

# Volume 1

# The **ULTIMATE** plant-based Student Guide



Easy, cheap and healthy  
vegan recipes

by

**SUSTAIN**

and

 **enactus**

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# Preface

Animal agriculture is one of the leading causes of environmental degradation. Our demand for meat, fish, dairy and eggs are leading to increased emissions of greenhouse gasses, the destruction of biodiversity, water scarcity, and climate change.

The best way to tackle this is to incorporate more plant-based and vegan meals into our diets. Sometimes, making a simple switch can go a long way.

The purpose of this booklet is to provide students with simple, easy, healthy vegan recipes with the intent of making vegan meals more accessible to students.

Alongside the recipes are estimates for the water, land and greenhouse gas footprints of each meal. Each recipe is given as one serving and can be scaled up as desired. Water footprint refers to the amount of water in liters required to produce the ingredients. Land footprint denotes the amount of space needed in square meters to produce the ingredients. The carbon footprint expresses the amount of greenhouse gasses emitted by the production of the ingredients in kilograms of carbon dioxide equivalent.



# Breakfast

# Hash Browns



A true breakfast classic! Nothing starts a day better than a warm, crispy potato patty. They can be frozen and reheated.

Time required: 20minutes

Ingredients:

- 2 medium potatoes
- 2 tablespoons vegetable oil, olive oil, or vegan butter
- ¼ teaspoon of salt, or to taste
- 2 tablespoons of flour/starch
- Optional: soaked crushed flaxseeds
- Optional: grated vegan cheese

Recipe:

1. Microwave the whole potatoes for 2.5 minutes. Afterwards, place in cool water. Once cool, remove the skin and grate the potatoes into a bowl. Get rid of any excess water.
2. While heating a frying pan on medium-high heat, season the grated potatoes with salt. Feel free to get creative: add onion powder, garlic powder, black pepper, oregano, thyme, cayenne powder, or chives.
3. Mix in the flour to bind the hash brown. You could also add soaked crushed flaxseed or vegan cheese.
4. Form the grated potato into two disks. Place the oil in the frying pan and then place the disks. Pan fry on each side until golden brown and crispy. Serve alone or with beans, sausage alternative, or vegan sour cream.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
70	1	0.33

# Overnight Oats



A protein rich start to the day! This dish requires no cooking and only a jar. It is completely customizable to suit your taste.

Time required: 5 minutes + overnight

Ingredients:

- ¼ cup rolled oats
- ⅓ to ½ of a cup any plant milk
- 2 tablespoons of peanut butter
- Tablespoon of chia seeds
- Tablespoon of crushed flaxseed
- 1 teaspoon of maple syrup or sugar

Recipe:

1. Add all ingredients together in a sealable jar. Mix well with a spoon or by shaking. Leave in the fridge overnight.
2. Serve with fresh berries, sliced banana, jam, vegan yogurt or nuts.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
70	1.1	0.3

# Tofu Scramble



A plant-based twist on a breakfast staple.  
Best served with grilled tomatoes and  
avocado toast.

Time required: 10 minutes

Ingredients:

- ¼ block of tofu
- 1 tablespoon vegetable oil
- Half a teaspoon of turmeric powder
- ¼ teaspoon salt (or Black salt/Kala Namak)
- 1 tablespoon soy sauce

Recipe:

1. Into a hot frying pan, pour the vegetable oil. With your hands, scramble the tofu and dump into the pan
2. Stir the tofu, adding in the salt, soy sauce and turmeric. Use black salt for a more egg-like taste. Optionally, add in garlic powder, onion powder, cumin powder, green chillies, etc.
3. Garnish with chives and coriander. Serve with toast, grilled tomatoes, and avocado.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
30	0.8	0.15

Compared to scrambled eggs, scrambled tofu

- Uses almost 50% less water
- Requires nearly 50% less land
- Creates 40% fewer greenhouse gasses

# Pancakes



The Sunday morning special: pancakes.  
Enjoy one of life's greatest pleasures guilt  
free!

