



MEAL PLAN #8

Day 1

Mexican Green Chili Veggie Burgers

Day 2

Roasted Red Pepper Tomato Soup

Day 3

Cheesy Chili Baked Potato Fries and Garlicky Guacamole

Day 4

Sweet Potato Hash Browns and grilled veggies

Day 5

Thai Noodle Bowls with Crispy Tofu

**Note: All recipes were made for a family of 6 and so there would be leftovers for lunch the next day. That's 8 servings. For adjustments in serving size and other dietary needs message me on Facebook at www.facebook.com/vegout

Shopping List:

Produce	Non-perishables & Condiments	Spices & Baking
<ul style="list-style-type: none">• 2 avocados• 3 onions• 2 red onions• Green onion• 5 carrots• Garlic• 5 lemons• Fresh parsley• 2 Red bell peppers• 4 sweet potatoes• 5 vine ripened tomatoes• 10 yellow potatoes• 2 cucumbers• 2 green spicy pepper	<ul style="list-style-type: none">• 1 can of peeled, whole plum tomatoes• Very thin rice noodles• Plain almond milk• 16 ounces of extra-firm tofu• 1 can of chickpeas• 8 buns	<ul style="list-style-type: none">• Maple syrup• Natural peanut butter• Hot sauce (optional)• 2 Tbsp olive oil• Salsa (optional)• Sesame oil (optional)• Soy sauce• Tomato paste• White vinegar• Red pepper flakes• Cumin• Garlic powder• Spicy paprika• Smokey paprika• Bread crumbs• Cornstarch• Nutritional yeast

Prep-Day, 1 Hour

Tools	What	Used in these meals:
Stove Top	Chickpea Burgers	<ul style="list-style-type: none"> • <i>Mexican Green Chili Veggie Burgers</i>
	Roasted Vegetables	<ul style="list-style-type: none"> • <i>Roasted Red Pepper Tomato Soup</i>

PREP RECIPES:

*****Make in the following order to utilize your time and resources.**

Mexican Green Chili Veggie Burgers

Ingredients:	Method:
<p>BURGERS</p> <ul style="list-style-type: none"> • 1 small onion (minced) • 3 cloves garlic (minced) • 1 15-ounce can chickpeas (rinsed + thoroughly drained) • 1-2 Tbsp olive oil (more for cooking onions/burgers) • 1 4-ounce can mild green chilis (more for topping if desired) or 1 Green Spicy Pepper • 1 tsp cumin • 1 tsp chili powder or Smokey Paprika • 1 medium lemon (juiced // 1 lime yields ~3 Tbsp or 45 ml) • 1 handful fresh parsley (finely chopped (optional) // plus more for serving // 1 handful yields ~1/4 cup) • 1/2 cup bread crumbs • ~1/4 tsp each sea salt and pepper (to taste) 	<ol style="list-style-type: none"> 1. Heat a large skillet over medium heat (and preheat oven to 375 degrees F (190 C) for a firmer burger). Line a baking sheet with parchment paper or leave bare. 2. Once skillet is hot, add 1 Tbsp oil, shallot and garlic. Sauté, stirring frequently, until soft and translucent - about 1-2 minutes. 3. Add garlic and shallot directly to a mixing bowl. Then add drained chickpeas and use a fork or pastry cutter to mash/mix. A little texture is OK, but you only want a few whole chickpeas remaining. 4. Add remaining ingredients, including oil, and stir/mash to combine. You want it to form into a moldable “dough.” Add more oil or lime juice if too dry, or more crushed chips if too wet. Taste and adjust seasonings as needed. 5. Divide into 4 even patties (see photo // amount as original recipe is written // adjust if altering batch size). To help form them, line a 1/2 cup measuring cup with plastic wrap and scoop out 1/2 cup amounts (use a 1/4 cup measuring cup for 8 smaller burgers // amount as original recipe is written // adjust if altering batch size). Press to pack, then lift out and slightly flatten with your hands. 6. Heat the same skillet you used earlier to medium heat. Once hot, add enough oil to form a thin layer on the bottom of your skillet, then add only as many burgers as will fit comfortably. Cook for 3-4 minutes on each side, flipping gently, and reducing heat if browning too quickly. 7. You can either serve your burgers as is, or pop them on a baking sheet and bake in a 375-degree F (190 C) oven for an additional 15-20 minutes or more to dry/crisp them up. However, they’re great as is! The longer you bake them, the drier/firmer they’ll become.

