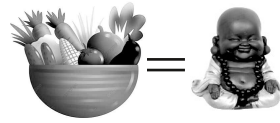


## QUICK VEGAN TIPS

~eat ingredients~		
bell-pepper	celery	apple
cabbage	spinach	grapes
tomato	kale	berries
zucchini	sprouts/ microgreens	stone-fruit
carrot	avocado	melons
lettuce	green-bean	citrus
radish	cauliflower	banana
cucumber	broccoli	pear



- check every ingredient before eating something, carnists are sneaky!

- "cheating" every once in a while still costs a life!

- honey isn't vegan!!!

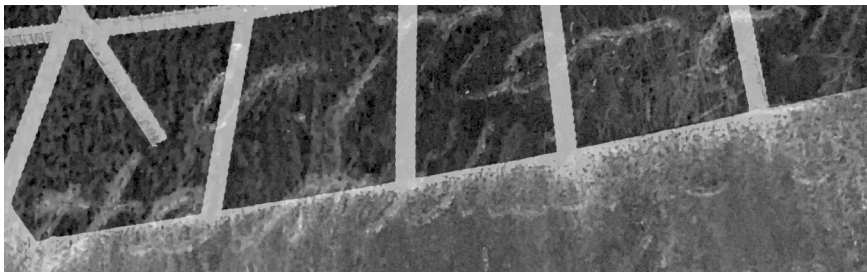
**& MORE!!!**

Easy vegan snacks:

- Chips & salsa/guacamole
- salted popcorn
- nuts (roasted or raw)
- dried fruit
- celery or apple w/ nut butter
- chips/veggies w/ hummus
- pickles (any, not just cucumber)
- kale chips
- seaweed
- smoothies
- roasted chickpeas
- raw tofu (seriously!)
- edamame
- literally any fruit
- edible seeds
- mushrooms

**SO STOP COMPLAINING**

**EVERYTHING IS POLITICAL  
EVEN UR FOOD!**



So u think vegan cooking is hard?



and u put difficulty over liberation & autonomy for ALL?! thats fucked up. here's some easy recipes you can try instead, now that ur vegan ofc.



## Vegan cooking is easy af.

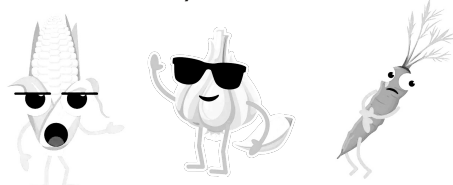
Here's just a few examples we cook a lot. Feel free to substitute any ingredients w/ what you have on hand or enjoy more. Eat trash and liberate ur food. If u aren't vegan yet, fuck u.

All the tools you'll need for these recipes:

- knife (if u don't got one, get one!)
- something to cut on (any flat & hard surface like carboard or a cutting board!)
- stove, oven, or fire (with grill of some kind)
- pan/pot (with high enough ridges for soup)
- a cooking utensil (spoon, spatula, etc.)

General shopping list:

- Produce (we like onion, potato, peppers, garlic)
- Tofu (we like firm or extra firm)
- Canned/dried beans
- Dry noodles/pasta
- Dry/premade rice
- Sliced bread
- Oil &/or vinegar
- Soy sauce/tamari (GF) or liquid aminos
- Salt & favorite seasonings (don't forget **MSG!**)
- Nut butter & jam (careful! sugar's bad for your teeth & colonial poison)
- Plant milk (oats good!)



General cooking tips:

- Don't put water on hot oil
- Tuck yr fingers in while chopping
- Save the scraps from vegetables for broth
- Don't wash yr hands, it's a waste of water
- Boil = high heat, simmer = low heat
- Cooking's a journey, so be patient

## MAKE YOUR OWN COMPOST

what are u doing?! don't toss out ur beautiful food waste! that could be used to make compost to feed plants & bugs & the ground!

