

PREP AHEAD OF TIME

Quinoa

3 cups water
2 cups vegetable stock
½ teaspoon salt
2 cups uncooked quinoa

In a medium-large saucepan, bring water and stock to boil. Season with salt and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool. Store in airtight container for later use. Used for 1 recipe.

Brown Rice

1 Tablespoon grapeseed oil
¼ medium yellow onion, finely chopped
½ teaspoon salt
1 ½ cups brown rice
1 ½ cups water
1 ½ cups vegetable stock

Add oil, onion, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock and bring water 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. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

MENU:

MONDAY ①

Red Beans and Rice
Stuffed Poblano Chile Peppers

TUESDAY ②

Winter Gazpacho
Wilted Romaine Hearts
Baguette

WEDNESDAY ③

Zucchini Rolls
in Tomato Sauce
Quinoa
Asian Pears

THURSDAY ④

French Onion Soup
w/ Crostini
Simple Grapefruit Salad

FRIDAY ⑤

Bean and Cheese Burrito
Avocado Crema & Salsa
Shredded Romaine Salad



Vegetarian December 16th

Shopping List

This Week: 1-Red Beans and Rice 2-Winter Gazpacho 3-Zucchini Rolls 4-French Onion Soup 5-Bean and Cheese Burrito

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 3	Asian pears	5		8
1, 2, 3, 5	tomatoes	13-14		12
1	celery	1 bunch		1
1, 2, 5	poblano chile peppers	6		4
1	green bell pepper	1		0.75
1, 3	white button mushrooms	10 ounces		4
4, 5	cilantro	2 bunches		1.5
2, 5	lime	1		0.5
2, 5	romaine lettuce hearts	6		4
3	zucchini	4		3
4	grapefruit	4		4
5	avocado	2		4
3	parsley	1 bunch		0.5

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 5	Greek yogurt	1/2 cup	organic recommended	1
2, 4, 5	shredded Manchego cheese	1 1/2 - 2 cups	#3 recipe is optional	10

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	whole wheat baguette	2 loaves	#3 recipe is optional	2
3	quinoa	2 cups	check bulk bin	2
1, 5	bay leaf	2		0.25
5	whole wheat tortilla	4-9	5 are optional	3
4	white wine	1/2 cup	dry recommended	3

Fresh 20 Grocery Est 68.5
 Cost Per Dinner 13.7
 Cost Per Serving 3.425

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	13-14 Tablespoons	raw honey	2 1/3 TBSP
	grape seed oil	4 Tablespoons	butter **extended pantry	1 Tablespoon
			garlic	9 cloves
	white wine vinegar	2 Tablespoons	onions (7 yellow; 1 1/2 red)	8 1/2
	sea salt	7 1/2 teaspoons	vegetable stock	11 cups
	black pepper	1 3/4 teaspoons		
	oregano	3/4 teaspoon		
	ground cumin	1/2 teaspoon	kidney beans	3 cans
	dried thyme	1 1/4 teaspoons	brown rice	1 1/2 cups

INSTRUCTIONS

Made Ahead:

- Brown Rice

For stuffed chile pepper

Preheat oven to 375°F. Mix tomatoes, red onions, and mushrooms together in a medium bowl. Season with salt and cumin. Scoop mixture into the hollow of each pepper. Brush the outside of the peppers with olive oil. Roast in the oven for 15-20 minutes, or until charred.

For red beans and rice

Heat oil in a large saucepan over medium-high heat. Sauté celery until softened, then add green bell peppers. Sauté both for one minute. Add garlic and sauté for 30 seconds. Pour in kidney beans and reserved liquids. Add bay leaf and vegetable stock. Stir until all is well incorporated. Season with salt, black pepper, and thyme. Reduce heat to low and simmer until liquids have reduced, stirring continuously. Optional: smash some of the beans with the back of a cooking spoon to thicken the beans and increase the creaminess.