Roasted Peppers and Tomatoes for Soup

Ingredients:	Method:
<ul style="list-style-type: none">● 3 ripe, vine ripened tomatoes● 3 cloves garlic● 1/2 large yellow onion● 1 medium red pepper● 1 Tbsp extra virgin olive oil	<ol style="list-style-type: none">1. Preheat oven to 350 degrees F (176 C).2. Cut tomatoes and onions into wedges and remove some of the tomato seeds with your fingers. Remove seeds from red pepper and cut into even slices.3. Place all of the veggies, including the garlic, on a baking sheet, drizzle with olive oil, a generous pinch of sea salt and black pepper and toss. Roast for 40-45 minutes, or until the veggies are tender, lightly browned and close to half their original size. Remove from oven. <p>*Store in an airtight container until soup day</p>

Day 1

Mexican Green Chili Veggie Burgers

Recipes based on [MEXICAN GREEN CHILI VEGGIE BURGERS](#) by Minimalist Baker

Ingredients:	Method:
<ul style="list-style-type: none">• Burgers from Prep Day <p>FOR SERVING / TOPPING (optional)</p> <ul style="list-style-type: none">• Salsa or green chilis• Ripe Avocado• Red Onion• Cilantro• Buns, toasted	<ol style="list-style-type: none">1. pop them on a baking sheet and bake in a 375-degree F (190 C) oven for an additional 15-20 minutes or more to dry/crisp them up. However, they're great as is! The longer you bake them, the drier/firmer they'll become.2. Let cool for 2-3 minutes before serving (they'll firm up as they cool). To serve, lay down cilantro on bottom half of a toasted bun. Then top with burger, onion, salsa or green chilies, avocado or any other desired toppings.3. Leftover burgers will keep in the fridge for up to a few days, though best when fresh. See notes for freezing.

Day 2

Roasted Red Pepper Tomato Soup

Recipes based on [ROASTED RED PEPPER TOMATO SOUP](#) by Minimalist Baker

Ingredients:	Method:
<ul style="list-style-type: none">• 1 28-oz. can peeled, whole plum tomatoes (I used San Marzano)• 3-4 Tbsp tomato paste• Sea salt and black pepper• 1 cup low-sodium veggie broth• 1/2 cup <i>plain almond milk</i>	<ol style="list-style-type: none">1. In a large pot over medium to medium-high heat, add canned tomatoes, veggie broth, tomato paste, the slightly-drained vine-ripened tomatoes and the roasted veggies. Add another pinch of salt and pepper, stir and bring to a low boil.2. Reduce heat and simmer for 10 minutes. Then use an immersion blender, food processor or blender to puree your soup (leave some whole veggies if you prefer more texture).3. Return to pot and add plain almond milk (and more broth if it's too thick for your liking). You can also sub cream or regular milk.4. Cook for 5-10 minutes more on medium to medium-low heat and serve warm.5. Optional garnishes: pesto, oregano, parsley, roasted red pepper flake, <i>vegan parmesan cheese</i>, basil, garlic croutons. Will keep in the fridge for several days.

Day 3

Cheesy Chili Baked Potato Fries and Garlicky Guacamole

Recipes Based on [CHEESY CHILI BAKED POTATO FRIES \(OIL-FREE!\)](#) by Minimalist Baker

Ingredients:	Method:
<p>Baked Potato Fries</p> <ul style="list-style-type: none">• 3.33 pounds (about 10) yellow potatoes• 4 Tbsp nutritional yeast• 1 1/3 tsp smoked paprika• 2/3 tsp garlic powder• 2/3 tsp sea salt plus more to taste• dash spicy paprika for heat (optional)• fresh parsley or cilantro• fresh garlic <p>Garlicky Guacamole</p> <ul style="list-style-type: none">• 3 ripe avocados• 3 cloves of garlic, minced• 2/3 cup red onion, finely diced• Juice from 1 lemon• 1/3 cup cilantro minced, (optional // plus more for garnish)• 1/3 tsp sea salt, plus more to taste	<ol style="list-style-type: none">1. Preheat oven to 425 degrees F (218 C) and line two (or more as needed) baking sheets with parchment paper.2. Slice potatoes into small wedges about 1/4- to 1/2-inch wide.3. Transfer to baking sheets and top with nutritional yeast, chili powder, garlic powder, sea salt, spicy paprika(optional), and any other desired seasonings. Toss gently to coat.4. Arrange in an even layer on a baking sheet, trying not to overlap, so that fries can get crispy. The more room they have, the crispier they will become. Use two baking sheets if needed.5. Bake for 20 minutes. Then remove from the oven and increase heat to 450 degrees F (232 C). Flip to ensure even baking on both sides and bake for an additional 20 minutes or until crispy and golden brown.6. Meanwhile prepare guacamole. Prepare guacamole by adding all ingredients to a small mixing bowl, mashing with a fork, then stirring to combine. Taste and adjust flavor as needed, adding more lemon for acidity, salt for saltiness, or garlic for bite/zing. Transfer to serving dish. <p>Serve hot with guacamole.</p> <p>They're delicious as is, but they're elevated tossed in fresh herbs and garlic (optional). Best fresh. Store leftovers covered in the refrigerator for up to 4 days. Reheat in a 375-degree F (190 C) oven until hot.</p>

