bread (1.5 cups soup, 1 slice bread) ~420 / ~22gP / ~50gC / ~10gF	Seitan & Broccoli with Rice (100g seitan, 2 cups broccoli, 3/4 cup rice) ~480 / ~42gP / ~40gC / ~14gF	Edamame (1 cup shelled, with sea salt) ~190 / ~18gP	~1460 ~104g
Wed	PB Banana Oat Smoothie + Hemp Seeds (1 banana, 1 tbsp PB, 1/3 cup oats, 2 tbsp hemp) ~420 / ~22gP / ~50gC / ~14gF	Chickpea & Quinoa Salad (1/2 cup chickpeas, 3/4 cup quinoa, veggies) ~440 / ~20gP / ~48gC / ~16gF	Tempeh Tacos with Black Beans (120g tempeh, 1/3 cup beans, 2 tortillas) ~500 / ~34gP / ~42gC / ~18gF	Roasted Chickpeas + Almonds (1/3 cup chickpeas, 10 almonds) ~260 / ~14gP	~1620 ~90g
Thu	Tofu Scramble with Beans & Salsa (200g tofu, 1/3 cup beans, salsa) ~420 / ~30gP / ~28gC / ~20gF	Leftover Tempeh Taco Bowl + Rice (taco filling, 3/4 cup rice) ~480 / ~30gP / ~48gC / ~16gF	Lentil Pasta with White Bean Sauce (200g pasta, 1/2 cup white bean sauce) ~480 / ~26gP / ~56gC / ~12gF	Soy Yogurt with Walnuts (1/2 cup yogurt, 6 walnut halves) ~220 / ~12gP	~1600 ~98g
Fri	Oat Porridge with PB & Chia Seeds (1/2 cup oats, 1 tbsp PB, 1 tbsp chia) ~420 / ~18gP / ~52gC / ~16gF	Tofu Banh Mi Sandwich (150g tofu, baguette, pickled veg, sriracha) ~440 / ~24gP / ~38gC / ~18gF	Bean & Sweet Potato Chili + Quinoa (1 cup chili, 1/2 cup quinoa) ~520 / ~26gP / ~58gC / ~14gF	Edamame + Trail Mix (1/2 cup edamame, 20g trail mix) ~280 / ~18gP	~1660 ~86g

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
Sat	Tempeh Scramble with Peppers (150g tempeh, 1 bell pepper, onion) ~400 / ~30gP / ~22gC / ~20gF	Lentil Soup with Chickpea Croutons (1.5 cups soup, roasted chickpea topping) ~420 / ~24gP / ~48gC / ~12gF	Seitan Kebab Bowl with Hummus & Rice (100g seitan, 3 tbsp hummus, 3/4 cup rice) ~520 / ~42gP / ~46gC / ~18gF	PB + Apple Slices (1 apple, 1.5 tbsp PB) ~260 / ~10gP	~1600 ~106g
Sun	Chickpea Flour Pancakes with Avocado (1/2 cup besan, 1/4 avocado) ~400 / ~20gP / ~36gC / ~20gF	Tofu & Black Bean Burrito (150g tofu, 1/3 cup beans, 1 tortilla) ~500 / ~28gP / ~48gC / ~18gF	Tempeh Curry with Brown Rice (150g tempeh, curry sauce, 3/4 cup rice) ~480 / ~30gP / ~46gC / ~18gF	Edamame + Hummus (1 cup edamame, 2 tbsp hummus) ~260 / ~20gP	~1640 ~98g

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 2 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> Bell peppers (4) | <input type="checkbox"/> Avocado (1) |
| <input type="checkbox"/> Onions (2 lbs) | <input type="checkbox"/> Lettuce (1 head) |
| <input type="checkbox"/> Garlic (1 head) | <input type="checkbox"/> Tomatoes (3) |
| <input type="checkbox"/> Mushrooms (8 oz) | <input type="checkbox"/> Carrots (1 lb) |
| <input type="checkbox"/> Broccoli (1 head) | <input type="checkbox"/> Lemons (2) |
| <input type="checkbox"/> Sweet potatoes (2) | <input type="checkbox"/> Fresh ginger (1 knob) |
| <input type="checkbox"/> Bananas (4) | <input type="checkbox"/> Cilantro (1 bunch) |
| <input type="checkbox"/> Apples (2) | |

GRAINS & BREAD

- | | |
|--|--|
| <input type="checkbox"/> Brown rice (if running low) | <input type="checkbox"/> Flour tortillas (pack of 8) |
| <input type="checkbox"/> Quinoa (if running low) | <input type="checkbox"/> Taco shells (1 box) |
| <input type="checkbox"/> Lentil pasta (1 lb box) | <input type="checkbox"/> Pita bread (1 pack) |
| <input type="checkbox"/> Whole grain bread (1 loaf) | <input type="checkbox"/> Rice cakes (1 pack) |

BEANS & PROTEIN

- | | |
|--|---|
| <input type="checkbox"/> Firm tofu (2 blocks) | <input type="checkbox"/> Canned chickpeas (2 cans) |
| <input type="checkbox"/> Tempeh (2 packages) | <input type="checkbox"/> Canned white beans (2 cans) |
| <input type="checkbox"/> Seitan (2 packages or homemade batch) | <input type="checkbox"/> Peanut butter (if running low) |
| <input type="checkbox"/> Frozen edamame (2 bags) | <input type="checkbox"/> Walnuts (8 oz bag) |
| <input type="checkbox"/> Dry red lentils (if running low) | <input type="checkbox"/> Hummus (1 container) |
| <input type="checkbox"/> Canned black beans (3 cans) | |

CANNED & PANTRY

- Vegetable broth (2 cartons)
- Canned diced tomatoes (2 cans)
- Coconut milk (1 can)
- Curry powder
- Soy sauce

- Tahini (1 jar)
- Rice vinegar
- Chili powder
- Cumin
- Smoked paprika

OTHER

- Plant milk – soy (half gallon)

- Soy yogurt (2 containers)

Week 2 Prep Schedule

Prep protein sources in advance to hit 100g+ daily without stress.

STEP 1 (15 MIN)

Marinate and bake tempeh

Slice tempeh, marinate in soy sauce + maple + smoked paprika. Bake 20 min. Use Mon, Wed, Sun.

STEP 2 (15 MIN)

Make a batch of seitan

Vital wheat gluten + broth + soy sauce. Knead, simmer 45 min. Slice for stir-fries and bowls.

STEP 3 (15 MIN)

Cook grains for the week

Brown rice + quinoa. Portion into containers.

STEP 4 (15 MIN)

Prep bean chili

Friday dinner base. Beans + sweet potato + diced tomatoes + chili powder. Simmer and store.

STEP 5 (10 MIN)

Roast chickpeas for snacking

Drain, pat dry, toss with olive oil + cumin + paprika. Bake at 400F for 30 min until crunchy.

Week 3: Full Arsenal

International flavors with peak protein variety. Target: 100g+/day. Format: Calories / Protein / Carbs / Fat.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
Mon	Tofu Scramble with Tempeh Strips (150g tofu, 80g tempeh, veggies) ~440 / ~36gP / ~18gC / ~24gF	Lentil & Quinoa Bowl with Tahini (1/2 cup lentils, 1/2 cup quinoa, 1 tbsp tahini) ~460 / ~22gP / ~52gC / ~16gF	Chickpea Tikka Masala with Rice (1 cup tikka, 3/4 cup rice) ~500 / ~22gP / ~58gC / ~18gF	Edamame + Roasted Chickpeas (1/2 cup each) ~260 / ~20gP	~1660 ~100g
Tue	PB & Hemp Oat Porridge (1/2 cup oats, 1 tbsp PB, 2 tbsp hemp seeds) ~440 / ~22gP / ~50gC / ~16gF	Seitan & Vegetable Wrap (100g seitan, 1 tortilla, mixed veggies) ~460 / ~36gP / ~34gC / ~16gF	Black Bean & Tofu Enchiladas (2 tortillas, 1/3 cup beans, 100g tofu, sauce) ~520 / ~28gP / ~48gC / ~20gF	Soy Yogurt with Seeds (1/2 cup yogurt, 1 tbsp mixed seeds) ~200 / ~14gP	~1620 ~100g
Wed	Chickpea Flour Scramble on Toast (1/2 cup besan, veggies, 1 slice bread) ~380 / ~22gP / ~36gC / ~16gF	Tempeh & Bean Chili (120g tempeh, 1/2 cup beans, tomato base) ~480 / ~32gP / ~44gC / ~16gF	Tofu Pad Thai (150g tofu, 200g rice noodles, pad thai sauce) ~460 / ~24gP / ~48gC / ~18gF	PB Banana (1 banana, 1.5 tbsp PB) ~300 / ~12gP	~1620 ~90g
Thu	Tofu & Bean Breakfast Burrito (150g tofu, 1/3 cup beans, 1 tortilla) ~460 / ~30gP / ~38gC / ~20gF	Leftover Tofu Pad Thai (1 large bowl, reheated) ~460 / ~24gP / ~48gC / ~18gF	Lentil Bolognese with Pasta (1/2 cup lentil sauce, 200g pasta) ~480 / ~24gP / ~58gC / ~10gF	Edamame (1 cup shelled, with sea salt) ~190 / ~18gP	~1590 ~96g
Fri	Oat Porridge with PB, Banana & Flax (1/2 cup oats, 1 tbsp PB, 1 banana, 1 tbsp flax) ~440 / ~18gP / ~54gC / ~16gF	Chickpea & Tofu Salad Wrap (1/3 cup chickpeas, 100g tofu, 1 tortilla) ~440 / ~26gP / ~36gC / ~18gF	Seitan Stir-Fry with Edamame & Rice (100g seitan, 1/2 cup edamame, 3/4 cup rice) ~500 / ~44gP / ~42gC / ~16gF	Hummus + Pita + Veggies (3 tbsp hummus, 1 pita, veggies) ~240 / ~10gP	~1620 ~98g

