Vegan Recipes for Cooking in Quarantine

All across the country, people have been stocking their kitchens full of food before heading into self-isolation to help stop the spread of the coronavirus. Yours may now be full of dry, canned, and frozen food, some of them panic purchases, and you might be wondering, *what am I going to do with all these beans?* Don't worry. We've compiled this list of simple vegan recipes that use some of the staples you probably have on hand now. Many of them include very few ingredients, are easy to prepare, and can be customized to your liking. Also, if you're one of the many who bought tons of plant-based meat and oat milk while stocking up, we have some ideas for how to use those, too.

How to Make (The Best) Hummus

Ingredients

12 oz dried Chickpeas (about 2 cups)	1/4 –3/4 cup Tahini (based on preference)	*Optional Toppings:* Olive Oil, Cumin, Smoked Paprika, Za'atar, etc.
1 tsp Baking Soda	Juice of 1 Lemon	1 cup Ice Cold Water*, divided
3–5 cloves of Garlic	1 1/2 tsp Kosher Salt	

Instructions

1. **Soak Your Chickpeas** in water for 12-24 hours, then drain and rinse them.
2. **Cook the Chickpeas** with 3-5 cloves of raw Garlic and the Baking Soda (this softens them and makes them easier to peel).
   - **INSTANT POT:** Cover the ingredients above with water until it is 2-3" above the beans. Stir, seal, and cook on Manual HIGH pressure for 10-12 minutes; let the pressure naturally release for 10 minutes before breaking the seal.
   - **STOVETOP:** Add the ingredients above into a large pot and cover with water. Bring to a boil and cook for 40 – 120 minutes, until the beans are tender.
3. **Peel the Chickpeas.** Drain and rinse the cooked beans. Set the cooked cloves of Garlic aside and peel the Chickpeas. The skins should slide off quite easily when you gently "pinch" each bean. Discard the "skins".
4. **Make a Chickpea Puree** by adding the Chickpeas and Garlic to the Food Processor. Mix the Lemon Juice and Salt together in a small bowl until the Salt dissolves, then slowly pour this mixture into the Food Processor *while it is running* to puree the Chickpeas until they are smooth.
4. **Add Tahini and Water.** Add in 1/4 cup of Tahini to the Food Processor, then seal it and add in 1/3 cup of Ice Cold Water *while it is running*. Let the Food Processor run for 4-5 minutes, to help make the hummus fluffy and smooth. Add in extra Tahini and Water in 1/4 cup increments, if you would like your spread to be thicker or have a higher fat content (and be creamier).
5. **Serve** with any toppings of your choice. Leftovers will keep well in a sealed container in the fridge for up to 5 days.

5 Ingredient Hummus Pasta (in One Pot!)

Ingredients

8 oz. Pasta of choice	⅔–1 cup Garlic Hummus	¼ cup Sun-dried Tomatoes, sliced
½ –¾ cup Filtered Water	Juice of ½ Lemon	Salt & Black Pepper, to taste

Instructions

1. Boil and cook your pasta according to package instructions.
2. Drain your pasta, but do not rinse. Return the pot to the stove over medium-low heat. Mix the hummus and 1/2 cup of filtered water together in the base of the pot, then slowly whisk additional water into the sauce until it reaches your desired consistency. Add in the sun-dried tomatoes and cook for 2-3 minutes.
3. Return the pasta to the pot and fold it into the sauce. Turn off the heat and stir in the lemon juice, plus any salt & pepper if necessary. Transfer into serving bowls, top with fresh herbs, and enjoy!

Notes

1. 2/3 cup of Hummus will lightly coat the pasta; if you'd like things to be saucier, I suggest using 1+ cup. You can also experiment with different flavors of Hummus!
2. You could also enjoy it with: Caramelized Onions, Mushrooms, & Thyme / Fresh Tomato, Kalamata Olives, & Basil / Roasted Broccoli and Nutritional Yeast.

Easy Crusty Vegan Bread

Ingredients

3.25 cups all purpose flour + more for sprinkling	2 tsp instant dry yeast
1.5 cups warm water	1 tsp sea salt

Instructions

1. Add the all purpose flour, yeast and sea salt to a large mixing bowl or your mixer. Mix in the water and stir well until incorporated. Cover the bowl loosely with a kitchen towel or plastic wrap and let it rest at room temperature for 2 to 3 hours. (you may leave it overnight as well, but it is not necessary)
2. After about 2 hours check the dough and you should notice the surface dotted with bubbles. Turn the dough onto a floured surface and sprinkle it with a little flour. Shape it into a round loaf by folding it over on itself a few times. NO KNEADING Allowed!
3. Meanwhile preheat your oven to 450"F with a pizza stone inside. I If you don't have a pizza stone preheat a cast iron dutch oven with the lid on instead. Place a baking dish with a couple of inches of water in it on the bottom rack to help create steam inside the oven for a crispy crust.
4. Sprinkle a pizza peel or a cardboard box with some flour and place the bread loaf on top. Allow it to rest for 45 minutes while the oven warms up. Using a serrated knife make a few slits on top of the loaf.
5. Sprinkle the pizza stone with a little bit of the semolina flour then gently slide the bread dough onto it just like you would do with a pizza. Cook for about 30 minutes until golden brown. Transfer to a cooling rack and allow to cool down before slicing. For an even crispier crust allow to bread to cool inside of the oven with the door slightly open.