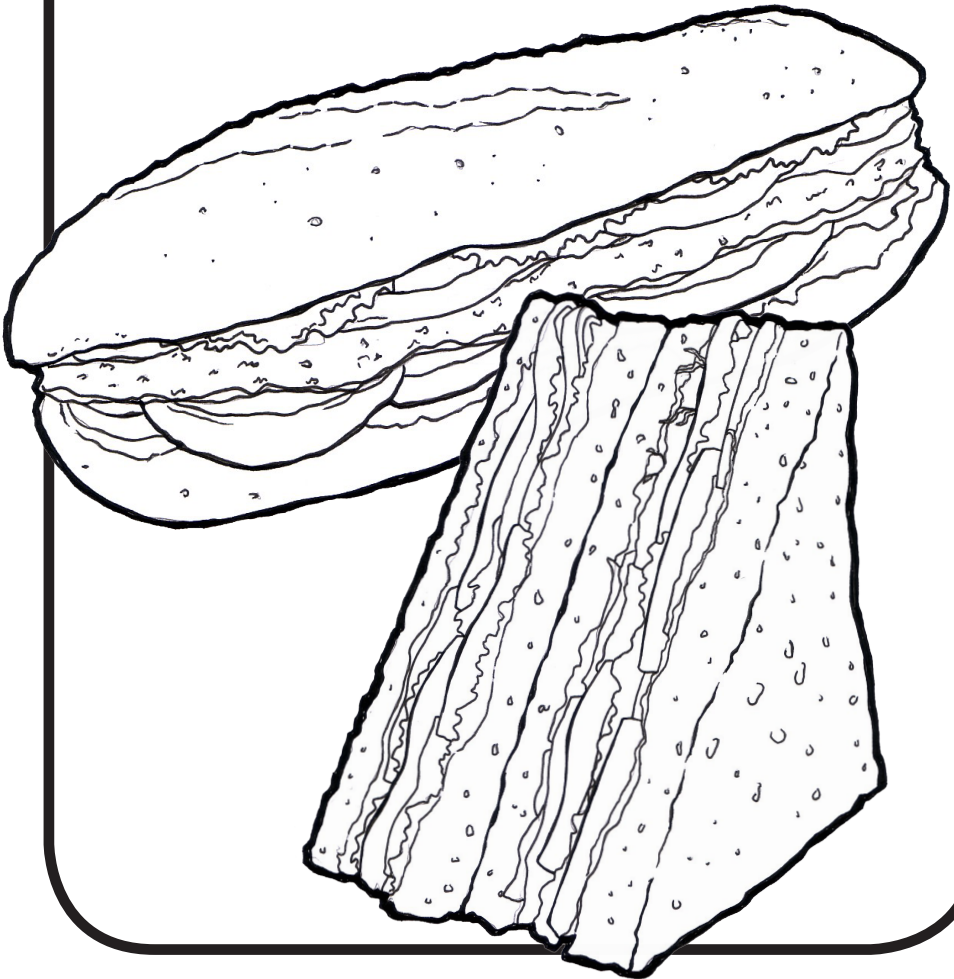


**Vegan**

**Sandwich  
Baguette  
and Wrap fillings**



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## SANDWICH / BAGUETTE FILLINGS

### Butterbean and Fresh Herb Spread

<b>Ingredients</b>	<b>serves 4</b>	<b>serves 10</b>
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
onion, finely chopped	115g (4 oz)	285g (10 oz)
tomato, chopped	1 medium	2 large
butterbeans, cooked, drained	255g (9 oz)	625g (1 lb 6 oz)
salt and black pepper	to taste	to taste
fresh basil, finely chopped	15g (1 tbsp)	35g (2½ tbsp)

Heat the oil in a saucepan and sauté the onion(s) until soft. Add the tomato(es) and cook for a further 2-3 minutes.

Mash the beans coarsely, leaving some whole. Add to the saucepan and mix well. Cook gently on a low heat for 2-3 minutes, stirring occasionally. Remove from the heat, season and mix in the basil.

### Mushroom and Walnut Spread

<b>Ingredients</b>	<b>serves 4</b>	<b>serves 10</b>
walnuts	55g (2 oz)	140g (5 oz)
water	as required	as required
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
onion, finely chopped	55g (2 oz)	140g (5 oz)
garlic, crushed	1 medium clove	2 large cloves
mushrooms, finely chopped	115g (4 oz)	285g (10 oz)
fresh parsley, finely chopped	small handful	large handful
salt and black pepper	to taste	to taste

Cover the walnuts with cold water and soak for approximately 1 hour. Drain and blend with half the oil.

