

MAY 6TH Vegetarian

PREP AHEAD OF TIME

Vegetable Soup

1 tablespoon of olive oil
3 carrots, peeled and roughly chopped
2 celery stalks, roughly chopped
1 yellow onion, roughly chopped
4 cups of vegetable stock
3 cups of water
4-5 sprigs of flat leaf parsley, chopped (about 1 Tablespoon)
1 teaspoon of salt
¼ teaspoon of black pepper

Heat 1 tablespoon of olive oil in a medium stockpot. Brown carrots, celery, and onion on medium-high heat for about 5 minutes. Add stock and water. Bring to boil. Reduce heat to simmer for 15 minutes. Add parsley, salt, and pepper. Allow to cool before transferring to an airtight container until ready to use.

Brown Rice

1 tablespoon olive oil
¼ onion, finely chopped
½ teaspoon salt
1 ½ cups of brown rice
1 ½ cups vegetable stock (or water)
1 ½ cups water

Add oil, onion, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock/water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yields 3 cups. Used for 1 recipe.

Cut Carrot and Celery Sticks

4 carrots, peeled and cut into 2-inch spears
4 celery stalks, cut into 2-inch spears

Marinate Cucumbers

1 English cucumber,
peeled & thinly sliced lengthwise to form long ribbons
2 Tablespoons rice wine vinegar
½ teaspoon salt
2 Tablespoons water

Marinate cucumber slices in vinegar, salt and water. Place in airtight container and refrigerate until ready to use.

MENU:

MONDAY

Matzo Ball Soup
w/ Egg Noodles
Orange Slices

TUESDAY

Bruschetta Platter
Fresh Strawberries

WEDNESDAY

Braised Collards
Black Beans and Rice

THURSDAY

Pasta Mushroom Alfredo
Basil and Strawberry Salad

FRIDAY

Cuban Sandwich
Carrot and Celery Sticks



May 6th Vegetarian

Shopping List

This Week's Menu: Matzo Ball Soup, Bruschetta Platter, Mushroom Alfredo, Braised Greens, Cuban Sandwich

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	basil	1 package	4 oz; yields 1/2 cup	3
	bell pepper	2		1
	carrots	7 medium	1 lb	2
	celery	6 stalks	1 lb	2
	collard greens	2 bunches	yields 4-5 cups chopped	3.5
	mushrooms	16 oz	yields 2 cups; crimini suggested	4
	navel oranges	4		3
	parsley	1 bunch	1/4 cup; Italian flat leaf suggested	2
	strawberries	3 pints	1 lb; yields 3 cups	7
	English cucumber	1 large		
	tomatoes	7 roma	On vine or Roma are good choices	7

Got it!	Dairy	Quantity	Notes	Est Cost
	organic half and half	1/2 cup		2.5
	Swiss cheese slices	8 slices	deli counter (buy quality cheese!)	4

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	black beans	3 cans	cans are 14-15 oz size	4
	bread	1 loaf	fresh bakery baguette 20"	4
	egg noodles	20 ounces		6
	matzo meal	1 cup	about 8 oz	4
	tomato paste	6 oz can	need @ Tablespoons	1

Fresh 20 Grocery Est 60
 Cost Per Dinner 12
 Cost Per Serving 3

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1/2 cup	low sodium vegetable broth	9 cups
	garlic	4 cloves	white wine vinegar	3 Tablespoons
	onions	1 3/4 yellow	organic eggs	4
			balsamic vinegar	1-1/4 Tablespoons
	cumin	3/4 teaspoon	brown rice (long grain, dry)	1-1/2 cups
	sea salt	3-1/8 teaspoons	coarse grain mustard	1/4 cup
	black pepper	1/4 teaspoon	flour (whole wheat preferred)	2 Tablespoons
	red chili powder	1/4 teaspoon		
	dried thyme	1/8 teaspoon		
	honey	1 Tablespoon		

INSTRUCTIONS:

Ahead of time – soup base

Heat 1 tablespoon of olive oil in a medium stockpot. Brown carrots, celery, and onion on medium-high heat for about 5 minutes. Add stock and water. Bring to boil. Reduce heat to simmer for 15 minutes. Add parsley, salt, and pepper. Allow to cool before transferring to an airtight container until ready to use.

For matzo balls

Mix 4 yolks with 2 Tablespoons vegetable soup base, olive oil, parsley, and salt. Set aside.

Meanwhile, whip egg whites until stiff. Add matzo meal slowly to incorporate. Pour yolk mixture into matzo mix and gently mix in. Using two spoons form eight matzo balls. Refrigerate for at least 15-20 minutes before adding to soup to cook.

For soup

Bring to boil the pot of vegetable soup made over the weekend. Add matzo balls once the soup begins to boil. Lower to a simmer and cook covered for 20 minutes. Add package of egg noodles and turn heat up to medium. Cook uncovered for 5-6 minutes.

Note: Matzo balls are made from the crumbs of unleavened bread called Matzo. Matzo meal can be purchased or made by grinding up several matzo crackers. Look for it in the ethnic section of the grocery store.

INGREDIENTS

Soup base

- 1 Tablespoon of olive oil
- 3 carrots, peeled & roughly chopped
- 2 celery stalks, roughly chopped
- 1 yellow onion, roughly chopped
- 4 cups of vegetable stock
- 3 cups of water
- 4-5 sprigs of flat leaf parsley, chopped (about 1 Tablespoon)
- 1 teaspoon of salt
- ¼ teaspoon of black pepper

For matzo balls

- 4 eggs, yolks and whites separated
- 2 Tablespoons of vegetable soup
- 2 Tablespoons of olive oil
- 2 Tablespoons of fresh parsley, chopped
- ½ teaspoon of salt
- 1 cup of matzo meal
- 8oz egg noodles
- 3 navel oranges, sliced in wedges

INSTRUCTIONS:

Preheat oven to 375° F.

