



30 MINUTE DINNERS

VEGAN MEAL PLAN 1

DontWastetheCrumbs.com



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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

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THE MEAL PLAN

Meal 1

Sweet Potato Tortilla Soup

Meal 2

Spicy Roasted Cauliflower // Brown Rice

Meal 3

Sweet Potato & Chickpea Quinoa Bowls // Homemade Italian Dressing

Meal 4

Mushroom & Lentil Fettuccine

Suggested Side Dish: Steamed Carrots

Meal 5

Sweet & Sour Lentils // Brown Rice // Steamed Mixed Veggies



SHOPPING LIST

Pantry

- apple cider vinegar*, 3 Tbsp
- black beans (15 oz can)*, 1
- brown rice, 4 cups
- brown sugar, 1/3 cup
- chickpeas (15 oz can)*, 1
- chipotle peppers in adobo (canned), 1
- coconut oil, 6 Tbsp
- cornstarch, 3 Tbsp
- lentils (15 oz can)*, 2
- olive oil, 2 cups
- pasta (fettuccine), 16 oz
- pineapple juice, 1 cup
- quinoa, 2 cups
- soy sauce, 3 Tbsp
- sriracha sauce, 6 tsp
- sun-dried tomatoes, 1 cup
- tahini, 2/3 cups
- tomato paste, 2 Tbsp
- tomatoes (15 oz can), 1
- tomatoes (28 oz can fire roasted crushed), 1
- tortillas (corn)*, 12
- vegetable broth*, 7 cups
- vinegar, 1 cup

Produce

- bell pepper, 1
- broccoli, 1 head
- carrots, 3
- cauliflower, 2 1/2 heads
- celery, 1 rib
- cucumber, 1
- dates, 4
- garlic, 8
- jalapeno, 1
- kale, 4 cups
- lemons, 2
- mushrooms, 8 oz
- onion, 2
- sweet potato, 4

Spices

- basil, 1/2 tsp
- bay leaf, 1
- chili powder, 1 Tbsp
- garlic powder, 1/2 Tbsp
- onion powder, 1/2 Tbsp
- oregano, 1 Tbsp
- paprika, 5 tsp
- parsley, 1/2 Tbsp
- pepper, 1/2 tsp + to taste
- salt, 1 Tbsp + 1 tsp + to taste
- smoked paprika, 1 tsp
- thyme, 2 1/4 tsp

Cold Case

- corn (frozen), 1 cup

*Note: Did you see the * on the shopping list? These items can be made from scratch and prepped ahead if you have the time! The recipes can be found at DontWastetheCrumbs.com. Simply search and cook!*



WEEKLY MEAL PREP: OVERVIEW

Every meal in this meal plan can be made from start to finish in 30 minutes or less, but for nights when you need dinner done even faster, meal prep can get you ahead for the week.

Here's a quick overview of what can be prepped ahead of time this week. You may not have time to do all this, but it gives you an idea of how even just a few minutes can be used wisely to your advantage.

Meal 1: Sweet Potato Tortilla Soup

- **Prep the Tortillas:** Cut into strips.

Time: 5 minutes

- **Prepare the Vegetables and Toppings:** Chop the onion, mince the garlic, peel and dice the sweet potatoes, and de-seed and mince the jalapeño. If desired, prep the optional toppings.

Time: 15 minutes

Meal 2: Spicy Roasted Cauliflower // Brown Rice

- **Make the Sauce:** Mix ingredients and store in the fridge.

Time: <5 minutes

- **Chop the Vegetables and Toppings:** Cut cauliflower florets, dates, and if desired, nuts.

Time: 6 minutes

- **Make the Rice:** Boil in large stock pot or cook in Instant Pot. This is a double batch to use in multiple meals

Time: 20 minutes

Meal 3: Sweet Potato & Chickpea Quinoa Bowls // Homemade Italian Dressing

- **Prepare the Vegetables:** Slice cucumber, dice bell pepper, dice onion, and dice sweet potatoes.

Time: 3 minutes

- **Cook the Quinoa:** Boil water on stove top to cook.

Time: 10 minutes

- **Make the Dressing:** Combine ingredients and shake.

Time: 5 minutes

Meal 4: Mushroom & Lentil Fettuccine

- **Prepare the Vegetables:** Finely chop the onions, carrots, and celery. Mince the garlic.

Time: 5 Minutes

Meal 5: Sweet & Sour Lentils // Brown Rice // Steamed Mixed Veggies

- **Prepare the Vegetables:** Cut broccoli, cauliflower, and/or carrots. Mince garlic.

