



LIVE VEGAN FOR LESS AS A STUDENT

At The Vegan Society, we're on a mission to help you create a delicious three-course meal that doesn't break the bank and will impress dinner guests.
Enjoy!

Live
VEGAN
for less

 The
Vegan Society



Starter

SMOKY PUMPKIN SOUP

Serves: 6–8 Preparation time: 15 minutes Cooking time: 25 minutes

A smoky take on an autumn classic, this soup is packed with nutritious ingredients to feed your soul.

Ingredients

- 20 ml rapeseed oil
- 1 medium onion, roughly chopped
- 3 medium carrots, roughly chopped
- ½ head of celery, washed and roughly chopped
- 1 small or ½ large pumpkin, peeled and diced (save seeds)
- 1 L low-salt stock
- 2 tsp smoked paprika
- 4 thick slices of leftover bread

Method

1. Preheat the oven to 200 °C/fan 180 °C/gas mark 6.
2. Heat 10 ml of the rapeseed oil in a pot,

add the onion and sauté for 2 minutes before adding the carrots and celery. Next, add a splash of water, cover and reduce the heat, then leave for 5 minutes.

3. Add the pumpkin and stock, cover and boil for 20 minutes or until the pumpkin is soft and mashable.

4. Whilst boiling, cover your pumpkin seeds with ½ tsp smoked paprika and some oil and roast them in the oven for 5 minutes.

5. Grab your bread and roughly chop it into little lardon-sized pieces and cover with ½ tsp smoked paprika, the remaining 10 ml of rapeseed oil and add to the pumpkin seeds to roast for a further 5 minutes.

6. Now that the pumpkin and vegetables are soft, add 1 tsp smoked paprika, turn off the heat and leave to cool a little before blending into a smooth soup.

7. Serve the soup and top with smoky bread lardons and crunchy pumpkin seeds.

STEW PEAS AND DUMPLINGS

Serves: 4 Preparation time: 15 minutes Cooking time: 30 minutes

Stew peas is a traditional Caribbean dish that features kidney beans, also known as red peas in Jamaica. Traditional stew peas uses dried kidney beans, which creates a rich dark colour for the dish. We have used tinned kidney beans to save time and energy (literally), but all the flavour is still there – enjoy!

Ingredients

For the stew

- 15 ml rapeseed oil
- 1 small onion, diced
- ½ tsp ground allspice or 6 pimento berries
- 2 garlic cloves, crushed
- 2 cm fresh ginger, peeled and grated
- 3 medium carrots, thickly sliced
- 2 tins kidney beans
- 1 can light coconut milk
- 250 ml water
- 5 sprigs fresh thyme
- 1 whole scotch bonnet pepper

For the spinners (dumplings)

- ½ cup plain flour
- 60 ml cold water

Method

1. Heat the oil in a large pot and add the diced onion. Sauté for 2 minutes on a medium heat before adding the pimentos/allspice, garlic, ginger and carrots and sauté together for a further 2 minutes.
2. Drain and rinse the kidney beans, then add the kidney beans, coconut milk, water, thyme and the scotch bonnet pepper to the pot, before leaving to simmer for 30 minutes.
3. Whilst simmering, make your spinners by sifting the flour and slowly adding the cold water bit by bit, mixing until a dough is formed. You don't want it to be too sticky, so add more flour if needed.
4. Knead the dough until it becomes stretchy with minimal folds and cracks. Now separate the dough into 20 marble-sized balls and rub each piece in between the palms of your hands, spinning the dough to form small sausage shapes and then dropping them into the simmering pot.
5. Leave the spinners simmering for 15–20 minutes.
6. Serve the stew peas with the spinners piping hot. Be careful not to burst the scotch bonnet pepper when serving.

Main
course





Dessert

PEAR AND BLACKBERRY CRUMBLE

Serves: 4 Preparation time: 15 minutes Cooking time: 35 minutes

A crumble is a perfect dessert to knock up using just a few ingredients from the cupboard. This recipe uses seasonal ingredients that should be more readily available at a reasonable cost, and let's face it – eating in season tastes a lot better!

Ingredients

- 4 large pears, peeled and cut into chunks
- 100 g soft brown sugar
- 1 tsp ground cinnamon
- 100 g vegan margarine
- 150 g plain flour
- 50 g porridge oats
- 300 g blackberries

Method

1. Preheat the oven to 200 °C/180 °C fan/gas mark 6.

2. Heat the pears in a pan over a medium heat and sprinkle them with 50 g sugar, 1 tsp cinnamon and cover for 5–10 minutes until the pears slightly soften.

3. Make the crumble topping by mixing the vegan margarine and flour in a bowl. Using your fingertips, gently work the margarine into the flour until a breadcrumb-like texture is achieved.

4. Add 50 g sugar and oats to the bowl and mix well, creating a crumbly texture. Don't worry if there are a few lumps, but if the mixture is too wet add a little more oats/flour.

5. Add the pears to an oven-proof dish and leave to cool for 5 minutes before adding the blackberries.

6. Cover with your crumble topping and bake in the oven for 20–25 minutes until golden.

Visit vegansociety.com/liveveganforless for recipes, blogs and tips to ensure you get the most out of your budget.

Follow us on socials to stay in touch and follow our campaign hashtag **#LiveVeganForLess** for more updates.



TheOriginalVeganSociety



TheVeganSociety