

vegan canned pumpkin recipes

Vegan canned pumpkin recipes are a fantastic way to incorporate the rich, nutty flavors of pumpkin into your meals, preserving the essence of autumn all year round. Canned pumpkin is not only convenient but also packed with nutrients, making it an excellent ingredient for health-conscious individuals. Whether you're looking to whip up a savory dish, a sweet treat, or a comforting drink, there are countless vegan recipes to explore. In this article, we'll delve into a variety of delicious vegan canned pumpkin recipes, including soups, desserts, and more, to inspire your culinary adventures.

Why Choose Canned Pumpkin?

Canned pumpkin is a versatile ingredient that offers numerous advantages:

- **Nutritional Benefits:** Pumpkins are rich in vitamins A and C, fiber, and antioxidants, making them a healthy addition to your diet.
- **Convenience:** Canned pumpkin is pre-cooked and ready to use, saving time in meal preparation.
- **Year-Round Availability:** Unlike fresh pumpkins, which are typically available in the fall, canned pumpkin can be found in stores year-round.
- **Consistent Quality:** Canned pumpkin provides a consistent texture and flavor, ensuring your recipes turn out great every time.

Savory Vegan Canned Pumpkin Recipes

Pumpkin is not just for desserts; it makes for a hearty and flavorful base in many savory dishes. Here are some delicious vegan recipes that highlight canned pumpkin.

1. Creamy Pumpkin Soup

This creamy pumpkin soup is perfect for a cozy dinner. It's simple to make and bursting with flavor.

Ingredients:

- 1 can (15 oz) of pumpkin puree
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 cup coconut milk (or any plant-based milk)
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- Salt and pepper, to taste
- Olive oil for sautéing

- Optional toppings: pumpkin seeds, fresh herbs

Instructions:

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and sauté until translucent.
2. Add the minced garlic and cook for an additional minute.
3. Stir in the pumpkin puree, vegetable broth, coconut milk, cumin, and cinnamon. Bring to a simmer.
4. Cook for about 15-20 minutes, stirring occasionally.
5. Use an immersion blender or a regular blender to puree the soup until smooth.
6. Season with salt and pepper to taste. Serve warm, garnished with pumpkin seeds or herbs.

2. Pumpkin Chili

This hearty pumpkin chili is perfect for chilly evenings and packed with nutrients.

Ingredients:

- 1 can (15 oz) pumpkin puree
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) kidney beans, rinsed and drained
- 1 can (14 oz) diced tomatoes
- 1 onion, chopped
- 2 bell peppers, chopped
- 3 cloves garlic, minced
- 2 cups vegetable broth
- 2 tbsp chili powder
- 1 tsp cumin
- Salt and pepper, to taste
- Olive oil for sautéing

Instructions:

1. In a large pot, heat olive oil over medium heat. Add chopped onion and bell peppers, sauté until soft.
2. Add minced garlic and cook for another minute.
3. Stir in the chili powder and cumin, cooking for an additional minute to release the spices' flavors.
4. Add the pumpkin puree, black beans, kidney beans, diced tomatoes, and vegetable broth. Bring to a boil.
5. Reduce heat and let simmer for 30-40 minutes, stirring occasionally.
6. Season with salt and pepper. Serve hot, garnished with avocado or cilantro.

3. Pumpkin Risotto

This creamy pumpkin risotto is a comforting dish that showcases the rich flavors of pumpkin.

Ingredients:

- 1 can (15 oz) pumpkin puree
- 1 cup Arborio rice
- 4 cups vegetable broth, warmed
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup nutritional yeast (for a cheesy flavor)
- 1 tsp thyme
- Salt and pepper, to taste
- Olive oil for sautéing

Instructions:

1. In a large pan, heat olive oil over medium heat. Add onion and sauté until translucent.
2. Add minced garlic and cook for another minute.
3. Stir in the Arborio rice and cook, stirring frequently, for about 2 minutes until the rice is slightly translucent.
4. Gradually add the warm vegetable broth, one ladle at a time, stirring frequently until absorbed before adding more.
5. Once the rice is cooked (about 20 minutes), stir in the pumpkin puree, nutritional yeast, thyme, salt, and pepper.
6. Serve warm, garnished with fresh herbs.

Sweet Vegan Canned Pumpkin Recipes

Canned pumpkin is often associated with sweet treats, especially during the fall months. Here are some delightful vegan dessert recipes.

1. Pumpkin Spice Muffins

These moist pumpkin spice muffins are perfect for breakfast or a snack.

Ingredients:

- 1 can (15 oz) pumpkin puree
- 1 1/2 cups all-purpose flour
- 1 cup brown sugar
- 1/2 cup almond milk (or any plant-based milk)
- 1/3 cup vegetable oil or melted coconut oil
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- 1/2 tsp salt
- Optional: chopped nuts or chocolate chips

Instructions:

1. Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or grease it.
2. In a mixing bowl, combine pumpkin puree, almond milk, and oil.
3. In another bowl, mix together flour, brown sugar, baking powder, baking soda, pumpkin

pie spice, and salt.

