

Welcome! This is a document listing every country in the world with a vegan recipe/dish from that country. Some recipes are traditionally vegan while other recipes are made vegan with a few simple substitutions. We tried our best to find recipes shared by individuals from or living in that particular country, but unfortunately, we weren't able to for a few of the countries.

All the countries are in alphabetical order. If you have a recipe that you wish to add to the list then please reach out to us at empathyforallanimals@gmail.com.

Our goal is to create a world vegan cookbook with veganized traditional recipes from every country in the world, co-authored by cooks from every country. We would love your recipe submission in the form of a video and written if you have a recipe you wish to share with the world. We ask for the recipes to contain no animal products including; dairy, eggs, meat, and honey. If you wish to submit a recipe then please do so here: [Form to Send a Vegan Recipe](#)

Enjoy!!

Afghanistan: [Afghan Feast](#)
Albania: [Vegan Baklava](#)
Algeria: [Algeria's National Dish, Made Vegan](#)
[5 Traditional Side Dishes \(without the egg\)](#)
Andorra: [Vegan Escudella](#)
Angola: [Vegan Chicken Muamba](#)
Antigua and Barbuda: [Vegan Guide in Antigua](#)
[Vegan Pepperpot & Fungi](#)
Argentina: [Vegan Empanadas](#)
Armenia: [Traditional Western Armenian Vegan Cuisine](#)
Australia: [A Weeks Worth of Affordable Vegan Meals](#)
Austria: [Vegan Linzer Torte](#)
[Vegan Shnitzel](#)
Azerbaijan: [Vegan Azeri Qutab with Fried Veggies](#)
The Bahamas: [Easy Vegan Bahamian Conch Chowder](#)
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Bhutan: [Bhutanese Style Mixed Vegetables](#)
Bolivia: [Buñuelos and Api](#)
Bosnia and Herzegovina: [Bosnian Stuffed Peppers \(Vegan Version in the description- coconut cream also works\)](#)
Botswana: [Dikgobe](#)
Brazil: [Vegan Brazilian Recipes](#)
Brunei: [Mango Sticky Rice Waffles](#)
Bulgaria: [Bulgarian Vegan Tofu Banitsa](#)
Burkina Faso: [Babenda](#)
Burundi: [Haricots and Plantains](#)
Cabo Verde: [Vegan Cachupa](#)
Cambodia: [Vegan Lemongrass Soup](#)

Cameroon: [Ndolé & Miondo](#)
[Vegan Savory Porridge](#)

Canada: [Vegan Poutine](#)

Central African Republic: [Fufu](#) [Plantain Soup](#)

Chad: [Rice Porridge](#)

Chile: [Sopaipillas](#)
[Fried empanadas de pino & Chorizos](#)

China: [4 Vegan Chinese Recipes](#)

Colombia: [Vegan Colombian Empanadas](#)
[Colombian Arepas](#)

Comoros: [soupe faux pois](#) [Mkatra Foutra- yeasted bread \(use cooking oil, coconut oil, or margarine for frying\)](#)

Congo, Democratic Republic of the: [Congolese Style Madesu](#)

Congo, Republic of the: [Vegan Pondu/Saka Saka](#)

Costa Rica: [Sopa Negra \(black bean soup\)](#)

Côte d'Ivoire: [White Eggplant & Okra Stew](#)
[Vegan ATTIÉKÉ](#)

Croatia: [Croatian Sarma](#)
[Authentic Vegan Čevapčići w/ Fries and Ajvar](#)

Cuba: [Picadillo](#)
[Cuban Style Pastelitos](#)

Cyprus: [Afelia](#)
[Cypriot Fasolia beans](#)

Czech Republic: [Veganizing Czech Food Article](#)
[Kuba \(use coconut oil or margarine instead of lard/butter\)](#)

Denmark: [Caramelized Potatoes](#)

Djibouti: [Use Coconut Oil, Margarine, or Avocado oil instead of fat for frying- banana fritters](#)

Dominica: [Vegan Sancocho](#)
[Cranberry Sorrel Rum Punch Recipe](#)

Dominican Republic: [Vegan Dominican Chimi](#)
[Vegan Mofongo & Stewed Salami](#)

East Timor (Timor-Leste): [Batar Da'an \(pumpkin and corn dish\)](#)

Ecuador: [Vegan Locro De Papa](#)
[Hearts of Palm Ceviche](#)

Egypt: [Koshari- Egyptian Vegan Street Food](#)
[Egyptian Spinach Dish](#)

