

*vegan*  
**Comfort Food**  
for hungry people!



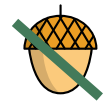
# Vegan Baked Ziti

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Full of melty, vegan cheese, protein-packed tofu ricotta and flavorful marinara sauce, this Vegan Baked Ziti is a family approved recipe! It takes about 25 minutes of hands-on time and then your oven does the rest of the work, making it the perfect meal for any night of the week!



GLUTEN FREE



NUT-FREE

**Prep Time:** 25 minutes

**Total Time:** 55 mins

**Serves:** 8

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## TOFU RICOTTA:

1 tablespoon olive oil

1/2 onion, chopped

2 cloves garlic, minced

1 block firm tofu

2 tablespoons lemon juice

2 tablespoons nutritional yeast

1 tablespoon white/yellow miso

1/2 teaspoon salt

Optional: 5-6 cubes frozen

spinach, drained and rinsed\*

## BAKED ZITI:

1 lb. pasta (~500 grams)

4 cups pasta sauce (2  
500 gram jars)

3 cups shredded vegan  
mozzarella shreds

1/2 cup vegan parmesan

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## FAITH'S TIP

To make homemade vegan parmesan, process 1 cup raw cashews, 1/4 cup nutritional yeast, 1/2 teaspoon garlic powder and 1 teaspoon of sea salt until fine.

- 1.** Preheat your oven to 375F/190C and grease a 9x13 inch baking dish. Set it aside.
- 2.** Cook your pasta in salted water until al dente (1-2 minutes under the recommended cooking time). You can use gluten-free pasta if necessary!
- 3.** While the pasta is cooking, prepare the tofu ricotta. Heat the olive oil in a skillet over medium heat. Sauté the onion until translucent. Add in the minced garlic and cook another minute or two. Transfer the cooked onion and garlic to a food processor and add in the remaining tofu ricotta ingredients. Process until fairly smooth, scraping down the sides of the food processor as needed.
- 4.** Once the pasta has finished cooking, drain and rinse it. Return the cooked pasta to the pot and add in the tofu ricotta, 3 cups of pasta sauce and 2-3 cups of vegan mozzarella. The amount of vegan cheese you use really depends on how cheesy you want the baked ziti! Stir everything together until well combined.
- 5.** Pour the mixture into your greased baking dish and spread it out until level. Top it with the remaining 1 cup of pasta sauce, the parmesan cheese and more vegan mozzarella if desired!
- 6.** Bake the pasta uncovered for 30 minutes.
- 6.** Allow the pasta to sit for a few minutes before serving and enjoying!

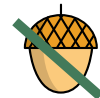
# Cheesy Vegan Enchiladas

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This surprisingly delicious vegan enchiladas recipe is a healthy take on a traditional comfort food that your family will love.



GLUTEN FREE



NUT-FREE

**Prep Time:** 30 minutes  
**Total Time:** 50 minutes  
**Serves:** 8

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## TEMPEH "MEAT":

2 tablespoons olive oil  
1 block tempeh  
1/2 onion, chopped  
3 cloves garlic, minced  
1 14.5 oz can black beans,  
drained and rinsed  
2 teaspoons ground cumin  
1 teaspoon paprika  
1/4 teaspoon liquid smoke  
2 tablespoons less-sodium  
soy sauce  
Salt to taste

## ENCHILADAS:

1 1/2 - 2 cups shredded vegan  
cheese, divided  
8 tortillas (GF if necessary)  
2 cups enchilada sauce  
(I love [this recipe!](#))

## SERVING SUGGESTIONS:

Shredded lettuce, salsa, vegan  
sour cream, guacamole,  
cilantro, etc.

**1.** In a large skillet, heat the olive oil over medium heat. While the oil is heating, prepare the tempeh mixture. If you have a food processor, rip the block of tempeh into smaller chunks and place it in your food processor. Pulse the tempeh until it is the size of ground beef. If you don't have a food processor, just cut or crumble the tempeh into small pieces.

**2.** Once the oil is hot, add in the chopped onion and sauté until translucent. Add in the minced garlic and tempeh and cook until the tempeh starts to brown. Add in the drained and rinsed black beans as well as the spices and stir to combine. Lastly pour over the soy sauce and liquid smoke and stir again to make sure all the tempeh and black beans have been well seasoned. Taste the mixture and add more salt or spices to taste.

