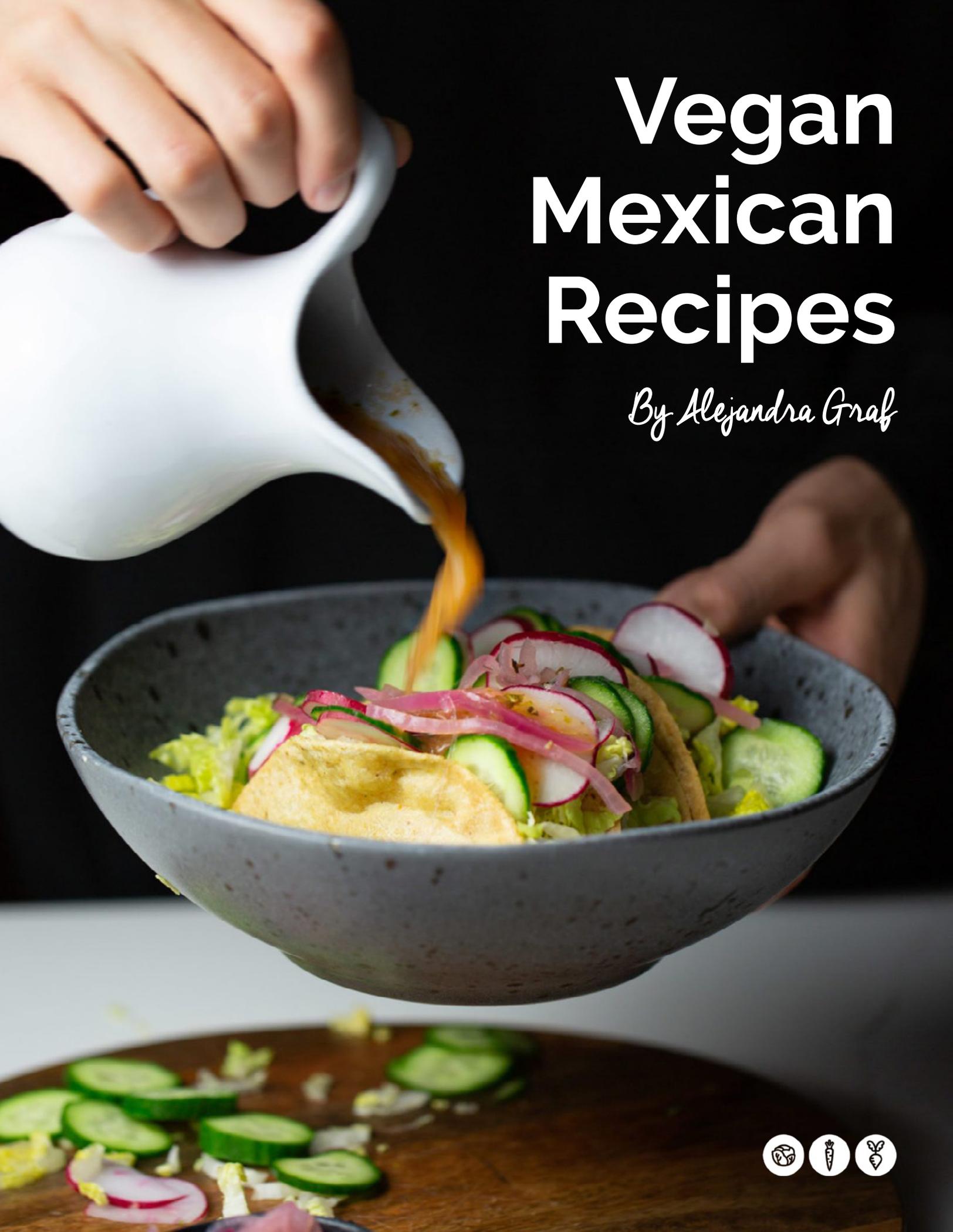


Vegan Mexican Recipes

By Alejandra Graf



Vegan Mexican Recipes



Pendiente

Ya viene la temporada de fiestas y recetas para hacer en casa, tips para poner la mesa, tips de bebidas y sobre todo ideas para comer delicioso y podemos aprender de estas fiestas las mejores.