Serve with a portion of rice on the bottom and red beans ladled over the rice.

INGREDIENTS

For stuffed poblano chile peppers

- 1 tomato, diced
- ½ red onion, diced
- 4 ounces white button mushrooms, sliced
- ½ teaspoon salt
- ¼ teaspoon cumin
- 4 poblano chile peppers, deseeded and hollowed out
- 1 Tablespoon olive oil

For red beans and rice

- 1 ½ Tablespoons grapeseed oil
- 2 stalks celery, diced
- 1 green bell pepper, deseeded and diced
- 2 cloves garlic, minced
- 2 cans 15-oz kidney beans, each halfway drained
- 1 bay leaf
- ½ cup vegetable stock
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dried thyme
- Brown rice, already prepared

INSTRUCTIONS

For winter gazpacho

Combine tomatoes, pear, garlic, chile, onion, and vegetable stock in a blender or food processor and purée until relatively smooth, depending on preference of consistency. Stir in olive oil, vinegar and salt by hand. Refrigerate for at least 20-25 minutes.

For dressing

Whisk all the ingredients in a small bowl until well incorporated. Refrigerate until ready to use.

For wilted romaine hearts

Brush romaine hearts with olive oil. Either grill romaine hearts on a griddle on all sides until heated through, or roast in oven at 375°F for 5-7 minutes or until light golden brown. Drizzle each with dressing. Optional: garnish with cheese.

Serve with gazpacho and baguette.

INGREDIENTS

For winter gazpacho

5 tomatoes, chopped
1 Asian pear, cored and chopped
2 garlic cloves
1 poblano chile pepper, chopped
½ red onion, chopped
3 cups vegetable stock
2 ½ Tablespoons olive oil
2 teaspoons white wine vinegar
1 teaspoon salt

For dressing

2 Tablespoons olive oil
2 Tablespoons Greek yogurt
1 teaspoon fresh lime juice
1 teaspoon honey
1 teaspoon salt
½ teaspoon black pepper
¼ teaspoon dried oregano

For wilted romaine hearts

1 – 2 Tablespoons olive oil
4 romaine lettuce hearts, sliced in quarters
Optional: ¼ cup finely shredded or grated Manchego cheese

½ loaf whole wheat baguette, sliced

INSTRUCTIONS

Make Ahead

- Quinoa

For zucchini rolls

Preheat oven to 375°F.

Steam sliced zucchini for 30-45 seconds, just until the zucchini slices are pliable. Heat oil in a pan over medium heat. Sauté mushrooms for one minute. Add garlic and sauté for 2-3 minutes. Season with thyme, salt, black pepper, and vinegar. Reduce heat to low and simmer until liquids have significantly reduced. Transfer to a large bowl. Fold in parsley leaves. Next, depending on your choice, fold in either Manchego cheese or bread crumbs.

To assemble rolls, spoon a little of the mixture on one end of a slice of zucchini. Fold that end with the mixture tucked in and roll toward the other side. Arrange the rolls with seam down on a baking sheet and roast for 6-8 minutes.

Meanwhile, sauté onions in oil in a pan over medium heat for 2 minutes. Add garlic and sauté until just fragrant. Add tomatoes and continue sautéing for 2 minutes. Season with oregano and salt. Reduce heat to low and simmer until liquids have reduced.

Serve zucchini rolls with tomato sauce ladled on top and quinoa and pears on the side.

INGREDIENTS

For zucchini rolls

Water (for steaming)

4 zucchini, sliced thinly lengthwise

1 ½ Tablespoons grapeseed oil

6 ounces white button mushrooms, sliced

1 clove garlic, minced

½ teaspoon dried thyme

½ teaspoon salt

¼ teaspoon black pepper

½ teaspoon white wine vinegar

¼ cup parsley leaves, chopped

Your choice: ½ cup shredded Manchego cheese

or

whole wheat bread crumbs (made by slicing 3-4 slices whole whet baguette into cubes, toasting in oven at 400°F until crispy, and processing to a crumble)

1 Tablespoon olive oil

½ yellow onion, diced

1 clove garlic, minced

3 tomatoes, diced

½ teaspoon dried oregano

½ teaspoon salt

Quinoa, already made

4 Asian pears, peeled and sliced into wedges

INSTRUCTIONS

For French onion soup w/ crostini
Preheat oven to broil.

