



WEEKNIGHT

Vegan Dinners



Jessica in the Kitchen



Weeknight Vegan Dinners

WELCOME, FRIENDS

This is my free Weeknight Vegan Dinners Cookbook! I hope you thoroughly enjoy these recipes and that they bring you and your family great memories together in the kitchen. All the recipes provided are also **gluten-free!** If you want to make any substitutions, be sure to email me first so that I can ensure that you still end up with a delicious and nutritious recipe. I've also provided the additional information for all the recipes as well as tips for storage and freezing.

P.S. I recommend that you read the recipe in its entirety before cooking just in case you don't have all of the ingredients, and to take note of cooking times.

Enjoy, friends!

- *Jessica*

About Jessica

Jessica Hylton-Leckie is the author behind Jessica In The Kitchen. She focuses on creating a community where anyone, vegan or not, can feel at home making her food.

In the Press

- DELISH
- THE HUFFINGTON POST
- ESSENCE MAGAZINE
- COUNTRY LIVING
- BUZZFEED
- SELF MAGAZINE
- YAHOO! FOOD

Table of Contents

COCONUT CHICKPEA CURRY	3
RED LENTIL CURRY	5
EASY LENTIL SOUP	7
TEX MEX STYLE QUINOA STUFFED PEPPERS	9
HEALTHIER LOADED SWEET POTATO SKINS	11

IF YOU HAVE A RECIPE QUESTION, JUST EMAIL ME AT : ASK@JESSICAINTHEKITCHEN.COM



Coconut Chickpea Curry

PREP: 15 MINS | COOK: 30 MINS | TOTAL: 45 MINS

SERVES: 4-5 PEOPLE

- 2 tablespoons coconut oil
- 2 medium yellow onions OR 1 large red onion, sliced
- 14 ounces/400g fresh tomatoes, diced (if using canned, drain the tomatoes)
- sea salt & ground black pepper, to taste
- 16 ounces/454g can chickpeas, drained
- 3 garlic cloves, minced
- 1½ tablespoons garam masala
- 1 teaspoon curry powder
- ¼ teaspoon cumin
- 13.5 ounces/383g can coconut milk*
- 2 teaspoons coconut flour
- 1 small lime

1 In a deep pot over medium high heat, add the coconut oil. **2** Add in the onions and tomatoes. Grind some sea salt and ground black pepper over the mixture and stir together. Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are soft, about 10 minutes. **3** Add in the chickpeas, garlic, garam masala, curry powder and cumin. Stir to combine. **4** Add in the coconut milk and stir again. Add in the coconut flour which helps to slightly thicken the curry. Bring the curry to a boil, and then reduce to medium-low so that the mixture continues to simmer for 10 to 12 more minutes. **5** Taste the curry and season with salt and pepper if you desire. Remove the curry from the heat and squeeze a lime lightly over the top of the curry, stirring to combine. Don't skip this step!! Allow to cool slightly and then serve. Enjoy!



Notes

SUBSTITUTIONS:

Reduced fat coconut milk or boxed coconut milk.

If you don't have coconut flour, you can use regular flour if you're not gluten free.

Serve with whole wheat naan bread, basmati rice, or even crispy tortilla chips.

STORAGE:

Store in an air-tight container in the fridge for up a week or in the freezer for up to a month.

TO ADD HEAT:

1/4 tsp Crushed Red Pepper Flakes, Scotch Bonnet Pepper Sauce, Harissa paste, Siracha, or Chili Paste. Stir in a little before it simmers and you can taste and decide whether you want to add more.



Red Lentil Curry

PREP: 15 MINS | COOK: 45 MINS | TOTAL: 1 HOUR

SERVES: 6-8 PEOPLE

- 2 tablespoons coconut oil
- 2 medium yellow onions OR 1 red onion (7g)
- 14 ounces/400g fresh tomatoes, diced (if using canned, do not drain)
- 1 teaspoon sea salt
- ¼ teaspoon ground black pepper
- 3 garlic cloves, minced
- 1 teaspoon freshly minced ginger
- 2 tablespoons garam masala
- 1 teaspoon curry powder
- 1 tablespoon red curry paste
- ¼ teaspoon cumin
- 1 cup dry red lentils, rinsed
- 2 cups filtered water
- 13.5 ounces/383g can coconut milk
- 1 small lime

1 In a deep pot over medium high heat, add the coconut oil. Add in the onions, tomatoes, salt and pepper and stir together. **2** Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are soft and translucent, about 8 minutes. **3** Add in all the other dry ingredients in order. Stir vigorously to combine to ensure the lentils aren't stuck to the bottom. Add the water and coconut milk and stir to combine thoroughly. **4** Bring to a boil, then reduce heat to medium-low. Continue to simmer for 35 minutes, cover slightly but allow steam to escape. Stir occasionally. Depending on the kind of lentils you're using, you can check around the 20 minute mark to see if your lentils have finished cooking. **5** Remove from heat and squeeze a lime over the top, stirring to combine. Don't skip this step! Allow to cool slightly and then serve. Enjoy!



Notes

SUBSTITUTIONS:

I love adding spinach and other veggies to add even more flavour and body to it.

TIPS:

Serve with whole wheat naan bread, basmati rice, or even crispy tortilla chips.

Garnish with lime & parsley.

STORAGE:

Store in an air-tight container in the fridge for up a week or in the freezer for up to a month.

