



Plant-based Cooking on a Budget



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Cheap vegan staples

Ensuring that you always have the following in your cupboards, fridge or freezer will mean that you always have the tools to make some delicious vegan food.

- **Beans:** Red kidney beans, black beans, pinto beans, butter beans
- **Lentils:** Red split lentils, green lentils
- **Chickpeas**
- **Rice:** White rice is usually cheaper, but brown rice is higher in protein and fibre
- **Oats**
- **Dried pasta**
- **Peanut butter**



- **Plant milks** (soya, oat, almond, coconut, hazelnut, hemp, cashew)
- **Cans of chopped tomatoes**
- **Vegan margarine**
- **Oil** (olive, rapeseed, sunflower)
- **Potatoes**
- **Baked beans**
- **Pot of dried mixed herbs**
- **Jar of chilli powder**
- **Packet of mixed nuts**
- **Bag of frozen mixed vegetables**
- **Seeds** (such as chia, flax, sesame, pumpkin, sunflower)

Money-saving tips!

Make your own plant-milk!

The price of the majority of plant-milks these days is comparable to their animal-based counterparts. But some of the 'fancier' ones can be a bit on the pricier side, so save money by making them yourself. For nut milks, simply soak your nut of choice in water, overnight, and then blend with water and strain. The same process can be used for oat and soya milk, just make sure the soya beans are cooked.



Buy frozen fruit and vegetables!

Frozen produce keeps for longer than fresh. Despite being frozen, they will still contain all of the good stuff. Opting for dried beans and pulses will also save you money.



Take a trip to your local greengrocer!



Greengrocers are generally cheaper than supermarkets, and tend to have a wider range of local produce. This means you can help a local business, reduce your food miles and save money at the same time. In addition, items like curry pastes, spices, coconut milk and tofu can be cheaper if purchased from an international store.

If you can, why not grow your own?

This doesn't have to mean renting an allotment patch, or digging up your garden. This could simply mean growing some chillies or herbs on your windowsill.



Own-brand is cheaper!

Save money by opting for supermarket own-brand products over branded products. They are essentially the same thing so you will not be missing out on anything.

Simple Meal Ideas



Breakfast

Porridge

Recipe: Boil one cup of oats with two cups of soya or other plant milk (or water to make it cheaper), add fruit of your choice, cooked, top with a table spoon of peanut butter and a drizzle of maple syrup.

Toast

With jam, peanut butter, vegan margarine or Marmite.

Cereals

Cereals that are suitable for vegans include: Weetabix, Shreddies (even the chocolate ones!), many brands of cornflakes and Kellogg's Fruit 'n' Fibre. Most own-brand versions of these are vegan. Simply serve with a plant milk of choice.



Lunch

Baked beans on toast

Sandwiches

Suggested fillings: vegan sausages, vegan 'ham' / deli-style slices and vegan cheese, vegan cheese and pickle, hummus, peanut butter and jam. Serve with a side of fruit and nuts/seeds.



Roasted tofu salad

Recipe: Roast half a block of firm tofu in a roasting dish (topped with a drizzle of oil, salt and pepper), add to a base salad of your choice and top with your favourite dressing.



Dinner

Lentil & chickpea curry

Recipe: Fry a diced medium onion with a can of chickpeas and a can of lentils, add a can of chopped tomatoes and stir in 3 tablespoons of curry powder. Serve with rice.



Aubergine and mushroom pasta

Recipe: Chop up an aubergine and roast in the oven, fry up an onion and mushrooms, mix the roasted aubergine, onion and mushrooms together and add a jar of pasta sauce, mix the sauce mixture in with cooked pasta of your choice.

Bangers and mash

Recipe: Boil potatoes. Once cooked, mash with a knob of vegan butter and a dash of plant milk, serve with vegan sausages of your choice, with any vegetables you happen to have, and cover with vegan gravy.



New Foods To Try

If you switch to a meat-free diet, you may come across foods and ingredients in recipes that you haven't heard of, let alone tried, before. Don't be afraid! These are a few of our favourites:

Hummus

Most people will have tried hummus, but if you haven't, this Middle-Eastern purée, whose main ingredients are garlic and chickpeas, is highly nutritious, filling and delicious. Spread in sandwiches or on a baked potato, serve with carrot sticks and tortilla chips for the perfect nibbles or lunch at your desk. You can also use it to thicken and add flavour to pasta sauces and soups. It is widely available now; even garages and convenience shops stock it.



