

## ***Veganuary-article provided by Lincoln Bailgate u3a for the National Website***



Trying to eat less meat or going fully plant based for Veganuary? Members of **Lincoln Bailgate u3a Vegetarian and Vegan Cookery group** share their top tips for reducing your meat consumption this month. They also shared their favourite veggie dishes to inspire you.

### Top tips:

🥕 "Butternut squash and chickpeas are a good basis for casseroles and soups for winter. I recommend Delia - her recipes are not too complicated. Remember, recipes are guidelines. If you haven't got an ingredient, be brave, substitute and enjoy." - **Kath**

🥕 "Dates aren't just for Christmas. They are a fruit with an ancient history, packed with goodness and sweetness and are particularly beneficial for female health. They can be stuffed with tahini and nuts if you're vegan or cheese, if not. They can enrich savoury tagines, salads and stews, as well as replacing traditional caramel. Who doesn't want sticky toffee pudding or a date slice on a cold January day?" - **Gill**

🥕 "Vegetarian recipes can seem complicated at first. I make things easier by working to a 'eat one freeze one' principle - a casserole can be frozen in portions." - **Kath**

🥕 "Beans and lentils are a vegetarian's best friend!" - **Linda**



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– Kath

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Vegetarian recipes can seem complicated at first. I make things easier by working to a '**eat one freeze one**' principle – a casserole can be frozen in portions.

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**Beans and lentils** are a vegetarian's best friend!

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**Be inspired by our favourite meat-free dishes:**

- Tomato, date and chickpea tagine
- Celeriac, spinach and feta pie
- Roast stuffed squash
- Vegetable biryani
- Cheesy smashed sprouts
- Squash and spinach curry
- Saffron lentil stew

**Recipes provided by:** *Angela, Liz, Sue N, Sue E, Rosemary, Jackie, Charlotte,*

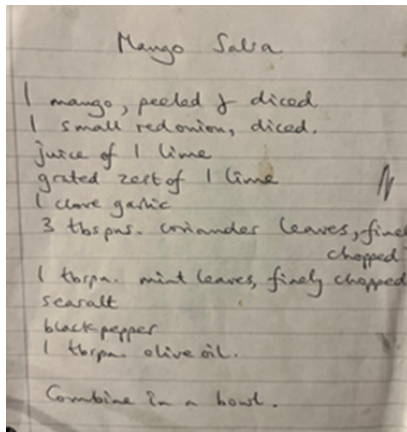


**We are avid collectors and sharers of recipes from books, on-line, magazines or by word of mouth. Members are excellent at trying and adapting published recipes to suit their individual tastes or health needs.**

🥕 I pulled this out of a magazine over 20 years ago (hence the tattered, splattered appearance) but it's become a real favourite especially at this time of year when leeks are plentiful. You can use any blue cheese or indeed a mixture. Simple assembly and few ingredients. Pop a couple of jacket potatoes in the oven to cook alongside and you have a tasty comforting supper with very little effort. Enjoy! Ps It does freeze in portions too 👍 **Michele**

🥕 My offering is my go-to, very easy, Vegan Butternut Squash & Spinach Curry. I freeze in portions without spinach & when reheating just add spinach to wilt before serving. Also, I roast the squash a bit beforehand as I think it gives better flavour & bite but not necessary. I also sometimes throw in other &/or "titivate" a bit with spices to taste/depending on my mood & use ordinary tinned toms. In fact, I found an ancient portion at the back of the freezer just now & I'm having it tonight! Bon Appetit!

PS my further notes re the recipe-I don't add the water mentioned in recipe + I often stir in big dollop mango chutney and add a squeeze of lemon juice. Again taste until it's to your liking. **Jackie**



🥕 Mango Salsa This is a simple, fresh recipe, I usually double up quantities. It keeps in the fridge for a few days so it can be prepared in advance. **Wendy**

🥕 Vegan Saffron Lentil Stew I made this for our saffron themed month, and it was enjoyed by our group. I am gluten intolerant and often have to combine recipes to ensure they fit with my dietary needs. **Charlotte**

