

best vegan farro recipes

best vegan farro recipes combine nutrition, flavor, and versatility into one wholesome grain-based dish. Farro, an ancient wheat grain, is celebrated for its nutty taste, chewy texture, and high fiber content, making it a popular choice among plant-based eaters. This article explores a variety of vegan farro recipes that are not only delicious but also easy to prepare, catering to different meal occasions such as salads, soups, and main courses. By incorporating seasonal vegetables, legumes, and vibrant herbs, these recipes exemplify how farro can be transformed into satisfying vegan meals. Additionally, tips on cooking farro perfectly and enhancing its flavor will be discussed. Whether seeking hearty lunches, light dinners, or nutritious sides, these best vegan farro recipes provide inspiration for every kitchen. The following sections will guide readers through diverse recipe ideas and practical advice for maximizing farro's culinary potential.

- Why Choose Farro in Vegan Cooking
- Cooking and Preparing Farro for Vegan Recipes
- Best Vegan Farro Salad Recipes
- Hearty Vegan Farro Soup Recipes
- Delicious Vegan Farro Main Dish Recipes
- Tips for Enhancing Flavor and Texture in Vegan Farro Dishes

Why Choose Farro in Vegan Cooking

Farro is an excellent choice for vegan cooking due to its impressive nutritional profile and versatile culinary applications. As a whole grain, farro offers a rich source of dietary fiber, plant-based protein, and essential minerals such as magnesium, zinc, and iron. These nutrients are especially valuable in vegan diets where plant-based sources of protein and micronutrients are prioritized. Farro also has a satisfying chewy texture and a slightly sweet, nutty flavor that complements a wide range of ingredients. This adaptability allows it to be incorporated into salads, soups, stews, and grain bowls, making it a staple for plant-based meal planning.

Besides nutrition, farro is known for its relatively quick cooking time compared to other whole grains like barley or brown rice. Its ability to absorb flavors from herbs, spices, and dressings further enhances its appeal in vegan recipes. Moreover, choosing farro supports sustainable agriculture, as it is often cultivated using traditional methods that maintain soil health.

Cooking and Preparing Farro for Vegan Recipes

Proper preparation of farro is essential to achieving the ideal texture and flavor in vegan dishes. Farro is available in three main forms: whole, semi-pearled, and pearled, each requiring different cooking

times. Whole farro takes the longest to cook and retains the most nutrients, while pearled farro cooks faster but has some bran removed.

To cook farro, rinse it under cold water to remove any dust or debris. For chewy and tender grains, use a ratio of about 3 cups of water or broth to 1 cup of farro. Bring to a boil, then reduce heat and simmer until tender—typically 30-40 minutes for whole farro and 15-20 minutes for pearled varieties. Drain any excess liquid and fluff with a fork before using in recipes.

Soaking farro overnight can reduce cooking time and improve digestibility. Using vegetable broth instead of water adds depth of flavor, enhancing the overall taste of vegan farro dishes. Once cooked, farro can be cooled and stored in the refrigerator for up to five days, making it convenient for meal prep.

Best Vegan Farro Salad Recipes

Vegan farro salads are a popular and nutritious option, perfect for light meals or as a side dish. These salads typically combine cooked farro with fresh vegetables, herbs, nuts, and a flavorful dressing. The chewy texture of farro contrasts beautifully with crisp or tender vegetables, creating a balanced dish.

Mediterranean Farro Salad

This salad features farro tossed with cherry tomatoes, cucumber, Kalamata olives, red onion, and fresh parsley. A simple lemon vinaigrette made with olive oil, lemon juice, garlic, and Dijon mustard brings all the ingredients together. The salad is often garnished with toasted pine nuts or slivered almonds for added crunch and healthy fats.

Autumn Harvest Farro Salad

A seasonal variation combining roasted butternut squash, dried cranberries, chopped kale, and toasted pumpkin seeds with farro. The dressing consists of apple cider vinegar, maple syrup, and mustard, providing a sweet and tangy flavor profile that complements the earthy squash and hearty greens.

Simple Farro and Chickpea Salad

This recipe pairs farro with protein-rich chickpeas, diced bell peppers, red onion, and fresh cilantro. A cumin-lime dressing with olive oil, lime juice, ground cumin, and a pinch of chili flakes offers a zesty and mildly spicy kick. This salad is high in protein and fiber, making it a filling vegan option.