Time: 5 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

If you have one hour to spare, here's a step-by-step guide of what we recommend meal prepping in order to save time later on during busy weeknights.

Note: Please read these meal prep instructions in their entirety before starting. You might be multi-tasking - starting one step, then starting another, and then coming back to finish the first step later. The goal is to maximize the one hour we're spending in the kitchen, which means learning how to be efficient with our time.

Mise en Place

Grains

- 2 cups quinoa
- 4 cups brown rice

Sweet Potato Soup

- 12 corn tortillas

Homemade Italian Dressing

- 1/2 Tbsp garlic powder
- 1/2 Tbsp onion powder
- 1 Tbsp dried oregano
- 1/2 Tbsp dried parsley
- 1 Tbsp salt
- 1/2 tsp black pepper
- 1/4 tsp dried thyme
- 1/2 tsp dried basil
- 2 Tbsp water
- 1 cup vinegar (any flavor works well)
- 1 1/2 cups olive oil

Spicy Tahini Sauce

- 2/3 cups tahini
- 2 lemons, juice and zest
- 3-6 tsp sriracha sauce
- 2 tsp paprika
- 1 tsp salt
- 1/2 tsp pepper (to taste)
- 1-2 Tbs. water (optional)

Vegetables

- 2 onions
- 4 sweet potatoes
- 4 dates
- 3 carrots
- 1 head broccoli
- 1 cucumber
- 1 bell pepper
- 1 rib celery
- 2 ½ head cauliflower
- 1 bunch kale
- 9 cloves garlic
- 1 jalapeno

Supplies

- Large stock pot
- Medium pot
- Cutting board and a sharp knife
- 2 (16 oz) glass jars

Step 1: In a medium saucepan, cook quinoa according to the package for Chickpea Quinoa Bowls, remove from heat when done and set aside. Use a kitchen timer.

Step 2: Make 4 cups of brown rice in your Instant Pot, Rice Cooker, or largest stock pot. Follow instructions on page 27 for Instant Pot instructions. Or use the package directions for cooking on the stovetop.

Step 3: Cut 12 tortillas into strips for the sweet potato tortilla soup and save the cutting board for later.

Step 4: Make the Homemade Italian Dressing. Combine all ingredients in a glass jar and shake well to mix.

Step 5: Make the Spicy Tahini Sauce. Combine ingredients into a glass jar and shake well to mix.

Step 6: Prepare the vegetables:

Onion

- Chop ½ an onion for the Sweet Potato Tortilla Soup.
- Dice ½ an onion for the Sheet Pan Sweet Potatoes & Chickpea Quinoa Bowls.
- Dice 1 onion for the Mushroom & Lentil Fettuccine.

Sweet Potatoes

- Peel and dice 2 large sweet potatoes, for the Sweet Potato Tortilla Soup.
- Peel and cube 2 large sweet potatoes into ½" cubes, for the Sheet Pan Sweet Potatoes & Chickpea Quinoa Bowls.

Dates

- Pit and chop 4 dates for Spicy Roasted Cauliflower.

Carrots

- Finely chop 1 carrot for the Mushroom & Lentil Fettuccine.
- Chop 2 carrots for the Steamed Mixed Veggies.

Broccoli

- Chop the broccoli into florets for the Steamed Mixed Veggies.

Cucumber

- Slice 1 cucumber for the Sheet Pan Sweet Potatoes & Chickpea Quinoa Bowls.

Bell Pepper

- Dice 1 bell pepper for the Sheet Pan Sweet Potatoes & Chickpea Quinoa Bowls.

Celery

- Finely chop the celery for the Mushroom & Lentil Fettuccine.

Cauliflower

- Chop 2 heads of cauliflower into florets for the Spicy Roasted Cauliflower.
- Chop ½ head of cauliflower for the Steamed Mixed Veggies.

Kale

- Chop 4 cups of kale into bite sized pieces for the Sheet Pan Sweet Potatoes & Chickpea Quinoa Bowls.(optional)

Tip: Cut garlic second to last to prevent vegetables from getting garlicky and jalapeño last to prevent spice from spreading onto other veggies.

Garlic

- Mince 3 cloves of garlic for the Sweet Potato Tortilla Soup.
- Mince 2 cloves of garlic for the Spicy Roasted Cauliflower.
- Mince 3 cloves of garlic for the Mushroom & Lentil Fettuccine.
- Mince 1 clove of garlic for the Sweet & Sour Lentils.

Jalapeño

- De seed and mince 1 jalapeño for the Sweet Potato Tortilla Soup.