El Salvador: [Vegan Panes Con Pavo \(turkey sandwich\)](#)
[Vegan Pupusas](#) [Salvadorian Plantain Vegan Empanadas with Leche Poleada](#)

Equatorial Guinea: [Succotash](#)

Eritrea: [Molokhia](#) [Tsebhi Dinish Recipe](#) [Basbousa- Cake](#)

Estonia: [Vegan Estonian Kringle](#)

Eswatini: [Slaai](#) [Vegan Eswatini Youtuber Food Vlog](#)

Ethiopia: [Vegan Ethiopian Food Platter](#) [Vegan Ethiopian Food- informative](#)

Fiji: [Coconut Barfi](#) [Eggplant Curry \(can be served with coconut or cashew cream or vegan yogurt\)](#)

Finland: [3 Veganized Finnish Christmas Recipes](#) [KÅLPUDDING](#)

France: [3 French Mother Sauces Made Vegan](#) [Vegan Cassoulet](#)

Gabon: [Seitan Nyembwe](#)

The Gambia: [Vegan Gambian Domoda](#) [Easy Niebe Recipe](#)

Georgia: [Pkhali/Traditional Georgian Dish](#) [3 Vegan Dishes](#)

Germany: [Vegan Spätzle / German dumplings- vegan butter or coconut oil](#)
[German Dumplings with a Plum Filling](#)

Ghana: [Vegan Recipes- Meal Prep](#) [Easy Vegan Food from Ghana](#)

Greece: [Greek Spinach & Potato Stew- no feta or vegan feta](#)
[Greek Vegetarian Soutzoukasia](#)

Grenada: [Agave or Maple Syrup instead of honey- Tasty Vegetarian Meals - Holiday in Grenada](#) [Grenadian Cou-Cou \(margarine, cooking oil, or coconut oil instead of butter\)](#)

Guatemala: [Rellenitos with Haloraps](#) [Vegan Guatemalan Mixtas](#)

Guinea: [Vegan KANSIYÉ](#)

Guinea-Bissau: [3 delicious recipes](#)

Guyana: [Rice with Guyanese Split Peas- vegan butter or coconut oil instead of butter](#) [Guyanese Vegetable Pakoras- Veggie Bara](#)

Haiti: [Vegan Haitian Griot & Pikliz](#) [Vegan Haitian Legume](#)

Honduras: [Vegan Honduran Soup](#) [Vegan Honduran Tajadas](#)

Hungary: [Hungarian Lecso](#) [Creamy Hungarian Mushroom Soup](#)

Iceland: [Vegan Pönnukökur Icelandic Pancakes](#) [Icelandic Vegetable and Oat Soup](#)

India: [Malai Kofta](#) [Tandoori Vegan Paneer Tikka Wrap](#)

Indonesia: [Vegan fried rice \(Nasi Goreng\)](#) [Indonesian Acar Kuning](#)
Iran: [Kabab](#) [Potatoes and Onions in Tomato Sauce](#)
Iraq: [Traditional Iraqi bethinjan Tepsi aubergine casserole](#)
Ireland: [Irish Stew](#) [Irish Soda Bread](#)
Israel: [Tel Aviv- vegan capital city of the world](#)
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Italy: [Vegan Homemade Cannolis \(english subtitles\)](#) [Brioche](#)
Jamaica: [Jamaican Meatless Stew Peas](#) [Roots Curry](#) [Jamaican Vegan Salt Fish Fritters](#)
Japan: [Japanese Grandma Recipe](#) [Breakfast](#)
Jordan: [Jordanian MATABAQA- Layered Onion Bread](#) [Roasted Chickpeas](#)
Kazakhstan: [Veganized Beshbarmak](#)
Kenya: [5 Healthy Vegan Kenyan Meals](#) [Kenyan Sukuma](#)
Kiribati: [Pumpkin Coconut Soup](#)
Korea, North: [Tofu Rice](#) [Spicy Stuffed Steamed Eggplant](#)
Korea, South: [3 Vegan Korean Recipes](#)
Kosovo: [only 6. is vegan: sweet red pepper relish](#) *unfortunately there are not many vegan Kosovo recipes available online that we could find.*
Kuwait: [Marag Alkhadaar- veggie stew](#)
Kyrgyzstan: [Kyrgyz national food " Kattama"- use margarine or coconut oil instead of butter](#) *there are very few vegan recipes available online for this country*
Laos: [Vegan Lao Sausage - Sai Oua](#) [Vegan Thum Mak Thang - Lao Spicy Cucumber Salad](#)
Latvia: [Whole Wheat Latvian Piragi Recipe](#)
Lebanon: [Lebanese MOUSSAKA with eggplant and chickpeas- subtitles needed](#) [Lebanese Vegan Makloubeh](#)
Lesotho: [Lesotho Chakalaka & pap-pap](#)
Liberia: [Liberian Rice Bread](#) [Liberian chuck/check/green rice with gravy](#)
Libya: [Vegan Mafrum \(Boulettes\) – Stuffed Vegetables Recipe](#)
[Libyan Imbakbaka- Minestrone](#)
Liechtenstein: [Käsknöpfle](#)
Lithuania: [Vegan Lithuanian Potato Sausage](#) [Lithuanian šaltibarščiai- cold beetroot soup](#)
Luxembourg: [Vegan Christmas Stollen](#) [Boxemännchen](#)
Madagascar: [kabaro au curry](#)

