Meal Plan #5

Day 1

Baked Vegan Spicy Sweet Potato Fritters

Day 2

Crispy Breaded Cauliflower Wings

Day 3

Lentil Mushroom Stew over Mashed Potatoes

Day 4

Vegan Eggplant Parmigiana

Day 5

1-Pot Spiced Sweet Potato Lentil Soup

**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/vegitout

Shopping List:

Produce	Non-perishables & Condiments	Spices & Baking
 2 eggplants 2 head cauliflower Cremini or Button mushrooms 1 Garlic Bunch of Green beans (frozen or fresh) 1 Green Spicy pepper 1 Red onion 1 Yellow Onion 4 Sweet potatoes 2 pounds of yellow potatoes 1 Lemon Parsley 	 Maple syrup 1 can of crushed tomatoes Apple cider vinegar Soy sauce Tomato paste Almond milk Brown or Green Lentils Red lentils 3 cups raw cashews 	 Corn or Potato starch Oat flour Cinnamon Red pepper flakes Dried oregano Dried thyme Garlic powder Ginger powder Spicy Peparik Cumin Nutmeg Smoked paprika Ground turmeric

Prep-Day, 1 Hour

Tools	What	Used in these meals:	
Bowl	Cauliflower Wings Glaze	Crispy Breaded Cauliflower Wings	
E 10	Sweet Potato Fritters	Baked Vegan Spicy Sweet Potato Fritters	
Food Processor	Breaded Cauliflower	Crispy Breaded Cauliflower Wings	
Stave Ten	Mushroom Lentil Gravy	Lentil Mushroom Stew over Mashed Potatoes	
Stove Top	Mashed Potatoes	Lentil Mushroom Stew over Mashed Potatoes	

RECIPES:



Mashed Potatoes	(Tools needed:
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Ingredients:	Method:
 2 pounds of yellow potatoes, peeled and quartered evenly Sea salt + black pepper to taste 2-4 Tbsp olive oil (if avoiding oil, add more almond milk or vegetable broth) 4-8 Tbsp unsweetened almond milk or vegetable broth (for added moisture) 	 Add potatoes to a large pot and cover with water so they are just submerged. Bring to a boil on high heat and cook for 12-15 minutes or until they slide off easily when pierced with a knife. Once tender, drain potatoes and add back to the pot or a mixing bowl. Season with salt, pepper, and a bit of olive oil and mash until tender and fluffy. For added moisture add unsweetened plain almond milk or vegetable broth. *Store in the cooking pot or a tightly sealed container in the fridge.



Mushroom Lentil Gravy (Tools needed:		
Ingredients:	Method:	

- 2 Tbsp olive oil
- 1 chopped medium yellow onion
- 4 cups sliced cremini (or button) mushrooms
- 2-4 Tbsp sou sauce
- 2 Pinch each salt and pepper
- 4 Tbsp chopped dried thyme (or rosemary)
- 1 cup dry green or brown lentils (rinsed + drained // optional: soak overnight in cool water to improve digestibility)
- 4-6 cups vegetable broth or water
- 2 Tbsp tomato paste (optional)
- 4 Tbsp mashed potatoes (recipe above // for thickness)

- 1. Heat a large rimmed pan over medium heat. Once hot, add oil and onions and sauté for 2 minutes, stirring occasionally.
- 2. Add mushrooms and soy sauce and increase heat to medium-high. Sauté for 5 minutes, stirring frequently. Add a pinch of salt and pepper.
- 3. Add thyme, lentils, and 4 cups of vegetable broth or water. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes, adding more broth or water as needed if the mixture looks dry.
- 4. Once lentils are tender, taste sauce and adjust flavor as needed, adding more salt or soy sauce for saltiness, pepper for spice, or tomato paste for more depth of flavor. Turn off heat and let the mixture rest so flavors can deepen. Add the 4 Tbsp of mashed potatoes to the lentil mushroom stew and stir in to thicken.

*Store in a tightly sealed container

Breaded Cauliflower (Tools Needed: Food Processor and Oven)

Ingredients:

- 2 small-medium head cauliflower (cut into even, bite-sized florets)
- 2 healthy pinch each sea salt and black pepper
- 2 cups unsweetened plain dairy-free mil
- 2 Tbsp lemon juice.