4. Gradually add the wet ingredients to the dry ingredients, mixing until just combined. Fold in nuts or chocolate chips if desired.
5. Fill the muffin tin about 2/3 full and bake for 20-25 minutes or until a toothpick comes out clean.
6. Let cool and enjoy!

2. Pumpkin Pie Oatmeal

Start your day with this warm and comforting pumpkin pie oatmeal.

Ingredients:

- 1 cup rolled oats
- 2 cups almond milk (or any plant-based milk)
- 1/2 cup pumpkin puree
- 1 tsp pumpkin pie spice
- 2 tbsp maple syrup (or to taste)
- Optional toppings: chopped nuts, dried fruits, or seeds

Instructions:

1. In a saucepan, combine oats, almond milk, pumpkin puree, pumpkin pie spice, and maple syrup.
2. Bring to a boil, then reduce heat and simmer for about 5-7 minutes, stirring occasionally, until the oats are cooked.
3. Serve warm, topped with nuts or seeds.

3. Vegan Pumpkin Cheesecake

This rich and creamy vegan pumpkin cheesecake is perfect for special occasions.

Ingredients:

- 1 can (15 oz) pumpkin puree
- 1 cup cashews, soaked for at least 4 hours
- 1/2 cup maple syrup
- 1/4 cup coconut oil, melted
- 1/4 cup almond milk
- 1 tsp vanilla extract
- 1 tsp pumpkin pie spice
- 1 pre-made vegan graham cracker crust

Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a blender, combine soaked cashews, pumpkin puree, maple syrup, coconut oil, almond milk, vanilla extract, and pumpkin pie spice. Blend until smooth.
3. Pour the mixture into the vegan graham cracker crust and smooth the top.
4. Bake for 30-35 minutes, until set. Allow to cool before refrigerating for at least 4 hours.
5. Serve chilled, optionally topped with whipped coconut cream.

Conclusion

Vegan canned pumpkin recipes offer a delightful way to enjoy the flavors of pumpkin while reaping its many health benefits. From savory dishes like creamy soups and hearty chilis to sweet treats like muffins and cheesecakes, there's no shortage of delicious options. So, the next time you find yourself with a can of pumpkin puree, consider trying out one of these recipes. They are sure to satisfy your cravings and impress your family and friends with their rich flavors and comforting textures. Enjoy the versatility of canned pumpkin and let your creativity shine in the kitchen!

Frequently Asked Questions

What are some easy vegan canned pumpkin recipes for beginners?

Easy vegan canned pumpkin recipes include pumpkin bread, pumpkin soup, pumpkin pancakes, and pumpkin oatmeal. These recipes typically require minimal ingredients and can be prepared quickly.

Can I use canned pumpkin in smoothies?

Yes, canned pumpkin can be added to smoothies for a creamy texture and nutritional boost. Combine it with banana, almond milk, and spices like cinnamon for a delicious fall-inspired smoothie.

Are there any vegan pumpkin dessert recipes that use canned pumpkin?

Absolutely! Vegan pumpkin pie, pumpkin bars, and pumpkin spice cookies are popular dessert recipes that use canned pumpkin. They often substitute dairy and eggs with plant-based alternatives.

How can I make a vegan pumpkin soup using canned pumpkin?

To make vegan pumpkin soup, sauté onions and garlic, then add canned pumpkin, vegetable broth, coconut milk, and spices like nutmeg and cinnamon. Blend until smooth and serve warm.

What spices pair well with canned pumpkin in vegan recipes?

Common spices that pair well with canned pumpkin include cinnamon, nutmeg, ginger, and allspice. These spices enhance the flavor and create a warm, comforting taste in vegan dishes.

Can I use canned pumpkin in savory vegan dishes?

Yes, canned pumpkin can be used in savory dishes such as pasta sauces, risottos, and curries. Its natural sweetness complements savory flavors beautifully.

What is a quick vegan canned pumpkin breakfast idea?

A quick breakfast idea is pumpkin overnight oats. Combine rolled oats, canned pumpkin, almond milk, chia seeds, and spices in a jar and let it sit overnight in the fridge.

Is canned pumpkin nutritious for vegans?

Yes, canned pumpkin is very nutritious. It is high in fiber, low in calories, and packed with vitamins A and C, making it a healthy addition to a vegan diet.

How can I incorporate canned pumpkin into vegan baked goods?

Canned pumpkin can be incorporated into vegan baked goods by adding it to recipes for muffins, cakes, and breads. It keeps the baked goods moist and adds flavor.

Can I freeze leftover canned pumpkin?

Yes, leftover canned pumpkin can be frozen. Transfer it to an airtight container or freezer bag and store it for up to three months for future use in recipes.

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