

best cabbage recipes vegan

best cabbage recipes vegan offer a delicious and nutritious way to incorporate this versatile vegetable into plant-based diets. Cabbage is not only affordable and widely available but also packed with vitamins, fiber, and antioxidants, making it an ideal ingredient for vegan cooking. From hearty stews to crunchy salads and flavorful stir-fries, the best cabbage recipes vegan cater to a wide range of tastes and occasions. This article explores a variety of recipes that highlight cabbage's texture and flavor while adhering strictly to vegan principles. Alongside practical cooking tips, these recipes demonstrate how cabbage can be transformed into satisfying meals that appeal to vegans and non-vegans alike. Whether seeking quick weeknight dinners or creative ways to utilize cabbage, these recipes provide inspiration and guidance for healthy, plant-based eating.

- Vegan Cabbage Stir-Fry Recipes
- Hearty Vegan Cabbage Soups and Stews
- Fresh and Crisp Vegan Cabbage Salads
- Vegan Cabbage Rolls and Stuffed Cabbage
- Creative Uses of Cabbage in Vegan Cooking

Vegan Cabbage Stir-Fry Recipes

Vegan cabbage stir-fry recipes are quick, easy, and perfect for busy lifestyles. Stir-frying cabbage preserves its crunch and bright flavor while combining it with other vegetables and seasonings to create balanced, nutrient-dense dishes. These recipes often incorporate garlic, ginger, soy sauce, and sesame oil to enhance the natural sweetness of cabbage and add layers of umami taste. Using firm tofu or tempeh alongside cabbage delivers additional protein and texture, making the dish more filling. Stir-fries are highly adaptable, allowing for seasonal vegetable swaps or the inclusion of favorite spices for personalized flavor profiles.

Basic Vegan Cabbage Stir-Fry

This simple recipe uses green cabbage, carrots, and bell peppers sautéed with garlic and ginger. The vegetables are cooked just until tender-crisp, then tossed with soy sauce and a splash of rice vinegar. Garnishing with toasted sesame seeds adds a nutty finish. This recipe serves as a versatile base to which vegan proteins or noodles can be added for a complete meal.

Spicy Vegan Cabbage Stir-Fry with Tofu

In this variation, firm tofu is pan-fried until crispy and combined with shredded cabbage and chili

paste. The heat from the chili paste balances the mild cabbage flavor, creating a vibrant dish. Additional ingredients like scallions and crushed peanuts contribute texture and freshness.

Hearty Vegan Cabbage Soups and Stews

Hearty vegan cabbage soups and stews are comforting choices that showcase cabbage's ability to absorb and complement rich flavors. These recipes often feature beans, lentils, or potatoes, resulting in satisfying, fiber-rich meals ideal for colder months. Tomatoes, vegetable broth, and aromatic herbs are commonly used to build depth and warmth. Slow cooking allows cabbage to become tender while melding with other ingredients, creating robust flavor profiles without animal products.

Classic Vegan Cabbage and Bean Soup

This soup combines shredded cabbage with white beans, carrots, and celery in a tomato-based broth. The beans provide protein and creaminess, while the cabbage adds bulk and subtle sweetness. Seasoned with thyme, bay leaves, and black pepper, this recipe is both nutritious and filling.

Spiced Vegan Cabbage Stew with Potatoes

This stew features cubed potatoes, cabbage, and chickpeas simmered in a spiced vegetable broth with cumin, coriander, and smoked paprika. The spices enhance the earthy flavors of the vegetables and create a hearty, warming dish suitable for meal prep or family dinners.

Fresh and Crisp Vegan Cabbage Salads

Fresh and crisp vegan cabbage salads highlight the vegetable's natural crunch and slightly peppery taste. These salads are often dressed with tangy vinaigrettes or creamy vegan dressings made from tahini or avocado. Combining cabbage with colorful vegetables, nuts, and seeds not only improves the texture but also boosts nutritional value. These salads are perfect as side dishes or light meals, providing a refreshing contrast to cooked foods.

