

# Vegetarian Meals for a Month

- Recipes assume you know how to cook (e.g., stir-fry some vegetables; cook rice).
- Recipes feed 2 adults dinner, plus 2 child dinners or one adult lunch.
- Five meals per week assumes some meals will be repeated, plus dining out or with friends/family. Weeks, as written, aim for a variety of starches, proteins, and flavor families.
- When beans are called for, use one 14.5-oz can (the standard small size, drained and rinsed) or cook about ¾ c. dry beans
- Each week has one or two “dead easy” meals that require little prep and are ready in under 30 minutes (unless you cook brown rice; then you’ll be done in 45 mins) .
- Each week has two “average” meals that will take 45 mins-1 hour for all prep and cooking.
- Each week has one more “involved” meal that might be best done on a weekend.
- All meals can be made omnivorous, if desired

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## Week 1

To do early this week: make a big pot of brown rice (2-3 cups dry rice)

<p>Shopping list:</p> <ul style="list-style-type: none"><li>• Greens</li><li>• Broccoli</li><li>• Carrots</li><li>• Potatoes (russet, Yukon Gold)</li><li>• Other fresh stir-fry veg</li><li>• Frozen peas/carrots (10-16 oz bag)</li><li>• Frozen corn (10-16 oz bag)</li><li>• Rice</li><li>• Rice noodles (Pad Thai kit)</li><li>• Salsa</li><li>• Black beans</li><li>• Lentils</li><li>• Eggs</li><li>• Tofu</li></ul>	<p>Pantry list:</p> <ul style="list-style-type: none"><li>• Onions</li><li>• Garlic</li><li>• Chili powder</li><li>• Cumin</li><li>• Flour</li><li>• Salt</li><li>• Ginger</li><li>• Soy sauce (or similar)</li><li>• Corn starch</li><li>• Bay leaves</li><li>• Vegetable bouillon or stock</li><li>• Oil or butter</li><li>• Milk or similar</li></ul>
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## **\*Salsa Fry-Up**

In the summer, make this with fresh tomatoes, peppers, corn, and cilantro. It'll knock your socks off! However, the version below takes about 15 minutes to whip up if you have rice ready.

- 1 sm onion, diced. Sautee in some oil and add...
- 2c. black beans
- 2-3 Tbl. Chili seasoning (and ½-1 tsp. salt if it's no-salt added)
- ½ tsp. cumin
- 1 Tbl. Flour
- ½ c. water. Simmer until thickened. Then add:
- 1 ten-oz bag frozen corn
- ½ jar salsa
- About 2 c. cooked rice
- Heat through and top with more salsa, shredded cheese, and a dollop of plain yogurt or sour cream, if desired.

## **\*Rice, Greens, and Egg**

So simple, yet is one of my favorite foods ever.

- Clean greens (kale, chard, and/or spinach), tear into bite-sized pieces, and sautee in some oil until tender.
- Beat 2 eggs in a bowl with seasonings: "Spike" or a mix of salt, garlic, cayenne.
- Push greens aside and pour in eggs; scramble the eggs.
- As the eggs set up, mix in the greens.
- When the eggs are cooked, stir in 2c. cooked brown rice.

## **General's Tofu**

- Get some oil quite hot in a frying pan.
- Throw in 1-inch cubes of extra super ultra firm tofu and brown well on all sides.
- Turn the heat down to medium on the frying pan.
- Mix up the sauce right in the measuring cup:
  - 1/4 c. (or less) soy sauce, shoyu, or Bragg's
  - 1/4 c. water
  - 1 tsp grated ginger
  - 1-2 tsp. chopped garlic (1-2 cloves)
  - 1 Tbl. cornstarch
  - 1 Tbl. orange juice concentrate
  - 1/4 tsp. cayenne pepper (more to taste)
- Throw a couple cubes of hot tofu into the sauce to warm it up a little.
- Pour the pre-warmed sauce into the frying pan with the tofu. Bring to a boil and simmer 2-3 minutes until reduced to a thick, clear glaze.
- Steam some broccoli and serve on the side, or just throw it into the sauce and cook it that way.
- Serve over rice.