- Use fresh herbs like parsley, cilantro, or mint for brightness
- Incorporate seasonal vegetables for variety and nutrition
- Add nuts or seeds for texture and healthy fats
- Opt for homemade dressings to control sodium and sugar levels

Hearty Vegan Farro Soup Recipes

Farro's chewy texture holds up well in soups, providing substance and nutrition to vegan broth-based or creamy soups. It can be combined with a variety of vegetables, legumes, and herbs to create warming, filling meals suitable for any season.

Vegan Farro and Lentil Soup

This soup combines farro with red lentils, carrots, celery, and tomatoes in a savory vegetable broth. Aromatics such as garlic, onion, and thyme enhance the flavor. The lentils soften and thicken the broth, while the farro adds a chewy component, resulting in a balanced and nutrient-dense soup.

Mushroom and Farro Soup

Earthy mushrooms paired with farro create a rich, umami-filled soup. Ingredients include a mix of cremini and shiitake mushrooms, leeks, garlic, and fresh thyme simmered in vegetable broth. A splash of tamari or soy sauce deepens the flavor, while fresh parsley adds brightness at serving.

Farro Minestrone

This vegan take on the classic Italian soup incorporates farro with beans, zucchini, carrots, tomatoes, and spinach. Herbs such as basil and oregano lend authentic flavors. This hearty soup is both comforting and packed with plant-based protein and fiber.

Delicious Vegan Farro Main Dish Recipes

Farro can also serve as the base for satisfying vegan main dishes, whether in grain bowls, stuffed vegetables, or stir-fries. Its hearty texture makes it a perfect alternative to rice or pasta in many recipes.

Stuffed Bell Peppers with Farro and Vegetables

Bell peppers are filled with a mixture of cooked farro, sautéed mushrooms, zucchini, onions, and herbs like basil and oregano. The filling is seasoned with garlic and tomato paste for depth. Baked until the peppers soften, this dish is colorful, flavorful, and nutrient-rich.

Farro and Roasted Vegetable Grain Bowl

This bowl combines farro with an assortment of roasted vegetables such as sweet potatoes, Brussels sprouts, and red onions. Topped with avocado slices and a tahini lemon dressing, it provides a balanced meal with healthy fats, fiber, and protein.

Spicy Farro Stir-Fry

Farro substitutes rice in a vegan stir-fry featuring tofu, snap peas, bell peppers, and carrots. A spicy sauce made with soy sauce, ginger, garlic, and chili flakes enhances the dish. Quick to prepare, it is ideal for weeknight dinners.

Tips for Enhancing Flavor and Texture in Vegan Farro Dishes

Maximizing the taste and texture of farro in vegan recipes involves several culinary strategies. Proper cooking is the foundation, but seasoning and complementary ingredients also play crucial roles.

- **Use flavorful cooking liquids:** Cooking farro in vegetable broth rather than plain water infuses it with additional taste.
- **Toast before cooking:** Lightly toasting dry farro in a dry pan for a few minutes develops a nuttier flavor.
- **Incorporate acid:** Adding lemon juice, vinegar, or tomatoes brightens the overall flavor of farro dishes.
- **Add fresh herbs:** Parsley, cilantro, basil, and mint complement farro's nutty profile and enhance freshness.
- **Balance textures:** Combine chewy farro with crunchy vegetables, creamy dressings, or crunchy nuts and seeds.
- **Experiment with spices:** Cumin, smoked paprika, turmeric, and chili flakes can add warmth and complexity.

By applying these tips, vegan farro dishes can be elevated from simple grain bowls to flavorful and satisfying meals suitable for any dining occasion.

Frequently Asked Questions

What are some of the best vegan farro recipes for beginners?

Some of the best vegan farro recipes for beginners include farro salad with roasted vegetables, vegan farro risotto with mushrooms, and simple farro bowls with avocado and chickpeas. These recipes are easy to prepare and use common ingredients.

How can I make a flavorful vegan farro salad?

