



BEANS ON A BUDGET

At The Vegan Society, we've created a **wholesome three-course menu that proves beans can be tasty, filling and affordable at around £15 for up to six people.**
Dig in!

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VEGAN
for less

 The Vegan Society



Starter

AUBERGINE AND BLACK BEAN DIP

Serves: 4-6 **Preparation time:** 10 minutes **Cooking time:** 30 minutes

Ingredients

- 2 medium aubergines (approximately 450g)
- 240g of black beans drained
- 1 small white onion
- 2 cloves of garlic
- 4 tbsp olive oil
- Juice of half a small lemon
- Salt and pepper to taste

To serve

- 4 wholegrain pitta breads

Method

1. Pre-heat the oven to 220°C.
2. Chop the aubergines into six pieces and drizzle the inside surfaces with 2 tbsp of olive oil.
3. Place on a baking tray in the oven and cook for approximately 30 minutes, until the flesh is golden brown and beginning to soften.

4. Leave the roasted aubergine on the side to cool.
5. Once cooled, peel the aubergines and add the aubergine flesh only along with the rest of the ingredients into a blender.
6. Blend until smooth. You may need to stop and scrape the mixture back into the middle of the cup a couple of times during this process.
7. When you have achieved a paste-like consistency, pour/scrape the dip into a bowl.
8. Serve with sliced pitta bread for dipping.

Top tips

Save the aubergine skins for later – they can be used to make vegan 'bacon' when fried until crispy with a little liquid smoke.

You can also roast the onions and garlic alongside the aubergine for this dip, which can be helpful if you struggle to tolerate them raw!

CREAMY CANNELLINI CARBONARA

Serves: 4-6 Preparation time: 10 minutes Cooking time: 20 minutes

Ingredients

For the creamy sauce:

- 300g carton silken tofu
- 20g nutritional yeast
- 1x 400g tin cannellini beans drained
- 2 garlic cloves
- 80g unsalted cashew nuts
- 70ml unsweetened soya or oat milk
- 1 small onion, roughly chopped into quarters
- 20g white or brown miso paste

For everything else:

- 225g smoked tofu
- 1 tbsp tamari or soy sauce (optional)
- 200g tenderstem broccoli (optional for extra veggies)
- 4-6 servings of wholewheat spaghetti

Method

1. Start by placing the cashew nuts in a small cup of boiling water and placing to one side while you continue with the rest of the recipe (this is to allow the nuts time to soften, making your sauce creamier).
2. Fill a saucepan with boiling water and place on medium heat with a steamer attachment on top (this is going to be for the broccoli).
3. Whilst your water is boiling, begin to make your carbonara sauce. Drain the water from the soaking cashews and place into a high-speed

blender along with all the remaining sauce ingredients, then blitz until smooth and place to one side.

4. Dice up the tofu into tiny, even-sized cubes and place in a small frying pan on medium heat along with the tamari. Stir every few minutes to prevent sticking.
5. Once the water has boiled, add in the spaghetti and cook according to packet instructions. At the same time, place your tenderstem broccoli in the steamer, above the pasta.
6. After the tofu has been cooking for around 7-10 minutes and has become slightly browned and crisp. Pour in the carbonara sauce and cook for a further 5-7 minutes until the sauce has heated through and thickened slightly.
7. Once everything is cooked, including the pasta, remove from the heat.
8. Drain the pasta water before placing the drained pasta back in its pan. Add the smoked tofu pieces and carbonara sauce to the same pan and mix well to fully coat everything.
9. Serve up the pasta, placing a few pieces of tenderstem broccoli on the top, and enjoy!

Top tip

If you have it to hand, add a sprinkle of black pepper and fresh basil to your pasta when serving.

Main course





BLACK BEAN BROWNIES

Serves: 6 Preparation time: 5 minutes Cooking time: 20-25 minutes

Ingredients

- 50g rolled oats
- 240g of black beans drained
- 120g peanut butter
- 2 tbsp cocoa powder
- 120ml agave nectar
- 2 tsp vanilla extract
- 1 tsp baking powder
- Pinch of salt
- 75g dark chocolate

Method

1. Pre-heat the oven to 180'C.
2. Add all the ingredients, except for the dark chocolate, to a blender.

3. Blend until the mixture reaches a paste-like consistency. You may need to stop and scrape the sides of the blender cup a couple of times during this process.
4. Chop the dark chocolate into small pieces using a small knife.
5. Mix the chocolate pieces into the brownie batter.
6. Pour/scrape the mixture into a baking tin lined with baking paper.
7. Bake in the oven for 20-25 minutes, then leave to cool before cutting into squares.

Top tip

These brownies are particularly delicious when still warm, served with a scoop of vegan-friendly vanilla ice cream.

Visit vegansociety.com/liveveganforless for recipes, blogs and tips to ensure you get the most out of your budget.

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