



PLANT-BASED

COLLEGE COOKING

.....
THE ULTIMATE GUIDE FOR THE BROKE + BUSY



 INSTITUTE FOR
HUMANE EDUCATION

 T. COLIN CAMPBELL
Center for Nutrition Studies

"I have always believed we should match our plate with our heart. After I had kids I took this idea and put it into action by going plant-based and raising my kids vegan."

-Robin Coarts, MA, MEd



"I'm vegan because it's the simplest way to protect our health, non-human animals, and the single planet we share."

-Jules Schnedeker, PMP, MA

Class is in Session

- **Plant-Based 101**

- Why Plant-Based?
- Plant-Based vs. Vegan
- Getting Started

- **Dorm-Friendly Cooking**

- Save Money for Beer...er, Textbooks
- Save Time for Partying...er, Studying
- Our Favorite Hacks

- **Resources**

- Our Favorite Products
- Easy Online Sources
- Where to Find Us

- **SPECIAL OFFER**

- **Your FREE S/H CODE**

grab a #2 pencil and
jot down ONE idea you'll try -
then let us know!

Goals!

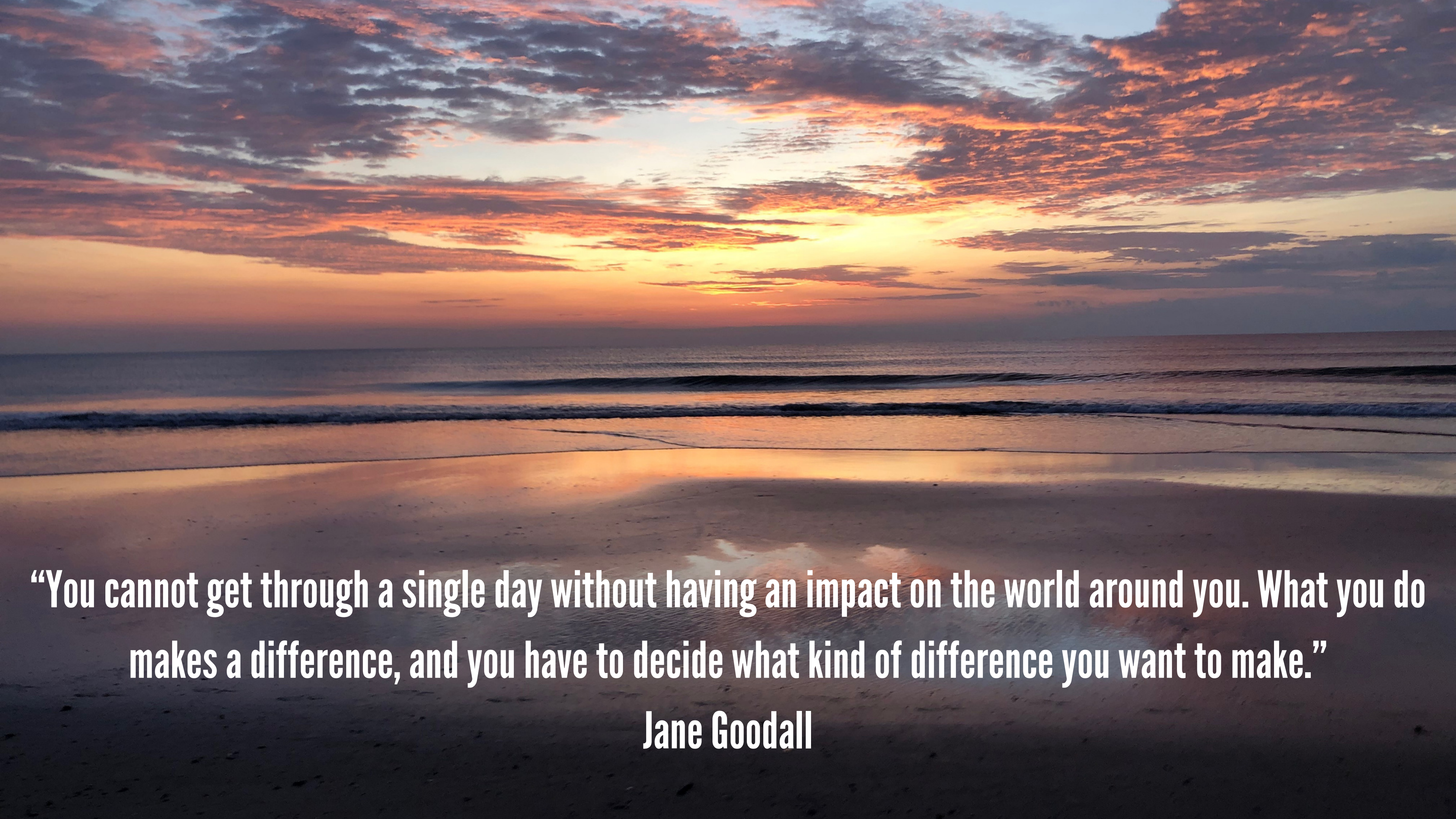


CONFUSION






Match your plate with your heart.



“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.”

Jane Goodall



“The biggest piece of advice I have for somebody who’s looking to get outta their comfort zone and embrace some kind of challenge in their life is... to just begin. Stop overthinking it. Don’t fall prey to analysis paralysis.” Rich Roll

Substitutions + Swaps

Oil or
vegan butter



Water or vegetable broth. For baked goods,
you can use applesauce

Nuts



Many nuts are interchangeable or can be
substituted with shelled sunflower seeds or
pepitas (shelled pumpkin seeds)

Soy



You can easily swap tofu or tempeh with
beans or plant-based meat

Gluten



Feel free to use gluten-free flours, pie crusts,
breadcrumbs, and pastry, etc.

Onions

TOP TIP!



You can get the rich, savory taste of onions on
the cheap -and without cooking- by buying a
bunch of scallions (green onions) for about a
dollar, rinsing, and snipping into bite-sized pieces
with clean scissors!

