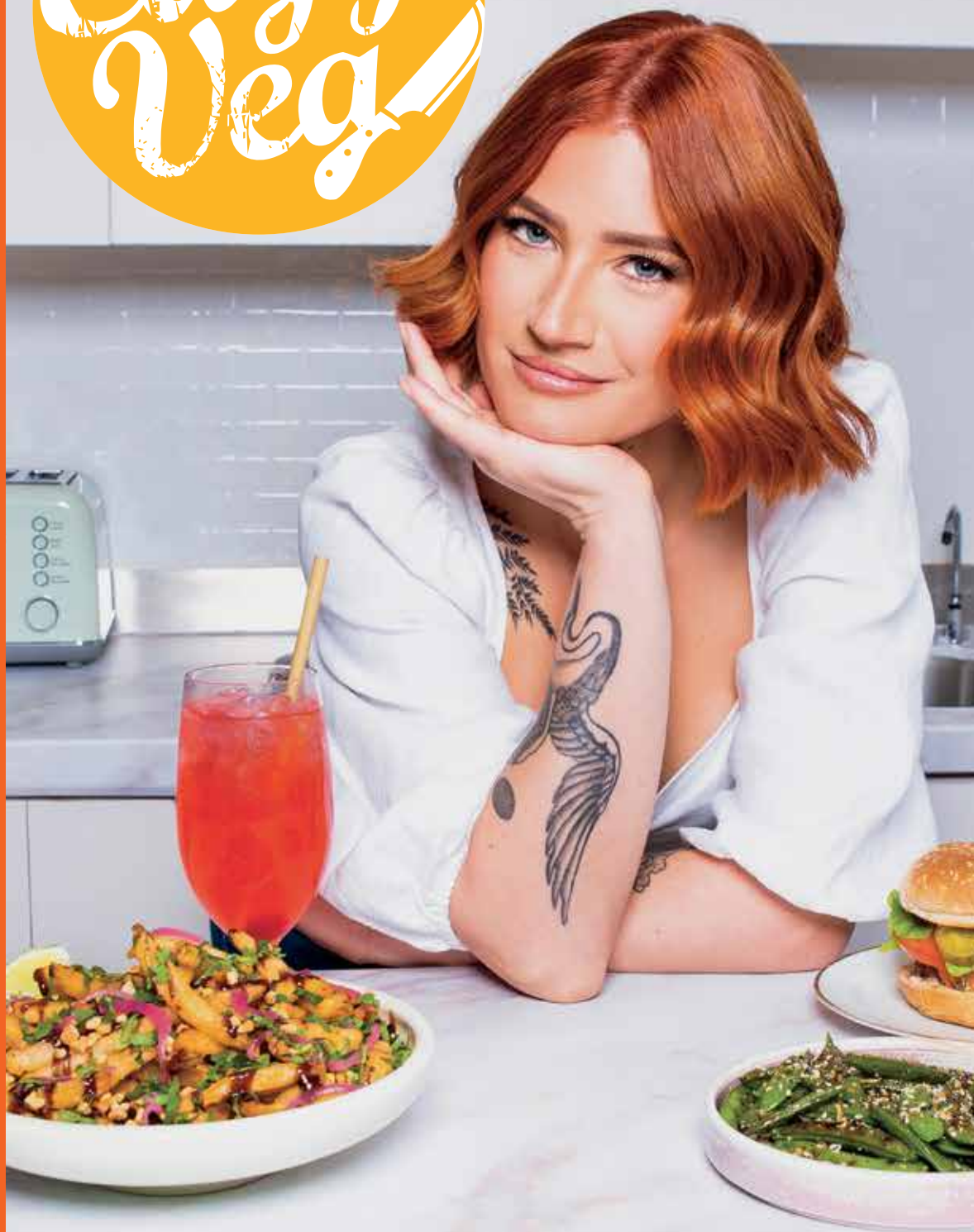


EASY EATS

CANDICE
HUTCHINGS



Quick • Tasty • Vegan

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INTRODUCTION

AND WE'RE BACK!