Este 2020 me gustaría que este año sea un año donde empecemos con nuevas tradiciones, que este año sea un año donde probamos una receta nueva, lo diferente y lo nuevo siempre donde ampliamos el menú tradicional o lo transformamos.

Una cosa que he aprendido es que este año sea un año donde ampliamos el menú tradicional o lo transformamos. Me imagino que este año las fiestas van a ser diferentes pero MÁGICAS. Tal vez este año sea la primera vez que celebres el Día de Acción de Gracias o la primera vez que pases Navidad en casa. También puede ser que este año las Posadas o las reuniones sean virtuales. Pero no por eso vamos a dejar de celebrar.

Te deseo toda la salud del mundo para este año y para el próximo, que todo sea mejor, que tus días estén llenos de alegría, amor y muchas ensaladas verdes.

Gracias por estar aquí,

Alejandra

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pineapple salsa

with Black Beans & Avocado

This pineapple salsa with black beans & avocado is bright and fresh, it is vegan, it's crunchy, sweet and spicy. It is so easy to prepare and I'm sure you will want to add it to everything.

Ingredients

1 ½ cup black beans or one can, drained.
1 cup fresh pineapple finely chopped.
¾ cup red onion, chopped.
1 avocado diced.
A handful of chopped cilantro.
1 tablespoon chopped jalapeno or more,
depending on your taste.
½ teaspoon sea salt.
Lime juice.

Instructions

1. Mix all ingredients in a large bowl except the avocado. Season with lime juice and salt. Taste and adjust if necessary. Add the diced avocado and mix carefully.
2. Serve immediately with tortilla chips or potato chips.

Notes

This pineapple salsa is best when eaten the same day.



Vegan Chilaquiles

with *red sauce*

This recipe for vegan chilaquiles with red sauce is one of my favorite Mexican breakfasts ever. This is my easy and super-fast version of this dish.

Ingredients

Sauce

- 4 tomatoes
- 1 serrano pepper
- ½ small onion
- 2 garlic cloves

Salt

- 1 tablespoon of vegetable oil

Tofu

- 1 block of extra-firm tofu drained and crumbled
- ¼ of chopped onion small
- ½ teaspoon of sea salt

Chilaquiles

- 1 bag of baked corn tortilla chips
- Avocado sliced
- Chopped cilantro

Instructions

1. Blend tomatoes, serrano pepper, onion, and garlic cloves. If the blender does not run add water, one or two tablespoons.
2. In a small pot, add oil and pour the sauce, add the salt and leave until it starts to simmer, lower the heat and leave for 5 more minutes.
3. On a plate crumble the drained tofu. Remove any excess liquid. Mix with the chopped onion and salt.
4. In an extended dish or bowl put two or three handfuls of tortilla chips, lather some sauce and finish with the crumbled tofu and avocado slices.

pico de gallo

with Black Beans, Roasted Corn & Avocado Crema

This recipe for pico de gallo with roasted corn and black beans is perfect for nachos, lettuce taquitos, or other Mexican dishes you want to elevate.

Ingredients

1/2 cup red onion finely diced.
 2 tablespoons lime juice of 1 lime.
 1½ cups tomato diced.
 1 cup of roasted corn kernels.
 1½ black beans.
 1 cup chopped cilantro.
 1 serrano pepper chopped as small as possible.
 1/2 teaspoon of sea salt.

Avocado crema

1 avocado.
 1 garlic clove.
 2-3 tablespoons of lime juice.
 Sea salt.

For serving

Romaine lettuce leaves washed and pat dried.
 Baked corn chips.

