

101 easy autumn vegan meals.

1. Throw 1/2 cup of canned pumpkin in the food processor with 2 T olive oil, 4 or 5 garlic cloves, and a cup of beans. Spread on a toasted, Earth-Balance-spread baguette.
2. Make a grilled vegan cheese sandwich. Don't forget the sliced onion and tomato.
3. Fried rice: In a hot wok, saute an onion in canola oil until soft. Toss in thawed frozen veggies (peas & carrots, for example). Toss in rice, and coat with oil. Add soy sauce, Bragg's or Nasi Goreng paste, to taste.
4. While boiling pasta, toss in some chopped Swiss chard and loads of sliced garlic. Drain, toss with extra virgin olive oil, salt and red pepper flakes. Top with vegan parmesan or nutritional yeast.
5. Veggie burgers: In a food processor, combine 1 can of beans, 2 T olive oil, 1 chopped carrot and 1 chopped celery stalk. Process until smooth, then add enough bread crumbs to form patties. Brown on both sides and serve alone or on a bun.
6. Sauté some garlic, onion mixed mushrooms—including shitake, cremini, portabello, and maitake-- in olive oil. Add a bit of veggie broth and some flour to thicken, Serve over thick polenta or polenta wedges.
7. French bread pizza: slice a baguette in half. Slather with tomato sauce, sprinkle with veggie cheese and toppings [mushrooms, onions, and spinach are my faves]. Bake at 400 degrees for about 10 minutes.
8. Nuke a sweet potato. Slice it, slather it with olive oil and stuff with cooked frozen broccoli and nutritional yeast or vegan cheese.
9. Make my [Rapini Pannini](#).
10. Quick Tomyam Soup [very soothing for colds--clears the sinuses]: For each person, dissolve 1 heaping tsp tomyum paste in 1 cup boiling water. Add 1/4 pound rice noodles, sliced green onion, and greens of your choice [mustard greens, spinach, bok choy, etc]. Add cubed tofu, if desired.
11. Savory bread pudding: Tear 8 slices stale whole grain bread into bite size pieces; place in an 8 x 8 inch oiled baking dish. Mix 3 cups soy or rice milk, 1/2 cup nutritional yeast, 4 tsp olive oil and 2 T mixed dried savory spices [rosemary, oregano, thyme, etc.]. Mix in up to 2 cups chopped, precooked veggies of your choice [broccoli, spinach, tomatoes etc]. Add one chopped onion to veggie mixture. Mix with milk and pour over bread. Bake at 350 degrees for 45 mins.
12. Another easy oven meal: toss cubed yams, potatoes, red onion, peppers, and celery. parsnip and whole garlic with enough olive oil to moisten. [Mix with your hands--fast and fun.] Bake at 400 for about 1 hour--or until veggies are soft.
13. Quick veggie cream soup: Saute 2 cups of one of your favorite veggies [carrots, mushroom, celery, etc] in olive oil until soft. Puree in the blender with 1/4 cup nutritional yeast and 4 cups of non-dairy milk until creamy. [You may need to do this in batches] Heat soup gently over low heat and serve with croutons or bread for dipping.
14. Quick, soothing soup--great for when you're under the weather: boil 4 cups of water, toss in a cube or two of veggie boullion, 1 T parsley flakes and about 1 cup pastina or other tiny pasta. Serve with a sprinkling of vegan parmesan or nutritional yeast.
15. [Can Can Salad](#) [This also links to my vegan Fettucine Alfredo, which only takes about 15 minutes to make.]
16. Sh*t on a Shingle [Great for kids!]: In a small saucepan, melt 2 T Earth Balance. Make a roux by adding 2 T flour. Whisk in 4 T nutritional yeast, then slowly drizzle in 1 cup

non-dairy milk [Full-fat soy is best] and stir until thick. Add 1 cup seitan strips. Serve over toast triangles ["shingles"].

17. Inauthentic-but-Fast Dal: In a saucepan, mix 1 cup clean lentils, sliced ginger, minced garlic, glop of Earth Balance, and curry or garam masala to taste. Add water to cover by 1 inch. Simmer until lentils are soft--about 15 minutes. Adjust seasonings; serve over rice or with rotis or pita bread.
18. Phyllo-Jumble Purses: Thaw Phyllo the night before. Preheat oven to 350. Take two sheets of phyllo and stuff with appropriate leftovers or Phyllo fodder [examples: crumbled veggie burgers, leftover potatoes; seasoned vegan cheese; last night's veggies; seasoned seitan, tofu or tempeh]. Fold into desired shape and brush generously with olive oil. Bake for 10-15 minutes until Phyllo is golden.