To make a flavorful vegan farro salad, cook farro until tender, then toss it with fresh vegetables like cherry tomatoes, cucumbers, red onions, and herbs such as parsley or basil. Add a tangy dressing made from lemon juice, olive oil, garlic, salt, and pepper for a delicious result.

Is farro a good source of protein for a vegan diet?

Yes, farro is a good source of plant-based protein, providing about 5-6 grams of protein per cooked half-cup. It also contains fiber, iron, and other nutrients, making it a nutritious addition to a vegan diet.

Can vegan farro recipes be made gluten-free?

Traditional farro contains gluten as it is a wheat grain, so it is not suitable for gluten-free diets. For gluten-free alternatives, consider using quinoa, millet, or buckwheat instead of farro in vegan recipes.

What are some creative vegan farro dinner ideas?

Creative vegan farro dinner ideas include farro-stuffed bell peppers, vegan farro chili, farro and vegetable stir-fry, and farro grain bowls with roasted tofu and tahini sauce. These dishes are hearty, nutritious, and full of flavor.

How do I cook farro perfectly for vegan recipes?

To cook farro perfectly, rinse the grains, then simmer in water or vegetable broth for about 25-30 minutes until tender but chewy. Drain any excess liquid and fluff with a fork before using it in your vegan recipes.

What spices and herbs complement vegan farro dishes?

Spices and herbs that complement vegan farro dishes include garlic, rosemary, thyme, oregano, cumin, smoked paprika, parsley, basil, and cilantro. These add depth and enhance the natural nutty flavor of farro.

Can I use farro in vegan soups and stews?

Yes, farro is excellent in vegan soups and stews. It adds a chewy texture and extra nutrition. Add farro towards the end of cooking to avoid overcooking, or pre-cook it separately before adding to your soup or stew.

Additional Resources

1. *Farro Feast: The Ultimate Vegan Recipe Collection*

This book offers a diverse array of vegan recipes centered around farro, a nutritious ancient grain. From hearty salads to warm bowls and baked dishes, each recipe highlights the versatility of farro. Perfect for both beginners and seasoned cooks, it includes tips on cooking farro to perfection and pairing it with fresh vegetables and plant-based proteins.

2. *Vegan Grain Bowls: Farro Edition*

Focused exclusively on creating vibrant, nourishing grain bowls, this book explores farro as the star ingredient. Readers will find creative combinations of veggies, legumes, and flavorful dressings to complement farro's nutty texture. It's ideal for anyone looking to prepare quick, wholesome meals that are both satisfying and healthful.

3. *The Plant-Based Farro Kitchen*

This cookbook emphasizes wholesome, plant-based meals featuring farro, with recipes that are easy to prepare and packed with nutrients. It includes soups, stews, and main courses that showcase farro's adaptability in vegan cooking. The book also provides cooking techniques and storage tips to maximize flavor and texture.

4. *Farro & Friends: Vegan Recipes for Every Season*

Celebrate farro throughout the year with seasonal vegan recipes designed to highlight fresh, local produce. This book guides readers through creative dishes that change with the seasons, ensuring meals remain exciting and nutritious. Each section offers tips on selecting and preparing ingredients to complement farro's hearty nature.

5. *Simple Vegan Farro Meals for Busy Lives*

Ideal for those with a hectic schedule, this cookbook features quick and easy vegan farro recipes that don't compromise on taste or nutrition. Recipes include make-ahead options and one-pot meals perfect for meal prepping. The book emphasizes straightforward instructions and accessible ingredients for stress-free cooking.

6. *Global Vegan Farro: International Flavors and Recipes*

Explore farro through a global lens with vegan recipes inspired by cuisines from around the world. This book offers flavorful dishes infused with spices, herbs, and traditional ingredients paired with farro to create unique meals. It's perfect for adventurous cooks looking to expand their palate while maintaining a plant-based diet.

7. *Farro for Health: Vegan Recipes to Nourish Your Body*

Focusing on the health benefits of farro, this cookbook provides vegan recipes designed to boost energy and support wellness. Each recipe is nutrient-dense, featuring ingredients that promote digestion, heart health, and overall vitality. The book also includes nutritional information and tips for incorporating farro into a balanced diet.

