

# Irish vegan food

By: Madison Margaret  
NJveg - Brookdale Community College  
March 17, 2025

[Irish vegan food recipes from NJveg's Pinterest!](#)

The following plant-based foods are primarily used in Irish cooking

- ❖ Cabbage
- ❖ Carrots
- ❖ Potatoes
- ❖ Scallions
- ❖ Onions
- ❖ Beans
- ❖ Mushrooms
- ❖ Berries
- ❖ Peas
- ❖ Apples

