

best vegan mexican recipes

best vegan mexican recipes offer a vibrant and flavorful way to enjoy traditional Mexican cuisine without any animal products. This collection of dishes showcases the rich spices, fresh vegetables, and hearty ingredients characteristic of Mexican food, all prepared with plant-based alternatives. From savory tacos and enchiladas to satisfying salsas and sides, these recipes provide a comprehensive guide for anyone seeking delicious, cruelty-free options. Incorporating beans, corn, avocados, and various herbs, these meals are not only nutritious but also authentically Mexican in taste and texture. Whether for everyday dinners or festive occasions, these best vegan Mexican recipes bring the essence of Mexico to the modern vegan kitchen. Below is an organized overview of the main categories and recipes included in this guide.

- Classic Vegan Mexican Dishes
- Vegan Mexican Tacos and Burritos
- Vegan Salsas, Sauces, and Sides
- Healthy and Nutritious Vegan Mexican Meals
- Tips for Cooking Authentic Vegan Mexican Food

Classic Vegan Mexican Dishes

Classic vegan Mexican dishes form the foundation of many meals, offering bold flavors and satisfying textures. These dishes often rely on staple ingredients such as beans, corn, rice, and fresh vegetables, seasoned with traditional Mexican spices like cumin, chili powder, and oregano. Many classic recipes can be easily adapted to vegan versions by substituting dairy and meat with plant-based alternatives.

Vegan Enchiladas

Vegan enchiladas replace traditional cheese and meat fillings with ingredients like seasoned black beans, sautéed vegetables, and vegan cheese or cashew cream. Corn tortillas are dipped in a rich, homemade enchilada sauce made from tomatoes, chili powder, garlic, and onion, then filled and baked until bubbling.

Chiles Rellenos

Chiles Rellenos are stuffed poblano peppers, typically filled with cheese and coated in an egg batter. The vegan version uses a hearty filling of rice, beans, or tofu combined with vegetables and spices. A chickpea flour batter can replace eggs for a crispy exterior,

maintaining the authentic flavor and texture.

Refried Beans

Refried beans are a staple side dish in Mexican cuisine. Made from pinto or black beans cooked until soft and mashed with onions, garlic, and spices, vegan refried beans omit lard or animal fats and instead use vegetable oil or vegan butter for richness.

Vegan Mexican Tacos and Burritos

Tacos and burritos are among the most popular Mexican dishes worldwide and are easily adapted to vegan diets. These handheld foods offer endless combinations of fillings, toppings, and salsas, making them versatile and customizable for all taste preferences.

Vegan Tacos with Jackfruit

Young green jackfruit is a popular meat substitute due to its shredded texture that mimics pulled pork. In vegan Mexican tacos, jackfruit is seasoned with smoky chipotle, cumin, and garlic, then cooked until tender. Served with fresh cilantro, diced onions, and lime, these tacos deliver authentic flavor without animal products.

Bean and Veggie Burritos

Bean and veggie burritos combine protein-rich black or pinto beans with sautéed peppers, onions, rice, and guacamole, all wrapped in a warm flour tortilla. This dish is filling, nutritious, and bursting with traditional Mexican seasonings, making it a favorite for vegan diners.

Vegan Taco Toppings

Toppings elevate vegan tacos and burritos, adding texture and freshness. Popular vegan toppings include:

- Fresh cilantro and diced onions
- Guacamole or sliced avocado
- Pico de gallo (fresh tomato salsa)
- Pickled jalapeños
- Vegan sour cream or cashew cream
- Shredded lettuce and radishes

Vegan Salsas, Sauces, and Sides

Salsas, sauces, and side dishes are essential components of Mexican cuisine, providing vibrant flavors and balancing textures. Many traditional salsas and sides are naturally vegan, making them perfect complements to vegan main courses.

Fresh Tomato Salsa (Pico de Gallo)

Pico de gallo is a fresh salsa made from diced tomatoes, onions, jalapeños, cilantro, lime juice, and salt. It is bright, tangy, and enhances any vegan Mexican dish with its crisp texture and zesty flavor.