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
Sat	Tempeh Bacon & Tofu Scramble (100g tempeh, 150g tofu, veggies) ~460 / ~38gP / ~16gC / ~26gF	Quinoa & Black Bean Bowl (3/4 cup quinoa, 1/2 cup beans, veggies) ~440 / ~20gP / ~52gC / ~14gF	Red Lentil Curry with Chickpeas & Rice (1 cup curry, 1/4 cup chickpeas, 1/2 cup rice) ~520 / ~26gP / ~60gC / ~14gF	Trail Mix + Edamame (20g trail mix, 1/2 cup edamame) ~300 / ~16gP	~1720 ~100g
Sun	Chickpea Pancakes with Avocado & Tofu (2 pancakes, 1/4 avocado, 100g tofu) ~440 / ~28gP / ~34gC / ~22gF	Bean & Lentil Soup + Bread (1.5 cups soup, 1 slice bread) ~420 / ~24gP / ~50gC / ~8gF	Tempeh & Vegetable Fried Rice (120g tempeh, 1 cup rice, mixed veg) ~480 / ~30gP / ~46gC / ~18gF	PB on Rice Cakes + Soy Milk (2 cakes, 1 tbsp PB each, 1 cup soy milk) ~300 / ~16gP	~1640 ~98g

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 3 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> Bell peppers (3) | <input type="checkbox"/> Tomatoes (3) |
| <input type="checkbox"/> Onions (2 lbs) | <input type="checkbox"/> Carrots (1 lb) |
| <input type="checkbox"/> Garlic (1 head) | <input type="checkbox"/> Mixed greens (1 bag) |
| <input type="checkbox"/> Broccoli (1 head) | <input type="checkbox"/> Lemons/limes (3) |
| <input type="checkbox"/> Bean sprouts (1 bag) | <input type="checkbox"/> Fresh ginger (1 knob) |
| <input type="checkbox"/> Bananas (5) | <input type="checkbox"/> Cilantro (1 bunch) |
| <input type="checkbox"/> Avocado (2) | |

GRAINS & BREAD

- | | |
|--|--|
| <input type="checkbox"/> Brown rice (if running low) | <input type="checkbox"/> Whole grain bread (1 loaf) |
| <input type="checkbox"/> Quinoa (if running low) | <input type="checkbox"/> Flour tortillas (pack of 8) |
| <input type="checkbox"/> Lentil pasta (1 lb box) | <input type="checkbox"/> Pita bread (1 pack) |
| <input type="checkbox"/> Rice noodles (1 pack) | <input type="checkbox"/> Rice cakes (1 pack) |

BEANS & PROTEIN

- | | |
|---|---|
| <input type="checkbox"/> Firm tofu (3 blocks) | <input type="checkbox"/> Canned chickpeas (2 cans) |
| <input type="checkbox"/> Tempeh (2 packages) | <input type="checkbox"/> Canned kidney beans (1 can) |
| <input type="checkbox"/> Seitan (2 packages) | <input type="checkbox"/> Peanut butter (if running low) |
| <input type="checkbox"/> Frozen edamame (2 bags) | <input type="checkbox"/> Hummus (1 container) |
| <input type="checkbox"/> Dry red lentils (if running low) | <input type="checkbox"/> Sunflower seeds (small bag) |
| <input type="checkbox"/> Canned black beans (2 cans) | |

CANNED & PANTRY

- | | |
|--|---|
| <input type="checkbox"/> Vegetable broth (2 cartons) | <input type="checkbox"/> Canned diced tomatoes (2 cans) |
|--|---|

- Coconut milk (1 can)
- Curry powder
- Tikka masala paste (1 jar)
- Soy sauce
- Sesame oil
- Tamarind paste or lime juice
- Nutritional yeast

OTHER

- Plant milk - soy (half gallon)
- Soy yogurt (2 containers)
- Trail mix (1 bag)

Week 3 Prep Schedule

Prep protein sources in advance to hit 100g+ daily without stress.

STEP 1 (15 MIN)

Press and cube tofu for the week

3 blocks pressed, cubed, stored. Pan-fry or bake as needed for pad thai, wraps, scrambles.

STEP 2 (15 MIN)

Cook tempeh in two flavors

Batch 1: soy + ginger for stir-fry. Batch 2: smoked paprika for breakfast. Both baked.

STEP 3 (15 MIN)

Cook grains: rice and quinoa

Standard amounts. Used for bowls, fried rice, sides.

STEP 4 (20 MIN)

Make chickpea tikka masala base

Chickpeas + tikka masala paste + coconut milk + diced tomatoes. Monday dinner, reheat as needed.

STEP 5 (10 MIN)

Prep lentil bolognese sauce

Red lentils + marinara + diced onion. Simmer 20 min. Thursday dinner with pasta.

Week 4: Peak Performance

All protein sources combined for consistent 100g+ days. Format: Calories / Protein / Carbs / Fat.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
Mon	Tofu Scramble with Seitan Strips (150g tofu, 80g seitan, veggies) ~460 / ~40gP / ~18gC / ~24gF	Lentil Soup + Chickpea Salad Side (1 cup soup, 1/2 cup chickpea salad) ~440 / ~26gP / ~48gC / ~12gF	Tempeh Curry with Quinoa (150g tempeh, curry sauce, 3/4 cup quinoa) ~500 / ~32gP / ~46gC / ~18gF	Edamame (1 cup) ~190 / ~18gP	~1590 ~116g
Tue	PB & Hemp Protein Smoothie (2 tbsp PB, 2 tbsp hemp, 1 banana, soy milk) ~400 / ~24gP / ~44gC / ~14gF	Seitan Gyro Wrap with Hummus (100g seitan, 3 tbsp hummus, 1 wrap) ~480 / ~38gP / ~36gC / ~18gF	Black Bean & Tofu Chili + Rice (1 cup chili, 3/4 cup rice) ~520 / ~30gP / ~54gC / ~14gF	Roasted Chickpeas (1/2 cup, with spices) ~200 / ~10gP	~1600 ~102g
Wed	Chickpea Flour Omelette + Toast (1/2 cup besan, veggies, 1 slice bread) ~380 / ~22gP / ~36gC / ~16gF	Tempeh & Quinoa Bowl with Greens (150g tempeh, 3/4 cup quinoa, 2 cups greens) ~480 / ~32gP / ~44gC / ~18gF	Lentil & Bean Stew + Bread (1.5 cups stew, 1 slice bread) ~440 / ~24gP / ~52gC / ~10gF	PB + Apple + Almonds (1 apple, 1 tbsp PB, 8 almonds) ~320 / ~14gP	~1620 ~92g
Thu	Tofu & Tempeh Breakfast Hash (150g tofu, 80g tempeh, potatoes) ~460 / ~36gP / ~28gC / ~22gF	Leftover Lentil Bean Stew + Rice (1.5 cups stew, 3/4 cup rice) ~480 / ~24gP / ~56gC / ~12gF	Seitan & Chickpea Stir-Fry + Noodles (100g seitan, 1/3 cup chickpeas, 200g noodles) ~500 / ~42gP / ~42gC / ~16gF	Edamame + Soy Yogurt (1/2 cup edamame, 1/2 cup yogurt) ~260 / ~22gP	~1700 ~124g
Fri	Oat Porridge with PB, Seeds & Banana (1/2 cup oats, 1 tbsp PB, seeds, 1 banana) ~440 / ~20gP / ~54gC / ~16gF	Tofu Wrap with Black Beans & Salsa (150g tofu, 1/3 cup beans, 1 wrap) ~460 / ~26gP / ~40gC / ~18gF	Tempeh Bolognese with Lentil Pasta (120g tempeh, 200g lentil pasta) ~500 / ~36gP / ~48gC / ~16gF	Hummus + Veggies + Edamame (3 tbsp hummus, veggies, 1/3 cup edamame) ~260 / ~16gP	~1660 ~98g
Sat	Tempeh Scramble with Black Beans (150g tempeh, 1/3 cup beans) ~460 / ~36gP / ~28gC / ~22gF	Chickpea Salad Wrap + Side Soup (1/2 cup chickpeas, 1 wrap, 1 cup soup) ~480 / ~24gP / ~56gC / ~12gF	Seitan & Tofu Bowl with Brown Rice (80g seitan, 150g tofu, 3/4 cup rice) ~500 / ~36gP / ~48gC / ~16gF	Trail Mix (nuts, seeds, edamame) ~280 / ~14gP	~1700 ~114g

DAY	BREAKFAST	LUNCH	DINNER	SNACK	TOTALS
	~440 / ~34gP / ~26gC / ~20gF	~460 / ~22gP / ~44gC / ~18gF	~520 / ~44gP / ~40gC / ~18gF		
Sun	Chickpea Pancakes with Tofu Scramble (2 besan pancakes, 150g tofu) ~460 / ~32gP / ~32gC / ~22gF	Bean Burrito with Quinoa & Tempeh (1/3 cup beans, 1/2 cup quinoa, 80g tempeh, 1 tortilla) ~520 / ~34gP / ~48gC / ~18gF	Red Lentil Dal with Rice & Edamame (1 cup dal, 1/2 cup rice, 1/3 cup edamame) ~480 / ~28gP / ~56gC / ~14gF	PB Banana + Soy Milk (1 banana, 1 tbsp PB, 1 cup soy milk) ~340 / ~16gP	~1800 ~110g

