



VEGETARIAN JULY 15TH

PREP AHEAD OF TIME

Enchilada Sauce

2 Tablespoons flour
3 cups vegetable stock
1/2 cup tomato paste (6oz)
1/2 teaspoon cayenne pepper
1/2 teaspoon cumin
1/2 teaspoon oregano
1/2 teaspoon salt

Mix flour with $\frac{1}{4}$ cup of water thoroughly to make a slurry and set aside. Pour vegetable stock in a small pot over medium flame. Whisk in tomato paste. Once the paste is well blended, add the seasonings and salt. Stir to combine.

Slowly stir the reserved water/flour slurry into the pot. The sauce will start to thicken at this point. Reduce flame to low, stir sauce, and cover pot with lid. Simmer for 10-12 minutes. Once cool, store enchilada sauce in an airtight container for use on Monday.

Brown Rice

2 Tablespoons olive oil
1/2 onion, finely chopped
3 cups brown rice (long grain)
3 cups vegetable stock (or water)
3 cups water
1 teaspoon salt

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 water; 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. Yield is 6 cups; used for 2 recipes.

MENU:

MONDAY

Enchiladas
Green Rice

TUESDAY

Tomato Basil Soup
Cheddar Toast Points
Simple Salad

WEDNESDAY

Stuffed Eggplant
Brown Rice

THURSDAY

Pinto Bean Tostadas
Fresh Nectarines

FRIDAY

Stove Top Ratatouille
Italian Bread



Vegetarian July 15th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	eggplant	3 large	or 5 medium	8
	zucchini	2		2
	nectarines	6		5
	butter bib lettuce	2 heads		5
	tomatoes	10		10
	Italian parsley	2 bunches		2
	basil	2 bunches		3
	cilantro	1 bunch		1
	red bell pepper	2		4
	mango	2		3
	poblano chile	1		1

Got it!	Dairy	Quantity	Notes	Est Cost
	shredded cheddar	16 oz.	vegan sub with soy cheese	8

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	corn tortillas	1 16-oz. pack	12-16 tortillas are needed	3
	tomato paste	2 6-oz. cans	(3/4 cup)	2
	whole wheat Italian bread	1 loaf	bakery fresh	3

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	12 Tablespoons		
	grape seed oil	4 1/2 Tablespoons	flour	2 Tablespoons
	balsamic vinegar	1 Tablespoon	garlic	9 cloves
			onions (1 red; 3 3/4 brown)	4 3/4 medium
	sea salt	5 1/2 teaspoons	vegetable stock	13 cups
	black pepper	6/8 teaspoon	dijon mustard	1/2 teaspoon
	oregano	3/4 teaspoon		
	ground cumin	1/4 teaspoon		
			brown rice long grain	3 cups
	cayenne pepper	3/4 teaspoon	1 pinto & 2 garbanzo	3 - 15-oz. cans

INSTRUCTIONS

Preheat oven to 350°F.

For enchiladas

Spread 2-3 tablespoons of enchilada sauce on the bottom of an ovenproof 10x8-inch pan.

Pour the rest of the enchilada sauce in a shallow bowl.

Lightly dip a tortilla in enchilada sauce and spoon 1 Tablespoon pinto beans and onions onto the center in a thin strip. Roll the tortilla and place the rolled tortilla seam side down on the pan. Repeat with all the tortillas. Pour remaining sauce on top of the rolled tortillas. Be sure to pour evenly so that all of the rolled tortillas are covered.

Cover with shredded cheddar throughout. Bake for 15-18 minutes.

For green rice

Heat grape seed oil over medium flame and sauté onions. After 3 minutes, add poblano chile and sauté for 2 minutes. Add salt and vegetable stock to the mixture. Stir in the prepared rice.

Sauté for 3-4 minutes, or until rice is heated through. Garnish with fresh cilantro on top.

VEGAN

Use a soy based cheese that melts well in place of cheddar.

