







# Vegetarian Meal Plan

Each meal serves 3-4 regular people or 2-3 hungry people

Meals	Ingredients	Instructions
<h2>Meal 1</h2> <h3>Tortilla Soup</h3>  <p>Prep Time: 10 minutes Cook Time: 20 minutes</p>	<ul style="list-style-type: none"> <li>• 6 corn tortillas</li> <li>• 4 tbsp olive oil, divided</li> <li>• 1 onion, diced</li> <li>• 2 jalapenos, diced, with stems and seeds removed</li> <li>• 3 cloves garlic, minced</li> <li>• 4 cups vegetable broth</li> <li>• 14-ounce can crushed tomatoes</li> <li>• 14-ounce can hominy, drained</li> <li>• 14-ounce can black beans, drained</li> <li>• 1.5 tsp ground cumin</li> <li>• 1 tsp dried oregano</li> <li>• salt and pepper to taste</li> <li>• Garnishments: sliced avocados, fresh cilantro, queso fresco, sliced limes</li> </ul>	<p>Preheat oven to 475 degrees. Cut corn tortillas into 6 strips across, then cut once down the middle. Toss with 2 tbsp olive oil, layer onto a baking sheet and bake in preheated oven for 6 - 8 minutes, until crisp.</p> <p>In a large pot, warm olive oil over medium heat. Add in onion and jalapenos, and saute until soft, about 3 - 5 minutes. Add in garlic and saute an additional minute. Pour in vegetable broth, tomatoes, hominy, and black beans. Add in remaining seasoning and stir well. Bring to a boil, then reduce heat to simmer for 10 - 12 minutes.</p> <p>Serve with desired condiments</p>
<h2>Meal 2</h2> <h3>Zucchini and Ricotta Flatbread</h3>  <h3>Fresh Garden Salad with a Lemon Vinaigrette</h3> <p>Prep Time: 1 hour Cook Time: 20 minutes</p>	<p><b>Zucchini and Ricotta Flatbread</b></p> <ul style="list-style-type: none"> <li>• 1.5 tsp active dry yeast</li> <li>• 1 tsp sugar cane (or regular sugar)</li> <li>• 3/4 cup warm water</li> <li>• 2 cups flour</li> <li>• 1.5 tbsp olive oil</li> <li>• a pinch of salt</li> <li>• 2 cups ricotta cheese</li> <li>• 2 tbsp milk</li> <li>• 2 tsp lemon juice</li> <li>• 2 cloves garlic, minced</li> <li>• 1 cup cherry tomatoes, halved</li> <li>• 2 cups zucchini, sliced into thin circles</li> <li>• 1 tablespoon olive oil</li> <li>• salt and pepper</li> <li>• A few leaves fresh basil</li> <li>• 1 cup freshly grated mozzarella</li> </ul> <p><b>Salad with Lemon Vinaigrette</b></p> <ul style="list-style-type: none"> <li>• Fresh garden salad</li> <li>• 1/2 cup olive oil</li> <li>• 3 tbsp fresh lemon juice</li> <li>• 1 shallot, minced</li> <li>• 1.5 tsp dijon mustard</li> <li>• Drizzle of honey</li> </ul>	<p><b>Zucchini and Ricotta Flatbread:</b> In a small bowl, combine yeast, sugar and water, stir well. Let sit for 10 minutes, until frothy. In a medium bowl, add flour, olive oil, salt and frothy yeast mixture. Stir to combine, then turn out onto a floured surface. Knead for 4 - 5 minutes, then transfer to an oil-coated bowl. Cover with a damp towel and let rise for 30 minutes.</p> <p>Meanwhile, combine ricotta, milk, lemon juice and minced garlic in a medium bowl. Take tomatoes and zucchini and toss with 1 tbsp olive oil, salt and pepper.</p> <p>Once dough is risen, preheat oven to 475 degrees. Turn risen dough onto a floured surface, and use a rolling pin to roll it into an uneven circle, about 1/4" thick. Place on a pizza stone or a cookie sheet. Top with ricotta mixture, tomatoes and zucchini. Sprinkle on mozzarella. Bake in preheated oven for 15 - 20 minutes, until cheese is melted and crust is cooked through and golden brown. Top with fresh basil leaves.</p> <p><b>Fresh Garden Salad with Lemon Vinaigrette:</b> To make the dressing: Combine olive oil, lemon juice, shallot, mustard and honey, and blend until smooth. Toss with fresh garden salad.</p>