19. Grilled veggies: Make marinade of olive oil, herbs, and 1 garlic clove, minced. Slice seasonal veggies into 1/4-inch sheets. [A mandoline helps.] Brush generously with marinade. Grill until soft. Serve with crusty bread.
20. Pepper and Tofu Sandwich: Saute sliced green peppers, onion, and lots of garlic in olive oil until soft. Add crumbled, pressed firm tofu [and 1 tsp turmeric] until warm, serve in an Italian roll.
21. Harvest tacos: Cube a large sweet potato and boil until soft. Drain well. Smear taco shells with canned refried beans. Add sweet potatoes, lettuce, tomato, onion and salsa. Top with guac, if you have some on hand.
22. Mediterranean buffet: Set up plates with olives, roasted red peppers, caponata, and vegan tapenade. Use slices of crusty French bread to dip to your stomach's content.
23. Brazilian Black Beans: Saute an onion, chopped chili and some garlic in olive oil until soft. Toss into the food processor, along with 1 drained can of black beans. Add salt and pepper to taste. Serve with rice, pita bread or as is.
24. Brazilian Black Bean Burgers: Take leftover beans from #23. Mix in enough bread crumbs to achieve malleable consistency. Form into burgers and fry.
25. Meal in a Muffin: Mix 2 cups whole-grain flour, 1 T baking powder, 1/4 tsp salt, 1 cup mixed vegetables [thawed frozen veggies are fine], 2 T nutritional yeast, 2 T mixed herbs and 1 cup soy milk. Mix all ingredients until just combined. [Don't overmix.] Spoon into muffin tins and bake for 20 minutes at 400 or until knife inserted comes out clean.
26. Chickpeas-n-Couscous: Bring 1 cup of vegetable broth to a boil. Add 1 cup of couscous, stir and turn off heat--let sit covered for about 5 mins. Meanwhile, sauté onion, garlic, and celery in oil until soft. Fluff couscous with fork and add sauted veggies, 1 can of drained chickpeas, and if desired, chopped apricots, raisins, or dates.
27. Mafongo: Saute 3 large greenish plantains, 5 cloves garlic and one large onion in Earth Balance. Add chopped seitan and cook until warm. Mash with a fork or masher and enjoy.
28. Quick Chili: saute an onion, green pepper, and garlic in olive oil until soft. Add chili powder to taste. Stir in a drained can of kidney beans and 1 cup of corn. Adjust seasonings and top with vegan jack cheese, if you have some on hand.
29. Potato Pancakes: Grate 2-3 large peeled, white potatoes using food processor grate blade. Mix with 1 grated onion, 12 oz. soft silken tofu, and enough flour to achieve batter consistency. Add pepper and plenty of salt. Heat oil or Earth Balance in pan. Pour batter fry pancake until golden. Flip, repeat. Serve with applesauce, vegan sour cream or melted butter
30. Sweet Potato Pancakes. Same as above, but use sweet potatoes.
31. Turnip Pancakes. Same as #28, but use turnips.

32. Autumn Pesto: Dig out your favorite pesto recipe, but instead of using basil, substitute your favorite autumn green [I like kale.]. Serve with cooked pasta.
33. Mushrooms and grains: Great use for leftover grains. Sauté 4 cups of mixed chopped mushrooms in olive oil. Serve over your favorite cooked grains [amaranth, quinoa, wheat berries, etc] and finish with a drizzle of truffle oil and a shower of red pepper flakes. You can also serve this over pasta or use as a sandwich filling
34. Harvest Salad: Mix winter squash cubes, dried cranberries, toasted nuts, chopped, peeled apples and romaine or green leaf lettuce. Toss with your favorite dressing, Serve with hearty rolls.
35. Deconstructed Leek and Potato Soup: Sauté 2-3 large, chopped leeks in Earth Balance. Meanwhile, heat 4 cups non-dairy milk gently, Add 1 large cubed white potato. Add sauteed leeks and simmer until taters are soft.
36. P, B & J: It's a classic for a reason.
37. Buy store-bought pizza dough and throw together a pizza with your favorite toppings. Make into individual pizzas to fit different family members' preferences.
38. Escarole Soup: Clean a large bunch of escarole well and chop into thirds. Dump into a large pot of veggie broth, along with a bay leaf, mucho chopped garlic and Italian seasonings [basil, oregano, parsley, etc.] Bring to a boil, then lower heat. Add one can of cannellini beans and simmer until escarole is cooked through--about 10 minutes. Serve with garlic bread.