Guacamole

Guacamole is a creamy avocado-based dip enriched with lime juice, garlic, onions, and cilantro. This classic vegan accompaniment adds richness and a cooling effect to spicy dishes.

Vegan Mole Sauce

Mole is a complex Mexican sauce made with chili peppers, spices, nuts, and sometimes chocolate. Vegan mole recipes omit animal products and rely on vegetable broth and plant-based ingredients to create a rich, smoky, and slightly sweet sauce perfect for drizzling over enchiladas or roasted vegetables.

Mexican Rice and Beans

Mexican rice is a flavorful side cooked with tomatoes, onions, garlic, and vegetable broth, often served alongside seasoned black or pinto beans. This combination provides a satisfying base for vegan meals and balances protein, fiber, and carbohydrates.

Healthy and Nutritious Vegan Mexican Meals

Many vegan Mexican recipes emphasize health and nutrition, incorporating fresh vegetables, legumes, whole grains, and healthy fats. These dishes offer balanced macronutrients and essential vitamins and minerals, supporting a wholesome plant-based lifestyle.

Quinoa and Black Bean Salad

This salad combines protein-packed quinoa with black beans, corn, bell peppers, red onion, and fresh herbs. Tossed in a lime and cumin dressing, it makes a light but satisfying meal or side dish that is both gluten-free and vegan.

Grilled Vegetable Fajitas

Grilled vegetable fajitas feature marinated and charred peppers, onions, zucchini, and mushrooms served with warm tortillas and vegan toppings. This dish is low in fat, rich in fiber, and full of antioxidants from the colorful vegetables.

Stuffed Sweet Potatoes with Mexican Spices

Baked sweet potatoes stuffed with black beans, corn, salsa, and avocado provide a nutrient-dense meal rich in fiber, vitamins A and C, and plant protein. The natural sweetness of the potatoes complements the smoky and spicy Mexican seasonings.

Tips for Cooking Authentic Vegan Mexican Food

Achieving authentic flavor in vegan Mexican recipes requires attention to traditional ingredients and cooking techniques. Incorporating fresh herbs, correctly toasted spices, and homemade sauces can elevate any dish. Substituting animal products with plant-based options like jackfruit, tofu, tempeh, and cashew cream allows for traditional flavors without compromise.

Essential Mexican Spices and Herbs

Key seasonings for vegan Mexican cooking include cumin, chili powder, smoked paprika, oregano, coriander, garlic, and fresh cilantro. Proper use of these spices builds depth and complexity in dishes.

Making Plant-Based Cheese and Cream Alternatives

Homemade vegan cheese and cream can be made from nuts, tofu, or coconut milk. Cashew cream is particularly popular for its smooth texture and mild flavor, ideal for sauces and toppings in Mexican cuisine.

Using Fresh Ingredients

Fresh ingredients such as ripe tomatoes, onions, jalapeños, and limes are critical for authentic taste. Preparing salsas and garnishes fresh enhances the overall dining experience and maintains the vibrant character of Mexican dishes.

Frequently Asked Questions

What are some popular vegan Mexican dishes to try at home?

Popular vegan Mexican dishes include vegan tacos with jackfruit or mushrooms, vegan enchiladas with black beans and vegetables, guacamole, vegan tamales, and vegan pozole made with hominy and vegetables.

How can I make authentic vegan Mexican tacos?

To make authentic vegan Mexican tacos, use corn tortillas and fill them with sautéed mushrooms, jackfruit, or seasoned beans. Top with fresh cilantro, diced onions, salsa, and a squeeze of lime. Avoid cheese and sour cream or use vegan alternatives.

What is a good vegan substitute for cheese in Mexican recipes?

Nutritional yeast, cashew cheese, or store-bought vegan cheese are excellent substitutes for cheese in Mexican recipes. They provide a cheesy flavor and creamy texture without dairy.

Are traditional Mexican salsas and sauces vegan?

Yes, most traditional Mexican salsas and sauces like salsa verde, pico de gallo, and guacamole are naturally vegan as they are made from vegetables, herbs, and spices without animal products.