Brush bread with tablespoon of olive oil on one side of each slice.
Toast in oven for 5 minutes, depending on desired crunchiness.

For bruschetta topping

Toss all the ingredients together in a bowl. Refrigerate for at least 15-20 minutes before serving.

For black bean topping

Combine beans, vinegar, cayenne, bell pepper and olive oil.

Serve bread on a platter with the bowl of bruschetta & the black bean topping with the fresh strawberries in another bowl on the side.

INGREDIENTS

½ loaf of whole wheat bakery baguette, sliced crosswise into about twenty ½" pieces

1 Tablespoon of olive oil

For bruschetta topping:

4 tomatoes, chopped

1 garlic clove, minced

¼ cup of basil leaves, chopped

¼ cup of olive oil

½ teaspoon of salt

For bean topping:

14 oz can black beans, rinsed and drained

1 Tablespoon rice wine vinegar

1/8 teaspoon cayenne

1 bell pepper, finely chopped

1 teaspoon olive oil

12 fresh strawberries (1 pint)

BRAISED COLLARDS w/ black beans and rice

INSTRUCTIONS

For braised collards

Sauté onion in olive oil for a minute over medium heat. Add bell peppers and sauté for 2-3 minutes. Add cumin and stir to coat. Add tomatoes and sauté for another minute.

Once the vegetables soften, add salt, cayenne, and tomato paste. Allow flavors to combine for a minute. Add stock and bring to boil. Add collards, stir to coat greens. Cover with lid, lower heat to medium-low, and cook for 20 minutes.

For black beans:

Heat the black beans over medium heat. Add minced garlic, cumin, and salt once beans reaches a boil. Lower heat to low and simmer for 5 minutes before serving. Be sure to set aside half of the black beans for Friday's Cuban sandwich.

Serve $\frac{3}{4}$ cup of braised collards with $\frac{3}{4}$ cup of brown rice and $\frac{1}{2}$ cup of black beans on the side.

NOTE: You can substitute mustard greens or kale with equal success.

INGREDIENTS

1 Tablespoon of olive oil

$\frac{1}{2}$ yellow onion, chopped

1 bell pepper, chopped

$\frac{1}{4}$ teaspoon of cumin

2 tomatoes, chopped

$\frac{1}{2}$ teaspoon of salt

$\frac{1}{4}$ teaspoon of cayenne

2 Tablespoons of tomato paste

2 $\frac{1}{2}$ cups of vegetable stock

2 bunches collard greens, chopped
to yield 5 cups

For black beans

2 cans of black beans, drained and
rinsed (used for 2 recipes)

2 garlic cloves, minced

$\frac{1}{2}$ teaspoon of cumin

$\frac{1}{4}$ teaspoon of salt

3 cups of brown rice, prepared

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PASTA MUSHROOM ALFREDO w/ strawberry basil salad

INSTRUCTIONS

Boil water for pasta. Cook egg noodles as instructed on package. Drain; do not rinse.

For mushroom alfredo sauce

Heat olive oil in a medium-sized pan. Add garlic and heat through for a few seconds before adding mushrooms in pan. Sauté garlic and mushrooms for 2-3 minutes. Sprinkle salt to pan and sauté for another minute. Add flour and stir to coat through. Allow the flour to cook for 2 minutes. Add half and half, stirring to mix through. Add thyme to sauce.

For each serving, ladle sauce over noodles. Serve with parsley leaves on top, if desired.

For strawberry basil salad

Whisk together balsamic vinegar, olive oil, honey, and salt. Toss strawberries and basil with dressing. Serve salad alongside pasta.

- Dairy Free version:
Substitute vegetable stock for half and half.
Use rice noodles instead of egg noodles.

INGREDIENTS

12oz egg noodles

For mushroom alfredo sauce

1 ½ Tablespoons olive oil

1 clove garlic, minced

2 cups mushrooms, sliced

¼ teaspoon salt

2 Tablespoons flour

½ cup half and half (nonfat)

1 cup vegetable stock

1/8 teaspoon of dried thyme

1 Tablespoon of chopped parsley leaves (optional)

For strawberry basil salad

1 ¼ tablespoons of balsamic vinegar

1 Tablespoon of olive oil

1 Tablespoon of honey

1/8 teaspoon of salt

2 cups of fresh strawberries, sliced

¼ cup of basil leaves, shredded

INSTRUCTIONS

Ahead of time:

Marinate cucumber slices in vinegar, salt and water. Place in airtight container and refrigerate until ready to use.

Preheat broiler.

Slice bread into two equal pieces and then slice in half length-wise so you have 4 long pieces. Spread mustard on each piece. Spread $\frac{1}{4}$ cup black beans on each piece. Layer tomatoes on top of black beans, followed by marinated cucumbers. Layer Swiss cheese across the top of each sandwich.

Place all 4 sandwiches on baking sheet under broiler until cheese melts, about 3-5 minutes.

Slice each open face sandwich in half. Serve with carrot and celery sticks, orange garnish and any leftover rice from the week.

INGREDIENTS

1/2 loaf of fresh 20" wheat baguette

1 cup prepared black beans (leftover)

$\frac{1}{4}$ cup of coarse grain mustard

1 tomato, thinly sliced

8 slices of Swiss cheese

1 $\frac{1}{2}$ tablespoons of olive oil

1 English or Persian cucumber, peeled and thinly sliced lengthwise to form long ribbons

2 Tablespoons rice wine vinegar

$\frac{1}{2}$ teaspoon salt

2 Tablespoons water

Pre-cut carrot and celery sticks

1 navel orange, cut into slices for garnish

Leftover rice