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 4 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- Bell peppers (3)
- Onions (2 lbs)
- Garlic (1 head)
- Broccoli (1 head)
- Bananas (5)
- Apples (3)
- Avocado (1)
- Mixed greens (1 bag)
- Tomatoes (3)
- Carrots (1 lb)
- Potatoes (2 lbs)
- Lemons (2)
- Fresh ginger (1 knob)

GRAINS & BREAD

- Brown rice (if running low)
- Quinoa (if running low)
- Lentil pasta (1 lb box)
- Rice noodles (1 pack)
- Whole grain bread (1 loaf)
- Flour tortillas (pack of 8)
- Rice cakes (1 pack)

BEANS & PROTEIN

- Firm tofu (3 blocks)
- Tempeh (2 packages)
- Seitan (2 packages)
- Frozen edamame (2 bags)
- Dry red lentils (if running low)
- Canned black beans (3 cans)
- Canned chickpeas (3 cans)
- Canned kidney beans (1 can)
- Peanut butter (if running low)
- Hummus (1 container)
- Almonds (if running low)
- Hemp seeds (if running low)

CANNED & PANTRY

- Vegetable broth (2 cartons)
- Canned diced tomatoes (2 cans)

- Coconut milk (1 can)
- Marinara sauce (1 jar)
- Curry powder
- Soy sauce
- Salsa (1 jar)

- Olive oil
- Sesame oil

OTHER

- Plant milk - soy (half gallon)
- Trail mix (1 bag)
- Soy yogurt (2 containers)

Week 4 Prep Schedule

Prep protein sources in advance to hit 100g+ daily without stress.

STEP 1 (15 MIN)

Bake tofu and seitan

Tofu: cubed, soy-marinated, baked. Seitan: sliced, pan-seared. Both stored for the week.

STEP 2 (15 MIN)

Cook and marinate tempeh

Two packs: one with curry spices, one with soy + garlic. Baked at 375F for 20 min.

STEP 3 (15 MIN)

Cook all grains

Brown rice + quinoa + lentils. Large batches. The foundation for every dinner this week.

STEP 4 (15 MIN)

Make lentil soup

Red lentils + onion + garlic + broth + cumin. Monday lunch and beyond.

STEP 5 (10 MIN)

Prep snack portions

Portion edamame into 7 containers. Roast chickpeas. Make trail mix bags.

Weekly Protein Summary

Average daily protein and calories across each week of the plan.

WEEK	AVG DAILY PROTEIN	AVG DAILY CALORIES	FOCUS
Week 1	~91g	~1560 cal	Foundation: tofu, lentils, beans, chickpeas
Week 2	~97g	~1590 cal	Adding tempeh and seitan, bolder combos
Week 3	~97g	~1640 cal	International flavors, peak variety
Week 4	~108g	~1670 cal	Full variety, consistent 100g+ days

HOW TO INCREASE PROTEIN FURTHER

Add 1/2 cup edamame to any meal (+9g protein). Use lentil pasta instead of regular pasta (+8g per serving). Snack on roasted chickpeas instead of chips (+7g per half cup). These small additions push any day past 110g.

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

What's Inside

1. Easy Vegan Mediterranean Scramble (Tofu)
2. Spanish Tofu Omelette (30-Minute Vegan Dinner)
3. Quinoa Porridge with Toasted Almonds (Easy)
4. Easy Date and Fennel Tofu Scramble Recipe
5. Banana Quinoa Waffles (Quick Vegan Recipe)
6. Lemon Quinoa Breakfast Bowl (Gluten-Free)
7. Easy Crispy Tofu Scramble (5-Minute Breakfast)
8. Easy Green Scrambled Tofu (5-Minute Recipe)
9. Golden Tofu Scramble with Sun-Dried Tomatoes
10. Crispy Tofu Poke (Restaurant-Quality)
11. Black Bean Quinoa Salad With Lemon Basil
12. Simple Vegan Quinoa Salad (5-Ingredient)
13. Overnight Toasted Oat & Quinoa Bowl (Easy)
14. Easy Sesame Asparagus Tofu Salad (20 Minutes)
15. Best Tofu Taegu Salad (Protein-Packed)
16. Vegan Lentil Salad With Apples (Make-Ahead)
17. Crispy Tempeh Salad (Easy 20-Minute Meal)
18. Tofu Mango Laab (Easy Thai Inspired)
19. Barbecued Tofu and Grilled Corn Salad
20. Siesta Special Rice & Black Bean Bowl
21. Seared Sesame Tofu With Asian Salad (Easy)
22. Easy Tofu & Vegetable Rice Salad (Quick)
23. Creamy Avocado Tofu Salad with Wasabi
24. Roasted Quinoa Stuffed Acorn Squash (Fall Favorite)
25. Best Cauliflower Tofu Casserole (Vegan Comfort)
26. Spicy Big Hot Curry Noodle Pot (Easy)
27. Simple Five Spice Tofu (Ready in 15 Minutes)
28. Smoky Barbecue Tofu (Crispy & Easy)
29. Crispy Tofu Special K Meatloaf (Plant-Based)
30. Best Tofu Stuffed Mushrooms (Easy Appetizer)
31. Quick Spicy Tempeh Hash (Ready in 20 Minutes)
32. Quick Veggie Red Curry (20-Minute Recipe)
33. Red Curry With Tofu & Vegetables (Quick)
34. Quick Tofu & Sweet Potato Curry (30 Minutes)
35. Best N.Y. Cima Roll (Tofu Masterpiece)
36. Stir-Fried Tofu & Vine-Ripened Tomatoes
37. Creamy Almond Tofu (Vegan Restaurant Favorite)
38. Mich's Black Bean Enchilada Bake (Easy)
39. Easy Peanut Curry Tofu & Potatoes (30 Minutes)
40. Quinoa Cocotte Recipe (Garden-Fresh & Easy)
41. Best Teriyaki Tofu (Quick & Crispy)
42. Crispy Tofu with Olives & Preserved Lemon
43. Crispy Sesame Tofu Recipe (Easy Method)
44. Best Vegan Tofu Pot Pie Recipe (Comfort Food)
45. Coconut Lime Tofu With Spinach & Quinoa
46. Quick Vegan Pumpkin Chili (One-Pot)
47. Best Tempeh-Chili Burritos (Quick Dinner)
48. Easy Korean Bean Paste Soup (20 Minutes)
49. Simple Vegan Lentil Soup (Budget-Friendly)
50. Best Lemon-Rice Soup With Silken Tofu
51. Quick Vegan White Chili (One-Pot Recipe)
52. Cozy Vegan Aduki Bean Pumpkin Stew
53. Quick Lentil Tofu Soup (30 Minutes)
54. Silky Corn Tofu Soup (Ready in 20 Min)
55. Best Three-Meal Vegan Chili (Make-Ahead)
56. Chocolate Cherry Protein Smoothie (Quick Fix)

57. Moon Gazing Dumplings with Tofu (Quick Recipe)

58. Crispy Spiced Chickpea Nuts (Vegan Snack)

59. Green Apple Goodness Shake (Protein-Packed)

60. Peanut Chocolate Chia Quinoa Poppers (No-Bake)

61. Homemade Tofu Jerky (Vegan Snack, Ready in 1 Hour)

62. Best Grilled Tempeh Satay (Plant-Based)

63. Zesty Tofu & Roasted Vidalia Sandwich

64. Best Vegan Lentil Burgers (Homemade)

65. Best Tofu Pepper Tacos (Ready in 30 Min)

66. Grilled Vegan Tofu & Zucchini Sandwich

67. Best Oat-Tofu Burgers (Quick Plant-Based)

68. Ultimate Vegan Tofu Club Sandwich (Stacked)

Recipes

1. Easy Vegan Mediterranean Scramble (Tofu)

5 Serves 2

INGREDIENTS

1 (400g/14 oz) package firm tofu, drained

1 tablespoon oil from the sun-dried tomato jar (or olive oil)

2 cloves garlic, minced

115g (4 oz) sliced mushrooms

2 tablespoons chopped sun-dried tomatoes in olive oil

1 (65g/2.25 oz) can sliced black olives, drained

1/2 teaspoon turmeric

2 tablespoons nutritional yeast

1/2 teaspoon salt

1/4 teaspoon ground black pepper

Fresh parsley or basil to garnish (optional)

INSTRUCTIONS

1. Drain tofu and crumble it into rough, uneven pieces with your hands directly over the sink to remove excess liquid.
2. Heat oil in a non-stick skillet over medium-high heat; add garlic and mushrooms and cook 3–4 minutes, stirring occasionally, until mushrooms are browned and liquid has evaporated.
3. Add sun-dried tomatoes and olives; stir for 30 seconds, then add crumbled tofu, turmeric, nutritional yeast, salt, and pepper.
4. Stir-fry everything together for 4–5 minutes until the tofu is heated through and lightly golden, breaking up any large chunks; taste and adjust salt.
5. Remove from heat and serve immediately, garnished with fresh parsley or basil if using.

