

I highly recommend [Now! Nutritional Yeast Powder](#) for maximum flavor in recipes with nutritional yeast.

Soups

[Creamy Potato Soup](#)

Health: Low

Difficulty: High

[Lentil Sweet Potato Chili](#)

Health: High

Difficulty: Low

This makes far too big a batch for any pan. You need a pot or slow-cooker.

And you can make this in an hour on the stove; it'll boil away a lot of the broth, but that's hardly the end of the world. Stir that shit! It's a very easy recipe. The only time-consuming part is chopping the vegetables. But you just put all of the ingredients in the pot to cook.

[Vegetable Soup](#)

Health: High

Difficulty: Low

I made this in a pot, the recipe makes enormous batches that last a long time. I peeled the potatoes, but that's not necessary.

[White Bean Potato Chili](#)

Health: Medium

Difficulty: Medium

Honestly, this is neither easier nor tastier than the lentil sweet potato chili, but it's an alternate recipe that can provide a bit of variety. You should double this recipe. I added 3 leaves of kale along with the carrots & celery one time and it wasn't that noticeable. Double it at least. And after that, double the whole recipe because the yield could be better.

[Vegan Lentil Soup](#)

Sorta resembles chili. When I first made this, I didn't have a potato masher so I filled up a blender and blended on the lowest setting. This was a terrible idea; it made the soup thin and almost like, beady. Next time, fill the blender like $\frac{1}{3}$ of the way or something and blend on the highest setting. That'll give you a thick broth without turning it into absolute goop.'

Double the recipe and then double the kale.

[Winter Lentil Stew](#)

Absolutely divine with relatively little preparation.

[Rajma](#)

It's a little too spicy, so you should add rice and maybe tone it down on the cayenne pepper.

Very hearty, very delicious, good candidate for doubling.

[Creamy Pea Soup](#)

It's creamy, and it tastes of peas. It blends well and remains completely monochrome. It's easy to make and pleasantly sweet.

[White Bean Kale Soup](#)

It's pretty good. You need to double or maybe triple the recipe, and ideally add more kale than the recipe calls for.

[Black Bean Soup](#)

Easy, healthy, and positively soulless. It's not bad to eat, but it is pretty damn boring.

[Chickpea Orzo Soup](#)

Easy and delicious, I tried increasing the chickpeas by 50% but it made the recipe a little less good.

[Squash Soup with Roasted Chickpeas](#)

Angelic dish. I recommend you double this, maybe even quadruple.

[Creamy Asparagus Soup](#)

It's not the worst, not the best.

[Cabbage Soup](#)

Not very calorically dense, so you'll need a second helping. I made it with a 2 pound cabbage though – which amounted to 1 pound of cabbage leaves – so maybe it'd be more substantial if I had simply gone with a 1 pound cabbage. Definitely benefits a lot from MSG.

Pastas

[Macaroni](#)

Health: Moderate

Difficulty: Low

I've made this wrong a few times -- the first time, I fucked up the ingredient proportions because I was doubling and the second two, I neglected to steam the carrots beforehand. It's still pretty OK if you screw it up though. I always use protein pasta to make this less unhealthy.

[Thai Sweet Potato Noodles with Tofu](#)

Health: Medium

Difficulty: High

You'll need like three sweet potatoes if you're using the current spiralizer because it sucks. Pressing the tofu takes a while. Buy extra firm if you can, but regular-firm is still fine. I substituted peanut butter in for the almond butter and it turned out well. I ignored the lime wedges and that didn't cause any issues. I screwed up the first time I made this by adding the sauce ingredients to the frying pan with the tofu.

If you want to store this dish all in one container, you can 100% do that without any problems. The recipe only makes four servings (ostensibly), but doubling it isn't really feasible just because of how much space the damn noodles take up in the frying pan.

[Thai Sweet Potato Noodles](#)

Health: Medium

Difficulty: Medium

I used low sodium soy sauce instead of low sodium tamari the first time making this and it turned out kind of meh. Use soy sauce next time. Also, you'll need pretty high heat to adequately cook the potato noodles.

[Cashew Sauce & Olive Pasta](#)

Health: Medium

Difficulty: Medium

Use a lot of kale, to a point where it feels like you're using too much.

[Lentil Spaghetti](#)

Easy to make and also tasty. Try making about 50% more sauce relative to noodles.

Attempting to make this recipe with twice as much sauce as noodles, proportionally

On Rice

[Sweet Korean Lentils](#)

Health: Moderate

Difficulty: Medium

[Tempeh and Broccoli Rice](#)

A generally easy and delicious recipe, but with a yield of only about two servings. You should probably make this as like a quadruple recipe or something ridiculous like that.

