



VEGANUARY 

# VEGANUARY'S BUDGET MEAL PLAN



Prices are from the cheapest versions of the most appropriate products, available online from Kroger in December 2020. The cost is just for the ingredients, and does not include the cost of cooking.



# **BREAKFAST**

## **7 DAYS OF RECIPES TO GET YOUR MORNING OFF TO A FLYING START**

Many unbranded breakfast cereals are both vegan and low-cost, and they make a quick and easy breakfast when teamed with plant-based milk (again, buy unbranded to save money or, if you have time, it is quite easy and very cheap to make your own). And toast is always a good option. Most breads are vegan, and many brands of spread like Country Crock Plant-Based and Miyoko's are also vegan. So, go ahead and add your preferred toast topping - perhaps, jam or nut butter - for a classic, easy and low-cost start to the day.

But if you're looking for something a little different, these are some of our favorite ways to start the day...





# APPLE PANCAKES

**MAKES 4 PANCAKES, SERVES 2**

## INGREDIENTS

1 large apple, peeled, cored, and finely grated

1 heaping cup plain flour

1 tsp salt

1/8 cup sugar\*

1/2 tsp cinnamon

1 scant cup soy milk

1 1/3 cup frozen berries

A little sunflower oil

## METHOD

1. If the apple is grated so finely it almost forms a paste, great! If it is more coarsely grated, put into a pan over a low heat and warm it up until it forms a smooth paste.
2. In a large bowl, mix the flour, salt, sugar and cinnamon, then add the apple paste. Stir well.
3. Add the plant milk, a little at a time until you get a thick, smooth batter.
4. Heat a frying pan over a medium-high heat, and when hot, add half a cup of the batter mix, turning the pan so the pancake spreads and thins out a little.
5. Cook until the bubbles on the surface of the pancake do not close again when they pop. Then turn it over, and cook until the bottom of the pancake has colored nicely.
6. This should make four pancakes. When all the pancakes are cooked, pan fry some frozen berries until they are defrosted and warmed through.



# BANANA BREAKFAST MUFFINS

**MAKES 12 MUFFINS**

## INGREDIENTS

- 2 tbsp ground flaxseed
- 1/3 cup sunflower oil
- 1 1/3 cups plain wholewheat flour
- 3/4 cup self-rising flour
- 1 tsp baking powder
- 1/2 cup sugar
- 3 ripe medium bananas
- 1/2 cup plant-based milk
- 1 tsp vanilla extract

## METHOD

1. Heat the oven to 365F.
2. Mix the flaxseed with 6 tbsp warm water and set aside until it becomes jelly-like.
3. In a bowl, combine the wholewheat flour, self-rising flour, baking powder and sugar.
4. In a separate bowl, mash the bananas, and mix them well with the plant milk and vanilla extract. Then mix in the flax mixture.
5. Add the wet ingredients to the dry ingredients, and combine but do not over-mix.
6. Spoon the mixture into muffin cases, and bake for 18-22 minutes or until a skewer comes out clean.

# OVERNIGHT OATS

**SERVES 1**

## INGREDIENTS

- 1/2 cup oats
- Pinch cinnamon
- Pinch salt
- 1/2 tbsp peanut butter
- 2 tbsp plant-based yogurt
- 1/3 cup mixed frozen berries
- 1 tbsp maple syrup

## METHOD

1. The night before you want to eat it, add 1/2 cup of water to your oats, and stir in the cinnamon and salt. Stir in the peanut butter.
2. Take the berries out of the freezer to defrost.
3. When you're ready to eat, loosen the mixture with a little more water (or you can use plant-based milk). Top with some yogurt, the berries and a drizzle of syrup.