**3.** Preheat your oven to 350F and start assembling the enchiladas. Pour about 1/2-1 cup of enchilada sauce over the bottom of a 9x13 inch baking dish and spread it out to coat the bottom of the dish.

**4.** Place a tortilla flat on a clean surface and spread a spoonful of the tempeh/bean mixture across the tortilla. Next sprinkle over a small handful of the shredded vegan cheese. Roll up the tortilla and place it seam-side down into your prepared baking dish. Continue this process until all 8 tortillas have been filled and placed in the dish. You'll want to use about 1 cup of the shredded vegan cheese, or more as needed.

**5.** Pour over the remaining enchilada sauce and spread it evenly over the tortillas. Sprinkle the top of the enchiladas with the remaining 1/2 cup of shredded vegan cheese. Bake the enchiladas uncovered for about 20 minutes. Serve warm with your favorite toppings!

# Peanut Butter Sweet Potato Curry

Made with thick coconut milk and rich peanut butter, this Creamy Sweet Potato Peanut Butter Curry will please vegetarians and omnivores alike!



SOY FREE



GLUTEN FREE

**Prep Time:** 10 minutes

**Total Time:** 35 minutes

**Serves:** 6

## SPICE MIX:

2 teaspoons ground coriander

2 teaspoons ground cumin

1 1/2 teaspoons sea salt

1 teaspoon ground turmeric

1 teaspoon paprika

fresh black pepper

## CURRY:

1 onion, chopped

4 cloves garlic, minced

1 tablespoon freshly grated  
ginger

1 red chili (optional), minced

2 tablespoons tomato paste

1 large sweet potato (1 lb.),  
about 3 -4 cups chopped

1 15 oz. can full fat coconut milk

1 15 oz. can chopped tomatoes

2 cups chopped vegetables (bell  
pepper, green beans, carrot, etc.)

1/4 cup natural peanut butter

Garnish: fresh lemon juice,  
cilantro, chili flakes, etc.

**1.** In a small bowl, whisk together the spice mix ingredients. Set aside.

**2.** In a large pot over medium heat, sauté the onion, garlic, grated ginger and chili in some water or olive oil until soft.

**3.** Add in the spice mix and tomato paste, stir everything together and sauté until fragrant, about 2-3 minutes.

**4.** Add in the chopped sweet potato and stir everything together until the sweet potato is coated in the spice mixture.

**5.** Pour in the coconut milk and chopped tomatoes and bring everything to a boil. Reduce the heat to a simmer and allow the sweet potatoes to cook for about 10 minutes.

**6.** After 10 minutes, add in the chopped vegetables and allow everything to simmer for another 10-20 minutes or until the sweet potatoes are fork tender and the curry is nice and thick. Make sure to stir the curry occasionally as it simmers.

**7.** Towards the end of cooking, stir in the natural peanut butter. Taste and add more salt or spices as needed.

**8.** Serve with steamed rice, fresh lemon or lime juice, cilantro and chili flakes!

## FAITH'S TIP

For a protein boost, add in a can of drained and rinsed chickpeas!

# Cheesy Pasta with "Bacon"

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Coated in a rich, cashew cheese sauce and sprinkled with tempeh "bacon", this easy-to-make cheesy pasta dish will please kids and adults alike!



GLUTEN FREE

**Prep Time:** 15 minutes  
**Total Time:** 45 minutes  
**Serves:** 6-8

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## PASTA:

1 lb. pasta (GF if necessary)

Frozen Peas

Tempeh Bacon

## NACHO CHEESE SAUCE:

1 cup raw cashews, soaked and drained

1 1/2 tablespoons lemon juice

1 tablespoon GF soy sauce

1/4 cup nutritional yeast

1/4 teaspoon smoked paprika

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/8 teaspoon turmeric (optional for color)

1 teaspoon sea salt, or to taste

3/4-1 cup water

- 1.** Bring a large pot of salted water to a boil. Cook the pasta according to the package directions.
- 2.** While the pasta is cooking, make your tempeh bacon and cheese sauce.
- 3.** To make the cheese sauce, simply place all of the nacho cheese ingredients into a blender, starting with 3/4 cup of water, and blend until smooth. Taste and add more lemon juice for zest, soy sauce for umami, or salt for saltiness. Add more water as well if the sauce seems too thick.
- 4.** Towards the end of the pasta cooking time, add in some frozen peas to cook. Drain and rinse the pasta and peas.
- 5.** Return the cooked pasta and peas to the pot and add in the nacho cheese and tempeh bacon. Stir well to combine.
- 6.** Serve with freshly ground black pepper and chili flakes if desired!