Instructions

1. In a large bowl, put the onion and lime juice for about 5 min.
2. Add the tomato, corn, beans, cilantro, and salt. Mix, taste, and adjust if necessary.

3. Set it aside.

4. To make the avocado crema, put the avocado, garlic, lemon juice, and salt in a blender container. Add 2 or 3 tablespoons of water so that it blends smoothly. Blend for 3-5 minutes until creamy.

5. If making romaine lettuce tacos. Simply put a tablespoon of pico de gallo on each lettuce leaf, a teaspoon of avocado cream, and a slice of chili serrano if you want an extra layer of spice.

6. If serving with chips, just put everything in serving bowls and dip the corn chips.

Notes

You can add the serrano pepper along with the other ingredients or put it on the side if not everybody likes the spice. You can also make avocado cream in a bowl by hand and without the need for an electrical device. Crush the avocado with the back of a fork until it is completely mashed and creamy. Add the minced garlic, the lemon juice, and the salt.



Vegan Ceviche *tostadas*

This recipe for vegan ceviche tostada is amazing, very easy to prepare and it is filled with Mexican authentic flavors.

Ingredients

2 ½ cups raw and finely chopped cauliflower.
1 ½ cups cooked and cooled quinoa.
1 cup peeled and diced carrot.
½ cup finely chopped red onion.
1 jalapeño pepper thinly sliced .
½ cup lemon juice.
3 tablespoons extra virgin olive oil.
1 ½ teaspoon sea salt.
¼ cup chopped cilantro.
10 mint leaves.
½ teaspoon dried oregano.

Serving:

6-10 homemade or purchased corn.
Tostadas.
Avocado slices .

Instructions

1. Chop the cauliflower as small as you can. You could use a food processor and just pulse it.
2. Put it in a large bowl and add the quinoa, onion, carrot, and slices of the jalapeño.
3. In a separate bowl mix the lemon juice with olive oil and salt. Pour over the mixture of cauliflower and quinoa. Mix well. Add herbs, mix and test. Adjust the seasoning if necessary.
4. Serve on top of corn toast and finish it with slices of avocado.

Vegan & Healthy *mexican horchata*

*This healthy and vegan Mexican horchata is made with almonds and oats.
The flavor is authentic, delicious and very Mexican.*

Ingredients

- 1 cup oats.
- 1 cup almonds.
- 1 cinnamon stick.
- 1/4 cup of agave or 3 dates pitted.
- 3 cups of water + 2 cups of water.

Instructions

1. Soak the almonds and cinnamon in water for at least three hours or overnight.
2. When they are ready, drain them and blend with the oats and three cups of water.
3. If using dates, add them here.

4. When everything is well blended, strain this mixture using an old kitchen towel, a very fine sieve or a nut milk bag.
5. Put in a pitcher, add 2 more cups of water and sweeten with agave or the sweetener that you like best if not using dates.

Notes

You can soak the oatmeal too, but not more than three hours and do not over blend. In this link you can find bags to nut milk bags.



Vegan Mexican chicken soup

This vegan Mexican chicken soup is perfect for freezing weather days, for sick days or clean the fridge days. This recipe is a guide but feel free to add, swap or remove anything that you want.

Ingredients

2 large potatoes.
1 small onion.
3 carrots.
1 bunch green beans.
1 bunch cilantro.
3 ears corn.
3 celery stalks.
2 zucchini.
Pinch of sea salt.
freshly ground pepper.

For serving

Lime juice.
Fresh cilantro.
Chopped onion.
Sliced jalapeño.
Diced avocado.
Brown rice.

Instructions

1. Wash, peel (if needed) and chop in large chunks all the vegetables.
2. Add them all to a stockpot, cover three-thirds of the vegetables with water, add the salt and pepper. Cover and cook until all of the vegetables are tender but still hold their form, about 20 min.
3. Serve with steamed brown rice, freshly squeezed lime juice, finely chopped onion, and jalapeño slices.