<h2>Meal 3</h2> <h3>Quinoa and Corn Stuffed Peppers</h3>  <h3>Baked Tortilla Chips</h3>	<p><b>Quinoa and Corn Stuffed Peppers</b></p> <ul style="list-style-type: none"> <li>• 1 cup uncooked quinoa</li> <li>• 2 cups vegetable broth</li> <li>• 2 cups corn kernels</li> <li>• 1/2 cup salsa</li> <li>• 4 bell peppers</li> <li>• 1 cup shredded cheddar cheese</li> </ul> <p><b>Baked Tortilla Chips:</b></p> <ul style="list-style-type: none"> <li>• A dozen corn tortillas</li> <li>• 1 - 2 tbsp olive oil</li> <li>• Sea Salt</li> </ul>	<p><b>Quinoa and Corn Stuffed Peppers:</b> Preheat oven to 450 degrees. In a medium pot, bring vegetable broth to a boil, and add in quinoa. Bring back to a boil, then reduce heat to low and cover, stirring occasionally, until quinoa is puffy and has absorbed all of the broth.</p> <p>In a large bowl, combine quinoa, corn kernels and salsa. Cut the tops off of the bell peppers, and scoop out the seeds and membranes. Fill with quinoa mixture, and top with shredded cheese. Bake in preheated oven for 10 minutes, or until cheese has melted.</p> <p><b>Baked Tortilla Chips:</b> Cut corn tortillas into quarters, and add to a large bowl. Toss with olive oil and layer onto a baking sheet. Sprinkle with sea salt. Bake in the oven at 450 until crisp, about 5 minutes.</p>

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Meals	Ingredients	Instructions
<h2>Meal 4</h2> <h3>Orange Cauliflower</h3>  <h3>Brown Rice Sugar Snap Peas</h3> <p>Prep Time: 10 minutes Cook Time: 35 minutes</p>	<p><b>Orange Cauliflower</b></p> <ul style="list-style-type: none"> <li>• 1 head cauliflower, cut into bite size pieces</li> <li>• 3 cups panko breadcrumbs</li> <li>• 3 eggs</li> <li>• 3 cloves garlic, minced</li> <li>• 1 tsp freshly grated or minced ginger</li> <li>• 1/2 cup orange juice</li> <li>• 1/4 cup honey</li> <li>• 1/4 cup soy sauce</li> <li>• 1/8 cup rice wine vinegar</li> <li>• Squirt sriracha (optional)</li> <li>• 3 tsp cornstarch mixed with 1 tbsp water</li> </ul> <p><b>Brown Rice &amp; Sugar Snap Peas</b></p> <ul style="list-style-type: none"> <li>• 2 cups brown rice</li> <li>• 3 cups vegetable broth (or water)</li> <li>• 2 cups fresh sugar snap peas</li> </ul>	<p><b>Orange Cauliflower</b></p> <p>Preheat oven to 400 degrees. Add panko to a small bowl. Whisk together eggs in another small bowl. Dip cauliflower in egg mixture, shake off extra egg so it doesn't drip, and roll in panko breadcrumbs. Place on a cookie sheet, and repeat until all cauliflower is coated. Bake in preheated oven for 15 - 20 minutes.</p> <p>Meanwhile, combine garlic, ginger, orange juice, honey, soy sauce, vinegar and sriracha to a small pot. Bring to a boil. Add in cornstarch/water mixture, stir well, and bring back to a boil until thickened. Pour mixture over cauliflower and serve.</p> <p><b>Brown Rice &amp; Sugar Snap Peas</b></p> <p>Bring broth (or water) and rice to a boil. Cover with lid, reduce heat to low, and simmer for 20 minutes, until rice has absorbed all of the broth. Turn off heat, and allow to sit an additional 10 minutes. Serve with Orange Cauliflower and fresh sugar snap peas.</p>