Meat Substitutes

Veggie burgers and sausages have been around for a while, but the range of 'mock meats' is much more extensive now. It includes veggie 'beef' chunks, meat-free 'chicken' strips and even veggie 'fishless fingers'. These products can replace their meaty counterparts in any meal and often pass the taste test with meat-eaters who can't tell the difference. Available in health food shops and larger supermarkets.



Soya Mince (TVP - Textured Vegetable Protein)

Soya mince is a great substitute for mince and can be used in the same way – in spaghetti bolognese, shepherd's pie or chilli. There are both frozen and dried versions (dried is cheaper) and it can be found in health food shops and supermarkets. It's a great source of low-fat protein.



Tofu

Just as a meat-eater wouldn't eat raw chicken breast, so tofu needs to be seasoned and cooked properly. It can be deep-fried, marinated and grilled, even crumbled and 'scrambled'. You'll find a myriad of suggestions online for using this incredibly versatile, protein-rich food.



Cheap & Nutritious Vegan Recipes



Lentil Dal - see page 12

Mixed bean chilli



Mixed bean chilli - Serves 4

Ingredients:

- 1 tbsp oil
- 1 medium onion (peeled and chopped)
- 1 green pepper (de-seeded and chopped)
- 2 garlic cloves (peeled and crushed)
- 1 red chilli (chopped finely) or 2 tsp of chilli powder (or more if you like it spicy)
- 1 tsp cumin powder
- 200g chickpeas (ready soaked and boiled or canned)
- 200g red kidney beans (ready soaked and boiled, or drained and rinsed if canned)
- 200g butter beans (ready soaked and boiled or drained and rinsed if canned)
- 200g black beans (ready soaked and boiled, or drained and rinsed if canned)
- 1 can (400g) chopped tomatoes

Method:

- 1) Fry the onion, green pepper, garlic, chilli and cumin in the oil in large saucepan for 5-10 minutes until the onion is brown, stir from time to time.
- 2) Stir in the beans and add the can of tomatoes, mix well and leave to simmer for 10 minutes.
- 3) Add some water if the vegetables are sticking to the pan.
- 4) Add salt and pepper to taste.

Serve with rice, baked potatoes or tortilla chips and top with vegan cheese.

Lentil dal



Lentil dahl - serves 4

Ingredients:

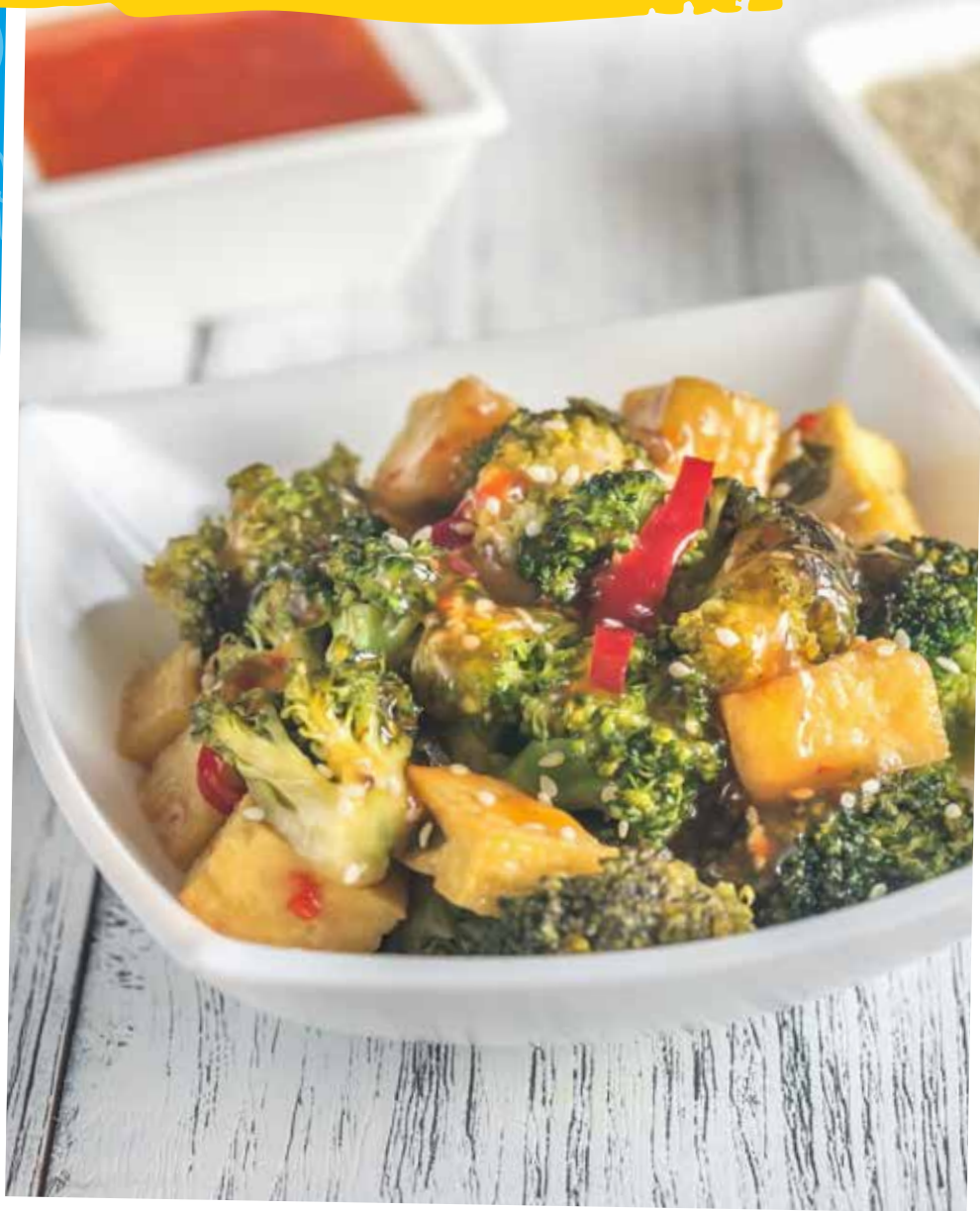
- 1 tbsp oil
- 400g cooked red lentils
- 1 onion (diced)
- 2 garlic cloves (crushed)
- ½ inch peeled ginger (chopped), or 1 tsp ground ginger
- 2 tsp garam masala
- 2 tsp cumin
- 2 tsp turmeric
- 1 can of chopped tomatoes
- 1 can of coconut milk
- 500ml vegetable stock

Method:

1. On a high heat, fry the onion, garlic and ginger in a little oil until the onion starts to brown.
2. Add the garam masala, cumin and turmeric and cook for a minute or two, stirring frequently.
3. Add the lentils, stock, tomatoes and coconut milk.
4. Reduce to a medium heat and simmer for 10 – 15 minutes, stirring occasionally. At this point you can add a handful of spinach if you would like.
5. Keep on the heat until the dahl is thick.

Serve with rice, chapattis or a green salad.

Sweet chilli tofu stir fry



Sweet chilli tofu stir fry - Serves 4

Ingredients:

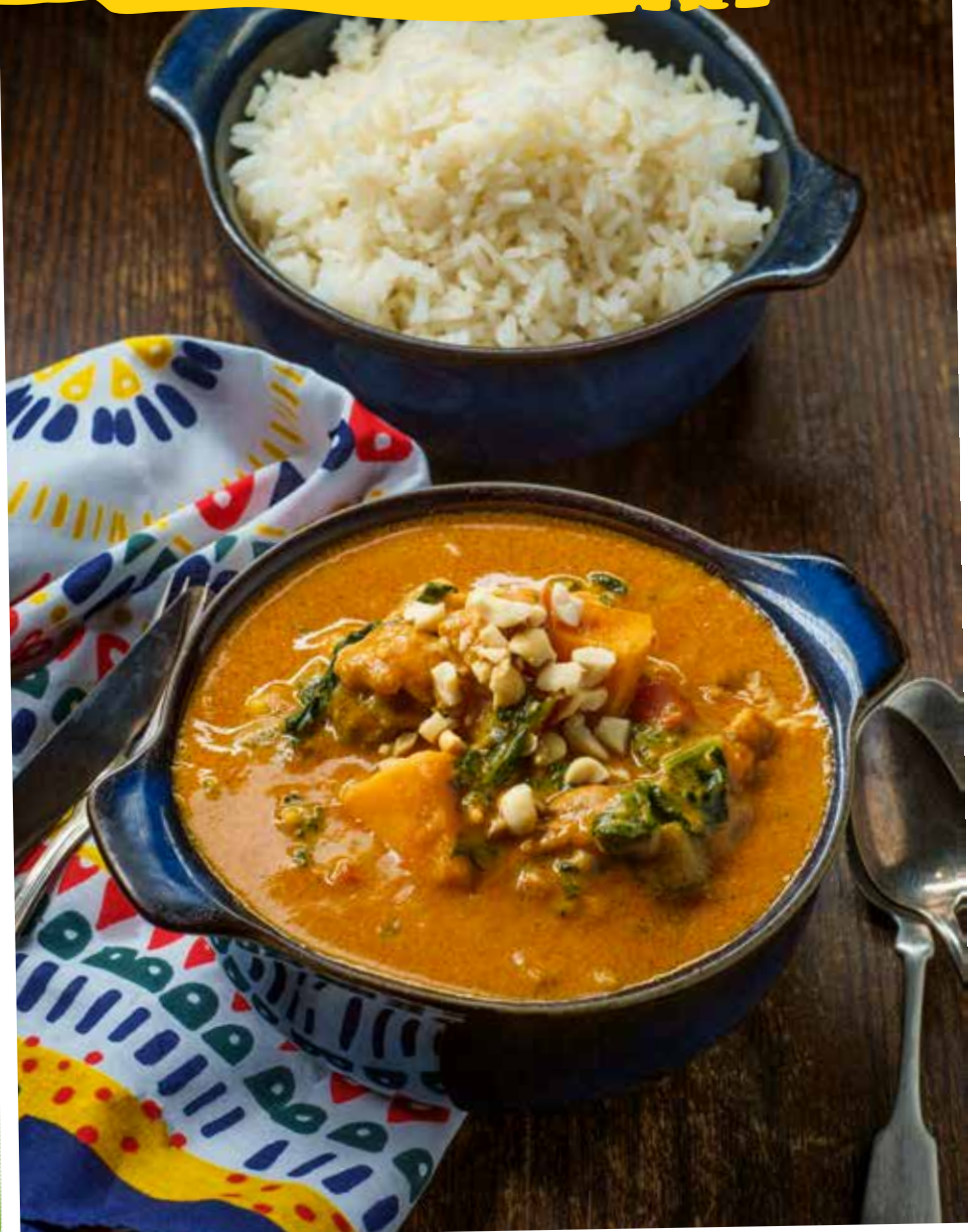
- 2 tbsp oil
- 1 block of firm tofu (drained, chopped into cubes)
- 1 garlic clove (peeled and crushed)
- 1 medium onion (peeled and sliced)
- 2 carrots (peeled and grated)
- 250g broccoli (cut into small florets, frozen can be used)
- 250g mushrooms (sliced)
- 3 tbsp soy sauce
- 1 jar of sweet chilli cooking sauce

Method:

1. Heat the oil in a large frying pan or wok.
2. Fry the tofu until golden brown and then remove from the pan and place on a sheet of kitchen roll.
3. In the same pan, add the onion, garlic, broccoli, soy sauce, mushrooms and carrot and fry for 10-15 minutes.
4. Add the tofu back to the pan, mix thoroughly and add the jar of sauce.
5. Heat through and serve.

Serve with rice or noodles.

West African stew



West african stew - Serves 4

Ingredients:

- 2 tbsp olive oil
- 2 medium onions (peeled and chopped)
- 2 yellow or red peppers (de-seeded and chopped)
- 4 cloves garlic (peeled and crushed)
- 4 tsp fresh ginger (peeled and grated)
- 2 chillies (de-seeded and finely chopped)
- 1 litre water
- 2 x 400g cans chopped tomatoes
- 2 medium sized potatoes, sweet potatoes work better but you can use any type of potato (peel and cut into ½” pieces)
- 3 tsp dried thyme
- 3 tsp ground cumin
- 300g crunchy peanut butter
- 150g shredded fresh spinach or 100g frozen spinach

Method:

1. In a large saucepan, heat the oil over a medium heat. Add garlic, ginger and chilli, and cook, stirring for 5 minutes.
2. Stir in the water, tomatoes, sweet potato, thyme and cumin and simmer over a medium heat for 25-30 minutes until the potatoes are tender, stirring occasionally. Add a little more water if the stew becomes too thick.
3. Add the peanut butter and stir until completely blended. Then stir in the spinach and return to a gentle simmer, stirring frequently.
4. When the spinach is cooked, remove from heat and serve.