8. *Comfort Vegan Farro: Hearty Recipes for Cozy Days*

This collection is all about comforting vegan dishes that use farro to create warm, satisfying meals. From creamy risottos to baked casseroles, these recipes are perfect for chilly weather or when you need a nourishing pick-me-up. The book emphasizes rich flavors and textures that bring comfort without animal products.

9. *Farro & Greens: Fresh Vegan Salads and Sides*

Highlighting the perfect pairing of farro with fresh, vibrant greens, this cookbook focuses on light and healthy vegan salads and side dishes. Recipes include inventive dressings and toppings that enhance farro's chewy texture and nutty flavor. It's a great guide for those wanting to add more plant-based variety to their meals with minimal effort.

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best vegan farro recipes: The Great Vegan Grains Book Celine Steen, Tamasin Noyes, 2015-11-15 Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with

non-vegan ingredients, making many recipes off-limits to vegans. That's where *The Great Vegan Grains Book* comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as: - Quinoa Breakfast Pilaf - Apple and Oats French Toast - Sausage Smash Potato Hash - Spelt and Bean Burritos - Tempeh Buckwheat Bowl - Teff and Pea Fritters - Cracked Wheat Koftas - Roasted Corn and Barley Chowder - Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as: - Apricot Oats - Polenta Topped Mexi-Beans - Chickpea Millet Curry - Harissa Veggies and Rice Skillet - Spinach and Basil Quinoa - Sesame Purple Rice

best vegan farro recipes: *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 vegan farro recipes: *Healthy Happy Vegan Kitchen* Kathy Patalsky, 2015-04-28 Over 220 recipes so delicious it's hard to believe they're actually vegan: "Brilliant and creative...So many things I want to make!" -Gina Homolka, #1 New York Times-bestselling author of *The Skinnytaste Cookbook* A diet free of animal products is a healthy choice, and it also means living a greener life and changing the world for the better—one plate at a time. Kathy Patalsky, creator of the popular vegan food blog *Healthy.Happy.Life*, read by millions, makes sure eating vegan is fun and delicious too. In *Healthy Happy Vegan Kitchen*, you'll find flavor-packed recipes for Vegan Philly Cheese Sandwich, Ultra Creamy Cashew Veggie Pot Pie, Garden Veggie Frittata, and over two hundred more. Along with the inventive recipes, the book also includes guides to help "veganize" your kitchen with helpful ingredient and equipment information, cooking techniques for vegan staples, nutrition information, and wellness tips—making it the perfect book for both long-time vegans and newcomers alike.

best vegan farro recipes: *The Best Plant-Based Cooking Recipes* Brian Smith, *The Best Plant-Based Cooking Recipes* is a comprehensive collection of delicious and nutritious plant-based recipes. This book covers a wide variety of meals, from breakfast delights to satisfying salads, flavorful main dishes, tasty side dishes, sauces, dressings, and dips, sweet treats, beverages and smoothies, baking adventures, quick and easy meals, holiday and celebration foods, global cuisine, and essential cooking techniques. The main theme of this book is promoting a plant-based diet and highlighting the benefits of incorporating more plant-based meals into our daily lives. The recipes are designed to be easy to follow and cater to different dietary preferences by using essential plant-based ingredients. From savory tofu scramble to vegan buddha bowl, lentil and vegetable soup, Mediterranean quinoa salad, eggplant parmigiana, roasted garlic mashed potatoes, cashew cream sauce, vegan chocolate avocado mousse, and Mexican street corn tacos, these recipes offer a diverse range of flavors and cuisines. Readers will find helpful tips for transitioning to a plant-based

diet and suggestions for essential ingredients for plant-based cooking. The book also includes information on various cooking techniques, such as tofu preparation, baking with alternative flours, and creating flavorful vegan broths and stocks. Whether you are a seasoned vegan or looking to incorporate more plant-based meals into your diet, *The Best Plant-Based Cooking Recipes* will inspire you to explore new flavors and enjoy the health benefits of a plant-based lifestyle.

