

Vegetarian/Vegan Recipes

Going on a vegetarian/vegan diet doesn't always have to be so bland. You can make some of your favorite dishes without using meat! Below you will find four easy vegetarian/vegan recipes that you can try at home.

Vegetable Lo Mein

Ingredients: Spaghetti pasta, broccoli, carrots, and any other veggies you like, green pepper, onions, garlic, Soy Sauce, brown sugar, sesame oil, and olive oil



Step 1: Boil spaghetti pasta for like 8-10 minutes or to your liking. You don't want it to be too soft though!

Step 2: In a separate pan, put 2 tablespoons of olive oil and add your green peppers, onions and garlic. Allow them to simmer then add your vegetables. Season your vegetable to your liking.

Step 3: Add lots of soy sauce. You want to make sure it covers the vegetables.

Step 4: Add one small tablespoon of brown sugar. This is optional, but it does give a little sweet flavor.

Step 5: Drain pasta and mix it with the vegetables.

Step 6: Add about 2 drops of sesame oil. Make to add only two drops because it is potent and can drastically change the taste.

Step 7: Add a bit more soy sauce and mix, then let it all simmer.

Vegan French Toast

Ingredients: Agave (or honey), almond milk, cinnamon, vanilla, sturdy bread, and coconut oil



Step 1: Grab a bowl and add 1/2 tbsp agave (or honey if not vegan).

Step 2: Add 1 cup of almond milk into the bowl.

Step 3: Add 1/2 tsp cinnamon into the bowl.

Step 4: Add 1/2 tsp vanilla into the bowl.

Step 5: Add coconut oil in a pan and turn it to medium heat.

Step 6: Grab your bread, preferably brioche bread, but any sturdy bread and dip it in the mix.

Step 7: Once oil is melted, put the slice of bread in the pan and let it cook on each side until they are golden brown.

Vegetable Curry

Ingredients: Onion, green pepper, red pepper, tomato, broccoli, spinach, sea salt, black pepper, basil, cayenne, onion powder, sesame oil, garlic, tomato paste (or tomato sauce), coconut milk, chickpeas, and curry



Step 1: Cut up onion, green pepper & red pepper, tomato and garlic.

Step 2: Put the cut-up vegetables in a pan on low heat and let it simmer.

Step 3: Add broccoli and spinach.

Step 4: Season with sea salt, black pepper, basil, cayenne, onion powder to your liking.

Step 5: Add one drop of sesame oil and the can of tomato paste or tomato sauce and let simmer.

Step 6: Add a can of coconut milk then add 2 tablespoons of curry, mix and let marinate.

Veggie Fried Rice

Ingredients: White rice, vegetable oil, garlic, onions, green peppers, any vegetables you want to add, sea salt, black pepper, soy sauce, and sesame oil



Step 1: 2 cups of white rice (preferably day-old rice, if not put it in the freezer until it gets cold).

Step 2: Put vegetable oil in a pan and let it heat up.

Step 3: Add in garlic, onion and green pepper and let simmer.

Step 4: Add in the rest of the vegetable you use.

Step 5: Add sea salt, black pepper and soy sauce to your liking.

Step 6: Add the rice in and mix. Make sure it is on medium heat.

Step 7: Add more soy sauce and a drop of sesame oil and mix it.

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