2. Spanish Tofu Omelette (30-Minute Vegan Dinner)

15 Serves 2

INGREDIENTS

1 tablespoon olive oil

1 clove garlic, minced

1 small onion, finely chopped

1 medium potato (about 6 oz), thinly sliced into 1/8-inch rounds

1/4 green bell pepper, diced

1 small tomato, finely chopped

1/4 teaspoon dried oregano

1 lb (16 oz) soft tofu, drained and patted dry

1/4 cup unbleached all-purpose flour

1 tablespoon cornstarch

1/4 teaspoon ground turmeric

1 teaspoon nutritional yeast

1/2 teaspoon salt

1/4 teaspoon black pepper

INSTRUCTIONS

1. Heat olive oil in a 10-inch non-stick skillet over medium heat. Add potato slices in a single layer and cook 4–5 minutes per side until just tender and lightly golden. Remove and set aside.
2. In the same skillet, add onion, garlic, and bell pepper. Cook over medium heat 4–5 minutes until softened. Add tomato and oregano, cook 2 minutes. Remove from heat.
3. In a blender or using a fork, mash tofu with flour, cornstarch, turmeric, nutritional yeast, salt, and pepper until smooth and uniform – the mixture should be thick and pourable.
4. Arrange cooked potato slices in the bottom of the skillet over the sautéed vegetables. Pour the tofu batter evenly over the top. Cover with a lid and cook over low heat for 12–15 minutes until the edges are set and the center is firm to the touch.
5. To flip: place a large plate over the skillet, invert to turn the omelette onto the plate, then slide it back into the skillet uncooked-side down. Cook uncovered 3–4 minutes until the bottom is golden. Alternatively, finish under the broiler for 3–4 minutes until set and lightly browned.
6. Slide onto a serving plate and let rest 2 minutes before cutting into wedges. Serve warm.

3. Quinoa Porridge with Toasted Almonds (Easy)

10 Serves 4

INGREDIENTS

1 cup red quinoa

1 cup water

1 cup unsweetened almond milk (for cooking)

1/2 cup unsweetened almond milk (for serving, stirred in at end)

1/4 teaspoon fine sea salt

1/2 cup dried apricots, roughly chopped

1/3 cup raw almonds, roughly chopped and toasted

2–3 tablespoons maple syrup, for serving

INSTRUCTIONS

1. Place quinoa in a fine-mesh strainer and rinse under cold running water for 60 seconds, rubbing with your fingers to remove saponins. Drain well.
2. Combine rinsed quinoa, 1 cup water, 1 cup almond milk, salt, and chopped apricots in a medium saucepan. Bring to a boil over medium-high heat, then reduce heat to low, cover, and simmer for 15–18 minutes until liquid is absorbed and quinoa tails are visible.
3. While quinoa cooks, toast almonds in a dry skillet over medium heat for 3–4 minutes, stirring frequently, until golden and fragrant. Remove from heat immediately.
4. Remove quinoa from heat and let stand covered for 5 minutes. Stir in remaining 1/2 cup almond milk to loosen to a creamy porridge consistency.
5. Divide into 4 bowls. Drizzle each with maple syrup and top with toasted almonds. Serve hot.

4. Easy Date and Fennel Tofu Scramble Recipe

10 Serves 2

INGREDIENTS

1 tablespoon olive oil
1/2 cup onion, halved and thinly sliced
1/2 cup fennel, thinly sliced
1 teaspoon garam masala
3/4 cup Medjool dates, pitted and chopped
15 ounces (425 g) firm tofu, pressed and crumbled
1/4 cup fresh cilantro, chopped
1/4 cup unsalted pistachios, chopped
1/4 teaspoon salt, plus more to taste

INSTRUCTIONS

1. Press tofu for at least 10 minutes using a towel and heavy weight, then crumble into rough chunks about 1–2 cm in size.
2. Heat olive oil in a large non-stick or cast iron skillet over medium heat, add onion and fennel, and cook stirring occasionally for 5–6 minutes until softened and beginning to color at the edges.
3. Add garam masala and chopped dates to the pan, stir to combine, and cook for 1 minute until fragrant.
4. Add the crumbled tofu, spread into an even layer, and cook without stirring for 2–3 minutes to let the bottom brown slightly, then stir and cook another 2 minutes.
5. Season with salt, remove from heat, and fold in chopped cilantro and pistachios.
6. Serve immediately, adding extra salt to taste.

5. Banana Quinoa Waffles (Quick Vegan Recipe)

10 Serves 4

INGREDIENTS

2 large overripe bananas
3 cups quinoa flour
1 1/2 cups vanilla-flavored soy milk
1 cup water
1 teaspoon ground cinnamon
2 teaspoons baking powder
1/4 teaspoon salt
Cooking spray or neutral oil for greasing

INSTRUCTIONS

1. Preheat your waffle iron to medium heat (around 375°F / 190°C if adjustable). Peel and mash bananas in a large bowl until smooth with no large lumps.
2. Add soy milk and water to the mashed banana and whisk to combine. Add quinoa flour, baking powder, cinnamon, and salt. Whisk until a smooth, thick batter forms. Let batter rest for 5 minutes.
3. Lightly grease the waffle iron plates with cooking spray. Pour enough batter to fill the iron (typically 3/4 to 1 cup per waffle, depending on iron size). Close and cook for 5–6 minutes until steam stops escaping and the waffle is golden and crisp.
4. Remove waffle carefully with a fork and place on a wire rack — do not stack, or they will steam and go soft. Repeat with remaining batter. Serve with maple syrup or fresh fruit.

6. Lemon Quinoa Breakfast Bowl (Gluten-Free)

10 Serves 2

INGREDIENTS

1 cup uncooked quinoa, rinsed and drained
2 cups unsweetened almond milk
1 tablespoon maple syrup
1/4 teaspoon ground cinnamon
1 pinch kosher salt
1 1/2 teaspoons lemon zest (from 1 small lemon)
6 ounces fresh or frozen blueberries
4 teaspoons granulated sugar
2 teaspoons fresh lemon juice
1 1/2 tablespoons water
1/4 cup sliced almonds

INSTRUCTIONS

1. Toast almonds in a dry skillet over medium heat for 3 to 4 minutes, stirring often, until golden and fragrant. Transfer to a plate to cool.
2. Combine quinoa, almond milk, maple syrup, cinnamon, and salt in a medium saucepan over medium-high heat. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until the quinoa has absorbed the liquid and the grains show their spiral tails.
3. While quinoa cooks, make the blueberry compote: combine blueberries, sugar, lemon juice, and water in a small saucepan over medium heat. Cook for 5 to 7 minutes, stirring occasionally, until berries burst and the mixture thickens slightly. Remove from heat.
4. Remove quinoa from heat and let stand covered for 3 minutes, then fluff with a fork and stir in lemon zest.
5. Divide quinoa between 2 bowls. Spoon blueberry compote over the top and finish with toasted sliced almonds. Serve warm.

7. Easy Crispy Tofu Scramble (5-Minute Breakfast)

5 Serves 2

INGREDIENTS

2 teaspoons olive oil, plus more as needed
16 ounces (450 g) firm water-packed tofu, rinsed and patted very dry
3 tablespoons nutritional yeast flakes
1/2 teaspoon granulated onion powder
1 small onion, thinly sliced
1 cup sliced mushrooms
1 garlic clove, minced
White pepper, to taste
1.5 tablespoons soy sauce

INSTRUCTIONS

1. Pat tofu thoroughly dry with paper towels, then crumble it into a bowl in rough, uneven pieces about 1-2 cm.
2. Heat olive oil in a large non-stick skillet over medium-high heat, add the crumbled tofu in a single layer, and cook without stirring for 3 minutes until the bottom is golden and crispy.
3. Sprinkle nutritional yeast and granulated onion over the tofu, stir to coat, and continue cooking for another 2 minutes, adding a little more oil if the pan is dry.
4. Push the tofu to one side of the pan, add the sliced onion and mushrooms to the empty side, and cook for 2-3 minutes until mushrooms are tender and onion is softened.
5. Add the minced garlic, stir everything together, pour soy sauce over the mixture, and cook for 1 more minute until the sauce is absorbed.
6. Season with white pepper, taste for salt (soy sauce is already salty), and serve immediately.

8. Easy Green Scrambled Tofu (5-Minute Recipe)

5 Serves 2

INGREDIENTS

1 (12 oz) package firm tofu, drained and crumbled
1 tablespoon olive oil
1-2 tablespoons soy sauce
1/2 teaspoon ground turmeric
1/4 teaspoon black pepper
1/2 teaspoon dried oregano
6-8 kalamata olives, pitted and roughly chopped
1/2 cup sun-dried tomatoes, drained if oil-packed, roughly chopped
1/2 cup fresh spinach, roughly chopped

INSTRUCTIONS

1. Heat olive oil in a medium non-stick skillet over medium-high heat. Add crumbled tofu and cook 3-4 minutes, stirring occasionally, until it starts to dry out and take on a little color.
2. Season with soy sauce, turmeric, oregano, and black pepper. Stir well to coat the tofu evenly with the yellow color from the turmeric.
3. Add sun-dried tomatoes and olives. Cook 2 minutes, stirring, until heated through.
4. Add spinach and stir 1 minute until just wilted. Remove from heat and serve immediately on toast, in a wrap, or alongside roasted vegetables.

9. Golden Tofu Scramble with Sun-Dried Tomatoes

10 Serves 2

INGREDIENTS

1 tablespoon olive oil
1 medium yellow onion, finely diced
2 cloves garlic, minced
1 teaspoon ground turmeric
400 g (14 oz) firm tofu, pressed and drained
1/4 cup sun-dried tomatoes in oil, drained and roughly chopped
2 tablespoons nutritional yeast
1/2 teaspoon salt
1/4 teaspoon black pepper
1 small bunch fresh basil, leaves thinly sliced

INSTRUCTIONS

1. Press the tofu for at least 10 minutes to remove excess moisture, then crumble it by hand into rough, scrambled-egg-sized pieces.
2. Heat olive oil in a large non-stick skillet over medium heat. Add the onion and cook, stirring occasionally, for 5-6 minutes until softened and translucent. Add the garlic and turmeric and cook for 1 minute until fragrant.
3. Add the crumbled tofu to the pan. Spread it out and let it cook undisturbed for 2-3 minutes to develop a golden crust on the bottom, then stir and repeat once more.
4. Stir in the sun-dried tomatoes and nutritional yeast. Season with salt and pepper. Cook for a further 2 minutes, stirring, until everything is heated through and the scramble is dry and golden.
5. Remove from heat, scatter fresh basil over the top, and serve immediately on toast, in a wrap, or alongside roasted vegetables.