Can I make vegan enchiladas that taste authentic?

Absolutely! Use corn tortillas, fill them with beans, sautéed vegetables, or vegan meat substitutes, and cover with a homemade or store-bought vegan enchilada sauce. Top with vegan cheese or cashew cream for authenticity.

What are some easy vegan Mexican side dishes?

Easy vegan Mexican side dishes include Mexican rice made without chicken broth, refried beans cooked with vegetable oil, grilled corn with lime and chili powder, and fresh pico de gallo or guacamole with tortilla chips.

Additional Resources

1. *Vegan Mexican Kitchen: Traditional Flavors with a Plant-Based Twist*

This book offers a vibrant collection of authentic Mexican recipes made entirely vegan. It focuses on using fresh, wholesome ingredients to recreate traditional dishes without animal products. Readers will find easy-to-follow recipes for tacos, enchiladas, salsas, and more, all

bursting with bold flavors and nutrition.

2. Plant-Powered Mexican: Delicious Vegan Recipes for Every Meal

Plant-Powered Mexican celebrates the rich culinary heritage of Mexico with a plant-based approach. The book includes breakfast, lunch, and dinner recipes that are both satisfying and healthful. It emphasizes seasonal produce and spices, making it perfect for those looking to enjoy Mexican cuisine without compromising their vegan lifestyle.

3. The Ultimate Vegan Mexican Cookbook

This comprehensive cookbook covers a wide range of Mexican dishes made vegan, from street food favorites to hearty family meals. It provides detailed instructions and helpful tips for working with traditional Mexican ingredients in a vegan way. The book also includes beautiful photography that captures the vibrant colors and textures of each dish.

4. Vegan Tacos & More: Mexican Recipes for a Plant-Based Diet

Focused on one of Mexico's most beloved foods, this book showcases creative vegan taco recipes along with complementary sides and sauces. It offers a variety of fillings, from smoky jackfruit to spiced beans, allowing readers to customize their meals. The book also explores Mexican culinary techniques adapted for vegan cooking.

5. Fiesta Vegan: Mexican Party Recipes for Every Occasion

Fiesta Vegan is perfect for hosting gatherings with flavorful vegan Mexican dishes. It includes recipes for appetizers, mains, and desserts that are sure to impress guests. The book highlights festive, colorful presentations and tips for making meals ahead of time, making party planning easy and enjoyable.

6. Simple Vegan Mexican: Quick and Easy Recipes for Busy Days

Designed for those with limited time, this cookbook offers straightforward vegan Mexican recipes that can be prepared quickly. It emphasizes minimal ingredients and simple cooking methods without sacrificing authentic taste. Perfect for weeknight dinners or casual meals that still deliver big on flavor.

7. Vegan Mexican Street Food: Bold Flavors from the Sidewalk Stands

This book dives into the vibrant world of Mexican street food, reimagined with vegan ingredients. Readers will find recipes for tacos, tamales, elotes, and other popular street snacks made plant-based. The author shares cultural insights and cooking tips that bring the spirit of Mexican street vendors to the home kitchen.

8. South of the Border Vegan: Classic Mexican Recipes Made Plant-Based

South of the Border Vegan focuses on traditional Mexican recipes adapted for a vegan diet. It includes staples like mole, chiles rellenos, and pozole, all crafted without animal products. The book balances authenticity with accessibility, making it suitable for cooks of all skill levels.

9. Fresh and Flavorful: Vegan Mexican Recipes for Everyday Cooking

This collection emphasizes fresh ingredients and vibrant flavors in vegan Mexican cuisine. Recipes are designed for everyday meals that are both nourishing and delicious. With a variety of soups, salads, and mains, the book encourages a colorful, plant-based approach to Mexican cooking.