We have good results with Follow Your Heart brand

<http://www.followyourheart.com/products/cheddar-cheese/>

INGREDIENTS

For enchiladas

3 cups enchilada sauce, already prepared (see prep)

8 corn tortillas

1 15-ounce can pinto beans, drained

½ medium onion, diced

1-1/2 cups shredded cheddar

For green rice

1 ½ Tablespoons grape seed oil

½ medium onion, diced

1 poblano chile, seeded and diced

½ teaspoon salt

¼ cup vegetable stock

3 cups cooked brown rice, already prepared

¼ cup fresh cilantro leaves, finely chopped



TOMATO BASIL SOUP

w/ cheddar toast points and simple salad

INSTRUCTIONS

Preheat oven to 350°F.

For tomato basil soup

Heat olive oil in 5-quart pot over medium flame. Sauté onion for 2-3 minutes. Add garlic and sauté for another minute before adding tomato paste to mixture. Sauté for 2 minutes, making sure the vegetables are coated with paste. Then add tomatoes to sauté for 2 minutes. Sprinkle in salt and black pepper. Stir for 30 seconds before adding vegetable stock and water.

Cover pot with lid and reduce flame to low. Simmer for 25 minutes. Purée soup with either immersion blender or countertop blender.
[Note: If using a countertop blender, do blend soup a small batch at a time. Due to the heat, the soup could explode from the steam. Pour up to a half pitcher and remove the middle section of the blender lid. Cover the lid with a towel when you purée. Pour purée back to the pot, stir in half of the fresh basil leaves, and heat soup for 2-3 minutes.]

If you used an immersion blender, stir through once the soup is puréed through. Stir in basil leaves. Heat soup for 2-3 minutes.

Garnish soup bowls with remaining fresh basil leaves on top.

For cheddar toast points

Brush slices of bread with olive oil. Spread the bread on a baking sheet. Toast for 2 minutes and remove from oven. Sprinkle cheddar evenly on each slice of toast. Toast in the oven for 2-3 minutes, or until cheese melts.

For simple salad

Toss lettuce and nectarines with balsamic vinaigrette. Serve with soup and cheese points.

INGREDIENTS

For tomato basil soup

1 ½ Tablespoons olive oil
1 medium onion, chopped
2 cloves garlic, minced or pressed
2 Tablespoons tomato paste
6 medium tomatoes, chopped
1 ½ teaspoons salt
½ teaspoon black pepper
4 cups vegetable stock
2 cups water
1 cup fresh basil leaves, chopped

For cheddar toast points

½ loaf 6 Italian bread, cut into slices on the diagonal
1 ½ Tablespoons olive oil
½ cup shredded cheddar (or soy alternative)

For simple salad

1-1/2 heads butter bib lettuce, chopped
2 nectarines or peaches, cored and sliced
1/4 cup Pantry 20 Balsamic Vinaigrette (www.thefresh20.com/pantrydressings)



STUFFED EGGPLANT

w/ brown rice

INSTRUCTIONS

Preheat oven to 375°F.

Slice eggplants in half lengthwise. Scoop out the inside so that a $\frac{1}{2}$ inch thick shell is left. Set eggplant "flesh" aside.

Brush the backs of the eggplant with olive oil. Lay the eggplant halves backside up on a baking sheet. Roast for 15 minutes. Remove and set aside once done.

In a pan, heat grape seed oil over medium flame. Add onions and sauté until softened. Add garlic and sauté for another minute. Sauté red bell pepper with the onions and garlic for 2-3 minutes. Stir in tomato paste, then add vegetable stock and salt once the tomato paste is evenly distributed throughout the vegetables.

Pour garbanzo beans in as well as the scooped out eggplant; stir to mix. Reduce the flame to low and simmer for 8-10 minutes, or until the liquid has almost evaporated. The aim is to have a chunky sauce.

Scoop chunky sauce in each of the eggplant shells. Return eggplant to the baking sheet and finish cooking in the oven for 12-15 minutes.

Serve eggplant with fresh Italian parsley leaves on top and a side of brown rice.