COATING

- 3 cups raw cashews
- 2.5 tsp sea salt (plus more to season cauliflower before coating)
- 0.5 tsp spicy paprika
- 1.5 tsp garlic powder
- 2 tsp smoked paprika
- 4 Tbsp cornstarch, or potato starch
- 2 spritz olive oil

Method:

- 1. Preheat oven to 425 degrees F (218 C) and line a large baking sheet with parchment paper.
- 2. Add cauliflower florets to a large mixing bowl and season with a bit of salt and pepper (pepper optional). Toss to combine and set aside. (Reserve large mixing bowl for use later.)
- 3. Pour dairy-free milk and lemon juice into a shallow bowl and mix until combined. Set aside.
- 4. Next, prepare cashew coating by adding cashews, salt, cayenne pepper, garlic powder, paprika, and cornstarch to a food processor. Mix until a semi-fine meal is achieved. A little texture is okay, but you want it pretty fine so it coats the cauliflower. Transfer coating to a shallow dish (shallow enough to dip the cauliflower in) and set aside.
- 5. Dip a few cauliflower florets at a time in the milk mixture, ensuring all sides are well coated. Then shake off excess. Transfer the cauliflower to the

 cashew coating and toss until thoroughly coated, using a spoon or your hands to add more coating to any bare spots. 6. Transfer cauliflower to your prepared baking sheet. Finally, drizzle or spritz with a little oil to help them crisp up. 7. Bake for ~20 minutes or until the cauliflower
appears golden brown.
*Let cool. Store in a tightly sealed container in one layer if
possible to preserve crispiness

Sweet Potato Fritters (Tools needed:) Ingredients: Method: 2 sweet potatoes 1. Pre-heat your oven to 350F or 180C • 1 garlic clove 2. Grate sweet potatoes with the grater insert in your • 1/4 cup of parsley leaves food processor. Half jalapeno pepper or any other 3. Remove the grated sweet potatoes and put them small green spicy pepper. Seeds into a mixing bowl. and white inside removed. 4. Put the food processor insert in the food processor (optional) and process 1/3 of the grated sweet potatoes. Add 1 tbsp of Smokey paprika garlic, parsley, and the jalapeno and process until 1 tsp Red pepper flakes smooth but chunky. Add back to the grated sweet 1/2 tbsp Cinnamon • 1 tsp Ginger Powder potatoes. 1 tsp Nutmeg (optional) 5. Add to the bowl the red pepper flakes, cinnamon, 1/2 tbsp Salt ginger, nutmeg, salt, pepper, flour, and aquafaba. 1/4 tsp Pepper Mix until well combined. 1 cup of Oat flour (or wheat flour 6. Place a sheet of baking paper on and drizzle with if not gluten-free) some olive oil. Spread out with fingers or a paper 1 cup of Aquafaba or flaxseed towel. egg 7. Create small patties using about on a baking sheet Olive oil and drizzle a tablespoon worth of the sweet potato mixture. On one cooking tray, you can fit about 16 small patties. You might have to bake this in two shifts. Drizzle with a bit more olive oil 8. Bake for about 15-20 minutes on one side. When ready to flip the fritters should flip easily and should be golden on the side that was touching the paper. Some fritters may stick to the paper, use a spatula and fork to help loosen and flip. 9. Bake for another 10 minutes on the other side.

	10. Remove from the oven and let cool if you can handle it. Otherwise, taste a small bit, but be careful not to burn yourself: *Store in a tightly sealed container until meal day.
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Cauliflower Wings Glaze (Tools needed:

Ingredients:	Method:
 4 Tbsp honey (or maple syrup) 3 Tbsp smokey paprika 1 tbsp Apple Cider Vinegar 2 pinches red pepper flake (optional) 	 On a stove: In a large saucepan, add all the ingredients. Heat over medium-low heat, stirring frequently until it bubbles and appears combined. Set aside. In a microwave: add all ingredients to a medium-size bowl. Heat for 2-3 minutes. Check halfway in as too not burn. *Store in fridge in a tightly sealed container

Day 1

Baked Vegan Spicy Sweet Potato Fritters

Recipe based on Baked Vegan Spicy Sweet Potato Fritters w/ 2 dipping Sauces by Veg it Out

Ingredients:	Method:
Sweet Potato Fritters you made on prep day	Serve with apple sauce, pear sauce, cashew cream or any other dipping sauce

Day 2

Crispy Breaded Cauliflower Wings

Recipe Based on **CRISPY BREADED CAULIFLOWER WINGS** by Minimalist Baker

Ingredients:	Method:
 Breaded Cauliflower you made on prep day Wings Glaze you made on prep day 	1. To warm, lay the cauliflower in one layer on a baking sheet. Bake in an oven heated to 180c/350f for 10 minutes or until heated through.

2.	Pour glaze into a bowl. Add warmed cauliflower
	and mix. Serve on a flat dish.

<u>Day 3</u>
Lentil Mushroom Stew over Mashed Potatoes
Recipe based on <u>LENTIL MUSHROOM STEW OVER MASHED POTATOES</u> by Minimalist Baker

Ingredients:	Method:
 Lentil Mushroom stew made on prep day Mashed potatoes made on prep day 	 Warm mash potatoes on the stove. Make sure to mix the bottom of the pot so they don't burn. Add some more plant-based milk if looking dry. Taste and spice with salt or onion powder if needed. Warm lentil stew in a pot until heated through. To serve, divide mashed potatoes between serving plates or bowls and top with the desired amount of lentil and mushroom gravy. Garnish with fresh parsley, vegan parmesan cheese, or more thyme, if desired.