Best Vegan Mexican Recipes

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best vegan mexican recipes: Mexican Vegan Cookbook Francisco Garcia, 2020-04-17 Kindle MatchBook: Receive the Kindle Edition for FREE when you buy the paperback edition now! Mexico's favorite recipes - veganized! Enjoying amazing, authentic Mexican flavor doesn't require meat. With the goal of making delicious and healthy Mexican cuisine accessible and convenient for vegans, cookbook author and animal lover Francisco Garcia combines a passion for animals with the love of Mexican cuisine. The Mexican Vegan Cookbook is the first choice for busy vegan home cooks looking for healthy and delicious vegan recipes that are true to the flavor of Mexico. The ultimate vegan cookbook for Mexican food lovers, the Mexican Vegan Cookbook includes: An Introduction to Mexican cuisine that fully explains the principles of Latin American cuisine and shows exactly how to achieve the distinct flavors of the region at home in your kitchen using 100% vegan ingredients 100 Amazing Mexican Vegan Recipes that your family will rave about Nutritional Information for Every Recipe so you can easily track exactly what you are consuming Forget about inauthentic and expensive Mexican restaurants, or poor vegan substitutes when you grab the Mexican Vegan Cookbook today, your go-to resource for enjoying delicious authentic Mexican food at home as a vegan!

best vegan mexican recipes: Provecho Edgar Castrejón, 2021-10-12 The definitive plant-based Mexican cookbook for a new generation, featuring 100 recipes transforming traditional dishes into vegan celebrations of family and home ONE OF THE BEST COOKBOOKS OF THE YEAR: Boston Globe and Glamour • "The stories will feed your soul and the recipes will channel your love for Mexican food in a wholesome plant-based way."—Nisha Vora, creator of Rainbow Plant Life and author of The Vegan Instant Pot Cookbook Edgar Castrejón went vegan as a college student when he realized that following a plant-based diet made him feel better, but he worried he would no longer fit in back at the table with his family. As a proud first-generation Mexican American growing up in Oakland, Edgar had spent countless hours with his mom, aunts, and grandmother in the kitchen, where family recipes were passed down through "las manos mágicas." So Edgar began creating healthier, meatless variations on the dishes he grew up cooking and eating. Provecho features one hundred of Edgar's ingenious vegan recipes that honor the traditional, often meat-heavy classics of Mexican and Latin American culture while cooking with compassion. Many take thirty minutes or less, rely on readily accessible ingredients, and feature Salvadoran and Colombian influences. And they're all organized by how meals are approached in Edgar's family: • La Mesa Llena ("The Full Table"): Mushroom Sancocho; No-Bake Enchiladas Verde with Jackfruit; Lentil-Cauliflower Empanadas • La Mesita ("The Small Table"): Sweet Potato and Kale Tacos; Quesadillas de Brócoli y Tofu; Vegan Queso Fundido • La Mañana Después de la Cruda ("The Morning After"): Burritos de Desayuno; "Huevos" Rancheros; Papas con Chorizo Vegano • Antojitos ("Little Cravings"): Vegan Chipotle Crema; Mi Tia Evelia's Ceviche de Coliflor; Ensalada de Nopales • Bebidas ("Drinks"): Oat Milk Horchata; Jugo de Espinaca y Piña; Margarita Fuerte • Postrecitos ("Little Desserts"): Almond Milk Rice Pudding with Cashew Cream; Gelatina de Mango Coco; Apple Empanadas With Provecho, Edgar invites you to discover a whole new way to enjoy the flavors he has loved his entire life—and still wakes up craving every day.

best vegan mexican recipes: Vegan Mexico Jason Wyrick, 2016-11-01 The bestselling author of Vegan Tacos explores the magic of Mexico's regional cooking—exotic flavors that you can enjoy without leaving your kitchen. Jason's delicious recipes capture the essence of the moles of Oaxaca,

the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include: Oaxacan-Style Black Beans Potato and Drunken Bean Gorditas Chilled Avocado Soup Tofu and Tortillas in Red Salsa Creamy Green Enchiladas Mushroom Crêpes in Poblano Chile Sauce Flan with Apricot Preserves Muddled Sage Margarita A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and ties the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more. "Any vegan interested in cooking unique Mexican dishes Must Have this book. Those not interested in making the recipes will find it a fascinating read and appreciate the research the author has undertaken to deliver a comprehensive look at Mexican cuisine." —Vegetarians in Paradise