Heat the rest of the oil and fry the onion(s) until soft. Add the garlic and mushrooms and continue cooking until the liquid from the mushrooms has been absorbed. Add to the walnuts, together with the parsley, and blend. Season.

## Peanut Butter Hummus

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
chickpeas, cooked, drained	115g (4 oz)	285g (10 oz)
garlic, crushed	1 large clove	2-3 large cloves
peanut butter	15g (1 tbsp)	35g (2½ tbsp)
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
lemon juice	30 ml (2 tbsp)	70 ml (5 tbsp)
water	30 ml (2 tbsp)	70 ml (5 tbsp)
salt	to taste	to taste

Blend the first four ingredients. Add the lemon juice. Blend, gradually adding enough water until the mixture is smooth and creamy. Season.

## Carrot and Lentil Spread

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
onion, finely chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	2 cloves	5 cloves
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
red lentils, washed, drained	85g (3 oz)	210g (7½ oz)
hot water	500 ml (18 fl oz)	1.25 L (44 fl oz)
carrot, finely chopped	85g (3 oz)	210g (7½ oz)
dried thyme	2g (½ tsp)	5g (1 tsp)
lemon, juice of	½ medium	1 large
tomato purée	5g (1 tsp)	12.5g (2½ tsp)
salt and black pepper	to taste	to taste

Fry the onion(s) and garlic in oil until soft. Add the lentils and water. Bring to the boil, then reduce heat and simmer uncovered for 10 minutes.

Add the carrot(s) and thyme and continue to cook for a further 10 minutes until lentils are mushy, adding a little more water to the mixture if necessary.

Add lemon juice and tomato purée. Season.

## Sweet Potato and Almond Spread

<b>Ingredients</b>	<b>serves 4</b>	<b>serves 10</b>
onion, finely chopped	55g (2 oz)	140g (5 oz)
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
garlic, crushed	1 medium clove	2 large cloves
dried sage	5g (1 tsp)	12.5g (2½ tsp)
sweet potato, finely chopped	115g (4 oz)	285g (10 oz)
carrots, finely chopped	115g (4 oz)	285g (10 oz)
celery, finely chopped	1 stick	2½ sticks
ground almonds	55g (2 oz)	140g (5 oz)
salt and black pepper	to taste	to taste

Fry the onion(s) in oil until soft. Add the garlic and sage and fry for a further 30 seconds. Add the vegetables and cook until soft (approximately 5 minutes). Roughly mash, leaving some small chunks.

Stir in the almonds. Season.

## Cannellini Bean Spread

<b>Ingredients</b>	<b>serves 4</b>	<b>serves 10</b>
cannellini beans, cooked, drained	255g (9 oz)	625g (1 lb 6 oz)
vegan vegetable stock	225 ml (8 fl oz)	565 ml (20 fl oz)
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
dijon mustard	5g (1 tsp)	12.5g (2½ tsp)
fresh parsley, finely chopped	15g (1 tbsp)	35g (2½ tbsp)
salt and black pepper	to taste	to taste

Put the beans in a saucepan with the stock and bring to the boil, then reduce the heat and simmer for 10 minutes. Drain, but reserve a little of the stock.

Mash or blend the beans. Add the oil, mustard and parsley, together with a little of the reserved stock if the mixture is too dry. Season.

*Alternative: Replace cannellini with butterbeans.*

## Mushroom and Sunflower Seed Spread

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
leek, finely diced	115g (4 oz)	285g (10 oz)
celery, finely chopped	1 stick	2½ sticks
green pepper, finely chopped	85g (3 oz)	210g (7½ oz)
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
garlic, crushed	1 medium clove	2 large cloves
dried thyme	5g (1 tsp)	12.5g (2½ tsp)
mushrooms, finely diced	115g (4 oz)	285g (10 oz)
ground sunflower seeds or almonds	55g (2 oz)	140g (5 oz)
salt and black pepper	to taste	to taste

Fry the leek(s), celery and pepper(s) in the oil until soft. Add the garlic and thyme and cook for a further 30 seconds. Add the mushrooms and continue to cook until soft (5-10 minutes). Blend. Mix in the sunflower seeds or almonds. Season.