## ***Pad Thai***

You can either buy one of the Pad Thai kits that has rice noodles and sauce, or buy the rice noodles and Pad Thai sauce separately. (I don't think the kits have enough sauce.) You could make your own sauce, but you're on your own!

- Chop veggies. Broccoli, carrots, bean sprouts, peppers (in season) and greens are great in this. Or skip this step and use frozen veg mix.
- Boil a big pot of water. Throw in the rice noodles, cover, and take off the heat.
- Sauté the veggies in a frying pan with some oil. This is one of the few things I don't automatically throw an onion and some garlic into, but do what you like.
- When the veggies are almost done, push them to the edges of the pan. Crack two eggs into the center of the pan and stir furiously – they'll scramble.
- Add the Pad Thai sauce and a little water.
- Your noodles are probably done cooking now. Drain them and add them to the frying pan, coating them with sauce.

## ***Lentil Herder's Pie***

(Well, Shepherd's pie is made from sheep, and this is made from lentils, so it stands to reason...)

This freezes pretty well. Make a double batch and freeze one or take one to a friend!

- 1 sm. Onion, diced. Sauté in some oil and add:
- 1c. uncooked lentils
- 3c. water
- 1 bay leaf. Simmer 30-45 minutes until the lentils are done. (I suppose you could use canned, too, and skip these steps.)
- In the meantime...make mashed potatoes.
- When the lentils are done:
- Make a roux of 2 Tbl. Flour and 2 Tbl. Oil or melted butter. Add to lentils.
- Also add something salty and flavorful to the lentils: veggie bouillon (2 tsp), tamari (1 Tbl), soy sauce (1 Tbl), Bragg's (1 Tbl), or even just plain salt (1/2 tsp).
- Simmer until thickened. You want lentils in gravy, not soup.
- Layer lentils (use a slotted spoon and drain them a bit if they're too soupy), diced cooked vegetables (frozen peas and carrots, heated through and drained, are great), and top with mashed potatoes.
- You can bake this to get a nice browned top, but if the veggies are warmed first, you can eat it right away.

## Week 2

<p>Shopping list:</p> <ul style="list-style-type: none"><li>• Cabbage</li><li>• Carrots</li><li>• Tart apple</li><li>• Butternut squash (small)</li><li>• Frozen mixed veg</li><li>• Frozen mixed stir-fry veg</li><li>• Rice or quinoa</li><li>• Rice pilaf mix (opt.)</li><li>• Rice noodles</li><li>• Egg noodles or potatoes</li><li>• Corn tortillas (not deep-fried)</li><li>• Polenta</li><li>• Salsa or enchilada sauce</li><li>• Chick peas</li><li>• Lentils</li><li>• Large white beans (Canellini, e.g.)</li><li>• Black beans</li><li>• Coconut milk</li><li>• Canned diced tomatoes</li><li>• Eggs</li><li>• Tofu or tempeh</li></ul>	<p>Pantry list:</p> <ul style="list-style-type: none"><li>• Onions</li><li>• Garlic</li><li>• Curry powder or paste</li><li>• Oil or butter</li><li>• Cheese</li><li>• Salt</li><li>• Sage, rosemary, and/or thyme</li><li>• Olives (opt)</li><li>• Veg bouillon or stock</li></ul>
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### **\*Coconut Chickpea Curry**

This comes out very soupy; I eat it with both a fork and a spoon. You could also serve this with rice. One of my favorite warm-me-up meals; tastes rich, creamy, and filling, but it's vegan (and therefore non-dairy).

- Boil a big pot of water. Throw in the rice noodles, cover, and take off the heat. They'll cook with the residual heat.
- In a saucepan, heat the following:
  - 1/3 can coconut milk
  - 1 can diced tomatoes, with juice
  - 10-16oz. frozen mixed veggies (some of the Stir-fry and Thai blends are nice)
  - 2 c. chickpeas
  - Curry paste or powder to taste
- When the noodles are done (a little al dente), drain them and put them in a deep bowl. Spoon the veggies and lots of sauce over them. The noodles will soak up some of the sauce.

