

Vegan Recipes

Shared by the Wesley Eco Group
following church lunches



Vegan shortbread—BBC Good Food

Ingredients

250g plain flour, plus extra for dusting

75g caster sugar, plus 1 tbsp

1/2 tbsp cornflour

1 tsp vanilla extract

160ml light olive oil



Method

1. Mix the flour, sugar, a pinch of salt, then add the vanilla and drizzle in the olive oil, mix until you get a soft, golden dough. Wrap and chill for 30 mins to rest.
2. Heat the oven to 180C/160C fan/gas 4, and line a baking sheet with parchment or a baking mat. Roll the dough out on a lightly floured work surface to a 5mm thickness and use a round or fluted cutter, about 6cm diameter, to cut out shortbread rounds. Use a small palette knife to transfer to the baking sheet. Can be frozen on the baking tray, then transferred to a box when solid. Will keep for up to three months.
3. Sprinkle the 1 tbsp sugar over the biscuits and bake for 15-20 mins until golden brown. Leave to cool for a few mins to firm up on the tray, then transfer to a cooling rack to cool completely. Add 2-4 mins to the cooking time if baking from frozen.

Moroccan Vegetable Hotpot

Ingredients

3 tbsp vegetarian granules or a veg stock cube

300ml boiling water

425g tin chickpeas, drained

1 courgette, sliced

1 onion, chopped

1 green pepper, chopped

12 dried apricots (ready to eat or pre-soaked)

1 tbsp sultanas

400g tin chopped tomatoes

1 teaspoon ground ginger (or more, to taste)



Method

Make up granules or dissolve cube in water

Pour over remaining ingredients in casserole dish

Cook for approx 1 hour at 180 C, 350 F or Gas mark 4, stirring occasionally - may need a little longer

Coconut and squash tray bake

adapted from “Five Ingredient Vegan” by Katy Beskow

Ingredients

A medium butternut squash (500g when prepared),
a handful of green beans,
200g basmati rice,
1 can full-fat coconut milk,
1 tbsp curry paste.

Condiments don't count in the 5 – so add salt to taste before serving.

The ingredients can be adapted quite considerably.

Method

Place small squash pieces, any beans and the rice in a roasting tin.

Mix the coconut with curry paste, and pour over, to cover.

Cover with foil (or lid!) and bake in a pre-heated (180c or gas 4) oven for 40 minutes plus. (I prefer it drier!)



Vegan Chocolate Brownies

You can find this recipe at bbcgoodfood.com

Ingredients

2tbsp ground flaxseed
200g dark chocolate
½ tsp coffee granules
80g vegan margarine, plus extra for greasing
125g self raising flour
70g ground almonds
50g cocoa powder
½ tsp baking powder
250g golden caster sugar
1 ½ tsp vanilla extract



Method

1. Heat oven to 170C/150 fan. Grease and line a 20cm square tin. Combine flaxseed with 6tbp water and set aside for at least 5 mins.
2. Melt 120g chocolate, the coffee and the margarine over very low heat. Allow to cool slightly.
3. Put flour, almonds, cocoa, baking powder in a bowl and stir to remove any lumps
4. Using a hand whisk, mix sugar into melted mixture and beat well until smooth and glossy. Stir in flaxseed, vanilla and remaining chocolate, then the flour mixture.
5. Bake for 35 – 40 mins until a skewer inserted in the middle comes out clean.
6. Cut into squares when cool.

Vegan chocolate chip cookies—BBC Good Food

Ingredients

- 125g cold coconut oil
- 100g golden caster sugar
- 150g light muscavdo sugar
- 125ml coconut milk
- 1 tsp vanilla extract
- 275g plain flour
- 1 tsp baking powder
- 1/4 tsp bicarb
- 200g vegan chocolate chips or vegan chocolate, chopped into small chunks



Method

Step 1 Tip the coconut oil and sugars into a bowl and whisk until completely combined, then whisk in the coconut milk and vanilla. Tip the flour, baking powder, bicarb and a good pinch of flaky sea salt into the mix to make a thick batter, then fold through the chocolate chips. Chill the batter for at least 1hr. Can be made two days ahead.

Step 2 Heat the oven to 180C/160C fan/gas 4. Line a couple of baking sheets with baking parchment, then scoop or roll plum-sized balls of the dough and place them on the baking sheets about 2cm apart. Flatten ever so slightly and sprinkle with a bit more flaky salt if you want. Cook on the middle shelf for 12-15 mins, turning the tray once, until the cookies have spread and are golden but still soft in the middle. Leave to cool slightly, then lift the cookies onto a cooling rack while you bake another batch. Will keep in a biscuit jar for up to three days.

