

## Quick meals

\* annotates items that do not require a microwave

**Frozen Entrees**-breakfast, lunch and dinner versions in the store

Easy side dishes-salad, can of veggies, microwave a potato

**Single Serve pizza**-ALMOST ALL single serve pizza crusts & packets of marinara sauce are vegan. Or use French bread. Top with favorite vegan chez, can cook and crumble on top a favorite vegan burger or breakfast sausage. There is vegan peperoni, too. Bake or air fry until done.

**Vegan dumplings**-generally sold near tofu in grocery store or in freezer section or at a local Asian store. ALMOST ALL dumpling sauces are vegan.

**Kind blankets**-vegan brat-cut in half, pan fry, wrap in canned crescent dough, bake according to dough instructions. ALL(?) canned crescent dough is vegan EXCEPT Aldi brand.

**Ramin**-Find an accidentally vegan ramin or Dr McDougalls ramin are all vegan. Add a few tablespoons of frozen veggies and/or some tofu cubes.

**Fried Rice**-use up left over rice, left over vegan meats & veggies or use some frozen veggies, add seasoning (sample recipe) <https://simpleveganblog.com/vegan-fried-rice/>

**Soup & Salad**-See list of accidentally vegan canned soups.

**Wraps**-(wraps, tortillas or pitas)

Gardein Fish with lettuce, tomato, vegan mayo or tarter sauce if you want.

Vegan tarter sauce-mayo, pickle relish, mustard-mix

(Don't have Gardein? Slice extra firm tofu, bread in flour, air fry or bake at 400 degrees for 10-15 min, flip until both sides golden and use the baked tofu in the wrap!)

Vegan ckn tenders (or nuggets!) with lettuce, tomato, vegan mayo if you want.

\*Veggie wrap-fresh or cooked veggies, mayo or hummus on the wrap before the veggies

(Almost all) falafel are vegan-make a falafel wrap

**Avocado toast**

**Pancakes**-yes, for any meal! And Vanns frozen waffles has 1 variety that is vegan. Add a side of fruit to round out the meal.

**Spaghetti**-cook your favorite pasta, add accidentally vegan can/jar marinara sauce, if you want you can even cook and crumble a breakfast sausage, vegan burger or pan fry some vegan meatballs and add. Bonus points if you use up old hot dog or hamburger buns by making garlic toast.

**Sloppy Joes**-cook some vegan ground meat, add Manwich (sauce is vegan!) serve on bread.

**BBQ**-cook some Beyond steak in your favorite BBQ sauce, serve on bread or serve on a bed of rice.

**BBQ meatballs**-cook some vegan meatballs in your favorite BBQ sauce, (on the stove or in a crockpot) and serve on bread or serve on a bed of rice.

### **Sandwiches**

\*"tuna" salad (using canned chickpeas) as sandwich, wrap or on lettuce bed-

<https://happyherbivore.com/recipe/mock-tuna-salad/>

OR

<https://www.worldofvegan.com/artichoke-vegan-tuna-salad/>

-\*seitan deli slices, lettuce, tomato etc veggies

-vegan hot dogs, vegan burgers, vegan ckn sandwiches

-accidently vegan baked beans on toast

-grilled chez

-grilled chez with Beyond steak (sautee the Beyond Steak and then put it on the vegan chez before grilling sandwich)

-\*Peanut (nut/sunflower) butter and jelly

**Quesadillas** using favorite vegan cheese and vegan margarine to toast the tortilla while chez melts

**Chili**-left over chili/bean based dish in a tortilla, in a stuffed pepper, on a potato or sweet potato, as a pizza, chili mac, on cornbread, on rice

\***Bento boxes** with veggies, vegan ranch and fried tofu cubes (there is a fried/ready to eat product in most mainstream stores by the tofu)

\***Black bean taco salad** - Lettuce, black beans, seasoned rice, corn, peppers, salsa