Fresh vs.
dried herbs



Generally 1 teaspoon dried = 1
tablespoon fresh

Onions

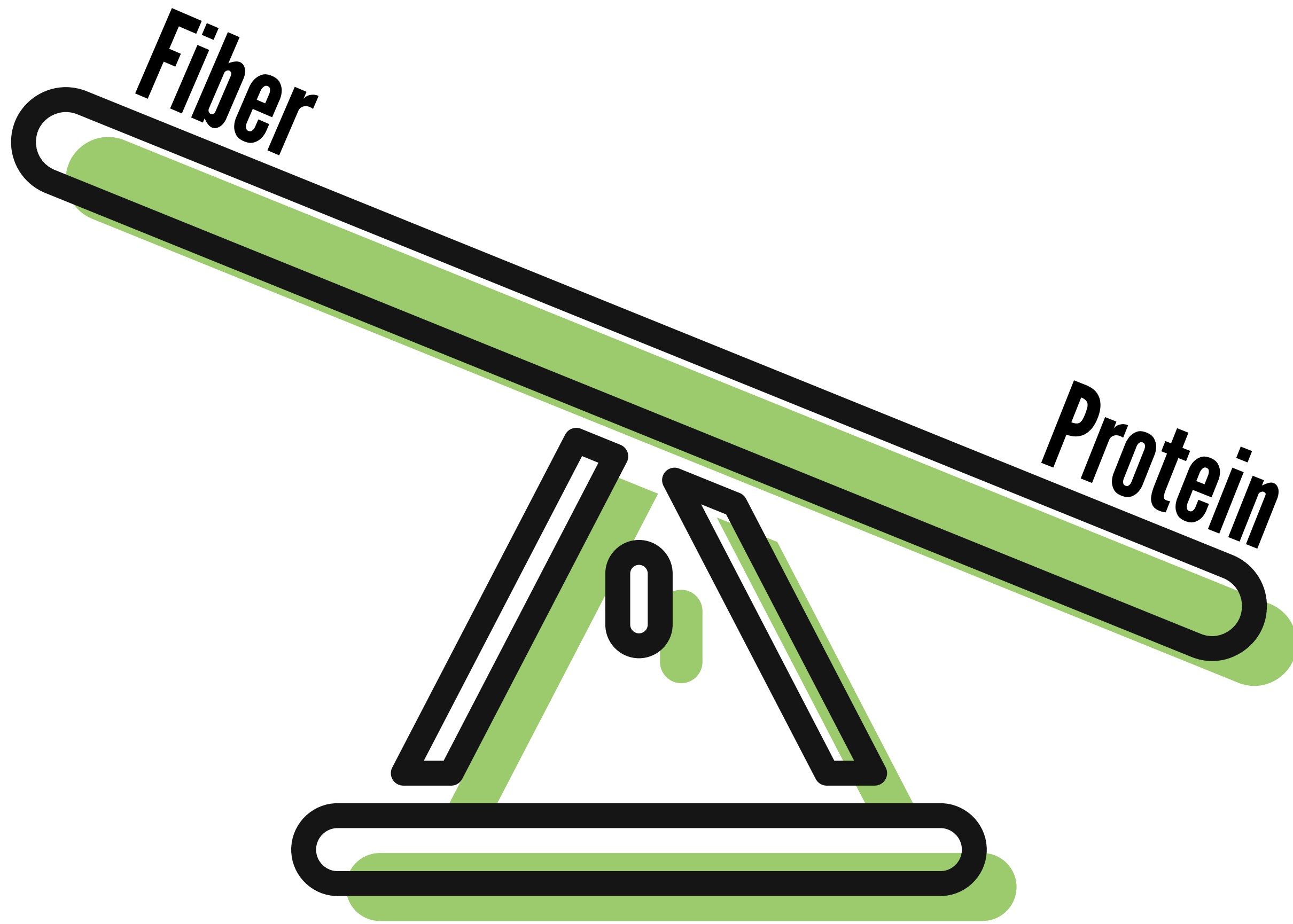
TOP TIP!