39. BBQ Tempeh: Simmer tempeh steaks in water for about 10 minutes. Meanwhile, heat up your favorite BBQ sauce. Smother the tempeh steaks in the sauce, and serve with corn and a salad.
40. BBQ Tofu: Press as much water as possible from a pound of extra-firm tofu, Cut into 4 slabs. Pan-fry in your favorite BBQ sauce until the steaks have formed a crust and are warmed through.
41. Asian Noodles: Again, not the most authentic--but fast. Cook and drain a package of somen noodles. In a small sauce pan, whisk together 4 T smooth peanut butter, 4 T soy sauce and a healthy glug of your favorite hot sauce. Toss noodles gently with sauce and top with sliced scallions and sesame seeds [toasted, if you have time].
42. Protein Power Breakfast Burrito: Sauté an onion and crumbled extra-firm tofu in olive oil and 1 tsp turmeric. To assemble burritos, line a large tortilla with drained black beans, tofu mixture, and avocado slices. Top with salsa.
43. Fondue: Make vegan cheese fondue--make a roux of equal parts Earth Balance and flour. Whisk in 1/2 cup nutritional yeast. Slowly stream in 1 cup soy milk and cook on low until thick. Now gather cooked or raw veggies, bread cubes, and anything else your imagination inspires--and dip.
44. Quick, rich pasta: Make the Tofu-Basil Ricotta from [Vegan with a Vengeance](#) [This recipe is so brilliant and versatile]. Toss with cooked pasta and store-bought or leftover homemade red sauce. Enjoy with a nice dry chianti.
45. Coconut-Roasted Vegetables: Mix one can of coconut milk [light, if your fat-conscious] with 1 T curry paste. Mix with about 3 cups of your favorite chopped veggies. I like sweet potatoes, potatoes, garlic, red onion, peppers, and broccoli. Bake at 400 for about an hour or until veggies are soft.
46. Edamame Sandwich Spread: Boil 1/2 pound of edamame until soft--about 10 minutes. Drain and toss in food processor, along with 3 garlic cloves, fresh or dried parsley, salt, pepper and enough tahini to form a paste. Spread on bread and enjoy. Especially good on black bread, with avocado and tomato.
47. Ice Cream Pie: A great "emergency" dessert. Thaw a pint of your favorite soy ice cream for about 1/2 hour. Pour into store-bought cookie crust, decorate top if desired with chocolate chips or fruit slices, and return to freezer until firm.

48. Leftover Magic: Thaw mystery leftovers foraged from freezer. Arrange smorgasbord style in attractive bowls. Have your family create their own "mix & match" dinner.
49. Veggie Crisp: [Think fruit crisp, but with veggies.] Coat a 9 x 9 pan with cooking spray. Toss 2 cups of your favorite vegetables with 2 T of your favorite seasonings. Add salt and pepper and place in pan. Top with 1/2 cup rolled oats, 1/2 cup whole wheat flour, 1/2 cup chopped nuts, and then dot evenly with 1/2 cup Earth Balance. Bake at 400 for about 30 minutes or until golden brown.
50. Speedy Veggie Soup. Fill a large pot with 4 cups veggie broth. Add 1 can crushed tomatoes, 1 bag of your favorite frozen veggies, 3 T seasonings, and 1 can drained beans [or 1 package of seitan strips--Light Life "Chicken" flavor works well here.] Bring to a boil and then simmer until veggies are soft. Drizzle with best-quality extra virgin olive oil. Serve with bread for dunking.
51. Broccoli in Garlic Sauce: In hot wok, stir fry 10 cloves of minced garlic. Add chopped broccoli. When it colors, add soy sauce and hot pepper flakes. Serve over brown rice, cooked barley or millet.
52. Spaghetti Squash: Roast a whole spaghetti squash in a 400 oven for about 40 minutes or until soft-ish. Carefully cut in half. Remove seeds. Dress as you would dress pasta--with olive oil and garlic, with tomato sauce or with vegan alfredo.
53. Shred a head of cabbage and fry in oil with 1 red onion. Sprinkle with caraway seeds. Toss in whole or sliced vegan kielbasi. Enjoy with a Pilsner.
54. Masala Tofu: Mix 1 T garam masala with 3 T flour. Press extra-firm tofu and cut into 4 steaks. Dredge steaks in masala mixture and pan fry until golden.
55. Italian Tofu: Mix 1 tsp garlic powder, 1 T basil, 1 tsp oregano, 1 tsp parsley, 2 T olive oil and 2 T balsamic vinegar. Press extra-firm tofu and cut into 4 steaks. Dip steaks in marinade [let them sit if you have time] and then dredge in bread crumbs. Pan fry until golden.
