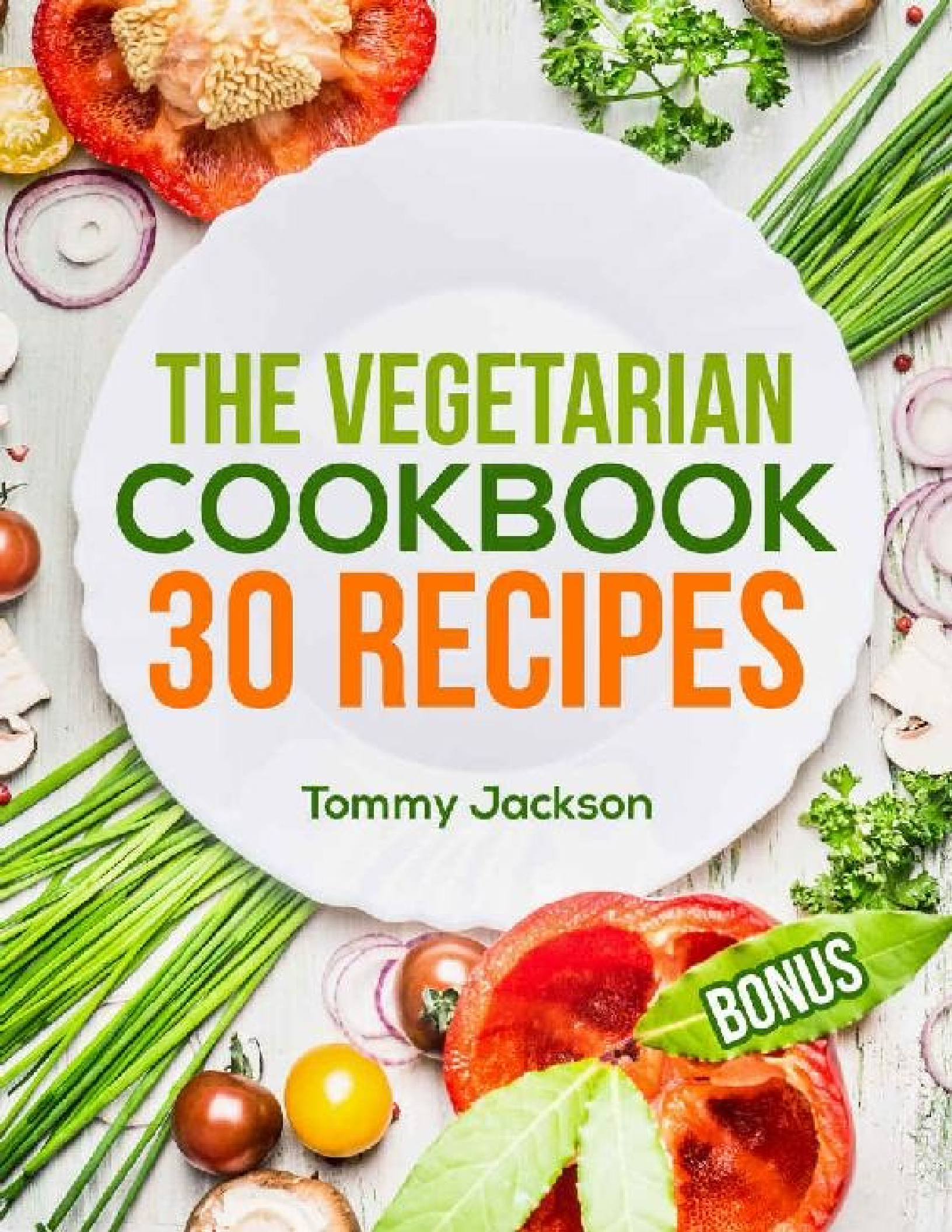




THE VEGETARIAN COOKBOOK 30 RECIPES

Tommy Jackson

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Introduction

A raw vegan menu has to be especially flexible, like cravings for sweet foods or junk food, or other addictive substances. By doing this, you can satisfy your hunger at every meal with some fresh fruits, organic foods or salads, which will help you in a multitude of ways, such as stabilizing the blood sugar levels. This sense of balancing diet plays a big role in your health, even if the things seem hard at the start.

If you are not a fan of intense approach, then the recipes presented in the book are perfect for you! Going into a raw vegan diet with a steady and slow approach will make you win the race. Those who consider that winning in a short time it's a better solution, they will often fail, because doing too much from the start will end up where it started.