# BREAKFAST BERRY SMOOTHIE

**SERVES 1**

## INGREDIENTS

- 1 ¼ cup plant-based milk
- ½ cup frozen berries
- 1 banana
- 2 tbsp dairy-free yogurt

## METHOD

1. Put everything into a blender and blitz until smooth.

# SPICED APPLE OATMEAL

**SERVES 1**

## INGREDIENTS

- 1 cup oats
- 1 ¼ cup plant-based milk
- 1 apple
- ½ tsp cinnamon
- Pinch nutmeg
- A little water
- (Optional toppings: a sprinkle of sugar, a drizzle of maple syrup, some chopped nuts, or seeds)

## METHOD

1. Place a saucepan on a low-medium heat and add the oats, milk, and spices.
2. Wash the apple and grate it, then add it straight to the oat mix on the burner.
3. Stir the oats while it cooks to ensure you get a nice creamy oatmeal and add a little water if you prefer it a little thinner.
4. Cook for 15-20 minutes and serve with any toppings you may like.





# HOMEMADE MUESLI

**SERVES 6**

## INGREDIENTS

- 1.5 cups rolled oats
- 3.5 oz bran flakes, crushed
- 2.5 oz of rye flakes
- 1.75 oz hazelnuts, crushed
- 1/3 cup raisins
- 1/3 cup chopped apricots
- 2 tbsp pumpkin seeds

## METHOD

1. Heat the oven to 320F.
2. On a baking tray, mix together the oats, bran flakes, rye flakes and nuts. Toast in the oven for 12-15 minutes, shaking the tray halfway through.
3. Remove from the oven and let cool for 10 minutes, then mix in the raisins, apricots and seeds.





# BANANA, RAISIN AND WALNUT LOAF

**SERVES 4**

## INGREDIENTS

- 1.5 cups self-rising flour
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp grated nutmeg
- ½ tsp of baking powder
- 4 Tbsp dairy-free margarine
- ½ cup soft light brown sugar
- ¾ cup mashed ripe bananas
- ¼ cup chopped walnut pieces
- ¼ cup raisins
- ½ cup plant-based milk

## METHOD

1. Heat oven to 350F.
2. Line a 1lb loaf tin with non-stick baking parchment.
3. Sift together the flour, ground cinnamon, ginger, nutmeg, baking powder in a large mixing bowl.
4. Rub in the dairy-free margarine until you have a consistency of fine breadcrumbs.
5. Add the sugar, bananas, chopped walnuts, and raisins. Stir well.
6. Gradually add the plant-based milk a little at a time until you have a soft dropping consistency, the exact amount needed will depend on the ripeness of the bananas.
7. Spoon into the tin and level the surface. Bake in the oven for 1¼ to 1½ hours or until golden, firm to touch and a skewer inserted into the middle comes out clean. Cover with foil if the loaf is browning too much during cooking.
8. Leave to cool in the tin then turn out onto a wire rack to finish cooling.





# LUNCH

From fail-safe classics to something a bit different, all our top picks for lunchtime meals are tasty, no-fuss, and easy to make. And most can be wrapped up for a packed lunch, too.







# LEEK AND POTATO SOUP

**SERVES 4**

## INGREDIENTS

- 1 tbsp vegetable oil
- 2 large leeks, cleaned and sliced
- ½ lb. potatoes, peeled and chopped
- 2 vegetable stock cubes
- 4 cups water
- Salt and pepper to taste

## METHOD

1. Heat the oil in a pan, and add the leeks and potatoes. Cook for 3-4 minutes.
2. Add the water and bring to a boil. Add the stock cubes. Cover with a lid and let simmer for 10-15 minutes, until the potatoes have softened.
3. Remove from the heat and blend. Season to taste.



# JERK CAULIFLOWER WRAP

**SERVES 4**

## INGREDIENTS

- 1 small cauliflower, broken into florets
- 1 tbsp jerk seasoning
- 2 tbsp oil
- 2 spring onions, finely chopped
- 2 tbsp vegan mayonnaise
- 2 wholewheat wraps

## METHOD

1. Heat the oven to 350F.
2. Cover the cauliflower florets with the oil and roast in the oven for 20 minutes.
3. Remove from the oven carefully and coat the cauliflower in the jerk seasoning, then return to the oven for 10 minutes,
4. Remove from the oven and allow to cool a little.
5. Combine with the onions and vegan mayonnaise, then load into a wrap.