If desired, cut up your optional toppings for the tortilla soup.

See How to Store Your Meal Prep below to divide for storage.

How to Store Your Meal Prep

If you follow the step-by-step weekly meal prep, you should have the following items prepped. Items on the same bullet point can be stored together.

Meal 1: Sweet Potato Tortilla Soup

- 12 tortillas cut into strips
- ½ onion chopped + 3 cloves of minced garlic + 1 minced jalapeño + 2 peeled and diced sweet potatoes.
- Optional toppings: Minced cilantro, sliced red onion, sliced lime wedges, and sliced avocado

Meal 2: Spicy Roasted Cauliflower // Brown Rice

- 1 batch spicy sauce
- 2 heads of cauliflower florets
- 2 cloves minced garlic
- 2-3 cups Brown Rice

Meal 3: Sweet Potato & Chickpea Quinoa Bowls // Homemade Italian Dressing

- 4 cups of peeled and diced sweet potatoes
- 4 cups quinoa
- 1 batch of Homemade Italian Dressing
- ½ a diced onion + 1 sliced cucumber + 1 diced bell pepper
- 4 cups of bite size kale, if desired

Meal 4: Mushroom & Lentil Fettuccine

- 3 cloves of minced garlic + 1 chopped onion + 1 chopped carrot, 1 chopped celery rib

Meal 5: Sweet & Sour Lentils // Brown Rice // Steamed Mixed Veggies

- 1 clove minced garlic
- 1 head broccoli florets + 1 cup sliced carrots + 1 cup cauliflower florets
- 2-3 cups Brown Rice



MAXIMIZING KITCHEN APPLIANCES

Using your kitchen appliances is a great way to get things done without you actually doing them. They do much of the work for you, so you can spend your time working on other things.

We recommend using your kitchen appliances as often as possible, and here are a few ways you can use them this week to save more time.

Meal 1: Sweet Potato Tortilla Soup

- Use your Instant Pot to make the soup!

Meal 2: Spicy Roasted Cauliflower // Brown Rice

- Cook Brown Rice in advance with your Instant Pot or Rice Cooker.
- Use a blender to mix your Spicy Tahini Sauce.

Meal 3: Sweet Potato & Chickpea Quinoa Bowls // Homemade Italian Dressing

- Use your Instant Pot to make quinoa.

Meal 4: Mushroom & Lentil Fettuccine

- If you don't want to use canned lentils, use your Instant Pot.

Meal 5: Sweet & Sour Lentils // Brown Rice // Steamed Mixed Vegetables

- Use an Instant Pot or steamer to steam the mixed vegetables



STEP-BY-STEP: MEAL 1

Sweet Potato Tortilla Soup

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption that you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Mise en Place

Tortilla Soup

- ½ onion, chopped
- 3 cloves garlic, minced
- 1 jalapeño, seeded and minced
- 2 large sweet potatoes, peeled and diced
- 1 (28 oz) can fire roasted crushed tomatoes
- 6 cups vegetable broth or water
- 1 Tbsp chili powder
- 2 chipotle peppers in adobo (canned), minced, or a dash of chipotle powder
- 1 cups sweet corn (frozen)

For Serving

- 12 corn tortillas
- 2 Tbsp coconut oil
- Optional toppings: avocado, cilantro, red onion, lime wedges, etc.

Supplies

- Large stock pot or Instant Pot
- Heavy pan or skillet
- Paper towel
- Tongs
- Sharp knife and cutting board

Step 1: Put 6 cups of vegetable broth or water to boil on high in a large stock pot on the stove.

Step 2: Heat oil in a heavy pan over medium heat.

Step 3: Chop onion, mince garlic, peel and dice sweet potatoes, and de seed and mince the jalapeño.

Tip: Cut your sweet potatoes and onion first because they will take the longest to cook.

Step 4: When the stock pot is boiling, add all the soup ingredients and set a timer for 20 minutes. (Or put in your Instant Pot and cook on high pressure for 3 minutes. Then, use the quick release steam.)

Step 5: Cut the corn tortillas into strips. The oil should be hot enough by now to fry the tortilla strips in batches, until golden brown.

Step 6: Remove tortilla strips with a tong to drain on paper towels, and sprinkle with salt.

Now is a good time to stir your pot of veggies.

Step 7: Prepare desired toppings if desired: sliced avocado, minced cilantro, sliced red onion, and sliced lime wedges.

Step 8: Stir half of your tortilla strips into the soup, reserve the remaining half for topping. Top individual bowls with desired toppings.



