

# Rachel Cooks

## MEAL PLAN #46 - VEGETARIAN

MONDAY



### Creamy Vegetarian Lasagna Soup

- Makes 10 servings. Enjoy the soup for another meal or invite guests to share it with you.
- To make this soup vegan, simply omit the half & half. If you'd like to freeze a portion of the soup, remove it before adding the half & half.

TUESDAY



### Vegetarian Tacos with Delicata Squash and Black Beans

- The recipe makes 6 tacos but it's easily doubled. If you want more than 6 tacos, adjust the grocery list accordingly. Serve with chips and salsa.
- If you're not a fan of squash or can't find delicata squash, try sweet potato tacos or cauliflower tacos instead.

WEDNESDAY



### Zucchini Casserole

- To increase protein and nutritional value, use brown rice instead of white rice.
- Serve with a vegetable of your choice or a fruit salad.

THURSDAY



### Warm Kale Salad with Roasted Root Vegetables

- Feel free to use just a couple of the root vegetables (carrots, beets, turnips, and parsnips) and increase the amounts.
- If you plan on making pancakes (bonus recipe below), cook extra quinoa to save time. It will keep in the fridge for a week or in the freezer for several months.

FRIDAY



### Roasted Butternut Squash Soup

- Serve the soup with crackers or bread of your choice, if desired.
- The squash can be roasted a day or two ahead and refrigerated until ready to use. Another option is to cook the raw squash right in the broth until tender.

BONUS



### Quinoa Pancakes

- Makes 6 large pancakes. I like to make a double or triple batch, and refrigerate or freeze the extra (buy extra ingredients if you'd like to do this). They reheat beautifully in a toaster oven or air fryer.
- Top the pancakes with maple syrup, sliced fruit, Greek yogurt, or apple compote.

NOTES

- Cooking Quote of the Week: "If vegetarians eat vegetables, what do humanitarians eat?" Steven Wright



## GROCERY LIST FOR MEAL PLAN #46

### HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

### PRODUCE

- yellow onion (2 large) - M/W/F
- garlic (1 clove) - M
- red bell pepper (1) - M
- mushrooms (16 oz) - M
- carrots (3) - M/Th
- celery (3 stalks) - F
- zucchini (2 lb) - M/W
- summer squash (1 small) - M
- delicata squash (1) - Tu
- butternut squash (3 lb) - F
- turnip (1 medium) - Th
- golden beet (1 large) - Th
- parsnip (1 large) - Th
- baby spinach (5 oz) - M
- kale (1 bunch) - Th
- avocado (1) - Tu
- lime (1) - Tu
- sage (1 T) - F (see note)

### DAIRY / REFRIGERATED

- half and half (8 oz) - M
- milk (2 oz) - Bonus
- queso fresco - Tu
- eggs (4) - W/Bonus
- sour cream (4 oz) - W
- 2% plain greek yogurt (4 oz) - W
- shredded sharp cheddar cheese (4 oz) - W
- grated Parmesan cheese (¼ c) - W
- smoked Gruyère cheese (3 oz) - Th
- unsalted butter (3 T) - Bonus

### BREAD / PASTA / GRAINS

- lasagna noodles, NOT the no-boil kind (10) - M
- corn tortillas (6+) - Tu
- white rice (¾ c uncooked) - W
- quinoa (¾ c dry) - Th/Bonus

### CANNED GOODS

- low-sodium vegetable broth (64 oz) - M
- 15 oz can black beans (1) - Tu

### SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - M
- dried parsley - M
- dried basil - M
- chili powder - Tu
- Italian seasoning - W
- smoked paprika - Th
- garlic powder - Th
- cayenne pepper - Th

### PANTRY

- panko bread crumbs - W
- raw sunflower seeds (½ c) - Th
- sugar - Th
- white balsamic vinegar - Th
- honey - Th
- Dijon mustard - Th
- all-purpose flour - Bonus
- baking powder - Bonus
- maple syrup - Bonus
- ground flax seed (optional) - Bonus

### OTHER

- pickled red onions for tacos - Tu
- chips and salsa for serving with tacos - Tu
- crackers or bread of your choice for serving with soup - F
- pancake toppings: maple syrup, sliced fruit, Greek yogurt, or ingredients for [apple compote](#) - Bonus
- vegetable of your choice or a fruit salad - W

### NOTES

- If fresh sage isn't available, substitute 1 teaspoon dried sage leaves.