



SMOKY BLACK BEANS & GREENS

INGREDIENTS

- 1½ c rice
- 2 t olive oil
- ½ c yellow onion, diced
- 3 garlic cloves, minced
- 2 t dried thyme
- 1 T smoked paprika
- ⅛ t cayenne
- 1 15-ounce can diced tomatoes
- 2 15-ounce cans black beans, rinsed and drained
- ½ c vegetable broth
- ½ t salt
- 2 c baby spinach, packed
- optional garnish: 1 avocado, chopped; fresh parsley



DIRECTIONS

1. Prepare rice according to package instructions..
2. While the rice cooks, prepare beans. In a medium pot, heat olive oil. Add onion and garlic and cook 1-2 minutes until softened. Stir in thyme, smoked paprika and cayenne. Add diced tomatoes and stir another minute. Add black beans and vegetable broth and stir. Cover and simmer for 5-7 minutes.
3. Remove lid and add salt. Stir in baby spinach until wilted. Remove from heat. Serve over rice. Garnish each portion with one quarter avocado and fresh parsley, if you like.

YIELD: 4 SERVINGS

TIP

- For even more heat, add extra cayenne or a splash of hot sauce.



VEGGIE QUINOA

INGREDIENTS

Quinoa

- ½ c walnuts, chopped
- 1 c quinoa, rinsed and drained
- 2 c water
- 2 t olive oil
- ½ yellow onion, diced (about ½ c)
- 1 red pepper, diced (about 1¼ c)
- 1 medium zucchini, diced (about 2 c)
- ¾ c frozen corn kernels
- pinch of salt
- freshly ground pepper to taste

Dressing

- 2 T red wine vinegar
- 2 T lemon juice
- ½ t Dijon mustard
- ¼ t salt
- ¼ c olive oil
- optional garnish: fresh parsley



DIRECTIONS

1. Preheat oven to 350 degrees F. Toast walnuts on a baking sheet for 5 minutes. Remove from oven and set aside to cool.
2. In a medium pot, combine quinoa and water and bring to a boil. Lower heat and cover, simmering for 15-20 minutes until the water is gone and the quinoa is fluffy. Remove from heat.
3. In a large sauté pan, heat 2 teaspoons of olive oil. Add onion and cook about 2 minutes. Stir in red pepper, zucchini and frozen corn kernels and cook about 5 minutes, or until vegetables are softened. Turn off heat and season with salt and pepper to taste.
4. In a small bowl, combine vinegar, lemon juice, mustard, and salt. Whisk in ¼ c olive oil until emulsified.
5. Transfer quinoa, vegetables and walnuts to a large bowl and stir to combine. Pour in dressing and stir until fully mixed. Serve with fresh parsley, if you like. (May be served warm or at room temperature).

YIELD: 4 SERVINGS

TIP

- Quinoa comes in many colors! You can go with a traditional white quinoa, or explore the red and black varieties. Note: cooking time and texture will vary slightly.



SMASHED CHICKPEA SALAD SANDWICHES

INGREDIENTS

2 15-ounce cans chickpeas

½ c celery, small dice

¼ c red onion, minced

½ c green olives, minced

¼ c lemon juice

½ c eggless mayo

½ t dill, dried

½ t salt

bread or wraps for 4 sandwiches

optional garnish: fresh parsley; lettuce & tomato; freshly ground pepper to taste



DIRECTIONS

1. In a medium bowl, smash chickpeas with the back of a fork until no whole ones remain.
2. Add celery, onion and olives and stir to combine.
3. In a small bowl, combine lemon juice, eggless mayo, dill and salt, stirring to combine. Add to the chickpea mixture. Add freshly ground pepper to taste.
4. Mix in fresh chopped parsley, if you like. Assemble sandwiches with optional lettuce and tomato.

YIELD: 4 SERVINGS

TIP

- Instead of bread, enjoy this salad over greens or on a collard green wrap.

TOFU SCRAMBLE WITH CURRIED POTATOES

INGREDIENTS

Potatoes

2 large russet potatoes, diced
1 T olive oil
¼ t salt
1 t curry powder
freshly ground pepper

Tofu

1 t olive oil
½ c yellow onion, diced
½ c green pepper, diced (about half of one pepper)
2 c mushrooms, sliced
1 c grape tomatoes, quartered
1 t turmeric
⅛ t cayenne
1 14 oz package extra firm tofu, pressed and drained
2 T soy sauce (or Bragg's liquid amino acids)
1 T lemon juice
¼ t salt
freshly ground pepper
optional garnish: hot sauce, 2 c mixed greens



DIRECTIONS

1. Preheat oven to 450 degrees F. In a roasting pan, combine potatoes, 1 tablespoon olive oil, ¼ t salt, curry powder and a few pinches of freshly ground pepper. Cook 35 minutes, stirring once partway through. Remove from the oven and set aside.
2. While potatoes cook, heat 1 teaspoon olive oil in a large sauté pan. Add yellow onion and cook 1-2 minutes until onion has softened. Add green pepper and mushrooms and cook 3-5 minutes. Add grape tomatoes, turmeric and cayenne and stir another minute.
3. Crumble tofu with your hands into the pan, stirring well to combine. Add soy sauce, lemon juice and ¼ teaspoon salt and cook for another 5 minutes. Add freshly ground pepper to taste. Remove from heat.
4. Serve potatoes with tofu and garnish with hot sauce and greens, if you like.

