

EXPLORING
VEGAN



THE
Veganuary
Meal Plan

6 EASY VEGAN DINNER RECIPES

Introduction

Exploring Vegan was founded on a simple concept: plant-based eating does not need to be an all-or-nothing affair. That's the same reason why we love Veganuary so much. This campaign encourages people worldwide to try out a plant-based diet through the month of January.

In the spirit of "every little bit helps", we've put together a kickstart guide to help you plan a week of Veganuary cooking, with one day reserved for leftovers. This plan has a grocery list to help you breeze through the grocery store.

Want to do a full month of Veganuary? Follow Exploring Vegan on [Instagram](#) or visit our website, [ExploringVegan.com](#) for more easy vegan recipes.

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The Grocery List

Pantry:

- Neutral cooking oil
- Extra virgin olive oil
- 3 (14.5-ounce) cans cannellini beans
- 1 (15-ounce) can chickpeas
- 1 (15-ounce) pumpkin purée
- 2 (14-ounce) can coconut milk, full-fat
- 2 (15-ounce) cans pink or kidney beans
- Dry thyme
- Crushed red pepper
- Indian curry powder
- Cayenne powder
- Chili powder
- Granulated sugar
- Brown sugar
- 8 ounces green lentils
- Soy sauce
- Vegan fish sauce
- Mirin
- Sesame seeds
- Chili oil
- Maple syrup
- 1 (16-ounce) package linguine
- 1 (6-ounce) can tomato paste
- 4 ounces vegetable broth
- Distilled white vinegar
- White rice
- Basmati rice

Frozen & Refrigerated:

- 12 ounces fresh or frozen ramen noodles
- Vegan butter
- Vegan sour cream

Fruits & Vegetables:

- 1 navel orange
- 2 limes
- 12 lime leaves or 1 lime
- 4 yellow onions
- 2 red bell peppers
- 2 poblano peppers
- 4 Thai chili peppers or 2–3 Serrano peppers
- 2 jalapeño peppers
- 0.5 ounces fresh basil
- 0.5 ounces fresh sage
- 0.25 ounces lemongrass
- 5 ounces kale
- 4 ounces baby spinach
- 10 ounces green beans
- 6 ounces cremini mushrooms
- 8 ounces oyster or maitake mushrooms
- 1 pound mixed mushrooms, torn or sliced
- 5 scallions
- 1 small red cabbage
- 1½ pounds sweet potatoes
- 2 bunches fresh cilantro
- 1½ inch piece of galangal or ginger

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TIME: 45 minutes

SERVINGS: 4

CALORIES: 200

Orange-Thyme Brothy Beans

Orange peel and freshly squeezed juice gives this soup subtle sweet undertones that pair perfectly with aromatic thyme and creamy cannellini beans.

Ingredients

- 1 navel orange
- 1 tbsp neutral oil
- 1 yellow onion, peeled and diced
- 2 red bell peppers, trimmed, seeded, and diced
- 1 tsp dry thyme
- Crushed red pepper
- 2 15-ounce cans cannellini beans
- 0.5 ounces fresh basil
- 5 ounces kale, stemmed and roughly chopped
- Extra virgin olive oil, for garnish
- Salt and pepper

Directions

- 1 Using a vegetable peeler, peel off 3–4 strips of the orange peel.
- 2 Heat 1 tablespoon neutral oil in a large pot over medium heat. Once hot, add the onion and diced red bell peppers and cook, stirring occasionally, for 5–6 minutes until they soften.
- 3 Season with salt, pepper, thyme, and crushed red pepper to taste. Add the orange peels. Cook for 45 seconds until fragrant. Drain the beans and then add them to the pot.
- 4 Pour in 5 cups water and orange juice and bring to a boil. Reduce heat to low and simmer for 30 minutes. Taste and season to your preference.
- 5 Pick the basil leaves from the stems. Set aside a few basil leaves for garnish. Stir the remaining leaves into the soup along with the kale. Taste and season once more. Discard the orange peels before serving.
- 6 Ladle the soup into bowls. Garnish with the remaining basil leaves and a drizzle of extra virgin olive oil. Enjoy!

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TIME: 1 HOUR

SERVINGS: 4

CALORIES: 452

Pumpkin Lentil Curry with Chickpeas

This pumpkin lentil curry with chickpeas is a nutrient-dense pantry meal thanks to lentils, canned chickpeas, and canned pumpkin!