Time required: 20 minutes

Ingredients:

Dry:

- 1 cup of flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- Pinch of salt

Wet:

- 1 cup non-dairy milk
- 1 tablespoon white or apple cider vinegar
- 1 tablespoon oil or melted vegan butter
- ½ teaspoon vanilla extract
- Optional: soaked crushed flaxseed

Recipe:

1. Mix the dry ingredients in a bowl. Mix the wet ingredients in another bowl. Combine and set aside for 10m.
2. In a non-stick pan on medium heat, create a pancake of desired shape and size. Melt vegan butter or coconut oil around the sides of the pancake.
3. When bubbles have formed at the top, flip over the pancake with a spatula. The pancake should be golden brown at most.
4. Serve with jam, fresh fruit, or maple syrup.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
115	0.6	0.5

Compared to traditional pancakes, this recipe

- Uses 90% less water
- Requires 10% of the land
- Creates 30% fewer greenhouse gasses



# Main Meals

# Penne Arrabiatta



Spicy tomato pasta served with grilled eggplant. Three words: *to die for*.

Time required: 20 minutes

Ingredients:

- 100g of penne pasta
- 1 clove minced garlic
- ½ can crushed tomatoes
- 1 teaspoon dry oregano
- ½ teaspoon chilli flakes or cayenne powder
- 1 tablespoon olive oil
- Optional: 2 tablespoons (vegan) red wine

Recipe:

1. Boil the pasta in salted water for 1 minute less than instructed on the package
2. Meanwhile in a hot pan, add oil and garlic. Once the garlic has browned, add the oregano and chili. Once slightly fragrant, add the crushed tomatoes. Add red wine if desired.
3. After about 5 minutes when the sauce has reduced, add 2-3 tablespoons of the starchy pasta water.
4. Drain the pasta and add them into the sauce. The pasta should be slightly undercooked. Cook the pasta in the sauce for 1 minute.
5. Garnish with basil, vegan parmesan, olive oil, or green chillies.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
101	1.5	0.75

# Dhal and Rice



This is the perfect dish: cheap, easy, nutritious and good for the environment. This South-Asian lentil dish belongs in every student's diet.

Time required: 60 minutes

Ingredients:

- 100g red lentils (aka masoor dal) , rinsed and soaked
- 1 tsp turmeric powder
- ½ tablespoon oil or vegetable ghee/butter
- ½ teaspoon of whole cumin
- ½ crushed garlic clove
- ½ a small onion, diced
- ½ a chopped green chilli
- ½ garam masala
- Fresh coriander
- ⅓ cup of basmati rice (cook as per package instructions)

Recipe:

1. Place the lentils in a pot with around half a litre of water. Cover and bring to a boil and skim off any foam that appears on the water.
2. When boiling, add the turmeric. Turn down to medium heat and let simmer for around 30-40 minutes when the lentils break apart and become creamy.
3. In a hot frying pan or wok, add the oil, garlic, onion, chili, cumin and salt. Fry for about 5 minutes.
4. Pour the cooked lentils into the pan and add the garam masala. Simmer for around 5 minutes.
5. Serve with rice or flatbread and garnish with fresh coriander

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
197	1	0.3

# Black Bean Burritos



Beans, vegetables, and rice wrapped up in a tortilla. This dish is great eat on-the-go.

Time required: 20 minutes

Ingredients:

- ½ a can of black beans
- 3 tablespoons tomato puree/passata
- ¼ teaspoon of salt
- ¼ cup diced bell pepper
- ¼ teaspoon cumin powder
- ¼ teaspoon garlic powder
- 50g rice
- 2 tortilla wraps
- Fresh coriander
- Jalapenos
- Tomato salsa
- Guacamole

Recipe:

1. Cook the rice as instructed and set aside
2. In a hot pan, pour the oil. Add in the onions and cook until transparent. Then add in the red pepper, tomato puree, cumin powder, salt and garlic powder.
3. After the sauce deepens in colour (around 5 minutes later), add in the black beans. Cook with a lid for 10 minutes.
4. Lay a tortilla wrap on a plate. Spread vegan sour cream on top. Create a bed of 2-3 heaped tablespoons of rice in the middle of the wrap. Then lay 2-3 heaped tablespoons of beans on top of the rice. Top with fresh coriander, jalapenos and tomato salsa.
5. Wrap up the tortilla and grill on high heat to seal the edges. Serve hot with guacamole.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
223	1.62	0.46

Compared to traditional burrito, this recipe

- Uses 60% less water
- Requires 15% of the land
- Emits 50% fewer greenhouse gasses

# Vegetable Chow Mein



A well-rounded meal that tastes like nothing else. This dish is sure to provide variety to your diet.

Time required: 30 minutes

Ingredients:

Vegetables

- ½ cup chopped cabbage
- ¼ cup stripped carrots
- ¼ cup broccoli florets
- 1/4 cup sliced red pepper

Noodles:

- 100g noodles
- tablespoons soy sauce
- Tablespoons vegetable oil

Tofu:

- ½ a block tofu, cubed
- 1 tablespoon soy sauce
- 2 tablespoons flour or starch
- 1 tablespoon vegetable oil

Recipe:

1. Dry the tofu cubes by lightly salting them, adding 2 tablespoons of soy sauce and microwaving them for 3-4 minutes. Once relatively dry, mix the tofu with flour.
2. Pan-fry the tofu cubes with a tablespoon of oil until golden brown and crispy.
3. Stir fry the vegetables in the oil on high heat. Season them with salt. They should be crunchy but well cooked.
4. Pan-fry the noodles in 1 tablespoon of oil with soy sauce for 5 minutes.
5. Mix the vegetables and noodles together and serve with the tofu. Garnish with spring onion and sesame seeds.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
109	2	0.63

# Chickpea Curry



Beans, vegetables, and rice wrapped up in a tortilla. This dish is great eat on-the-go.

Time required: 20 minutes

Ingredients:

- Can of chickpeas
- 1 tablespoon oil
- Half a cup of tomato puree/passata
- ½ teaspoon cumin seeds
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon chilli powder/chilli flakes
- ⅔ teaspoon garam masala
- Chopped coriander to garnish

Recipe:

1. In a pot at medium heat, add oil, cumin, and chili. Then add tomato puree. Add onion and garlic powders and let the sauce deepen in colour for 5 minutes.
2. Drain and add the chickpeas, alongside half a cup of water. Salt as needed. Cover and let simmer for 20 minutes.
3. Mix in garam masala. Garnish with coriander. Serve with flatbread, rice or couscous.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
82	1.4	0.5

# Mushroom Fettuccini



This creamy pasta dish makes for perfect comfort food. It is packed with vitamins and minerals.

Time required: 20 minutes

Ingredients:

- 100g fettuccine, tagliatelle or spaghetti
- 1 cup sliced mushrooms
- 2 tablespoon oil or vegan butter
- 1 tablespoon wheat flour
- ½ cup cashew cream (blended equal parts cashew and water) or cream alternative
- 1 ½ cup spinach
- Optional: ½ cup grated vegan cheese

Recipe:

1. Cook pasta for 1 minute less than instructed by the package.
2. Sauté the mushrooms until golden brown in a tablespoon of oil and set aside. Wilt the spinach in the same pan and then set aside.
3. In a sauce pot on medium heat, add oil and flour. Toss the flour for a few seconds and add cream and ½ cup of water. Keep stirring. Salt as desired. Add plenty of black pepper. Optionally, add garlic powder, rosemary, or vegan cheese.
4. Add the mushrooms and spinach to the cream sauce. Add in the pasta. Cook for 1 minute. Serve with black pepper.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
269	1.7	0.44

# Falafel Burger



This fusion of Levantine and western styles is a healthy, filling burger that will make you forget about the meat!