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first. . . find a place for a pile or get a bucket  
second. . . fill w/ 3-parts "browns" & 1-part "greens"

### What to Add to a Backyard Compost Pile

Nitrogen-Rich Materials ("Greens")	Carbon-Rich Materials ("Browns")
Fruit and vegetable scraps	Dry leaves
Grass clippings	Plant stalks and twigs
Coffee grounds and paper filters	Shredded paper (non-glossy, uncolored) and shredded brown bags
Paper tea bags (no staples)	Shredded cardboard (no wax coating, tape, or glue)
Vegan poop	Untreated wood chips

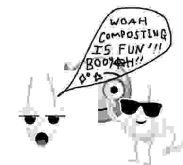
third. . . turn & mix ur compost from time to time to help speed up the decomposition & improve aeration

fourth. . . keep compost moist (but not too wet!) & protect from the rain - a smelly pile might mean it's too wet

fifth. . . good compost should be pretty warm, maybe even steamy!~

sixth. . . it can take anywhere from 3 weeks to a year depending on how well it's maintained

seven. . . use for gardening or toss randomly!



## BONUS RECIPES



- rice: rice, water

1. wash rice in a strainer until water runs clear
2. combine rice and water in a pot (see ratios)
3. bring to a boil then cover with a lid & simmer
4. serve w/ ur fav veggies once rice is soft!

- spanish rice: rice, water, garlic, tomato (canned or fresh), fav herbs

1. wash rice in a strainer then set aside
2. heat oil in a pot on medium heat
3. add garlic & herbs, fry til fragrant
4. add the rice & tomato into the pot & mix
5. fill w/ water/broth to relevant ratio (see above)
6. bring to a boil then cover with a lid & simmer
7. serve w/ fav toppings once rice is soft

- refried beans: cooked/canned beans, sliced onion, water/bean juice, oregano, chili powder

1. Add beans, onion, & bean water (if using canned, just water if not) into a pot
2. Bring to a boil & turn down the heat
3. Mash the beans until ur desired consistency
4. Season with oregano & chili or ur fav herbs

- hashbrowns/homefries: shredded/cubed potatoes, sliced onion & carrot (optional), oil, salt

1. lightly coat a pan in oil
2. add the potato with carrot/onion to the pan
3. evenly spread out the ingredients & fry until one side is crispy & flip (or stir if homefries)
4. serve once both sides are browned and crispy

White Rice



Brown Rice



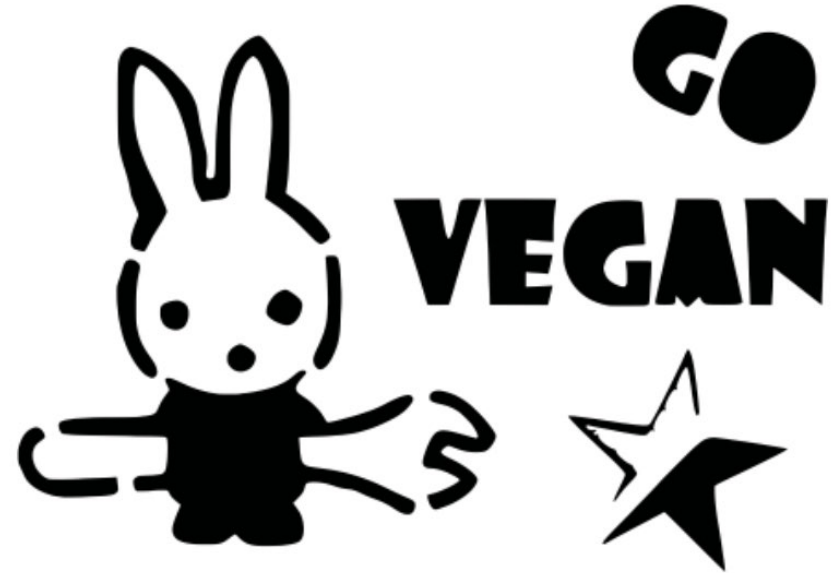
Jasmine Rice



Basmati Rice



# Go vegan



MEASUREMENTS ARE FUCK AROUND  
AND FIND OUT.