Welcome to the second season of *The Edgy Veg*! So many things have changed since season one. Chances are you belong in one of two categories: (1) you're one of the huge fans of *The Edgy Veg* who have been begging me for the better part of 3 years to write another book or (2) you were intrigued by a rad-looking cookbook with easy vegan recipes. In any case, allow me to reintroduce myself.

I'm Candice, that vegan with the fiery red hair from YouTube. Over 10 years ago, I decided to take a dive face-first into an animal-free lifestyle. But, being of the cause-driven millennial generation that I am, I couldn't just eat plants and live my life — no, I had to make a career out of it. Voilà! The Edgy Veg blog, YouTube channel and, subsequently, the cookbook were born.

If you've been following along since the first book came out, skip ahead to the next paragraph while I recap for the newbies everything that has changed recently. And I mean A LOT has changed. I left my marriage, ran away to Italy (*because who doesn't want to drown their sorrows in spaghetti and wine?*) and weathered a toxic AF divorce. Like my mother before me, I came out the other side stronger than ever. I've spent the last 3 years rebuilding my broken business and hiring an incredible team of people, who have since become close

friends. I am so proud of what we are achieving.

Big changes, of course, are often met with resistance, and for me that manifested as chronic anxiety and depression. It was a dark time, and I didn't handle it well, but day by day I learned to take care of myself and find joy again in the things I once loved: dancing, cooking, hosting girls' nights. Heck, I figured out how to care for myself so effectively, I even adopted two more special-needs fur babies! [Insert here mental picture of the cutest little blind and deaf dog that barks like a chicken and the sweetest geriatric. *Hi Kevin and Mr. Frederickson!*]

This book is the byproduct of every lesson I had to learn. It includes all the no-fuss recipes that kept me nourished on my journey back to myself, and the take-no-shit advice I now live by. In many ways, food was my medicine.





Writing it saved me from COVID-19 boredom, brought me closer to my chosen family and nourished every fiber of my being.

These pages are the simpler everyday little sister to the foundational carnivore-approved vegan recipes of the first book. And like most cookbooks, this one is full of recipes. Unlike most cookbooks, however, these recipes don't sacrifice creativity or bold flavor for ease or time. Not only will they save you energy for whatever life tosses your way, they take the guesswork and, well, work out of preparing tasty meals. *Do you really want to spend every night for the rest of your living days figuring out what to cook for dinner?* Yeah, neither do I. In these pages, you will find vegan food built differently. Food that will satiate every craving. Food that will make your soul sing. This includes everything from delicious recipes to impress your latest fling to tasty one-pot dinners when you've got a case of the Mondays. I'm serving you drool-worthy and lightning-fast appetizers and no-fuss desserts for when you need a sweet fix

in a hurry. Flip to any page and you'll find a great-tasting recipe that can be made in less than 45 minutes. (I even snuck in a naughty libation or two for when you need a hug from something alcohol based.) Ingredient lists include only those ingredients you can easily find at your local grocery store. No more backbreaking, long-haul, wallet-robbing treks to the fancy health food store for you, honey! In no time at all you will be serving up mains with attitude and some cheeky sides.

"But Candice," you might ask, "do I have to be vegan or know how to cook to use this book?" Heck no! This book is for anyone who feels edgy by nature — for those of us just trying to make it through this world doing good while feeling good through eating good: the budding entrepreneur, the busy activist, the parent with a side hustle, and anyone who cooks a nice dinner one day and then has two bowls of Froot Loops the next. Whether life throws you lemons or tosses you a bone, we all need to eat — preferably really tasty food — and this book's got your back!