Knowing these things, you can easily set your priorities and decide on what to aim for, how much raw food you would like to add to your daily/weekly menu. You must remember that it's your own decision, and there are no prizes if going faster to a raw diet. You need to take this part step by step, and during the time you will find better results.

The following book was designed for every person who would like to change his life style to a vegan one. It will give you an amazing idea of how easy it's to combine the food and hopefully it will be a great reference for you to copy.

Meantime, after you made up your meal plan, spend a few days analyzing the recipes presented here, and keep your eyes for healthier options when shopping foods or when eating out. The quality of the food has increased enormously in the past years, and now the organic and wheat-free, sugar-free are available in more restaurants and supermarkets. By adding this kind of foods into your shopping basket will make all the difference in your life style.

No matter if you opt for 50% raw, 75% raw or even full-raw, swapping to

organic foods will make a huge difference to the way you feel and look, and if you choose to eat out with your friends, at least choose the best healthier foods you find. But, don't be fooled by thinking the organic food is enough, make sure you cook it by yourself at home, and wisely choose your ingredients.

Roasted Vegetables



Preparation

15 min

Cooking time

40 min

Portions

12 serves

Ingredients

- *1 small butternut squash*
- *Salt and freshly ground black pepper*
- *2 red bell peppers*
- *2 tablespoons balsamic vinegar*
- *1 sweet potato*
- *1/4 cup olive oil*
- *3 Yukon Gold potatoes*

- *2 tablespoons chopped fresh rosemary*
- *1 red onion*
- *1 tablespoon chopped fresh thyme*

Directions

1. Start preheating your oven to about 245 degrees Celsius. Take a medium bowl, in which combine Yukon Gold potatoes, sweet potato, quartered onion, red bell peppers and squash.
2. In a small bowl, put some olive oil, thyme, pepper, vinegar, salt, mixing everything until well coated. Transfer all the ingredients into a large pan, and roast for 35-40 minutes into the oven, stirring continuously until the vegetables are cooked and browned.

Zucchini Patties



Preparation

10 min

Cooking time

20 min

Portions

4 serves

Ingredients

- *2 cups grated zucchini*
- *2 tablespoons vegetable oil*
- *2 eggs*
- *Salt to taste*
- *1/4 cup chopped onion*
- *1/2 cup shredded mozzarella cheese*
- *1/2 cup all-purpose flour*
- *1/2 cup grated Parmesan cheese*

Directions

1. Take out a medium bowl and combine together eggs, flour, mozzarella cheese, onion, zucchini, salt and Parmesan cheese.
2. Heat some olive oil into a medium skillet over medium heat, and place in the mixture which is divided into some parts. Cook the mixture for a few minutes for each side, until it gets golden.

Homemade Mac and Cheese



Preparation

20 min

Cooking time

30 min

Portions

4 serves

Ingredients

- 8 ounces uncooked elbow macaroni
- 1 pinch paprika
- 2 cups shredded sharp Cheddar cheese
- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 tablespoons butter
- 3 cups milk
- 2 1/2 tablespoons all-purpose flour

- *1/4 cup butter*

Directions

1. Cook the macaroni according to the package instruction, and then drain it. Inside a medium saucepan melt some margarine or butter over medium heat.
2. Add milk and flour, stirring continuously to make a nice roux, then add some cheese and cook everything over low heat. Pour some cheese sauce over the macaroni and stir it well.
3. Into a small skillet melt some butter over medium heat and cook the breadcrumbs until they get brown. Spread the macaroni cheese over, sprinkle with some paprika and stir well to combine.
4. Bake the macaroni into the oven at 175 degrees Celsius for about 30 minutes, and then leave it to cool before serving.

Delicious Black Bean Burritos



Preparation

10 min

Cooking time

15 min

Portions

2 serves

Ingredients

- 2 (10 inches) *flour tortillas*
- 2 *tablespoons chopped fresh cilantro*
- 2 *tablespoons vegetable oil*
- 1/2 *teaspoon salt*
- 1 *small onion*
- 3 *ounces cream cheese*
- 1/2 *red bell pepper*
- 1 *teaspoon minced jalapeno peppers*
- 1 *teaspoon minced garlic*
- 1 *can black beans*

Directions

1. Start frying the tortillas into the oven over each side for 15 minutes, until well heated through. Into a medium skillet heat up some olive oil over medium heat. Add garlic, jalapenos, onion, bell pepper and cook for 2 minutes, stirring occasionally.
2. After that, add beans into the skillet, and cook for another 3 minutes. Cut cream cheese into small cubes before adding it to the skillet, and season with some pepper and salt. Now, it's time to add some cilantro into the mixture, and some more seasoning if needed.
3. Pour the mixture over each warmed tortilla, and slowly roll it up before serving them.