STEP-BY-STEP: MEAL 2

Spicy Roasted Cauliflower // Brown Rice

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Mise en Place

Spicy Roasted Cauliflower

- 2 heads cauliflower
- 2 Tbsp oil
- 3 tsp paprika
- 2 garlic clove, minced
- 4 dates, pitted and diced
- 1 (15 oz) can black beans
- Optional garnish: 1-3 Tbsp pistachios

Spicy Tahini Sauce

- $\frac{2}{3}$ cups tahini
- 2 lemons, juice and zest
- 3-6 tsp sriracha sauce
- 2 tsp paprika
- 1 tsp salt
- Pepper (to taste)
- 1-2 Tbs. water (optional)

Brown Rice

- 4 cups Brown Rice
- Water
- Salt

Supplies

- Large stock pot
- Baking sheet
- Small saucepan
- Large mixing bowl
- 16 oz glass jar or small bowl

Step 1: Preheat the oven to 450F.

Step 2: Boil water in a large sized pot for Brown Rice (or use your Instant Pot.) Set a timer!

This is a double batch of brown rice for use in this meal and meal 5. Reserve a 2-3 cup portion for later! Any remaining rice can be stored in the freezer for future meals!

Step 3: Chop the cauliflower into bite-size florets (keeping in mind that they will shrink while they roast). Toss them on a baking sheet with oil, paprika, garlic, and salt and pepper, to taste.

Step 4: Place in the oven and set a timer for 10 minutes.

Meanwhile...

Step 5: When water is boiling, add 4 cups of brown rice and set a timer according to package directions.

Step 6: Heat your black beans in a small sauce pot on medium low. Stir occasionally.

Step 7: Stir or blend together the sauce ingredients in a small bowl or glass jar. Taste and adjust sriracha or salt as needed.

Step 8: When the timer goes off, remove the cauliflower from the oven, flip them with a spatula (or just give it all a good stir), and roast for another 10 minutes, until the cauliflower is soft all the way through and turning brown on the edges. Set your timer!

This is a good time to stir your beans and rice.

Step 9: Chop up your dates and, if desired, pistachio garnish.

Step 10: When cauliflower is soft and browned on the edges, move into a large mixing bowl. Stir in the sauce, adding half at first, then stirring, then add more as necessary. Stir in the dates and pistachios, reserving a few for garnish.

Step 11: Layer rice and then cauliflower mix in a serving bowl and garnish with remaining nuts and dates. Enjoy warm or room temperature.



STEP-BY-STEP: MEAL 3

Sweet Potato & Chickpea Quinoa Bowls // Homemade Italian Dressing

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Mise en Place

Sheet Pan Sweet Potatoes

- 4 cups sweet potatoes, peeled and cubed into ½"
- 2-4 Tbsp olive oil
- Salt
- Pepper

Quinoa Bowls

- 4 cups cooked quinoa, slightly cooled
- 1 cucumber, quartered and sliced
- 1 bell pepper, diced
- ½ an onion, diced
- 1 cup sun-dried tomatoes
- 4 cups raw kale, optional
- 1 (15 oz) can of chickpeas

Homemade Italian Dressing

- 1/2 Tbsp garlic powder
- 1/2 Tbsp onion powder
- 1 Tbsp dried oregano
- 1/2 Tbsp dried parsley
- 1/4 tsp dried thyme
- 1/2 tsp dried basil
- 2 Tbsp water
- 1 cup vinegar (any flavor works well)

- 1 Tbsp salt
- 1 1/2 cups olive oil
- 1/2 tsp black pepper

Supplies

- Cutting board and knife
- 2 large bowls
- Cookie sheet
- Glass jar or small bowl
- Medium saucepan

Step 1: Preheat the oven to 425F.

Step 2: In a medium saucepan boil water for the quinoa.

Meanwhile...

Step 3: Scrub the dirt off the potatoes. Cut the potatoes into roughly 1/2" pieces.

Lay them on a cookie sheet, in a single layer. Splash the olive oil evenly over the potatoes. Sprinkle the potatoes with salt, pepper and dried seasonings or herbs as desired, set aside.

Place in oven and set timer for 25 minutes.

Step 4: Add quinoa to boiling water. Set a timer according to package directions.

Step 5: Combine your Homemade Italian Dressing ingredients in a jar or container capable of holding at least 2 1/2 cups. Cover and shake well.

Step 6: Cut the vegetables: Cut 1 cucumber quartered and sliced, 1 bell pepper diced, and 1/2 an onion diced.

