

QUICK AND eASY reCiPes



vegan kitchen essentials

replacing violence with vegetables

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animal agriculture accounts for over 80% of deforestation world wide. this has a huge impact on biodiversity, animal habitat, and our less than rosy less than 100% for all that carbon dioxide we're spewing!



"Most people don't think about the fact that they are eating animals when they eat a "steak" or "chicken". Most people don't think about the horrendous suffering that those animals must endure simply to become food products to be consumed by human beings--  
--The lack of critical engagement with the food that we eat demonstrates the extent to which the commodity form has become the primary way we perceive the world"

- Angela Davis

# Kitchen Utensils

listed here are most of the tools you will need in order to have a functional kitchen:

**Large chefs knife 8"**(you can buy a new kivi brand knife for less than \$6 at most asian markets) stop cutting small foods with small knives! Use large knives for everything! maybe get a sharpener too!



keep sharp!

**Sturdy wooden cutting board** (1"-1" thick. Ask a wood worker to make one for you!)



**Frying pan - Cast Iron Preferred** (you can often find these in thrift stores, or buy them for \$20 new. Wipe down and oil slightly after use)



**Baking sheet** (for roasting vegetables, making cookies and more. The surface will become a beautiful black/brown after much use. This patina is evidence of your love for the pan)



**4 quart cooking pot with lid** (for soup, stews, boiling noodles, etc.)



**Measuring cups+spoons**

**Large mixing bowl**



**Wooden spoon/Spatula**



**Saucepan with lid** (for cooking grains, beans, sauces, noodles, anything)



**Pot holders/oven mitts**





mr. nut says:  
have these  
items  
stocked at  
all times.

phoebe says:  
please share  
your nut mr. nut!

raymond says:  
if you can, buy or  
borrow a blender  
for sauces, soups,  
etc. because  
i'm a minimalist



Phoebe's  
grocery  
musts



Raymond's  
Berus

**Staples:**

- Peanut butter
- Jam
- Oats
- Extra Virgin Olive Oil (EVOO)
- Soy Sauce (or braggas liquid aminos)
- Rice vinegar
- Sea salt
- Peppercorns
- Herbs & Spices
- Ramen noodles
- Pasta
- Flour
- Rice
- Corn tortillas
- Sugar
- Dry lentils
- Canned beans
- Canned tomato
- Nutritional yeast
- Coconut milk

**Grocery List:**

- Fresh Garlic
- Onion
- Potatoes
- Sweet potatoes
- Mushrooms
- Non-dairy milk
- Leafy Greens (kale, collards, chard, choy...)
- Firm Tofu
- Lemon/Limes
- Vegan Butter
- Bananas
- Seasonal fruits
- Seasonal veggies
- Tempeh or Seitan
- Squash

**Expand your food horizons:**

- Cashew cheese (Miyokos)
- Pearled Barley
- Berbere
- Quinoa
- Farro
- Field Roast
- Miso
- Tahini
- Maple syrup
- Vegetable stock concentrate
- Kimchi
- Vegan Yogurt
- Soba noodles
- Seaweed
- Chile Peppers
- Curry paste
- Ginger
- Beets
- +more!


# BASICS

rice for 2  
1 cup of rice into saucepan. rinse rice 2-3 times, drain. pour 1.5 cups water over rice. place over medium heat until boiling (with lid). when boiling, turn heat to low. Wait until water is absorbed by rice, about 20 min. double recipe for 3+ people. for spanish rice add salt, pepper, 1 tsp each cumin, paprika, turmeric. 2 clove garlic, 1/2 onion to water.

fried tofu  
slice tofu into 6-8 slabs. place approx 2 TBSP oil into frying pan over medium heat. place tofu into pan(sizzle). salt and pepper the tofu. cook until golden (5-7 mins per side) then flip tofu. pour about 2 tablespoons of soy sauce over the tofu. allow it to cook another min. experiment with different spices!