Guacamole



Preparation

10 min

Cooking time

0 min

Portions

4 serves

Ingredients

- 3 avocados
- 1 pinch ground cayenne pepper
- 1 lime
- 1 teaspoon minced garlic

- *1 teaspoon salt*
- *2 plum tomatoes*

- *1/2 cup diced onion*
- *3 tablespoons chopped fresh cilantro*

Directions

1. Take out a medium bowl and mash inside some lime juice, avocados and salt. Add tomatoes, onion, cayenne pepper, garlic and cilantro. Refrigerate the guacamole mixture for 1 hour for a better flavor.

Vegan Mexican Quinoa Bowl with Green Chile Cilantro Sauce



Preparation

30 min

Cooking time

20 min

Portions

4 serves

Ingredients

- *1 cup unsalted raw cashews*
- *2 avocados*
- *1 can chopped green chili peppers*
- *1/2 cup chopped red onion*
- *1/4 cup hemp milk*
- *3 cups chopped red bell pepper*
- *1/2 jalapeno pepper with seeds*
- *2 (15 oz) cans black beans*
- *1/2 teaspoon salt*
- *2 romaine hearts*
- *1 1/4 cups chopped fresh cilantro*
- *1 1/2 cups quinoa*
- *3 cups water*

Directions

1. In a blender, start combining hemp milk, cashews, jalapeno pepper, green chili peppers and salt. When the ingredients get well mixed, pour it into a small bowl, and stir in 1 cup of cilantro.
2. Take quinoa and bring it to a boil inside a sauce pan, simmering it for 15-20 minutes, until it gets tender.
3. Divide lettuce into 4 bowls, top with quinoa, chopped avocados, onion, black beans, red pepper and some cilantro sauce over the top.

Thai Rice Noodle Salad



Preparation

20 min

Cooking time

10 min

Portions

4 serves

Ingredients

- 1 package dried rice noodles
- 2 garlic cloves
- 1 tablespoon olive oil
- 1/4 jalapeno pepper

- *1/4 head romaine lettuce*
- *1 piece of fresh ginger root*
- *1/4 red bell pepper*
- *2 tablespoons chopped fresh cilantro*
- *1/4 cup chopped red onion*
- *2 tablespoons chopped fresh basil*
- *3 green onions*
- *1/4 cucumber*

Sauce

- *1/3 cup olive oil*
- *1/4 teaspoon paprika*
- *1/4 cup rice vinegar*
- *1/4 teaspoon ground turmeric*
- *1/4 cup soy sauce*
- *1 teaspoon salt*
- *1/4 cup white sugar*
- *1 lime*
- *1 lemon*

Directions

1. Take a medium glass bowl and fill it with boiling water, and add in the rice noodles. Cover the bowl with a towel or a lid and leave the noodles to soften for 10 minutes, adding 1 tbsp. of olive oil. When they are ready, drain and coat them.
2. Transfer the noodles into a larger bowl and add onions, basil, red pepper, cucumber, jalapeno pepper, ginger root and garlic. Mix well, and then add the rest of the ingredients over the noodles and serve immediately.

Summer Bounty 'Pasta'



Preparation

10 min

Cooking time

15 min

Portions

3 serves

Ingredients

- 1 tablespoon butter
- salt and ground black pepper
- 1 tablespoon olive oil
- 1 cup chopped fresh basil

- *1 cup mushrooms*
- *2 zucchinis*
- *2 shallots*
- *1 1/2 cups heavy whipping cream*
- *1 cup cherry tomatoes*

Directions

1. Take out a medium skillet, in which heat up some olive oil and butter over medium heat. Add shallots and mushrooms and cook them for 5 minutes, until they get softened.
2. Stir tomatoes in and cook them for another 5 minutes, stirring continuously. Reduce the temperature to medium-low and add some cream over the mushroom and tomato mixture. Mix everything well and slowly add zucchini noodles and basil, seasoning with some pepper and salt.