# Creamy Tomato Soup w/ Grilled Cheese



GLUTEN FREE

SOY FREE

This Creamy Vegan Tomato and Zucchini Soup packs a nutritious punch without sacrificing flavor! Serve it with melty vegan grilled cheese sandwiches for a hearty, comforting meal!

**Prep Time:** 10 minutes

**Total Time:** 55 minutes

**Serves:** 8

1 cup diced carrots  
1 cup diced celery  
4 cups diced zucchini  
1 large onion, diced  
5 cloves garlic, minced  
1 teaspoon dried thyme  
2 bay leaves  
salt and red pepper flakes  
2 28 ounce cans crushed  
tomatoes  
4 cups vegetable broth  
3/4 cup cashews, soaked  
1 cup water

## FAITH'S TIP

Serve this soup with hearty vegan grilled cheese sandwiches! To be extra fancy, cut the sandwiches into cubes for grilled cheese croutons!

- 1.** Before making this soup, cover your cashews with water in a bowl and let them soak for a few hours.
- 2.** In a large saucepan, sautee the carrots, celery, zucchini and onion for about 10 minutes, until the onion is translucent and the vegetables are soft. Stir in the garlic, thyme, bay leaves, and a pinch of salt and red pepper flakes and stir well. Let cook 1-2 more minutes.
- 3.** Add in the tomatoes and vegetable broth and stir everything well. Bring everything to a boil and then reduce the heat to a simmer and allow the soup to cook for about 30 minutes. You want all of the vegetables to be very soft and tender.
- 4.** Remove the bay leaves and then with an immersion blender, or in batches in a regular blender, puree the soup until smooth. If using a blender, pour the pureed soup back into the large saucepan.
- 5.** Rinse out your blender and drain and rinse your cashews. Place the cashews and 1 cup of water in your blender and blend until smooth and creamy. Pour the cashew cream into the pureed soup and stir well.
- 6.** Heat until warm and serve with melty vegan grilled cheese sandwiches!

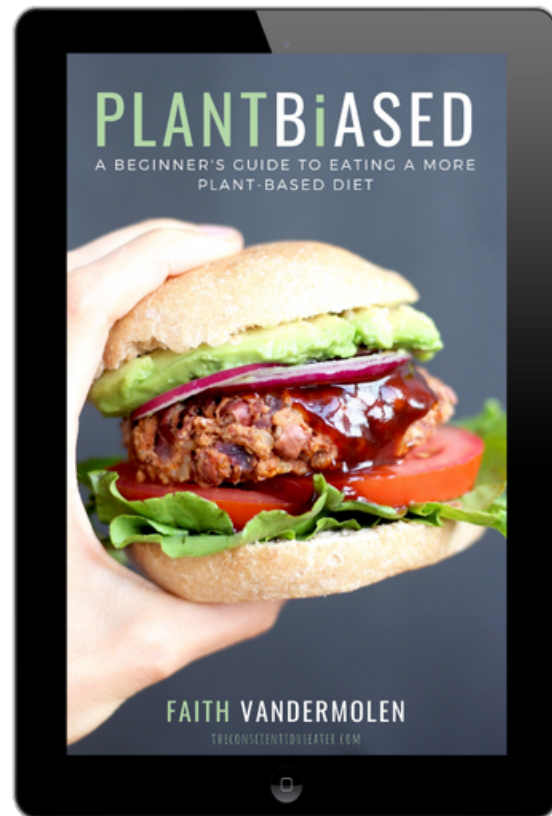
# PLANT BiASED

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If you want to try out more of my all-time favorite recipes -- plus some eBook exclusives! -- be sure to check out my Plant Biased eBook. It contains more than 80 of my favorite plant-based recipes in addition to tips for how to transition to a more plant-based diet!

## Here's what's included:

- Plant based protein sources
- How to transition to a more plant-based diet
- My pantry staples
- 20 sweet & savory vegan breakfast recipes
- 22 vegan lunch & dinner recipes
- 6 vegan snack recipes
- 6 vegan bread recipes
- 11 vegan condiment recipes
- 15 vegan dessert recipes
- 9 vegan drink recipes



[CHECK OUT PLANT BIASED!](#)



## About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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