best vegan farro recipes: *The Great Vegan Protein Book* Celine Steen, Tamasin Noyes, 2015-02-15 How do you get your protein? As a vegan, you're sure to get asked this question often. Most likely, you've even thought about it yourself. Vegan protein comes from things like tofu and tempeh, to beans, nuts, and protein-rich whole grains like quinoa. There are loads of options out there, but how to prepare them? What to put them in? These are questions that can feel daunting, especially if you haven't used these ingredients before. Never fear, Celine Steen and Tamasin Noyes to the rescue! *The Great Vegan Protein Book* takes you step-by-step through each protein-rich vegan food group, providing you with valuable information on how to prepare the ingredient along with more than one hundred delicious and easy recipes (many of them low-fat, soy free, and gluten-free!). Each recipe uses whole food ingredients that can be easily found at most grocery stores or farmer's markets-no hard-to-find ingredients or things you can't pronounce. Say yes to protein and eating better with *The Great Vegan Protein Book*!

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best vegan farro recipes: *The Complete Beans and Grains Cookbook* America's Test Kitchen, 2024-02-06 From favas to fonio, take a deep dive into the vast world of beans and grains, with hundreds of exceptional, foolproof recipes Whether you're just opening a can of black beans, taking the time to brine scarlet runners, or cooking teff, the world of beans and grains is both approachable and delicious. Discover tantalizing recipes that use them in everything from sandwiches and handpies to tacos and pizza, salads and simmered soups to cultural mainstays from around the world like adasi, spatzle, hummus, and gyros. These dishes will delight omnivores, vegetarians, and vegans alike. ATK test cooks have worked through mountains of beans —sprouting, baking, pressure-cooking, and pureeing—to present you with expert cooking instructions and make-ahead know how: From how to make beans tender while keeping their shape to preventing cooked grains from clumping up. In this comprehensive collection, find everything from weeknight recipes to special occasion meals, helpful charts, fast and vegan tags, and much more: Beanified recipes: Classics reimaged to let beans deliciously take over. Think Beans Puttanesca and Chickpea Bouillabaisse Grainy innovations: Unique dishes such as Savory Oatmeal and Teff-Stuffed Squash with Lime Crema and Roasted Pepitas Classic comfort: The best versions of favorites like Texas Chili, Black Bean Burgers, and Creamy White Bean Soup Heirloom beans and ancient grains: Test cooks developed recipes to match to the right bean or grain. Learn how best to purchase, prep, and cook these beans and grains for optimum flavor. Useful substitutions: Recipes include a substitution line offering convenient bean and grain options

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best vegan farro recipes: Mediterranean Lifestyle: 500 Kitchen-Tested Recipes for Everyday Healthy Living Julian Mateo Reyes, 2025-09-06 Discover a joyful and delicious path to better health with the Mediterranean lifestyle. This cookbook is your complete guide to creating simple, flavorful meals that nourish your body and delight your senses. *Mediterranean Lifestyle* provides 500 kitchen-tested recipes for everyday healthy living. It shows you how to easily adopt a way of eating that is celebrated for its health benefits, including weight management and heart health. This is not a restrictive diet; it is a guide to enjoying wonderful, wholesome food. This book helps you prepare satisfying meals that increase your energy and vitality. It makes healthy living simple and accessible for everyone, with recipes that use common, fresh ingredients. Inside this complete collection, you will find: 500 Kitchen-Tested Recipes: Enjoy a huge variety of dishes for breakfast, lunch, dinner, and snacks. You will have endless options for healthy and delicious meals. Simple, Everyday Ingredients: Every recipe focuses on easy-to-find ingredients like fresh vegetables, whole grains, lean proteins, and healthy fats like olive oil. Easy-to-Follow Instructions: The straightforward directions are perfect for home cooks of any skill level. You can create amazing meals without complicated steps. A Foundation for Health: This way of eating provides a balanced and sustainable approach to wellness. Enjoy great food while taking care of your long-term health. This is the only cookbook you will need to embrace a healthier, more vibrant way of eating. It is perfect for anyone looking to make a positive change in their life. Get your copy today and start your journey to a happier, healthier you.