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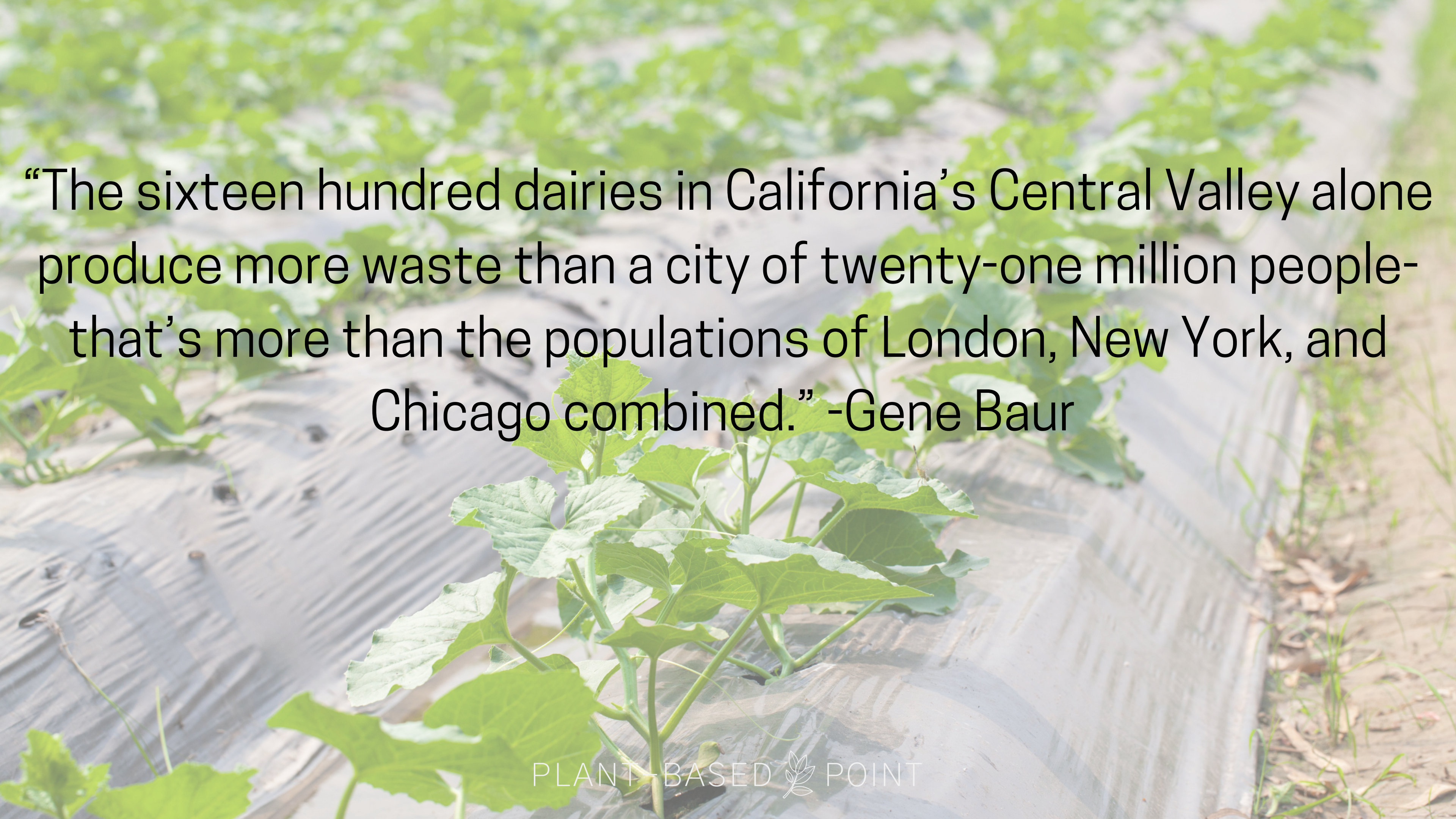




What about fiber?
What about protein?
What about vitamins?
What about B12?
What about your tastebuds?



PLANT-BASED  POINT



“The sixteen hundred dairies in California’s Central Valley alone produce more waste than a city of twenty-one million people—that’s more than the populations of London, New York, and Chicago combined.” -Gene Baur

Two-thirds of colleges in the US now offer vegan meals — here are 10 of the most vegan-friendly campuses

Marilyn La Jeunesse Oct 8, 2018, 2:44 PM



Vegan Fridays for All? More Schools Offer Plant-Based Meals

AGRICULTURE

College Students & Plant-Based Proteins

Exposure in college student populations to climate change science leads to stronger beliefs and support for climate-protective actions — like choosing more alternative meats.

THE UCLA PLANT-BASED GUIDE

Brought to you by

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abillionveg College Guide: UCLA edition

"Best College Food in America"

What's UCLA doing to earn this title 2 years in a row?

VEGAN OPTIONS ARE PART OF THAT!

PAGE 5 >

BPlate's innovative dining hall food

BE INSPIRED!

