

# EASY VEGETARIAN RECIPES



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## Introduction

**Easy Vegetarian Recipes** gives you full step-by-step instructions for crafting Vegetarian dishes that even die-hard meat eaters will love. Learn how to make Effortless Chili, Scrumptious Caponata and Fiery Pumpkin Samosas! All projects come from [Instructables.com](http://Instructables.com), are written by veggie experts, and contain pictures for each step so you can make it yourself, even if this is your first time in the kitchen. Get cooking!

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Sarah James  
Editor, [Food & Living](#)  
[Instructables.com](http://Instructables.com)

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## Effortless Chili for Cold Days

Published by [AngryRedhead](#) on February 7, 2010

**Author Bio:** [AngryRedhead](#) ([author's website](#))



I'm a gardener in Central Texas (zone 8B) with a variety of other interests. Some are related; some are not. I'm not a professional horticulturalist or landscape designer, but I love plants and their resilience. If you're interested in gardening, please check out my blog ([notsoangryredhead.blogspot.com](#)) and the blogs of my followers. I always appreciate subscribers, comments, and ratings.

### **Intro:** Effortless Chili for Cold Days

Valentine's Day occurs during the coldest part of the year for those of us who live in the Northern Hemisphere. Here in Central Texas, winter is also the wettest part of the year which makes for pretty gross weather especially because it typically doesn't get cold enough for snow. When it's cold and wet outside, there's not a whole lot that makes me want to go out. I don't want to put on a fancy dress and fancy shoes and eat fancy food. I much prefer snuggling up with my SO and a large steamy bowl of comfort. He prefers that, too.

This Instructable shows how to make chili with almost no effort whatsoever. It's tasty, warm, and full of lycopene and other healthy stuff, and it's been tested and proven. It's also inexpensive (\$7-14 for a large pot's worth), so you can buy your Valentine that prized Nepenthes pitcher plant she's been wanting for the past 14 months... just saying.



So grab a bowl, a blanket, and your sweetie, and cozy up in front of a fire for some good V-Day lov



## Step 1: Ingredients

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### You'll need:

- 1 onion (diced)
- 3-5 cloves of garlic (minced)
- 2 large cans of whole peeled tomatoes
- 1 large can of crushed tomatoes
- 3 regular cans of red kidney beans
- 3 tbsps of olive oil
- 2-4 tbsps of chili powder
- Salt

### Optional:

- Cooked ground beef/turkey
- Rehydrated Textured Vegetable Protein (TVP)
- Cottage cheese or sour cream
- Chives
- Grated cheddar cheese
- Croutons
- Bread with a nice crust
- Grilled cheese sandwich
- Tabasco sauce

Note: When I worked at a small nonprofit, we would have "Slow Cooker Fridays", and this was the favorite meal to make. The ingredients were divided up.

-Onions, garlic, and olive oil

-Tomatoes

-Kidney beans

-Bread, croutons, cheese, etc.

I usually brought the chili powder, and there was already salt in the kitchen. If you work in a small office, I highly recommend trying this out with your coworkers. Freshly cooked food is such a relief and it removes a bit of tension and stress in the office.



