

A top-down view of a white ceramic bowl with a grey rim, filled with golden-brown, fried plant-based cubes. Two large, wrinkled chilies are placed on top: one is bright red and the other is black. A small sprig of green dill and a few tiny purple flowers are scattered among the cubes. The bowl sits on a dark brown wooden surface.

Plant-based recipes from around the world

HSI Farm Animal Welfare and Protection



HUMANE SOCIETY
INTERNATIONAL

Thank you for joining us in trying plant-based dishes!

The following is a collection of recipes from our team members around the world.

At HSI, we work to reduce the suffering of billions of farmed animals globally. We know that choosing more plant-based options helps animals and the environment and supports your health.

We have crafted this booklet to thank you for all you do for animals every time you have a meal.

Feel free to share far and wide!

“Vegan food is exceptional-no doubt
about it-but it’s even more divine
when shared with others”

—Eddie-Garza-Buchting



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Garbanzorizo

Serves 4

Recipe by chef Eddie Garza-Buchting

1½ tablespoons olive oil

¼ teaspoon salt

½ cup yellow onion, finely chopped

4 garlic cloves, minced

½ teaspoon ground cumin

¼ teaspoon dried thyme

½ teaspoon dried oregano

¼ teaspoon black pepper

¼ teaspoon ground cinnamon

⅛ teaspoon ground cloves

1 teaspoon ground coriander

½ teaspoon paprika

½ teaspoon chipotle chili powder

1 teaspoon chili powder

2½ tablespoons sundried tomatoes, finely chopped

1 can (440 grams) chickpeas, drained and rinsed

1 teaspoon tamari sauce

2 teaspoons apple cider vinegar

1. Heat oil in a pan over medium heat. Add onion, garlic and salt; cook for 5-6 minutes or until golden.
2. Add dry spices and dried tomatoes; mix well.
3. Add chickpeas, tamari and vinegar; stir until combined.
4. Slightly mash the mixture until the chickpeas crumble; mix well and cook for 5-7 minutes, stirring occasionally.
5. Serve "garbanzorizo" for breakfast in sandwiches or taquitos, or for lunch and dinner in tacos or as a topping on pizza.



To-feta

Serves 4

HSI/UK recipe by chef Jenny Chandler

400 grams pressed tofu (press for at least an hour)

¼ cup water

¼ cup lemon juice

2½ tablespoons white miso

2 tablespoons apple cider vinegar

1 teaspoon dried oregano

1. Slice the tofu and place in a container covered by the marinade.
2. Leave in the fridge for a minimum of 4 hours, but better still a couple of days.



Plant-based mayo

Yields 1 medium sized jar

Recipe by HSI in Brazil

1 cup water

4 tablespoons unsweetened soymilk powder

1 tablespoon vinegar or lemon

Salt and mustard to taste

Oil of choice

Diced pickles or herbs of choice (optional)

1. Place the water, soymilk powder, vinegar, a dollop of mustard and a pinch of salt in a blender or food processor. Blend until all ingredients are mixed. Taste and adjust mustard and salt as needed.
2. Continue to blend. Add the oil gradually until you reach the desired texture.
3. Mix in pickles or herbs after blending if desired.



Carrot lox

Serves 4

Recipe by HSI/Canada

6 carrots

2 cups coarse sea salt

2 tablespoons olive oil

1 tablespoon liquid smoke

1 teaspoon vinegar

1. Preheat the oven to 190 C (375 F).

2. Slow roast the carrots:

-Place one cup of coarse sea salt into a small hotel pan.

-Keeping carrots unpeeled, rinse well and place them wet into the salt, making sure that the carrots are nestled in the salt and do not make contact with the bottom of the pan.

-Pour about another whole cup of salt evenly over the carrots to ensure they are fully covered in salt.

3. Place into the oven to roast, uncovered, for 1 hour and 30 minutes.

4. Once done, allow the carrots to cool just enough to be handled. Crack away and brush off any salt, then peel away the skin.