Ingredients

- 1 tbsp neutral oil
- 1 yellow onion, peeled and sliced
- 6 ounces cremini mushrooms, trimmed and sliced
- 1 tbsp curry powder
- Cayenne powder
- 1 cup green lentils, picked over and rinsed
- 15-ounce can chickpeas, drained
- 15-ounce can pumpkin purée
- 1 tsp brown sugar
- 4 ounces baby spinach
- Salt and pepper
- Cooked basmati rice

Directions

- 1 Heat 1 tablespoon oil in a large pot over medium-high heat. Add the onion and cook for 4 minutes. Add the mushrooms and cook for 10 minutes until they crisp up around the edges. Season with salt and pepper.
- 2 Sprinkle the onion and mushrooms with curry powder and a pinch of cayenne powder. Cook for 30 seconds until fragrant.
- 3 Add the lentils and chickpeas to the pot and toss to coat. Season with salt and pepper.
- 4 Add the pumpkin purée to the pot and stir to combine.
- 5 Pour in 4 cups water and bring to a boil. Add salt, pepper, and brown sugar. Reduce heat and simmer, uncovered, for 25–30 minutes or until the lentils are tender and the curry has thickened. Stir in the spinach and simmer for 5 minutes.
- 6 Serve the lentil curry with cooked basmati rice with fresh herbs or greens, like cilantro, microgreens, or minced scallions. Enjoy!

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TIME: 50 MINUTES

SERVINGS: 4

CALORIES: 376

Spicy Coconut Noodle Soup

This coconut noodle soup brings it all: a little sweetness, a little richness, and a little spiciness for the perfect flavor trifecta.

Ingredients

Coconut broth

- 1 tbsp neutral oil
- 1 yellow onion, peeled and sliced
- 5 scallion whites, minced
- 1 jalapeño, minced
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp mirin
- 14-ounce can coconut milk
- 10 ounces green beans, halved
- 12 ounces fresh or frozen ramen noodles
- Salt to taste

Cabbage slaw

- ½ small red cabbage, shredded
- 5 scallion greens, minced
- 1 lime, juiced
- ⅓ cup chili oil
- 2 tsp sesame seeds
- 1 tbsp maple syrup
- Big pinch of salt

Directions

- 1 Heat 1 tablespoon oil in a pot over medium heat. Add onion, scallion whites, and jalapeño. Cook 5–8 minutes. Pour in soy sauce, sesame oil, and mirin. Cook 3 minutes.
- 2 Pour in 4 cups water and bring to a boil. Reduce heat. Simmer for 30 minutes. Taste and season with more salt, mirin, or sesame oil.
- 3 Bring a medium pot of water to a boil and cook the noodles according to package instructions. Drain, rinse, and divide between bowls.
- 4 Combine shredded cabbage and minced scallion greens with lime juice, chili oil, sesame seeds, maple syrup, and salt. Toss to coat and season to taste. Refrigerate until needed.
- 5 Taste the broth and season once more. Add coconut milk and green beans. Simmer 5–10 minutes until the green beans are bright green.
- 6 Ladle the broth and green beans over the noodles. Pile the cabbage slaw on top. Enjoy!

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TIME: 50 MINUTES

SERVINGS: 4

CALORIES: 650

White Bean and Mushroom Linguine

Sage does double duty in this recipe, as an aromatic for the sauce and as a crispy topping. Filled with crispy mushrooms, creamy white beans, and aromatic sage, this pasta is the perfect mid-week meal.

Ingredients

- 16 ounces linguine
- ¼ cup plus 2 tbsp neutral oil, divided
- 1 yellow onion, peeled and diced
- 8 ounces oyster or maitake mushrooms, torn into strips
- 3 tbsp vegan butter
- 0.5 ounces fresh sage, divided
- 14.5-ounce can cannellini beans
- ½ cup vegetable broth
- Salt and pepper

Directions

- 1 Bring a big pot of water to boil. Add a big pinch of salt and the linguine. Boil 9–13 minutes. Scoop out 1 cup of pasta water. Drain the pasta.
- 2 Pluck sage leaves from the stems. Mince enough of the sage leaves to make 1 tablespoon minced. Set aside remaining leaves for garnish.
- 3 Heat 2 tablespoons neutral oil in a wide pot over medium heat. Add onion and mushrooms. Cook, stirring often, 10 minutes until they begin to brown. Add salt and pepper.
- 4 Melt butter into the mushrooms. Stir in minced sage. Cook 45 seconds. Add beans and salt and pepper. Add ½ cup vegetable broth and bring to a boil. Reduce heat. Simmer 10 minutes.
- 5 Heat ¼ cup neutral oil in a small saucepan over medium-high heat. Once hot, add whole sage leaves and cook 1 minute or until crisp. Transfer to a paper towel-lined plate. Sprinkle with salt.
- 6 Pour half of the reserved pasta cooking into the beans and mushrooms. Bring to a boil. Add cooked pasta and toss to coat, adding remaining pasta water as needed. Season to taste.
- 7 Divide pasta between plates and garnish with crispy sage leaves. Enjoy!