Now is a good time to fluff your quinoa if it is done so that it can cool before combining it with your veggies.

Step 7: Check on potatoes with oven light so heat doesn't escape to see if the edges are browned yet.

Step 8: In a big bowl, combine the cooked quinoa, cucumber, bell pepper, onion, and tomatoes. Toss to mix together.

Step 9: If using the kale, combine the kale and $\frac{1}{4}$ cup of dressing in a large bowl. Massage the leaves with the dressing until they are all wet.

Step 10: Check on sweet potatoes in oven and pull out when tips are browned.

Step 11: Combine the kale and chickpeas with the quinoa salad and toss. Serve over the roasted sweet potatoes.



STEP-BY-STEP: MEAL 4

Mushroom & Lentil Fettuccine

Suggested Side Dish: Steamed Carrots

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Mise en Place

Mushroom & Lentil Fettuccine

- 16 oz fettuccine pasta
- 1-2 Tbsp(s) olive oil for frying
- 1 onion, finely chopped
- 1 large carrot, finely chopped
- 1 stick of celery, finely chopped
- 8 oz of mushrooms, finely chopped
- 2 Tbsp of soy sauce
- 3 cloves of garlic, minced
- 1 (15 oz) can lentils
- 1 (14 oz) can of diced tomatoes
- 1 cup of vegetable broth
- 2 Tbsp of tomato paste
- 1 bay leaf
- 2 tsp of thyme
- 1 tsp of smoked paprika powder
- 1 tsp miso paste (optional)
- Salt to taste
- ¼ cup of walnuts (optional topping)

Supplies

- Large stock pot
- Colander
- Knife and cutting board
- Large skillet or dutch oven

Step 1: Boil a large pot of water on high for fettuccine.

Meanwhile...

Step 2: Prepare the vegetables. Slice the mushroom. Finely chop 1 onion, carrot, celery stick, and 8 oz of mushrooms. Mince the garlic.

Tip: Cut the onion first because it takes the longest to saute.

Note: We save the mushroom for the day of so it doesn't get slimy. Wait to wash it until right before cooking for the same reason!

Step 3: When water boils, add pasta. Set a timer according to package directions!

If serving the suggested side dish: Steamed Carrots, cut up your carrots now and place in a steamer basket. Set in a medium saucepan with water and bring to a boil. Let cook for 7-8 minutes until desired doneness.

Step 4: Heat the oil in a large skillet or dutch oven over medium high heat.

Step 5: When the oil is heated, add the onion, carrot, and celery. Cook for 3-5 minutes, until onions are translucent.

Meanwhile...

Step 6: Add the mushrooms to the pan with the hot oil and continue cooking for 5 minutes. Set a timer!

Step 7: Add the canned lentils, tomatoes, vegetable broth, tomato paste, bay leaf, thyme, paprika, miso, if desired, and salt. Stir to combine and let warm for 5 minutes.

Meanwhile...

Step 8: Lastly, serve the mushroom and lentils over pasta. Top with walnuts if desired. Serve steamed carrots on the side if desired.



STEP-BY-STEP: MEAL 5

Sweet & Sour Lentils // Brown Rice // Steamed Mixed Veggies

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

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Mise en Place

Sweet & Sour Lentils

- 1 cup pineapple juice
- 3 Tbsp apple cider vinegar
- 1 Tbsp soy sauce
- 1/3 cup brown sugar
- 3 Tbsp cornstarch
- 1 1/2 Tbsp water
- 1 can lentils
- 2-3 cups reserved rice

Steamed Mixed Vegetables

- 2 Tbsp coconut oil or ghee
- 1 head broccoli florets
- 1 cup sliced carrots
- 1 cup cauliflower florets

Supplies

- 2 Small saucepans
- Knife and cutting board
- Steamer basket
- Whisk
- Measuring cup

Step 1: Add about 2 inches of water in a saucepan. Set the pan over medium heat to bring it to a simmer.

You can also make your steamed vegetables in the Instant Pot! See recipe card on page 33 for full instructions.

Step 2: While the water is heating up, Wash the vegetables as needed. Remove stems from the broccoli so you only have the florets. Chop florets so they aren't too large and place the florets into the steamer basket. Add 1 cup of sliced carrots and 1 cup of cauliflower florets.

Tip: As you chop your vegetables, slide them directly into the steamer basket with the non blade side of your knife so you don't splash hot water on yourself!

Step 3: Place the steamer basket over the saucepan and cover. Steam the vegetables for about 8 minutes or until done to your liking. When done to your liking, remove the vegetables to a serving bowl and set aside.