Asian-Inspired Vegan Cabbage Salad

This vibrant salad uses shredded cabbage, julienned carrots, and chopped cilantro tossed in a dressing made from lime juice, soy sauce, maple syrup, and sesame oil. Toasted sesame seeds and sliced almonds add a satisfying crunch. This salad pairs well with rice dishes or grilled tofu.

Vegan Coleslaw with Creamy Tahini Dressing

A plant-based twist on classic coleslaw, this recipe combines shredded cabbage and red onion with a creamy dressing made from tahini, lemon juice, and a touch of maple syrup. The dressing is smooth and tangy, complementing the crunchy vegetables without dairy or eggs.

Vegan Cabbage Rolls and Stuffed Cabbage

Vegan cabbage rolls and stuffed cabbage recipes provide a creative way to enjoy cabbage leaves filled with flavorful mixtures. These dishes often feature grains like rice or quinoa combined with lentils, mushrooms, or vegetables. The rolls are typically cooked in a savory tomato sauce, which adds moisture and richness. These meals are excellent for gatherings or meal prepping, as they can be prepared in advance and reheated.

Traditional Vegan Cabbage Rolls

This recipe uses blanched cabbage leaves wrapped around a filling of cooked rice, lentils, onions, and herbs. The rolls are baked in a spiced tomato sauce that infuses the dish with tangy and savory notes. This version is gluten-free and rich in fiber and protein.

Mushroom and Quinoa Stuffed Cabbage

In this variation, sautéed mushrooms and quinoa form the hearty filling inside cabbage leaves. Seasoned with garlic, thyme, and nutritional yeast, the stuffing offers an umami boost. The rolls are baked in a vegetable broth-based sauce, resulting in a moist and flavorful dish.

Creative Uses of Cabbage in Vegan Cooking

Cabbage's versatility extends beyond traditional preparations, inspiring innovative vegan dishes that incorporate it in unique ways. From cabbage-based vegan tacos to fermented foods like sauerkraut and kimchi, cabbage can enhance diverse culinary experiences. Using cabbage as a wrap or integrating it into vegan burgers also demonstrates its adaptability. These creative recipes showcase cabbage as an essential ingredient in modern vegan cuisine.

Vegan Cabbage Tacos

Shredded cabbage provides a crunchy texture and fresh flavor to vegan tacos, often paired with beans, avocado, and a spicy salsa. The cabbage acts as a perfect topping that balances rich and creamy elements in the taco filling.

Fermented Vegan Cabbage: Sauerkraut and Kimchi

Fermenting cabbage produces probiotic-rich foods that support digestive health. Vegan sauerkraut and kimchi recipes typically avoid fish sauce, relying on vegan seasonings and fermentation techniques to develop complex flavors. These foods can be served as condiments or side dishes, enhancing vegan meals with tang and depth.

Cabbage as a Vegan Burger Ingredient

Finely chopped cabbage can be incorporated into vegan burger patties to add moisture, fiber, and a mild crunch. It pairs well with beans, grains, and spices, improving texture and nutritional content in plant-based burgers.

- Use fresh, firm cabbage heads for the best texture in stir-fries and salads.
- Blanch cabbage leaves briefly to make them pliable for rolls and stuffing.
- Experiment with different cabbage varieties such as green, red, and Savoy to vary flavor and appearance.
- Incorporate umami-rich ingredients like nutritional yeast, soy sauce, and mushrooms to enhance taste.
- Balance cabbage's slight bitterness with sweet or acidic elements like maple syrup or vinegar.

Frequently Asked Questions

What are some of the best vegan cabbage recipes?

Some of the best vegan cabbage recipes include vegan stuffed cabbage rolls, sautéed garlic cabbage, cabbage stir-fry with tofu, vegan coleslaw, and cabbage soup.

How can I make vegan stuffed cabbage rolls?

To make vegan stuffed cabbage rolls, blanch cabbage leaves until soft, prepare a filling with rice, lentils, onions, garlic, and spices, stuff the leaves, roll them up, and bake in a tomato sauce until cooked through.

Is cabbage good for a vegan diet?

Yes, cabbage is an excellent vegetable for a vegan diet as it is low in calories, rich in fiber, vitamins C and K, and versatile for many vegan recipes.