56. Nutty Tofu: Mix 2 T nut butter, 1 T olive oil, 2 tsp chili powder, 2 tsp garlic powder and 1 T agave nectar. Press extra-firm tofu and cut into 4 steaks. Dip steaks in marinade [let them sit if you have time] and then dredge in bread crumbs. Pan fry until golden and topped with minced scallions and dried cranberries.
57. Moroccan Tofu: Mix 1 T cumin, 1 tsp garlic powder, 1 tsp harissa or other hot sauce, 2 T olive oil and 2 T red wine vinegar. Press extra-firm tofu and cut into 4 steaks. Dip steaks in marinade [let them sit if you have time] and then dredge in bread crumbs mixed with paprika. Pan fry until golden.
58. Apples and Brats: Peel and slice 3 tart apples like Granny Smiths. [You can leave on the peel if they're organic.] Sauté in Earth Balance, along with a red onion and a package of sliced vegan beer brats.
59. Miso-Somen Soup: Cook somen in boiling water until almost al dente. Turn off heat. Add miso paste to very hot water, [Do not boil! It will "undo" the miso] along with tiny cubes of tofu, sliced scallions, and a drizzle of sesame oil.
60. Using the food processor, make a dressing of tahini, carrots, soy sauce and a capful of roasted sesame oil. Serve atop brown rice and steamed veggies. [I borrowed this idea from NYC's Dojo.]
61. Vegan chickenless cheesesteak: Saute Light Life Smart Strips in oil, along with desired toppings [sliced mushrooms, onions, etc]. Line Italian sub rolls with vegan cheddar slices and pour in seitan mixture. Enjoy alone or with ketchup.
62. Toss cooked spinach fettucine with oil, garlic powder and nutritional yeast.
63. Quick lunchbox sandwich: Sliced avocado, smear of hummus and stack of spouts, on whole grain bread

64. Parsnips St. Jacques: Peel parsnips, cut into 1-inch slices and steam; meanwhile, in a large pan, sauté minced garlic and onion in olive oil. Dredge parsnips in flour and then fry in oil mixture. Season with cayenne pepper and serve.
65. Bubble & Squeak: Slice a head of cabbage into 1-inch pieces and boil until soft. Drain. Meanwhile, nuke a potato or two, then use a potato ricer to puree. Mash with some Earth Balance, mix in cabbage, and then fry until golden-brown.
66. Sauté about 8 sliced garlic cloves in a healthy amount of olive oil. Toss with cooked gnocchi and top with vegan parmesan.
67. Brazilian Black Bean Soup: Follow #23, then thin out with a combination of veggie broth and lemon or lime juice. Puree in the blender or with an immersion blender.
68. Deconstructed Borscht: In a saucepan, heat one can sliced red beets, 1 onion, 1 clove garlic and dill, if you like it. Add 1 cup soy milk and 3 cups veggie broth. Cook for about 10 minutes until warmed through. Puree, if you have time. Just make sure the lid is on tight!
69. Vegan Paprikash: Saute red peppers, 1 cubanelle pepper, garlic, onions and seitan in olive oil. When soft, sprinkle with flour and plenty of sweet Hungarian paprika; let sit for one minute, then stir to coat, Add one cup of soy milk, and a glug of beer if you like. Stir again and then cook on low until thickened. Serve over noodles and with beer.
70. 1 lb. pasta + 1 bunch broccoli or cauliflower [Cook it in the pasta water] + 1 stick of Earth Balance + Healthy sprinkles of cayenne pepper and nutritional yeast = quick yumminess.
71. Chili Not-Dogs: Top tofu-dogs with store-bought or leftover vegan chili. Serve on bun with fixins.
72. Dinner waffles: Make your favorite plain waffle recipe, but skip any called-for sugar and add about 1-2 T appropriate herbs. [eg, Herbes de Provence for Provencal]. Line waffle with vegan cheese, tomato and any other desired veggies and enjoy
73. Brown Rice Pilaf: Cook brown rice in veggie broth or coconut milk, if you're feeling decadent. Add any of the following to the cooking water: frozen peas, sunflower seeds, shelled edamame, crumbled tempeh, TVP, drained canned beans.
74. Dinner Skillet: Saute 1 chopped onion, 1 chopped green pepper [organic, please!] and 3 garlic cloves in olive oil. When soft, Add 1 can crushed tomatoes and 1 cup TVP. Salt & pepper to taste. This dish loves cornbread.