# PITA BREAD PIZZA

**SERVES 1**

## INGREDIENTS

- 1 pita bread
  - 2 tbsp pasta sauce
  - 2 tbsp fresh basil, chopped
  - 1 medium tomato, sliced
  - 2 tbsp grated dairy-free cheese
- Add the toppings of your choice, but we have priced for those mentioned above.*

## METHOD

1. Heat the oven to 350F.
2. Spread the pasta sauce on the pita bread, load with the toppings and cover with cheese.
3. Cook for 8 minutes.



# BEANS ON TOAST

**SERVES 1**

## INGREDIENTS

2 slices whole wheat bread

2 Tbsp dairy-free butter

7oz. baked beans

## METHOD

1. You know what to do! Toast the bread, and cover with dairy-free butter.
2. Meanwhile, heat the beans in a pan. When warmed through, pour over the toast.

# SPICY BEAN SALAD

**SERVES 1**

## INGREDIENTS

½ cup kidney beans

½ cup chickpeas

3.5 oz. sweetcorn,

frozen or canned

3 spring onions, peeled

and finely chopped

1 red or green pepper

1 clove garlic, peeled

and crushed

1 ½ tsp cumin

1 tsp chili powder (optional)

2 tbsp lemon or lime juice

(bottled or fresh)

2 tbsp olive oil

Salt and pepper to taste

## METHOD

1. Rinse and drain the beans and defrost the sweetcorn if using frozen.
2. Mix all the ingredients together.





# CURRIED CHICKPEA SANDWICH

**SERVES 2**

## INGREDIENTS

1 oz golden raisins  
1 medium red onion,  
peeled and finely chopped  
1 tbsp sunflower oil  
15 oz. can chickpeas,  
drained and rinsed  
1 clove garlic, peeled  
and crushed  
2 tsp curry powder  
5 Tbsp vegan mayonnaise  
1 T plain plant-based yogurt  
1 tbsp mango chutney  
Salt and pepper  
4 slices of bread, or 2 slices if  
serving as an open sandwich

## METHOD

1. Soak the golden raisins in hot water for 10 minutes, drain and then set aside.
2. Fry the onion gently in the oil until softened.
3. Add the chickpeas, garlic, and curry powder, and cook for another 4-5 minutes, stirring every now and then.
4. Stir in the golden raisins, remove from the heat and allow to cool.
5. Lightly mash the chickpeas so some are crushed and some remain whole. Stir in the mayonnaise, yogurt, and mango chutney. Season to taste.
6. Serve in a sandwich.





# BRITISH-STYLE SAUSAGE ROLLS

**MAKES SIX (EACH ABOUT 6 INCHES LONG)**

## INGREDIENTS

12-13oz. package vegan sausages, defrosted if bought frozen

1 apple, grated (optional)

1 clove garlic, crushed

Salt and pepper to taste

1 x 17.3 oz. package vegan puff pastry

1 tbsp plant-based milk

## METHOD

1. Heat the oven to 390F.
2. Place the sausages, apple and garlic into a blender and blitz.
3. If the pastry is in a block, roll it out on a lightly floured board – so it doesn't stick – to an oblong about 12 x 15 in. Then cut into three.
4. Place the sausage mixture in a long strip down the middle of each piece, then roll it up tightly, pressing to seal the pastry ends together. Cut them in half to make six pieces.
5. Place on a baking tray with the fold underneath and brush the top lightly with milk.
6. Bake for 20 minutes.





# DINNER

These tried-and-tested flavor-packed meals are sure-fire winners with the whole family, and they just happen to be budget recipes, too. These are hearty, filling, and nutritious dinners, as well as being very tasty.