Lentil & mushroom bolognese



Lentil & mushroom bolognese - Serves 4

Ingredients:

- 2 tbsp oil
- 400g lentils (dried)
- 250g mushrooms (chopped into small pieces)
- 1 onion (peeled and sliced)
- 2 garlic cloves (peeled and crushed)
- 1 tsp basil (fresh or dried)
- 1 tsp oregano (fresh or dried)
- 400g can of chopped tomatoes

*You could also add other vegetables including courgettes, carrots, sweetcorn or peppers.

Method:

1. Heat the oil in a large saucepan and fry the onion and garlic until brown.
2. Add the mushrooms and fry for a further 5 minutes.
3. Add the lentils and can of chopped tomatoes and top up with about 150ml of water.
4. Stir occasionally as the lentils absorb the water and add the basil, oregano, salt and pepper to taste.
5. Keep cooking and stirring, adding more water if the vegetables start to stick, until the lentils are fully cooked.

Serve with pasta of choice, garlic bread or a green salad and top with vegan cheese.

Smoky chickpea tacos



Smoky chickpea tacos - Serves 4

Ingredients:

- 800g of cooked chickpeas (or 2 cans)
- 1 tsp cumin
- 1 tsp paprika
- 1 tbsp smoked paprika
- ½ an onion (sliced)
- 1 red pepper (sliced)
- 200g sweetcorn (canned or cooked from frozen)
- 1 large ripe avocado* (cut into slices)
- 2 tsp olive oil
- Salsa
- Taco shells, or tortilla wraps for soft tacos

Method:

1. Ensure the chickpeas are cooked and drained (if using dried) or drained and rinsed (if using canned).
2. Heat up 1 tsp olive oil in a pan, on a medium heat.
3. Fry the chickpeas, adding the cumin, paprika and smoked paprika. Ensure the chickpeas are well coated in the spices.
4. In a separate pan, fry the red pepper slices and onion slices in the remaining olive oil until the onion starts to brown.
5. Assemble the tacos by filling each taco shell or tortilla with chickpeas, onion, red pepper, sweetcorn and avocado. Top with salsa.

* Check supermarket reduced sections for cheap and ripe avocados. You can also save money by buying frozen avocados, which are available in most supermarkets.

Homemade bean burgers



Homemade bean burgers - Serves 4

Ingredients:

- 400g cooked black beans (1 can)
- 400g cooked red kidney beans (1 can)
- 400g cooked chickpeas (1 can)
- 200g sweet corn (1 can)
- 3 tbsp oil
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder (or 1 finely diced clove)
- 2 tbsp of ground flaxseed
- Burger buns

Method:

1. If using dried beans and chickpeas, ensure they are soaked and cooked; if using canned, ensure they are drained and rinsed.
2. Mix the flaxseed with 3 tbsp of water and leave to one side.
3. If you have a food processor, place the beans, chickpeas, sweetcorn, garlic and spices in it and pulse.*
4. Add the flaxseed to the mix and process until the mixture binds together.
5. Make the mixture into patties – this mix should make at least 6 medium sized patties.
6. Heat the oil in a pan and fry the patties for around 7 minutes on each side (until crispy). You can also bake the patties in the oven: simply place on a baking tray and drizzle the oil over.
7. Serve in the burger buns.

Serve with chips, potato wedges or a green salad and condiments of choice.

** If you do not have a food processor, you can simply mash the ingredients together using a potato masher and stir in the flaxseed mix. Just ensure the mixture is well combined.*

Why vegan?

Across the globe, veganism is booming! Politicians, celebrities, athletes and people just like you are adopting a plant-based diet as a healthier and kinder way of eating. As a result, the range of vegan products available in supermarkets, cafés, restaurants, coffee shops and even local convenience stores is growing all the time!



But why should you consider going vegan?

It's good for animals!

