

VEGAN MEALS FOR £1

Chickpea and Lentil Curry

Serves: 4

Approx. cost per portion: 47p

Ingredients

- 1 large onion (chopped)
- 2 cloves of garlic (chopped)
- 1 tin of chopped tomatoes
- 1 tin of chickpeas (drained)
- 1 tin of lentils (drained)
- 3 tbsp curry powder
- 1 tsp ginger (fresh or powder)
- 2 tbsp oil
- 200ml water
- 200g frozen mixed vegetables



Method

- 1) Add the oil to a large pan and put on a medium heat. Add the onion and garlic, and fry for a few minutes to soften.
- 2) Add the curry powder and ginger, and stir in.
- 3) After a few minutes, add the chickpeas, lentils, veggies and chopped tomatoes. Stir in so everything is covered in the curry sauce.
- 4) Pour in the water and simmer for 10 minutes, stirring occasionally. Simmer for a few minutes and it's ready to serve.
- 5) Serve! Add an optional spoonful of plain vegan yogurt on top.



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VEGAN MEALS FOR £1

Tomato and Bean Soup

Serves: 3-4

Approx. cost per portion: 60p

Ingredients

- 2 x 500g cartons of tomato passata
- 2 tbsp oil
- 1 tin of kidney beans
- 1 tin of white beans (such as cannelloni)
- 2 small onions (finely chopped)
- 1 vegetable stock cube
- 2 garlic cloves (minced)
- 250ml plant-based cream (soya, oat or coconut)
- 2 tbsp tomato puree
- Salt & pepper
- 2 tsp mixed herbs



Method

- 1) Fry the onions and garlic on a medium heat for a few minutes, until the onions start to brown.
- 2) Pour in the passata, add the stock cube, mixed herbs, a pinch of salt and pepper; give it a good mix.
- 3) Drain the beans and add in, along with the cream, tomato puree and, again, give it a good mix.
- 4) Simmer for 10 minutes and serve!

For more vegan recipes, visit:
www.animalaid.org.uk/veganrecipes

