

PREP AHEAD OF TIME

Brown Rice

1 Tablespoon olive oil
¼ onion, finely chopped
½ teaspoon salt
1 ½ cups 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 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. Yields 3 cups. Used for 1 recipe.

Shelled Fava Beans

½ teaspoon salt
6 cups fava beans

Bring a pot of water to boil. Meanwhile, prepare a large bowl with ice water. Once pot of water is boiling, add salt and then fava beans. Parboil the beans for 1-2 minutes, remove from pot, and immediately add them to ice bath to stop them from cooking further. Allow to cool for a while.

Remove fava bean skins by sliding them off the beans. Divide the pile of shelled beans into two equal portions. Store in airtight containers. Yields about 6 cups. Used for 2 recipes.

MENU:

MONDAY ①

Lentil Stew
Brown Rice
Citrus Jicama Slaw

TUESDAY ②

Smothered Fava Beans
Wilted Spinach
Creamy Grits

WEDNESDAY ③

Mushroom Tofu in Endive Cups
Crispy Lentils

THURSDAY ④

Grit Cakes with Salsa Verde
On a Bed of Romaine

FRIDAY ⑤

Black Pepper Tofu
Fava Bean Purée
Fresh Mango



Vegetarian July 29th

Shopping List

Menu: Lentil Stew, Smothered Fava Beans, Mushroom Tofu Cups, Grit Cakes, Black Pepper Tofu

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	jicama	1 large		2
1, 4	oranges	3		2
5	green bell pepper	1		1
3	endive	4	12-16 leaves	6
1, 4, 5	parsley	1 bunch		2
2, 5	fava beans	6 cups	about 5 pounds	9
2, 4	spinach	5 cups		4
3, 5	mushrooms	3 cups	crimini preferred	4
1, 3	mangoes	4		5
4	romaine lettuce	1-2 heads	4 cups	2
1, 3	carrots	3		2

Got it!	Dairy	Quantity	Notes	Est Cost
2	half & half	5 Tablespoon	organic recommended	3
4	Greek yogurt	1/3 cup		1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
1, 3	dried green lentils	3 1/2 cups	check bulk bin	4
2, 4	grits	2 1/4 cups	check bulk bin	3
3, 5	tofu	2 14-oz boxes	one firm and one semi-firm	5
4	black beans	1 15-oz can	reduced sodium	1
3, 4	sliced almonds	1/2 cup	check bulk bin	2

Fresh 20 Grocery Est 58
 Cost Per Dinner 11.6
 Cost Per Serving 2.9

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8 Tablespoons	raw honey	2 teaspoons
	grape seed oil	9 Tablespoons	flour	3/4 cup
			garlic	5 cloves
	white wine vinegar	2 teaspoons	onions (1 red; 4 yellow)	5
	sea salt	7 3/4 teaspoons	vegetable stock	11-1/2 cups
	black pepper	2 1/4 teaspoons		
			low-sodium soy sauce	2 1/2 teaspoons
	ground cumin	1/2 teaspoon		
			brown rice (long grain)	1 1/2 cups
		cayenne pepper	3/4 teaspoon	

LENTIL STEW

w/ brown rice and citrus jicama slaw

INSTRUCTIONS

For lentil stew

Sauté onions in olive oil over medium heat. Add garlic and carrots after 3-4 minutes. Stir in the green lentils and sauté for 2-3 minutes before pouring in the vegetable stock, water, salt, and spices. Bring to a boil, then cover pot with lid and reduce the flame to low. Simmer for 25-30 minutes, or until the lentils are softened. Ladle stew over a serving of brown rice. Sprinkle fresh parsley leaves on top of the stew.

For citrus jicama slaw

Mix jicama and red onions in a large bowl. In a separate and smaller bowl, whisk oil, orange juice, vinegar, honey, salt, and pepper until well combined and smooth. Toss slaw with dressing. Stir in mango slivers.

Serve slaw alongside the stew and brown rice.