TO ADD HEAT:

1/4 tsp Crushed Red Pepper Flakes, Scotch Bonnet Pepper Sauce, Harissa paste, Siracha, or Chili Paste. Stir in a little before it simmers and you can taste and decide whether you want to add more.



Easy Lentil Soup

PREP: 15 MINS | COOK: 45 MINS | TOTAL: 1 HOUR

SERVES: 6-8 PEOPLE

- 3 tablespoons olive oil
- 1 large red onion, diced
- 4 stalks celery, diced
- 1 large carrot or two medium size carrots, diced
- 5 cloves garlic, minced
- 26 ounces/737g fresh tomatoes, chopped - you can also use a 28oz can diced tomatoes and drain the liquid
- 1 cup (7.1 ounces/200g) dried brown lentils, picked over, rinsed and dried
- 1 tablespoon garam masala
- salt & pepper to taste (I use 3/4 teaspoon sea salt and 1/4 teaspoon ground black pepper)
- 6 cups vegetable broth
- 2-3 sprigs thyme, to be removed at the end
- 1 cup kale, roughly chopped
- Juice of two limes, about 2 tablespoons, squeezed over

1 In a large, deep pot over medium high heat, add half the olive oil, onions, celery, carrot and minced garlic. Stir together and allow to sweat for about 8 minutes. **2** Add in tomatoes, lentils, garam masala, salt and pepper and stir. Add in the vegetable broth, thyme and stir again.

3 Bring to a boil then simmer for 30 minutes, until lentils are fully cooked. **4** Remove the thyme. Scoop out two cups of soup (with liquid) and pour into your blender. If you have a glass blender, ensure it cools down a bit first! Once fully blended, pour soup back into pot and stir to combine everything. **5** Add in kale and lime juice and stir to combine. Serve the soup and top with your favourite toppings and enjoy!



Notes

TOPPINGS:

Drizzle oil, red wine vinegar, red pepper flakes, parsley, and/or sprinkle of Zaatar Crusty Bread

STORAGE:

This soup lasts about 4 to 5 days in the fridge. It freezes very well. To freezer allow to cool completely. You can freeze in a freezer safe tupperware container, or flat in one serving portions in a freezer safe zipped plastic bag. It will last at least 2 months in the freezer.



Tex Mex Style Quinoa Stuffed Peppers

PREP: 15 MINS | COOK: 40 MINS | TOTAL: 55 MINS

SERVES: 6 PEOPLE

- 6 large bell peppers
- 1 tablespoon coconut oil
- 1/2 large onion, diced
- 3 cloves garlic, minced
- 1 3/4 cups black beans (or 1 can)
- 1 cup corn kernels
- 1/2 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup chopped parsley
- 3 cups cooked quinoa
- 1 cup marinara sauce
- 2 cups vegan mozzarella shreds (reserve 1/4 cup for the tops)

1 Preheat oven to 350°. Set aside a casserole dish for the bell peppers. Slice tops off the peppers, and remove the seeds. Place in casserole dish upright, tightly packed against each other. Set aside. **2** In a skillet heat the coconut oil over medium high heat. Add in the onions and garlic and sauté until slightly translucent, about 5 minutes. Add in the black beans, corn, chili powder, ground cumin, sea salt, black pepper, parsley and quinoa. Stir to combine. Add the marinara sauce and 1/4 cup of the cheese. **3** Stir until cheese has melted slightly, about 3 minutes. Remove from heat. **4** Stuff each pepper with mixture, packing them tightly. Sprinkle the cheese on top of the peppers. **5** Bake for 40 minutes until tops are golden brown.



Notes

TIPS:

You can also optionally lightly broil the tops.

REHEAT:

You can reheat these in the microwave or in the oven at 350 until warmed through.

STORAGE:

Store in an air-tight container in the fridge for up a week.



Healthier Loaded Sweet Potato Skins

PREP: 20 MINS | COOK: 78 MINS | TOTAL: 98 MINS

SERVES: 3-6 PEOPLE

- 3 medium sweet potatoes
- 2 tablespoons chopped onions
- 2 cloves garlic, minced
- 1/4 cup bell peppers, chopped
- 1/4 cup diced tomatoes
- 1 cup cooked black beans
- 2 tablespoons coconut yogurt or vegan greek yogurt
- 1/2 cup vegan mozzarella cheese shreds + 1/4 cup for topping
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/2 jalapeño, finely chopped
- 1/2 lime
- 1/2 tablespoon olive oil

1 Preheat oven to 375 degrees. Prick sweet potatoes with a fork and bake for 45-50 minutes, or until fork tender. Slice sweet potatoes in half and allow to cool slightly. **2** In a pan over medium heat, add 1 teaspoon of the olive oil and cook onions, garlic, bell peppers and tomatoes until slightly tender, about 8 minutes. **3** Scoop out the flesh of the potatoes and add it to a bowl with the onions, garlic, bell peppers, diced tomatoes, black beans, greek yogurt, cheese, salt, pepper, paprika and jalapeño. Stir together and set aside. **4** Rub the bottoms of the potato skins with the rest of the oil, place bottom up, and bake for 5-10 min until crispy. Remove from oven and fill with the sweet potato mixture. **5** Top with 1/4 cup mozzarella cheese and bake for another 10 to 15 minutes until cheese is melted. Remove from oven and top with [coconut bacon](#).



Notes

TIPS:

Serve with coconut or vegan greek yogurt.

STORAGE:

Store in an air-tight container for up to 4 days.