<u>Day 4</u>
Vegan Eggplant Parmigiana
Recipe based on <u>Vegan Eggplant Parmigiana</u> by Veg it Out

Ingredients:	Method:
 2 eggplants 1/2 cup olive oil 1 tsp kosher coarse salt 1 1/2 cups crushed tomatoes, no sugar or additives 2 Tbsp dried oregano 1 cup water 	 Pre-heat oven time 180c/350f. Slice eggplants into 1/2 inch slices (or the thickness of half of the top of your thumb) Layout eggplant in one layer of a baking tray covered with baking paper. If you have more eggplant layout on another sheet. Sprinkle one tray of eggplant with 1/2 tsp of salt. And drizzle on 1/4 of a cup of olive oil. Make sure that all the slices get some love. Eggplant is better a bit fried in the oven then steamed. The oil helps this happen. Place in oven. Check on the eggplant after 10 minutes. No real cooking happened yet but you might want to flip the eggplant at this point. After another 10 minutes check in again. The eggplant should be browned and starting to crisp. Watch that none are starting to burn. Olive oil and eggplant are BFF. So if any of the little guys look dry, get them re-acquainted. After another 5 minutes remove from oven. Pour crushed tomatoes into a bowl and add 1/4 cup of water, a pinch of salt and oregano. Feel free to add 1/2 tbsp of garlic powder and/or onion powder (optional). Mix it up. The "sauce"

	should be liquidy like tomato soup not like tomato juice. Add more water if needed.
7.	Spoon a few tablespoons into the oven to table pan you will be using. (If you use a larger oven to table pan you will have 2 layers of eggplant and if you use a smaller one then you will have three. It's your choice. We like this thick) Once the bottom of the pan is
	covered in a thin layer of sauce start adding in the eggplant to cover the bottom of the pan. Spoon on another layer of sauce. And so on. The last layer should be the sauce. You can sprinkle on some bread crumbs if you like. This gives a crispy layer but not
	necessary.
8.	Place back in the oven at 180c/350f. Bake for another 20-30 minutes. The top should get a bit crispy. The tomato sauce should

dry up a bit but not too much.

<u>Day 5</u>
1-Pot Spiced Sweet Potato Lentil Soup
Recipe based on 1-POT SPICED SWEET POTATO LENTIL SOUP by Minimalist Baker

Ingredients:	Method:
 2 cups red lentils 2 Tbsp olive oil 2 1/2 cups diced red onion 8 cloves garlic, minced 2 large sweet potato, peeled and chopped into bite-sized pieces 1 tsp sea salt, plus more to taste 1/2 tsp black pepper 2 Tbsp ground cumin 3 tsp ground cinnamon 3 tsp coriander 0.5 tsp ground turmeric 2 pinch cayenne pepper or spicy paprika (optional) 12 cups vegetable broth or water 2-4 Tbsp maple syrup 	 Heat a large pot or dutch oven, over medium-high heat. Once hot, add oil and onion. Sauté for 5 minutes, stirring frequently, until slightly browned. Add more oil as needed to brown. Add garlic and sauté 1 minute more. Then add sweet potato, salt, black pepper, cumin, cinnamon, coriander, turmeric, and cayenne (optional). Stir to coat and cook for 4 minutes, stirring frequently. Add vegetable broth or water and bring to a low boil. Then add lentils and maple syrup and another pinch of salt. Stir to combine. Once it comes back to a low boil, reduce heat to a simmer, loosely cover (crack the lid to let steam escape), and cook for ~20 minutes or until lentils are tender. Once the lentils are tender, add green beans, stir, and cover. Cook for another 10 minutes, then turn off the heat and let soup rest at least 5 minutes before serving.

- or honey
 2 cup chopped green beans (fresh or frozen / or sub a sturdy green of choice, such as kale or collard greens)
- 5. Taste and adjust flavor as needed, adding more cumin for smokiness, cinnamon for warmth, salt to taste, maple syrup for sweetness, or pepper or cayenne pepper for heat.

Serve as is, with grains, or over steamed vegetables. Optional: Top with fresh herbs, red pepper flake, and/or fresh minced garlic.

Store leftovers covered in the refrigerator up to 5-7 days or in the freezer up to 1 month. Reheat on the stovetop over medium heat until warmed through. Add more vegetable broth or water to rehydrate as needed.