INGREDIENTS

For lentil stew

- 1 ¼ Tablespoons olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 carrots, chopped
- 1 ½ cups dried green lentils
- 4 cups vegetable stock
- 1 cup water
- 1 teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon cayenne pepper
- ¼ cup fresh parsley leaves, chopped

3 cups cooked brown rice (see prep)

For citrus jicama slaw

- 1 large jicama, peeled and shredded
- 1/2 red onion, sliced
- 2 Tablespoons grape seed oil
- 1 orange, juiced
- 1 teaspoon white wine vinegar
- 2 teaspoons honey
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 mangoes, julienned (or sliced into slivers)

SMOTHERED FAVA BEANS with wilted spinach and creamy grits

INSTRUCTIONS

For smothered fava beans with wilted spinach

Sauté onions in one and a half tablespoons of oil over medium high heat for 2-3 minutes. Add shelled fava beans and sauté for 4-5 minutes. Season with salt and black pepper. Pour fava beans in a medium bowl and set aside.

In the same pan, pour the remaining oil, heating it over medium flame. Sprinkle in flour and stir to mix. Slowly whisk in vegetable stock, making sure to combine well. Next, stir in half & half.

Pour the beans back into the pan and stir to mix. Fold in spinach leaves and cover pan with a lid. Set aside until ready to serve.

For creamy grits

Bring water, vegetable stock, half & half, and salt to a boil. Reduce heat to low and slowly stir in grits. Stir continually while grits cook for around 20-22 minutes.

Spoon smothered fava beans and wilted spinach on top of a serving of $\frac{3}{4}$ cup creamy grits.

INGREDIENTS

For smothered fava beans with wilted spinach

$\frac{1}{2}$ medium red onion, sliced

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

3 cups parboiled fava beans

1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

2 $\frac{1}{4}$ Tablespoons flour

3 Tablespoons half & half

$\frac{1}{2}$ cup vegetable stock

4 cups spinach leaves

For creamy grits

2 cups vegetable stock

3 cups water

2 Tablespoons half & half

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

1 $\frac{1}{2}$ cups grits

INSTRUCTIONS

For mushroom tofu in endive cups

Sauté onions with grape seed oil in a pan over medium flame. Add mushrooms after 3 minutes. While sautéing mushrooms, sprinkle salt on top the vegetables. Sauté for another 2 minutes before adding carrots. Stir fry for a minute and add tofu. Stir to mix tofu with vegetables, taking care not to break apart the tofu.

Pour vegetable stock, soy sauce, and cayenne pepper over mixture. Shift the pan to allow liquids to spread throughout. Reduce flame to low and cover pan with a lid. Simmer for 10-12 minutes, after which remove lid. Simmer uncovered for 2-3 minutes, allowing some of the liquid to evaporate.

Pour in a medium to large bowl. Serve endive leaves in a platter alongside and allow others to self-serve; or scoop mushroom tofu in endive leaves and arrange on a large platter.

Sprinkle sliced almonds over the filled endive cups.

For crispy lentils

Bring a small to medium size pot of water with a quarter teaspoon of salt to boil. Add lentils and boil for 5-6 minutes. Drain fully and set aside. Prepare a platter with a few sheets of paper towel on top. This is meant to sop the oil from the lentils once they are sautéed.

Heat a pan over medium flame. Once hot, pour two tablespoons of grape seed oil in. Be very careful with the next step. Using a ladle, scoop in the lentils, spread across the pan. Drop in garlic. Sauté for 4-5 minutes, stirring to keep the lentils from burning. Scoop lentils from pan and spread across the platter with paper towels. Pour lentils and garlic in a medium bowl. Toss with a half teaspoon of salt.

Serve crispy lentils with mushroom tofu endive cups and for dessert fresh mangoes.

INGREDIENTS

For mushroom tofu in endive cups

1 ½ Tablespoons grape seed oil
½ medium onion, finely diced
1 ½ cups crimini mushrooms, sliced
¼ teaspoon salt
1 medium carrot, diced
1 14-ounce box semi-firm tofu, drained, patted dry, and cut into cubes
2/3 cup vegetable stock
1 teaspoon light soy sauce
¼ teaspoon cayenne pepper
4 endive (16 whole leaves)
¼ cup sliced almonds (used as topping; omit for those with nut allergies)

For crispy lentils

¼ + ½ teaspoons salt
2 cups dried green lentils
1 ½ + 1 Tablespoons grape seed oil
2 cloves garlic, minced

2 whole fresh mangoes, sliced

GRIT CAKES

w/ salsa verde on a bed of romaine

INSTRUCTIONS

For salsa verde

Purée all the ingredients in a blender or food processor, until well combined but still chunky. Refrigerate salsa until ready for use.

