



VEGAN RECIPES FROM AROUND THE PLANET

by Veggie Visa





Exploring a Vegan Planet

www.veggievisa.com



Thank You!

Thank you for signing up for the Veggie Visa mailing list. I hope you enjoy a few of my recipes from around the globe.

About Veggie Visa

Hi, I'm Randi, and I love to discover vegan lifestyle options all over the planet. Whether it be a delicious restaurants to dine at, great places to shop, vegan recipes, or health and wellness information, I'm devoted to traveling the globe to bring you great vegan resources, tips, and stories.





Pureed Carrot & Sage Soup

Perfect for a cold winter night, this filling soup is quick and super easy to make. We last enjoyed this in a villa atop a hillside in Tuscany. Serve with crusty fresh bread topped with rosemary and olive oil.

Ingredients

- 1 LB CARROTS, PEELED AND CHOPPED INTO 1 INCH PIECES
- 1 ONION, PEELED AND THINLY SLICED
- 4 CLOVES OF GARLIC, PEELED AND CUT IN HALF
- 1 HANDFUL OF FRESH SAGE LEAVES
- 1/4 CUP OLIVE OIL
- 4 - 6 CUPS OF VEGETABLE STOCK OR WATER AND 1 VEGETABLE BOUILLON
- SALT AND PEPPER TO TASTE

Instructions

- IN A MEDIUM SOUP POT ADD THE OIL, ONIONS, GARLIC, AND A PINCH OF SALT AND BLACK PEPPER COOK OVER MEDIUM LOW HEAT UNTIL THE ONIONS ARE TRANSLUCENT.
- ADD THE CARROTS AND A PINCH OF SALT AND COOK FOR ABOUT 5 MINUTES.
- ADD THE VEGETABLE STOCK (ENOUGH SO THE LIQUID IS 2 INCHES ABOVE THE VEGETABLES) AND SAGE LEAVES AND COOK ON MEDIUM HEAT UNTIL THE CARROTS ARE SOFT, ABOUT 15 - 20 MINUTES.
- PUREE THE MIXTURE WITH A STICK BLENDER OR IN A REGULAR BLENDER UNTIL THE SOUP IS SMOOTH AND THERE ARE NO CLUMPS.
- ADD ADDITIONAL SALT AND PEPPER TO TASTE.
- GARNISH WITH FRIED SAGE LEAVES OR TOASTED AND CHOPPED WALNUTS

SERVING SIZE: 4 PORTIONS





Asparagus & Tomato Pasta with Lemon

Our favorite pasta recipe! We learned how to make the sauce at a cooking class in Bologna, Italy from a nice Italian couple. You can use any vegetable you like but asparagus our favorite.

Ingredients

- 1 BUNCH OF THIN ASPARAGUS, WASHED AND CUT INTO 1 INCH PIECES
- 6 MEDIUM, RIPE TOMATOES, DICED INTO 1/2 INCH CUBES
- JUICE FROM 1 1/2 LEMONS
- 1/2 LARGE ONION, THINLY SLICED
- 4 GARLIC CLOVES, THINLY SLICED
- 1 SMALL BUNCH OF BASIL, LARGE LEAVES TORN IN HALF
- OLIVE OIL
- SALT
- PASTA (LINGUINI, PENNE, OR SPAGHETTI, ENOUGH FOR 4 SERVINGS) COOKED ACCORDING TO PACKAGE DIRECTIONS UNTIL AL DENTE

Instructions

- SAUTE GARLIC AND ONION OVER MEDIUM HEAT WITH 1 TABLESPOON OF OLIVE OIL AND A FEW PINCHES OF SALT UNTIL ONIONS ARE SOFT AND TRANSLUCENT. RESERVE IN A SMALL BOWL UNTIL LATER.
- ADD 1-2 TEASPOONS OF OLIVE OIL TO THE PAN AND HEAT OVER MEDIUM HIGH HEAT. WHEN OIL IS HOT, ADD THE ASPARAGUS AND A FEW PINCHES OF SALT. COOK UNTIL ASPARAGUS HAS SOFTENED SLIGHTLY BUT IS STILL A BIT CRUNCHY. TIME WILL DEPEND ON HOW THICK THE ASPARAGUS IS. REMOVE AND RESERVE FOR LATER.
- ADD ONIONS, GARLIC, AND TOMATOES. TO PAN AND REDUCE HEAT TO MEDIUM. COOK UNTIL TOMATOES HAVE SOFTENED AND FORMED A SAUCE, ABOUT 15 - 20 MINS.
- ADD COOKED PASTA, ASPARAGUS, LEMON JUICE, ADDITIONAL OLIVE OIL (ENOUGH SO THE PASTA ISN'T DRY) AND SALT TO TASTE. MIX INGREDIENTS AND COOK FOR A FEW MINUTES OVER MEDIUM LOW HEAT SO THE FLAVORS MARRY TOGETHER.
- REMOVE FROM HEAT, ADD THE BASIL, MIX AND SERVE.

