

# The Frugal Vegan



**Meal Planning Tips, Articles, and Recipes for the Budget Conscious Vegan**

**A Special Report  
by  
LaTara Ham-Ying  
Vegan Family Living  
<http://www.veganfamilyliving.com>**

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## The Wonders of Leftovers

What do you do when a meal is finished? Most of us wash the dishes and wrap up the leftovers; but what happens to the leftover portions not eaten? Do they get consumed later or do they sit in the refrigerator until they start to smell and you finally throw them out? If you tend to do the latter, how about saving some time and money by learning how to use those leftovers in new ways to surprise your family at dinner time.

There are some people who like leftovers and there are some who do not. For those who don't like leftovers, there is a way to fix the problem.

Let's start with an example.

You prepare a tacos and rice for dinner one night. The family wants something else for dinner the following night so the taco meat gets pushed to the back of the refrigerator. Normally, that's where it will stay until you clean out the fridge, right? Not anymore.

There is something you can do to save the leftover taco meat made with a vegan alternative like Boca crumbles.

Try other recipes or ideas for that meat. Your family doesn't have to eat the taco meat as is. You can think of some creative ways to prepare it so that it is actually consumed by your family and not the garbage dump.

Now you're probably thinking, ok that's great, but what do I do with it now?

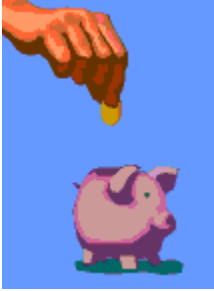
There are many things that you can do with the left over taco meat. Try making sloppy joes or spaghetti. You can even add some beans, chopped peppers and tomatoes, and sauce to create a pot of chili.

Enchiladas come to mind; or burritos loaded with vegetables.

These are just a few ways that leftovers can be turned into a new dish with a different flavor. The same can also be done using just any leftover vegan meat, like tvp.

Using a little leftover magic can make one meal last for two, three, or even four more days. But, you don't have to eat it all in the same week. Fix a new meal with the leftovers and freeze it until you are ready to have that particular meat again. On that day, dinner will already be made, all you'll need to do is heat it up. Yes, it really can be just that simple.

Your family will be amazed at your ability to transform any meal into a new creation they will enjoy. Besides that, you will save money on your grocery bill and won't be throwing it away in the trash can as spoiled leftovers. Try these and similar ideas to expand your family's palate.



## Frugal Tips

### **A Few Vegan Foods You Can Plan Leftovers With**

**Beans** – make a whole bag of them and use them in two or three meals for the week. You can make beans and rice, tacos, or burgers

**Tofu** – cut it up, marinate it and use it for a few meals

**Brown Rice** – you made a three cups worth and the kids missed dinner because of practice. Use that rice again another night. Some cooking ideas: rice and broccoli bake, bean burritos (remember those left over beans. Just mash them, season and make some tasty burritos), fried rice ( use that left over tofu)

**Vegetables** – you cut up too many carrots, celery and other veggies for your homemade vegetable broth. Take those vegetables and make a stew with TVP, seitan, or gluten. Or try some veggie burritos. Or make a quick dip and serve them as a special appetizer.

## **Veggie Burrito Recipe**

### **Ingredients**

1 red bell pepper, sliced  
1 green bell pepper, sliced  
3 cloves garlic minced or chopped  
1 medium white onion  
1 pk white button mushrooms  
1 8 oz can tomato paste  
1 tbsp mole  
1 tbsp chili powder  
1/2 tsp sea salt  
2 cups black or brown rice  
2 tbsp coconut oil  
12 flour tortillas

### **Directions**

Heat coconut oil in a pan. Add onions and garlic and sauté for 3 to 5 minutes. Add tomato paste and mole with. Mix well. Add remaining ingredients, mix. Simmer for 5 to minutes on low heat. Fix and Serve just as you would a burrito.