# RECIPES

Roasted Potatoes:  
preheat oven to 425.

cube 4-6 yukon or red potatoes into 1" cubes. boil in salted water for 10 min, then strain. place potatoes on baking pan, drizzle 2 TBSP oil, salt and pepper and what ever else you want (garlic, thyme, rosemary, paprika). mix on pan with . bake for 20 min, take out, move tates around with utensil, put in oven another 10-15 min, until golden brown. finish with juice from 1/2 lemon if you want. Treat other root vegetables and squash this same way but omit boiling step!



## Peggy Pancake

place 1 1/4 cup flour, 2 tsp baking powder, 1/2 tsp salt in mixing bowl, mix. then dump in 2 TBSP canola oil, 1/3 cup water, 1 cup soy milk, 2 TBSP sugar or syrup. **STIR ONLY UNTIL COMBINED!** don't over mix! lumps ok! squirt canola oil into pan at medium heat. allow pan to get hot before pouring batter. cakes should sizzle. pour batter into pan 1-2 cakes a time. place blueberries or anything you want ontop while cake is cookin. flip cake when top side looks matte (4-6 min). cook for 3 mins until done.



what? no baby mice as an ingredient?

## Cleopatra's Tofu Scram:

dice onion, carrot, garlic, and some greens (or mushrooms). drizzle approx 2 TBSP oil into pan at medium heat. fry onion and carrot (& mushroom) until brown. salt and pepper em!

prepare "scramble juice" while frying: in a small cup add 1/2 tsp each of paprika, turmeric, thyme, cumin, curry powder. add 2 TBSP soy sauce and mix until combined.

add garlic to pan and cook 20 sec. crumble 14oz firm tofu into pan. mix with veggies, and cook until browned/water evaporates, approx 8 mins. add scramble juice and 1/4 cup nutritional yeast (nooch) if available. cook till it looks real good. serve with toast, tates, and coffee.



## simple cookie

preheat oven to 350. place 2 ripe bananas, 1 cup oats, 2 TBSP nut butter (optional but delish) into a bowl and mash until well combined. incorporate 1/2 cup chocolate chips. spoon 1" globs onto baking sheet, 15-20 cookies. bake for 10-12 min. everyone will ask you for this recipe after they eat them so remember it!

cows do not naturally produce milk for human consumption. in order to produce milk cows are forcefully impregnated baby cows are taken away from their mothers and often become veal.

## CHEESE PLEASE! BLender rEQuired!

this sauce is great for fondue, nacho cheese, cheesy potatoes and mac and cheese. place 2 chopped potatoes and 1 chopped carrot into pot with water and dash of salt and boil until soft but not mushy (12 min) then strain and dump into blender. put 2 TBSP oil and dash salt in pan and fry 1 large chopped onion on medium heat until mostly caramelized (10 min). then throw in 3 minced cloves garlic and cook another 20 sec. pour 2 TBSP rice vinegar or lemon juice over onion and garlic. turn off heat and dump into blender. add 1 TBSP each dijon mustard, soy sauce, olive oil and 1/2 tsp each smoked paprika, turmeric, black pepper. finally add 1/4 cup nutritional yeast. blend until smooth. add salt to taste. for queso or spicy mac add 1-2 canned chipotle peppers before blending. for more depth add 2 TBSP miso.

chelsea's thai curry  
need!!!!: full fat coconut milk and thai curry paste (any kind, no fish!) chop whatever veggies you have on hand (onion, potato, carrot, squash, mushrooms, and/or greens) and mince 1 clove garlic, 1" ginger nub, and 1 thai chili. cube and fry 1 block tofu and set aside. in a large pot, fry chopped onion in 2 tbsp oil over medium heat for 5 mins. add minced garlic ginger chili and cook 30 sec, then add ~2 tbsp curry paste and fry 1 min. add full can coconut milk and mix, then fill coconut milk can with water twice and dump into curry sauce to thin it out. add 1 tbsp soy sauce, 2 tsp sugar, mix together and bring to a boil. add potatoes and carrots and cook 8 mins, then add other veggies and tofu and cook another 8 mins. add greens last and cook 1 min until wilted. squirt some lime juice up in there and mix curry around. taste for salt/sour/sweet/spicy and adjust if needed. serve with cooked rice OR cooked zoba/ramen/rice noodles if you're feeling funky.