Mexican Lentil Soup

vegan recipe

This vegan lentil soup is the best that can be; it is easy, fast and super nutritious.

Ingredients

- 2 chopped celery stalks.
- 1 carrot chopped.
- 1/2 onion chopped.
- 2 garlic cloves minced.
- 1 tablespoon extra virgin olive oil.
- 1 big pinch of salt.
- 1 1 / 2 cups dried green lentils.
- 4 large tomatoes pureed.
- 5 cups water.
- 1 bay leaf.
- 1/2 teaspoon dried thyme.
- 1/2 teaspoon dried marjoram.

Instructions

1. In a large pot over low heat put the olive oil, carrot, celery, onion and a good pinch of salt. Leave for a few minutes or until the vegetables soften.

2. Put the garlic and let three more minutes.

3. Add the rest of the ingredients, cover and leave for 20 minutes or until the lentils are soft.

4. Be careful not to overcook the lentils so they do not lose their shape.

Notes

It's ready when the lentils are soft. Be careful not to overcook the lentils, so they do not lose their shape. For the mirepoix, calculate that you have more or less the same amount of onion, carrot, and celery.



Vegan tortilla soup

This is my version of Mexican tortilla soup. It is so authentic and delicious that you're going to forget you're eating something super healthy and good for you. This soup is full of all the classic Mexican flavors, but it happens to be vegan.

Ingredients

- 4 tomatoes.
- ½ onion medium size.
- 3 cloves of garlic unpeeled.
- 3 cups of water.
- 1 or ½ teaspoon of chipotle chili powder or ancho chili powder.
- ¼ teaspoon of dried Mexican oregano.
- 1 teaspoon of sea salt.

To serve

- 1 avocado diced.
- Mexican vegan cream.
- Cilantro.
- Sliced and fried Chili pasilla or guajillo* optional

Instructions

1. Put the tomato, onion, and garlic in the pot that you are going to use over high heat to roast. If you prefer you can put ½ teaspoon of vegetable oil. When everything is well roasted, peel the garlic and put into a blender jar with the onion and tomato.
2. Add the chipotle chile or ancho chili powder, salt and blend until smooth with three cups of water.
3. Return to the pot where you roasted the vegetables and add the oregano. Leave on medium heat for ten minutes or until simmering. Test and adjust seasoning necessary.
4. Serve with corn strips, diced avocado, vegan Mexican crema, sprigs of cilantro and sliced guajillo chile or pasilla chile.



agua de jamaica

– Hibiscus Tea

This is the typical and authentic way o prepare agua de jamaica- hibiscus tea, a classic Mexican drink.

Ingredients

6 cups of water
1 ½ cups dried hibiscus flowers
1/2 cup sugar, or more to taste

For serving

Ice

Instructions

1. Bring 4 cups of water to a rolling boil. Turn the heat off and add the the dried hibiscus flowers.
2. Let it rest for 8-10 minutes. Strain the liquid into a pitcher.
3. Add 2 more cups of water and the sugar. Mix and taste, adjust if necessary.
4. Add ice to the pitcher or serve in a glass filled with ice.

Tacos dorados

sinaloa style

Tacos dorados, Sinaloa style. Corn tortillas filled with potatoes and finished up with lettuce, cucumber, radishes, pickled onions and covered with tomato based broth.

Ingredients

2 ½ cups cooked and mashed potatoes.
Pinch of salt.
12 corn tortillas.
4-6 avocado oil or safflower oil or frying oil of your taste.

For the tomato-based broth:

4 large tomatoes about 1lb/450g.
¼ large onion.
1 garlic clove.
10 cilantro sprigs.
½ to 1 tablespoon dried Mexican oregano.
Pinch of salt.

For serving:

Mexican Pickled onion recipe in notes.
4-6 cups shredded lettuce.
2 thinly sliced cucumber.
4-6 thinly sliced radishes.