### **\*Rice Pilaf with Tofu/Tempeh and Veg**

- Sauté cubes of tofu or tempeh in oil with onion and garlic.
- Remove from pan.
- In the same pan, make rice pilaf. Use something from a box (adding 1/3 c. pearled barley), or try this:
  - Sauté ¾ c white rice and ¼ c. barley in a little oil and maybe some chopped onion.  
Add 2c. veggie broth, or 2c. water and 2 tsp. “Spike” seasoning and simmer 15-20 mins.
- When the rice is done, add frozen veg or raw broccoli and the cooked tofu/tempeh.
- Heat through and eat!

### **Lentil Stew over Rice or Quinoa, Veg**

- Pour enough oil into a medium saucepan to cover the bottom one lentil deep.
- Add a chopped onion and 1c. raw lentils.
- Add 3-4 c. water and a bay leaf; bring to a boil then simmer for 30 mins.
- The lentils should be mostly done but it’s ok if a couple still have a little crunch.
- Add 1 tsp. veggie bouillon, or about ½ tsp. salt and herbs to taste.
- Add 2-3 chopped carrots, greens, and/or a diced potato, if you like.
- Simmer 15 more minutes until all is cooked.
- Serve over rice, with a vegetable side if you didn’t put the veg into the stew.

### **Cabbage and Noodles (or Potatoes)**

- Cook egg noodles or diced potatoes.
- Stir-fry together about ½ small head green cabbage, onions, carrots, and a tart apple in oil or butter.
- Add large white beans, salt, and spices of the sage-rosemary-thyme persuasion and maybe some chopped olives. (Pig eaters – add some kind of smoky pork product here and you won’t regret it.)
- Drain the noodles or potatoes; add to the stir-fry.
- Serve topped with cheese, if desired.

### **Tortilla Casserole**

Freezes well, and makes a ton. Freeze half.

- Make polenta. (Mix 1c. polenta and 3c. broth in a saucepan; bring to a boil, then simmer on “low” 15-20 minutes stirring very frequently)
- Make black beans as if for Salsa Fry-Up. (week 1)
- Bake cubes of hard squash (like Butternut) sprinkled with some cumin, garlic powder, and salt.
- Layer the following into a 9x13 pan:
  - Polenta
  - Beans
  - Corn tortillas
  - Salsa or enchilada sauce
  - Squash
  - [continue layering as needed]
  - End with tortillas; top with sauce and shredded cheese, if desired.

## Week 3

<p>Shopping list:</p> <ul style="list-style-type: none"><li>• Fresh greens: kale, collards, chard</li><li>• Fresh or frozen spinach</li><li>• Sweet potatoes</li><li>• Mushrooms</li><li>• Veggies for stir fry (carrots, greens, bean sprouts, etc.)</li><li>• Broccoli</li><li>• Rice</li><li>• Polenta</li><li>• Cornmeal</li><li>• Flour</li><li>• Mung daal or similar</li><li>• White beans</li><li>• Veggie burgers (and buns, opt)</li><li>• Tofu or tempeh (2 servings)</li><li>• Parmesan (opt)</li></ul>	<p>Pantry list:</p> <ul style="list-style-type: none"><li>• Onion</li><li>• Garlic</li><li>• Salt</li><li>• Oil</li><li>• Bay leaves</li><li>• Ginger</li><li>• Turmeric</li><li>• Coriander</li><li>• Cayenne</li><li>• Cumin</li><li>• Soy sauce or similar</li><li>• Veg bouillon or broth</li><li>• Cornstarch</li><li>• Molasses</li><li>• Ketchup</li><li>• Mustard</li><li>• Sugar</li><li>• Baking power</li><li>• 1 egg</li><li>• Milk or similar</li></ul>
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### **\*Sag Daal**

- Cook 1 c. daal (split mung beans, split red lentils, or yellow split peas) in 3c. water and 1 bay leaf until tender.
- Sautee in oil or ghee 1 small diced onion, 1 tsp. turmeric, ½ tsp. coriander, ½ tsp. cumin, ½ tsp. salt, and a teaspoon each fresh ginger and chopped garlic. Cayenne to taste.
- Add the lentils to the toasted spice mixture.
- Add a bag of fresh or frozen spinach.
- Serve over rice.