# BLACK BEAN BURGERS WITH POTATO SALAD

**SERVES 2**

## INGREDIENTS

- 1 large onion, peeled and finely diced
  - 3 tbsp sunflower oil, divided in half
  - 2 cloves garlic, peeled and crushed
  - 1 medium carrot, grated
  - 1 tsp chili powder
  - 1 tsp smoked paprika
  - 2 tbsp peanut butter
  - ½ of a 15 oz. can black beans, drained, rinsed and mashed with a fork
  - ½ cup oats
- For the potato salad:
- 1 large potato (any will be fine)
  - ½ small red onion, peeled and finely diced
  - 1 tbsp capers
  - 3 tbsp vegan mayonnaise

## METHOD

1. To make the burgers, fry the onion gently in half the oil for 8-10 minutes until softened. Then add the garlic, spices and grated carrot to the pan. Cook for another 2-3 minutes, stirring.
2. Add the peanut butter, and stir until it is combined.
3. Remove from the heat and mix in the mashed beans and the oats to form a thick paste.
4. Divide the mixture into four, and shape four burgers with your hands.
5. Heat the remaining oil in a frying pan, and fry the burgers for about 3-4 minutes on each side.
6. To make the potato salad, cut the potatoes into bite-sized pieces and boil them in water until just soft. Remove from the heat and allow to cool completely.
7. Mix with the red onion, capers and vegan mayonnaise.



# SWEET POTATO AND RED LENTIL CHILI

**SERVES 4**

## INGREDIENTS

1 onion, peeled diced  
2 tbsp sunflower oil  
1 red pepper, seeded and diced  
2 medium sweet potatoes, peeled and chopped into bite-size pieces  
2 cloves garlic, minced  
2 tsp chili powder  
1 tsp cumin  
1 tsp oregano  
1 tsp paprika  
(or use one pack of chili spice mix instead of these spices)  
1 can chopped tomatoes  
1 can kidney beans, drained and rinsed  
1.5 cups water  
¼ cup red lentils, rinsed  
Salt and pepper to taste

## METHOD

1. Fry the onion gently in the oil for about 5-8 minutes until softening.
2. Add the red pepper, sweet potatoes and garlic, and cook for another minute or two, stirring.
3. Add the spices, coating the vegetables in them, then add the tomatoes, kidney beans and the water. Season to taste. Bring to a boil.
4. When boiling, add the red lentils, cover, and reduce the heat. Allow it to simmer for 15 - 20 minutes, until the potatoes and lentils are cooked through, stirring every now and then, and adding a little more water if it starts to dry out.







# SPAGHETTI BOLOGNESE

**SERVES 4**

## INGREDIENTS

2 tbsp sunflower oil  
1 onion, finely chopped  
1 stick of celery, finely chopped  
2 cups mushrooms, finely chopped  
2 garlic cloves, crushed  
12 oz. frozen meatless crumbles  
OR one 14 oz can brown lentils, drained and rinsed  
14 oz can chopped tomatoes  
2 tbsp tomato ketchup  
1 tsp dried oregano  
1 tsp dried marjoram  
6.75 oz vegetable stock  
12 oz spaghetti

## METHOD

1. Heat the oil in a pan and fry the onion and celery gently for five minutes. Add the mushrooms and garlic, and fry for 2-3 minutes more.
2. Stir in the meatless crumbles or lentils, and add the tomatoes, tomato ketchup, dried herbs and stock. Bring to a boil.
3. Cover, reduce the heat and let simmer gently for a further 8-10 minutes while you cook the spaghetti.





# ROOT VEGETABLE STEW WITH HERBY DUMPLINGS

**SERVES 4**

## INGREDIENTS

For the dumplings:

1 cup self-rising flour

2 tbsp chopped fresh parsley

4 tbsp vegan butter

Black pepper to taste

(optional ½ cup vegan cheese, grated)

For the stew:

2 medium onions, peeled and roughly chopped

2 cloves garlic, peeled and crushed

2.5 cups mushrooms, chopped

1 ¾ lb root vegetables and / or butternut squash

18.5 oz. vegetable stock

(or 12.5 oz. stock and 6 oz red wine / cider)

1 bay leaf

2 tbsp cornstarch

## METHOD

1. Make the dumplings by mixing the ingredients together and adding just one tablespoon of water to bring the mixture together in a soft dough.
2. Gently form into about 12 dumplings and set aside.
3. Now, make the stew. In a large pan, fry the onions in the oil until softened.
4. Add in the mushrooms and garlic and cook for another 3-4 minutes.
5. Add the vegetables and cook for another 4 minutes, turning them over every now and then.
6. Add the stock (and the wine or cider if using) and the bay leaf.
7. Bring to a boil and let the stew bubble away for 5 minutes.
8. In a small dish, dissolve the cornflour in 2 T cold water, and stir it into the stew to thicken it.
9. As soon as it has thickened, place the dumplings into the stew so that they are three-quarters submerged. Cover the pan with a lid, and let simmer for 15 minutes.