PAGE 6 >

Money-saving tips

- \$ Shop sales/in season**
- \$ Create a theme**
- \$ Repurpose ingredients**
- \$ Choose a few splurges and pair with cheap staples: bread, pasta, beans, grains, tortillas, tomato sauce, coconut milk, potatoes**
- \$ Gradually build your pantry (spices, sauces, etc.) and then leverage it!**



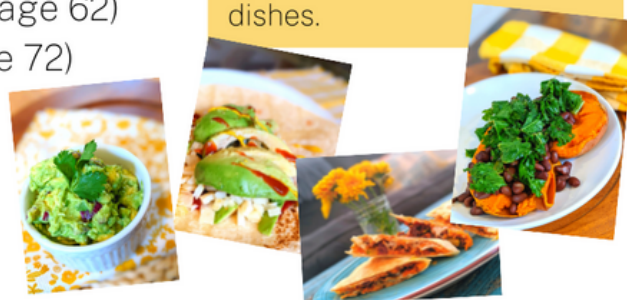
SAMPLE MEAL PLAN: WEEK #1

meals:

- Cheater Guacamole x 3* (page 26)
- Hash Brown Burrito x 4-5 (page 40)
- Loaded Sweet Potato x 3 (page 62)
- Quick Quesadilla x 4-5 (page 72)

*x 3 equals the number of times you can make this recipe based on your grocery list, e.g., for Week #1, you make 3 portions of the Cheater Guacamole recipe

This meal plan uses avocado, tortillas, vegan cheese, beans, sweet potatoes, greens, and hash browns across several dishes.



grocery list:

PREPARED:

- Black beans (2 15-oz cans)
- Salt (if needed)
- Sriracha or your favorite hot sauce (1 bottle)
- Tortillas (burrito-sized, 8 or 10-count pkg)
- Yellow mustard (optional)

FROZEN:

- Hash browns (1 30-oz pkg)

REFRIGERATED:

- Shredded vegan cheese of choice (1 pkg)

PRODUCE:

- Avocados (3)
- Greens (collards, kale, or spinach), 2 large bags
- Scallions (1 bunch)
- Sweet potatoes (1 2 or 3-lb bag)
- Red onion (1)

OTHER:

- Nutritional yeast (buy about 1 cup in bulk if possible)

notes:

- Use Cheater Guacamole alongside or in any of the other dishes
- Batch cook the entire bag of sweet potatoes and use in all recipes except Cheater Guacamole
- Leverage potatoes, beans, cheese, greens, red onion, scallions, nutritional yeast, and sriracha across all meals



Shop sales/in season



Create a theme: **potato madness**



Repurpose ingredients: **hash browns, beans, vegan cheese, greens, tortillas, avocado**



Choose a few splurges: **vegan cheese, avocados**



Pair with cheap items: **tortillas, beans, potatoes**



Slowly build pantry: **mustard, sriracha, nutritional yeast**

Building a Pantry: On a Budget



- Agave
- Coconut milk
- Canned beans (especially chickpeas, mung beans, black beans)
- Grains (brown rice, quinoa, bulger)
- Nutritional yeast
- Peanut butter
- Spices (especially smoked paprika, garlic powder, dill, oregano)
- Tahini
- Unsweetened plant-based milk
- Vegetable broth

Check out our
[Plant-Based Pantry 101](#)
[video!](#)



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Peanut Butter Date Cups

yields 24 “cups”

- 12 dates, sliced in half and pitted
- ½ cup peanut butter (see notes)
- ½ cup raisins
- Dash of cinnamon and salt

Scoop about ½ tablespoon peanut butter into the center of each pitted date half. Add a few raisins, a sprinkle of cinnamon, and dash of salt. Once your cups are assembled, refrigerate for at least one hour, then serve and enjoy!





NET WT
5 OZ (142g)

**CHEAP 'N EASY
CHICKPEA SALAD**

WITH ROBIN!



0:00 / 3:47



Check out our
[Chickpea Salad](#)
[recipe video](#)







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PB+J Cup

- Mix 1/4 cup oats with a dash of cinnamon and 1 teaspoon maple syrup
- Use a fork to press oat mixture on bottom of bowl or container

Layer on top:

- A thick layer of nut butter (we like crunchy almond)
- A medium-thick layer of jelly (your choice)
- A handful of crushed nuts (we like cashews)

Then:

- Place in the fridge for 1-2 hours
- Enjoy!