10. Crispy Tofu Poke (Restaurant-Quality)

15 Serves 4

INGREDIENTS

4 cups neutral oil (canola or sunflower), for deep frying

1 pound firm tofu, drained and cut into 3/4-inch cubes

1/2 cup cornstarch, for dredging

1 1/2 ounces fresh shiitake mushrooms, stems removed and sliced

2 ounces ripe tomato, diced

2 ounces cucumber, diced

1 1/2 ounces fresh bean sprouts

1/4 cup vegan furikake (nori and sesame blend, no bonito flakes)

1 cup soy sauce

1/2 cup sesame oil

3 tablespoons sugar

2 tablespoons rice vinegar

1 clove garlic, grated

1 teaspoon fresh ginger, grated

INSTRUCTIONS

1. Whisk together soy sauce, sesame oil, sugar, rice vinegar, garlic, and ginger in a bowl until sugar dissolves. Taste and adjust; this is your poke sauce. Cover and refrigerate until needed.
2. Press tofu cubes dry with paper towels. Place cornstarch in a shallow bowl and toss tofu cubes until thoroughly coated, shaking off any excess.
3. Heat neutral oil in a heavy-bottomed pot or Dutch oven to 375°F (190°C) – use a kitchen thermometer for accuracy. Fry tofu in two batches for 3 to 4 minutes per batch, turning once, until golden all over and floating to the surface. Remove with a slotted spoon and drain on a paper towel-lined plate.
4. While tofu drains, combine sliced shiitake, tomato, cucumber, and bean sprouts in a large mixing bowl.
5. Add the crispy tofu to the vegetable bowl and pour 1/3 to 1/2 cup of the poke sauce over everything; toss gently to coat. Use more sauce to taste.
6. Divide into bowls, sprinkle generously with vegan furikake, and serve immediately while the tofu is still crispy. Serve over rice if desired.

11. Black Bean Quinoa Salad With Lemon Basil

15 Serves 4

INGREDIENTS

1½ cups uncooked quinoa
3 cups vegetable broth
1 (14 oz / 400 g) package firm tofu, pressed and cut into ¼-inch cubes
1 (15 oz / 425 g) can black beans, drained and rinsed
1 (15 oz / 425 g) can lima beans, drained and rinsed
1 cup cherry tomatoes, halved
2 medium carrots, peeled and diced small
4 green onions, sliced
½ cup fresh basil leaves, thinly sliced
3 tablespoons olive oil
3 tablespoons fresh lemon juice (about 1½ lemons)
1 teaspoon lemon zest
1 garlic clove, minced
1 teaspoon salt
½ teaspoon black pepper

INSTRUCTIONS

1. Combine quinoa and vegetable broth in a medium saucepan. Bring to a boil over medium-high heat, then cover, reduce heat to low, and simmer for 15 minutes until all broth is absorbed. Remove from heat and let stand 5 minutes, then fluff with a fork and spread on a baking sheet to cool.
2. Press tofu between layers of paper towels for 10 minutes to remove excess moisture. Spread cubes on a plate lined with fresh paper towels and press again. Whisk together olive oil, lemon juice, lemon zest, garlic, salt, and pepper in a large bowl to make the dressing.
3. Heat 1 teaspoon olive oil in a non-stick skillet over medium-high heat. Add tofu cubes in a single layer and cook for 4-5 minutes per side until golden. Remove from heat and let cool slightly.
4. Add cooled quinoa, black beans, lima beans, cherry tomatoes, carrots, green onions, and tofu to the bowl with the dressing. Toss thoroughly to coat all ingredients.
5. Fold in fresh basil. Taste and adjust salt, pepper, and lemon juice. Serve at room temperature or refrigerate for up to 4 days.

12. Simple Vegan Quinoa Salad (5-Ingredient)

15 Serves 4

INGREDIENTS

1 1/2 cups quinoa, rinsed thoroughly under cold water and drained
3 cups water
6 tablespoons olive oil (1/4 cup plus 2 tablespoons)
1 tablespoon lemon zest (from about 1 large lemon)
1/4 cup fresh lemon juice
4 garlic cloves, minced
6 tablespoons fresh parsley, finely chopped
6 tablespoons fresh mint, finely chopped
1 1/2 teaspoons fine salt
1 cup cherry tomatoes, halved
2 mini cucumbers, sliced into rounds
1 medium red bell pepper, chopped
1/2 cup red onion, finely chopped

INSTRUCTIONS

1. Toast the rinsed, drained quinoa in a dry medium saucepan over medium-high heat, stirring frequently, for 3 to 5 minutes until the grains smell nutty and begin to pop.
2. Add the water to the toasted quinoa, bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until all liquid is absorbed. Remove from heat and let sit covered for 5 minutes. Fluff with a fork and spread onto a rimmed baking sheet to cool to room temperature, about 15 minutes.
3. While the quinoa cools, whisk together the olive oil, lemon zest, lemon juice, minced garlic, parsley, mint, and salt in a large bowl.
4. Add the cooled quinoa to the dressing and toss to coat. Fold in the cherry tomatoes, cucumber, red bell pepper, and red onion.
5. Taste and adjust seasoning with additional salt or lemon juice. Serve at room temperature or refrigerate for up to 3 days.

13. Overnight Toasted Oat & Quinoa Bowl (Easy)

10 Serves 1

INGREDIENTS

1/2 cup thick rolled oats (certified gluten-free if needed)
1/4 cup quinoa, rinsed
1 3/4 cups unsweetened almond milk (or other plant milk)
1/2 ripe banana, sliced
1 Medjool date, pitted and finely chopped
1/4 teaspoon ground cinnamon
Pinch of ground ginger
Pinch of ground cardamom
Pinch of fine salt
1 tablespoon chia seeds
1/2 cup frozen blueberries

INSTRUCTIONS

1. Toast the grains: place oats and quinoa in a dry skillet over medium heat. Toast for 4–5 minutes, stirring frequently, until golden and fragrant. The quinoa will begin to pop. Transfer to a bowl and let cool for 5 minutes.
2. Assemble the jar: add toasted oats and quinoa to a jar or bowl. Add almond milk, banana slices, chopped date, cinnamon, ginger, cardamom, salt, and chia seeds. Stir well to combine.
3. Refrigerate overnight (at least 8 hours) until the grains have softened and absorbed the liquid. The chia seeds will expand and thicken the mixture.
4. In the morning, stir the bowl. If it is too thick, loosen with a splash of almond milk.
5. Top with frozen blueberries (they will thaw quickly) and serve cold, or warm in a saucepan over medium–low heat for 3–4 minutes, stirring gently, until heated through.

14. Easy Sesame Asparagus Tofu Salad (20 Minutes)

8 Serves 2

INGREDIENTS

12 oz firm tofu, drained, patted dry, cut into 3/4-inch cubes
2 bunches asparagus, trimmed and cut into 2-inch pieces
1/3 cup soy sauce
1/4 cup rice bran oil, divided
2 tsp mirin
1 tsp Dijon mustard
1 tsp sesame oil
2 cloves garlic, crushed
1 long red chili, de-seeded and finely sliced
2 tbsp sesame seeds, toasted

INSTRUCTIONS

1. Whisk together soy sauce, 2 tablespoons rice bran oil, mirin, Dijon mustard, sesame oil, garlic, and chili in a bowl to make the dressing; set aside.
2. Heat remaining 2 tablespoons rice bran oil in a large skillet or wok over medium–high heat until shimmering. Add tofu in a single layer and cook undisturbed for 3–4 minutes per side until golden and crisp; remove to a plate.
3. Add asparagus to the same pan and stir-fry over medium–high heat for 3–4 minutes until bright green and just tender–crisp.
4. Return tofu to the pan, pour dressing over everything, and toss to coat. Cook 1 minute until heated through.
5. Transfer to a serving plate, scatter toasted sesame seeds and chili slices over the top, and serve immediately.

15. Best Tofu Taegu Salad (Protein-Packed)

20 Serves 4

INGREDIENTS

1 block (14 oz) extra-firm tofu, pressed and cubed
1 tablespoon sesame oil
1 tablespoon tamari or soy sauce
1 bunch watercress (about 6 oz), cut into 1-inch pieces
8 oz bean sprouts, rinsed
1 red onion, thinly sliced
2-3 medium tomatoes, diced
6 oz takuwan (Japanese pickled daikon radish), thinly sliced
2/3 cup green onions, chopped
1/4 cup neutral oil (such as avocado or grapeseed)
1/4 cup shoyu (soy sauce)
1 tablespoon rice vinegar
1 teaspoon toasted sesame oil
2 cloves garlic, minced or grated
1 teaspoon sugar

INSTRUCTIONS

1. Press tofu for at least 15 minutes, then cut into 3/4-inch cubes. Toss with 1 tablespoon sesame oil and 1 tablespoon tamari. Pan-fry in a non-stick skillet over medium-high heat for 3-4 minutes per side until golden. Set aside to cool.
2. Blanch bean sprouts in boiling water for 1 minute, drain, and rinse under cold water. Squeeze out excess moisture.
3. Whisk together neutral oil, shoyu, rice vinegar, toasted sesame oil, garlic, and sugar in a small bowl to make the dressing.
4. Layer watercress, bean sprouts, red onion, tomatoes, takuwan, and baked tofu in a large salad bowl. Scatter green onions on top.
5. Pour dressing over the salad, toss gently to coat, and serve immediately.