— Candice

BREAK

because it's the most

THE

important meal of the day

FAST

'brāk \ thə \ fast (*noun*)

1. **Break:** pausing an action or work. **Fast:** as in not eating for a long period of time. *“Wow, I must have slept for 14 hours! Time to break the fast like a gosh darn champion! Pass the muffins.”*
2. A meal that is usually eaten in the morning, sometimes served in bed, often with a cocktail. *“I don't think I've ever drunk champagne before breakfast. With breakfast on several occasions, but never before . . .”*

Breakfast food is totally on another level. I don't know why, but when it comes to our morning meal, we tend to throw all the rules out the window. Is it sweet savory or savory? Large or small? Healthy or decadent? Who cares? It's breakfast, where desserts are considered a main. Are you in the mood for something sweet like French toast covered in syrup and whipped cream? Fantastic! Or perhaps you're longing for something like tacos, so make it brunch with some eggs? Right on! Those are exactly the types of creations found in this chapter. Both are enticing and acceptable options to help you seize the day. Don't forget your coffee!



THIS SOUP IS SPEC-TACO-LAR



SERVES 4 TO 6

If a taco dressed up as a soup for Halloween, you'd end up with this recipe. It's a soul-soothing, tongue-enticing bowl of goodness that eats like a meal. Think of it like a liquid taco, sprinkled with all your fave Tex-Mex toppings. Throw on some music and you've got yourself a fiesta in the kitchen *and* in your belly.

1 tbsp (15 mL) coconut oil
1 small onion, diced
2 garlic cloves, minced
1½ tsp (7 mL) seeded and chopped jalapeño pepper (optional)
Sea salt
1 can (28 oz/796 mL) diced tomatoes (with juice)
1 can (14 oz/398 mL) black beans (with liquid)
1 can (14 oz/398 mL) kidney beans (with liquid)
2 cups (500 mL) frozen corn
1 package (1 oz/30 g) taco seasoning
2 cubes (each 1 tsp/5 mL) no-beef or vegetable bouillon
4 cups (1 L) water
Freshly ground black pepper

- 1** In a large pot, heat coconut oil over medium heat. Add onion; cook, stirring occasionally, for 3 to 5 minutes, until translucent. Add garlic, jalapeño (if using) and ½ tsp (2 mL) sea salt; cook, stirring constantly, for 2 to 3 minutes, until garlic is fragrant.
- 2** Add tomatoes (with juice), black beans and kidney beans (with their liquid), corn, taco seasoning, bouillon and water; stir and bring to a boil over high heat. Reduce heat to medium and simmer for 20 minutes, stirring occasionally, or until flavors have melded.
- 3** Season to taste with sea salt and pepper. Ladle soup into bowls and garnish with toppings (if using).

HACK IT!

Most tortilla chips are made with corn and therefore gluten-free, but make sure to check the ingredients if you're avoiding gluten to ensure they do not include wheat.

OPTIONAL TOPPINGS

Crushed tortilla chips (see *Hack It!*)
Sliced green onion
Sliced avocado
Dairy-free sour cream
Dairy-free Cheddar cheese or mozzarella cheese shreds
Chopped fresh cilantro

BUILDING A BRIE-LLIANT CHARCUTERIE BOARD

I am all about romanticizing our lives a bit more, especially now that we're allowed out of our houses! Anyone else have residual Covid-19 PTSD? This may look like a ladies' picnic, a sensual date by the lake or a summer soirée in the backyard. What I don't love is lots of planning, piles of dishes and being stuck in the kitchen while everyone else is having a fabulous time. Boooo! So, over the last few years, I have learned to master the art of a chic vegan charcuterie board. Easily prepped in advance, my fuss-free snack board has minimal cleanup and is easy to put together while at the same time looking fresh, impressively bountiful and artfully high-end. Catching up with your guests — drinks in hand — sounds wayyyy better than sweating over the stove, doesn't it?

