



# 5 Ingredient Vegan

**Quick, Delicious, Healthy and Nourishing  
Recipes for Even the Busiest Cook!**

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Hi! I'm Jenné, founder of The Nourishing Vegan. As a busy personal chef, health coach and business owner I don't always have time to cook elaborate vegan meals for myself. However, I'm not interested in sacrificing flavor, nutrition or balance when it comes to what I eat.

Over the years I've become an expert at preparing easy, delicious and healthy meals in very little time. In this recipe book, I'll share with you 5 of my favorite 5 ingredient meals.

You'll notice that every recipe is a complete and balanced meal; boasting protein, fiber, green vegetables and plenty of vitamins & minerals. All of these dishes can be enjoyed for lunch or dinner, any time of the year. I love that these simple recipes allow you, the home cook, to add your own flair. If you want to start eating a more plant-based diet, these recipes will introduce you to the joy of vegan cooking.

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**All recipes are for 2 servings.**

**Salt & Pepper are not one of the 5 ingredients.**



# Fusilli Pasta

## with Brussels sprouts and Baby Bellas



**I use Trader  
Joe's Brown  
Rice Fusilli**

2 cups Brussels sprouts, halved  
1 cup baby bella mushrooms, halved  
2 cups fusilli pasta, traditional or gluten-free  
1 tbsp olive oil  
2 cloves of garlic, minced  
salt & pepper to taste

Bring 6 cups of water to a boil. Add pasta and cook until tender, about 8 minutes. When tender, dump into a colander to drain water.

While pasta is cooking, heat olive oil in a large skillet or pan. Add minced garlic, followed by the brussels sprouts. Once the Brussels sprouts start to brown add the mushrooms. Cook for about 5 more minutes, until vegetables are tender.

Add pasta to the vegetables and stir. Season to taste with salt and pepper.

# Quinoa & Chickpea Stuffed Sweet Potatoes



Follow package instructions to cook quinoa. It's easy and quick!

2 sweet potatoes, washed  
1 1/2 cups quinoa, cooked  
3/4 cup chickpeas, fresh or canned  
1/2 cup cilantro, chopped  
squeeze of fresh lime  
salt and pepper to taste

Preheat oven to 400°. Rub a tiny bit of olive oil on the outside of each sweet potato then wrap them individually in aluminum foil. Place on a baking sheet, and bake for 45 minutes, or until soft.

In a mixing bowl, combine the chickpeas, quinoa and cilantro. Season to taste with salt and pepper. When the sweet potatoes are done, remove them from the foil, slice in half, and spoon the quinoa mixture into the center. Squeeze fresh lime onto the sweet potato and quinoa before serving.



# Warm Miso Soba Noodles



2 bunches soba noodles (or enough for 2)  
3/4 cup green peas, frozen  
3 tbsp dry wakame, soaked in water  
2 tbsp white miso  
drizzle toasted sesame oil

Bring 6 cups of water to a boil in a sauce pan. Add soba noodles, and peas and cook until the noodles are tender, about 7 minutes. When the soba is cooked, dump it into a colander to drain, but **SAVE THE WATER!**

Place 2 cups of the noodle water back into the sauce pan. Add the miso, and stir until the paste has dissolved, adding a bit of heat if necessary.

Place the noodles and peas in individual serving bowls, followed by the rehydrated wakame. Then pour the hot miso broth into each bowl. Finish off with a drizzle of sesame oil.

Wakame is a  
yummy sea  
vegetable. Find  
it at health food  
stores.



# Exotic Spiced Broccoli & Quinoa



1 1/2 cups quinoa, cooked  
2 cups broccoli florets  
2 tbsp tahini  
1 tbsp Berbere Spice, Curry Powder, Za'atar, or  
your favorite spice blend...  
optional: toasted slivered almonds

Prepare a steam basket, and bring water to a boil.  
Add broccoli to the steaming pot. Cover and cook  
for 6 minutes (or longer if you like your broccoli  
softer).

When broccoli is cooked, place it into a mixing  
bowl along with the quinoa. Drizzle with tahini,  
and sprinkle the spices into the bowl. Stir very well  
to combine. Season to taste with salt and pepper.  
For added texture, add toasted slivered almonds.



Berbere is a  
spicy Ethiopian  
spice. I use it  
in this dish.



# BBQ Tempeh with kale & sweet potatoes



Massage raw  
kale with your  
hands. This will  
make it more  
tender.

1 package tempeh, sliced in thirds then halved  
1 1/2 cups of your favorite BBQ Sauce  
2 sweet potatoes, cubed  
6 cups kale, massaged with olive oil & salt  
olive oil

Preheat oven to 350°.

Prepare a steam basket, and bring water to a boil. Place the sliced tempeh into the steam basket. Cook for 15 minutes.

Coat the sweet potatoes with olive oil then spread them out onto a baking sheet lined with parchment paper or foil. Bake for 30 minutes, until tender.

Once the tempeh has finished steaming place it into a loaf pan, and pour the BBQ sauce on top. Make sure every inch is coated. Cover with foil, and bake for 30 minutes.

Serve over massaged kale.

# Shopping List



## Dry Goods:

Soba Noodles  
Wakame  
Sesame Oil  
Olive Oil  
Quinoa  
Fusilli Pasta  
Chickpeas  
Tahini  
BBQ sauce  
Berbere Spice (or your favorite spice blend)  
Salt & Pepper

## Produce:

Broccoli  
Kale  
Cilantro  
Sweet Potatoes  
Brussels Sprouts  
Mushrooms  
Garlic  
Lime

## Refrigerated:

Miso  
Tempeh

## Freezer:

Green Peas

I'd love to hear  
your feedback.

Email me at

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More recipes at my blog

[www.sweetpotatosoul.com](http://www.sweetpotatosoul.com)