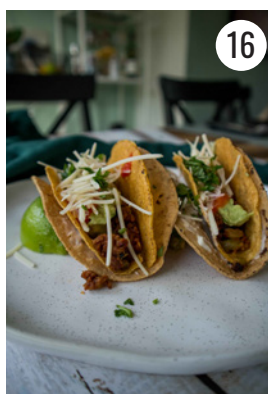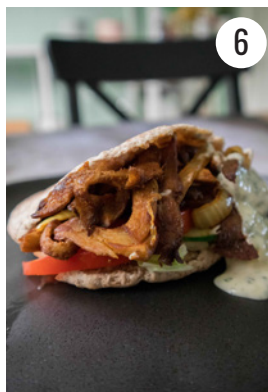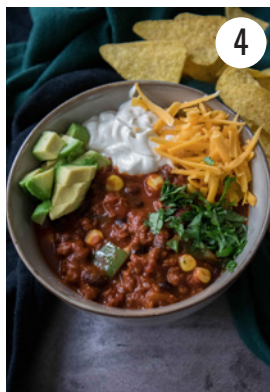# VEGAN

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Eating Vegan with me
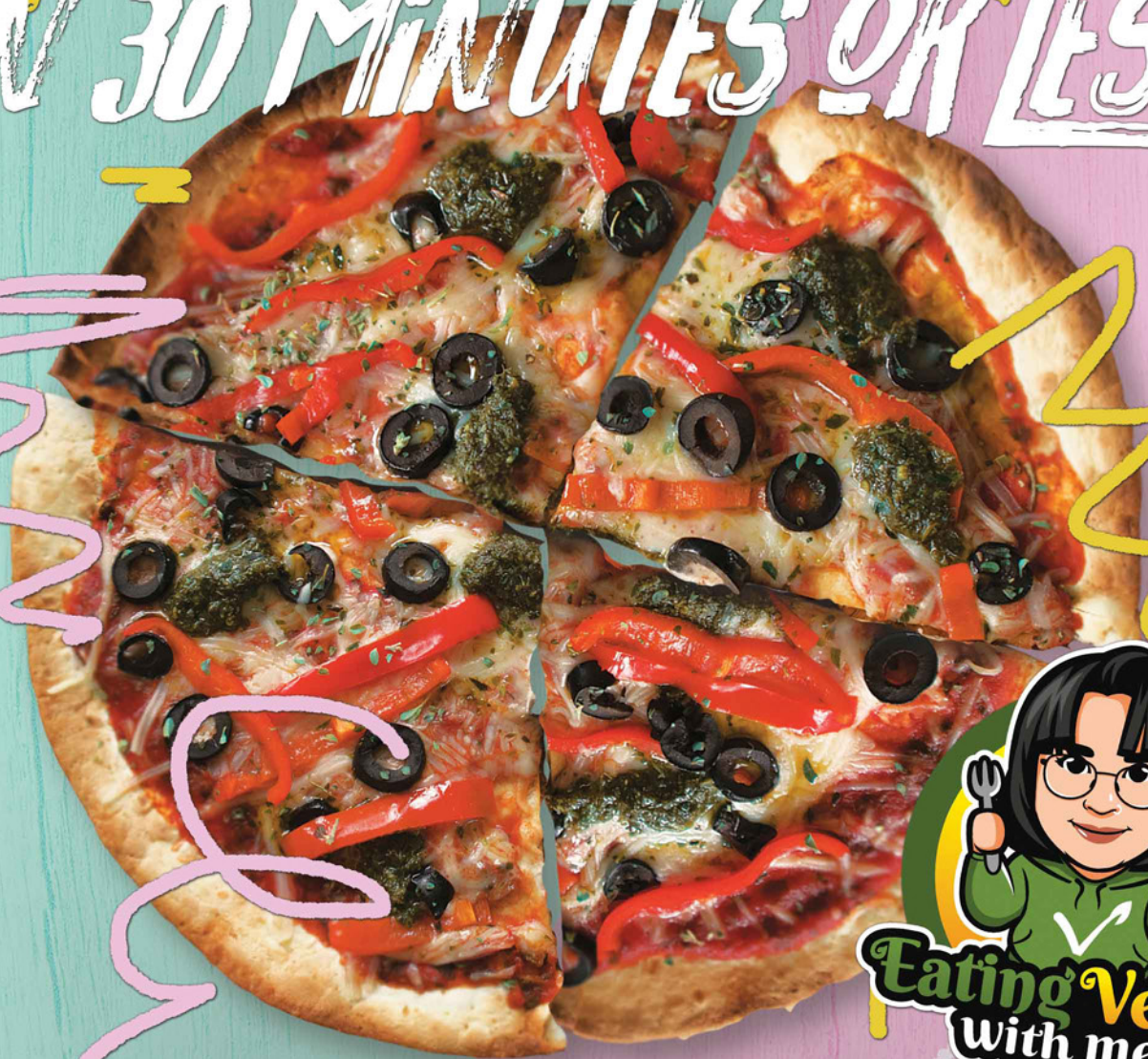
Simple, quick & delicious