Grilled Portobello Mushrooms with Mashed Cannellini Beans and Harissa Sauce



Preparation

25 min

Cooking time

13 min

Portions

4 serves

Ingredients

Harissa Sauce

- 1 pinch cayenne pepper
- 1 roasted red pepper
- 1 pinch ground black pepper
- 2 tablespoons chopped shallot
- 1 pinch ground coriander
- 1 teaspoon minced garlic

- *1/4 teaspoon red pepper flakes*
- *1 teaspoon olive oil*
- *1/2 teaspoon salt*
- *1 teaspoon chopped fresh mint*
- *1 teaspoon lime juice*
- *1/2 teaspoon minced fresh cilantro*
- *3/4 teaspoon Dijon mustard*

Mashed Beans

- *2 cups canned cannellini beans*
- *1/4 teaspoon ground black pepper*
- *2 cups water*
- *1/2 teaspoon salt*
- *2 teaspoons truffle oil*

Portobello Mushrooms

- *4 large Portobello mushroom caps*
- *1/4 teaspoon ground black pepper*
- *4 teaspoons olive oil*
- *1/4 teaspoon salt*
- *1/2 cup vegetable broth*

Directions

1. Start preparing the harissa sauce by mixing together: shallot, olive oil, cilantro, Dijon mustard, red pepper, garlic, lime juice, mint, coriander, black pepper, salt, red pepper flakes and cayenne pepper.
2. Take a small saucepan and add some cannellini beans and water in, over medium heat and cook them for 5 minutes, then drain. Place the drained beans, truffle oil, salt, pepper into a food processor and mix everything well, until a smooth puree appears.
3. Preheat your grill over medium heat and make sure to oil the grates well. Brush the mushroom caps and olive oil, salt and pepper and grill them over each side for 4 minutes. When finished, add the harissa sauce and bean puree over the mushrooms and serve them warm.

Quinoa and Black Beans



Preparation

15 min

Cooking time

35 min

Portions

10 serves

Ingredients

- 1 teaspoon vegetable oil
- 1/2 cup chopped fresh cilantro
- 1 onion
- 2 cans black beans
- 3 garlic cloves
- 1 cup frozen corn kernels
- 3/4 cup quinoa
- Salt and ground black pepper
- 1 1/2 cups vegetable broth
- 1/4 teaspoon cayenne pepper

- *1 teaspoon ground cumin*

Directions

1. Heat up some olive oil into a medium saucepan over medium heat, cooking onion and garlic until they get browned. When they get ready, add some vegetable broth, quinoa, cayenne pepper, cumin, salt and pepper. Bring the ingredients to a boil and simmer until the quinoa gets tender and the sauce gets absorbed.
2. Add some frozen corns, black beans, cilantro and stir them in the saucepan, simmering for another 5 minutes.

Quick and Easy Alfredo Sauce



Preparation

5 min

Cooking time

5 min

Portions

4 serves

Ingredients

- *1/2 cup butter*
- *1/8 teaspoon ground black pepper*
- *1 package cream cheese*
- *2 cups milk*
- *6 ounces grated Parmesan cheese*
- *2 teaspoons garlic powder*

Directions

1. Start melting some butter into a medium saucepan over medium temperature, adding garlic powder, cream cheese and mix everything well until smooth. Spread milk and Parmesan cheese while stirring with a nice wooden spoon. When the sauce gets the desired consistency, season it with some pepper and serve with some delicious pasta.

Annie's Fruit Salsa and Cinnamon Chips



Preparation

15 min

Cooking time

10 min

Portions

10 serves

Ingredients

- 2 kiwis
- 2 tablespoons cinnamon sugar
- 2 Golden Delicious apples
- butter flavored cooking spray

- *8 ounces raspberries*
- *10 flour tortillas*
- *1 pound of strawberries*
- *3 tablespoons fruit preserves*
- *2 tablespoons white sugar*
- *1 tablespoon brown sugar*

Directions

1. Take a large bowl and slowly mix apples, kiwis, strawberries, raspberries, fruit preserves, brown and white sugar, then place them into the fridge to cool up.
2. Now, preheat your oven to about 175 degrees Celsius and arrange the tortillas over a large baking sheet. Spray them with some olive oil, cinnamon sugar and cook them for 8-10 minutes for each side. When they cool up serve them with some chilled fruits that you've kept in the fridge.