## Carrot and Almond Spread

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
carrot, diced	115g (4 oz)	285g (10 oz)
potato, diced	55g (2 oz)	140g (5 oz)
water	as required	as required
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
onion, finely chopped	85g (3 oz)	210g (7½ oz)
ground cumin	5g (1 tsp)	12.5g (2½ tsp)
paprika	5g (1 tsp)	12.5g (2½ tsp)
ground coriander	5g (1 tsp)	12.5g (2½ tsp)
ground almonds	55g (2 oz)	140g (5 oz)
salt and black pepper	to taste	to taste

Cover the carrot(s) and potato(es) with water. Bring to the boil, then reduce the heat and simmer until tender. Drain, mash and set aside.

Heat the oil and fry the onion(s) until soft. Add the spices and cook for 10 seconds. Mix in the almonds and mashed vegetables. Season.

## Country Vegetable and Red Bean Spread

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
onion, finely chopped	85g (3 oz)	210g (7½ oz)
vegetable oil	30 ml (2 tbsp)	70 ml (5 tbsp)
garlic, crushed	1 medium clove	2 large cloves
celery, finely chopped	1 stick	2½ sticks
green pepper, finely chopped	115g (4 oz)	285g (10 oz)
carrot, finely diced	55g (2 oz)	140g (5 oz)
mixed herbs	5g (1 tsp)	12.5g (2½ tsp)
paprika	5g (1 tsp)	12.5g (2½ tsp)
kidney beans, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
soya sauce	5 ml (1 tsp)	12.5 ml (2½ tsp)
tomato purée	10g (2 tsp)	30g (2 tbsp)
black pepper	to taste	to taste

Fry the onion(s) for a few minutes in the oil. Add the garlic and cook for a further 30 seconds. Add the celery, green pepper(s), carrot(s), mixed herbs and paprika. Continue cooking until the vegetables are soft (5-10 minutes).

Roughly mash the kidney beans until they are just broken and add to the mixture. Add the soya sauce, tomato purée and black pepper.

## Creamy Bean and Nut Spread

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
butterbeans, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
soya milk	60 ml (4 tbsp)	150 ml (10 tbsp)
dijon mustard	5g (1 tsp)	12.5g (2½ tsp)
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
tomato purée	5g (1 tsp)	12.5g (2½ tsp)
ground almonds or walnuts	30g (1 oz)	70g (2½ oz)
salt and black pepper	to taste	to taste

Blend the beans. Mix in the remaining ingredients. Season.

## WRAP FILLINGS

### Chunky Vegetables and Lentils

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
leek, finely chopped	85g (3 oz)	210g (7½ oz)
celery, finely chopped	1 stick	2½ sticks
carrot, finely chopped	225g (8 oz)	565g (1 lb 4 oz)
garlic, crushed	1 clove	2-3 cloves
green lentils, washed, drained	115g (4 oz)	285g (10 oz)
basil	5g (1 tsp)	12.5g (2½ tsp)
oregano	5g (1 tsp)	12.5g (2½ tsp)
water	500 ml (18 fl oz)	1.25 L (44 fl oz)
fresh parsley, finely chopped	15g (1 tbsp)	35g (2½ tbsp)
salt and black pepper	to taste	to taste

Heat the oil and fry the leek(s), celery, carrot(s) and garlic until soft. Add the lentils, basil, oregano and water. Bring to the boil, then reduce the heat and simmer, stirring occasionally, until the lentils are cooked and all the water has evaporated (20-30 minutes). Add the parsley. Season.

### Grilled Vegetables and Sunflower Seeds

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
onion, cut into thin half-moon shapes	115g (4 oz)	285g (10 oz)
butternut squash, cut into bite-size pieces	225g (8 oz)	565g (1 lb 4oz)
mushrooms, sliced	115g (4 oz)	285g (10 oz)
carrots, thinly sliced	225g (8 oz)	565g (1 lb 4oz)
dried thyme	5g (1 tsp)	12.5g (2½ tsp)
sunflower seeds or chopped walnuts	55g (2 oz)	140g (5 oz)
salt and black pepper	to taste	to taste

Lightly oil an ovenproof tray. Add the vegetables, sprinkle with the thyme and grill until lightly browned. Stir in the sunflower seeds or walnuts and grill for a further 1-2 minutes. Season.