Instructions

1. To cook the potatoes start by adding 1lb/450g of small potatoes to a pot of salted water. Make sure the water covers them completely. Boil until the potatoes are completely soft. Drain and mash with a potato masher. Taste for seasoning and adjust if necessary.

2. Put the tomatoes, onion, garlic, cilantro, and oregano in a pot with 1 cup of water and cover. Cook on medium-high heat for 10 -15 or until the all is completely soft. Add a big pinch of salt, blend all the vegetables using a blender, or use an immersion blender. Taste for seasoning and adjust if necessary.

3. To form the tacos, heat the corn tortilla until pliable, add one tablespoon of mashed potatoes. Make sure the filling covers the tortilla from side to side. Fold in half and secure with a toothpick or bamboo skewer.

4. Heat the oil to 350°F. Fry two by two the tacos until golden brown, about two to three min on each side.

5. Drain the tacos on a baking sheet lined with paper towels.

6. To serve the tacos, put three on a bowl, remove the toothpicks. Open the tacos carefully so they do not break and fill with lettuce, cucumber, radishes, and top with pickled onion.

7. Pour over some tomato broth and enjoy. Eat immediately.

mexican salsa verde

2 different ways

This Mexican salsa verde, prepared in two ways is the best salsa ever, it gives a burst of flavor and nutrition to everything it touches

Ingredients

5-7 tomatillos depending on the size peeled and rinsed.
1 cup cilantro leaves, and stems.
1-2 serrano chili peppers.
1 / 4-1 / 2 cup of chopped white onion.
1/2 teaspoon of salt.

2. For the cooked salsa: Put all the ingredients in a saucepan to cook with a quarter cup of water. Cover and leave for ten or 15 minutes. Put in the blender and blend until everything is well integrated. Taste and adjust for seasoning.

Instructions

1. For the raw salsa: combine in a blender, the tomatillos, cilantro, serrano pepper, salt and a quarter cup of chopped onion. Blend until everything is well integrated, taste, and adjust the seasoning.

Notes

Store in the fridge in a closed jar.





red salsa molcajeteada

This red salsa molcajeteada is one of the most delicious salsas ever to finish tacos, molletes or any other mexican dish.

Ingredients

- 5 tomatoes small or roma
- 1 onion small
- 1-3 serrano chiles or jalapeño
- pinch of salt

Instructions

1. Char all the ingredients on a griddle on all sides.

2. If using a molcajete, start by grinding the chiles, then add the onions and lastly the tomatoes. Add a pinch of salt and adjust the seasoning if necessary.

3. If using a blender, add all the ingredients and blend in medium speed until all the ingredients are chunky and well blended.

Instant Pot *refried beans*

This recipe for refried beans is one of the easiest and most authentic recipes you will find. Use these refried beans to make tquitos, to make soups or other mexican dishes.

Ingredients

3 tablespoons vegetable or olive oil
3/4 cup chopped onion
2 cups pinto beans or black beans
4 cups water
pinch of salt

Instructions

1. Set the Instant Pot in the sauté function. Add the oil and onion. Sauté for 5 minutes or until the onion begins to brown.

2. Add beans, water, and cover. Close the valve to the sealing set and program the Instant pot to the beans function, set the time for 20 minutes in the normal setting.

3. When the pot beeps turn it off. Open the valve to release steam, and when the safety button is down, open it.

4. Add a good pinch of salt and with an immersion blender blend the beans until you achieve the consistency you like.



Mil gracias por estar aquí

Mil gracias por estar aquí, por estar interesado en comer mejor, por esa inquietud que tienes y porque me encanta la idea de que entre miles de personas te hayan llamado la atención. Yo estoy segura que entre esas personas seamos las que queremos tener una dieta más saludable, más felices vamos a ser y un mejor mundo vamos a dejar para nuestros hijos.

Te invito a conocer más de mí y mi filosofía de comida en www.piloncilloyvainilla.com

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