## SANDWICHES (skip the bread if u want!)

- pb&j: bread, jam, nut or seed butter

1. (optional) toast bread
2. use a utensil/finger to spread nut butter & jam/jelly/fresh-fruit inbetween two slices of bread
3. enjoy! <3

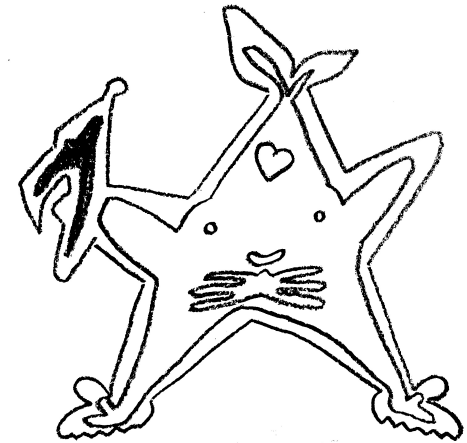
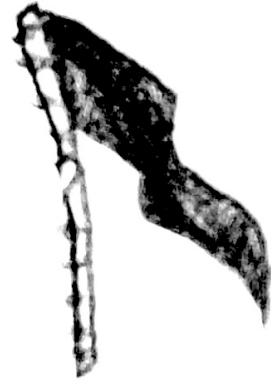
- avocado toast: bread, avocade, lime (optional), garlic (optional)

1. (optional) toast bread
2. slice avocado in half & remove the pit
3. mash the avocado inside the skin using a fork
4. (optional) mix lime juice & minced garlic into the mashed avocado with s+p to taste
5. spread on toast and eat it up, no crumbs!

- chickpea salad sandwich: bread, canned beans (any white bean works), sliced celery/carrot, minced garlic (optional), vegan mayo (optional)

1. (optional) toast bread
2. open canned beans and drain juice (feed it to the ground, it needs nourishment too!)
3. mash the beans in their can or in a bowl!!
4. mix in celery, carrot, garlic, and vegan mayo
7. serve on bread/in can with favorite seasonings

- generally any bean/protein (tofu, pinto, etc.) & any veg w/ your favorite seasonings and/or sauces goes well with bread, so experiment!



# GO

# VEGAN

## MORE EASY RECIPES!



- overnight oats: oats, plant-milk, sweetener (agave/maple syrup), flax seed (optional)

1. combine oats, plant milk, sweetener, & flax seed in a container that has a lid or can seal
2. store in a cold environment overnight (outside works if its cold enough) until oats are mushy

- pan roasted veggies: chopped veggies, oil

1. fill an oven-safe pan w/ veggies, a touch of oil, & optionally whatever seasonings ur feeling
2. bake at 420F for about 30 mins, mixing the veggies abt halfway through
3. serve once veggies are soft & slightly browned

- stir fry veggies: chopped veggies, oil/water, soy sauce/liquid aminos, rice vinegar, cornstarch

1. heat oil or water (BUT NOT BOTH) in a pan
2. add veggies & fry/sweat until tender
3. combine a 1-1-1 ratio of water, soy sauce, & rice vinegar, w/ abt a spoonful of cornstarch
4. pour the mixture from step 3 into the pan
5. shut off heat & coat veggies in the sauce
6. (optional) serve on rice to make it more filling!

- gravy: oil, flour, onion or other veg, water/broth

1. add oil & flour into a pot on medium
2. continually stir until it browns & smells nutty
3. add onion/veg of ur choice & fry for abt a min
4. add broth/water & stir until thickened
5. (optional) top on fries, potatoes, rice, pasta, etc.

## SOUP

How to make broth using your veggie scraps!  
(scraps can be stored for about a week in the fridge or even longer in the freezer!)