best vegan mexican recipes: *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 vegan mexican recipes: *¡Salud! Vegan Mexican Cookbook* Eddie Garza, 2016-12-15 Mexican food has always been my go-to comfort food. And with *¡Salud! Vegan Mexican Cookbook*, Eddie shows us that we can enjoy the rich flavors of Mexico in a healthful way that not only nourishes the soul, but our entire body. —María Celeste Arrarás, Puerto Rican broadcast journalist, winner of the 2001 PETA Humanitarian Award Tamales. Enchiladas. Churros. There are so many delicious reasons to love Mexican food. *¡Salud! Vegan Mexican Cookbook* takes a twist that's both mouthwatering and healthy on these classic dishes. Renowned chef Eddie Garza combines his innovative cooking techniques with traditional Mexican staples. As a leading voice on Latino health and nutrition, Garza is committed to finding healthier ways to enjoy delicious Mexican fare without animal ingredients—and with *¡Salud! Vegan Mexican Cookbook* he does exactly that. Enjoy such tantalizing dishes as: Spicy Eggplant Barbacoa Tacos Jackfruit Guisado Tortas Oaxacan Style Mushroom Tamales Classic Chile Relleno Black Bean and Guacamole Sopas Chicken-Style Enchiladas with Green Mole Sauce Rajas con Crema Horchata Mexicana

best vegan mexican recipes: *The Vegan Mexican Cookbook* Mitch Ayala, 2017-09-20 Enjoy Authentic Vegan Mexican Cuisine Wondering how you can enjoy taco without sour cream or the much-loved shredded cheese that holds the taco together? What about other classic Mexican meals such as Tamales, chimichangas, Enchiladas, quesadillas and Churros? Wonder no more as this book is loaded with authentic vegan Mexican recipes that you and your family will love. So if you thought the vegan diet a deprivation diet, you will soon be proved wrong as this book will open you up to a whole new world of recipes and foods as well as cooking tips to utilize in the kitchen. You will enjoy the fresh flavors of Mexican cuisine in a refreshingly new way. You no longer need to worry about whether you are being served authentic vegan Mexican meals in restaurants when you can now make yours at home. As a matter of fact, every- plant based kitchen need this little cookbook, filled with awesomely tasty recipes that you can make easily in the comfort of your home. Some of these recipes include: • Mexican Style Bean- Tofu Scramble • Zucchini, Roasted Tomatoes & Green Onions With Cheese Tamales • Falafel Tacos Filled with Avocado-Sriracha Cream • Guisada De Hongos Torta With Highly Spiced Stewed Mushrooms • Mexican Chipotle Mayo Smeared Black-Bean Tortas • Grilled Corn With Cashew Crema • Jalapeno-Watermelon Margaritas • Fruity Salty Chihuahua And

lots more... Buy Now!

best vegan mexican 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 mexican recipes: The Best Mexican Recipes America's Test Kitchen, 2015-04-15 Kitchen-tested recipes that bring the real flavors of Mexico home. Let America's Test Kitchen be your guide to making deeply flavored Mexican dishes at home. Our first Mexican cookbook features foolproof appetizers, soups and stews, authentic egg dishes, tacos and tamales, burritos and enchiladas, and all manner of meat and seafood dishes. The Best Mexican Recipes includes a primer on Mexican home cooking with information on key ingredients (readily available at your supermarket) and innovative techniques that shave time off traditional preparation methods. Not only will you be able to cook amazingly flavorful Mexican food, but you'll cook with confidence. Recipes include: Familiar favorites: Beef Enchiladas, Tamales, Grilled Fish Tacos, Classic Mexican Rice, Chicken Tortilla Soup, Stuffed Jalapenos, Chunky Guacamole, Fresh Margaritas, and more Authentic regional dishes: Queso Fundido, Chicken Mole Poblano, Ancho-Orange Pork Burritos, Yucatan-Style Barbecue Pork, Fish Veracruz, Oaxacan-Style Beef Brisket, and more. Popular street foods: Sopas, Gorditas, Panuchos, Mexican Street Corn, Molletes, Huaraches with Poblanos, Red Peppers, and Queso Fresco, and more