YIELD: 4 SERVINGS

TIP

- Try adding shredded non-dairy cheese to the tofu in the last 5 minutes of cooking.

KALE & PORTOBELLO ENCHILADAS

INGREDIENTS

1 T olive oil
¾ c red onion (about half a large onion)
3 garlic cloves, minced
1 t chili powder
1 4-oz can green chiles
10 c kale, chopped (about 1 bunch)
5 c portobello mushrooms, chopped (about 4 mushrooms)
7 oz extra-firm tofu, rinsed, drained, crumbled (half a block)
1 14-oz can enchilada sauce
¼ t salt
1 c non-dairy cheese shreds
12 small corn tortillas
optional garnish: sliced black olives, vegan sour cream,
lime wedges



DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large sauté pan, heat olive oil. Add red onion, garlic and chili powder and cook 1-2 minutes. Stir in green chiles and sauté an additional 2 minutes. Stir in kale and mushrooms. Cover pan for 6-8 minutes, letting the vegetables cook.
3. Remove lid and stir in tofu, ¼ cup of the enchilada sauce and salt. Cook another 2 minutes.
4. Lightly coat the bottom of a 10-inch baking dish with ¼ cup of enchilada sauce. One at a time, fill each tortilla with ⅓ cup of the kale mixture and a sprinkle of non-dairy cheese shreds. (You should use a total of ½ cup of the cheese shreds inside the the enchiladas). Roll up each one and set snugly in the baking dish. Pour ¾ cup of sauce over the top so that tortillas are covered. (You will have some sauce left over). Top with remaining ½ cup of non-dairy cheese. Place in the oven and bake for about 50 minutes.
5. Remove from oven. Let sit about 5 minutes before serving. Top with black olives, vegan sour cream, and serve with lime wedges, if you like.

YIELD: 4 SERVINGS

TIP

- Don't worry if the filled tortillas tear once you put them in the dish. Just put them seam side down and they'll come out great.



SIMPLE VEGAN

meal plans

SHOPPING LIST



1. SMOKY BLACK BEANS & GREENS



2. VEGGIE QUINOA



3. SMASHED CHICKPEA SALAD SANDWICHES



4. TOFU SCRAMBLE WITH CURRIED POTATOES



5. KALE & PORTOBELLO ENCHILADAS

SPICES + STAPLES

- olive oil (1,2,4,5)
- dried thyme (1)
- smoked paprika (1)
- cayenne (1,4)
- dried dill (3)
- curry powder (4)
- turmeric (4)
- chili powder (5)
- red wine vinegar (2)
- Dijon mustard (2)
- soy sauce (4)
- salt (all)
- fresh ground pepper (2,3,4)
- hot sauce * (4)

PRODUCE

- 2 yellow onions (1,2,4)
- 1 red onion (3,5)
- 6 garlic cloves (1,5)
- 2 c baby spinach (1)
- 1 red pepper (2)
- 1 medium zucchini (2)
- 3 lemons (2,3,4)
- ½ c celery (3)
- 2 large russet potatoes (4)
- 1 green pepper (4)
- 2 c sliced mushrooms (4)
- 1 c grape tomatoes (4)
- 1 bunch kale (5)
- 4 portobello mushrooms (5)
- 1 avocado * (1)
- 1 bunch fresh parsley* (1,2,3)
- ¼ head lettuce* (3)
- 1 large tomato * (3)
- 2 c mixed greens * (4)
- 1 lime * (5)

GROCERY

- 1 15-oz can diced tomatoes (1)
- 2 15-oz cans black beans (1)
- 1½ c rice (1)
- ½ c vegetable broth (1)
- 1 c quinoa (2)
- ½ c walnuts (2)
- 2 15-oz cans chickpeas (3)
- ½ c green olives (3)
- ½ c eggless mayo (3)
- 8 slices sandwich bread or 4 wraps (3)
- 1 4-oz can green chiles (5)
- 1 14-oz can enchilada sauce (5)
- 1 pkg 12 small corn tortillas (5)
- 1 jar sliced black olives * (5)

COLD + FROZEN

- ¾ c corn kernels (2)
- 2 14oz extra firm tofu (4, 5)
- 1 c non-dairy cheese shreds (5)
- 1 pkg non-dairy sour cream* (5)

* optional