



EON Foundation
Growing healthier communities

Warm Vegetarian Recipes

WARM VEGETARIAN MEALS

VEGETABLE FRITTERS

THIS MEAL SERVES **FIVE PEOPLE**



INGREDIENTS

- 1 large sweet potato
- 1 carrot
- 1 zucchini
- 1 capsicum
- 3 spring onions, chives or lemon grass sprigs
- 2 eggs
- 1 cup any spinach or herbs
- ¼ cup (any) flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon of any herbs (optional)

SERVE WITH (OPTIONAL);
Freshly squeezed lemon

COOKING METHOD STEP BY STEP

1. Peel the sweet potato.
2. Coarsely grate the sweet potato, carrot, zucchini.
3. Thinly slice the capsicum and spinach and then chop into very small pieces.
4. Cut off the ends and thinly slice the spring onion, chives or lemon grass.
5. Add all the vegetables to a large bowl.
6. Crack the two eggs into the bowl.
7. Add ¼ cup of flour, pinch of salt and pinch of pepper and the herbs to the bowl.
8. Mix all together until the egg and flour is mixed throughout the mixture.
9. Heat the oil in a large frypan on medium heat until oil is hot.
10. Put 3-4 large tablespoons of the mixture into the hot oil in separate balls and flatten with a spoon and spread out a little bit so its not too thick.
11. Be careful not to burn yourself with the oil, if you have it too high it will splatter.
12. Cook the fritters for 3-5 minutes or until golden brown on one side, then turn them over and cook until golden brown on the other side.
13. Take them out of the pan and let them rest on a chopping board or some napkins to drain the oil.
14. Spoon 3-4 more spoonfuls into the oil and do the same process until all your mixture is finished.
15. If there are little bits of mixture that have broken off in the pan, get them out with a spoon so they don't burn.
16. Squeeze fresh lemon juice over fritters (optional) and enjoy!

WARM VEGETARIAN MEALS

BREAKFAST FRY-UP

THIS MEAL SERVES **FOUR PEOPLE**



INGREDIENTS

- 2 tablespoon oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 5 cups of mixed vegetables that can be roasted such as pumpkin, sweet potato, zucchini, corn, capsicum, eggplant etc
- 2 cups spinach or fresh herbs
- 3 eggs

SERVE WITH (OPTIONAL);

Brown bread or wraps

COOKING METHOD STEP BY STEP

1. Pre-heat oven to 180 degrees.
2. Peel and slice all of your roasting vegetables into the same size small cubes.
3. Put them on a baking tray with 1 table spoon of oil, pinch of salt and pepper and mix the vegetables and oil with clean hands.
4. Roast in the oven for 20 minutes or until all vegetables are soft and cooked. Take them out and let them cool for 5 minutes.
5. Wash the spinach/herbs and drain them. Chop them up into thin slices.
6. Crack the eggs into a small bowl and mix milk/water with a fork.
7. Heat 1 tablespoon of oil in a frypan.
8. Add the roast vegetables, spinach/herbs and then the eggs mix over the top.
9. Very slowly and gently stir all ingredients together until the eggs are cooked.
10. Serve with brown bread or wrap up the mixture in wraps.

WARM VEGETARIAN MEALS

SIMPLE VEGETABLE MINISTRONE SOUP

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

- 1 teaspoon oil
- 1 teaspoon butter
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ cup sliced ham/bacon (optional)
- 1 red or brown onion, diced
- 2 cloves garlic, crushed and chopped
- 1 litre chicken or vegetable stock.
(From carton or made from stock cubes)
- 5 tomatoes
- 2 zucchinis
- 2 celery stalks, sliced
- 2 large carrots, peeled and sliced
- 2 cups cabbage, shredded
- 1 can butter beans, or any white beans, drained
- 1 teaspoon fresh or dried rosemary, sage or
parsley herbs, chopped

SERVE WITH (OPTIONAL);
1 cup pasta

Any type:
macaroni, shells, penne, rigatoni are the best!

COOKING METHOD STEP BY STEP

1. Put a large pot on medium heat and add the oil and butter.
2. Cook the ham (optional), diced onion and chopped garlic for 3 minutes.
3. Add the stock, salt, pepper and all of the chopped up vegetables.
4. Bring it to the boil on a high heat for 1 minute then reduce the heat and simmer on low heat for 20 minutes, stirring every 5 minutes.
5. Add the cup of pasta (optional), and the herbs and simmer for another 10 minutes until the pasta is cooked.
6. Add the can of drained beans and serve!

WARM VEGETARIAN MEALS

CREAMY ROAST VEGETABLES

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

- 1 large sweet potato
- 2 carrots
- 3 beetroot
- 1 large bunch of spinach
- 2 large potatoes
- 1 red capsicum
- 1 tablespoon oil
- 1 tablespoon water
- 1 teaspoon of salt
- ½ teaspoon pepper
- ¼ cup fresh herbs or 1 tablespoon dried herbs
e.g parsley, basil, thyme, rosemary
- 2 cans coconut cream
- 1 cup grated cheese

COOKING METHOD STEP BY STEP

1. Pre-heat the oven to 180 degrees.
2. Peel the sweet potato, carrot, beetroot and potatoes.
3. Cut them all into thin slices so they are about the same size.
4. Cut the capsicum in slices and remove all the seeds.
5. Put all the vegetables on a baking tray or deep baking dish and add the oil, water, pepper and herbs and mix them all together so all the vegetables are coated.
6. Roast them in the oven for 30 minutes.
7. Coarsely grate the cheese.
8. Take the tray out of the oven and add the chopped spinach, the coconut cream and give a gentle mix. Sprinkle the cheese all over the top.
9. Put it back in the oven and cook for a further 20 minutes or until the coconut cream has thickened and the cheese has melted.

WARM VEGETARIAN MEALS

COUSCOUS STUFFED CAPSICUMS

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

- 6 large capsicums (a mixture of colours if possible!)
- 1 tablespoon vegetable oil
- 1 zucchini, finely chopped
- 2 cloves garlic, crushed and chopped
- 1 tablespoon freshly squeezed lemon juice
- 2 cups cooked couscous
- 1 can (400g) chickpeas or any beans, drained & rinsed
- 1 large tomato, finely chopped
- 1 teaspoon dried oregano or mixed herbs
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup (75g) crumbled feta cheese or grated cheddar cheese

COOKING METHOD STEP BY STEP

1. Preheat oven to 180°C.
2. Put 2 cups of the couscous in a bowl, and 2 cups of boiling water. Cover with a lid or Gladwrap and set aside. It should cook by itself in the heat for 3 minutes and absorb all the water.
3. Slice tops off capsicums to make lids. Scoop out seeds and white inner flesh and throw away.
4. Put the lids back on the capsicums and put them in a large saucepan with ¼ cup of water and a pinch of salt on medium heat. Cover the pot and simmer for 5 minutes. If you can't fit all the capsicums in the pot at the same time, repeat the process twice.
5. Take the capsicums out of the water and set them aside to cool.
6. Heat oil in a saucepan over medium heat.
7. Add the chopped zucchini and garlic. Stir gently and cook 2 minutes. Add in the lemon juice and cook for one more minute and then remove from heat to cool.
8. Put the saucepan on a surface where it won't burn through. Stir in the couscous, chickpeas/beans, tomato, oregano, salt, pepper and cheese in the saucepan.
9. Fill each capsicum with couscous and vegetable mixture up to the top and put the lid of the capsicum back on.
10. Put the capsicums back on an oven tray and put back into the oven and heat for 20 minutes.