Malawi: [Masamba Otendera](#) [Nsimba](#)

Malaysia: [Nasi Lemak- rice dish](#) [Laksa Curry Soup](#)

Maldives: [Tharukaaree Riha- Veggie Curry](#)

Mali: [Tofu stir-fry in Mali Sauce](#) [Fonio Salad with Mango and Cashews](#)

Malta: [Vegan Ricotta Pastizzi](#) [Vermicelli Omelette](#)

Marshall Islands: [Pickled Seaweed- Ogo Namasu](#)
[Chukuchuk- serve with vegan meat, tofu, tempeh, veggie, or seitan](#)

Mauritania: [Hakko \(#4\) and Mauritanian Sweet Tea \(#5\) are traditionally vegan although I cannot find recipes for them](#) [Watermelon with Mint](#)

Mauritius: [Kalia Jackfruit Curry in a Wrap](#) [Mauritian Dal](#)

Mexico: [Real Mexican Tacos Made Vegan](#) [Traditional Mexican Rice](#)
[Mexican Vegan Pozole](#)

Micronesia: [Rainy Season Recipes Made Vegan](#)

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Monaco: [PULLECE E' Socca- Chickpea Crepe](#)

Mongolia: [Bread Covered Stew](#) [Mongolian Beef Soy Curls](#)

Montenegro: [Roasted Pepper Spread | Ajvar](#)

Morocco: [Vegan Moroccan Appetizers](#)

Mozambique: [20 Traditional Mozambican Foods that are Vegan](#) [Coconut Beans](#)

Myanmar (Burma): [Potato Curry](#) [let thokh sohn](#) [Burmese Tofu](#)

Namibia: [Oshingali - Namibian peeled black eyed beans puree](#)

Nauru: [Coconut crusted cauliflower](#)

Nepal: [Mushroom Choila- english subtitles](#) [Vegan Chicken Momo](#)

Netherlands: [BOERENKOOL- mashed potatoes with kale](#)

New Zealand: [Kawakawa Tea Cakes](#)

Nicaragua: [Nicaraguan Vigorón and Tajadas](#)

Niger: [Djerma- pressed firm tofu sliced also works](#)

Nigeria: [alkaline vegan/vegetarian Nigerian okra stew](#) [Tofu Dodo](#)

North Macedonia: [Cooking Macedonian Vegan Food With my Grandma](#)

Norway: [Norwegian Potato Lefse](#)

Oman: [Omani Vegetable Shurbah](#) [Omani Salad](#)

Pakistan: [4 Vegan Pakistani Recipes](#)

Palau: [Pichi Pichi](#)

Panama: [Panamanian Pink Potato Salad](#) [Chicheme- drink](#)

Papua New Guinea: [Coconut Kau Kau- vegan butter \(margarine\) or coconut oil instead of animal butter](#)

Paraguay: [Rice Salad- vegan mayonnaise instead of egg mayo](#)

Peru: [Vegan Lomo Saltado and Ceviche Mixto](#)

Philippines: [10 Vegan Filipino Dishes](#) [Vegan Filipino Chicken Adobo](#)

Poland: [Millet And Cashew Cheesecake](#) [Polish Pierogi](#)

Portugal: [Portuguese Bacalhau](#) [Custard Tarts- Pasteis De Nata](#)

Qatar: [Thareed](#)

Romania: [Romanian Vegetarian Cabbage Rolls](#)

Russia: [Russian Pelmeni- mushroom dumplings](#)