5. Using a mandolin or sharp knife, finely chop the carrots into jagged, thin strips lengthwise.

6. Marinate the carrots:

-Whisk together the olive oil, liquid smoke and vinegar.

7. Drizzle over the warm carrots and toss well to coat. Place in the refrigerator for 24 hours.

8. Serve on bagels with nondairy cream cheese.



Tofu scramble

Serves 4

HSI/Africa recipe

400 grams firm tofu

1 tablespoon nutritional yeast

1 cup onion, chopped

½ teaspoon turmeric

1 teaspoon yellow mustard

1 teaspoon kala namak (black salt)

1. Crumble the tofu to resemble the consistency of scrambled eggs.
2. Mix all the ingredients together well.
3. Cook on the stovetop at medium heat for 10 to 15 minutes.
4. Serve with toasted bread.



Rise and shine waffles

Serves 6

HSUS Recipe

For batter:

2 tablespoons and 2 teaspoons brown flax seed, ground

6 tablespoons water

2½ cups and 2 tablespoons nondairy milk, unsweetened

1½ tablespoons apple cider vinegar

2½ cups and 2 tablespoons all-purpose flour

1½ tablespoons baking powder

¾ teaspoon salt

¼ cup white granulated sugar

6 tablespoons nondairy butter, unsalted, melted

½ tablespoon vanilla extract

Frozen or fresh berries for topping (optional)

1. For flax eggs: In a small bowl, combine ground flax seed and warm water. Stir and set aside for 5 minutes until mixture thickens.
2. For vegan buttermilk: In a large bowl, add nondairy milk and apple cider vinegar. Stir. Set aside for 5 minutes until mixture begins to curdle.
3. In a large mixing bowl, whisk together flour, baking powder, salt and sugar.
4. Add flax eggs, melted butter, vanilla extract and buttermilk mixture into the dry ingredients and gently mix the batter until just combined with a wooden spoon. Do not over-mix. The batter should be thick and scoopable. It's okay to have some lumps.
5. Using a ladle, pour waffle batter onto hot waffle maker and cook for 5-7 minutes or until waffle is golden brown on both sides. Spray plates with oil before adding batter if waffle maker does not include nonstick plates.
6. Top waffle with your choice of fresh berries and drizzle with maple syrup. Enjoy!



Chickpea pesto mayo sandwich

HSI/Africa recipe

Serves 5

3 cups cooked chickpeas (drained and skins removed)

1 avocado, pitted

3 stalks of celery, washed and finely chopped

4 tablespoons plant-based mayo

2 tablespoons dairy-free pesto

1 tablespoon lemon juice

Salt and pepper

Fresh herbs (sprouts or microgreens of choice)

2 tablespoons hummus (optional)

Lettuce leaves, whole-grain toast or whole wheat-wraps to eat the smash with.

1. In a big mixing bowl, smash the chickpeas and avocado with a fork, potato masher or food processor until you reach a chunky consistency.

2. In a small bowl, mix the pesto into the mayonnaise.

3. Add the chopped celery, pesto-mayonnaise, lemon juice and fresh herbs or microgreens to the chickpea-avocado mash. Mix thoroughly.

4. Season with salt and pepper according to taste.

5. Spread the hummus (optional) on the insides of two slices of bread. Add the filling along with any additional salad vegetables (such as leafy greens, tomato, cucumber or pickles) and top with toasted nuts and seeds or onion sprinkles.

6. Close the sandwich and enjoy.



Tofu nuggets

Serves 4

Recipe by chef Marie Tomas (Philippines)

280 grams extra firm tofu

½ cup cornstarch or potato starch

1 teaspoon onion powder

1 teaspoon ground turmeric

1 teaspoon garlic powder

A pinch of salt and black pepper

⅓ cup water (or as needed)

2 cups breadcrumbs or corn flakes

Vegetable oil (for frying)