Can I make a vegan cabbage stir-fry?

Absolutely! A vegan cabbage stir-fry can be made by stir-frying chopped cabbage with garlic, ginger, tofu or tempeh, soy sauce, and your favorite vegetables.

What spices work well in vegan cabbage recipes?

Spices such as garlic, ginger, cumin, smoked paprika, chili flakes, and turmeric work wonderfully to enhance the flavor of vegan cabbage dishes.

How do I prepare vegan cabbage soup?

For vegan cabbage soup, sauté onions, carrots, and celery, add chopped cabbage, vegetable broth, tomatoes, and seasonings, then simmer until vegetables are tender.

Can I use cabbage in vegan salads?

Yes, shredded cabbage is great in vegan salads and coleslaws, combined with ingredients like carrots, apples, nuts, and a tangy vinaigrette or vegan mayo dressing.

What is a quick and easy vegan cabbage recipe?

A quick vegan cabbage recipe is sautéed cabbage with garlic and olive oil, seasoned with salt, pepper, and a splash of lemon juice, ready in under 15 minutes.

Are there gluten-free vegan cabbage recipes?

Yes, many vegan cabbage recipes are naturally gluten-free, such as cabbage soup, stir-fries, and salads, just ensure any sauces used (like soy sauce) are gluten-free.

How can I add protein to vegan cabbage dishes?

You can add protein to vegan cabbage dishes by including ingredients like tofu, tempeh, lentils, chickpeas, or nuts to make the meal more balanced and filling.

Additional Resources

1. *The Ultimate Vegan Cabbage Cookbook*

This book offers a diverse collection of mouthwatering vegan cabbage recipes, ranging from hearty stews to fresh salads. It emphasizes simple, wholesome ingredients to bring out the natural flavors of cabbage. Each recipe is designed to be nutritious, easy to prepare, and perfect for everyday meals.

2. *Plant-Powered Cabbage Creations*

Explore innovative vegan dishes that spotlight cabbage as the star ingredient. From Asian-inspired wraps to Mediterranean cabbage bowls, this book brings global flavors to your kitchen. It also includes tips on selecting and storing cabbage for maximum freshness and taste.

3. *Vegan Cabbage: 50 Delicious Recipes for Every Meal*

This comprehensive guide contains recipes suitable for breakfast, lunch, and dinner, all featuring cabbage. The recipes are entirely plant-based and cater to both beginners and experienced cooks. Nutritional information is included to help you maintain a balanced vegan diet.

4. *Comforting Cabbage: Vegan Recipes for Cozy Days*

Perfect for those chilly days, this cookbook focuses on warm, comforting vegan meals starring cabbage. Recipes include soups, casseroles, and slow-cooker dishes that are both hearty and healthy. The book also shares tips for enhancing flavors without animal products.

5. *Fresh & Flavorful: Vegan Cabbage Salads and Sides*

Discover a variety of vibrant and refreshing vegan cabbage salads and side dishes. This book offers creative dressings and seasoning ideas to complement the crisp texture of cabbage. Ideal for those looking to add light yet satisfying dishes to their plant-based menu.

6. *Global Vegan Cabbage Adventures*

Take a culinary journey around the world with vegan cabbage recipes inspired by different cultures. From Eastern European stuffed cabbage rolls to spicy Korean kimchi, this book celebrates international flavors. Detailed instructions make it easy to recreate authentic dishes at home.

7. *Quick & Easy Vegan Cabbage Recipes*

For busy individuals, this cookbook provides speedy and straightforward vegan cabbage recipes that don't sacrifice flavor. Many dishes can be prepared in under 30 minutes, making them perfect for weeknight dinners. The book also includes meal prep tips to save time.

8. *The Art of Vegan Cabbage Fermentation*

Delve into the world of fermented cabbage with recipes for kimchi, sauerkraut, and other probiotic-rich dishes. This book guides you through the fermentation process step-by-step, highlighting the health benefits of fermented foods. It's an excellent resource for anyone interested in gut-friendly vegan cuisine.