## Roasted Vegetables and Chickpeas by HMP Rochester

<b>Ingredients</b>	<b>serves 4</b>	<b>serves 10</b>
onion, cut into chunks	115g (4 oz)	285g (10 oz)
courgette, cut into chunks	140g (5 oz)	355g (12½ oz)
red or green pepper, cut into chunks	140g (5 oz)	355g (12½ oz)
sweet potato, cut into chunks	140g (5 oz)	355g (12½ oz)
tomatoes, chopped	2 large	5 large
vegetable oil	45 ml (3 tbsp)	115 ml (4 fl oz)
dried mixed herbs	5g (1 tsp)	12.5g (2½ tsp)
lemon, juice of	½ medium	1 large
chickpeas, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Put the onion(s), courgette(s), pepper(s), sweet potato(es) and tomato(es) in a shallow roasting tin and sprinkle with the herbs. Drizzle on half the oil and roast for 30-45 minutes or until golden. Mix the lemon juice with the rest of the oil and add to the roasted mixture. Stir in the chickpeas. Season.

*Alternative: Replace sweet potato with butternut squash.*

## Black-Eyed Beans and Herbs

<b>Ingredients</b>	<b>serves 4</b>	<b>serves 10</b>
potatoes, cut into chunks	450g (1 lb)	1.13 kg (2½ lb)
water	as required	as required
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
green pepper, chopped	170g (6 oz)	425g (15 oz)
dried thyme or marjoram	5g (1 tsp)	12.5g (2½ tsp)
spring onions, chopped	4	10
black-eyed beans, cooked, drained	255g (9 oz)	625g (1lb 6oz)
salt and black pepper	to taste	to taste

Cover the potatoes with water, bring to boil and cook until just tender. Drain and set aside.

Heat the oil and fry the pepper(s) until soft (approximately 5 minutes). Add the herbs and spring onions and fry for 1-2 minutes. Add the potatoes and sauté for approximately 10 minutes. Add the beans and cook for a further 3-4 minutes. Season.

## Green Lentils and Red Peppers

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
onions, chopped	170g (6 oz)	425g (15 oz)
red pepper, chopped	115g (4 oz)	285g (10 oz)
celery, chopped	1 stick	2½ sticks
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
green lentils, washed, drained	115g (4 oz)	285g (10 oz)
vegan vegetable stock	455 ml (16 fl oz)	1.13 L (40 fl oz)
dried parsley	10g (2 tsp)	25g (5 tsp)
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
salt and black pepper	to taste	to taste

Fry the onions, red pepper(s) and celery in the oil until soft.

Add the lentils, stock, parsley and tomato purée. Bring to the boil, then reduce the heat and simmer until cooked (20-30 minutes).

Towards the end of cooking time stir constantly since most of the water will have been absorbed. Season.

## Refried Beans by HMP Wayland

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	15 ml (1 tbsp)	45 ml (3 tbsp)
onion, finely chopped	115g (4 oz)	285g (10 oz)
garlic, finely chopped	2 cloves	5 cloves
ground cumin	10g (2 tsp)	25g (5 tsp)
mild chilli powder	5g (1 tsp)	12.5g (2½ tsp)
tomatoes, chopped	225g (8 oz)	565g (1 lb 4 oz)
kidney beans, cooked, drained	625g (1 lb 6 oz)	1.55 kg (3 lb 7 oz)
salt and black pepper	to taste	to taste

Heat the oil and fry the onion(s) and garlic until soft.

Add the cumin and chilli powder and cook for a further minute before adding the tomatoes. Bring to the boil, then reduce the heat and simmer for approximately 5 minutes.

Mash most of the kidney beans and add to the mixture. Stir in the rest of the beans and cook for a further 5 minutes. Season.

## **Weight Conversions Metric/Imperial**

Please note that the conversions metric/imperial have either been rounded up or down. In a few recipes it has been necessary to modify them very slightly. It is recommended that you do not mix metric and imperial measures in one recipe.

All spoon measurements used throughout this booklet are level spoonfuls.

*This booklet was produced by*  
**The Vegan Prisoners Support Group**

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VPSG  
P.O. Box 194  
Enfield, Middx, EN1 4YL  
Tel. 0208 363 5729  
[www.vpsg.info](http://www.vpsg.info)  
email: [info@vpsg.info](mailto:info@vpsg.info)