Step 4: If desired, reheat the rice on the stove top with a ½ cup of water.

Step 5: Make the Sweet and Sour Sauce. Combine pineapple juice, vinegar, soy sauce, and brown sugar in a small saucepan. Bring to a boil and then turn down to simmer, whisking the ingredients every few minutes so the sugar dissolves thoroughly.

Step 6: Then, in a cup, make a slurry with cornstarch and water. Add the slurry to the sauce while whisking quickly. Cook for one minute and then reduce the heat to low. Then add canned lentils.

Step 7: Now is a good time to check your rice.

Step 8: Check your steamed vegetables and drizzle with melted coconut oil or ghee. Stir the seasoned lentils.

Step 9: Serve Sweet and Sour Lentils over warmed rice. Combine steamed veggies or serve on the side.



RECIPE CARDS

Meal 1 Recipes

Sweet Potato Tortilla Soup



Yield: 4 servings

INGREDIENTS

half an onion, chopped
3 cloves garlic, minced
1 jalapeño, seeded and minced
2 large sweet potatoes, peeled and diced
1 (28-oz) can fire roasted crushed tomatoes
6 cups vegetable broth
1 Tbsp chili powder

2 chipotle peppers in adobo, minced
1-2 cups sweet corn (optional)

For Serving:

12 corn tortillas
avocado
cotija or queso fresco
cilantro, red onion, lime wedges, etc.

INSTRUCTIONS

1. Tortilla Soup: Place all soup ingredients in the Instant Pot. Cook on high pressure for 3 minutes. Quick release steam.
2. Tortilla Strips: Cut the tortillas into small strips. Heat the oil in a heavy pan over medium high heat. Working in batches, add tortilla strips and fry in the hot oil for a few minutes until golden and crispy. Remove with tongs, drain on paper towels, and sprinkle with salt.
3. Serve: Stir about half of your tortilla strips into the soup and reserve the remaining half for topping. Top individual bowls with... well... everything! I highly recommend avocado, and definitely don't forget the lime.

Recipe inspired by Pinch of Yum

[30 Minute Dinners](http://30MinuteDinners.com) | DontWastetheCrumbs.com

Meal 2 Recipes

Spicy Roasted Cauliflower



Yield: 4 servings

INGREDIENTS

1 cauliflower
1 Tbsp oil
1 ½ tsp paprika
1 garlic clove, minced (or ¼ tsp garlic powder)

4 dates, pitted and diced
2 Tbsp pistachios, chopped
1 batch Spicy Tahini Sauce

INSTRUCTIONS

1. Preheat the oven to 450 F.
2. Chop the cauliflower into bite-size chunks. Toss them on a baking sheet with oil, paprika, garlic, and salt and pepper, to taste.
3. Roast at 450 F for 10 minutes. Remove them from the oven, flip them with a spatula, and roast for another 10 minutes, until cauliflower is soft all the way through and turning brown on the edges.
4. Use the spatula to chop the cauliflower into smaller bites, then move it all to a mixing bowl.
5. Stir in the sauce, adding half at first, then stirring, then add more as necessary. Stir in the dates and pistachios, reserving a few for garnish.
6. Place the cauliflower in a serving bowl and garnish with remaining nuts and dates.

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Spicy Tahini Sauce



Yield: 1 batch

INGREDIENTS

1/3 cup tahini
1 lemon, juice and zest
1-3 tsp sriracha sauce or harissa
1 tsp paprika

½ tsp salt
pepper (to taste)
1-2 Tbsp water (optional)

INSTRUCTIONS

1. A day or two before using, stir together the sauce ingredients. Taste and adjust sriracha or salt as needed. Then cover and refrigerate. Making the sauce ahead of time lets the flavors meld nicely.

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Instant Pot Brown Rice



Yield: 8 cups

INGREDIENTS

4 cups brown rice (I used brown basmati)
5 cups water

4 Tbsp butter (optional)
2 tsp salt (optional)

INSTRUCTIONS

1. Combine all the ingredients in the Instant Pot and stir gently.
2. Hit "pressure cook" or "manual" and make sure "high pressure" is selected.
3. Set the time for 22 minutes.
4. When the timer goes off, turn the pressure release valve to quickly release the pressure.
5. Serve warm.