Traditionally, these boards are filled with arranged meats, cheese, crudités, seasonal fruit and even flowers (you've probably seen it on the 'gram). At this point you may be thinking, "Candice, without all that, isn't it just a veggie platter?" *But stay with me!* So many gorgeous plant-based alternatives to meat and dairy are now available that you can create a max snack board without ever having to compromise on taste, texture or flavor. Let me show you how.

continues on page 108 →





KRABBY PATTY



SERVES 4

Admit it, you’ve been searching for the secret ingredient to the Krabby Patty since childhood. I’ve heard that it’s sand or even crab, but if I know the kindness of Mr. SquarePants, it’s love. *(Plus, it’d be weird for Mr. Krabs to unalive his own kind for burgers . . . dark.)* This under the sea–inspired vegan delicacy is stacked with nori aioli, patty with cheese, lettuce, onion, tomato, ketchup, mustard and three pickles. In that order.

GRILL PAN (OPTIONAL)

- ½ cup (125 mL) egg-free mayo
- ½ tsp (2 mL) grated lemon zest
- 1 tsp (5 mL) ground toasted nori (see Hack It!)
- 1½ tsp (7 mL) Old Bay seasoning, divided
- 4 veggie burger patties
- 4 dairy-free Cheddar cheese slices
- 4 sesame seed burger buns
- 4 butter lettuce leaves
- ¼ cup (60 mL) prepared crispy onions
- 4 tomato slices
- ¼ cup (60 mL) ketchup
- 2 tbsp (30 mL) yellow mustard
- 12 dill pickle medallions

- 1 In a small bowl, whisk together egg-free mayo, lemon zest, nori and ½ tsp (2 mL) Old Bay seasoning. It’s nori aioli! Set aside.
- 2 Heat the grill pan or a large skillet over medium-high heat. Evenly sprinkle both sides of each patty with the remaining 1 tsp (5 mL) Old Bay seasoning. Cook patties for 3 to 4 minutes. Flip, top each with a slice of cheese, cover and cook for another 2 to 3 minutes, until cheese has melted.
- 3 Meanwhile, microwave the buns on High for 15 seconds, until warm.
- 4 **BUILD YOUR KRABBY PATTY** Spread about 2 tbsp (30 mL) nori aioli on each bottom bun. Add veggie burger and top with 1 lettuce leaf, 1 tbsp (15 mL) crispy onions, 1 tomato slice, 1 tbsp (15 mL) ketchup, 1½ tsp (7 mL) yellow mustard, 3 pickle medallions and more aioli. In that order. Top with the other half of the bun. Serve with a side of sweet potato fries (page xx) or Brussels chips (page xx).

HACK IT!

Hey Candice! Where do I find ground toasted nori? Easy! Buy a package of toasted nori sheets from your local grocery store and grind up the sheets in a spice grinder or blender.

MASSAMAN-STYLE TOFU CURRY



SERVES 4

Thai cuisine is absolute perfection — in fact, Thailand has been on my travel bucket list for the last 10 years. For now, I'll keep dreaming of a beach vacation and this homemade animal-friendly version of massaman curry. It's super satisfying and complex yet surprisingly easy to make at home with a few shortcuts from the traditional recipe.

2 tbsp (30 mL) coconut oil
1 medium onion, chopped
4 garlic cloves, minced
1 tbsp (15 mL) grated gingerroot
1 tsp (5 mL) ground cumin
1 tsp (5 mL) ground turmeric
¼ cup (60 mL) massaman or red curry paste
1½ tsp (7 mL) tamarind paste
1 package (16 oz/450 g) extra-firm tofu, pressed (page xx) and cubed
1 tbsp (15 mL) tamari or soy sauce
1 tsp (5 mL) grated lemon zest
Sea salt
2 yellow potatoes, peeled and cubed
½ cup (125 mL) roasted peanuts
2 star anise pods
1 cinnamon stick
1 cup (250 mL) water
1 can (14 oz/398 mL) full-fat coconut milk
3 tbsp (45 mL) creamy peanut butter
1 tbsp (15 mL) brown sugar
1 tbsp (15 mL) freshly squeezed lime juice
4 cups (1 L) cooked rice of choice (optional)
Chopped cilantro