Time required: 30 minutes

Ingredients:

- ½ can of chickpeas
- 1 clove garlic, crushed
- Juice of half a lemon
- ¼ teaspoon salt
- ¼ teaspoon cumin powder
- ½ red onion, finely chopped
- ¼ cup coriander
- ¼ cup parsley
- Bread bun

For tahini sauce:

- ½ tablespoon tahini
- 1 tablespoon water
- Pinch of salt
- ½ teaspoon chopped mint

Recipe:

1. In a food processor, create the dough by blending together the chickpeas, cumin, parsley, coriander, onion, lemon and pinch of salt. You can also mash them together with a potato masher. Alternatively, you could use falafel mix.
2. Form the dough into two patties. Coat the dough in breadcrumbs and pan fry until golden brown on both sides.
3. Create the tahini sauce by mixing tahini, water, salt, and mint in a bowl.
4. Assemble the burger by dressing the bun with tahini sauce. Lay the patty inside and with sliced tomato. Serve with salad.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
205	1	0.27

Compared to traditional beef burger, this recipe

- Uses 60% less water
- Requires 3% of the land
- Emits 400% fewer greenhouse gasses

# Peanut Stew



This wholesome stew comes from West Africa. Eat it with brown rice, quinoa, or even on its own!

Time required: 30 minutes

Ingredients:

- ½ chopped onion
- ½ can passata
- ½ can lentils or beans.
- 2 tablespoons peanut butter
- ½ teaspoon chilli powder
- 1 cup vegetable stock
- ½ cup cubed sweet potato
- 1 cup leafy greens of choice
- Tablespoon of roasted peanuts for garnish

Recipe:

1. In a saucepan on medium heat, add onions and cook until translucent. Then add tomatoes, chili, lentils, sweet potato, peanut butter, and vegetable stock.
2. Let simmer for 20 minutes until the oil from the peanut butter begins to pool to the top.
3. Mix in leafy greens and let them wilt.
4. Serve with brown rice, quinoa, or eat on its own. Garnish with coriander and roasted peanuts.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
160	1.2	0.51



# Chia Pudding



This healthy pudding is a blank canvas. Try anything: caramel almond, mango cardamom, or mixed berry.

Time required: 20 minutes

Ingredients:

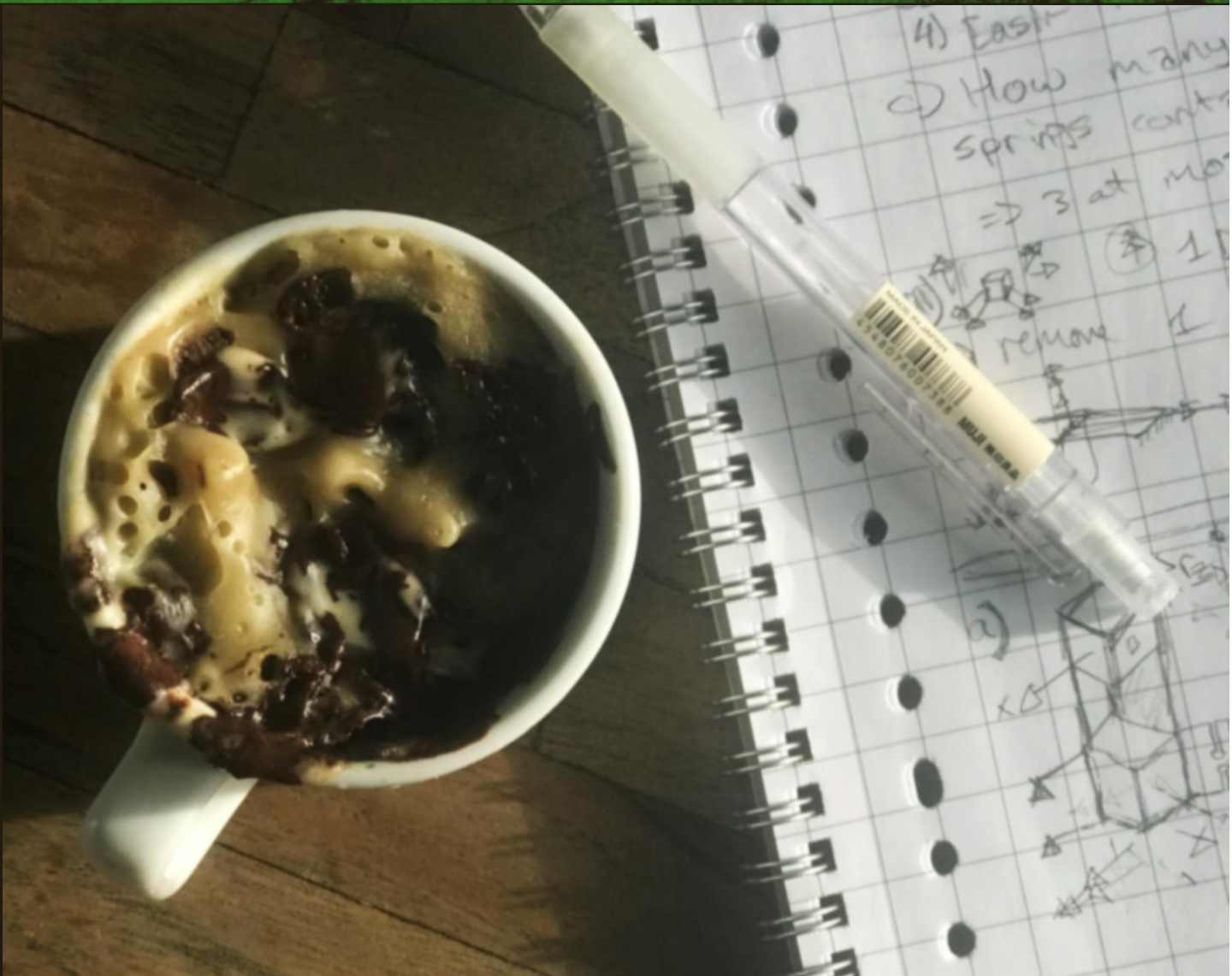
- 2 tablespoons chia seeds
- 4 Tablespoons milk or cream alternative
- 2 teaspoons sugar
- 1 drop vanilla essence

Recipe:

1. Thoroughly mix all ingredients and let chill in the fridge for 10-15 minutes.
2. Serve with fruit, caramel, or feel free to get creative.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
16	0.5	0.35

# Mug Cake



Craving cake but have too much work? Try out a mug-cake to satisfy your tastebuds.

Time required: 20 minutes

Ingredients:

- 4 tablespoons flour
- 3 tablespoons milk  
alternative
- 1 tsp vinegar or lemon  
juice
- 1 teaspoon baking  
powder
- 1 tablespoon oil
- 2 tablespoon sugar
- 1 tablespoon dark  
chocolate chips

Recipe:

1. Mix all the ingredients in a mug.
2. Microwave for 1:30-2:00 minutes

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
76	0.5	0.58

# Peach Cobbler



A perfect dessert for any season of the year. Top a bit of cinnamon for some extra flavour and serve with vegan ice cream.

Time required: 20 minutes

Ingredients:

Dry:

- Half a cup of flour
- 1 teaspoon baking powder
- Pinch of salt

Wet:

- 2 tablespoon melted vegan butter
- 3 tablespoon sugar
- 1 tablespoon milk alternative
- Half a peach

Recipe:

1. Create the dough by mixing the flour, meted vegan butter, sugar, baking powder, salt, and milk alternative.
2. Grease an oven- safe container and lay the peaches in. with a sprinkle of sugar.
3. Sprinkle the dough on top of the peaches. Bake at 170C for 20-25m.
4. Serve hot with ice cream with and a sprinkle of cinnamon.

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
110	0.5	0.52

# Sources

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