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Meal 3 Recipes

Quinoa Salad



Yield: 4-6 servings

INGREDIENTS

4 cups cooked quinoa, slightly cooled	2-4 ounces crumbled feta cheese
1 English cucumber, quartered and sliced	½ batch Italian dressing
1 bell pepper, diced	4 cups raw kale, optional
½ red onion, diced	2 cups of protein, optional (shredded chicken, diced shrimp, chickpeas, etc.)
1 cup kalamata olives, halved	
1 cup sun-dried tomatoes	

INSTRUCTIONS

1. In a large bowl, combine the quinoa, cucumber, bell pepper, onion, olives and tomatoes. Toss to mix together well.
2. Combine the salad dressing ingredients in a 16 ounce mason jar and shake vigorously to mix.
3. If using the kale, combine the kale and ¼ cup of dressing in a large bowl. Massage the leaves with the dressing until they are all thoroughly wet.
4. Combine the kale and protein, if using, with the quinoa salad and toss. Sprinkle with feta cheese and serve at room temperature.

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Homemade Italian Dressing



Yield: 2 1/2 cups

INGREDIENTS

1/2 Tbsp garlic powder	1/4 tsp dried thyme
1/2 Tbsp onion powder	1/2 tsp dried basil
1 Tbsp dried oregano	2 Tbsp water
1/2 Tbsp dried parsley	1 cup vinegar (any flavor works well)
1 Tbsp salt	1 1/2 cups olive oil
1/2 tsp black pepper	

INSTRUCTIONS

1. In a glass jar or large measuring cup, add all ingredients.
2. Whisk or shake well to mix.
3. Serve over your favorite salad!

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Roasted Sweet Potatoes



Yield: 4-6 servings

INGREDIENTS

2-3 lbs sweet potatoes
2-4 Tbsp olive oil
Salt

Pepper
Dried herbs or seasonings as desired

INSTRUCTIONS

1. Preheat the oven to 425F.*
2. Scrub the dirt off the potatoes. Cut the potatoes into roughly ½" pieces. Lay them on a cookie sheet, in a single layer. It's okay if they touch, but you don't want the potatoes on top of each other.
3. Drizzle the olive oil evenly over the potatoes. Sprinkle the potatoes with salt, pepper and dried seasonings or herbs as desired.
4. Roast in the oven for 25-30 minutes, or until the tops of the potatoes are dark golden brown.

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Instant Pot Quinoa



Yield: 3 cups

INGREDIENTS

1 cup quinoa

1 cup water

INSTRUCTIONS

1. Measure the quinoa into a fine mesh sieve and thoroughly rinse the quinoa under running water for one full minute.
2. Then place the rinsed quinoa into the Instant Pot inner pot.
3. Add the water and place the inner pot into the Instant Pot.
4. Place the lid on top and seal it, and turn the venting knob to "sealing." Press "pressure cook" or "manual" on high and adjust the timer to 1 minute.
5. Let the quinoa cook and when the timer goes off, let the pressure release on its own naturally.
6. Fluff with a fork and serve warm, OR freeze extras in 2 cup portions for future recipes!
7. NOTES: You can multiply this recipe as needed without changing the cook time. You can also substitute chicken stock for up to 50% of the water.

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Meal 4 Recipes

Mushroom and Lentil Fettuccine



Yield: 4-6 servings

INGREDIENTS

1-2 Tbsp olive oil for frying	1 (14 oz) can of diced tomatoes
1 onion, finely chopped	1 cup vegetable broth
1 large carrot, finely chopped	2 Tbsp tomato paste
1 stick celery, finely chopped	1 bay leaf
8 oz mushrooms, finely chopped	2 tsp thyme leaves fresh or dried
2 Tbsp soy sauce	1 tsp of smoked paprika powder
3 cloves garlic, minced	1 tsp miso paste (optional)
½ cup dry green lentils or brown lentils or canned lentils	¼ tsp salt adjust to taste
½ cup red wine or sub more veggie broth/ water or coconut milk for richness	¼ cup of walnuts (optional)
	16 oz fettuccine pasta

INSTRUCTIONS

1. Heat the olive oil in a large pan over medium heat. Add the onion, carrots, and celery. Cook for 3-5 minutes, until the onion starts to turn translucent. Add the mushrooms and continue cooking for 5 minutes. Add soy sauce, garlic, and lentils and cook for another minute, stirring frequently until fragrant.

Recipe continues on next card.