Jamie's Cranberry Spinach Salad



Preparation

10 min

Cooking time

10 min

Portions

8 serves

Ingredients

- 1 tablespoon butter
- 1/2 cup vegetable oil
- 3/4 cup almonds, blanched and slivered
- 1/4 cup cider vinegar
- 1 pound of spinach
- 1/4 cup white wine vinegar
- 1 cup dried cranberries
- 1/4 teaspoon paprika

- *2 tablespoons toasted sesame seeds*
- *2 teaspoons minced onion*

- *1 tablespoon poppy seeds*
- *1/2 cup white sugar*

Directions

1. Take out a medium saucepan and melt up some butter over medium heat, stirring also some almonds until well toasted. Into a medium bowl mix together: sugar, poppy seeds, onion, white wine vinegar, sesame seeds, paprika, vegetable oil and cider vinegar.
2. Add the almonds, cranberries and spinach and toss everything well, and then serve.

Mouth-Watering Stuffed Mushrooms



Preparation

25 min

Cooking time

20 min

Portions

12 serves

Ingredients

- *12 whole fresh mushrooms*
- *1/4 teaspoon ground cayenne pepper*
- *1 tablespoon vegetable oil*
- *1/4 teaspoon onion powder*
- *1 tablespoon minced garlic*
- *1/4 teaspoon ground black pepper*
- *1 package cream cheese*
- *1/4 cup grated Parmesan cheese*

Directions

1. Start preheating your oven to about 175 degrees Celsius and slowly spray a baking sheet with some olive oil. Take the mushrooms, wash them and then carefully chop them, by removing their stems.
2. Place the mushroom stems and garlic into a medium skillet cook over medium temperature the ingredients well. Add the onion powder, Parmesan, black pepper, cream cheese and cayenne pepper, and stir occasionally.
3. Arrange the mushrooms over the baking sheet and fill each cap with some stuffing, then bake them for 20 minutes, until they are getting hot and the cheese starts to get out from the caps.

Roasted Brussels Sprouts



Preparation

15 min

Cooking time

45 min

Portions

6 serves

Ingredients

- *1 1/2 pounds Brussels sprouts*
- *1/2 teaspoon freshly ground black pepper*
- *1 teaspoon kosher salt*
- *3 tablespoons olive oil*

Directions

1. Preheat your oven to about 205 degrees Celsius, and meanwhile, mix together some olive oil, timed Brussels sprouts, pepper and salt into a resalable bag. Pour the mixture over a baking sheet and place it into the oven.
2. Roast the ingredients for 30-45 minutes, and make sure not to burn the Brussels sprouts, then serve them warm.

Eggplant Parmesan



Preparation

25 min

Cooking time

35 min

Portions

10 serves

Ingredients

- *3 eggplants*
- *1/2 teaspoon dried basil*
- *2 eggs*
- *1/2 cup grated Parmesan cheese*
- *4 cups Italian seasoned bread crumbs*
- *1 package mozzarella cheese*
- *6 cups spaghetti sauce*

Directions

1. Start preheating your oven to about 175 degrees Celsius. Take some eggplant slices and plunge them into the beaten egg and then into the bread crumbs. Place the eggplants into a single layer tin, onto a baking sheet and cook for 5 minutes on each side.
2. Over a 13x9 baking dish spread some spaghetti sauce, covering it with an eggplant layer. Sprinkle some mozzarella, Parmesan cheese and repeat creating other layers. Over the top of the eggplant spread some basil leaves for more flavor. Bake the eggplant recipe for 35 minutes, until it gets brown and crispy.

Yummy Sweet Potato Casserole



Preparation

30 min

Cooking time

30 min

Portions

12 serves

Ingredients

- *4 cups sweet potato*
- *1/2 cup chopped pecans*
- *1/2 cup white sugar*
- *3 tablespoons butter*
- *2 eggs*
- *1/3 cup all-purpose flour*
- *1/2 teaspoon salt*

- *1/2 cup packed brown sugar*
- *4 tablespoons butter*
- *1/2 cup milk*
- *1/2 teaspoon vanilla extract*

Directions

1. Start heating up your oven to about 165 degrees Celsius, place all sweet potatoes into a medium sauce pan and cook them over medium heat, then drain and mash them.
2. Into a large glass bowl mix the mashed potatoes, eggs, butter, vanilla extract, salt, pepper, white sugar and transfer them to a 9x13 inch baking sheet. In another bowl, mix flour, pecans and brown sugar, then transfer this mixture to the baking sheet. Bake the sweet potatoes for 30 minutes, until a nice crust gets formed over the top.