## 5 Kitchen Staples to Help Save Money

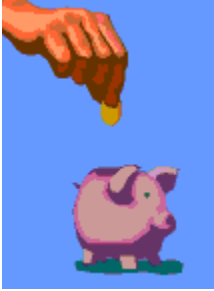
Ever wonder how your mother always seemed to have food on the table even when the going was tough? Have you ever asked yourself what is the secret?

To be honest, it isn't a secret at all. It was actually good planning and preparation on their part. If we follow suit and heed the non-verbal actions of our savvy mothers then we too can see our dollar stretch further.

What we have on hand will determine how far our food will go. Filling your pantry with a few useful staples can be the difference between a trip to the grocery store every week versus once or twice a month. With a few key staples you can create wonderful meals.

1. **Flour.** Flour is a starter item for many recipes. You can add it to some water and make gravy in the pan for many vegan meat dishes. Flour is also used to make bread (biscuits, rolls, loaves). During lean times or to just save a few dollars, you can make dumplings with flour or fix some brown rice and top it with gravy. If you choose to make the dumplings you can add some apples, cinnamon and brown sugar for a very yummy desert.
2. **Rice.** When we think of rice, we think of a plain side dish. While it is true that rice is a side dish, it doesn't have to be plain. It can be the main attraction in a vegan meal depending on what you do with it. It can be jazzed up with veggies to accompany dinner. You can steam some broccoli and mix it with brown rice, vegan butter, nutritional yeast, garlic powder, and a little sea salt to taste. It is an economical meal that tastes great and goes a long way. Rice can also be mixed with tofu or Boca crumbles and a vegan friendly cream soup to form a casserole. Rice has many uses and you're sure to find a few that your family will love.
3. **Pasta.** There are many different pasta choices and all have great uses. Manicotti can be stuffed with tomato sauce and vegan cheeses. Macaroni can be used to make a creamy salad and also is great combined with nutritional yeast or spaghetti sauce. Spiral pasta is used in many different pasta salads. Spaghetti can be used in a casserole topped with vegan cheese or in the traditional way with tomato sauce and a vegan meal alternative or a lot of chunky veggies.
4. **Spices.** There are other ways to season food besides salt and pepper. In fact, many spices taste better than salt. Even diehard salt-a-holics won't miss the salt in foods if other seasonings are used. Cayenne pepper, chili powder, nutmeg, cinnamon, oregano, and garlic powder are all useful tools in your flavor arsenal to give foods a fresh new taste.
5. **Beans.** There go those beans again. Beans can top your salad, fill a taco shell make an awesome dip, and go well with grilled foods. They provide a good source of protein with very little fat. Beans are good in soups, stews, and over rice for a simple yet filling meal.

Do you have these staples in your kitchen? You can probably think of several more that will enhance your pantry and save money. Start with these and grow your own list of basic kitchen staples that are versatile and economical.



## Frugal Tips

Try places like China Town for rice in bulk. They have many type of rice at just the right price.

Places like Sam's Club and Costco's have fresh seasonings at an economical price and size.

Try not to purchase the cheap dollar seasonings because they do not last as long as the more expensive ones nor do they taste as good. It is best and more economical to purchase the bigger sizes at a slightly higher price.

### **A List of the Best Herbs and Spices for the Vegan Pantry**

Granulated Garlic	Onion Powder	Chili Powder	Cumin
Paprika	Basil	Mustard	Turmeric
Curry	Mexican Oregano	Thyme	Oregano
Dried Soup Mix	Rosemary	Marjoram	Anise
Cinnamon	Nutmeg	Cayenne Pepper	All Spice
Fennel Seed	Dill	Sea Salt	Ginger
Celery Seed			

## **'Cheesy' Broccoli and Rice**

### **Ingredients**

2 cups uncooked cooked  
1 10oz bag broccoli florets or about 4 cups fresh florets  
3 tbsp nutritional yeast  
2 tbsp soy butter  
1 tbsp granulated garlic  
Sea salt to taste

### **Directions**

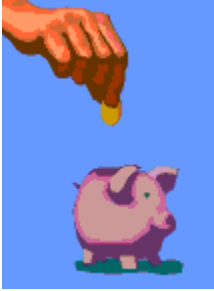
Cook rice according to package directions. Steam broccoli until it just starts to get flexible, not too soft. Turn off and drain. Add the broccoli to cooked rice and mix in all other ingredients. Add sea salt to taste.