16. Vegan Lentil Salad With Apples (Make-Ahead)

15 Serves 4

INGREDIENTS

1 cup brown lentils, picked over and rinsed
2 1/2 cups water or vegetable broth
1 carrot, peeled and diced into 1/2-inch cubes
2 apples, cored and chopped into 1/2-inch pieces (Granny Smith or Honeycrisp)
1/2 bunch chives, finely chopped
1 tablespoon fresh parsley, chopped
5 tablespoons extra-virgin olive oil
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
Salt and black pepper to taste

INSTRUCTIONS

1. Place the rinsed lentils in a medium saucepan with the water or broth. Bring to a boil over high heat, then reduce to a steady simmer. Add the diced carrot and cook for 18 to 20 minutes until the lentils are tender but still hold their shape. Drain any excess liquid and let cool for 10 minutes.
2. While the lentils cool, whisk together the olive oil, apple cider vinegar, and Dijon mustard in a large bowl until emulsified. Season generously with salt and black pepper.
3. Add the warm lentils and carrot to the dressing bowl and toss to coat. The residual heat helps the lentils absorb the dressing.
4. Add the chopped apple, chives, and parsley to the bowl and toss again until everything is evenly combined. Taste and adjust salt, pepper, or vinegar as needed.
5. Refrigerate for at least 30 minutes before serving to allow the flavors to meld. The salad keeps well in an airtight container in the refrigerator for up to 4 days.

17. Crispy Tempeh Salad (Easy 20-Minute Meal)

10 Serves 2

INGREDIENTS

8 ounces tempeh, sliced into 1/4-inch strips
2 tablespoons apple cider vinegar or rice vinegar
2 tablespoons soy sauce or tamari
2 tablespoons water
1 teaspoon fresh ginger, grated
1 teaspoon toasted sesame oil
2 teaspoons coconut oil or neutral oil, for frying
4 cups mixed greens (romaine, kale, or baby spinach)
1 cup shredded red cabbage
1 medium carrot, julienned or grated
1/2 cup edamame, cooked and shelled
2 tablespoons sesame seeds, toasted
2 tablespoons sliced green onion
2 tablespoons soy sauce or tamari
1 tablespoon rice vinegar
1 tablespoon toasted sesame oil
1 teaspoon maple syrup
1 teaspoon fresh ginger, grated

INSTRUCTIONS

1. Combine apple cider vinegar, 2 tablespoons soy sauce, water, 1 teaspoon ginger, and 1 teaspoon sesame oil in a shallow dish. Add tempeh strips and marinate for at least 30 minutes (up to 3 hours for deeper flavor), flipping once halfway through.
2. Whisk together salad dressing: 2 tablespoons soy sauce, rice vinegar, 1 tablespoon sesame oil, maple syrup, and 1 teaspoon ginger in a small bowl; set aside.
3. Heat coconut oil in a non-stick skillet over medium-high heat. Remove tempeh from marinade (reserve marinade) and cook strips for 3 to 4 minutes per side until deeply golden and crispy. Pour the reserved marinade into the pan in the last 30 seconds and let it glaze the tempeh. Remove from heat.
4. Arrange mixed greens, shredded cabbage, carrot, and edamame in a large bowl. Drizzle dressing over the salad and toss to coat.
5. Divide dressed salad into two bowls and top with hot crispy tempeh strips. Sprinkle with toasted sesame seeds and sliced green onion. Serve immediately.

18. Tofu Mango Laab (Easy Thai Inspired)

25 Serves 4

INGREDIENTS

12 ounces firm tofu, pressed and crumbled into small pieces

¼ cup fresh lime juice (about 3 limes)

1 tablespoon tamari

1 teaspoon kosher salt

1 cup fresh mango, diced into small cubes

¼ cup lemongrass, white part only, very finely minced

3 fresh kaffir lime leaves, stems removed, very finely sliced (chiffonade)

2 tablespoons lime zest

2 Thai chiles, deseeded and finely minced

1 Fresno chile, deseeded and finely minced

2 cups fresh cilantro (stems included), roughly chopped

1 cup fresh mint leaves, finely sliced (chiffonade)

¼ cup rau ram (Vietnamese coriander), finely sliced, or extra cilantro as substitute

½ cup fresh Thai basil leaves, finely sliced (chiffonade)

¼ cup green onions, thinly sliced

1 tablespoon uncooked brown rice

3 heads Belgian endive, separated into individual leaves

Cilantro or mint sprigs, for garnish

INSTRUCTIONS

1. Toast brown rice in a dry skillet over medium heat for 5 to 7 minutes, stirring constantly, until golden and fragrant. Remove from heat, cool for 5 minutes, then grind in a spice grinder or mortar and pestle to a coarse powder. Set aside.
2. In a large bowl, combine crumbled tofu, lime juice, tamari, and salt. Toss well and let stand for 10 minutes so the tofu absorbs the dressing.
3. Add mango, lemongrass, lime leaves, lime zest, Thai chiles, Fresno chile, cilantro, mint, rau ram (or extra cilantro), Thai basil, and green onions to the tofu. Toss everything together until well combined.
4. Sprinkle the ground roasted rice powder over the salad and toss once more to distribute. Taste and adjust lime juice, tamari, or salt as needed.
5. Arrange endive leaves on a large platter or individual plates to act as cups. Spoon the laab filling into each endive leaf. Garnish with cilantro or mint sprigs and serve immediately.

19. Barbecued Tofu and Grilled Corn Salad

20 Serves 4

INGREDIENTS

1 (16-oz) block extra-firm tofu, drained and pressed, cut into 1/2-inch-thick slices

1/2 cup vegan barbecue sauce

3 ears of corn, husked (or 1 1/2 cups fresh corn kernels)

1 cup canned pinto beans, rinsed and drained

1/3 cup red bell pepper, finely diced

1/4 cup red onion, finely diced

1 head romaine lettuce, torn into pieces

1 cup fresh cilantro leaves

1/2 cup vegetable oil

1/4 cup fresh lime juice

1/4 cup fresh orange juice

1 tablespoon agave nectar

2 cloves garlic, minced

1 dash red pepper sauce

Salt and black pepper to taste

INSTRUCTIONS

1. Make the vinaigrette: blend cilantro, vegetable oil, lime juice, orange juice, agave nectar, garlic, and red pepper sauce until smooth. Season with salt and pepper. Set aside.
2. Preheat grill or grill pan to medium-high heat (about 400°F / 200°C). Brush tofu slices generously with barbecue sauce on both sides. Grill tofu for 3-4 minutes per side until char marks appear. Remove and cut into 1-inch squares.
3. Grill whole corn ears directly on the grates for 8-10 minutes, turning every 2 minutes, until charred in spots. Let cool slightly, then cut kernels off the cob.
4. In a large bowl, combine romaine, pinto beans, grilled corn kernels, red bell pepper, and red onion. Drizzle with half the vinaigrette and toss to coat.
5. Top the salad with grilled tofu squares. Drizzle remaining vinaigrette over the top and serve immediately.

20. Siesta Special Rice & Black Bean Bowl

15 Serves 2

INGREDIENTS

1 cup (195 g) raw white rice

2 cups (470 ml) water

1/2 teaspoon salt, divided

1 (15.5 oz / 440 g) can black beans, rinsed and drained

1/4 cup (28 g) sun-dried tomatoes packed in olive oil, drained and chopped (reserve oil)

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

1 cup (145 g) ripe avocado (about 1 medium), diced

1/2 cup (8 g) fresh cilantro leaves, coarsely chopped

2 teaspoons (5 g) chia seeds

2 tablespoons (30 ml) fresh lemon juice

2 tablespoons (30 ml) reserved sun-dried tomato oil or extra-virgin olive oil

Black pepper to taste

INSTRUCTIONS

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

21. Seared Sesame Tofu With Asian Salad (Easy)

15 Serves 2

INGREDIENTS

20 oz (565 g) extra-firm tofu, cut into 1/2-inch thick slices, patted dry

1/2 cup (70 g) sesame seeds

4 tablespoons (60 ml) roasted garlic oil, divided

3 tablespoons fresh ginger, peeled and minced

1/4 cup (60 ml) rice vinegar

2 tablespoons tamari or soy sauce

1 1/3 cups (120 g) green onions, chopped

1 1/3 cups (175 g) yellow bell pepper, thinly sliced

1 1/3 cups (130 g) bean sprouts

Salt and black pepper to taste

INSTRUCTIONS

1. Press tofu slices between paper towels and press firmly until very dry. Spread sesame seeds on a shallow plate. Press each tofu slice into the seeds, coating both sides evenly.
2. Heat 2 tablespoons roasted garlic oil in a large skillet over medium-high heat. Add tofu in a single layer (work in batches). Cook undisturbed for 3 to 4 minutes per side until golden and seeds are toasted. Transfer to a plate.
3. In the same skillet over medium heat, add remaining 2 tablespoons oil and minced ginger. Cook, stirring, for 1 minute until fragrant. Add rice vinegar and tamari, scraping up any browned bits. Simmer 1 minute, then remove from heat.
4. Toss green onions, yellow bell pepper, and bean sprouts in a large bowl. Pour warm ginger dressing over salad and toss to coat. Season with salt and pepper.
5. Divide salad between 2 plates and top with sesame-crusting tofu slices. Serve immediately.