- 1** In a large saucepan or wok, heat coconut oil over medium heat. Add onion, garlic, ginger, cumin and turmeric; cook, stirring occasionally, for 3 to 5 minutes, until onion is translucent.
- 2** Stir in massaman curry paste, tamarind paste, tofu, tamari, lemon zest and 1 tsp (5 mL) sea salt. Cook for about 3 minutes, until tofu is heated through.
- 3** Add potatoes, peanuts, star anise, cinnamon stick and water; bring to a boil. Reduce heat to medium; add coconut milk and peanut butter; stir. Simmer for about 15 minutes, until potatoes are fork-tender.
- 4** Stir in brown sugar and lime juice. Season to taste with sea salt and serve with rice (if using). Garnish with cilantro.

HACK IT!

Try this recipe using your favorite plant-based chicken or beef instead of tofu.





EVERY DAY I'M BRUSSELIN' CHIPS WITH TAHINI



SERVES 4

Kale chips have had their time in the spotlight and, quite frankly, they're a bit overrated. Make way for a new and exciting way to chip — Brussels sprouts! You know those handful of leaves that fall off when you're roasting Brussels in the oven? Well, they inspired these perfectly crispy bites of thinly sliced sprouts. Drizzled or dipped, these can be eaten on their own or as a side.

RIMMED BAKING SHEET
LINED WITH PARCHMENT
PAPER

- 2½ tsp (12 mL) garlic powder, divided
- 1½ tsp (7 mL) ground cumin
- Sea salt
- 3 tbs (45 mL) olive oil
- 2 tsp (10 mL) Dijon mustard
- 1½ lbs (750 g) Brussels sprouts, trimmed and thinly sliced
- ¼ cup (60 mL) tahini
- ¼ cup (60 mL) warm water (approx.)
- 1 tbs (15 mL) freshly squeezed lemon juice

- 1 Preheat the oven to 400°F (200°C).
- 2 In a large bowl, whisk together 2 tsp (10 mL) garlic powder, cumin, ½ tsp (2 mL) sea salt, olive oil and Dijon. Add Brussels sprouts; toss to coat.
- 3 Spread Brussels sprouts on the prepared baking sheet in a single layer. Bake in the preheated oven for 15 to 20 minutes, flipping halfway, until crispy and browned.
- 4 Meanwhile, in a small bowl, whisk together tahini, warm water, lemon juice, the remaining ½ tsp (2 mL) garlic powder and a pinch of sea salt until smooth. Add more warm water, 1 tsp (5 mL) at a time, as needed to get a pourable sauce.
- 5 Remove Brussels sprouts from the oven. Season to taste with sea salt. Drizzle with some of the tahini sauce and serve with the remaining sauce on the side for dipping.

TROPICAL CONTACT HIGH



SERVES 1

When living through a global pandemic, one must always be armed with the essentials: a mask, hand sanitizer and a Rolodex of cocktail recipes to help you escape the four walls you've been staring at during isolation. This tropical libation has been a go-to. It's a cocktail inspired by the classic Shirley Temple, with a sweet but tart grapefruit twist — perfect for watching the world open up while you're stuck at home feeling vacation adjacent.

HIGHBALL GLASS

4 ice cubes

1½ oz (45 mL) tequila

1½ tsp (7 mL) grenadine

2 tbsp (30 mL) freshly
squeezed lime juice

¾ cup (175 mL) sweetened
grapefruit soda

1 grapefruit segment (optional)

1 maraschino cherry (optional)

- 1 Put ice cubes in the highball glass. Pour in tequila, grenadine and lime juice; top with grapefruit soda, and stir gently.
- 2 Garnish with a grapefruit segment and a maraschino cherry (if using) and do some beach daydreaming.