[Chana Masala](#)

Instant pot. Fairly easy recipe, albeit requires more attention than you'd expect of an instant pot recipe. The main inconvenience here is that you need to serve it on rice, but the rice isn't part of the recipe. So you'd either need to cook the rice and the chana masala one after the other or cook the rice outside of the Instant Pot, both of which are kind of inconvenient options. It's worth it though, as this recipe is delicious.

[Mexican Rice & Beans](#)

Instant pot. Extremely easy recipe, no work involved.

Stir Fries

[Vegetable stir Fry](#)

Health: High

Difficulty: Low

Always double this recipe.

[Broccoli Stir Fry](#)

This has got to be the easiest way to eat broccoli.

Baked Tortillas

[Black Bean Sour Cream Taquitos](#)

Health: Medium

Difficulty: High

I screwed up this recipe the first time by buying 4-inch tortillas and not putting the sour cream in the 4-inch taquitos. Still, this recipe has more than proved its worth. Owen likes it.

[Lentil Sour Cream Taquitos](#)

Health: Medium

Difficulty: Quite High

This recipe is generally similar to the black bean sour cream tomatoes. Probably more affordable than the sour cream black bean taquitos, but much more time-consuming. It's nice to be able to use white onion instead of green onion. Omit the 3 jalapenos listed in the ingredients because the directions don't mention them.

[Enchiladas](#)

They taste pretty OK. Just be heavier on the cooking spray and don't start cooking the enchiladas until after you put the sauce on. I used nutritional yeast and it's not great but it's not terrible.

[Pecan Taquitos](#)

This is an expensive recipe because it requires both pecans and fake cheese, neither of which are super affordable. It's very good though, with cherry salsa and "Follow Your Heart" cheddar cheese. I used 13.6 cm corn tortillas and they worked, but 20 of them was not enough to contain the filling. They're very delicate, so handle them with care.

Wraps

[Spinach Hummus Wrap](#)

Health: High

Difficulty: Medium

Note -- you can't leave tofu out overnight.

This recipe isn't very difficult to make, though it requires a food processor. I used big flour tortillas because I couldn't find lavash rolls and it turned out 100% fine. It's not terrifically flavorful, but it looks good and is certainly substantial. Use a tutorial on actually folding the burritos and they'll turn out very well. The hummus will turn out green.

Original link died. Try this: <https://www.delishknowledge.com/spinach-hummus-wrap/>

[Mashed Lentil Wraps](#)

This recipe is pretty OK. It doesn't say whether or not you should drain the lentils; I didn't drain them and it worked out. Make sure you put the uh... spinach on every wrap because it's absolutely dreadful without it. The wraps are best eaten cold.

[Curry Tofu Wraps](#)

Health: Medium

I had to sub in a mix of veganaise and sriracha sauce for the curry sauce because the curry sauce I bought wasn't vegan. The recipe simply calls for 'tortillas' and I used 8-inch ones, but they were far too small; I'll need at least like 10" or 12" ones. The taste came out very good though, despite these problems.

[Barbecue Chickpea Wraps](#)

Health: Medium

Difficulty: Medium

Don't attempt to roast the potatoes without oil; that's embarrassing and stupid. In order for this to be worthwhile, you're gonna need to double the recipe because four is a low-ass yield. Use gigantic tortillas. You'll probably take up the whole kitchen.

Casseroles

[Lentil Shepherd's Pie](#)

Health: High

Difficulty: High

Read the ingredients list for each part carefully because it matters. I added three cloves of garlic instead of one to the lentil mix, but it still turned out well.

[Vegan Broccoli Casserole](#)

Kinda time consuming, but it's worth it and makes a nice, big batch. You cook it in your biggest dish and it comes out well. I don't think it quite made three cups of cheese sauce, but it's enough anyway. It's hard to get all the veggie broth. Don't sweat it too much, just add filtered water to top it off if you gotta. The cheese sauce also isn't as flavorful as I'd like, which is probably attributable to the nutritional yeast being a powder instead of flakes.

[Cinnamon Sweet Potato Casserole](#)

Health: Low

Difficulty: Medium

The yield is 6, and good thing too since it only stores for 5 days. It's high in fat & low in protein and carbs.

[Vegetable Bean Casserole](#)

Very good taste, lasts in the ballpark of a week with reasonable portioning. When I made this, I made my brown rice a bit too mushy by adding too much water to the rice-cooker. Only fill to the 2 cups line next time. The casserole turned out OK, but it was watery and fell apart easily. If that doesn't resolve the problem, try adding less broth.

Edit: I tried the 2 cups line thing. Next time, reduce vegetable broth to 1.25 cups.