## Step 2: Microwave Garlic and Onion

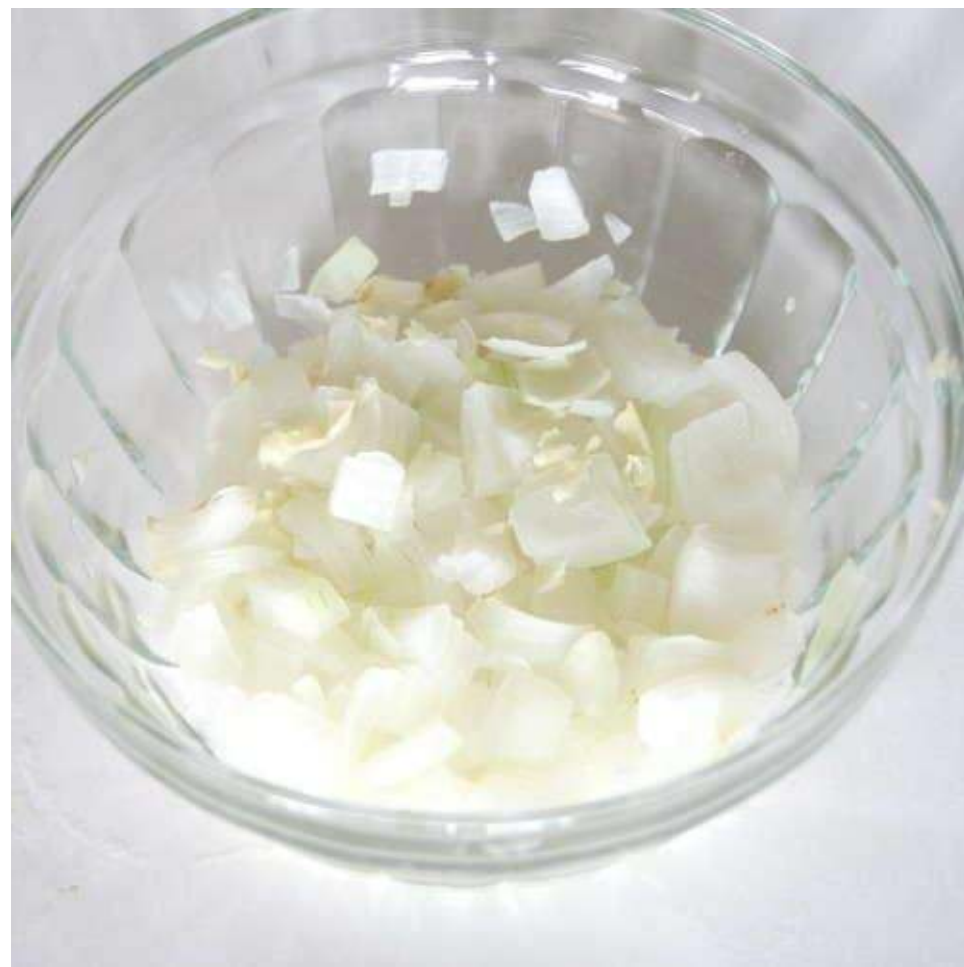
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Microwave the diced onion and minced garlic until the onion is semi-translucent.

**Note:** I microwaved this batch for 3.5 minutes at 70% power.

### Tip for Mincing Garlic:

- Place the garlic clove under the flat portion of the knife and hit the knife quickly with the butt of your hand.
- Remove the skin of the clove.
- Return clove under the flat portion of the knife and hit the knife with the butt of your hand until the clove is smashed.
- Run the knife through the smashed clove until it's fully minced.









### Step 3: Pour and cook

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Add all the ingredients to the slow cooker including the liquids in the cans.

**Note:** If you want meat or TVP, add it at this point.

Stir.

Cook on low for 3-5 hours.

Serve and garnish.



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## How to Prepare Scrumptious Caponata

Published by [rupamagic](#) on June 8, 2008

### **Intro:** How to Prepare Scrumptious Caponata

**Full printable recipe will be on the last step.**

According to Wikipedia: Caponata is a Sicilian eggplant relish made from chopped fried vegetables (mostly eggplants and peppers), seasoned with celery, olives and capers, in a bittersweet sauce. Variations of the ingredients exist: the "classical" recipes on the whole island number well over 37.

Today, caponata is typically used as a side dish or appetizer, but, since the 1700s, it has sometimes been used as a main course.

Caponata is an example of the eggplant-tomato combination that is found in many cuisines, such as the different moussaka found in the eastern Mediterranean.

The etymology of the name is not entirely known and evokes some controversy: it comes from either the "capon" or from the "caupone", the sailors' taverns.

In any case, it is a delicious and relatively simple dish to prepare, and it tastes great hot or cold. I find it tastes better the day after you make it, especially if served cold and served with fresh water-packed mozzarella and ciabatta bread.





