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Vegetarian Recipes



Vegetarian Recipes

A Vegetarian diets does not have to be boring. Use this page to find the Vegetarian Recipes to spice up your diet. Our Vegetarian Recipes database contains over 500 recipes. Many more of our recipes can be converted to vegetarian recipes by simply substituting ingredients or removing the meat from the recipe.

Your Vegetarian Recipe Selection

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BUTTERED AND SLAMMED BAKED POTATOES

VEGETARIAN

Ingredients

Preparation – 5 minutes cooking time – 1 1/2 hours

1 large
potato 9 OZ
1 tsp olive oil
Sea salt
Small pat of
butter

Instructions

Preheat the oven to 400 F. Scrub the potato and dry thoroughly. prick in several places with a fork and rub in the olive oil; sprinkle lightly with sea salt. Bake for 1 1/2 hours until the potato feels soft when gently squeezed. Wrap the potato in a clean towel and slam it down onto a board; alternatively place



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the potato on a serving plate with a dish towel on top and hit it

with your fist. Both these slamming methods work really well

because the force breaks up the potato into fluffy grains and

usually causes a natural split. Drop the butter into the split

and sprinkle in a little more salt. Eat immediately or serve with

your choice of topping: Here are some favorites: – sour cream and

chives – tuna and garlic mayo – cream cheese and smoked salmon –

curried baked beans with Cheddar – sauteed leeks cream cheese and

black pepper more



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STEELER BAKED BEANS

VEGETARIAN

Ingredients

1 pound bacon diced
3 to 4 heaping teaspoons brown sugar
4
onions diced
1/2 jar molasses
4 large (1 pound 11 ounce)
cans baked beans drained
4 tablespoons vinegar (or slightly
less)
2 teaspoons mustard
16 ounces ketchup

Instructions

Cook bacon and onion until tender; drain. Mix all of the ingredients together and stir until well blended. Bake at 350 degrees for 2 hours. Or bake in a 5-quart crockpot on No. 2



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setting for 5 hours. The longer it cooks the better it tastes.

Testers note: We halved this recipe and made it in the crockpot

using 1 package Sugardale Ready Cooked Peppered Bacon to save time. It tied for No.1 among my samplers.

RAW VEGETABLES WITH SOY-GINGER SAUCE

VEGETARIAN

Ingredients

- * 1/4 cup soy sauce
- * 1/4 cup water
- * 1 tsp. sherry
- *
- 1 1/2 T. fresh ginger grated
- * 1 tsp. vegetable oil
- * 1/2
- tsp. sugar
- * 3 carrots peeled and cut into sticks

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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* 1

head broccoli or cauliflower florets

* 5 button mushrooms

Instructions

Whisk the soy sauce and all remaining ingredients except the vegetables. Let stand for 30 minutes. In the meantime slice and

chop the vegetables and toss them together in a bowl. Strain the

liquid soy mixture to remove the ginger strings from it and pour

over the raw vegetables. more

GRILLED ARTICHOKE HEARTS

VEGETARIAN

Ingredients

1 quart water



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2 tablespoons olive oil plus additional for
brushing the artichokes
5 thin lemon slices seeded
3
medium garlic cloves
3 thyme sprigs
8 small artichokes
outer leaves removed stems and tops trimmed halved
Juice of 1
lemon
Sea salt

Instructions

Preheat the grill to medium or prepare a charcoal fire.
Combine

the water olive oil lemon slices garlic and thyme in a large
saucepan. Bring to a boil over high heat. Add the artichokes.

Return to a boil. Reduce the heat and simmer until the
artichokes

are tender about 10 minutes. Drain in a colander. Brush the



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artichokes with olive oil and set on the grill. Cook until lightly browned about 3 minutes. Sprinkle with the lemon juice and sea salt.

HERBED EGGPLANT SLICES

VEGETARIAN

Ingredients

1 clove garlic minced

1 tablespoon minced fresh oregano

1/4 cup chopped fresh basil

1/2 cup chopped fresh parsley

1 eggplant sliced into 1/2 inch rounds
salt to taste

ground black pepper to taste

Instructions

Preheat oven to 400 degrees F (205 degrees C). Coat a baking



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sheet with cooking spray. In a small bowl combine garlic oregano

basil and parsley. Mix well and set aside. Generously season each

eggplant slice with salt and pepper on both sides. Place on

baking sheet. Bake 5 to 7 minutes on each side until tender and

slightly browned. Sprinkle herb mixture on eggplant slices and

place under the broiler for 30 seconds. Transfer to a serving

plate and serve immediately. more