### **\*Veggie Burgers, Sweet Potato Fries, Veg**

To make sweet potato fries, just cut them into big sticks (they'll shrink) and throw them on a cookie sheet into a 425° oven. Stir every 10-15 mins; they'll be done in about 30 minutes, more or less, depending on the thickness and how crispy you like them. You can throw frozen veggie burgers on the same cookie sheet, warm up frozen veggies or cut some fresh broccoli, and you've got a meal.

If you're in Michigan and can find them, try Ope's Veggie Burgers. They're organic, vegan, raw, and made in SW Michigan from beans and grains grown in Michigan, Indiana, and Ohio. They buy a lot of their stuff directly from farmers; when that's not possible, they get ingredients from Eden Organics, which sources much of their stuff from the same region.

## ***Tofu, Mushrooms, and Broccoli over Polenta***

- Put 1c. polenta meal and 3c. cold veggie stock into a deep pot.
- Stir.
- Cover and bring to a boil.
- Stir.
- Turn down the heat and let simmer while you do the rest. Be sure to stir this every 3-4 minutes!
- Sautee cubed tofu or tempeh, onions, and quartered mushrooms in some oil.
- Stir the polenta.
- Add chopped broccoli or greens to the tofu/mushrooms.
- Stir the polenta.
- Add a little Bragg's, soy sauce, tamari, etc. to the broccoli mix.
- Is that polenta done yet? It should only take 15-20 mins, despite what all the fancy cookbooks say.
- Pour hot polenta into a flat soup bowl and top with the broccoli mix. Top with coarse shreds of parmesan cheese, if desired.

## ***Ginger Garlic Stir Fry***

- Stir fry a bunch of veggies, with tofu, tempeh, or chick peas.
- In a measuring cup, combine:
  - 1/4 c. (or less) soy sauce, shoyu, or Bragg's
  - 1/2 c. water
  - 1 Tbl. grated ginger
  - 1/2 tsp. chopped garlic (1 small clove)
  - 1 Tbl. cornstarch
- Throw a few hot veggies into the cup to warm it up.
- Dump the sauce into the pan of veggies, bring to a boil, and simmer 3-4 minutes until clear and thick.
- Serve over rice.

## **Beans, Greens, and Cornbread**

You have two choices on the beans: white beans with sage, or baked beans.

- White beans with sage: Sautee the following:
  - Large handful of fresh sage leaves
  - Chopped diced onion
  - Garlic
  - Salt
  - 2 c. white beans and just enough water to cover
  - Simmer until thick
- Baked beans: bake together in the oven:
  - 2 c. white beans
  - Small onion, diced
  - 3-4 Tbl. Molasses
  - 1 Tbl. Prepared mustard
  - 1 Tbl. Ketchup or tomato paste
  - Bake, covered, for 60-75 minutes, stirring every half 20 minutes or so.
- Cornbread (Recipe from the 1975 Joy of Cooking)...or buy a mix...
  - Dry Ingredients
    - $\frac{3}{4}$  c. flour
    - 2  $\frac{1}{2}$  tsp baking powder
    - 1-2 Tbl. sugar (optional)
    - $\frac{3}{4}$  tsp. salt
    - 1  $\frac{1}{4}$  c. cornmeal
  - Wet Ingredients
    - 1 egg
    - 2-3 Tbl. melted butter
    - 1 c. milk
  - Instructions
    - Preheat the oven to 425°.
    - Grease a 9"x9" baking pan (or a cast iron skillet). Optional: place pan in oven to preheat.
    - Stir or sift together all the dry ingredients.
    - Beat together all the wet ingredients.
    - Mix the wet and dry ingredients together quickly.
    - Pour into pan and bake for 20-25 minutes.
  - Serve beans and cornbread with greens.

## Week 4

Early this week: make a giant bowl of mixed greens and keep in the fridge (in gallon zipper bags, if the salad bowl won't fit).