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Mushroom and Lentil Fettuccine (continued)



INSTRUCTIONS

2. Pour in the wine, and cook for a minute until most of it has evaporated. Then add in the tomatoes, vegetable broth, tomato paste, bay leaf, thyme, paprika, miso (if using), and salt. Stir to combine and bring to a boil. Reduce it to a simmer, cover the pan and cook for 30 minutes or until the lentils are done. (If the sauce becomes too thick, add more veggie broth or water) Taste and adjust seasonings as needed. Remove the bay leave in the end and stir in the crushed walnut if using.
3. Start to cook the pasta in a large pot of salted water according to package instructions around 15 minutes before the sauce is done. Once the pasta is al dente, drain the cooking water and toss in a little bit of olive oil (optional to prevent from sticking). Also, saute the extra garlic mushrooms in a skillet for the toppings.
4. Serve the pasta with the mushroom and lentil ragu and garnish with extra garlic mushrooms, vegan parmesan cheese, and fresh herbs or any topping you like. Enjoy!

Recipe inspired by Bianca Zapatka

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Steamed Carrots



Yield: 4 servings

INGREDIENTS

4 large carrots
1 Tbsp butter

1/2 tsp salt
1/4 tsp freshly ground black pepper

INSTRUCTIONS

1. Add 1.5 inches of water to a saucepan and bring the water to a boil over high heat.
2. Peel the carrots, cut off the ends, cut them in half crosswise and then cut the fat halves in half lengthwise, as shown in the video below. Your goal is to achieve fairly equal-sized chunks of carrot. Place the prepared carrots in the steamer basket.
3. When the water boils, carefully place the steamer basket in the saucepan, cover, and steam the carrots until just tender – check with a fork, and start checking after 10 minutes. Also, keep an eye on the water to make sure they don't completely evaporate.
4. Remove the carrots from the steamer onto a serving plate. Drizzle them with melted butter and sprinkle them with salt and pepper. Serve immediately.

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Meal 5 Recipes

Sweet and Sour Lentils



Yield: 4-6 servings

INGREDIENTS

1 cup pineapple juice
3 Tbsp apple cider vinegar
1 Tbsp soy sauce
1/3 cup brown sugar

3 Tbsp cornstarch
1 ½ Tbsp water
2 cups prepared lentils

INSTRUCTIONS

1. Combine the pineapple juice, vinegar, soy sauce and brown sugar in a small saucepan.
2. Bring JUST to a low boil, whisking the ingredients every few minutes so the sugar dissolves thoroughly.
3. In a mug, make a slurry with the cornstarch and water. Add the slurry to the sauce while whisking quickly. Cook for one minute and then reduce the heat to low.
4. Serve immediately over prepared lentils.

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Instant Pot Lentils



Yield: 2 1/2 cups

INGREDIENTS

1 cup green or brown lentils
1 ½ cups water

INSTRUCTIONS

1. Combine the ingredients in the pot of an Instant Pot.
2. Seal the valve, set the pressure to “high” and cook for one minute. Use QPR to release the pressure.
3. Drain immediately and give them a quick rinse under cool water to stop the cooking process.
4. Serve immediately, or save for another meal.

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Steamed Mixed Vegetables



Yield: 4 servings

INGREDIENTS

1 head broccoli, florets only
1 cup baby carrots
1 cup sugar snap peas

water
4 tablespoons unsalted butter

INSTRUCTIONS

1. Add about 2 inches of water in a saucepan. Set the pan over medium heat to bring it to a simmer.
2. While the water is heating up, Wash the vegetables as needed. Chop broccoli into small florets and place into the steamer basket. Add 1 cup of baby carrots and 1 cup of sugar snap peas. Place the steamer basket over the saucepan and cover.
3. Steam the vegetables for about 8 minutes or until done to your liking. When done to your liking, remove the vegetables to a serving bowl and add butter. Allow to melt, add salt and pepper as desired.

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Instant Pot Steamed Vegetables



Yield: 4 servings

INGREDIENTS

1-2 cups raw baby carrots
1-2 cups raw cauliflower florets
1-2 cups raw broccoli florets

1 cup of water
1-2 Tbsp butter
Salt and pepper, to taste

INSTRUCTIONS

1. Pour the water into the bottom of the Instant Pot. Place the steamer basket inside the Instant Pot and add the carrots and cauliflower.
2. Place a glass lid on top and set the timer for 15 minutes.
3. When the timer goes off, CAREFULLY lift the lid and use caution as the hot steam will escape quickly! Check for doneness by piercing the vegetables with a fork. They should be *almost* easy to pierce. Add additional cooking time, one minute at a time ONLY if necessary.
4. Add the broccoli and replace the lid. Set the timer for one minute.
5. When the timer goes off, remove the lid again and pierce the broccoli to check for doneness. Again, ONLY if necessary, add additional cooking time one minute at a time.
6. Place in a serving bowl and top with butter, salt, and pepper.

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