[Pot Pie](#)

You must make it with tofu because otherwise, there's no protein. Be prepared for this to take up hours of your day. Also, the recipe makes more filling than could fit in your pie pan.

Salads

[White Bean Tomato Salad](#)

Health: High

Difficulty: Low

It's nothing special, but it sure is fast.

[Mediterranean Bean Salad](#)

Health: High

Difficulty: Low

Relatively little chopping and tastes pretty good.

[Vegan Three-Bean Salad](#)

Health: High

Difficulty: Low

Even less chopping.

Bowls

[Turmeric Lentil Rice](#)

A deep, beautiful, golden dream. Highly recommend.

[Gigantes](#)

Not halfway shit, with not a crazy amount of work. IDK why I don't eat more lima beans.

[Instant Pot Rice & Beans](#)

Probably the easiest recipe I've ever seen that makes a passable dish. I tend to add double the beans and replace the salsa with fire-roasted diced tomatoes.

Plates

[Rice Paper Bacon](#)

Use two layers of rice paper for each bacon strip if using the rice paper linked in the recipe.

Employ the oven method instead of the microwave one. Use an oven rack as the recipe demands as this is important for keeping the bacon from burning.

[Sugar-free brownies](#)

Easy, semi-healthy, and delicious

[Scrambled Eggs](#)

The first time I made it, I used regular iodized salt because black salt would take weeks to get here. I sliced and diced the mushrooms into tiny little pieces, using up about half an 8 oz package of white mushrooms from walmart. It turned out alright, but the recipe said that the black salt provides the sulfurous taste we all know and love in our eggs. So definitely get that if

you can. One recipe makes enough for one breakfast (if eaten alone), at least for an absolute chonkers like me.

[Roasted Sweet Potatoes & Tempeh](#)

Not overly difficult, yet still feels sophisticated and has an interesting flavor. I roasted the potatoes on a tray and they turned out great.

[Tempeh Sweet Potatoes](#)

Delicious and a bit fancy, but a bit low on protein and not super filling.

[Pepperoni Pizza](#)

Unhealthy and fairly expensive, but far better than any vegan store-bought pizza I've ever had. If I remember right, this served me well for four meals.

[Stuffed Acorn Squash](#)

A manageable amount of work and an unmanageable amount of dishes. Prepare to fill up your dishwasher... and your sink. I find that most of the cooking takes significantly longer than the recipe provides for. Damn good meal though, and healthy too. Maybe try it with slightly less quinoa.

Slices

[Mashed Potatoes](#)

Health: Low

Difficulty: Low

You don't have to skin the potatoes, which is really nice.

[Sauerkraut with Fake Meat](#)

Fucking delicious. I made this with instant mashed potatoes the first time, but why not try it with homemade next time?

[Asparagus](#)

Health: High

Difficulty: Low

When you feel like you're overseasoning it, you're not overseasoning it.

[Vegan Steak](#)

The recipe makes some pretty good vegan steaks; they're much chewier than meat, but the whole ensemble ain't half bad. You do need equipment for steaming stuff as well as some rare ingredients, so make sure you've got that all rounded up before starting. Do not feed this to a non-vegan. It's extremely high in protein, but otherwise is kinda meh in terms of health. There's no vegetables in it and about ½ tbsp of sugar per serving.

Hummuses

[Red Kidney Bean Hummus](#)

Simple and useful. Makes about 3 sandwiches worth. Be ready to add an extra splash of water.

[Black Bean Hummus](#)

More involved than the red kidney bean hummus, but tastier too.

[Beet hummus](#)

Pleasantly sweet, and smoother than you'd think

Add 37.5 mL of water per recipe's worth

Snacks

[Roasted Chickpeas](#)

IDK what to say, it's a really good snack. Make sure you get those beans crazy soft before roasting them!

[Chickpea Flour Goldfish](#)

Be sure to buy the chickpea flour in advance. I don't have a goldfish cut out thing or whatever so I'll just have to use my imagination. The first time I made this, the dough got too sticky – so try to be cautious about how much water you add.

[Brie non-cheese](#)

A delicious dream <3

[Nacho non-cheese](#)

It's pretty tasty. Nothing revolutionary. Sort of like the sauce from that macaroni recipe, except thicker. Vinegar is barely passable as a lemon juice substitute in this context.

Deserts

[Frosted sugar Cookies](#)

Tasty and generic. Makes a large batch, keeps well only if frozen.

[Blueberry Nice Cream](#)

It's a bitch to make, but it tastes pretty good.

Prospective

<https://www.feastingathome.com/lentil-bolognese/#tasty-recipes-47267-jump-target>

<https://eatinginaninstant.com/instant-pot-mexican-rice-and-beans/>

<https://recipesfromapantry.com/instant-pot-hummus-recipe/>