Homemade Black Bean Veggie Burgers



Preparation

15 min

Cooking time

20 min

Portions

4 serves

Ingredients

- 1 can black beans
- 1/2 cup bread crumbs
- 1/2 green bell pepper
- 1 teaspoon Thai chili sauce or hot sauce
- 1/2 onion
- 1 tablespoon cumin
- 3 cloves garlic, peeled
- 1 tablespoon chili powder

- *1 egg*

Directions

1. Start preheating your grill and lightly oil up an aluminum foil, which needs to be placed over the grill. Add mashed beans, onion, chopped bell pepper and garlic into a food processor and mix everything well.
2. Add chili sauce, egg, cumin and chili powder over the bean mixture and mix everything again. Divide the mixture over the aluminum foil and grill each piece for about 8 minutes on each side. Serve the burgers with some extra toppings and other vegetables.

Chuck's Favorite Mac and Cheese



Preparation

10 min

Cooking time

45 min

Portions

6 serves

Ingredients

- *1 package elbow macaroni*
- *1/4 cup butter*
- *1 package shredded sharp Cheddar cheese*
- *1 cup dry bread crumbs*
- *1 container small curd cottage cheese*
- *1/4 cup grated Parmesan cheese*
- *1 container sour cream*
- *salt and pepper*

Directions

1. Start preheating your oven to about 175 degrees Celsius, and bring a large pot filled with salted water to a boil. Cook the macaroni according to the package instructions and when done, drain them.
2. Into a 9x13 inch sheet spread the macaroni, sour cream, salt, pepper, bread crumbs, melted butter and the cheeses. Bake everything for about 30-35 minutes, until the top gets golden crispy.

Double Tomato Bruschetta



Preparation

15 min

Cooking time

7 min

Portions

12 serves

Ingredients

- 6 plum tomatoes
- 2 cups shredded mozzarella cheese
- 1/2 cup sun-dried tomatoes
- 1 French baguette
- 3 cloves minced garlic
- 1/4 teaspoon ground black pepper
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar

- *1/4 teaspoon salt*
- *1/4 cup fresh basil*

Directions

1. Set your oven to the broiler setting and start preheating it. Into a large bowl mix tomatoes, basil, salt, pepper, garlic, vinegar and olive oil, then allow them to rest for about 10 minutes.
2. Cut the French baguette into nice slices and arrange them over a baking sheet, and broil them for 1-2 minutes over each side, until well browned. Divide the mixture from the bowl over each slice, top with some cheese and then broil for another 5 minutes.

Artichoke & Spinach Dip Restaurant Style



Preparation

15 min

Cooking time

30 min

Portions

12 serves

Ingredients

- 4 cloves *garlic*
- 1/2 package *cream cheese*
- 1 package *frozen chopped spinach*
- 1/3 cup *grated Parmesan cheese*
- 1 can *artichoke hearts*
- 1 cup *shredded mozzarella cheese*
- 1 container *Alfredo-style pasta sauce*

Directions

1. Start preheating your oven to about 175 degrees Celsius and bake garlic for 20-30 minutes over a small baking sheet. When the garlic it's well cooked through, remove the skins and set it aside.
2. Over an 8x8 inch sheet spread the garlic, spinach, Alfredo pasta sauce, artichoke hearts, cream cheese, mozzarella and Parmesan. Bake the mixture for 30 minutes, until it gets bubbly and the cheeses melt.

Roasted Garlic Cauliflower



Preparation

15 min

Cooking time

25 min

Portions

6 serves

Ingredients

- 2 tablespoons *minced garlic*
- 1 tablespoon *chopped fresh parsley*
- 3 tablespoons *olive oil*
- 1/3 cup *grated Parmesan cheese*
- *salt and black pepper*
- 1 large head *cauliflower*

Directions

1. Start preheating your oven to about 220 degrees Celsius and grease a medium casserole dish with some olive oil.
2. Take a large resealable bag and place in garlic, olive oil, cauliflower and mix everything well. Pour the mixture into the casserole and season with some pepper and salt.
3. After topping with some Parmesan cheese and parsley, bake it for about 25 minutes, until it gets golden brown.