<h2>Meal 5</h2> <h3>Pasta Pomodoro</h3>  <h3>Fresh Garden Salad w/ Lemon Vinaigrette Toasted Garlic Bread</h3> <p>Prep Time: 1 hour Cook Time: 20 minutes</p>	<p><b>Pasta Pomodoro</b></p> <ul style="list-style-type: none"> <li>• 16 oz angel hair pasta</li> <li>• 1/4 cup olive oil</li> <li>• 1/2 cup onion, diced</li> <li>• 3 cloves garlic, minced</li> <li>• 2 cups vegetable broth</li> <li>• 4 roma tomatoes, diced</li> <li>• 2 tbsp balsamic vinegar</li> <li>• 1/2 cup fresh basil leaves, chopped</li> <li>• salt and pepper to taste</li> <li>• 1/4 cup Parmesan cheese</li> </ul> <p><b>Salad with Lemon Vinaigrette</b></p> <ul style="list-style-type: none"> <li>• Fresh garden salad</li> <li>• 1/2 cup olive oil</li> <li>• 3 tbsp fresh lemon juice</li> <li>• 1 shallot, minced</li> <li>• 1.5 tsp dijon mustard</li> <li>• Drizzle of honey</li> </ul> <p><b>Toasted Garlic Bread</b></p> <ul style="list-style-type: none"> <li>• Half a loaf of French bread</li> <li>• Olive oil</li> <li>• garlic powder</li> </ul>	<p><b>Pasta Pomodoro</b></p> <p>In a large pot, boil pasta according to package directions, until al dente. Set aside. In same pot, warm olive oil over medium heat and saute onions until fragrant and translucent. Add garlic and tomatoes and saute an additional minute, stirring frequently. Stir in pasta, vegetable broth, and balsamic vinegar and simmer for 8-10 minutes.</p> <p>Add basil, salt and pepper, toss well, and simmer an additional 5 minutes. Remove from heat and top with Parmesan.</p> <p><b>Fresh Garden Salad with Lemon Vinaigrette:</b></p> <p>To make the dressing: Combine olive oil, lemon juice, shallot, mustard and honey, and blend until smooth. Toss with fresh garden salad.</p> <p><b>Toasted Garlic Bread</b></p> <p>Preheat oven to 425. Cut french bread in half, and drizzle with olive oil, and sprinkle on garlic powder. Bake in preheated oven for 8 - 10 minutes, or until golden brown on top.</p>
<h2>Meal 6</h2> <h3>Black Bean, Sweet Potato and Corn Flautas</h3>  <h3>Refried Beans and Garnishments</h3> <p>Prep Time: 1 hour Cook Time: 20 minutes</p>	<p><b>Black Bean, Sweet Potato &amp; Corn Flautas</b></p> <ul style="list-style-type: none"> <li>• 1 sweet potato</li> <li>• 2 tbsp olive oil</li> <li>• 1/2 small onion, diced</li> <li>• 1 cup black beans</li> <li>• 1 cup corn kernels</li> <li>• 1/2 tsp chili powder</li> <li>• 1/2 tsp garlic powder</li> <li>• 1/2 tsp cumin</li> <li>• salt and pepper to taste</li> <li>• 10 corn tortillas</li> <li>• Olive oil for brushing</li> <li>• 1 cup shredded cheddar cheese</li> </ul> <p><b>Refried Beans and Garnishments</b></p> <ul style="list-style-type: none"> <li>• 2 14-ounce cans pinto beans</li> <li>• 1 jalapeno, stem and seeds removed, and diced</li> <li>• 1 medium tomato, diced</li> <li>• 1 cup shredded cheddar cheese</li> </ul>	<p><b>Black Bean, Sweet Potato &amp; Corn Flautas</b></p> <p>Preheat oven to 425 degrees. Bring a small pot of water to a boil. Peel sweet potato and cut into 1" cubes. Add to boiling water and cook until tender, about 10 - 12 minutes. Drain and mash, until smooth.</p> <p>In a skillet, warm olive oil over medium heat. Add in onions and saute for 5 minutes. Add in black beans, corn, chili, garlic, cumin salt and pepper. Stir and cook 2 - 3 minutes. Add in mashed sweet potatoes and stir well.</p> <p>Wrap corn tortillas in a damp paper towel, and microwave for 30 seconds, until pliable. Take out one at a time, brush with olive oil, then spoon in a 1.5 tablespoons of the veggie mix. Top with a sprinkle of shredded cheese, roll, and secure with a toothpick. Repeat until all tortillas and mix are gone. Bake in preheated oven for 15 minutes, until crisp and golden brown.</p> <p><b>Refried Beans</b></p> <p>Combine all ingredients in a medium pot, and bring to a boil. Use a potato masher to smash the beans and mix all ingredients. Continue cooking 5 minutes, stirring frequently.</p>