## 5 Frugal Breakfast Ideas

It is the first meal we eat when we get up in the morning. After a long night of sleep, we can't do without it if we want to get our bodies going. No, I'm not talking about coffee. I'm referring to breakfast. Here are some ideas for breakfast that don't require a drive-thru window.

1. **Have a piece of casserole. An easy breakfast to prepare a day ahead of time or even on a Sunday night** is a casserole. Using your favorite ingredients, you can put together a tasty casserole. The frugal time saver for you is that you can make a casserole ahead of time that can be served for breakfast two or three days straight. You save precious time and money.
2. **Soy Yogurt.** Yogurt is a healthy and economical breakfast choice and the soy version is just as yummy. When you are eating on the run, grab a container of yogurt and some fresh fruit. Cutting up fruit on top of the yogurt adds carbohydrates to fuel you for the morning in addition to the calcium and protein in the yogurt itself.
3. **Breakfast shake.** This is even quicker and can be consumed while driving without taking your eyes off the road or both hands off the wheel. Put together some frozen fruit favorites, ice cubes, frozen soy yogurt, and unsweetened juice in a blender. Pour into thermo cups to keep it cold. Everyone can grab a cup on the way out the door. The nutritional effect is about the same as yogurt, but without the spoon.
4. **Pigs in a blanket.** This is the homemade version. Whip up a batch of pancakes and freeze them in short stacks of three. A package or two of frozen link sausage by Morning Star or Boca is needed to create this quick and economical meal idea. Thaw out a stack of pancakes. Heat up three sausages in the microwave. Wrap a pancake around each sausage. Voila! You've got an instant pig in a blanket. Eat it as you watch the last of your favorite morning show or as you walk to the bus stop. It can be eaten in the car without too much fuss or mess. For a sweeter taste and less mess, add a little maple syrup or agave nectar to the batter when making the pancakes.
5. **Breakfast sandwiches.** In the evening, while you are getting things ready for the next day, grill up a few breakfast sandwiches. Choose whatever you like: vegan meal slices, cheese, tomato, fakin' bacon, etc. When the sandwich cools, cut it into bite size pieces and put it in a container. In the morning, just grab a container; pop it into the oven while you brush your teeth or get the kids ready just long enough to warm it and breakfast is served.

These breakfast ideas are time saving and money-saving too. They make use of items you buy normally and also whatever you have around the house to create delicious fare for a morning rush. No more excuses for skipping breakfast or swinging into the fast food restaurant every morning.



## Frugal Tips

A couple of additional breakfast ideas

Try dinner for breakfast. If you have a refrigerator full of left over then just warm those for breakfast.

Prepare a fruit salad packed with high nutrient organic fruits and Complement it with a whole grain breakfast bar or muffin. A quick time saver tip is to cut up the fruit and prepare the fruit salad the night before and store in the refrigerator for those hasty mornings.

## **Vegan Pancakes**

### **Ingredients**

1 cup whole wheat flour  
1 tbsp organic sugar  
2 tbsp baking powder  
1/8 tsp salt  
1 cup soy or almond milk  
2 tbsp vegetable oil

### **Directions**

Combine the flour, sugar, baking powder and salt in a large bowl until well mixed.

Mix in the soy milk and oil and beat together until batter is smooth.

Drop 1/4 cup of batter at a time onto a hot oiled griddle, or well greased frying pan over medium high heat.

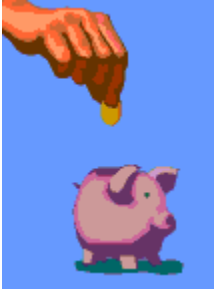
When bubbles appear on the surface of the pancake, approximately 3 minutes, flip, and cook the other side for another 2 minutes. Enjoy!