SERVING SIZE: 4 PORTIONS





VEGGIE TACOS

There isn't a better combination than tempeh and fresh bell pepper, onions, and mushrooms but the possibilities are endless.

Ingredients

- 4 OZ TEMPEH, SLICED INTO ½ INCH PIECES
- 1 RED, YELLOW, OR ORANGE BELL PEPPER, SLICED IN ½ INCH SLICES
- 1 LARGE YELLOW OR RED ONION, SLICED IN ½ INCH SLICES
- 1 LARGE PORTOBELLO MUSHROOM, CLEANED, AND SLICED IN ½ INCH SLICES
- 1 JALAPENO, SLICED IN ¼ INCH SLICES
- OLIVE OIL
- SALT
- FLOUR OR CORN TORTILLAS

Instructions

- COAT THE BOTTOM OF A HEAVY SAUTE PAN WITH OLIVE OIL AND HEAT OVER MEDIUM HIGH HEAT. ONCE OIL IS HOT ARRANGE THE TEMPEH IN A LAYER ON THE BOTTOM OF THE PAN. FRY ON EACH SIDE FOR A FEW MINUTES UNTIL GOLDEN BROWN. REMOVE FROM THE PAN AND RESERVE FOR LATER.
- COAT THE BOTTOM OF THE PAN WITH A THIN LAYER OF OLIVE OIL AND HEAT FOR 15 SECONDS. ADD THE BELL PEPPERS, JALAPENO, AND ONIONS. SEASON WITH A FEW PINCHES OF SALT. SAUTE UNTIL ONIONS ARE TRANSLUCENT AND BROWNED, STIRRING OFTEN. REMOVE FROM PAN AND RESERVE FOR LATER.
- COAT THE BOTTOM OF THE PAN WITH A THIN LAYER OF OLIVE OIL AND HEAT FOR 15 SECONDS. ADD THE MUSHROOMS AND SAUTE UNTIL THEY ARE SOFT AND BROWNED. IF THE MIXTURE GETS TOO DRY, ADD MORE OLIVE OIL.
- ADD COOKED PEPPERS AND ONIONS AND STIR. COOK FOR A FEW MINUTES TO COMBINE THE FLAVORS AND ADD THE TEMPEH CAREFULLY SO AS NOT TO BREAK IT.
- ENJOY WITH WARMED FLOUR OR CORN TORTILLAS, COOKED RICE, BEANS, HOT SAUCE, AND A NICE COLD BEER.

SERVING SIZE: 4 PORTIONS





THAI RED CURRY

This spicy red curry recipe is adapted from a cooking class we took in Chiang Mai, Thailand. Full of flavor and vegetables this dish will leave you satisfied, happy, and longing to book your next trip to Thailand.

Ingredients

- 1 TABLESPOON RED CURRY PASTE
- 1 SMALL JAPANESE EGGPLANT, CUT IN HALF AND CUT INTO 1/2 INCH PIECES
- 4 OZ BABY COCONUT TREE, CUT INTO 1/2 INCH SQUARES. YOU CAN SUBSTITUTE WITH SLICED, CANNED BAMBOO SHOOTS IF COCONUT TREE ISN'T AVAILABLE
- 4 OUNCES FIRM TOFU, CUT INTO 1/2 INCH SQUARES
- 20 SWEET BASIL LEAVES, WASHED AND STEMS REMOVED
- 10 KAFFIR LIME LEAVES, STEMS REMOVED
- 1 CAPSICUM PEPPER, CUT IN HALF AND THEN 1/2 INCH SLICES. YOU CAN SUBSTITUTE WITH A SMALL RED SWEET CHILI OR BELL PEPPER
- 150 ML COCONUT MILK
- 400 ML WATER
- 1 TABLESPOON MUSHROOM POWDER OR SOY SAUCE
- 1/2 TEASPOON SUGAR
- 4 TABLESPOONS CORN/CANOLA OIL
- 1/2 MUSHROOM OR VEGETABLE BOUILLON CUBE
- 1 1/2 CUPS COOKED RICE

Instructions

- FRY CURRY PASTE AND MUSHROOM BOUILLON IN COOKING OIL OVER MEDIUM HIGH HEAT FOR ONE MINUTE.
- ADD COCONUT MILK AND MIX UNTIL EVERYTHING MELTS TOGETHER.
- ONCE THE MIXTURE STARTS TO BOIL ADD THE EGGPLANT, BABY COCONUT TREE, CAPSICUM, TOFU AND KAFFIR LIME LEAVES. LET BOIL ABOUT 3-5 MINUTES. IF THE MIXTURE GETS TOO DRY ADD MORE COCONUT MILK AND WATER. ADD MUSHROOM POWDER OR SOY SAUCE AND SUGAR.
- REMOVE FROM THE HEAT. ADD SWEET BASIL LEAVES, STIR, AND ADD TO A BOWL.
- SERVE WITH RICE.

SERVING SIZE: 2 BOWLS