9. *Seasonal Vegan Cabbage Cooking*

Embrace the changing seasons with vegan cabbage recipes tailored to spring, summer, fall, and winter ingredients. This cookbook helps you create fresh, seasonal meals that maximize flavor and nutrition. It also offers storage and preservation tips to enjoy cabbage year-round.

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best cabbage recipes vegan: Vegan Cookbooks: 70 Of The Best Ever Delightful Vegetarian Lunch Recipes....Revealed! Samantha Michaels, 2013-05-14 There are lots of great vegetarian cookbooks, but this one is a little different, dare I say better? I am Samantha Michaels and I love to cook. For years now I have experimented to create healthy vegetarian recipes. I love to try new things and have read through various vegetarian cookbooks but none did exactly what I wanted; namely to make vegetarian cooking easy and delicious. My life is incredibly hectic so it was often difficult for me to find the time to cook healthy, delicious vegetarian meals. That's why in this book I have focused on meals that are quick and easy to prepare. Some of the best vegetarian cookbooks lay out exactly what is required to cook a nice meal but many are over complicated dishes designed for large banquets, not a light lunch. My book is one of the best vegetarian cookbooks for beginners available. I have tried to focus on creating tasty, light recipes. Even if you are a tried and true Carnivore this is still one of the best vegetarian cookbooks available. With over 70 great recipes there is something for every palate in my vegetarian cookbook. For many people vegetarian food is seen as bland or tasteless, some have been put off by talk of tofu and bean curd. Good vegetarian

cookbooks are able to prove that vegetarian food can be every bit as delicious as food containing meat and this is one of those. The kindle edition of 70 of the best ever delightful vegetarian lunch recipes...Revealed is now available for an incredible low price of only \$3.68 that's only 5 cents a recipe. That's very little to pay for a range of healthy lunchtime snacks most of which can be prepared in minutes. Some of my favorite recipes are included in this book. From Tabouli to Tempah Mexican pizza the range of recipes and flavors you will experience when cooking with my easy to navigate book will blow you away! There are soups ranging from potato vegetable soup to cream of broccoli soup. The salad recipes available include; Quinoa sweet potato spinach, lentil orange beat, and a simple but delicious cabbage salad. I show you how to create black bean burritos and zucchini grinders, the entire sandwich section is perfect for picnics. There are pasta dishes, tempeh dishes and even a few dips and spreads. This book has been a labor of love for me for the last few years, and I really think I have created one of the best vegetarian cookbooks available today at a price that can't be beat. Healthy vegetarian cookbooks are a great way to get your diet started, to make sure you eat well and to get some of your 5 a day. A vegetarian lunch can give you the energy and drive you need to work through a long afternoon or party long into the night. This particular book is a great vegetarian cookbook because it includes 70 of the healthiest, easiest to prepare and best of all tastiest recipes around. Why not give it a try today? You won't be disappointed. Bon appetite

best cabbage recipes vegan: The Very Best of Recipes for Health Martha Rose Shulman, 2010-08-31 From the celebrated NYTimes.com food columnist come her favorite ways to use seasonal produce and a well-stocked pantry to create easy, nutritious meals every day of the week From its inception, Recipes for Health has been one of the New York Times's most-read (and e-mailed) features, showing health-conscious readers fast, no-fuss ways to turn seasonal produce, whole grains, and other nutritious ingredients into easy weeknight meals. Now, the most popular have been gathered into one comprehensive, convenient volume. Shulman shows how to fill your refrigerator, freezer, and cabinets with healthy staples such as beans, grains, extra virgin olive oil, tuna, eggs, yogurt, and tomato sauce, so that you are prepared to cook delicious dishes like Asparagus and Herb Frittata, Quinoa Salad with Lime Ginger Dressing and Shrimp, or Pizza Marinara with Tuna and Capers in minutes. Vegans and vegetarians will discover an entire selection of tofu recipes, from stir-fries to sandwiches, and even a tofu cheesecake. Those who frequent the farmers' market will appreciate her extensive collection of dishes for virtually every vegetable under the sun. Full of lists, explanations, and tips, The Very Best of Recipes for Health will help you cook and eat better all year long.