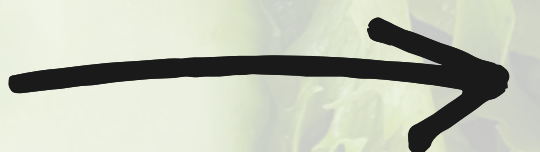
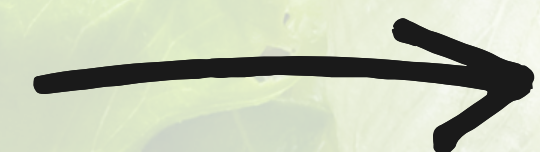


S'mores Cup

- Place a handful of cookies (vegan-friendly) in a Ziploc bag + smash with a spoon or your palm until you have crumbs
- Microwave 1 TBSP vegan butter until melted (20-30 seconds) + combine with cookie crumbs in a bowl - your "crust"
- Use a spoon to level this cookie crust along the bottom of bowl
- Add 1/4 cup vegan chocolate chips + 1 TBSP coconut oil (or vegan butter) to a separate bowl and microwave 30 seconds, stir
- Spread chocolate layer on top of cookie crumb layer
- Add crushed nuts, vegan marshmallows, and more cookie crumbs
- Enjoy!

**Dandies vegan
marshmallows!**





croutons, nuts, craisins

leafy greens, carrots

tomatoes, avocado

beans, heavier items

Dressing on the bottom



Because you don't have to worry about cross-contamination in plant-based cooking, you can save any marinades and repurpose them, e.g., as salad dressing!

QUICK TIPS

Check out our [Salad Dressing video!](#)





Check out our
[Pumpkin Cream Sauce](#)
[recipe video](#)



serves 1

- 1 pita

SAUCE/SPREAD OPTIONS:

- Hummus
- Refried beans
- Tomato sauce
- Vegan cream cheese (note: this can get a little too 'melty')
- [insert your creative idea here!]

TOPPING OPTIONS:

- Vegan cheese or nutritional yeast
- Sliced veggies (onion, pepper, tomato, olive, broccoli, zucchini, etc.)
- Your favorite vegan meat (sausage, pepperoni, bacon, chick'n, etc.)
- Pickled/hot peppers
- [insert your creative idea here!]

FINAL TOUCHES (OPTIONAL):

- Arugula
- Avocado
- Drizzled mustard, dressing, or your favorite condiment
- Fresh chopped herbs (basil, cilantro, parsley, scallions, etc.)

Preheat oven/toaster oven to 375 degrees Fahrenheit. Evenly spread a layer of "sauce" on top of your pita and arrange toppings over sauce.

Place directly on oven rack and bake for 10 minutes. Add any final touches if using. Let cool for a minute or two, slice and enjoy!



Quick Quesdilla

serves 1

1 burrito-sized tortilla

SAUCE/SPREAD OPTIONS:

Hummus

Refried beans

Tomato sauce

Vegan cream cheese (note: this can get a little too 'melty')

[insert your creative idea here!]

FILLING OPTIONS:

Vegan cheese or nutritional yeast

Sliced veggies (onion, pepper, tomato, olive, broccoli, zucchini, etc.)

Your favorite vegan meat (soy chorizo, sausage, pepperoni, bacon, chick'n, etc.)

Potato cubes or hash browns

Avocado

Sundried tomatoes

DIPPING OPTIONS:

Ketchup or your favorite condiment

Hot sauce, salsa, or tomato sauce

Vegan sour cream

Salad dressing (see page 32)

On stovetop or hot plate, heat a large frying pan to medium heat. Spread your sauce across the whole tortilla and fill one half of it with your chosen fillings. Fold tortilla half and place on heated pan. Toast on each side (a few minutes per side or until golden brown), then slice into 2-4 pieces with a sharp knife or pizza cutter and enjoy!





