

Quick meals

Frozen Entrees-breakfast, lunch and dinner versions in the store

Easy side dishes-salad, can of veggies, microwave a potato

Single Serve pizza-ALMOST ALL single serve pizza crusts & packets of marinara sauce are vegan. Or use French bread. Top with favorite vegan chez, can cook and crumble on top a favorite vegan burger or breakfast sausage. There is vegan peperoni, too. Bake or air fry until done.

Vegan dumplings-generally sold near tofu in grocery store or in freezer section or at a local Asian store. ALMOST ALL dumpling sauces are vegan.

Kind blankets-vegan brat-cut in half, pan fry, wrap in canned crescent dough, bake according to dough instructions. ALL(?) canned crescent dough is vegan EXCEPT Aldi brand.

Ramin-Find an accidentally vegan ramin or Dr McDougalls ramin are all vegan. Add a few tablespoons of frozen veggies and/or some tofu cubes.

Fried Rice-use up left over rice, left over vegan meats & veggies or use some frozen veggies, add seasoning (sample recipe) <https://simpleveganblog.com/vegan-fried-rice/>

Soup & Salad-See list of accidentally vegan canned soups.

Wraps-

Gardein Fish with lettuce, tomato, vegan mayo or tarter sauce if you want.

Vegan tarter sauce-mayo, pickle relish, mustard-mix

(Don't have Gardein? Slice extra firm tofu, bread in flour, air fry or bake at 400 degrees for 10-15 min, flip until both sides golden and use the baked tofu in the wrap!)

Vegan ckn tenders (or nuggets!) with lettuce, tomato, vegan mayo if you want.

Veggie wrap-fresh or cooked veggies, mayo or hummus on the wrap before the veggies

(Almost all) falafel are vegan-make a falafel wrap

Avocado toast

Pancakes-yes, for any meal! Add a side of fruit to round out the meal.

Spaghetti-cook your favorite pasta, add accidentally vegan can/jar marinara sauce, if you want you can even cook and crumble a breakfast sausage, vegan burger or pan fry some vegan meatballs and add. Bonus points if you use up old hot dog or hamburger buns by making garlic toast.

Sloppy Joes-cook some vegan ground meat, add Manwich (sauce is vegan!) serve on bread.

Sandwiches

-“tuna” salad (using canned chickpeas) as sandwich, wrap or on lettuce bed-

<https://happyherbivore.com/recipe/mock-tuna-salad/>

-seitan deli slices, lettuce, tomato etc veggies

-vegan hot dogs, vegan burgers, vegan ckn sandwiches

-accidentally vegan baked beans on toast

-grilled chez

-grilled chez with Beyond steak (sautee the Beyond Steak and then put it on the vegan chez before grilling sandwich)

Quesadillas using favorite vegan cheese and vegan margarine to toast the tortilla while chez melts

Chili-left over chili/bean based dish in a tortilla, in a stuffed pepper, on a potato or sweet potato, as a pizza, chili mac, on cornbread, on rice