best vegan mexican recipes: The Best Vegan Mexican Cookbook Mark C. Landry, 2022-03-10 Enjoy mouthwatering delicacies like: Tortas Oaxacan Style Spicy Eggplant Barbacoa Tacos Jackfruit Guisado Tortas Spicy Eggplant Barbacoa Tortas Spicy Eggplant Barbacoa Tortas Spicy Eggplant Barbaco Classic Chile Relleno Mushroom Tamales Black Bean and Guacamole Sopas Chicken-Style Enchiladas with Green Mole Sauce Rajas with Crema Horchata Mexicana

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best vegan mexican recipes: Plantas Alexa Soto, 2024-08-06 With Plantas, Alexa Soto elegantly pays homage to Mexico's storied legacy of plant-based cooking while deftly adapting its soulful repertoire to modern times. I may still be a card-carrying carnivore, sure, but I now find myself craving dishes like her mole negro with roasted oyster mushrooms even more than my beloved carne asada. - Jorge Gaviria, James Beard Award-winning author of MASA A celebration of

traditional Mexican recipes with a vibrant vegan twist for a modern audience from Alexa Soto, creator of the @alexafuelednaturally platform Join Alexa Soto as she highlights the beauty of traditional Mexican cuisine with a plant-based twist for simple, affordable, and healthful vegan meals from breakfast to postre. Paired with Alexa's own gorgeous photography, Plantas is a joyful, welcoming guide to enjoying the traditional food of Mexico in a modern, sustainable way, a celebration of the array of fruits and vegetables that make up the staples of this beloved cuisine. Perfect for full-time vegans and those looking to incorporate more plants into their diet alike, Plantas is full of weeknight meals, snacks, salsas and cocktails that will simplify dinner and inspire your next taco night, including: Salsas and garnishes like Guacasalsa, Abue's Salsa Habanero Piña, and dairy-free Chipotle Crema Taco dishes from Taquitos de Jamaica to Jackfruit Mushroom Carnitas Tacos Main courses such as Hearts of Palm Ceviche Tostadas, Tamales de Elote, Cauliflower Al Pastor and Lasagna de Mole Dessert showstoppers like Tres Leches Cake, Churros and Chocoflan plus cocktails, coffee drinks, and nonalcoholic beverages to round out every meal Full of traditional flavors, modern spins, stories passed down through Alexas' family and tips for bringing more plants into your life, Plantas is your resource for vibrant, decadent, and healthy meals with beloved Mexican flavors and ingredients that inspire and highlight the natural beauty and bounty of cooking with plants.

best vegan mexican recipes: Vegan Mexican Food For Chowhounds! Mike Lee, 2013-12-30
"Blanched pinecone, a single blade of summer grass, covered in a delicate lilac sauce." "Asparagus seeds and a boiled acorn on a bed of carrot laughter." THINK THIS IS WHAT VEGANS EAT? For anyone who loves to eat and wants to learn how to make delicious, hearty Mexican food, that just happens to be vegan, there is an amazing new cookbook: MEXICAN VEGAN FOOD FOR CHOWHOUNDS! ARE YOU CONVINCED THAT VEGANS LITERALLY EAT NOTHING BUT LETTUCE? This book will prove you wrong! It is full of delicious, modern, authentic recipes that will wow your taste buds and make it obvious how delicious and fun vegan food is. There are dozens of recipes with delectable pictures, from decadent red and green enchiladas that will melt your soul, to simple meals like delicious tacos and nachos that are to die for. There are salsa recipes that will add some spice to your endless, gray cubicle days and vegan sides that will convince your friends that you have an abuelita that you hide in a cupboard. YOU WILL NEVER THINK OF VEGAN FOOD THE SAME WAY AGAIN! This is a perfect book for anyone who is considering a vegan diet. Think of it as a gateway to vegan paradise, as it recommends replacing a few meals a month, week or day with amazing plant based alternatives. Come on, you are already a part time model, so there is nothing wrong with starting out as a part time vegan. Changing your diet is really scary and it takes a really brave person to even contemplate it. This book eases the transition, making it easy to make the right choice for the planet. So, if you want to see what being vegan is all about, then this is the book for you. Also, if you are already a level 10 vegan, do not fret, this book is just as useful for you! Just buy it! Please... please just buy it.