## Money Saving Lunch Ideas for Frugal Families

Breakfast may be the most important meal of the day, but lunch is what gets you through until dinner time. The price of school lunches rises each year and it is hard for some parents to keep up. The other downer is the fact that many lunch menus, not just in schools either, are not as nutritious as they could be. Here are some money saving lunch ideas for frugal vegan families.

1. **Take your lunch.** This goes for parents as well as kids. We are tempted to eat out with the group everyday, too. That adds up after awhile. Those cute insulated lunch bags make it easier to carry hot and cold items. We can throw even throw out the brown bags in favor of reusable options which are more environmentally friendly. When you pack your own lunch, you know what is in it so it is easier to avoid a lot of unhealthy fats and junk food; especially for the eating out challenged vegan.
2. **Make a sandwich.** Not just any sandwich. Be creative. This can be a wrap, pita, crust less bread, or bun sandwich. Varying the bread each day will help you decide what ingredients to put on it. You may want avocado with alfalfa sprouts, tomato, and onion on a pita or a mock barbecue beef with barbecue sauce, lettuce in a tortilla wrap. Many kids like bread without crust for peanut butter and jelly sandwiches. This makes lunch fun and your kids are more likely to eat it if they have a creative variety. Invest in single packs of condiments. They can be used in lunches as opposed to putting them on the sandwich and saturating the bread before lunchtime rolls around.
3. **Dessert courtesy of home.** Homemade granola can be shaped into bars and used as an after lunch snack. How about dried fruit pieces? They are sweet and won't spike your blood sugar. Sesame seeds with maple syrup, anise, and a touch of fennel make a great healthy bar that even the kids will enjoy. Make a batch of homemade organic vegan friendly chocolate chip cookies and pack a few in your lunch.
4. **Ice packs.** These nifty items will keep lunch from spoiling. The perfect complement to an insulated bag, they allow you to take your lunch with you and not have to worry about it getting warm before it's time to eat.
5. **Veggie sticks.** Eat them with your sandwich and add some home made vegan ranch dressing for dipping.

Lunch doesn't have to come from the school cafeteria or the fast food spot around the corner to be good. Coming from home, it can be healthier, taste better and cost less. Now that's a combination you can't beat.



### Frugal Tips

Make pies that you can freeze and use for a later date.

Keep Ener-G Egg replacer, corn starch, agar agar a tapioca starch in your pantry for thickening agents.

Use a banana in tofu pies to take the bitter taste of tofu.

## Vegan Chocolate Chip Cookies

### **Ingredients**

1 cup vegan margarine, at room temp  
1 1/4 cups sugar  
1 tbsp molasses  
2 tsp vanilla extract  
2 1/2 cups all-purpose flour  
1 tsp baking soda  
1 tsp salt  
1 1/2 cups vegan carob chips)

### **Directions**

Preheat the oven to 350 degrees F.

Cream the margarine and sugar with a hand mixer until fluffy. Add the molasses and vanilla and incorporate. Add the dry ingredients to this mixture and mix until a dough forms. Fold the chocolate chips into the dough.

Roll dough into 1 inch balls or drop by tablespoons onto ungreased cookie sheets. Bake for 8 to 10 minutes until mildly browned. Allow the cookies to cool on the baking sheets for 5 minutes. Then transfer to cooling racks, cool and enjoy!



This free report was provided courtesy of LaTara Ham-Ying, owner and podcast host of Vegan Family Living.

Vegan Family Living is a food blog and podcast all about following a vegan diet, natural living and a simpler way of life. LaTara Ham-Ying, the owner and host, lives in Chicago with her husband and 2 boys. You can find out more about Vegan Family Living by visiting the site at <http://www.veganfamilyliving.com>

For a low cost resource to help you with your vegan meal planning visit the Vegan Helper <http://www.veganmealhelper.com>