## the truth about soy

soy does not cause cancer! soy does NOT contain more estrogen than any other vegetable. estrogen occurs naturally in many foods we eat everyday! this myth is used to demonize and "feminize" vegetarians and to justify consuming animals. 70%+ of soy beans are used only as animal feed. (imagine if that energy was used to feed humans) The US government subsidizes soy and corn crops to keep the costs of meat down. only 5% of soy beans are consumed by humans. What is tofu (bean curd)? Soy beans, water, and some variety of coagulant usually calcium chloride, gypsum or lemon juice. packed with calcium (3x cow milk) and iron. it's delish too!

## lentil farro salad:

\*this recipe is easily adapted for whatever ingredients you have on hand. you can use any other grain (quinoa, barley, etc.) and any seasonal fresh vegetables, instead of what is listed below. be creative!\*

boil 1/2 cup farro in a pot filled with 4 cups salted water for 10 mins, add 1/2 cup brown or french lentils to the same boiling water with farro, turn to simmer and cook for 25 mins, until cooked through. strain lentils and farro and rinse with cold water, then set aside. chop 2-3 cups worth of a mix of seasonal veggies, such as tomatoes, cucumber, scallions, and corn (whatever you have on hand!), and a fresh herb, such as parsley or basil. you can also add chopped fresh fruit or roasted veggies! experiment! in a bowl, combine cooked lentils and farro with the chopped veggies and herb, then add 2 TBSP capers, 2 TBSP lemon juice, 2 TBSP good olive oil, and salt + pepper to taste. mix to combine. voila!



*Poser Ramen*  
put 1 TBSP oil into sauce pan and fry 2 clove garlic and 1/2 tsp chile flakes for 20 sec. then pour 2 TBSP soy sauce, 1 TBSP peanut butter, and 1 TBSP miso paste (if available) into the pot and stir together. add 2 cups water and allow mixture to combine and come to a boil. Toss in a few stalks of green veggies and a bit of cubed tofu if you have some handy. put instant noodles into broth and cook 3 min.

## Pesto

2 cup any greens or herb combo (basil is great! try carrot top greens or cilantro)  
juice of 1/2 lemon  
1/2 cup any nuts (toasted sunflower seeds, cashews, etc.)  
2 cloves garlic  
1 tsp salt  
1/2 tsp pepper

blend ingredients together until chunky and mingled. next, while keeping me (the blender) at a low/medium setting, slowly pour in 1/2 cup olive oil and allow magic to happen. blend for about 30-45 sec. serve over pasta or dip bread in it.



you can care about human and animal suffering at the same time

If you're put off by the idea of being "vegan", consider who wants you to be put off: huge corporations that want you to pay them to kill animals. that's the

## tomater "gravy"

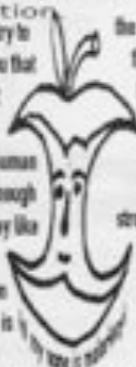
in frying pan saute 4 cloves garlic in 3 TBSP olive oil over medium/low heat for 30 sec. dump 1 large 28oz can crushed tomatoes into pan. add salt, pepper, 3 bay leaves and some chile flakes. simmer for about 30 min. stir every 5 minutes to prevent burning and check consistency. you want it saucy! remove those bay leaves. serve over pasta with fresh basil. drizzle with more EVOO!



