PRACTICAL LIVING GUIDE

15 DELICIOUS PLANT-BASED RECIPES

Italian • Indian • Chinese Takeout • Soups • Breads • Everyday Meals







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15 approachable favorites for everyday cooking

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Fifteen plant-based recipes selected from the PracticalLivingGuide cookbook collection — from creamy Italian favorites and Indian comfort food to Chinese takeout, soups, quick everyday meals and breads.

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Vegan Tiramisu

Italian Sweets • VEGAN • About 8 servings

From: 150 Vegan Italian Recipes

INGREDIENTS

- 24 vegan ladyfinger-style cookies or slices of vegan sponge cake
- 1 1/2 cups strong espresso, cooled
- 2 cups sweet cashew cream
- 1/3 cup sugar
- 1 tsp vanilla
- Cocoa powder

DIRECTIONS

1. Whisk the sweet cashew cream with sugar and vanilla.
2. Dip the cake pieces briefly in espresso.
3. Layer the espresso-dipped cake with cream; repeat the layers.
4. Chill thoroughly, then dust generously with cocoa before serving.

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Orange Tofu

Chinese Takeout • VEGAN • 30 min • 4 servings

From: 100 Vegan Chinese Takeout Recipes

INGREDIENTS

- 1 (14- to 16-oz) block extra-firm tofu, pressed
- 2 tbsp cornstarch
- 1 tbsp neutral oil
- 3 cups broccoli florets
- 1 red bell pepper
- 1/2 cup orange juice
- 1 tsp finely grated orange zest
- 3 tbsp soy sauce or tamari
- 2 tbsp rice vinegar
- 2 tbsp maple syrup or brown sugar
- 1 tsp grated ginger
- 2 cloves garlic, minced
- 2 tsp cornstarch

DIRECTIONS

1. Toss pressed tofu with cornstarch so the surface is lightly coated.
2. Heat oil in a wide skillet or wok over medium-high heat. Cook tofu 6-8 minutes, turning, until crisp and browned; transfer to a plate.
3. Stir-fry broccoli and bell pepper 3-6 minutes until crisp-tender.
4. Whisk orange juice, zest, soy sauce/tamari, rice vinegar, sweetener, ginger, garlic and 2 tsp cornstarch. Pour into the pan and stir 30-60 seconds until bubbling and thickening.
5. Return tofu to the pan and toss 1-2 minutes until glossy and hot.

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Mango Kulfi

Indian Sweets • VEGAN • 30-45 min + freeze • 4-6 servings

From: 150 Vegan Indian Recipes

INGREDIENTS

- 2 cups full-fat coconut milk
- 1 cup cashew milk
- 1 cup mango puree
- 1/3 cup sugar
- 1/2 tsp cardamom
- 2 tbsp chopped pistachios

DIRECTIONS

1. Simmer coconut milk, cashew milk and sugar 10-12 minutes, stirring often.
2. Cool completely, then stir in mango puree, cardamom and pistachios.
3. Pour into kulfi molds or small cups.
4. Freeze at least 6 hours or overnight.
5. Unmold briefly under warm water and serve immediately.

Kitchen note:

Cardamom can become strong quickly; add gradually and taste as you go.

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Pan-Fried Vegetable Dumplings

Chinese Takeout • VEGAN • 30 min • 4 servings

From: 100 Vegan Chinese Takeout Recipes

INGREDIENTS

- 24 vegan round dumpling wrappers
- 3 cups thinly sliced cabbage
- 2 cups mushrooms, sliced
- 3 scallions, sliced
- 2 tbsp soy sauce or tamari
- 1 tsp rice vinegar
- 1 tsp toasted sesame oil
- 1 tsp grated ginger
- 1 tbsp neutral oil, for pan-frying

DIRECTIONS

1. Combine cabbage, mushrooms, scallions, soy sauce/tamari, rice vinegar, sesame oil and ginger for the filling.
2. Place about 1 tablespoon filling in each wrapper. Moisten the edge, fold into a half-moon and pinch or pleat firmly.
3. Heat oil over medium-high heat and brown dumpling bottoms 2-3 minutes.
4. Add 1/4 cup water, cover 4-5 minutes, then uncover until the water evaporates. Serve hot with dipping sauce.

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Roasted Red Pepper Pasta

Italian Favorites • VEGAN • Quick weeknight meal

From: 150 Vegan Italian Recipes

INGREDIENTS

- 12 oz pasta
- 2 large roasted red bell peppers
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1/2 cup cashew cream
- 1 tbsp lemon juice
- 1/2 tsp salt
- Black pepper

DIRECTIONS

1. Cook pasta until al dente.
2. Blend roasted peppers, cashew cream, lemon juice, salt and black pepper until smooth.
3. Sauté garlic in olive oil, add the pepper sauce and warm gently.
4. Toss with the hot pasta and serve.