Rwanda: [Guteka amakaroni n' imiteja- Pasta with green beans](#) [Rwandan "Agatogo" with Collard Greens](#)

Saint Kitts and Nevis: [Conkies in Banana Leaf](#)

Saint Lucia: [Coconut Turnovers](#)

Saint Vincent and the Grenadines: [Ducuna/Ducana](#)

Samoa: [sua fa'i- banana pudding](#)

San Marino: [Creamy Vegetable Soup- there is a chance that this is not originating in San Marino this dish is potentially vegan](#)

Sao Tome and Principe: [Arroz Doce](#)

Saudi Arabia: [Vegetable Kabsa](#)

Senegal: [Vegan Senegalese Maafe](#) [Yassa with Tofu](#)

Serbia: [Vegan Bean Stew Recipe- serve with vegan sour cream, coconut/cashew cream, or vegan yogurt](#)

Seychelles: [Daube de Banana- dessert](#)

Sierra Leone: [Common Breakfast- veggie seasoning cubes](#)

Singapore: [Singapore Cai Png Vegetable Curry](#)

Slovakia: [Slovakia national dish \(Halusky\)](#) [Traditional Slovak Dish](#)

Slovenia: [Sauerkraut and Bean Stew \(Slovenian Jota\)](#) [Trying Traditional Vegan Slovenian Food](#)

Solomon Islands: [Several Recipes and Ideas](#) [Coconut Pudding](#)

Somalia: [Red Lentil Daal Curry The Somali way](#)

South Africa: [peppermint crisp tart & vegan koeksisters](#)

Spain: [4 Vegan Tapas Recipes](#)

Sri Lanka: [5 Vegan Recipes- plant sweetener instead of honey](#)

Sudan: [Vegan Eritrean-Sudanese Food](#)

Sudan, South: [Red Lentil Soup](#)

Suriname: [Vegan Surinamese Pom](#) [Surinamese Roti](#)

Sweden: [Vegan Swedish SKAGENRÖRA- seafood salad](#)

Switzerland: [Vegan Swiss Roll](#)

Syria: [Many Vegan Recipes](#)

Taiwan: [5 Vegan Recipes in Taiwan](#) [Taiwanese Braised Tofu](#)

Tajikistan: [Pumpkin Sambusa](#)

Tanzania: [Tanzanian Karanga \(Peanut\) Stew](#) [Ugali with Coconut Milk Stewed Beans](#)

Thailand: [Veggie Pad Thai](#) [Vegan Laab Recipe](#)

Togo: [Togolese Vegan Bowl](#) [Ablo](#)

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Trinidad and Tobago: [Curry Lentil Meatballs](#) [Pelau](#)

Tunisia: [Traditional Pearled Couscous](#) [Lentil Stew](#)

Turkey: [Turkish Lentil Kofta Balls](#) [5 Vegan Turkish Recipes](#)

Turkmenistan: [Butternut Gutap](#)

Tuvalu: [Coconut Pudding](#)

Uganda: [Easy Matooke](#) [Ugandan Groundnut Stew](#)

Ukraine: [Vegan Ukrainian Perogies](#) [Raw Vegan Ukrainian Borscht](#)

United Arab Emirates: [Thareed](#)

United Kingdom: [Vegan Full English Breakfast Recipe](#)

United States: [Chickasaw Three Sisters Soup](#) [Native Americans and Vegetarianism](#)

Uruguay: [CHORIZO al PAN with CHIMICHURRI](#)

Uzbekistan: [Vegan Uzbek Pilav](#) [Vegan Plov \(Pilaf\) with Vegan Patties](#)

Vanuatu: [Island Cabbage](#)

Vatican City: [Vegan Food Near the Vatican](#) [Meatless Bolognese- coconut cream or cashew cream instead of heavy cream \(or vegan creamer that is unsweetened\), coconut oil/margarine/olive oil instead of butter, and vegan parmesano or nutritional yeast instead of cows milk parmesano](#)

Venezuela: [Vegan Arepas](#)

Vietnam: [VEGAN PHO](#) [4 Vegan Vietnamese Dishes](#)

Yemen: [Vegan Kubaneh Bread](#) [Yemeni Fasolia](#)

Zambia: [the Best Okra Soup Recipe](#) [Sweet Potato Leaves](#)

Zimbabwe: [Peanut Butter Greens](#) [Sadza, Bota, and Mushroom Stew](#) [Rape Vegetables](#)