best vegan farro recipes: Naturally Vegetarian Valentina Solfrini, 2017-11-07 A stunning seasonal Italian cookbook from the creator of the award-winning blog Hortus Cuisine, featuring 125 delicious all-vegetarian recipes from the author's family farm in northeastern Italy. As the daughter of an Italian farming family, Solfrini grew up eating fresh, local, seasonal foods, but when she moved to New York City to study design, she quickly felt the damaging effects that came with eating a new diet filled with processed foods, too much meat, and too few vegetables. When she returned to Italy, she embraced the seasonal, vegetable-friendly foods of her youth once more, and after eliminating meat from her diet, felt better than ever. Surrounded by the countryside and living on her family's farm, the inspiration to live naturally and healthfully was everywhere and she started her blog to show the world just how fresh, beautiful, and healthful vegetarian Italian cooking could be. *Naturally Vegetarian* is an extension of Hortus Cuisine, and will be filled with more of Solfrini's arrestingly beautiful photography of rural Italian scenery, authentic tales of Italian farm life and customs through the ages, and more of the delicious vegetarian recipes her fans have come to know and love. *Naturally Vegetarian* will offer readers a glimpse of a year on an Italian farm and the recipes that come with the changing of the seasons. She also shares how to stock a whole foods Italian pantry, introducing them to new ingredients like chestnut flour, farro, and tomato passata, and the fundamental recipes and techniques for preparing and cooking fresh pasta. Filled with exquisite recipes like Creamy Sunchoke Soup with Golden Onions, Chickpea Crespelle with Spring Vegetable Ragu, Piadina Romagnola with Grilled Vegetables and Tomato Pesto, Pistachio and White Chocolate Tiramisu, and so many more, *Naturally Vegetarian* is a celebration of Italy's colors, smells, and flavors and will show readers a new side to the traditional Italian kitchen.

best vegan farro recipes: [A Grain, a Green, a Bean](#) Gena Hamshaw, 2025-04-15 In this collection of over 80 delicious, plant-based recipes, nutritionist, blogger, and author of The Vegan Week explores one simple meal planning formula: a grain, a green, and a bean. "Gena's fun formula, made accessible by her bright recipes, is for anyone who wants to consume fewer animal products (me) and not feel unsated doing so (also me)." —Emma Laperruque, associate director of cooking at Bon Appétit and Epicurious This simple trinity of foods lends itself to endless possibilities. Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark, leafy greens, whole grains, and beans, but also pasta, bread, zucchini, edamame, and tofu. She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle. Keeping busy schedules in mind, A Grain, a Green, a Bean includes time-saving methods and formulas, including sheet-pan meals and one-pot wonders. Bring the beans and grains in your pantry to life with recipes such as: • Bowls & Salads: Baked Pita, Crispy Chickpeas, and Spinach with Curried Cauliflower and Beet Couscous, Cheesy Tofu, and Watercress • Beans and Greens on Bread: Kidney Beans and Kale over Savory Waffles and French Onion Brothy Beans and Greens with Garlic Toast • Stovetop Meals: Red Wien Braised Mushrooms and French Lentils with Farro and Gochujang Pasta with Scallions, Kale, and Edamame • Oven to Table: Spinach Lasagna Rolls and Sheet Pan Shawarma-Spiced Soy Curls and Freekeh • Basics: Cashew Sour Cream and Egg Tofu • Sweet Things: Freezer Fruit Crumble and Olive Oil Cake These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make. A Grain, a Green, a Bean will quickly set you up to create an array of beautifully balanced grain bowls, soups, salads, toast, and more—with the promise of endless possibilities to keep you inspired.

best vegan farro recipes: [The Little Vegan Cookbook](#) Editors of Fair Winds Press, 2016-06-15 The Little Vegan Cookbook compiles 500 cruelty-free recipes from several vegan titles for a cookbook that's filled with hearty entrees, indulgent desserts, and everything in between. Vegans and non-vegans alike can satisfy their every craving with this collection of 500 delicious and nutritious plant based, cruelty free recipes! The Little Vegan Cookbook has exhaustively compiled the best recipes -- entrees, sides, snacks, desserts -- from a myriad of other vegan cookbooks by a variety of authors. The result is the finest, highly curated collection of vegan dishes you could wish for. These recipes include hearty main dishes, fresh and light salads, wholesome soups and stews, and surprisingly decadent desserts and baked goods. Plus, this pocket-sized vegan kitchen companion fits on even the smallest of shelves, and easily comes with you should you need to cook somewhere other than your own kitchen. The Little Vegan Cookbook is sure to be a staple in your home for years to come!

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