## Step 1: Gather the goods

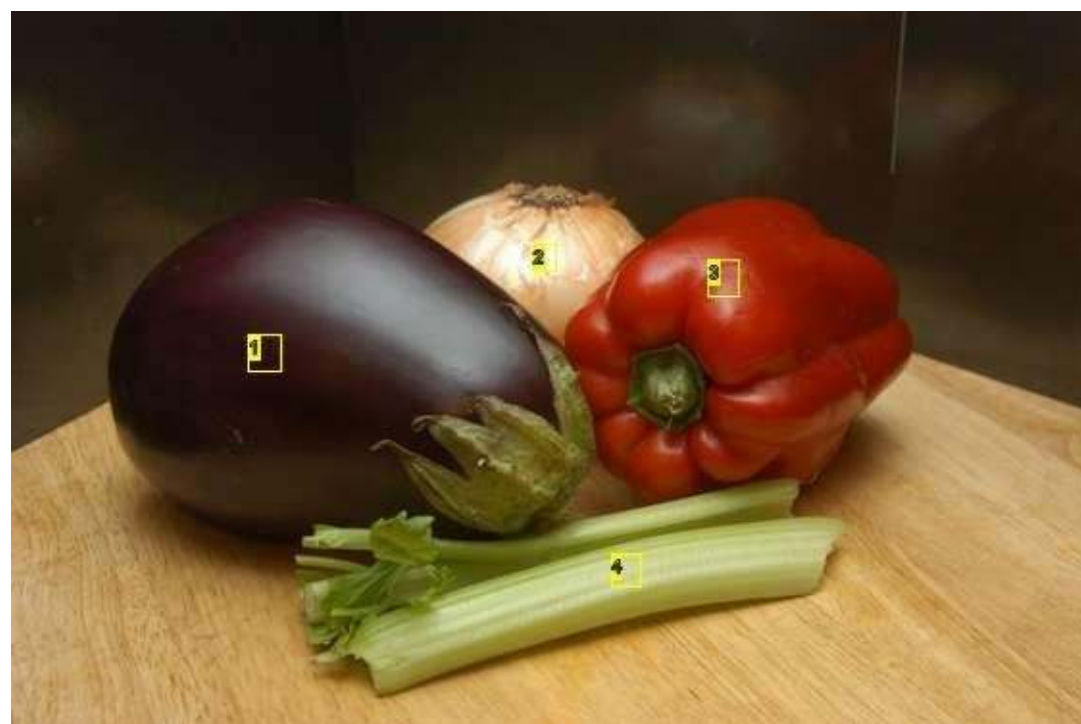
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### INGREDIENTS:

- 1 medium-large eggplant, cut into (approx) 1-inch pieces
- 1/4 cup olive oil
- 1 stalk of celery, chopped
- 1 red bell pepper, cut into 1/2-inch pieces (I use a mix of red/orange/yellow when available)
- 1 medium onion, chopped
- 1(14oz) can diced tomatoes
- 3 tablespoons raisins
- 1/4 cup red wine vinegar
- 2 tablespoon drained capers (you can use olives in place of or in addition to capers)
- 1 fat garlic clove, peeled and minced
- 2 teaspoons sugar
- 1/2 teaspoon dried oregano leaves
- Salt and pepper

### SERVING SUGGESTION INGREDIENTS:

- 1 loaf ciabatta bread, or other delicious rustic bread
- Generous slices of fresh (water-packed) mozzarella (I use either one or two packages, depending upon how gluttonous I and my friends feel)



### Image Notes

- 1. Eggplant (Aubergine)
- 2. Onion
- 3. Red Bell Pepper
- 4. Celery



### Image Notes

1. Canned diced tomatoes
2. Raisins
3. Olive Oil
4. Capers
5. Red Wine Vinegar
6. Sugar
7. Salt
8. Dried Oregano
9. Garlic
10. Fresh Black Pepper (in a pepper mill)

## Step 2: Salt and sweat the eggplant

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First cut up the eggplant and spread it out in a single layer over a clean flour cloth or a few layers of paper towel. Sprinkle it with salt all over (using about one rounded teaspoon to cover each eggplant), toss it around to coat all sides lightly and spread evenly again in one layer, then cover with another layer or two of towel.

Let it "sweat" for at least fifteen minutes. Don't worry; most of this salt will not go into the final dish.











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