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Coconut Chickpea Curry

Indian Favorites • VEGAN • 30-45 min • 4-6 servings

From: 150 Vegan Indian Recipes

INGREDIENTS

- 3 cups cooked chickpeas
- 1 onion, diced
- 2 tomatoes, chopped
- 1 tbsp grated ginger
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1 cup water
- Salt to taste

DIRECTIONS

1. Heat oil in a saucepan. Cook cumin and onion until golden.
2. Add ginger and garlic, then tomatoes, turmeric, coriander and garam masala. Cook until jammy.
3. Add chickpeas and water. Simmer uncovered 15-20 minutes.
4. Mash a small spoonful of chickpeas against the side of the pot to thicken the sauce.
5. Season with salt, finish with cilantro if desired and serve with rice or flatbread.

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Berry Overnight Oats

Quick & Affordable • VEGAN • 5 min + chill • 1 serving

From: 120 Quick & Affordable Vegan Recipes

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup unsweetened oat milk
- 1/3 cup berries
- 1 tbsp chia seeds
- 1 tsp maple syrup
- 1/4 tsp vanilla

DIRECTIONS

1. Combine everything in a jar.
2. Refrigerate at least 2 hours or overnight.
3. Stir before serving and add a splash of oat milk if needed.

Quick tip:

Frozen berries work well and are often less expensive.

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Smoky Black Bean Burgers

Quick & Affordable • VEGAN • 15 min + cook • 4 servings

From: 120 Quick & Affordable Vegan Recipes

INGREDIENTS

- 1 can black beans, drained
- 1/2 cup dry quick oats
- 1/4 cup breadcrumbs
- 1/4 cup chopped onion
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tbsp soy sauce

DIRECTIONS

1. Mash the beans; mix in oats, breadcrumbs, onion, cumin, paprika and soy sauce.
2. Shape into 4 patties.
3. Cook in a lightly oiled skillet over medium heat 4-5 minutes per side.

Quick tip:

Chill the patties for 10 minutes if they feel soft.

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Chocolate Avocado Mousse

Quick & Affordable • VEGAN • 5 min • 4 servings

From: 120 Quick & Affordable Vegan Recipes

INGREDIENTS

- 2 ripe avocados
- 1/4 cup cocoa powder
- 3 tbsp maple syrup
- 1/3 cup unsweetened almond milk
- 1 tsp vanilla

DIRECTIONS

1. Reserve a few avocado slices for topping, if desired.
2. Blend the remaining avocado with cocoa, maple syrup, almond milk and vanilla until completely smooth.
3. Taste and adjust sweetness; chill 20 minutes if desired.
4. Top just before serving.

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Zucchini Basil Soup

Vegetable & Vegan Soups • VEGAN • 40 min • 6 servings

From: 150 Comforting Soup Recipes

INGREDIENTS

- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1/3 cup fresh basil, chopped
- 3 medium zucchini, chopped
- 6 cups vegetable broth
- 1 tsp dried thyme
- Salt and black pepper to taste

DIRECTIONS

1. Heat olive oil over medium heat. Add onion and zucchini; cook 4-6 minutes. Add garlic and cook 30 seconds.
2. Add vegetable broth and thyme; bring to a boil.
3. Reduce heat, partially cover and simmer 18-25 minutes until vegetables are fork-tender.
4. Remove from heat and stir in basil.
5. Season to taste; thin with a little broth or water if needed.

Storage:

Refrigerate promptly and use within 3-4 days; freeze meal-size portions for longer storage.

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Roasted Red Pepper Soup

Vegetable & Vegan Soups • VEGAN • 40 min • 6 servings

From: 150 Comforting Soup Recipes

INGREDIENTS

- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 2 jars (12 oz each) roasted red peppers, drained and chopped
- 6 cups vegetable broth
- 1 tsp dried thyme
- Salt and black pepper to taste

DIRECTIONS

1. Heat olive oil over medium heat. Add onion and roasted peppers; cook 4-6 minutes. Add garlic and cook 30 seconds.
2. Add vegetable broth and thyme; bring to a boil.
3. Reduce heat, partially cover and simmer 18-25 minutes.
4. Blend all or part of the soup for a partially smooth texture.
5. Season to taste and serve steaming hot.

Storage:

Refrigerate promptly and use within 3-4 days; freeze meal-size portions for longer storage.