- A. put veggie scraps into a tall pot
- B. fully cover with water so that the veggie scraps are floating
- C. bring water to a boil & simmer for at least an hour until the water is a rich color & the veggie scraps are soft
- D. strain the scraps from the broth & store for up to like 2 weeks in the fridge (check smell to make sure it's still good!)
- E. (optional) if u want to drink the broth on its own, add salt.

- Bas(ed)ic soup: any veggies really, broth/water, salt and seasonings, tofu/cooked beans (optional)

1. sweat some chopped veggies on medium heat in a tall pot with like 1/4 cup of water
2. add seasonings & stir for like a minute
3. add water or broth twice as high as veggies
4. (optional) add beans/tofu for extra protein
5. bring to a boil and simmer for ~30 minutes

- Bean & potato soup: beans, potato, sliced onion, minced garlic, oregano, chili powder, salt, water

1. Pour dry beans into a soup pot
2. Add water twice as high as dry beans (they'll soak up a lot of liquid) with onions & garlic

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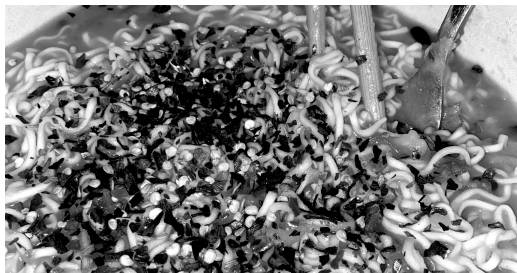
4. Bring the water to a boil & let simmer until the beans are cooked
5. Once the beans are cooked, add more water to refill the pot until it's soupy again
6. Add potatoes then bring the soup to a boil
7. Simmer until the potatoes are soft
8. Season with oregano, chili powder, salt, and whatever else u might enjoy (get creative!)

- Mushroom and noodle soup: dry pasta, mushrooms, onion, carrot, celery, oregano, parsley, s+p, broth/water

1. Sweat mushrooms and veggies with 1/4 cup water in a tall pot on medium heat for a minute
2. Add broth and bring to a boil
3. Add pasta and cook until soft
4. Season with oregano, parsley, & s+p (add chili powder for spice!)

- Ramen: dry ramen noodles, broth, veggies (optional), tofu (optional), soy sauce, MSG, miso

1. bring water to a boil in a tall pot
2. (optional) add fresh veggies and tofu
3. add instant noodles, seasonings & soy sauce (about 2-3 caps worth)
4. let boil for about 2 minutes until noodles separate & stir in a spoonful of miso
5. then serve immediately!

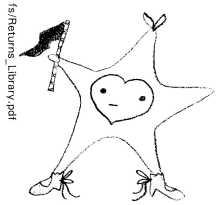


## PASTA

TIP: Feed any excess water to ur garden or the ground!

- Pasta w/ store bought sauce: dry pasta, jar/can marinara or other pasta sauce

1. Fill a pot with water & salt it
2. Bring to a boil & add dry pasta
3. Boil until pasta is soft
4. Strain water from the pasta
5. Heat the sauce in a pot then serve



- Pasta aglio e olio: dry long pasta (i.e. spaghetti/fettucini), olive oil, minced garlic, salt

- 1-4 same as above recipe
5. Heat a little olive oil in a pot
6. Fry garlic till golden brown
7. Stir noodles into the oil & garlic sauce

- Mac and yeez: Dry pasta, plant-milk, flour, nutritional yeast, salt

- 1-4 same as above
5. Heat some olive oil & flour (roux) in a pot
6. Stir until the roux smells nutty & is brownish
7. Add plant-milk and a lot of nutritional yeast
8. Continue stirring until it thickens into a gravy-like consistency (if it isn't thick enough thoroughly whisk in more flour)
9. Combine with the cooked pasta & serve w/ fav seasonings (i.e MSG, onion/garlic powder, chili powder, & herbs)