best vegan mexican recipes: Vegan for Everybody America's Test Kitchen, 2017-04-04
America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

best vegan mexican recipes: Sugar Taco at Home: Plant-Based Mexican Recipes from our L.A. Restaurant Jayde Nicole, Nia Gatica Campos, Alan Campos, 2024-04-16 Fan favorite

recipes and brand-new classics from this Los Angeles-based vegan Mexican eatery for discerning cooks of any level. Women-owned and 100% plant-based, Sugar Taco is an LA go-to for Mexican food, for good reason. Founders Jayde Nicole and Nia Gatica Campos, along with chef Alan Campos, launched Sugar Taco in 2019 with a vision for a women-owned business that championed traditional dishes in an eco-conscious and animal-friendly way. They ditched meat and dairy for juicy jackfruit, perfectly seasoned seitan, house-made queso, and more, and then paired this on-trend menu with vibrant Dia de Muertos-inspired decor. The restaurant has been thriving ever since, with two locations and a third in the works. Sugar Taco at Home makes it possible for readers to bring the restaurant experience home. From Sugar Taco Carne Asada and meaty Mushroom Enchiladas Verdes to Tofu Chilaquiles and a deluxe Tres Leches Cake, this book is essential for regulars of the LA restaurant, as well as vegans, vegetarians, and flexitarians craving easy, homemade Mexican flavors.

best vegan mexican recipes: History of Vegetarianism and Veganism Worldwide (1970-2022) William Shurtleff; Akiko Aoyagi, 2022-03-10 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 48 photographs and illustrations - mostly color. Free of charge in digital PDF format.

best vegan mexican recipes: The Vegan Mexican Billie Lee Lucas, 2023-03-12 Introducing The Vegan Mexican: Authentic Flavors, Healthy Recipes, and Easy Dishes, a cookbook that takes you on a culinary adventure through the heart of Mexico City. This cookbook is more than just a collection of recipes - it's a love story. Join Billie as he explore the bustling streets of Mexico City, tasting the vibrant and diverse flavors that the city has to offer. From street food to fine dining, you'll discover the true essence of Mexican cuisine and how it can be made vegan-friendly without sacrificing taste or tradition. With over 80 recipes, you'll learn how to make classic dishes like Vegan Tacos de Chorizo de Soya and Vegan Espaguete Verde, as well as new and exciting recipes like Vegan Sopas de Frijoles and Vegan Cajeta de Coco. All recipes are made with fresh, whole ingredients and are free of animal products, making them not only delicious but also healthy and sustainable. This cookbook is a celebration of Mexico, its culture, and its people. Through Billie's stories and recipes, you'll feel as though you're right there in the heart of the city, experiencing the sights, sounds, and flavors for yourself. Don't just take our word for it. Here's what readers are saying about Vegan Mexican: This cookbook is a masterpiece. Not only are the recipes delicious and easy to follow, but the stories and adventures that Billie shares make it so much more than just a cookbook. I've been a vegan for years, and this is by far the best Mexican cookbook I've come across. - Maria S. I never realized how much I was missing out on until I tried the recipes in this cookbook. The flavors are out of this world and the stories that accompany them are so interesting and engaging. I can't wait to try all the recipes! - Juan M. This cookbook is a true gem. The recipes are authentic and flavorful, and I appreciate the focus on using fresh, whole ingredients. The stories and adventures that Billie shares make it feel like I'm right there in Mexico City with him. This cookbook is a must-have for any foodie or lover of Mexican cuisine. - Laura T.

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