Jalisha Janssen

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PREFACE

Hi! My name is Jalisha. I am a 22 year old Dutch woman. I've been making YouTube videos and recipes on my website since October 2018. Back then it was all just a hobby for me. A way to keep track of the vegan recipes I made, but always just for myself. Back then I was so happy when I reached those 50 subscribers and those 100 Instagram followers. But now, as you know because you bought it, I wrote an e-book!

In this e-book I share with you 20 delicious, easy, quick, and versatile vegan recipes that will take you a maximum of 30 minutes to make. This includes preparation time! I truly believe we should take the time to cook and enjoy our homemade meals but for lots of people that is simply not possible. This is exactly why I created this book. Whether you are just cooking for 1 person or an entire family, there's a recipe for you in here. All the recipes are easily adjustable for the amount of people you're cooking for.

When creating these recipes, I put a 30 minute timer from start to finish to see if it could be achieved in time. If it got a bit too crammed or I had to hurry too much then it was a no and I would have to think of a new recipe. I tested a lot of recipes, and had to scratch even more of them, but I feel like I've nailed it with the recipes that finally ended up in the book.

Even though technically these recipes can be made by 1 person, why not include your family, friends, or kids in the cooking process! Invite them in the kitchen while you're cooking and have a little chat. If you have kids, ask them to help you! That's how I learned to cook as a child with my parents and they're some of my fondest memories.

So put on your favourite radio station, podcast or music playlist and start cooking!

CHILI

🕐 30 minutes · 👥 Serves 6

Ingredients

1 onion
4 cloves of garlic
1 green bell pepper
400 grams of vegan meat crumbles (or lentils)
350 ml of vegetable stock
200 grams tomato purée/passata
140 grams of tomato paste
1 tin (400 grams) of diced tomatoes
1 tin (400 grams) of black beans
1 tin (400 grams) of kidney beans
1 tin (200 grams) of corn

Spices

2 tablespoons of chili powder
2 tablespoons of cumin
½ tablespoon of garlic powder
1 teaspoon of cayenne pepper

Toppings and extra

15 grams of fresh cilantro
Vegan cheese
Avocado
Vegan sour cream (I use Oatly Cuisine Fraiche but you can also mix vegan yoghurt with lemon juice)
Tortilla chips

1 Preparations

Peel the onion and garlic and roughly chop both. Deseed and dice the green bell pepper. Drain and rinse the beans and corn and set aside.

2 Cooking

Take a deep pan over medium high heat and add some oil. Add in the onion, green bell pepper, and garlic and sauté until the onion is soft and translucent. Then add in the vegan meat crumbles and the spices. Mix everything together and then add in the tomato paste. Sauté for a minute. Then add in the tomato purée, the vegetable stock, the diced tomatoes, the beans, and the corn. Mix together and bring to a boil. Then simmer while you prepare the things for the toppings.

3 Toppings

Grate the vegan cheese if you use a block (I used the Violife Cheddar block). Cut up the avocado, chop the cilantro. Put the tortilla chips in a bowl.

4 Serving

Take a bowl and add in the chili. Then add the toppings you want. I like scooping the chili with the tortilla chips but you can eat it with whatever you want of course!