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Corn & Potato Chowder

Vegetable & Vegan Soups • VEGAN • 40 min • 6 servings

From: 150 Comforting Soup Recipes

INGREDIENTS

- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 1/2 lb Yukon gold potatoes, cubed
- 3 cups corn kernels
- 6 cups vegetable broth
- 1 tsp dried thyme
- Salt and black pepper to taste

DIRECTIONS

1. Heat olive oil over medium heat. Add onion, potatoes and corn; cook 4-6 minutes. Add garlic and cook 30 seconds.
2. Add vegetable broth and thyme; bring to a boil.
3. Reduce heat, partially cover and simmer 18-25 minutes until potatoes are fork-tender. Reserve about 1 1/2 cups potatoes and corn.
4. Blend the remaining soup just until creamy, leaving some texture.
5. Stir the reserved vegetables back in; season and thin if needed.

Storage:

Refrigerate promptly and use within 3-4 days; freeze meal-size portions for longer storage.

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Potato Hamburger Buns

International Bread Baking • VEGAN • 2 hr 25 min • 8 buns

From: International Bread Baking - 76 Dairy-Free Recipes

INGREDIENTS

- 3 1/2 cups (440 g) bread flour
- 2 1/4 tsp (7 g) instant yeast
- 2 tbsp (25 g) sugar
- 1 tsp (6 g) salt
- 1 cup (240 mL) warm unsweetened plant-based milk
- 3 tbsp (45 mL) neutral oil
- 1/2 cup (105 g) plain mashed potato

DIRECTIONS

1. Whisk flour, yeast, sugar and salt.
2. Whisk mashed potato into warm plant milk. Add with oil to dry ingredients and mix to a soft dough.
3. Knead 7-9 minutes; cover and rise 60-75 minutes until doubled.
4. Divide into 8 portions, shape round buns and flatten gently to about 3 1/2 inches wide.
5. Proof 30-40 minutes until puffy.
6. Bake at 375°F (190°C) for 15-20 minutes until golden; cool on a rack.

Baker’s note:

Flour absorption varies; adjust extra flour or liquid a tablespoon at a time.

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French Baguette

International Bread Baking • VEGAN • 2 hr 55 min • 2 baguettes

From: International Bread Baking - 76 Dairy-Free Recipes

INGREDIENTS

- 3 1/2 cups (440 g) bread flour
- 1 1/2 tsp (5 g) instant yeast
- 1 1/2 tsp (9 g) salt
- 1 1/2 cups (360 mL) warm water

DIRECTIONS

1. Mix flour, yeast and salt. Add water and stir until a rough, slightly sticky dough forms.
2. Knead 6-8 minutes, then cover and rise about 75 minutes.
3. Divide into 2 pieces, pre-shape into short cylinders and rest 15 minutes.
4. Roll each from the center outward into a 14-16 inch baguette without crushing out all the gas.
5. Place seam-side down on parchment or a floured couche; proof 35-45 minutes.
6. Heat oven to 475°F (245°C) with a baking stone or heavy sheet and a metal steam pan below.
7. Slash 3-4 times, transfer to hot surface and add hot water to steam pan. Bake 20-25 minutes until deep golden and crisp.

Baker’s note:

Flour absorption varies; adjust extra flour or liquid a tablespoon at a time.

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Dairy-Free Naan

International Bread Baking • VEGAN • 1 hr 55 min • 8 naan

From: International Bread Baking - 76 Dairy-Free Recipes

INGREDIENTS

- 3 cups (375 g) all-purpose flour
- 2 tsp (6 g) instant yeast
- 1 tsp (6 g) salt
- 1 tbsp (12 g) sugar
- 1/2 cup (120 g) unsweetened plant-based yogurt
- 3/4 cup (180 mL) warm plant-based milk
- 2 tbsp (30 mL) olive oil

DIRECTIONS

1. Mix flour, yeast, salt and sugar. Add plant yogurt, warm plant milk and oil.
2. Knead 6-8 minutes until soft and elastic; rise 60-75 minutes.
3. Divide into 8 balls and rest 10 minutes.
4. Roll each into an oval about 1/4 inch thick.
5. Cook on a very hot dry cast-iron skillet 1-2 minutes until bubbles form and the underside chars in spots.
6. Flip and cook another 30-60 seconds. Brush lightly with olive oil and serve warm.

Baker’s note:

Flour absorption varies; adjust extra flour or liquid a tablespoon at a time.

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BONUS

A Few Kitchen Shortcuts

Plant milk for baking

Use unsweetened, unflavored plant milk unless the recipe says otherwise. Soy is neutral and higher in protein; oat is creamy; almond is light; cashew is mild and creamy.

Better stir-fries

Use the widest pan you have, get it hot before adding ingredients, and avoid crowding. Cooking in batches helps tofu and vegetables brown instead of steam.

Soup finishing trick

A squeeze of lemon or a handful of fresh herbs at the end can brighten a vegetable soup without making it heavier.

Bread

Watch the dough as much as the clock. Warm kitchens speed rising; cooler kitchens slow it. Slightly tacky dough is often better than dough made too dry with extra flour.

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