best cabbage recipes vegan: Best Vegan Recipes Jamie Isabella Parker, 2014-02-13 Author and vegan cooking teacher Jamie Parker set out on a mission to compile a cookbook with the best vegan recipes ever tasted. She realized to get the best recipes, she must go straight to the source: the top vegan-serving restaurants in North America. After years of research, traveling, cooking and tasting she has created this book, Best Vegan Recipes. The book takes the reader on a tour across North America showing off the continent's top 38 vegan-serving restaurants and over 130 of their tastiest recipes. Every recipe in Best Vegan Recipes is outstanding and this book can turn even a novice cook into an exceptional vegan cook with the ability to make recipes that will impress anyone. If you are already an excellent vegan chef it will give you a host of new recipes and introduce creative ideas from top chefs across the continent. Whether you are a vegan or just want to eat more vegan food you may as well spend your life as a skilled cook eating amazing meals!

best cabbage recipes vegan: A Simplified Guide to Healthy Living: Vegetarian & Vegan Recipes and More Debra Peek-Haynes, 2018-05-31 You are holding one of the powerful tools necessary for you to experience a relatively DISEASE-FREE LIFE! Pertinent information and resources you are required to know and implement relative to the enlightened, preventative care for the human body is shared and discussed in simple terms. This is a thorough, easy-to-read health care instructional directory & cookbook. You are enlightened with the basic knowledge of how to stock your kitchen, grocery shop intelligently, purchase food in season, and select seasonings that create a scrumptious meal, all to totally support the balance and maintenance of a HEALTHY body.

Instructions from how to feed a precious baby to resolving discomfort in a suffering body, is in your hands. This is a 21st century cookbook. It looks great, the directives are medically sound, the recipes are tantalizing, and the meals will assist the body to look good and keep you feeling divine at all times. A cookbook for the modern world adventurer, a wise physician would recommend to all of their patients. This cookbook and health instruction directory is clearly written for the Soul, Mind and Body, offering the tongue a wonderful adventure in the culinary realm of natural food cooking and culinary science.

best cabbage recipes vegan: The Vegan Chinese Kitchen Hannah Che, 2022-09-13 JAMES BEARD AWARD WINNER • IACP AWARD WINNER • 100+ fresh, plant-based, umami-packed recipes that show the range of traditional and modern Chinese vegan cuisine from the creator of The Plant-Based Wok. ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: The Washington Post, Simply Recipes ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times, Saveur, Vice, Epicurious, Library Journal When Hannah Che decided to become a vegan, she worried that it would separate her from the traditions and food that her Chinese family celebrated. But that was before she learned about zhai cai, the plant-based Chinese cuisine that emphasizes umami-rich ingredients and can be traced back over centuries to Buddhist temple kitchens. In *The Vegan Chinese Kitchen*, through gorgeous photography, stories, and recipes, Hannah Che shows us the magic of this highly developed and creative tradition in which nearly every dish in the Chinese repertoire can be replicated in a meatless way, such as Blistered Dry-Fried String Beans or Sweet and Sour Tofu. You'll also find recipes that are naturally plant-based and as irresistible as they are nourishing, such as flaky scallion pancakes, corn stir-fried with peppers and pine nuts, or pea shoots braised in a velvety mushroom broth made with sesame-oil roux. This book will delight vegans, vegetarians, and omnivores alike, inviting you to explore a whole world of flavors and ingredients.