Melt butter in a large saucepan. Add olive oil once butter has melted. Sauté onions until browned throughout. Add thyme and sauté for another minute. Pour in white wine and stir until liquid reduce. Pour in vegetable stock and water. Season with salt and black pepper. Bring soup to a boil. Once boiling, reduce heat to low and cover with lid. Simmer for 22-25 minutes.

Pour soup into four ovenproof bowls. Top each with a slice of baguette. Sprinkle cheese over the top. Broil in the oven for 3-4 minutes, until cheese has melted and developed a crust.

For simple grapefruit salad

Whisk oil, honey, and salt until well incorporated. Toss grapefruit and cilantro leaves with dressing.

INGREDIENTS

For French onion soup w/ crostini

- 1 Tablespoon butter
- 1 ½ Tablespoons olive oil
- 6 yellow onions, peeled and sliced
- ½ teaspoon dried thyme
- ½ cup white wine
- 4 cups vegetable stock
- 1-2 cups water
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 slices whole wheat baguette
- ¼ cup shredded Manchego cheese

For simple grapefruit salad

- 2 Tablespoons olive oil
- 2 Tablespoons honey
- ¼ teaspoon salt
- 4 medium grapefruit, peeled and sliced into wedges along membrane
- ½ cup cilantro leaves, roughly chopped

INSTRUCTIONS

For avocado crema

Purée avocado with yogurt, salt, and black pepper until the mixture is smooth and creamy. Refrigerate until ready to use.

For salsa

Stir together everything until well incorporated. Refrigerate until ready to use.

Optional: Toast tortilla wedges on a baking sheet in the oven with burritos. Serve as chips to dip in avocado crema and salsa alongside burritos and salad.

For bean and cheese burrito

Preheat oven to 375°F.

Heat oil in a medium saucepan over medium heat. Sauté onions and poblano pepper for 1-2 minutes. Add garlic and bay leaf and sauté until garlic is fragrant. Stir in beans and reduce heat. Stir while cooking through for 6-8 minutes. Mash some of the beans to thicken the mixture. Divvy the beans into four portions.

To assemble, spread beans in a vertical row on the center of each whole wheat tortilla. Sprinkle cheese on top of the beans. Fold in the sides tightly. Line up the burritos on a baking sheet and toast through for 8-12 minutes, or until golden brown. Slice diagonally; serve with avocado crema and salsa on the side.

For shredded romaine salad

Whisk oil, vinegar, and salt in a small bowl until well incorporated. Toss shredded romaine lettuce and cilantro leaves with dressing.

INGREDIENTS

For avocado crema

2 avocados, pitted and scooped
¼ cup Greek yogurt
½ teaspoon salt
¼ teaspoon black pepper

For salsa

4-5 tomatoes, diced
½ red onion, diced
½ lime, juiced
1 clove garlic, minced
½ teaspoon salt
¼ teaspoon ground cumin

Optional: 5 whole wheat tortillas, sliced into wedges.

For bean and cheese burrito

1 Tablespoon olive oil
¼ medium yellow onion, diced
1 poblano chili pepper, deseeded and diced
2 cloves garlic, minced
1 bay leaf
1 15-ounce can kidney beans, drained
4 whole wheat tortillas
1 cup shredded Manchego cheese

For shredded romaine salad

1 Tablespoon olive oil
1 Tablespoon white wine vinegar
½ teaspoon salt
2 romaine hearts, shredded
½ cup cilantro leaves, roughly chopped