Day 4

Sweet Potato Hash Browns

Recipe based on [2-INGREDIENT SWEET POTATO HASH BROWNS](#) by Minimalist Baker

Ingredients:	Method:
<p>4 sweet potatoes, skin on 2 Tbsp of olive oil 2 pinches of salt pepper green onion or parsley chopped hot sauce (optional)</p> <p>GRILLED VEGGIES: (Ideas)</p> <ul style="list-style-type: none">● Cauliflower broken into floretts● Cabbage, sliced● Zucchini, sliced into circles● Peppers, sliced● Mushrooms	<ol style="list-style-type: none">1. Preheat oven to 350F/180c2. Grate sweet potatoes using a box grater or the grater attachment on your food processor.3. Heat a large skillet over medium heat. Once hot, add a little oil and the sweet potatoes.4. Season with a little salt and pepper (optional) and cook COVERED for about 5-8 minutes or until browned on the exterior and tender on the interior. Toss at the halfway point.5. While sweet potatoes cook, lay your veggies on a baking sheet covered in backing paper. The thinner the veggies the more quickly they will cook. Drizzle with olive oil and sprinkle with salt. Bake for ~15-20 min. Depending on veggies and oven. Until browned, crispy and soft. <p>*Serve with green onions, hot sauce. Goes well with your favorite scramble. Serve with a side salad or a creamy sauce.</p> <p>*Best when fresh, but you can store leftovers in the refrigerator for up to 3 days.</p>

Day 5

Thai Noodle Bowls with Crispy Tofu

Recipe based on [THAI NOODLE BOWLS WITH ALMOND BUTTER TOFU](#) by Minimalist Baker

Ingredients:	Method:
<p>TOFU*</p> <ul style="list-style-type: none">● 16 ounces extra-firm tofu*● 5 Tbsp sesame oil (divided) or olive oil● 4 Tbsp salted creamy almond, cashew, or peanut butter● 2 Tbsp soy sauce● 2 Tbsp lemon juice● 2-4 Tbsp maple syrup● 1/4 tsp red pepper flakes● 6 Tbsp cornstarch <p>SALAD</p> <ul style="list-style-type: none">● 10 ounces very thin rice noodles (I like this brand)● 4 cups thinly sliced or ribboned* carrots (2 carrots yield ~2 cups)● 2 cups cucumber (sliced on a bias, then halved // ~1 small cucumber)● 1 cup chopped red bell pepper (<i>optional</i>)● 1 cup thinly sliced green onion● 1 cup fresh cilantro or basil (torn/chopped) <p>DRESSING</p> <ul style="list-style-type: none">● 4 cloves garlic, minced (2 cloves yield ~1 Tbsp)● 1/4 tsp red pepper flake)● 2 Tbsp maple syrup (plus more to taste)● 4 tsp soy sauce● 2 Tbsp lemon juice● 4 Tbsp rice vinegar (or sub white or apple cider vinegar with varied results)● 2 Tbsp sesame oil or olive oil	<ol style="list-style-type: none">1. Start by wrapping tofu in a clean towel and setting something heavy on top (like a cast iron skillet) to press out excess moisture for 10 minutes. Set aside.2. Prepare the tofu sauce in a clean jar with a cover - 2 Tbsp sesame oil, nut butter, soy sauce, lemon juice, maple syrup, and red pepper flakes. Shake to combine. Taste and adjust seasonings as needed, adding more soy sauce for saltiness, lemon juice for acidity, chili pepper for heat, or maple syrup for sweetness. Set aside.3. Next, prepare rice noodles according to package instructions. Then rinse with cold water, drain thoroughly, and set aside.4. Prep vegetables next. Set aside.5. Prepare salad dressing by adding all ingredients to jar and shaking vigorously to combine. Taste and adjust flavors as needed, adding more chilies for heat, tamari for saltiness, lime juice for acidity, or maple syrup for sweetness. Set aside.6. Heat a large rimmed skillet over medium heat (if too small, may need to cook the tofu in 2 batches as to not crowd the pan). Cut pressed tofu into small rectangles. Toss in cornstarch and sauté in oil, flipping once browned on the underside to ensure even browning – about 5 minutes total.7. Add the almond butter sauce and stir gently to combine. Cook for another 3-4 minutes, stirring gently to ensure even cooking on all sides. Remove from heat and set aside. <p>* To assemble, divide noodles, vegetables and tofu among serving bowls. Serve with dressing. For more heat, serve with sriracha or chili garlic sauce.</p> <p>*Best when fresh, though leftovers keep well when stored separately in the refrigerator for up to 3 days.</p>