

## [FAST VEGAN RECIPES](#)



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But to some, and even with awesome recipes like this roasted & creamy corn soup, vegan food still has a stigma to get over. It shouldn't be that way, but it is. No matter, we're here to It shouldn't be that way, but it is.

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### **Vegan Quick Easy Recipes Oh She Glows**

My very first vegan Instant Pot recipe is here! I finally took the plunge and purchased an Instant Pot after being on the fence about whether I wanted a new appliance to take up real estate on my counter (it would have to fight for space next to the kids piles of artwork, after all). [ ]

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### **Quick Vegan Recipes That Take 20 Minutes or Less**

You can add stir fries to your repertoire of fast vegan meals. While soaking and cooking dried beans and cooking rice can eat up the clock, you can also use shortcuts such as canned beans and leftover rice for quick dishes.

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### **Vegan Breakfasts Recipes You Can Make in 15 Minutes or**

Find tofu, a heap of veggies, avocado, and quinoa in here, all jazzed up with a handful of spices. Whoever thought eating vegan meant skimping on nutrition should meet this recipe.

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### **The 12 Best Easy Raw Vegan Recipes thespruceeats.com**

These raw vegan food recipes are some of the easiest and most fool-proof. From soups to salads to wraps, these are dishes you will use again and again. From soups to salads to wraps, these are dishes you will use again and again.

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