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TIME: 1 HOUR

SERVINGS: 4

CALORIES: 277

Sweet Potato Chili

A flavorful chili that will warm you up on a cold day, this sweet potato chili is easy to make but doesn't skimp on flavor. Finished with a zingy, crisp cabbage slaw, this chili will impress the whole family.

Ingredients

Chili

- 1 tbsp neutral oil
- 2 poblano peppers, trimmed, seeded, and diced
- 1½ pounds sweet potatoes, peeled and diced
- 1 tbsp chili powder
- 2 tbsp tomato paste
- 2 15-ounce cans pink or kidney beans
- Salt and pepper

Cabbage slaw

- 3 tbsp distilled white vinegar
- 2 tbsp sugar
- ½ small red cabbage, thinly sliced
- 1 jalapeño, trimmed and thinly sliced
- ½ cup loosely packed cilantro, minced
- Pinch of salt
- Vegan sour cream

Directions

- 1 Heat 1 tablespoon oil in a large pot over medium heat. Add poblano peppers and sweet potatoes. Sauté 10 minutes.
- 2 Add salt, pepper, and chili powder to the pot. Cook 1 minute. Add tomato paste and stir to coat all of the vegetables. Cook 3–4 minutes until the paste sizzles and deepens in color.
- 3 Pour in 5 cups water. Stir to incorporate until smooth. Add the beans along with salt and pepper. Bring to a boil, reduce heat, cover, and simmer 40 minutes. Taste and season.
- 4 Combine distilled white vinegar and sugar in a microwave-safe jar. Microwave in 30-second increments until sugar dissolves.
- 5 Combine cabbage, jalapeño, cilantro, and salt in a large bowl. Pour vinegar mixture over the cabbage. Toss to coat. Refrigerate until needed.
- 6 Ladle chili between bowls and pile the cabbage garnish on top. Serve with a dollop of vegan sour cream. Enjoy!

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TIME: 40 minutes

SERVINGS: 4

CALORIES: 272

Vegan Tom Kha

Tom kha—which means galangal (kha) soup (tom)—is an unbelievably easy soup to make that delivers bold flavors. Galangal, a cousin to ginger, may be difficult to source. If you can't find it, simply replace it with ginger and prepare it the exact same way.

Ingredients

- 1 tbsp plus 1 tsp neutral oil
- 1 pound mixed mushrooms, torn or sliced
- 12 lime leaves, or juice and zest of 1 lime
- 1½ inch piece of galangal, peeled and lightly crushed
- 0.25 ounces lemongrass, lightly crushed
- 4 Thai chili peppers, halved; or use 2–3 Serrano peppers
- 2 tbsp soy sauce
- 14-ounce can coconut milk
- 2 tsp vegan fish sauce
- Salt and pepper

For serving:

Cooked white rice, cilantro, chili oil, lime wedges

Directions

- 1 Heat 1 tablespoon neutral oil in a large pot over medium-high heat. Add mushrooms and cook, stirring often, 10–15 minutes until golden brown. Add salt and pepper. Transfer to a bowl.
- 2 Add 1 teaspoon of neutral oil to the pot and turn the heat to medium. Add lime leaves, galangal, lemongrass, and Thai chili peppers. Sizzle in the pot 1 minute until fragrant. Pour in 6 cups water and soy sauce. Bring to a boil. Reduce heat and simmer 20 minutes. Taste and season.
- 3 Use a slotted spoon to remove all of the solids from the pot. Discard the solids and return the broth to medium-high heat.
- 4 Add coconut milk, cooked mushrooms, and vegan fish sauce to the pot. Bring to a low boil, reduce heat, and simmer for 10 minutes. Taste and season.
- 5 Ladle tom kha into bowls and serve with cooked rice, fresh cilantro, lime wedge, and a drizzle of chili oil. Enjoy!

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