



# **50 Delicious Recipes with Coconut Oil: From delicious Salads and Potato Dishes to tasty meals with Beans - measurements in grams**

*Mattis Lundqvist*

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## **Recipes:**

Vegan Kofte Vegan Burger Garbanzo Beans and Couscous with Swiss Chard Garbanzo Curry Peas with Turnips Mix Potato-Bean-Curry Creamy Alfredo Tomato-Parsley-Sauce with Potatoes Garlic-Avocado-Tacos Vegan Style Shepherd's Pie Tempeh Sandwiches Vegan Pasta with Nuts Zucchini Mediterranean Style Pumpkin-Apple-Curry with Lentils and Tomatoes Garlic-Ginger-Tofu Lentils with Oven Potatoes White Beans and Chard Miso Soup with Cabbage Chinese Porridge Macaroni Vegan Style Noodles with Tahini Tomato-Balsamic-Mix with Couscous Tempeh Fajitas Kale-Lentil-Onion-Pasta Teriyaki Tofu with Pineapple and Rice Spice Sauce on Tofu Almond-Quinoa-Salad Vegan Chili Marrakesh Stew Cashew-Potato-Beans-Chowder Polenta with Tofu and Beans Coconut Rice Stir Fry Style Sesame Tofu with Broccoli Stuffed Sweet Potatoes Tofu Kebabs with Cilantro Dressing Amaranth-Basmati-Salad Barley Greens Pesto Cajun Style Tempeh Celery-Root-Soup Bulgur-Garbanzo-Cakes with Avocado Vegan Paella Hot Edamame-Quinoa-Mix Avocado Pasta Mix Quinoa Pilaf Broccoli Quiche Baked Lentils with Rice Black Bean Quesadillas Stuffed Bell Pepper Couscous with Olives and Tomatoes Carrot Soup Curry Style

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