

Quick meals, Sandwiches and Wraps

* annotates items that do not require a microwave

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 or a vegan English Muffin. 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. Almost all (?!) canned crescent dough is vegan EXCEPT Aldi brand.

Breakfast sandwiches -Just Egg patties, vegan sausage patties, slice of vegan cheese, and biscuit. (Pillsbury Grands are vegan) or vegan english muffin and most bagels are vegan.

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.

-Can add gyoza (dumplings) like Nasoya tofu brand (one is Korean bbq and the other is tofu and vegetables. Air fry dumplings and add them to the soup. They don't stay crunchy but are yummy.

Thai Noodle Salad-This recipe is a batch cook recipe for 5 servings: <https://essycooks.com/thai-noodle-salad-mason-jar-meal-prep/#recipe>

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/>

Red Beans & Rice-Zatarans red beans & rice and many of their other box rices are accidentally vegan. Cook them and add some vegan chorizo or vegan sausage or vegan ground beef or even vegan ckn pieces and you get a quick, one pot meal.

Chinese Ckn-pan fry vegan chicken nuggets, add your favorite Chinese sauce like a Teriyaki or General Tsos, and saute just a minute in the sauce to sear the sauce onto the nuggets. Cook some frozen broccoli and serve all on a bed of rice.

Stir Fry- Stir fry using frozen stir fry veggies. Can add ready to eat smoked tofu cubes or cooked vegan ckn nuggets if desired. Make a sauce or use jarred sauce. Serve over rice.

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

*Hearty bean and/or veggie salads (several ideas here: <https://www.delishknowledge.com/vegan-no-cook-dinners/>)

***Black bean salad**- can of drained and rinsed black beans, a can of drained corn, chopped tomato, chopped onion, chopped pepper, Italian salad dressing. Chill. Eat cold as a side, on lettuce as a mixed greens salad, or in a pita as a handheld.

***Black bean taco salad** - Lettuce, black beans, seasoned rice, corn, peppers, salsa

***Marinated white bean salad** (serve on lettuce or in a pita)-
<https://www.delishknowledge.com/marinated-white-bean-salad/>

Pancakes-yes, for any meal! Add a side of fruit to round out the meal. See the frozen breakfast photo guide for frozen waffles and frozen French toast sticks that happen to be vegan!

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.

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

***Bento boxes** with veggies, vegan ranch and fried tofu cubes (there is a fried/ready to eat product in most mainstream stores by the tofu)

Mac – Chez-Vegan boxed mac and cheese with frozen peas (cook peas then mix in completed box mix) and/or chopped vegan hot dogs

Beanie weenie-can of vegan baked beans with chopped vegan hot dogs served in a bowl or over rice or with noodles, side of veggie. Or serve on toast for a twist on a British breakfast.

Wraps-(wraps, tortillas or pitas)

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 chicken 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

Wraps with hummus spread with lettuce and veggies and seitan.

Wrap with vegan ckn fingers (can do hummus or vegan mayo spreads) like a vegan Burger King wrap.

Wrap with baked tofu slices and the works (there are ready made baked tofu in the grocery store near the tofu or make your own-slice and bread as desired. Here is how to cook:

<https://happyherbivore.com/recipe/basic-baked-tofu/>



Burrito-just make sure the refried beans do not contain lard. Add chopped tomato and/or lettuce, sauteed onions, salsa or taco sauce, did I say tater tots??!!

Seitan sandwich (lots of vegan deli meats usually where stores sell refrigerated tofu). Vegan hot dogs or kraut dogs. Jackfruit BBQ sandwich..

38 vegan lunch ideas here: <https://www.eatingwell.com/gallery/11321/quick-healthy-vegan-lunch-ideas-for-work/>

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

BBQ-cook some Beyond steak in your favorite BBQ sauce, serve on bread or serve on a bed of rice.

BBQ meatballs-cook some vegan meatballs in your favorite BBQ sauce, (on the stove or in a crockpot) and serve on bread or serve on a bed of rice.

BBQ soy curls- Rehydrate desired amount of soy curls for 15 minutes in hot water, drain and squeeze the water out. Pan fry with BBQ sauce of choice. We usually serve on bread or buns, rice or quinoa with a side salad.



Morningstar riblet sandwich-with or without slaw on top!

Sandwiches

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

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

OR

<https://www.worldofvegan.com/artichoke-vegan-tuna-salad/>

-ckn salad sandwich (drain & tear tofu into strips, pan fry and then use your favorite recipe with the tofu)

-*seitan deli slices, lettuce, tomato etc veggies

-vegan hot dogs, vegan burgers, vegan ckn sandwiches

-accidently 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)

-*Peanut (nut/sunflower) butter and jelly

-MOST Uncrustables are vegan

-Avocado toast