Spicy leek and white bean stew

(adapted from <https://www.deliciousmagazine.co.uk/recipes/spicy-leek-and-white-bean-stew/>)

Ingredients

- Olive oil for frying
- 1 large onion, finely sliced
- 2 garlic cloves, crushed
- 4 leek, cut into large chunks
- 2 tbsp harissa paste
- 400g tin chopped tomatoes
- 300ml vegetable stock
- 2 x 400g tins cannellini beans, drained and rinsed (if using dried beans, then about 250 gm will be plenty. Soak overnight and simmer for about 1 hour),
- Juice of a lemon
- A large handful of chopped fresh parsley
- Fresh crusty bread, to serve



Method

1. Heat a little olive oil in a saucepan. Fry the onion gently over a low heat for 5 minutes until softened. Meanwhile, add the garlic and the leeks to the pan and cook for a further minute. Stir in the harissa paste, chopped tomatoes and the vegetable stock. Bring to a simmer, season, then cook for 20 minutes.
2. Add the tins of cannellini beans, then simmer for a further couple of minutes. Taste and adjust the seasoning, then stir in the juice of a lemon and a large handful of chopped fresh parsley. Serve with plenty of fresh crusty bread to mop up the juices.

Spinach and Chickpea rolls

(you can find this recipe on Riverford Organics website)

Ingredients

1 red onion

1 garlic clove

2 tomatoes

½ tbsp harissa

1 tsp garam masala

1 tin chickpeas

200g spinach

100g vegan feta (optional...tends to make pastry soggy!)

I like to add chopped pitted black olives for extra flavour

1 pack puff pastry



Spinach and Chickpea rolls—continued.

Method

1. Put a large pan of water to come to boiling for the spinach. Remove pastry from fridge.
2. Fry onion gently in 2tbsp oil until beginning to soften.
3. Add crushed garlic clove, tomatoes, spices and drained chickpeas, add 2tbsp water and heat gently for 5 mins while you prepare spinach
4. Wash spinach leaves well. Blanch them in the pan of boiling water for 30 secs until wilted. Drain and cover with cold water to stop cooking process. Finish off filling by partially mashing the chickpeas. Remove from heat and transfer to bowl to cool slightly. Add cheese/olives if using.
5. Pre heat oven to 200C/gas mark 6. Squeeze as much water out of the spinach as you can
6. Roughly chop spinach and add to mixture.
7. Halve pastry into 2 equal size rectangles. Form the mixture into a sausage shape in the middle of each. Roll pastry into sausage roll shape, lightly score tops and brush with non-dairy milk.
8. You can make 2 big rolls or cut into smaller ones.
9. Bake for 25 mins until golden and risen.

Coronation chickpeas

Ingredients

A can of chickpeas drained and rinsed,
2tbsp vegan mayo,
2 tsp mango chutney,
1 tsp mild curry powder, (optional fresh coriander, salt & pepper.)

Method

Roughly mash the chickpeas, add all the other ingredients, mix well.
Refrigerate for an hour.



BBQ Beans on Toast - (Bosh! Recipe)

Ingredients

1/2 onion
2 garlic cloves
1 tbsp olive oil
1 tbsp tomato purée
1/4 tsp smoked paprika
1/4 tsp chilli powder
1/4 tsp dried thyme
1 tbsp light brown sugar
1 tbsp light soy sauce
1 x 400g tin cannellini beans
200g passata
salt and black pepper



Method

1. Peel and finely chop the onion and garlic. Add the tablespoon of olive oil to a medium saucepan and place over a medium heat. Add the onion and sauté for 5 minutes. Add the garlic and sauté for 3 minutes. Add the tomato purée, smoked paprika, chilli powder, thyme, sugar and soy sauce and stir into the onions. Cook for a further 2 minutes.
2. Drain and rinse the cannellini beans, then add them to the pan and stir. Cook for another 2-3 minutes. Pour over the passata and simmer for about 5 minutes until the sauce has thickened. Taste and season.

Vegan Chilli—Thug Kitchen Recipe

Ingredients

- 1 yellow onion
- 1 carrot
- 1 bell pepper
- 1 jalapeno
- 2-3 cloves of garlic
- 1 tsp olive oil
- 1 tbsp soy sauce or tamari
- 2 1/2 tbsp mild chili powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 400g can of diced tomatoes
- 1 ½ cups* of mashed sweet potato and butternut squash
- 2 cups of vegetable stock
- 3 cups of cooked beans**
- 1 tsp lime juice

*1 cup = 250ml

** Whatever beans you prefer in chili are fine but if you need some guidance, we used half black bean and half pinto.

Method

1. Chop up the onion, carrot, and bell pepper into chunks no bigger than a bean. Dice the jalapeno and garlic.
2. In a big pot, heat the oil over a medium heat. Add the veggies and sauté them until they begin to brown, about 5 minutes.
3. Add the garlic, jalapeno, soy sauce, and spices and cook that all together for another 30 seconds. Add the tomatoes, pumpkin, broth, and beans and stir that up so everything is mixed. Turn down the heat, cover, and let that simmer for about 15 minutes. Stir it around every now and then.
4. When it's done simmering, turn off the heat, and stir in the lime juice. Serve right away.