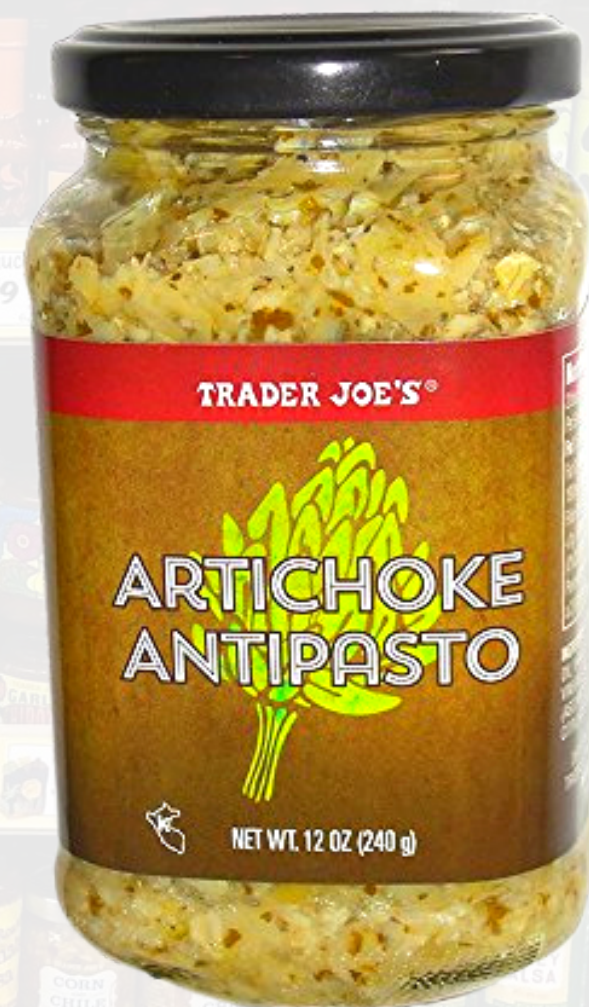
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HACK ALERT

1. Stir in 1-2 TBSP dried dill into 1 cup vegan yogurt, sour cream, or cream cheese.
2. Refrigerate for 4+ hours.
3. Use in falafel bowls, sandwiches + platters!



HACK ALERT: TRADER JOE'S EDITION





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Certificate of Achievement

awarded to:

YOU

for the successful completion of
Plant-Based 101

September 7, 2022

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Continue your studies...



Our Favorite Resources

This page contains affiliate links which means we may receive a commission if you purchase any products. We only recommend products we love - and think you will, too!

Farm Sanctuary

One of the first books Robin read that really inspired her to make some changes was [Living the Farm Sanctuary Life](#) by Gene Baur. Gene is the founder of Farm Sanctuary and his endless advocacy is truly humbling.

- Website: <https://www.farmsanctuary.org>
- Twitter: <https://twitter.com/genebaur>



