

Rachel Cooks

MEAL PLAN #58 - VEGAN

MONDAY



Vegan Bolognese

- Lentils and quinoa add protein to the sauce and provide a meat-like texture.
- The sauce makes 8 cups. It freezes well (thaw overnight in the refrigerator before reheating). Make a double batch to store in the freezer for future meals, if you like (update grocery list if you decide to double the recipe).

TUESDAY



Southwestern Farro Salad with Roasted Poblanos

- Omit queso fresco cheese or substitute a vegan cheese to make this vegan. Substitute agave for the honey (dressing) or use a vegan dressing of your choice.
- Makes 8 servings. Farro salad can be refrigerated for 3 to 4 days. It makes a wonderful lunch.

WEDNESDAY



Vegan Roasted Butternut Squash Soup with Garlic

- The squash, onion, and garlic are all roasted, giving the soup lots of rich flavor.
- Serve the soup with a hearty slice of warm Dutch oven bread (omit honey). It's easy to make (no knead!) with simple ingredients: all-purpose flour, salt, yeast, olive oil, and water.

THURSDAY



Bulgar, Barley and Vegetable Vegan Casserole

- This simple casserole is so satisfying. I've made it many times!
- Bulgar is made from cracked wheat berries. Although it looks similar, bulgur cooks more quickly than cracked wheat because it's parboiled before drying. Fine grind cooks more quickly than coarse.

FRIDAY



Crispy Sweet Potato Tacos

- If you prefer, skip the beer marinade. It gives the sweet potatoes an extra layer of flavor but isn't absolutely necessary for the success of the recipe.
- The tacos can be topped with vegan cheese, a Mexican blend of cheese, salsa, or sour cream if you like.

BONUS



Chia Seed Pudding

- Double the ingredients to make 4 servings.
- Any type of unflavored nondairy milk will work.
- Serve the pudding topped with fresh fruit. Refer to the post for flavor variations and more topping ideas.

NOTES

- Cooking Quote of the Week: "Cooking is an art form that requires a dash of inspiration, a sprinkle of innovation, and a lot of love." — Rachael Ray





GROCERY LIST FOR MEAL PLAN #58

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 onions (3) - *M/W/Th*
- white onion (1 small) - *F*
- red onion (1) - *Tu*
- garlic (1 head + 3 cloves) - *M/W*
- sweet potatoes (4) - *Tu/F*
- carrots (5) - *M/Th*
- red bell pepper (1) - *M*
- poblano peppers (3) - *Tu*
- butternut squash (1, about 2 lb) - *W*
- white or cremini mushrooms (8 oz) - *Th*
- spinach (3 c or about 3 oz) - *M*
- avocado (1) - *F*
- basil (optional) - *M*
- cilantro (1 small bunch) - *Tu/F*
- parsley (1 small bunch) - *Th*
- limes (2) - *Tu*
- fresh fruit for topping chia pudding (optional) - *Bonus*

CANNED GOODS

- vegetable broth (48 oz) - *M/W/Th*
- 28 oz can crushed tomatoes (1) - *M*
- 14.5 oz can petite diced tomatoes (1) - *M*
- tomato paste (2 T) - *M*
- 15 oz cans black beans (2) - *Tu/Th*
- 15.5 oz can white beans such as great northern (1) - *W*
- 15.25 oz can corn (1) - *Tu (see note)*

DAIRY / REFRIGERATED

- vegan cheese for topping bolognese (optional) - *M*
- vegan queso fresco (optional) - *Tu*
- non-dairy milk (2 c) - *Bonus*

PASTA / GRAINS / ETC

- uncooked green or brown lentils (1 c) - *M*
- uncooked quinoa ($\frac{1}{2}$ c) - *M*
- pasta of choice for serving with bolognese - *M*
- farro (2 c cooked or about 1 c dry) - *Tu*
- quick-cooking bulgur ($\frac{1}{3}$ c) - *Th*
- pearl barley ($\frac{2}{3}$ c) - *Th*
- corn tortillas (12) - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - *M*
- dried basil - *M*
- dried oregano - *M*
- chili powder - *Tu*
- smoked paprika - *W*
- garlic powder - *Th/F*
- dried thyme - *Th*
- onion powder - *F*
- ground cinnamon - *Bonus*

PANTRY

- balsamic vinegar - *M*
- apple cider vinegar - *W*
- agave - *Tu*
- hot sauce (optional) - *F*
- chia seeds ($\frac{2}{3}$ c) - *Bonus*
- vanilla extract - *Bonus*

OTHER

- frozen corn (2 c) - *Th/F*
- winter ale (1 $\frac{1}{2}$ c, optional) - *F*
- vegan cheese and/or salsa for topping tacos (optional) - *F*

NOTES

- If desired, use fresh or frozen corn instead of canned (*Tu*). You'll need about 1 $\frac{1}{2}$ cups.