<p>Shopping list:</p> <ul style="list-style-type: none"><li>• Lettuce and salad makings for several meals (try a bag of Romaine hearts and some baby mixed greens)</li><li>• Carrots</li><li>• Zucchini or similar</li><li>• Bell pepper or chard</li><li>• Tart apple</li><li>• Fresh or canned beets</li><li>• Small red potatoes</li><li>• Mixed chili beans</li><li>• Black beans</li><li>• Large can crushed or diced tomatoes</li><li>• Hominy (opt)</li><li>• Pizza dough, or flour</li><li>• Pizza sauce</li><li>• Pizza toppings (cheese, veggies, etc.)</li><li>• Fettuccine</li><li>• Cream cheese or similar</li></ul>	<p>Pantry list:</p> <ul style="list-style-type: none"><li>• Onions</li><li>• Garlic</li><li>• Oil</li><li>• Salt</li><li>• Chili seasoning</li><li>• Veg bouillon or broth</li><li>• Vinegar</li><li>• Dill</li><li>• Honey</li><li>• Mustard</li><li>• Cornstarch</li></ul>
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### **\*Chili**

- 28-30 oz. crushed or diced tomatoes (one large or two small cans), NOT drained
- 1-2 cans beans, drained and rinsed (kidney, red, black, and/or "chili beans")
- 1 can hominy, drained (optional)
- 1 packet chili seasoning mix, OR 1 Tbl. no-salt chili seasoning plus 1/4 tsp. salt
- 1-2 cups water
- Heat through and serve with cornbread or over brown rice

### **Pizza**

My bread machine makes great pizza dough. This makes two; freeze one and all you have to do is move it from the freezer to the fridge the morning you want to use it. Have part of that big salad with this meal.

- 1 ½ c. warm water
- 1 ½ tsp. yeast
- 2 Tbl. Sugar or honey
- 1 ½ tsp. salt
- 2 Tbl. oil or butter
- 4 c. flour (I like 2 c. wheat and 2 c. high-gluten)
- Throw in bread machine on "dough" cycle, or mix, knead, and let rise like any other bread.

## **Big Crazy Salad**

Like Calvinball, it changes every time. This salad is a meal. Add any or all of the following to your mixed greens:

- Cooked rice
- Hummus
- Salsa
- Italian dressing
- Croutons or bread cubes
- Beans or chickpeas
- Usual salad veg: carrots, tomatoes, cukes
- Crushed potato chips

## **Creamy Veggie Pasta**

Vegetable Ribbon Pasta (or just use the sauce on other stuff)

2 small zucchini or summer squash
2 carrots
1 Tbl. olive oil
1 (or 4) clove garlic, minced
2 bell peppers (summer), or chard (winter)
½ c. broth
8 oz. fettuccine
4 oz. low fat cream cheese (Neufchatel)
2 Tbl. Parmesan cheese
½ tsp. salt
¼ tsp. fresh pepper

1. With a vegetable peeler, cut zucchini and carrots into lengthwise ribbons (or go across the squash and make little circles)
2. In a large skillet, sauté garlic and peppers in oil until soft, about 7 minutes. Meanwhile, cook pasta and drain.
3. Add broth and squash to pepper mix. Cook until tender – 2 minutes. Add everything else but pasta. When the cheese is melted and the sauce thick, add pasta. Gotta love it!

## ***Dilled beets, apples, and potatoes***

<p>Ingredients:</p> <p>1 Tbl. olive oil 1 apple, diced 1 onion, diced 1 cup broth 1 ½ lb. small red potatoes, diced 1 Tbl. cider vinegar 1 Tbl. honey 2 tsp. Dijon mustard 1 tsp. cornstarch 2 Tbl. water ½ tsp. salt ¼ tsp. fresh pepper 16 oz can beets, diced ¼ c. snipped fresh dill or 1 tsp. dried</p>	<p>Instructions:</p> <ol style="list-style-type: none"><li>1. Sauté oil, apple, onion until apple and onion are soft - about 7 minutes.</li><li>2. Add broth and potatoes; bring to boil then reduce heat and simmer until potatoes are done – about 10 minutes.</li><li>3. Mix everything else but beets and dill in small bowl.</li><li>4. When potatoes are done, add sauce. Bring to boil and cook until thick - about a minute.</li><li>5. Add beets and dill; heat through. Yum!</li></ol>
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