

# **Some Basic Mouth Watering Vegan Recipes To Remember**

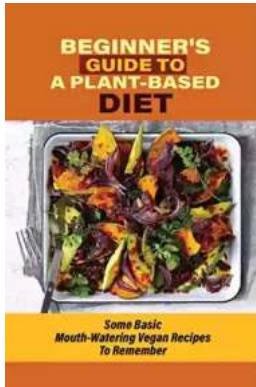
Are you tired of your usual recipes and want to try something exciting and delicious? Look no further! Here are some mouth-watering vegan recipes that will not only tantalize your taste buds but also contribute to a sustainable and cruelty-free lifestyle.

## **Vegan Chickpea Curry**



One of the easiest and most satisfying vegan recipes to make is chickpea curry. This flavorful dish encompasses a blend of aromatic spices, tender chickpeas, and creamy coconut milk. The result is a hearty curry that will leave you craving for more.

**Beginner's Guide To A Plant-Based Diet: Some Basic Mouth-Watering Vegan Recipes To**



## Remember by Matt Killeen(Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English  
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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 89 pages  
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### Ingredients:

- 2 cans of chickpeas
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 can of coconut milk
- 2 tablespoons of curry powder
- 1 tablespoon of cumin
- 1 tablespoon of turmeric
- 1 tablespoon of paprika
- Salt and pepper to taste
- Fresh cilantro for garnish

### Directions:

1. Heat a tablespoon of oil in a large pot, then sauté the onions and garlic until translucent.
2. Add the spices (curry powder, cumin, turmeric, paprika) and sauté for another minute to release their flavors.
3. Drain and rinse the chickpeas, then add them to the pot along with the coconut milk. Mix well.
4. Simmer for 15-20 minutes until the flavors are well combined and the sauce thickens.
5. Season with salt and pepper to taste.
6. Garnish with fresh cilantro and serve hot with your choice of rice or naan bread.

## **Vegan Lentil Meatballs**



If you are in the mood for some comfort food, give these vegan lentil meatballs a try. Packed with plant-based protein and savory flavors, they are a healthier alternative to traditional meatballs.

### **Ingredients:**

- 1 cup of cooked green lentils

- 1 onion, finely chopped
- 3 cloves of garlic, minced
- 1 cup of bread crumbs
- 2 tablespoons of nutritional yeast
- 1 tablespoon of soy sauce
- 1 tablespoon of tomato paste
- 1 teaspoon of dried oregano
- 1 teaspoon of dried basil
- Salt and pepper to taste
- Olive oil for frying

Directions:

1. In a large bowl, combine the cooked lentils, chopped onion, minced garlic, bread crumbs, nutritional yeast, soy sauce, tomato paste, dried oregano, dried basil, salt, and pepper.
2. Mix well until all ingredients are thoroughly combined.
3. Form the mixture into small meatball-sized balls using your hands.
4. Heat olive oil in a skillet and add the lentil meatballs, cooking them until browned and crispy on all sides.
5. Remove from skillet and serve alongside your favorite pasta and marinara sauce.

## **Vegan Chocolate Avocado Mousse**



Who said vegans can't enjoy decadent desserts? This vegan chocolate avocado mousse is a guilt-free and velvety delight for all chocolate lovers out there.

**Ingredients:**

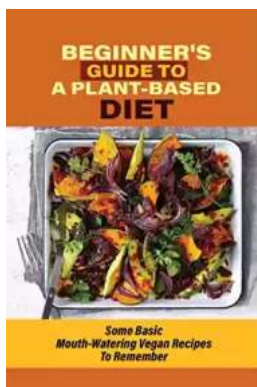
- 2 ripe avocados
- 4 tablespoons of cocoa powder

- 4 tablespoons of maple syrup
- 1 teaspoon of vanilla extract
- A pinch of salt
- Optional toppings: chopped nuts, fresh berries

Directions:

1. Peel and pit the avocados, then place them in a food processor or blender.
2. Add the cocoa powder, maple syrup, vanilla extract, and salt.
3. Blend until the mixture is smooth and creamy.
4. Transfer the mousse into serving glasses or bowls.
5. Chill in the refrigerator for at least 1 hour to allow it to set.
6. Garnish with chopped nuts or fresh berries before serving.

These basic vegan recipes are just the tip of the iceberg when it comes to the variety of delicious options available. Whether you are new to veganism or have been enjoying this lifestyle for a while, exploring different recipes can be a fun and exciting journey. So why not give these mouth-watering dishes a try and discover the joys of vegan cooking?



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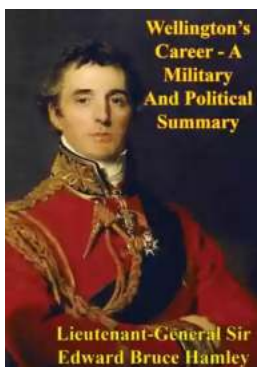
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If you are still struggling with weight loss or you simply want to cleanse your body and add necessary nutrients, read this book right away. With a healthy plant-based diet, this will be your guide to changing yourself in 14 days. Of course, you can make them longer if you want.

This book includes:

- A lot of mouth-watering vegan recipes and tasty meatless meals, smoothies, immune support foods
- Easy to prepare recipes, beautifully laid out with gorgeous photography – making them a joy to create!
- Easy to follow directions and easy to find ingredients
- Ideal food for Vegetarian Diet, Vegan Diet
- Full-color images, step by step guide, and much more nutrition information
- 14 days Meal Plan that can help you to start and keep the new eating plan
- Plant-Based Grocery List Tips
- Next-level cooking, healthy upgrade
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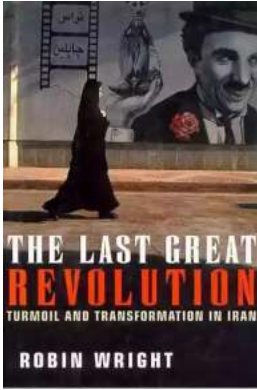
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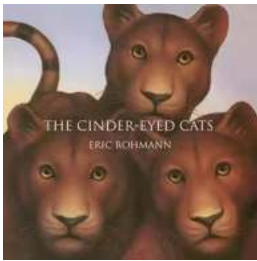
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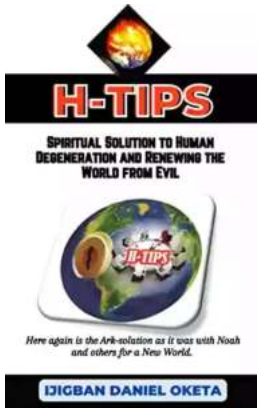
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