Addictive Sweet Potato Burritos



Preparation

15 min

Cooking time

25 min

Portions

12 serves

Ingredients

- *1 tablespoon vegetable oil*
- *8 ounces shredded Cheddar cheese*
- *1 onion*
- *12 flour tortillas*
- *4 cloves garlic*
- *4 cups mashed cooked sweet potatoes*
- *6 cups canned kidney beans*
- *3 tablespoons soy sauce*
- *2 cups water*
- *1 pinch cayenne pepper*
- *3 tablespoons chili powder*
- *2 teaspoons ground cumin*
- *4 teaspoons prepared mustard*

Directions

1. Start preheating your oven to 175 degrees Celsius, and meanwhile, heat up some olive oil into a medium skillet over low-medium heat. Add garlic and onion and fry them until they get golden-brown and tender. Gradually add water and mashed beans, stirring continuously for 2-3 minutes.
2. Remove the skillet from the heat and add some mustard, cayenne pepper, soy sauce, cumin and chili powder, mixing everything well. Divide the mashed sweet potatoes and the bean mixture over each tortilla, top with some Cheddar cheese, then fold them up and place

them onto a baking sheet.

3. Bake the tortillas in the oven for 12 minutes, until they are well cooked through, then serve them warm.

Crustless Spinach Quiche



Preparation

20 min

Cooking time

30 min

Portions

6 serves

Ingredients

- 1 tablespoon vegetable oil
- 1/8 teaspoon ground black pepper
- 1 onion
- 1/4 teaspoon salt
- 1 package frozen chopped spinach
- 3 cups shredded Muenster cheese
- 5 eggs

Directions

1. Start preheating your oven to about 175 degrees Celsius and lightly spray a pie pan with some olive oil. Take a large skillet and heat up some olive oil over medium heat. Add onions in and stir well until they get really tender and soft.
2. Add spinach to the onions and cook for another 2 minutes. Into a medium bowl, start combining some cheese, salt, pepper and eggs. When the spinach it's well cooked transfer it to the bowl and mix everything well.
3. Place the spinach mixture into a pan, and cook everything for 30 minutes into the oven.

Lentil Soup



Preparation

20 min

Cooking time

25 min

Portions

6 serves

Ingredients

- 1 onion
- salt to taste ground black pepper
- 1/4 cup olive oil
- 2 carrots
- 2 tablespoons vinegar
- 2 stalks celery
- 2 cloves garlic

- *8 cups water*
- *1/2 cup spinach*
- *1 teaspoon dried oregano*
- *1 bay leaf*
- *1 can crushed tomatoes*
- *2 cups dry lentils*
- *1 teaspoon dried basil*

Directions

1. Take out a large soup pot and heat up some olive oil over medium heat, adding celery, carrots and onions. When the onion gets tender, stir in the rest of the ingredients: basil, garlic, oregano and bay leaf.
2. After a few minutes (2-3 minutes) add also tomatoes, lentils and water. After the ingredients begin to boil, reduce the heat and leave it to simmer for 1 hour. When the time it's up, stir in some spinach, vinegar and some seasonings, cooking until it wilts.

Baked Asparagus with Balsamic Butter Sauce



Preparation

10 min

Cooking time

12 min

Portions

4 serves

Ingredients

- 1 bunch fresh asparagus
- 1 teaspoon balsamic vinegar
- Cooking spray
- 2 tablespoons butter
- 1 tablespoon soy sauce

- Salt and pepper to taste

Directions

1. Start preheating your oven to about 200 degrees Celsius and slowly arrange the asparagus over a baking sheet, coating it with some cooking spray, salt and pepper.
2. Bake the asparagus for 12 minutes, until it gets tender. Inside a medium sauce pan, start melting some butter over medium heat. Add some balsamic vinegar and soy sauce, stirring well to combine. Pour the sauce over the cooked asparagus and serve it warm.

Cranberry Sauce



Preparation

10 min

Cooking time

0 min

Portions

11 serves

Ingredients

- *12 ounces cranberries*
- *1 cup orange juice*
- *1 cup white sugar*

Directions

1. Into a medium saucepan dissolve some sugar in orange juice, over medium heat. Stir in the cranberries and cook them until they start to pop up. Remove the sauce from the heat and place it into a bowl and leave it to cool for a while.

Refried Beans without the Refry



Preparation

15 min

Cooking time

8 hours

Portions

15 serves

Ingredients

- 1 onion
- 9 cups water
- 3 cups dry pinto beans
- 1/8 teaspoon ground cumin
- 1/2 fresh jalapeno pepper
- 2 tablespoons minced garlic
- 5 teaspoons salt
- 1 3/4 teaspoons fresh ground black pepper

Directions

1. Take out your slow cooker and add in: jalapeno, cumin, onion, salt, pepper, garlic and rinsed beans, combining together with some water. Cook the ingredients over high pressure for about 8 hours, adding water if needed.
2. When the beans have been cooked, strain them and mash them with a potato masher, adding some cooking water to get the desired consistency.