### LADIE'S DRESSING:

1/4 cup tahini, 1/4 cup miso paste, 1 minced clove garlic, 2 TBSP lemon, 1/2 cup water. Mix it all together in a cup or shake up in an old jar. pour over any situation

people will try to convince you that a vegan diet does not supply the human body with enough nutrition. they like to focus especially on protein. this is malarkey!



the irony of course is that worldwide the leading causes of death are all diet related! coronary artery diseases, stroke, etc. you think these arise from eating too many grains, fruits and vegis? no way!

some people will harp on and on about b-12 and other nutrients vegans are "missing" however:  
 1) both meat eaters and vegans are nutrient deficient in some form. (yes even you!)  
 2) you can take a multi-vitamin with b-12 and other crap if you're worried about it. many fortified foods and tempeh also contain b-12.  
 3) animal agriculture is responsible for 18+% of greenhouse gas emissions worldwide. (not counting the added effects of deforestation, and water pollution/contamination, which are huge! look up "dead zones")

soup jazz (borscht edition):

like all great jazz, true soup comes from within. let this soup nourish you during winter months.

in a big soup pot fry 1 chopped onion with a pinch of salt in 2 TBSP olive oil for 8 mins, until slightly browned. add 3 cloves minced garlic and cook another 30 sec. add 8 cups veggie broth to pot.

chop 3 red beets, 3 potatoes, and 2 carrots into 1/2" chunks and add to pot.

thinly slice half of a small head of cabbage and add to pot, then cover pot and bring to a boil. once boiling lower the heat to simmer and leave the lid ajar. cook about 30 mins, or until beets are tender. add 1/2 cup chopped fresh dill (or 2 TBSP dried dill), 1/4-1/2 cup white vinegar or lemon juice (depending on taste), and salt + pepper. serve with unsweetened vegan yogurt on top and hearty bread on the side. mmmmm!

## TACO THURSDAY

chop and fry 1 onion, 1 bell pepper, (mushrooms or even frozen corn!) in 2 TBSP oil with salt and pepper for 10 min.

Allow to golden: seared/blackened edges are encouraged! then add 3 cloves

chopped garlic cook 30 sec. dump in 1 drained and rinsed can of any beans. cook for 5 min, then squeeze in juice from half a

lime. Use spanish rice option in earlier recipe for a side, fried tofu or roasted

potatoes/veggies recipe for filling, and the cheese sauce for a topping! yum. serve with avocado, lime, tomato and cilantro.

tortilla index: if you have a gas

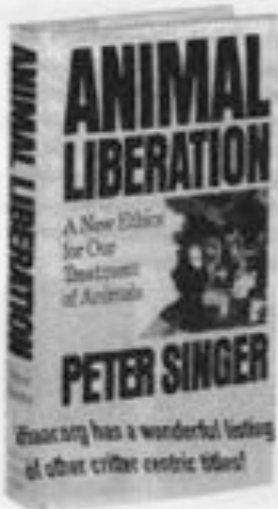
stove, just plop the tortillas on an open stove flame for about 10 secs each side,

until toasty. if not, in lightly oiled skillet on medium heat fry each side about 30 sec.



There is a lot of information and recipes that cannot be covered by only this tiny pamphlet! a great place to start with cookbooks, *veganism*, *isa does it*, or any books by isa chandra moskowitz, a great book to understand the ethical side of veganism.

this pamphlet will provide you with some information and recipes about living a vegan/vegetarian lifestyle. these recipes are a great way to get started, especially if you are unfamiliar with cooking in the first place!



there are a lot of myths surrounding veganism, one of them is that it's difficult. it's easy if you decide to make it a priority and work at it (like everything in life!). do your own research and don't believe every anti-vegan argument you hear as justification not to do it. there's a lot of people who want to defend the status quo! ask yourself: can i justify the pain and suffering of a creature that does not want to die for my temporary satisfaction? Would you give a neighbor money if you knew that they beat their dog or cat? no! so why do we feel ok giving money to people that kill 56 billion animals per year? yes that number is real.