1. Cut the tofu into thin, even slices and lay it out on a clean tea towel. Lay another clean tea towel over the top, add a baking tray, and then place a large pan full of water on top. The weight of the water will press out any excess liquid from the tofu into the tea towels. Leave for 10 minutes or so.
2. Prepare the coating. To make the batter, combine the cornstarch or potato starch, spices and salt and pepper in a mixing bowl. Add the water and mix with a fork to make a thick batter. You can adjust the consistency by adding a dash more water or a little more starch if needed; the batter should be just too thick to pour, but still fairly loose.
3. In a separate bowl, pour the breadcrumbs or crushed corn flakes.
4. Heat oil over medium-high heat in a deep-frying pan.
5. When the tofu has been pressed, use one hand to coat each nugget in the batter, being sure to cover all sides, and allow any excess batter to fall off into the bowl. Drop the battered nugget into the other bowl and use your other hand to coat it in the breadcrumbs or crushed corn flakes.
6. Fry each nugget until golden brown or crispy. Serve immediately to eat them fresh.



Mushroom pâté rolls

Yields 25 rolls

Recipe by chef Marie Tomas (Philippines)

4 cups shiitake mushrooms

2 tablespoons and 2 teaspoons white onion, minced

2 tablespoons and 2 teaspoons celery, finely minced

2 tablespoons and 2 teaspoons carrots, finely minced

¼ cup soy sauce

½ teaspoon kosher salt

½ teaspoon black pepper

25 pieces spring roll wrappers

Vegetable oil (for frying)

Salt and pepper to taste

1. Heat the vegetable oil in a pan. Sauté onions, mushrooms, celery and carrots until vegetables become light brown in color. Add all the seasonings and adjust the flavor with salt and pepper. Let cool.
2. Using a food processor, blend the filling until you get the consistency of a puree.
3. Place a tablespoon of your filling toward the bottom of the wrapper. Turn up each side of the wrapper and roll upward and seal. Continue the process until you have used all the filling and wrappers.
4. Using a deep-sided skillet, heat the oil. Add the spring rolls and deep fry until golden brown.
5. Drain excess oil on a rimmed platter lined with paper towels. Serve immediately with any sauce of choice.



Lentil burger

Serves 4

HSI/Africa recipe by Leozette Roode

2 cups lentils, cooked

1 cup flour

3 teaspoons ground cumin

3 teaspoons ground coriander

3 teaspoons paprika

2¹/₃ cups onion, chopped

1 teaspoon salt

1. Place all ingredients except for flour into a food processor and blend until a paste starts to form.
2. Scoop the mixture into a bowl and add flour.
3. Mix well until all ingredients are combined and you can form patties with the mixture.
4. Divide the mixture into equal-sized balls and shape your patties.
5. Fry patties in a little bit of oil until crispy and brown on both sides
6. Serve on a roll with lettuce, tomato, pickles and plant-based dressing of your choice.



Meatless carnitas

Serves 5

HSI/Mexico Recipe by Pamela Resendiz

1 cup seitan

2½ cups oyster mushrooms

2½ cups button or cremini mushrooms

2 cloves garlic, minced

1 onion, finely chopped

2 oranges

3 bay leaves

½ teaspoon thyme

¾ cup evaporated almond or soy milk

Salt and pepper to taste

¼ teaspoon cloves

1 cup fresh cilantro

¼ cup vegan butter

1 tablespoon oil

Limes, tortillas and salsa of choice for serving

1. Finely chop one-quarter of the onion. Mince the garlic. Set aside.
2. Cut the oyster mushrooms and the button or cremini mushrooms into small pieces (approximately 1 centimeter).
3. In a large pot, add ¼ cup vegan butter and 1 tablespoon of oil. Add the finely chopped onion and all of the minced garlic. Cook until they take a light golden tone, then add the mushrooms. Cook until the mushrooms release moisture and begin to brown.
4. Cut the seitan into approximately 2-centimeter-sized pieces and add to the pot.
5. Cut both oranges in half. Squeeze the juice of one into the pot, and add the other half directly.
6. Add the plant-based evaporated milk, another one-quarter of the onion in a chunk, cloves, bay leaves, thyme and pepper. Cook on high heat for about 25 minutes or until the liquid is almost completely reduced, stirring occasionally to make sure the mixture doesn't stick to the bottom.
7. Once the liquid is reduced, check and adjust the flavor to your liking. Cook for a few more minutes until the liquid reduces completely.
8. Remove from heat and serve with tortillas.