For grit cakes

Preheat oven to 375°F. Brush a sheet pan with a half tablespoon of olive oil. In a pot, bring vegetable stock, a tablespoon of olive oil, salt, and black pepper to boil. Once bubbling, reduce flame to low and stir in grits. Continue to stir, while grits cook for 20-22 minutes.

Pour grits onto the sheet pan. Spread the grits to an even level and allow to cool. Once cool, cut grits into cakes with a round cookie cutter.

Brush a baking sheet with a tablespoon of olive oil. Dredge both sides of grit cakes with flour. Set them on baking sheet, making sure not to crowd the grit cakes on sheet, in order to prevent them from sticking to each other. Bake for 10-12 minutes.

Drain beans and heat in a microwave safe bowl for 3 minutes. Salt and pepper to taste. Maybe try a little cumin?

Serve grit cakes on a bed of romaine lettuce with salsa spooned on top and Greek yogurt drizzled over the salsa. Enjoy with the orange wedges and a small scoop of beans.

INGREDIENTS

For salsa verde

2 Tablespoons olive oil

½ medium onion, diced

1 clove garlic

¾ cup parsley leaves, chopped

1 cup spinach leaves, chopped

2 Tablespoons sliced almond (omit for those with nut allergies)

1 teaspoon white wine vinegar

1 teaspoon salt

¼ teaspoon black pepper

For grit cakes

½ + 1 + 1 Tablespoons olive oil

2 cups vegetable stock

2 cups water

½ teaspoon salt

¼ teaspoon black pepper

1 cup grits

½ cup flour

4 cups romaine lettuce

1/3 cup Greek yogurt

2 oranges, cut into wedges

15oz can of black beans

BLACK PEPPER TOFU

w/ fava bean purée

INSTRUCTIONS

For black pepper tofu

Heat a tablespoon of grape seed oil in a pan over medium high flame. Sear tofu on both sides, each for one minute on the first side and 30 seconds the other side. Set aside on a large platter.

Reduce flame to medium. In the same pan, pour in a half tablespoon of grape seed oil. Sauté green peppers and onions for 4-5 minutes. Sprinkle salt on vegetables while cooking. Pour vegetables in a bowl and set aside.

Pour remaining three-quarter tablespoon of grape seed oil in the same pan and heat through. Whisk in flour and combine with oil. Stir in vegetable stock. Once smooth, add soy sauce and black pepper. Return tofu and vegetables to the pan. Add mushrooms. Carefully stir to mix, so as to not break up the tofu. Cover pan with lid and reduce flame to low. Simmer for 5 minutes before it is ready to serve.

For fava bean purée

Bring a pot of water to boil. Cook parboiled fava beans for 4-5 minutes. Drain fully of water. In a blender or food processor, purée beans with vegetable stock, olive oil, salt, black pepper, and one tablespoon of fresh parsley leaves. Pulse through, but be sure not to over-process. Serve purée with the remaining parsley leaves on top.

INGREDIENTS

For black pepper tofu

1 + ½ + ¾ Tablespoons grape seed oil

1 14-ounce box firm tofu, sliced lengthwise into ½-inch thick pieces

1 green bell pepper, deseeded and sliced

1 medium onion, sliced

¾ teaspoon salt

1 ½ Tablespoons flour

1 cup vegetable stock

1 ½ teaspoons soy sauce

½ teaspoon black pepper

1-1/2 cups crimini mushrooms, sliced

For fava bean purée

3 cups parboiled fava beans

1/3 cup vegetable stock

¾ Tablespoon olive oil

½ teaspoon salt

¾ teaspoon black pepper

1 + 1 Tablespoons fresh chopped parsley leaves