

# Vegan Lasagna Soup

<https://tasty.co/recipe/lasagna-soup>

## Ingredients

for 6 servings

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 28 oz crushed tomato
- 6 cups vegetable broth
- ½ cup green lentil, rinsed (or use 1lb cooked vegan ground meat- (Impossible, Lightlife, Beyond))
- 8 oz lasagna noodle, uncooked
- 3 cups spinach
- fresh basil, cut chiffonade, for serving

## Preparation

1. In a large pot, heat the olive oil over medium heat. Once the oil begins to shimmer, add the onion and cook for 3-4 minutes, until semi-translucent.
2. Add the garlic, tomato paste, basil, and oregano, and cook for 2-3 more minutes, or until the onions are translucent and herbs are fragrant.
3. Add the crushed tomatoes, vegetable broth, and lentils, and bring to a boil. Increase heat to medium-high and cook for 10 minutes or until lentils are halfway tender.
4. Break apart the lasagna noodles into about 2-inch-long (5-cm) pieces and add to the pot. Let the soup cook for another 10-15 minutes, or until the pasta is al dente and the lentils are tender.
5. Stir in the spinach and let wilt, then serve immediately.
6. Enjoy!

# Chickpea Sweet Potato Stew

<https://tasty.co/recipe/chickpea-sweet-potato-stew>

## Ingredients

for 4 servings

- 2 tablespoons refined coconut oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 tablespoon sweet paprika
- ½ teaspoon cumin
- ¼ teaspoon dried coriander
- ⅛ teaspoon cayenne
- 15 oz chickpeas, 1 can, drained and rinsed
- 2 cups sweet potato, peeled and diced
- 15 oz fire roasted crushed tomato, 1 can
- 3 cups vegetable broth
- 5 oz fresh spinach

## Preparation

1. In large pot or Dutch oven, heat the coconut oil over medium heat. Once the oil begins to shimmer, add the onion and cook for 4-5 minutes, or until the onion is semi-translucent.
2. Add the garlic and ginger, and cook for 2-3 more minutes, until fragrant. Then add the sweet paprika, cumin, coriander, and cayenne and cook for 2 more minutes, until fragrant.
3. Add the chickpeas, sweet potatoes, crushed tomatoes, and vegetable broth, and bring to a boil. Reduce the heat to medium-low and simmer for 15-20 minutes, or until the sweet potatoes are tender.
4. Add the spinach and stir until wilted.
5. Serve immediately.
6. Enjoy!

# Meatless Sloppy Joe's

## Ingredients

for 4 or more servings

- 2 tablespoons olive oil
- ½ medium yellow onion, diced
- ½ green bell pepper, diced
- 1 lb cooked ground vegan meat (Beyond, Impossible, Lightlife)
- 1 15oz can of Manwich sauce
- Hawaiian buns

## Preparation

1. In a medium skillet, heat a drizzle of olive oil over medium heat. Once the oil begins to shimmer, add the onion and cook for 2-3 minutes, until semi-translucent.
2. Add the bell pepper and cook for another 2-3 minutes, until the onion is translucent. Set to the side in a bowl.
3. Cook the vegan meat in a skillet from directions on pack.
4. Stir in the cooked onions, bell peppers, and can of Manwich sauce.
5. Bring to a simmer on low heat. Turn off skillet and let cool.
6. Serve on hamburger buns.
7. Enjoy!