Khatta meetha kaddu

Serves 4

HSI/India recipe by chef Varun Sharma

3½ cups pumpkin, peeled and cubed

2 tablespoons mustard oil

⅛ teaspoon asafoetida (or substitute with an equal mix of garlic and onion powder)

1 teaspoon fenugreek seeds

½ teaspoon fennel seed powder

½ teaspoon cumin powder

1 tablespoon ginger paste

3-4 whole red chilies

2 teaspoons salt or to taste

½ teaspoon turmeric

1 teaspoon deggi mirch powder (or substitute with smoked or hot paprika)

1 tablespoon coriander powder

1 teaspoon garam masala

1 tablespoon jaggery

1 teaspoon dry mango powder

1 tablespoon fresh cilantro leaves, chopped

1. Heat oil in a pan. Add fenugreek seeds and let crackle. Add ginger paste and whole red chilies. Mix until fragrant.
2. Add asafoetida, fennel seed powder and cumin powder. Mix well.
3. Add the pumpkin cubes and stir well. Then add deggi mirch, garam masala, dry mango powder and jaggery. Stir to combine all the spices evenly in the mix.
4. Add ½ cup of water. Stir and cover the pan to cook for 3-5 minutes.
5. Mix again, and add more water as needed. Cover again to cook for 5-7 minutes or until the pumpkin is soft.
6. Garnish with cilantro leaves and fresh yellow pumpkin flowers.



Orange cake

Serves 6

Recipe by HSI in Brazil

500 grams wheat flour

250 grams sugar

½ cup vegetable oil

1½ cups orange juice

10 grams baking powder

Pinch of salt

1. In a bowl, mix all the dry ingredients except the baking powder.
2. Add the oil and juice. Stir until smooth and evenly mixed.
3. Add the baking powder and mix well. Pour the mix into a greased baking pan and bake at 175 C (350 F) for about 40 minutes or until it is golden. Test with a toothpick in different parts of the cake. If the cake is done, the toothpick should come out dry.



Saskatoon berry pie

Serves 6

HSI/Canada recipe

4 cups saskatoon berries (or blueberries)

½ cup sugar

2½ tablespoons cornstarch

1 tablespoon vegetable oil

1 plant-based pie crust

1. Gently toss together the saskatoon berries with sugar and cornstarch until the berries are coated.
2. Place your bottom crust into the pie plate and fill the berries into the pie crust.
3. Cover with your crust and brush your pie crust with a neutral vegetable oil.
4. Squeeze and seal the pie seams with a fork. Cut some vents on the top crust.
5. Bake for 15 minutes at 218 C (425 F), then lower the temperature to 177 C (245 F) and bake for about 50-55 minutes more.
6. Remove from the oven and cool on a baking rack.



Coconut milk scones

Yields 12 pieces

Recipe by chef Marie Tomas

2 cups all-purpose flour

1/3 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

1 teaspoon orange zest

1 1/4 cups canned coconut milk (cold)

1 cup dried fruit of your choice or sweetened shredded coconut

1. Preheat the oven to 218 C (425 F). Prepare a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, combine flour, sugar, baking powder and salt. Pour in coconut milk.
3. Gently mix with a wooden spoon or spatula until just combined. Fold in dried fruits or sweetened shredded coconut.
4. Transfer dough onto a floured surface. Roll dough about an inch thick and, using a sharp knife, divide into 12 pieces. Place onto the prepared baking sheet 2 inches apart. Brush the tops with coconut milk and sprinkle generously with sugar.
5. Bake for 15-20 minutes or until golden brown. Serve immediately or store in an airtight container after they have completely cooled.

Our mission

Advancing the welfare of animals in more than 50 countries, Humane Society International works around the globe to promote the human-animal bond, rescue and protect dogs and cats, improve farm animal welfare, protect wildlife, promote animal-free testing and research, respond to disasters and confront cruelty to animals in all of its forms.



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