22. Easy Tofu & Vegetable Rice Salad (Quick)

10 Serves 2

INGREDIENTS

10.5 oz (300 g) long-grain white rice (uncooked)

12 oz (340 g) firm tofu, pressed and sliced into 1/2-inch slabs

1 large zucchini, sliced into 1/4-inch rounds

2 tablespoons garlic-infused olive oil (divided)

5 oz (140 g) red cabbage, finely shredded

3 tablespoons fresh lime juice

2 tablespoons olive oil

1 teaspoon chili flakes (or 1 teaspoon sriracha)

1/2 teaspoon salt

1/3 cup mixed fresh herbs (flat-leaf parsley, basil, and mint), roughly chopped

INSTRUCTIONS

1. Cook the rice according to package directions (bring to boil with 2x volume water, then cover and simmer 18 minutes on low). Fluff and set aside to cool slightly.
2. Whisk together lime juice, 2 tablespoons olive oil, chili flakes, and salt in a small bowl to make the dressing. Set aside.
3. Heat a griddle or grill pan over medium-high heat. Brush tofu slabs and zucchini rounds with garlic-infused olive oil on both sides. Grill tofu for 3–4 minutes per side until golden with grill marks, and zucchini for 2 minutes per side until just tender. Cut grilled tofu into cubes.
4. In a large bowl, combine the warm rice, shredded red cabbage, grilled zucchini, and tofu cubes. Pour the dressing over and toss gently.
5. Add the fresh herbs and toss once more. Taste and adjust salt or lime juice, then divide between two bowls and serve warm or at room temperature.

23. Creamy Avocado Tofu Salad with Wasabi

10 Serves 1

INGREDIENTS

1/2 ripe avocado, pitted and skinned
7 oz (half a 14 oz block) firm or extra-firm tofu, drained
3 cherry tomatoes (optional), halved
3 green olives (optional), sliced
3 tablespoons extra virgin olive oil
1 teaspoon wasabi paste
1 teaspoon soy sauce
1/2 teaspoon kombu powder or vegan dashi granules
1/2 teaspoon salt
1 tablespoon lemon juice, freshly squeezed

INSTRUCTIONS

1. Pat the tofu dry with paper towels. Cut into 1 cm slices and arrange on one half of a plate. Slice the avocado into 1 cm pieces and arrange alongside or alternating with the tofu.
2. In a small bowl, whisk together olive oil, wasabi paste, soy sauce, kombu powder, salt, and lemon juice until fully combined into a smooth dressing.
3. Spoon the dressing evenly over the tofu and avocado. Top with cherry tomatoes and olives if using.
4. Serve immediately at room temperature or lightly chilled.

24. Roasted Quinoa Stuffed Acorn Squash (Fall Favorite)

20 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.

25. Best Cauliflower Tofu Casserole (Vegan Comfort)

20 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.

26. Spicy Big Hot Curry Noodle Pot (Easy)

10 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.

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

25 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.

28. Smoky Barbecue Tofu (Crispy & Easy)

30 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.

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

15 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.

30. Best Tofu Stuffed Mushrooms (Easy Appetizer)

20 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.

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

10 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.

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

5 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.

33. Red Curry With Tofu & Vegetables (Quick)

10 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.

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

10 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.

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

40 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.

36. Stir-Fried Tofu & Vine-Ripened Tomatoes

15 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.

37. Creamy Almond Tofu (Vegan Restaurant Favorite)

20 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.

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

15 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.

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

10 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.

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

25 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 quinoa 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 quinoa 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.

41. Best Teriyaki Tofu (Quick & Crispy)

15 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.

42. Crispy Tofu with Olives & Preserved Lemon

15 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.

43. Crispy Sesame Tofu Recipe (Easy Method)

23 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.

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

70 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.

45. Coconut Lime Tofu With Spinach & Quinoa

70 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.

46. Quick Vegan Pumpkin Chili (One-Pot)

15 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.

47. Best Tempeh-Chili Burritos (Quick Dinner)

15 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.

48. Easy Korean Bean Paste Soup (20 Minutes)

5 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.

49. Simple Vegan Lentil Soup (Budget-Friendly)

15 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.

50. Best Lemon-Rice Soup With Silken Tofu

10 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.

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

10 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.

52. Cozy Vegan Aduki Bean Pumpkin Stew

15 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.

53. Quick Lentil Tofu Soup (30 Minutes)

10 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.

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

10 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.

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

15 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.

56. Chocolate Cherry Protein Smoothie (Quick Fix)

5 Serves 1

INGREDIENTS

80 g (about 1/2 cup) fresh cherries, pitted (or frozen, thawed)
200 ml (3/4 cup) unsweetened almond milk
2 tablespoons pumpkin seed protein powder
1 1/2 teaspoons organic unsweetened cocoa powder
1 teaspoon ground flaxseeds

INSTRUCTIONS

1. Pit the fresh cherries. If using frozen cherries, let them thaw for 5 minutes — they will also make the smoothie colder and thicker.
2. Add the cherries, almond milk, protein powder, cocoa powder, and ground flaxseeds to a blender.
3. Blend on high for 45–60 seconds until completely smooth. Taste and add a pitted date or a few drops of maple syrup if extra sweetness is desired.
4. Pour into a glass and serve immediately.

57. Moon Gazing Dumplings with Tofu (Quick Recipe)

15 Serves 4

INGREDIENTS

100g (3.5 oz) shiratako (glutinous rice flour)
100g (3.5 oz) silken tofu
3 tablespoons kinako (roasted soybean flour)
1 tablespoon kuromitsu (brown sugar syrup)
1 teaspoon sugar (to mix into kinako)
1/4 teaspoon salt (to mix into kinako)

INSTRUCTIONS

1. Combine the silken tofu and shiratako in a bowl. Mix and knead with your hands, adding the tofu a little at a time, until a smooth, pliable dough forms — it should feel as soft as an earlobe. If the dough is too dry, add 1 teaspoon of water at a time; if too wet, add a pinch more shiratako.
2. Divide the dough into 12 equal pieces and roll each into a smooth ball between your palms. Flatten the center of each ball slightly with your thumb so they cook evenly.
3. Bring a medium saucepan of water to a rolling boil over high heat. Add the dumplings and cook for 3–4 minutes, until they float to the surface and have been floating for at least 1 minute. Remove with a slotted spoon and transfer to a bowl of cold water for 1 minute to stop cooking and firm up the texture.
4. While the dumplings cool, mix the kinako, sugar, and salt together in a small bowl to make the coating. Drain the cooled dumplings and pat lightly dry with paper towels.
5. Roll each dumpling in the kinako mixture until fully coated, then thread 3 onto a skewer. Drizzle with kuromitsu just before serving.

58. Crispy Spiced Chickpea Nuts (Vegan Snack)

15 Serves 6

INGREDIENTS

1 pound (450g) dried chickpeas, soaked overnight in cold water and drained

1 teaspoon sea salt, plus more for boiling

1/4 cup extra-virgin olive oil

1/2 cup nutritional yeast

2 teaspoons ground cumin

1/2 teaspoon granulated garlic

INSTRUCTIONS

1. Drain soaked chickpeas and place in a large pot. Cover with fresh water by 2 inches, add a generous pinch of salt, and bring to a boil. Reduce heat and simmer for 45–60 minutes until tender but not mushy. Drain and spread on a clean towel; pat very dry.
2. Preheat oven to 400F (200C). Spread dried chickpeas on a rimmed baking sheet in a single layer. Roast for 20 minutes, shaking the pan once halfway through.
3. Remove pan from oven and drizzle chickpeas with olive oil. Sprinkle with nutritional yeast, cumin, granulated garlic, and 1 teaspoon salt. Toss to coat evenly.
4. Return to oven and roast for another 20–25 minutes, shaking the pan every 10 minutes, until chickpeas are deep golden and fully crunchy throughout.
5. Let cool on the baking sheet for 10 minutes before serving – they crisp further as they cool. Store in an open container at room temperature for up to 3 days.

59. Green Apple Goodness Shake (Protein-Packed)

5 Serves 1

INGREDIENTS

240 ml (8 oz) unsweetened almond milk

1/2 green apple (about 75 g), cored and roughly chopped

1/2 cup ice cubes

2 scoops (about 60 g) vegan vanilla protein powder

1 tablespoon almond butter

1 tablespoon ground flax seed

1/4 teaspoon ground cinnamon

INSTRUCTIONS

1. Add almond milk to the blender first as the liquid base to protect the blades.
2. Add the chopped green apple, ice cubes, protein powder, almond butter, ground flax seed, and cinnamon.
3. Blend on high for 45–60 seconds until completely smooth and creamy. If the shake is too thick, add 2–3 tablespoons more almond milk and blend again briefly.
4. Pour into a large glass and serve immediately.

60. Peanut Chocolate Chia Quinoa Poppers (No-Bake)

15 Serves 12

INGREDIENTS

1/2 cup sprouted quinoa (dry, uncooked)
1/2 cup cocktail peanuts
1/2 cup pitted Medjool dates (about 8–10 dates)
1/2 cup organic dark roasted crunchy peanut butter
1/2 tablespoon chia seeds
2 tablespoons unsweetened cocoa powder
1/4 cup cinnamon sugar (for rolling)

INSTRUCTIONS

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

61. Homemade Tofu Jerky (Vegan Snack, Ready in 1 Hour)

15 Serves 4

INGREDIENTS

1 lb extra-firm tofu, pressed for 20 minutes
3 tablespoons soy sauce
1 tablespoon apple cider vinegar
1 teaspoon liquid smoke
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
1/2 teaspoon ground black pepper
1 teaspoon maple syrup
1/4 teaspoon salt

INSTRUCTIONS

1. Press tofu for 20 minutes. Slice into strips about 1/4-inch thick and 3 inches long.
2. Whisk together soy sauce, apple cider vinegar, liquid smoke, garlic powder, onion powder, smoked paprika, black pepper, maple syrup, and salt in a shallow dish.
3. Add tofu strips in a single layer. Marinate for at least 30 minutes, flipping once (or up to 4 hours for deeper flavor).
4. Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper. Arrange tofu strips in a single layer.
5. Bake for 45 minutes, flip each strip, then bake another 30–40 minutes until dark, firm, and chewy. The strips should feel dry to the touch, not soft.
6. Cool on the baking sheet for 10 minutes – they firm up further as they cool. Store in an airtight container at room temperature up to 5 days.