Classic Macaroni Salad



Preparation

20 min

Cooking time

10 min

Portions

10 serves

Ingredients

- *4 cups uncooked elbow macaroni*
- *2 tablespoons chopped pimento peppers*
- *1 cup mayonnaise*
- *1/4 cup grated carrot*
- *1/4 cup distilled white vinegar*
- *1 green bell pepper*
- *2/3 cup white sugar*
- *2 1/2 tablespoons prepared yellow mustard*
- *1 large onion*
- *2 stalks celery*
- *1 1/2 teaspoons salt*
- *1/2 teaspoon ground black pepper*

Directions

1. Into a large pot filled with boiled water, add the macaroni and cook them for about 8 minutes, until they get tender. When they are fully cooked, rinse and drain them.
2. Into a large bowl mix well: mustard, pepper, mayonnaise, sugar, salt and sugar. Add also carrot, celery, pimentos, green pepper, onion and drained macaroni. Place the macaroni salad in the fridge for 4 hours before serving.

Mexican Bean Salad



Preparation

15 min

Cooking time

75 min

Portions

8 serves

Ingredients

- 1 can black beans
- 1 dash hot pepper sauce
- 1/2 teaspoon chili powder
- 1 can kidney beans
- 1 can cannellini beans
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground black pepper
- 1 green bell pepper
- 1 red bell pepper

- *1 clove crushed garlic*
- *1/4 cup chopped fresh cilantro*
- *1 package frozen corn kernels*
- *1 red onion*
- *1/2 cup olive oil*
- *2 tablespoons white sugar*
- *1 tablespoon salt*
- *1/2 cup red wine vinegar*
- *2 tablespoons fresh lime juice*
- *1 tablespoon lemon juice*

Directions

1. Take a large bowl and combine red onion, bell peppers, beans and frozen corn. Into another small bowl, whisk together some lime juice, olive oil, lemon juice, red wine vinegar, cumin, garlic, black pepper, cilantro, sugar and salt. Season the mixture with some chili powder and hot sauce.
2. Place all the ingredients together and mix well, pouring some extra olive oil.

Conclusion

Planning a raw food diet can be easier than planning a traditional one, because you won't need to worry about buying foods, you just buy all raw vegan foods, and second thing is that, when you eat more raw food, you will want even rawer.

You can also try to join a few camps where people gather and set up some raw diet planning. If you start with a "newbie" camp, you would probably feel quite excited about every food you try.

Vegan people are most times misunderstood as fringe eaters and a passion for animal rights. It's time for other people to see how a raw vegan diet looks like, beyond the animal rights and maybe they will find it quite interesting. Following a well balanced raw diet ensures a high benefit for your health and a prevention of some major diseases that affect a lot of people.

In the following paragraphs we are going to present you a couple of nutritional benefits of an all-raw vegan menu, containing whole grains, soy products, fruits and vegetables.

Reducing the saturated fats. All the product meats contain a huge amount of saturated fats, and by reducing this quantity of fats from your diet will improve your health tremendously, and will prevent you from any cardiovascular diseases.

Carbohydrates & fibers. The carbohydrates play an essential role in providing the required energy for your body. If the body doesn't have the required carbohydrates it will start to burn your muscle tissue. The fibers play a high role in protecting you from colon cancer and leads you to a healthier bowel movements.

Proteins. Without anything to say, the proteins are good for your body,

but it depends from what kind of food do you get this kind of proteins. Getting the proteins from red meat it's not the best way, compared of getting them from nuts, soy products, beans and other seeds.

Eating a healthy all-raw vegan diet has shown in many studies to prevent many of diseases. On the following list you can find out the most important diseases that are treated while eating such kind of diet.

Cardiovascular diseases. Eating a large number of grains will improve a lot your cardiovascular health, and it will prevent you from diabetes and heart attacks or strokes.

Cholesterol & blood pressure. Eliminating the meat that comes from animals will correct the cholesterol levels in your body, and your heart and blood vassels will thank you for that.

Other studies have shown that going for an all-raw vegan diet can improve the risk of having breast cancer, cataracts, macular degeneration, osteoporosis and arthritis.

With all these good benefits of a vegan diet presented in the book we hope that we changed your mind when choosing the foods. The vegan foods might not be liked by everyone, but for sure they can highly improve your health.

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