

Everyday Kitchen

12 recipes. Two clear ingredient paths: plant-based and vegetarian.



12 RECIPES · 6 PLANT-BASED BASES

A practical kitchen companion with servings, steps and room for your own adjustments.

Two ingredient paths

The first six cards show fully plant-based base recipes. Next come six vegetarian dishes with dairy and/or egg. Optional additions are kept separate; check package labels for processed ingredients.

A FULLY PLANT-BASED

No animal ingredients in the base recipe.

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|----|--|----|-----------------------------------|
| 01 | Potato soup with carrots and leek | 02 | Lentil stew with root vegetables |
| 03 | White bean and tomato skillet | 04 | Crisp tofu with rice and broccoli |
| 05 | Tray-bake gnocchi with squash and sage | 06 | Pasta with lentil tomato sauce |
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B VEGETARIAN WITH DAIRY / EGG

Includes dairy and/or egg.

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|----|--|----|---------------------------------|
| 01 | Cheese spaetzle with golden onions | 02 | Jacket potatoes with herb quark |
| 03 | Couscous with roast vegetables and lemon | 04 | Apple pancakes |
| 05 | Red berry pudding with vanilla sauce | 06 | Warm apple-oat crumble |
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WHAT THIS BOOK DOES NOT ASSESS

No nutrition calculations are provided for these recipes. None is therefore assessed as low-carb or ketogenic; this book is not personal nutrition advice.

Potato soup with carrots and leek

A classic one-pot soup, chunky or partly mashed.



SERVINGS
4



TOTAL TIME
50 min

PLANT-BASED BASE



INGREDIENTS

- 800 g floury potatoes
- 2 carrots (about 200 g)
- 1 leek (about 250 g)
- 1 onion (about 100 g)
- 1 tbsp oil
- 1 l vegan vegetable stock
- ½ tsp salt (check stock first)
- Pepper, optional nutmeg and parsley



METHOD

- 01** Dice vegetables. Soften onion and leek in oil for 4-5 min.
- 02** Add potatoes, carrots and 900 ml stock; cover and simmer 20-25 min, until potatoes are tender.
- 03** Serve the plant-based base without milk or cream. Add the dairy option separately for a different dietary pattern.

KITCHEN NOTE

Check the stock before adding salt; cut the potatoes evenly.

INGREDIENT CHOICE

Plant base: vegan stock; leave out milk and cream. A dairy option is separate.

ALLERGENS

Milk only if using dairy; check stock label for celery.

MY ADJUSTMENT