

# GOING *Vegan* 101

## MENU





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Veggie Stir-fry

Veggie Lasagna

Asparagus & Tomato  
Penne

Beloved Nourish  
Bowl

Mediterranean Tofu  
Wrap

Red Beans & Rice  
Fried Tofu

Portobello Mushroom

Avocado Salad

Roasted Broccoli

Rosemary Sweet Potatoes

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*Going vegan and not sure where to begin? Whether you're trying a plant-based diet short term, or transitioning into a long-term lifestyle, we all must start somewhere. The following recipes will help you jump kick your journey with confidence. Healthy eating is never a daunting task once you have a plan of action.*

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## *Veggie Stir-fry*

makes 3 servings

### *Ingredients*

- 5 cups green cabbage
- 2 cups red cabbage
- 1/2 cup green bell pepper
- 1/2 cup onion
- 1 small carrot
- 1 cup broccoli
- 2 garlic cloves
- 2-3 Tbsp liquid amino

### *Directions*

- chop veggies (the more finely chopped cooks faster).
- warm 2 Tbsp of oil in wok over medium-high heat.
- add minced garlic and veggies to wok and cook for 5-7 minutes. add liquid amino, mix and remove from heat.
- can serve over jasmine rice or noodles.





# Asparagus & Tomato Penne

makes 1 serving

## *Ingredients*

- 2/3 cups penne pasta
- 1 cup cherry tomato
- 1 cup asparagus
- 1 clove garlic
- 1 Tbsp vegan butter
- 2 Tbsp olive oil
- 1/2 tsp 21 Seasoning Salute
- Salt & Pepper to taste

## *Directions*

- cook pasta per package instructions.
- sauté garlic in butter for 1 min then add veggies and cook for 2 minutes.
- add pasta and mix well, cook for additional 2-5 minutes.

# Mediterranean Tofu Wrap

makes 3 wraps

## *Ingredients*

- 7 oz tofu
- 2 1/2 cups kale
- 1 roma tomato
- red onion
- kalamata olives
- cucumber
- green pepper
- Godinya dressing
- 21 Seasoning Salute
- Liquid Amino



## *Directions*

- cut tofu in small strips and season with 21 seasoning salute and 1 Tbsp of liquid amino. let sit for 15 minutes then fry on medium-high heat ~15 minutes ensuring all sides are golden brown to dark brown.
- prepare salad by chopping kale and massaging it with 1/2 Tbsp of olive oil. add remaining veggies as desired.
- add 1 cup salad mix and fried tofu to wrap and enjoy.

# *Portobello Mushroom Rosemary Sweet Potatoes Roasted Broccoli*

makes 2 servings

## *Ingredients*

- 1 medium sweet potato
- 1 tsp Rosemary leaves
- 2 Lg portobello mushrooms
- 3 cups broccoli
- 1/4 cup green bell pepper
- 1/4 cup onion
- 2 garlic cloves
- 1 1/2 Tbsp vegan Worcestershire sauce
- 1 Tbsp olive oil
- 1/2 tsp 21 Season Salute (Trader Joe's)
- salt and pepper to taste

## *Directions*



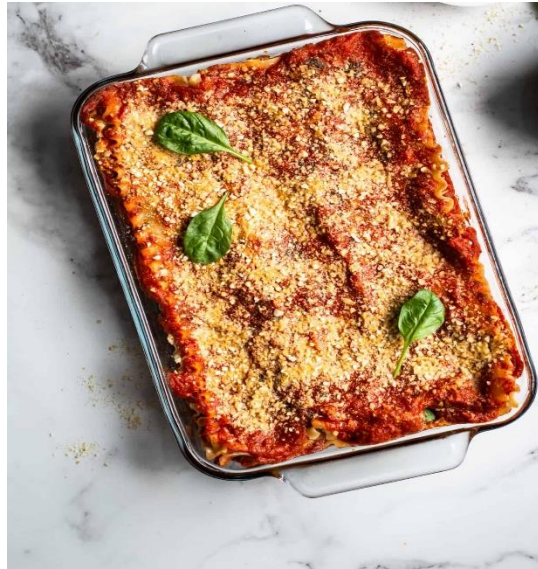
- cube sweet potatoes and drizzle with olive oil, garlic powder & rosemary leaves and hand mix. bake at 425 for 30 minutes.
- drizzle broccoli with olive oil, add salt and garlic powder. hand mix and set on foil. bake at 425° for 15 minutes.
- mix together garlic, Worcestershire sauce, olive oil, 21 seasoning salute and pour on mushrooms. add onion/peppers and marinate gills-side-up. cook over high heat, 4 minutes per side.

# Veggie Lasagna

makes 4 servings

## *Ingredients*

- 1 medium zucchini
- 4 cups spinach
- 3 roma tomatoes
- cup portobello mushroom (chopped)
- 3 garlic cloves
- 1/2 cup green bell pepper/onion
- 7 no-boil lasagna noodles
- 16oz marinara sauce
- Nutritional yeast



## *Directions*

- sauté garlic/onion/bell pepper for 2 minutes and add sauce to pot, season to taste
- layer ingredients – dip 1st set of no-boil noodles (2) in sauce and place on bottom of a 9 x 7-inch baking dish, layer veggies as desired and top with marinara sauce. repeat a 2nd and 3rd time. to the top layer of noodles, add extra marinara sauce so noodles won't dry out and top with nutritional yeast.
- cover with foil and bake at 375° for 45 minutes, remove foil and continue to bake for 15 min. let set for 20 minutes.



# Beloved Nourish Bowl

makes 3 servings

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## *Ingredients*

- 1 cup quinoa
- 1 medium sweet potato
- 1 bunch of kale
- 2 cups broccoli
- 1 can chickpeas
- 1 hass avocado
- garlic tahini dressing-
- 2 Tbsp tahini
- 1 Tbsp liquid amino
- 1 Tbsp bottled minced garlic
- 2.5 Tbsp water
- 2 tsp grapeseed oil

## *Directions*

- prepare quinoa per package instructions (can season with Not-Chick'n vegan bouillon cube).
- chop and sauté kale with garlic and 1 Tbsp of oil.
- prepare sweet potatoes and broccoli per instructions on page #5.
- drain liquid from chickpeas and rinse with water. add to a clean bowl and season to taste. sprinkle with garlic powder, 21 Seasoning Salute, salt and grapeseed oil.
- add all ingredients for garlic dressing into a bottle or container and shake vigorously. drizzle ~ 2 Tbsp over nourish bowl and enjoy!



# Red Beans & Rice

## Fried Tofu

## Avocado Salad

makes 3 servings



### *Ingredients*

- 1 cup dry red beans (or 1 can)
- tomato sauce
- 1 cup rice
- 1 pack tofu
- 1 hass avocado
- 1 tomato
- 1/4 cup chopped red onion
- cilantro

### *Directions*

- add 2-3 Tbsp tomato sauce, 1 Tbsp sofrito, and 1 Tbsp of water to beans. simmer over low/medium heat.
- cook rice per package instructions.
- season tofu with 2 Tbsp liquid amino and 21 Seasoning Salute. let set for ~15 min then fry on medium/high heat for ~25 minutes (12 minutes per side).
- chop avocado, tomato and cilantro, then add into a bowl with onion. drizzle with oil and add salt/pepper to taste.



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