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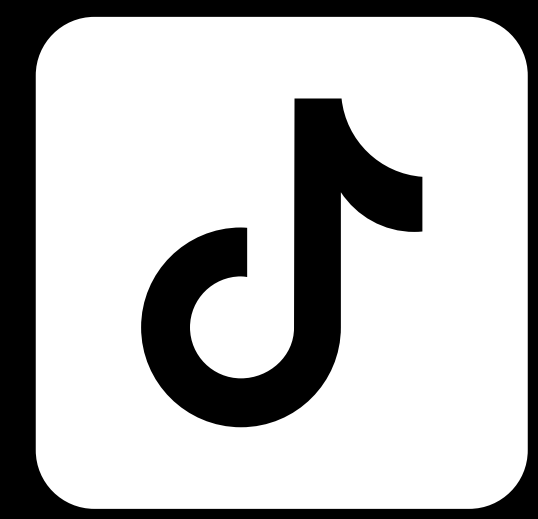
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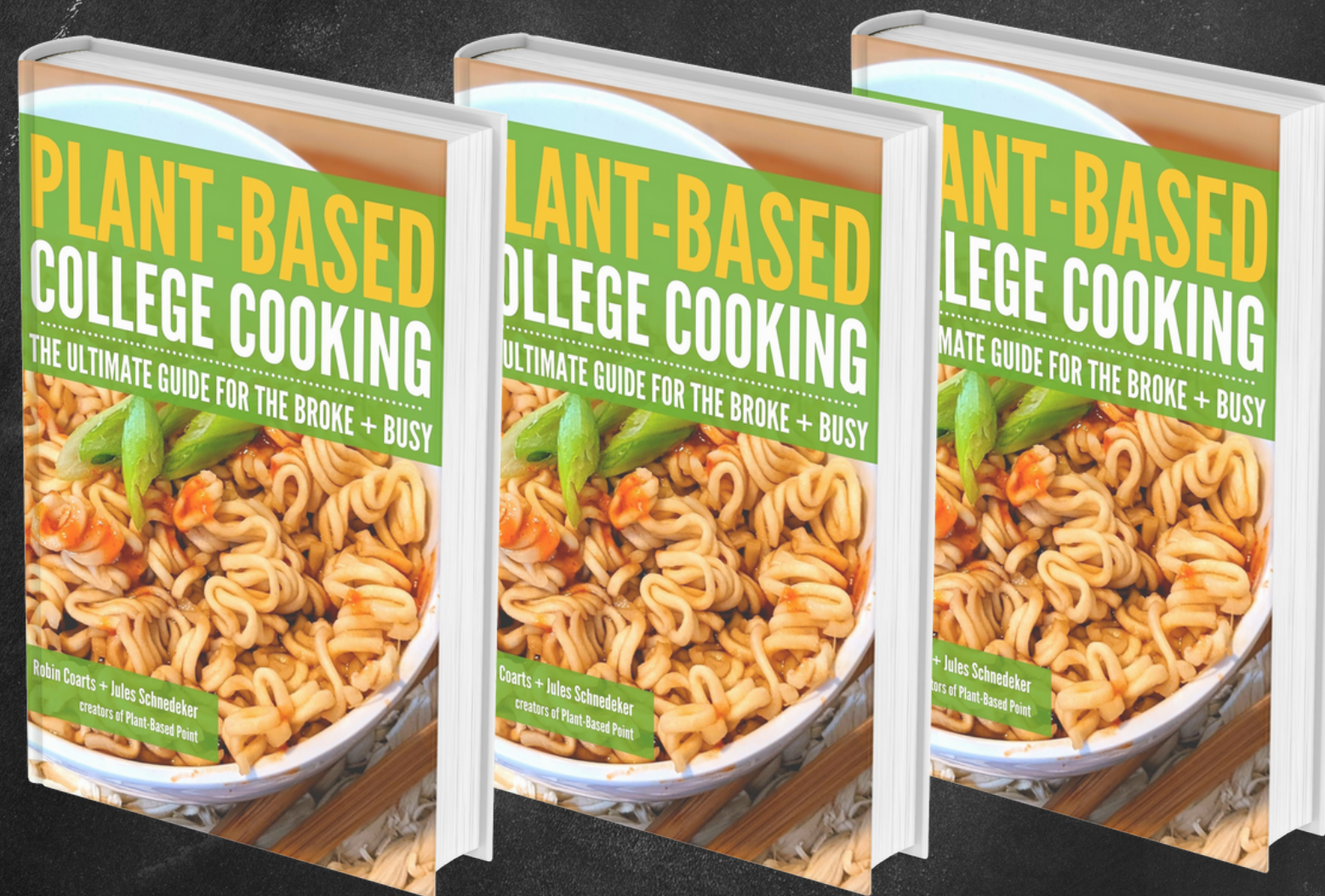
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