



Seasonal Vegan Recipes

FROM ALL YOUR FRIENDS AT

PETA

Green Beans With Dried Cranberries

Ingredients:

230 g green beans, trimmed and cut on the diagonal

2 Tbsp vegan margarine

1 cup dried cranberries

1 clove garlic, minced or pressed

2 Tbsp chopped fresh parsley

Sea salt and freshly ground black pepper, to taste

Method:

- Bring a pot of salted water to a boil. Add the beans and cook for 3 to 4 minutes.
- Drain in a colander and hold under cold running water to stop the cooking process. Blot with a paper towel to remove the excess water.
- Place in a dry skillet and heat over medium heat until any remaining moisture evaporates. Stir in the vegan margarine, cranberries, garlic, parsley, salt and pepper, tossing to coat well.
- Cook until heated through.



Makes 4 servings

Eggplant and Mushroom Pasta

Ingredients:

1/2 cup extra-virgin olive oil

10 large mushroom caps, gills scraped out and sliced into bite-size pieces

1 medium eggplant, peeled and diced

Salt, to taste

Freshly ground black pepper, to taste

1 cup beer of your choice

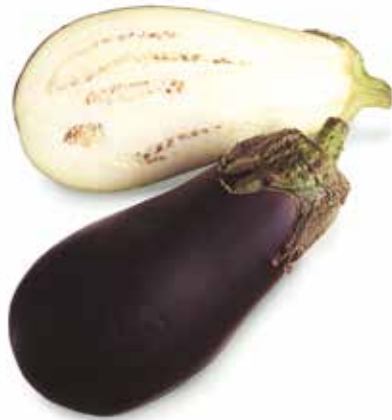
1/2 tsp dried rosemary

1 cup frozen peas, thawed

500 g penne pasta, cooked according to the manufacturer's directions and kept warm

Method:

- Heat the olive oil in a medium-sized skillet over medium heat. Add the mushrooms and sauté for 3 minutes, stirring often.
- Add the eggplant and season with the salt and pepper. Stir often and cook until the eggplant cubes become tender, approximately 8 to 10 minutes.
- Add the beer and rosemary, bringing the mixture to a boil. Cook until the liquid is reduced by half, about 6 to 8 minutes.
- Add the peas and simmer, covered, for 2 minutes. Stir in the pasta, cooking until the pasta is warmed through, approximately 30 seconds.



Makes 6 to 8 servings

Carrot Ginger Soup

Ingredients:

1 Tbsp vegan margarine

1 onion, chopped

700 g carrots, peeled and diced

1 tsp fresh ginger, grated

2 tsp coriander seeds, crushed

4 cups vegetable stock or water

Salt and pepper, to taste

Method:

- Heat the vegan margarine in a skillet on medium-high heat and fry the onion until transparent, about 5 minutes.
- Reduce the heat to medium and add the carrots, ginger and coriander seeds. Cook for 5 minutes.
- Add the stock and bring to a boil. Cover and cook until the carrots are tender.
- Purée the soup in a blender, then strain through a sieve.
- Reheat the soup and season with salt and pepper, ladle into bowls and serve hot with bread.



Makes 4 servings

Cashew Nut Roast

Ingredients:

2 cups vegan margarine
2 large onions, finely chopped
3 cups unroasted cashews
1½ cups white bread, crusts removed
3 large cloves garlic
1 cup water or vegetable stock
Salt and pepper, to taste
Nutmeg, to taste
2 Tbsp lemon juice
3 cups bread crumbs
2 small onions, grated
½ tsp thyme
½ tsp marjoram
3 Tbsp chopped parsley

Method:

- Preheat the oven to 400°F and line a greased 450 g loaf pan with a long strip of greased non-stick paper.
- Melt half of the vegan margarine in a medium-sized saucepan. Add the large onions and sauté until tender. Remove from the heat.
- Grind the cashews in a food processor with the bread and garlic and add to the onions. Add the water, salt, pepper, nutmeg and lemon juice and mix well.
- To make the stuffing, combine the bread crumbs, small onions, thyme, marjoram, parsley and remaining margarine in a large bowl.
- Place half the cashew mixture in the prepared pan and top with the stuffing. Spoon the rest of the nut mixture on top and dot with margarine.
- Place the pan inside a larger pan to catch drippings and bake for about 30 minutes, or until firm and lightly browned (cover the roast with foil if it gets too brown before then).
- Cool for 1 to 2 minutes, then slip a knife around the sides, turn the roast out and strip off the paper.

Makes 8 servings

Creamy Chive Mashed Potatoes

Ingredients:

5 large potatoes, diced

1 cup soy milk

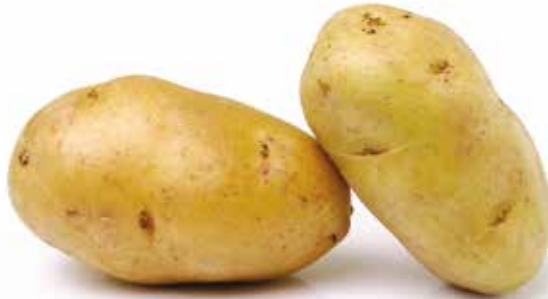
2 Tbsp vegan margarine

¼ cup fresh chives, chopped

Salt and pepper, to taste

Method:

- Place the potatoes in a large pot and cover with water. Bring to a boil and cook for 20 minutes.
- Drain, then place in a bowl with the remaining ingredients and mix until smooth.
- Serve hot.



Makes 4 to 5 servings

Chocolate Fudge

Ingredients:

6 Tbsp vegan margarine

3½ cups confectioner's sugar

½ cup cocoa powder

1 tsp vanilla extract

¼ cup soy milk

1 cup chopped nuts (optional)

Method:

- Lightly grease a 5-inch-by-9-inch loaf pan.
- Combine the vegan margarine, sugar, cocoa powder, vanilla extract and soy milk in a heatproof mixing bowl. Place over simmering water and stir until smooth. Add nuts if desired.
- Pour quickly into the prepared pan. Chill thoroughly and cut into squares.



Makes 2 to 3 dozen squares



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