best cabbage recipes vegan: Quick and Easy Vegan Celebrations Alicia C. Simpson, 2021-04-30 From game day snacks to birthday sweets, the recipes are so tempting, readers might not be able to resist their allure until the prescribed holiday (VegNews). Celebrations mean food—lots of it! But if you, your family, or your friends are among the ever-growing millions of people eating vegan, you might be wondering: How can I make classic holiday and party fare—without milk, cheese, eggs, or meat? This cookbook answers that question! Alicia C. Simpson, author of *Quick and Easy Vegan Comfort Food*, is out to prove that sharing delicious vegan eats will make you a party starter (and definitely not a party pooper). From Seitan Parmesan and Sweetheart Sangria for Valentine's Day, to Tourkey Cutlets and Roasted Garlic Smashed Potatoes for Thanksgiving, Alicia serves up all your holiday favorites—with complete menus for: New Year's Eve • Valentine's Day • Game Day • Mardi Gras • St. Patrick's Day • Easter • Cinco de Mayo • Independence Day • Halloween • Thanksgiving • Hanukkah • Christmas • Kwanzaa • . . . Plus Birthday Sweets! Not a gourmet chef? Not to worry! Everything from Naw-Fish Étouffée to Vanilla Bean Ice Cream is quick and easy to prepare. *Quick and Easy Vegan Celebrations* takes the guesswork out of get-togethers, so all you have to do is send out those invitations—and enjoy the vegan cooking, partying . . . and eating! Alicia makes vegan cooking non-intimidating and comfortable. — VegKitchen

best cabbage recipes vegan: Vegan Handbook Vegetarian Resource Group, 1996 A much-needed guide for the novice as well as the long-time vegan. It contains extensive information for vegans, including dietary exchange lists for meal planning, sports nutrition for vegans, vegan meal plans and one-week menus, delicious, quick recipes for readers who don't enjoy cooking but want to live healthily, vegetarian history and plenty more.

best cabbage recipes vegan: Vegan Eats World Terry Hope Romero, 2012-10-30 From the coauthor of the national bestseller *Veganomicon*, here is a major new vegan bible on international cuisine.

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innovation and self-mastery. Prepare to transcend the boundaries of ordinary living, as each page promises a step towards a more enlightened, vibrant self. In a world clamoring for depth and authenticity, our June release becomes your guide through the realms of wellness, resilience, and fulfillment. Highlighting the extraordinary journey of our cover girl, Mandy Morris, the acclaimed author of *The Promise* and this year's shining recipient of the Manifestation Leader of the Year award, this issue is set to inspire. Mandy's exclusive interview unveils the secrets to crafting rich, fulfilling relationships, embracing empowered wellness, and much more. But that's just the beginning. Our meticulously curated sections serve as beacons, guiding you through: * Crafting Rich, Fulfilling Relationships: Discover the art of building connections that nourish your soul. * Embracing Empowered Wellness: Unlock the secrets to holistic health that radiate from within. * Fortifying Your Mental Resilience: Strengthen your mind to weather any storm with grace and vigor. * Relishing Nutritious, Mouthwatering Recipes: Transform your meals into a feast for the senses and a boon for your body. * Molding Powerful, Empowering Mindsets: Shift your perspective to one that fosters growth, happiness, and success. * Pursuing Comprehensive Holistic Wellbeing: Integrate wellness into every facet of your life for a harmonious existence. * Gaining Astute Financial Acumen: Elevate your financial wellness with insights that lead to prosperity and security. * Pursuing Peak Nutritional Wisdom: Nourish your body with the knowledge that transcends the typical diet narrative. * Boosting Physical Vitality and Fitness: Energize your body with activities that cultivate strength, flexibility, and enduring health. Best Holistic Life Magazine is more than a publication—it's a companion on your exhilarating path to self-empowerment and holistic discovery. Each section is meticulously crafted to support you in constructing a life of harmony, vigor, and balance. Join us this June and transform each page turn into a stride towards a luminous, empowered existence. Let's embark on this dynamic expedition to empowerment together. Your journey to a better, holistic life starts here.

best cabbage recipes vegan: So Fast, So Easy Pressure Cooker Cookbook Beth Hensperger, Julie Kaufmann, 2015-12-15 What's not to love about the pressure cooker? Using pressure created by super-heated steam, the pressure cooker can cut cook times by 70 percent, meaning dinner is on the table faster, and with significantly less energy use. Your dinner will be more nutrient-rich because vitamins and other good things won't be lost in evaporating steam. And it will taste delicious and succulent because none of the food's moisture has been allowed to escape. Finally, today's modern pressure cooker has been re-engineered for safety and ease of use, including the development of the electric pressure cooker.