62. Best Grilled Tempeh Satay (Plant-Based)

30 Serves 4

INGREDIENTS

2 (8-ounce / 225g) packages tempeh, cut into 1-inch cubes

1 small onion, quartered

1 lemongrass stalk, cut into 1-inch pieces

1 (1-inch) piece fresh ginger, peeled and sliced

1 clove garlic, peeled

1 cup (240ml) low-fat coconut milk

2 teaspoons sriracha or chile sauce

2 teaspoons light brown sugar

3 strips lime peel

1/4 cup (60ml) toasted sesame oil

1/4 cup (80g) apricot jam

2 tablespoons fresh lime juice

1 teaspoon low-sodium soy sauce

INSTRUCTIONS

1. Soak 8 wooden skewers in water for 30 minutes to prevent burning. Blend onion, lemongrass, ginger, garlic, coconut milk, sriracha, brown sugar, and lime peel in a blender until smooth to make the marinade.
2. Place tempeh cubes in a shallow dish, pour marinade over them, and toss to coat. Cover and refrigerate for at least 30 minutes, or up to 4 hours.
3. Whisk together sesame oil, apricot jam, lime juice, and soy sauce in a small bowl to make the dipping sauce. Set aside.
4. Preheat grill or grill pan to medium-high heat (about 400F / 200C). Thread marinated tempeh onto skewers.
5. Grill skewers for 3-4 minutes per side, turning once, until grill marks appear and tempeh is heated through and lightly charred.
6. Serve immediately with dipping sauce on the side.

63. Zesty Tofu & Roasted Vidalia Sandwich

15 Serves 1

INGREDIENTS

1 large Vidalia onion, sliced into 1/4-inch rings

1/4 teaspoon black pepper

1 teaspoon curry powder, divided

1/4 teaspoon cayenne pepper, divided

3 ounces firm tofu or tempeh, sliced thin

1 tablespoon light soy sauce

1 tablespoon spicy brown mustard

5 large baby carrots, steamed until fork-tender

1/2 to 1 tablespoon fresh lemon, lime, or orange juice

1 cup fresh spinach leaves

2 tablespoons alfalfa sprouts (optional)

2 thick slices crusty bread

INSTRUCTIONS

1. Preheat the oven to 450 F (230 C). Arrange the onion rings in a single layer on a rimmed baking sheet. Season both sides with black pepper, 1/2 teaspoon curry powder, and 1/8 teaspoon cayenne. Roast for 12 to 15 minutes per side, turning once, until deep golden and caramelized at the edges.
2. While onions roast, toss the tofu or tempeh slices with soy sauce and mustard in a small bowl. Let marinate for at least 10 minutes.
3. Mash the steamed carrots in a bowl with the citrus juice, remaining 1/2 teaspoon curry powder, and remaining 1/8 teaspoon cayenne until a rough, spreadable paste forms. Season with a pinch of salt.
4. Heat a small non-stick pan over medium heat. Cook the marinated tofu or tempeh slices for 2 to 3 minutes per side until lightly browned.
5. Toast the bread. Spread the carrot mash on one slice. Layer on the spinach, roasted onion rings, pan-fried tofu or tempeh, and alfalfa sprouts if using.
6. Top with the second slice of bread, press gently, and serve immediately.

64. Best Vegan Lentil Burgers (Homemade)

15 Serves 8

INGREDIENTS

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

INSTRUCTIONS

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

65. Best Tofu Pepper Tacos (Ready in 30 Min)

10 Serves 4

INGREDIENTS

1 pound (450g) soft tofu, well drained
2 tablespoons sesame oil
2 tablespoons tamari (soy sauce)
2 teaspoons freshly ground black pepper
2 garlic cloves, minced
8 large radicchio leaves (used as taco shells)
1 cup shredded jicama
Salsa for serving (optional)

INSTRUCTIONS

1. Drain tofu thoroughly and pat dry with paper towels; crumble into rough chunks into a medium bowl. Add tamari, black pepper, and minced garlic; stir gently to coat and marinate for 5 minutes.
2. Heat sesame oil in a large non-stick skillet over medium-high heat. Add the marinated tofu mixture in a single layer and cook undisturbed for 3–4 minutes until the bottom starts to brown.
3. Stir and continue cooking for another 3 minutes, breaking up any large chunks, until tofu is heated through and coated in the savory glaze. Remove from heat.
4. Arrange radicchio leaves on a plate as taco shells. Spoon tofu filling into each leaf, top with shredded jicama, and add salsa if desired. Serve immediately.

66. Grilled Vegan Tofu & Zucchini Sandwich

15 Serves 2

INGREDIENTS

4 slices sourdough or wholegrain bread
200 g (7 oz) firm tofu, pressed and drained
1 medium zucchini (about 200 g), thinly sliced lengthways into 4–5 strips
1 teaspoon canola oil
1 teaspoon sesame oil
1/2 teaspoon salt, divided
1/4 teaspoon chili powder
1 tablespoon Japanese-style sesame dressing
1/2 cup baby spinach or mixed greens

INSTRUCTIONS

1. Press the tofu for at least 10 minutes, then slice into 4 rectangular pieces about 1 cm thick. Pat dry with paper towels. Season with 1/4 teaspoon salt and the chili powder on both sides.
2. Heat canola oil in a non-stick or cast iron skillet over medium-high heat. Add tofu and cook for 4–5 minutes per side without moving, until each side is deep golden brown and crisp. Transfer to a plate.
3. In the same pan, add sesame oil over medium heat. Lay zucchini strips in a single layer, season with remaining 1/4 teaspoon salt, and cook 2–3 minutes per side until tender with grill marks. Remove from heat.
4. Toast the bread slices until golden. Spread sesame dressing evenly on one side of each slice.
5. Layer the sandwich: place spinach on the dressed side of two slices, then top with the grilled tofu and zucchini strips. Close with the remaining bread slices, press gently, and cut in half. Serve immediately.

67. Best Oat-Tofu Burgers (Quick Plant-Based)

15 Serves 4

INGREDIENTS

2 cups (180 g) rolled oats, processed to a coarse flour
1 cup (100 g) walnuts or pecans, finely ground
1 cup (160 g) onion, finely chopped
450 g (1 lb) firm tofu, well-drained and crumbled
1/4 cup (30 g) vital wheat gluten
1 tablespoon Vegex or Savorex (vegan yeast extract paste)
1 teaspoon salt
1 teaspoon paprika
1 teaspoon dried Italian herbs
2 tablespoons vegetable oil, for frying

INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel and press firmly for 10 minutes to remove excess moisture. Crumble into a large bowl.
2. Add processed oats, ground walnuts, onion, vital wheat gluten, Vegex, salt, paprika, and Italian herbs to the bowl. Mix with your hands until the mixture comes together into a firm, moldable dough. If too wet, add 1–2 tablespoons more oats.
3. Divide the mixture into 8 equal portions and shape each into a round patty about 1 cm thick.
4. Heat 1 tablespoon vegetable oil in a large non-stick skillet over medium heat (about 175°C / 350°F). Add 4 patties at a time in a single layer.
5. Cook for 5–6 minutes per side until deeply golden brown and firm on the outside. Add more oil between batches as needed.
6. Serve hot on buns with your favourite toppings, or cool completely and refrigerate for up to 4 days.

68. Ultimate Vegan Tofu Club Sandwich (Stacked)

20 Serves 4

INGREDIENTS

1 block (14 oz) extra-firm tofu, pressed and sliced into 8 thin planks

½ cup breadcrumbs

½ cup nutritional yeast

1 teaspoon sea salt

1 teaspoon dried oregano

1 teaspoon black pepper

1 teaspoon sesame seeds

1 teaspoon Dijon mustard

2 tablespoons water (for mustard wash)

3 tablespoons neutral oil (for frying)

8 slices bread, toasted

1 green bell pepper, thinly sliced

1 small red onion, thinly sliced

½ cup baby spinach

8 fresh basil leaves

3 tablespoons vegan aioli

INSTRUCTIONS

1. Press tofu for at least 15 minutes, then slice into 8 thin planks (about ½ inch thick). Mix Dijon mustard with 2 tablespoons water in a shallow bowl. In a separate shallow bowl, combine breadcrumbs, nutritional yeast, salt, oregano, black pepper, and sesame seeds.
2. Dip each tofu plank into the mustard wash, then press firmly into the breadcrumb mixture on both sides until fully coated.
3. Heat oil in a large skillet over medium-high heat (around 350°F / 175°C). Fry tofu planks in batches for 3 to 4 minutes per side until golden brown and crispy. Transfer to a paper-towel-lined plate.
4. Spread vegan aioli on 4 slices of toast. Layer spinach, a tofu plank, green pepper, red onion, fresh basil, and a second tofu plank on each. Top with the remaining toast slices, press gently, and serve immediately.

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