75. Breakfast Tofu Scramble: Saute onion, garlic, celery, & shredded carrot in olive oil and 1 T turmeric [for color and flavor]. Add 1 lb pressed extra-firm tofu and 1/4 cup nutritional yeast. Serve with toast or on an English muffin with vegan cheese and vegan bacon.
76. Moroccan Wrap: Drain a can of chickpeas. Mash with 1 T olive oil, 2 T raisins, 1 T cumin, 1/2 tsp cinnamon and 1/4 tsp salt. Line a large spinach tortilla with chickpea mixture and top with shredded carrots. Roll, cut and enjoy.
77. Pita Pizza: Line a large pita with tomato sauce, Top with vegan cheese or Isa's Tofu-Basil Ricotta [see #44] and veggies of your choice. Bake at 400 for about 15 mins.
78. Riblets. Riblets. Riblets.
79. Steak frites. Brown a seitan steak in Earth Balance. Serve with ketchup and store-bought French fries.
80. Portabello burger: Brush portabello caps with extra virgin olive oil and drizzle with balsamic vinegar. Broil until soft. Serve on buns with vegan cheese and fixins.
81. Gnocchi with sage butter: Sauté minced sage, parsley and garlic in Earth Balance. Toss with cooked gnocchi.
82. Gnocchi with tomato sauce: A no-brainer, but I had to mention it.

83. Cream of cauliflower soup: Heat 1 quart of soy milk in a medium saucepan along with one chopped onion, garlic and one head cauliflower, chopped. [Frozen works.] Bring to a boil then simmer until soft. Puree in blender and adjust seasonings--add salt, white pepper and nutritional yeast, if desired.
84. Cream of carrot soup: Same as above, but use 1 lb carrots and add in 1 T minced ginger.
85. Cream of broccoli soup: Same as above, but use broccoli.
86. Italian Bread Pizza: Slice an Italian loaf in half. Spread with tomato sauce then top with vegan cheese and your favorite pizza toppings. Bake at 400 for about 15 minutes.
87. Slice Italian bread into inch-thick rounds. Brush with olive oil, sprinkle with rosemary and bake at 400 until golden. Meanwhile warm a drained can of cannellini beans and a can of crushed tomatoes in a sauce pan, along with Italian-appropriate seasonings. Serve bean mixture over toasted bread.
88. E-Z lunch: Wasa crispbreads spread with chipotle or other hummus, topped with sprouts and sliced cucumber.
89. Tofu in black bean sauce: Saute peppers and onion in canola oil. Add pressed, cubed extra-firm tofu. When golden, stir in black bean sauce, thinned with water. Serve over brown rice.
90. Pasta e ceci: Sauté garlic in olive oil. Add a half a can strained tomatoes and a drained can of chickpeas. Toss with cooked macaroni. Drizzle with olive oil
91. In a 400 degree oven, bake cubed sweet potatoes, pineapple chunks, corn, and onion. serve as is, or atop a cooked whole grain like wheat berries.
92. In a large casserole, toss seitan chunks, potatoes, onion, whole garlic, & chopped carrots with plenty of olive oil and your favorite seasonings. Cover and bake at 400 for an hour, until veggies are done.
93. My favorite autumn breakfast: cooked farina with sliced banana, topped with maple syrup, ground flax seeds, a pat of Earth Balance and a dash of salt.
94. Vegan Quesadilla: Sandwich sliced avocado, vegan cheese, and canned refried beans between two tortillas. Cook as you would a grilled cheese. Cut into wedges and serve with salsa for dipping.
95. Butter two slices of bread. Proceed as for grilled cheese, but use almond butter and thinly sliced cucumber instead
96. Plan ahead. One night when you have time, double or triple a favorite freezable recipe. Thaw the leftovers the night before a hectic day. You'll be glad you made so much.
97. Breaded Tofu Sticks: Slice pressed extra-firm tofu into sticks. Dip in beer batter and fry. Or if you're averse to deep frying, dip in olive oil, and then bread crumbs and pan fry. Dip in ketchup, vegan mayo or BBQ sauce.
98. Cornbread meal: Mix up your favorite cornbread recipe and add drained chilies, chopped tomatoes, and 1 T chili powder. [You might need to adjust baking time because of the additions.]
99. Store-bought or leftover soup and homemade croutons. For croutons: Spread diced stale bread cubs on a cookie sheet, Drizzle with olive oil and top with dried herbs. Bake at 400 until crisp--about 10 mins.
100. Vegan BLT: Whole wheat toast, vegan bacon, lettuce, tomato and veganaise. Perfection.
101. Order in. It's a lifesaver on crazy nights. Do not feel guilty. Just relax and enjoy.