best cabbage recipes vegan: The Complete Guide to Even More Vegan Food Substitutions Celine Steen, Joni Marie Newman, 2015-07-01 Expert vegan author team Joni Marie Newman and Celine Steen are back! In this all-new guide to vegan substitutions, your favorite dynamic duo explores all the latest and greatest ingredients vegans can use to convert and create stellar, plant-based meals at home, from and for any recipe. Did you know, for instance, that chia seeds can be used not only as an egg substitute and gelling agent, but in ice creams, baked goods, jams, and even cheese? Or that coconut oil can easily be substituted for commercial vegan butters? How about making some decadent whipped cream from coconut cream? Or subbing savory jackfruit for shredded meat and French lentils for burgers? Inside, you'll learn all these tricks and more, with foolproof substitutions for dairy, eggs, meat, and seafood made using natural ingredients and products wherever possible (including your own homemade versions!). While some of the basic ingredients and techniques discussed in the original book bear repeating, *The Complete Guide to Even More Vegan Food Substitutions* stands rightly on its own two feet with all new recipes and content. The amazing plant-based recipes include: Linguine in Tomato Garlic Cream Sauce Herb-Crusted Cashew Cheese Log Creamy Deviled Eggs Breakfast Sausage Patties Asian-Flavored Nuggets Flaky Fish-y Tacos with Radish Relish Confetti Cupcakes with Sprinkles Cherry Cheesecake Chocolate Chunk Ice Cream No matter if you're a new vegan or an old pro, embracing the vegan lifestyle has never been easier!

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Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

best cabbage recipes vegan: Easy Vegan Christmas Katy Beskow, 2023-09-14 Easy Vegan Christmas is a 80-recipe cookbook showcasing simple vegan recipes, for a fuss-free festive season. Whether you're cooking for your vegan family, looking for inspiration for your first vegan guest, or simply want to add new flavours and dishes to your Christmas dinner table, you'll find stress-free, plant-based recipes to get you through the happy holidays. With an easy tip for each recipe, plus advice on whether the recipe is suitable for freezing, this book is perfect for getting ahead! You'll also find a handy menu planner to take the stress out of deciding what to cook. All of the ingredients are available in supermarkets, with a focus on seasonal winter produce. The magic of Christmas is in togetherness and giving, and there's nothing that shows this more than a special, hearty meal, prepared with love.

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best cabbage recipes vegan: PlantYou: Scrappy Cooking Carleigh Bodrug, 2024-04-02 Instant #1 New York Times Bestseller Save money, reduce food waste, and eat healthier than you ever have before with this highly anticipated cookbook from New York Times bestselling author and social media sensation, Carleigh Bodrug. Spinning off of Bodrug's wildly popular Scrappy Cooking social media series, the cookbook is packed with over 150+ whole-food, plant-based recipes that show the reader how to make the most of the food they have in their fridge and pantry with easy and approachable vegan recipes anyone can make. Transform radish tops into pesto, broccoli stems into summer rolls and wilting greens into smoothie cubes... But that's not all. The book will equip readers with not only the tools to make the most of their scraps, but use up just about any vegetable, grain or bean from their fridge and pantry in the flexible Kitchen Raid Recipes, or cross reference commonly wasted foods like stale bread from a Got This, Make That index so these items can be used up in the easiest and most delicious way possible. Scrappy Cooking not only puts the focus on eating a diet that's more conscious for our environment (and our wallets) but our health as well. Every recipe in the book is vegan, almost entirely oil free, and focuses on whole, plant-based foods that are good for our bodies and the planet. Get ready for recipes like The Whole Darn Squash (Pasta), Skillet Lasagna, One Pan Orzo Casserole, Vodka Penne With Broccolini, Whole Roasted Cauliflower with Roasted Red Pepper Sauce, Chickpea Pot Pie, Orange Peel Chicken, Loaded Tortilla Bowls, Sheet Pan Tacos with Carrot Top Chimichurri, Rebel "Ribs", Veggie Masala Burgers, Palak "Paneer", Vegan Meaty Hand Pies, We-Got-the-Beet Chips, Pickle-Mania Chips, Cornmeal Biscuits, Bang Bang Broccoli-cious Steaks...and more!

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