TIM'S CHOCOLATE-GLAZED BITES

MAKES 24 DONUT HOLES

For those of you who may not know, a Timbit is a branded version of a donut hole from one of Canada's most beloved coffee franchises, Tim Hortons. There's an unwritten rule here that if you arrive late but bring a box of assorted Timbits, you can't get in trouble. I've saved you the inevitable drama of the least-favorite flavors being left to go stale at the bottom of the box by giving you only my best version, the classic — the chocolate-glazed glory.

- **ELECTRIC MIXER**
- **24-CUP MINI MUFFIN TIN OR DONUT HOLE PAN, GREASED**
- **WIRE RACK OVER A RIMMED BAKING SHEET**

1¼ cups (310 mL) unbleached all-purpose flour, sifted

½ cup (125 mL) packed brown sugar

⅓ cup (75 mL) unsweetened cocoa powder, sifted

¾ tsp (3 mL) baking powder

½ tsp (2 mL) baking soda

¼ tsp (1 mL) sea salt

½ cup (125 mL) dairy-free butter or margarine

½ cup (125 mL) plain dairy-free yogurt

2 tsp (10 mL) vanilla extract

½ cup (125 mL) unsweetened soy milk, divided

1½ cups (375 mL) confectioners' (icing) sugar, sifted

- 1 Preheat the oven to 350°F (180°C).
- 2 In a large bowl, whisk together flour, brown sugar, cocoa, baking powder, baking soda and sea salt.
- 3 In the bowl of the stand mixer fitted with the paddle attachment (or in a large bowl using an electric hand mixer), cream together dairy-free butter, dairy-free yogurt and vanilla. Beat in ¼ cup (60 mL) soy milk, followed by the flour mixture, until smooth.
- 4 Spoon batter into the prepared mini muffin tin, filling each cup about three-quarters full. Bake in the preheated oven for 15 minutes, or until a tester inserted into the center of a donut hole comes out clean. Let cool in the tin for about 5 minutes to set, then transfer each donut hole to the prepared wire rack.
- 5 Meanwhile, in a medium bowl, whisk together confectioners' sugar and the remaining ¼ cup (60 mL) soy milk, until runny. That's how you make glaze!
- 6 While the donut holes are still warm but cool enough to touch, dip them one at a time into the glaze and then place back on the wire rack so any excess glaze can drip off onto the baking sheet. Let glaze cool completely. Serve with afternoon coffee or tea, or pop one in your mouth when you need your 3 p.m. sugar fix. You can store these donut holes at room temperature in an airtight container for up to 3 days.

MOUTH-WATERING VEGAN FOOD YOU'LL CRAVE — EVERYDAY

She's back! In her follow-up to the bestselling *The Edgy Veg: 138 Carnivore-Approved Vegan Recipes*, Candice Hutchings returns with even better recipes that don't sacrifice creativity or bold flavor for ease or time. This is vegan food we can really get excited about.

In these delicious pages, you will find vegan food built differently. Food that satiates every craving. Everything from Lazy Lasagna to impress your main squeeze to tasty one-pot dinners like Easy Breezy Creamy Chic-Peas for when you've got a case of the Mondays. Candice is serving you finger-licking and lightning-fast appetizers (think Fancy Fall Charcuterie Board) and no-fuss desserts, such as Chipsy Marshmallow Treats, for when you need a sweet-fix in a hurry. Flip open to any page, and each recipe will take you no longer than 45 minutes to make, while never compromising your need for great taste. No more backbreaking, long-haul, wallet-robbing treks to the fancy health food store for you. In no time at all you will be serving up dinner with a cheeky attitude.

Whether life throws you lemons, we all need to eat — preferably really tasty food — and this book's got your back!



CANDICE HUTCHINGS is the face of the popular Edgy Veg YouTube channel and blog, where she delivers plant-based recipes with comedy and attitude, and the author of the bestselling *The Edgy Veg: 138 Carnivore-Approved Vegan Recipes*. She disrupts the vegan community with her candid and

humorous takes on activism not only for animals and plant-based food, but also mental health, the environment and female empowerment. She lives in Toronto, Ontario, with her three rescue dogs.

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