INGREDIENTS

2 large eggplants (or 3 medium ones)

$\frac{1}{2}$ Tablespoon olive oil

1 $\frac{1}{2}$ Tablespoons grape seed oil

1 medium onion, chopped

2 cloves garlic, minced

1 red bell pepper, chopped

2 $\frac{1}{2}$ Tablespoons tomato paste

$\frac{3}{4}$ cup vegetable stock

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

1 15-oz. can garbanzo beans, rinsed and drained

$\frac{1}{2}$ cup fresh Italian parsley leaves, sliced

3 cups cooked brown rice, already prepared



STOVE TOP RATATOUILLE

w/ Italian bread

INSTRUCTIONS

Preheat oven to 350°F. Brush olive oil on each slice of Italian bread (on one side only). Spread bread slices oiled side up on a baking sheet and toast for 3-4 minutes.

For stove top ratatouille

Heat two tablespoons of olive oil in a medium-sized pot over medium flame and add onions. Sauté onions for 2-3 minutes, or until softened. Add garlic and sauté for another minute before adding tomato paste. After sautéing the vegetables for 2-3 minutes, add bell pepper, zucchini, and eggplant. Sauté for 3-4 minutes. Add salt and continue to sauté for another minute. At this point, the eggplant will release its liquid.

Stir in tomatoes to sauté for 2-3 minutes before pouring in the stock. Reduce the flame to low, cover the pot with lid, and simmer for 15 minutes. Uncover and simmer for 5-6 minutes to reduce the liquid.

Next, stir in fresh Italian parsley and basil leaves and turn off the heat. Allow ratatouille to sit for a minute before drizzling the remaining half tablespoon of olive oil on the ratatouille.

Serve ratatouille over slices of Italian bread.

Serve with sliced mango.

INGREDIENTS

$\frac{1}{2}$ loaf fresh whole wheat Italian bread, sliced

1 $\frac{1}{2}$ Tablespoons olive oil

For stove top ratatouille

2 + $\frac{1}{2}$ Tablespoons olive oil

1 medium onion, diced

3 cloves garlic, minced

1 Tablespoon tomato paste

1 red bell pepper, diced

2 zucchini, diced

1 large eggplant or 2 medium eggplants, diced

1 teaspoon salt

2 tomatoes, chopped

1 cup vegetable stock

$\frac{1}{2}$ cup fresh Italian parsley leaves, roughly chopped

$\frac{1}{2}$ cup fresh basil leaves, roughly chopped

2 mango, sliced



PINTO BEAN TOSTADAS

w/ fresh nectarines

INSTRUCTIONS

Preheat oven to 375°F. Brush each side of tortilla with oil. Spread tortillas on a baking sheet and toast through for 3-4 minutes. This will crisp the tortillas a bit. Remove from oven and set aside to cool. Don't turn off the oven.

Pour beans in a small pot and heat over medium low flame. Add garlic and onions to beans. Heat through for 3-4 minutes, stirring occasionally.

Add oregano, cayenne pepper, and salt to the mixture. Cook through for 2-3 minutes, allowing the spices and salt to flavor through the beans. Remove from heat. Remove lid and mash up the beans with a masher or a large spoon.

Spread mashed beans on each tortilla. Top with cheddar and return the tostadas to the baking sheet. Bake for 2-3 minutes, or until the cheese melts. Serve with lettuce, tomatoes and diced red onion on top and sliced nectarines on the side.

Adults: 2 tostadas, 1 nectarine
Kids 2-8: 1 tostadas, 1 nectarine

INGREDIENTS

8 corn tortillas (6")

1 ½ Tablespoons grape seed oil

1 15-ounce can pinto beans, halfway drained

2 cloves garlic, minced or pressed

¼ medium onion, finely diced

½ teaspoon dried oregano

¼ teaspoon cayenne pepper

¼ teaspoon salt

½ head Bibb lettuce, shredded

2 tomatoes, chopped

¾ cup cheddar cheese, shredded

1 red onion, diced

4 nectarines, cored and sliced