# ONE-POT SPAGHETTI

**SERVES 4**

The key to this is to measure the water carefully, and to use a shallow pan large enough to fit the spaghetti laying down in the bottom. If you do this, it will work like magic!

## INGREDIENTS

16oz. spaghetti

3 fresh tomatoes, roughly chopped

Zest of 1 lemon

6 Tbsp + 2 tsp oil

1 tsp salt

12 oz. kale or spinach, stalks removed

4 ½ cups boiling water

## METHOD

1. Boil the kettle so you have hot water ready.
2. Put the pasta and tomatoes into a pan, and add the lemon zest, oil and salt.
3. Add the 4 ½ cups of boiling water, cover with a lid, and bring to the boil.
4. As soon as it boils, remove the lid and simmer on a high heat for 6 minutes, turning the spaghetti over every 30 seconds with tongs
5. Add the kale or spinach to the pan, and cook for another 2 minutes.
6. Once almost all the water has evaporated, remove from the heat, season to taste, and serve.



# SHEPHERD'S PIE

**SERVES 4**

## INGREDIENTS

2.5 lb potatoes, peeled and chopped  
1 tbsp vegan butter  
2 tbsp oil  
2 medium onions, peeled and chopped  
4 stalks celery, chopped  
2 cloves garlic, peeled and crushed  
2 large carrots, scrubbed and chopped  
2 cups mushrooms  
1 tbsp plain flour  
1 tsp mixed herbs  
16 oz stock  
1 tbsp tomato puree  
14 oz green or brown lentils (canned or, if using dried, pre-soaked)  
Salt and pepper to taste

## METHOD

1. Boil the potatoes until soft. Remove from the heat, drain and mash with the vegan butter and set aside.
2. Meanwhile, fry the onions in the oil until they start to become translucent.
3. Add the garlic and celery, and cook for another minute, then add the mushrooms and carrots and cook stirring for 10 minutes, stirring to prevent sticking.
4. Add the plain flour, and turn the vegetables over in it to coat them.
5. Add the herbs, stock and tomato puree. Then the lentils, and bring to the boil.
6. Reduce the heat and let simmer for 15 minutes, checking to ensure it doesn't stick.
7. Remove from the heat, season to taste, then spoon into a baking dish. Spread the mashed potato over the top and bake in the oven for 20-30 minutes or until the top has browned.



# DHAL AND RICE

**SERVES 4**

A simple, tasty dish that allows for many adaptations.

You can add fresh grated ginger when you add the garlic,

or kidney beans towards the end of the cooking time. Stir in

spinach or add a little creamed coconut at the end to help thicken it up.

Increase the heat by adding more chili, or serve it with fresh green chilies on top.

## INGREDIENTS

2 tbsp sunflower oil

1 onion, peeled and finely chopped

2 cloves garlic, peeled and crushed

1 tsp chili flakes

1 tsp salt

2 cups dried red lentils, rinsed

½ tsp turmeric

2 cups basmati rice

Salt and pepper to taste

## METHOD

1. In a small pan, fry the onion in the oil until soft and translucent. Add the garlic and the chilli flakes and cook for another 2-3 minutes. Then set aside.
2. Bring a pan of salted water to a boil, and add the lentils and the turmeric. Allow to cook uncovered for 20-25 minutes until the lentils have all but lost their shape.
3. Meanwhile, cook the rice as per the pack's instructions.
4. When the lentils are cooked, drain the liquid from them a little at a time through a sieve, stopping to assess how thin or thick the dhal will be. Some people prefer it soupy; others like it more solid. Retain enough water to make it the consistency you like.
5. Then stir in the fried onions and season to taste. Serve with rice.



# YOU GOT THIS!



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