In the UK alone, over **1 billion animals are slaughtered for consumption every year** – and that figure doesn't include fish! This is a staggering statistic, and is only made worse when you realise where these animals spend their short lives.



The majority of animals, in the UK and globally, are farmed in intensive factory farms where they are tightly packed into sheds or cages, resulting in suffering on a level that we can only imagine. Animal Aid investigations into British farms have found animals suffering from seemingly untreated wounds; animals

subjected to mutilations such as de-beaking and tail docking; sick animals left without veterinary help; and dead animals left to rot around their peers. We have even uncovered horrific suffering on so-called 'high-welfare' or 'free-range' farms.



And no matter how the animals are raised, they all reach a bloody end at the slaughterhouse. Animal Aid has filmed secretly inside 16 slaughterhouses and found widespread cruelty and flouting of animal protection laws in almost all of them. We filmed animals being kicked, stamped on, burnt with cigarettes, having their throats hacked at with blunt knives whilst fully conscious, and picked up by their fleeces or ears and thrown. Widespread incompetence and animals being improperly stunned before having their throats cut were also captured on our cameras.

The slaughterhouses that we have investigated range from conventional, to non-stun, to small family-owned operations, and also include RSPCA-Assured and Soil Association certified establishments. All slaughter – whether conventional, organic, 'high-welfare' or non-stun – causes terrible suffering and is completely unnecessary.

See more about Animal Aid's undercover investigations by visiting:
www.animalaid.org.uk

It saves the planet!

Animal farming is one of the leading causes of greenhouse gas emissions, deforestation, water scarcity and water pollution around the world.

Methane, which has the potential to warm the Earth 23 times quicker per tonne than carbon dioxide, is produced during the digestive processes of sheep, cows and other ruminants and is released from the untreated manure.

The United Nations estimates that animal farming is responsible for 14.5% of all greenhouse gas emissions – more than all motorised transport, which includes cars, planes, ships and trucks – combined.



Animal products are also a waste of resources; it takes 1,000 litres of water to produce a single beef burger, compared to just 167 litres to produce a soya-based alternative. In addition, dairy farming is the biggest cause of water pollution in the UK. Also, large areas of natural rainforest are currently being destroyed to grow feed and provide grazing for farmed animals. 70% of existing agricultural land in industrialised countries is devoted to growing food for farmed animals. In fact, farmed animals are fed as much as half of the world's harvest.

It's healthy!

“With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.” – *NHS Live Well guide*

A plant-based diet is naturally low in saturated fat and cholesterol, and high in vitamins, minerals and fibre. Studies also show that vegans suffer lower rates of obesity, heart disease, diabetes and certain types of cancer.

In fact, a study of more than 50 million people led the World Cancer Research Fund to assert that there is ‘no safe limit’ for processed red meat, meaning even a tiny consumption of processed red meats – such as bacon and sausages – can result in an increased risk of bowel and colorectal cancer of up to 40%.

In contrast, other studies have found that those following a plant-based, vegan diet have lower risks of developing certain types of cancer – including those mentioned above – as well as diabetes and heart disease.

A well-planned plant-based diet is supported not only by the NHS, but also by the British Dietetics Association and similar organisations around the world, as being a healthy way of living.

It's no wonder that athletes, including some of the most renowned boxers, footballers, runners and strength athletes, are seeing the benefits of a plant-based diet.



Fiona Oakes



Hector Bellerin



Lewis Hamilton

About Animal Aid



Animal Aid campaigns peacefully against all forms of animal abuse and promotes a cruelty-free lifestyle. We investigate and expose animal cruelty, and our undercover investigations and other evidence are often used by the media, bringing these issues to public attention.

Our work includes:

- **Exposing the plight of animals** through undercover investigations.
- **Supporting people to adopt a cruelty-free diet** with our information packs, recipes and campaigns.
- **Political lobbying** to ensure animals have a voice in the corridors of power.
- **Working with companies to increase the number of plant-based options** available.
- **Sponsoring and supporting vegan fairs** all over the country. To find out about vegan events in your area, please visit: www.animalaid.org.uk/go/events
- **Educating the next generation to be compassionate to animals** through our school speaker programme. To find out more, please visit: www.animalaid.org.uk/education



SHOP

We also have an online shop selling vegan, cruelty-free goods to support our work. Order a catalogue or browse online www.animalaidshop.org.uk

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