



30 MINUTE DINNERS

VEGETARIAN MEAL PLAN 2

DontWastetheCrumbs.com



All Contents Copyright © 2020 by Tiffany Terczak | Crumbs Media, LLC

All Rights Reserved

I am not a doctor, nor have I ever claimed to be, and the information in this book is not intended to diagnose, treat, cure, or prevent any disease. Also, while I have the utmost respect for our government authorities, sometimes the FDA and I don't see eye-to-eye on food and other health issues. Therefore, I have not submitted any statements or claims made in this book about the possible health effects of foods or supplements to the FDA or any other government association.

Although in electronic form, an eBook is meant to be the personal property of you, the purchaser. My team and I worked insanely hard on this eBook, and are continuously trying to make real food and natural living on a budget as easy as possible for you, so we kindly request that no part of this book be reproduced or redistributed in any manner, in any form whatsoever (electronic, photocopying, recording or otherwise) without prior written permission. Also, please don't forward the entire book to another person. It is a violation of copyright and purchase agreement to do any and/or all of the above. The only exception is in the case of a brief quotation, embodied in critical articles or review.

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!

30 Minute Dinners is an outreach of <https://dontwastethecrumbs.com> and in turn, Crumbs Media, LLC.

CONTENTS

The Meal Plan	1
Weekly Meal Prep: Overview	4
Weekly Meal Prep: Step-by-Step	6
How to Store Your Meal Prep.....	11
Maximizing Kitchen Appliances	13
Step-by-Step: Meal 1	15
Vegetarian Chili // Cornbread Muffins	15
Step-by-Step: Meal 2	17
Black Bean & Sweet Potato Enchilada Casserole // Garlic Green Beans.....	17
Step-by-Step: Meal 3	20
Greek Couscous Salad with Chickpeas // Cornbread Muffins	20
Step-by-Step: Meal 4	22
Black Bean & Egg Migas with Taco Toppings	22
Step-by-Step: Meal 5	24
Squash Pasta Bake	24
Recipe Cards	27
Meal 1 Recipes	27
Meal 2 Recipes.....	29
Meal 3 Recipes.....	31
Meal 4 Recipes.....	32
Meal 5 Recipes.....	33
Personal Notes	34



THE MEAL PLAN

Meal 1

Vegetarian Chili // Cornbread Muffins

Meal 2

Black Bean & Sweet Potato Enchilada Casserole // Garlic Green Beans

Meal 3

Greek Couscous Salad with Chickpeas // Cornbread Muffins

Meal 4

Black Bean & Egg Migas with Taco Toppings

Meal 5

Squash Pasta Bake



SHOPPING LIST

Pantry

- apple cider vinegar*, 4 Tbsp + 1 tsp
- baking powder, 2 Tbsp
- baking soda, 1 tsp
- black beans (15 oz can)*, 3
- chicken stock*, 2 cups
- chickpeas (15 oz can)*, 1
- chipotle peppers (7 oz can), 1
- cocoa powder, 2 tsp
- coconut oil, 6 1/2 Tbsp
- cornmeal, 2 cups
- couscous, 2 cups
- flour (all-purpose), 1 cup + 2 Tbsp
- flour (whole wheat), 1/4 cup
- green chiles (4 oz can diced), 1
- lentils, 1 cup
- mustard, 1 tsp
- olive oil, 6 Tbsp
- olives (kalamata), 1 cup
- pasta (medium), 1 lb
- pinto beans (15 oz can)*, 1
- red wine vinegar, 6 Tbsp
- salsa*, 1 cup
- tomato paste, 4 Tbsp
- tomatoes (15 oz can diced), 2
- tomatoes (15 oz can fire-roasted), 1
- tomatoes (sun-dried), 1 cup
- tortillas (corn)*, 24

Produce

- bell peppers (variety), 5
- butternut squash, 1 medium
- collard greens, 10 oz
- cucumber, 1 large
- garlic, 14 cloves
- green beans, 1 lb
- jalapenos, 2
- lettuce (romaine), 1 head
- onions (any), 3
- onion (red), 1
- poblano peppers, 3
- spinach, 1 cup
- sweet potatoes, 2 1/2 lbs
- tomatoes (cherry), 1 pint

Spices

- basil, 1 tsp
- cayenne, 1 1/2 tsp
- chili powder, 6 Tbsp
- cinnamon, 1 tsp
- cumin, 1 1/2 tsp
- garlic powder, 1 1/2 tsp
- nutmeg, 1/2 tsp
- onion powder, 1 tsp
- oregano, 1 1/4 tsp
- paprika, 1 Tbsp + 1/2 tsp
- pepper, 1 1/4 tsp + to taste
- rosemary, 1 Tbsp
- salt, 2 1/2 Tbsp + to taste

Cold Case

- bacon, 4 slices
- butter, 14 Tbsp
- eggs, 8
- feta, 1 cup
- milk, 6 cups
- parmesan (shredded), 4 oz

Frozen

- corn, 3 cups

*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: Vegetarian Chili // Cornbread

- **Prep the Vegetables:** Dice/chop onion, peppers, sweet potato and garlic. If you're using additional toppings, prep those at this time as well, if desired.

Time: 10 minutes.

- **Cook the Lentils:** Prepare as directed on the package.

Time: 5 minutes.

- **Bake the Cornbread:** If you have time, I recommend making the cornbread muffins ahead of time. If you don't, you can measure the dry ingredients and wet ingredients, store separately, and then mix and bake the day of. Be sure to make a double batch for serving with Meal 3.

Time: 20 minutes (if baking).

Meal 2: Black Bean & Sweet Potato Enchilada Casserole // Garlic Green Beans

- **Prep the Vegetables:** Dice the sweet potatoes, onion, and peppers. If you're using additional toppings, prep those at this time as well, if desired.

Time: 5 minutes.

- **Make the Filling:** Cook the sweet potatoes, and combine with prepped vegetables and other filling ingredients.

Time: 10 minutes.

Meal 3: Greek Couscous Salad w/Chickpeas // Cornbread Muffins

- **Prep the Vegetables:** Chop lettuce, slice cucumber and onion, halve tomatoes, chop sun-dried tomatoes and olives, dice the pepper.

Time: 7 minutes.

- **Make the Couscous:** This comes together VERY quickly, so it's fine to save this until the day of. However, it can easily be made ahead of time too.

Time: 7 minutes.

- **Make the Greek dressing:** Mix up the dressing for the salad.

Time: 1 minute.

Meal 4: Black Bean & Egg Migas with Taco Toppings

- **Prep the Tortillas:** Tear or cut the tortillas into bite-size pieces.

Time: 2 minutes.

- **Prep the Toppings (optional):** If you're using additional toppings, prep those at this time.

Time: 3 minutes.

Meal 5: Squash Pasta Bake

- **Prep the Vegetables:** Cut the squash, greens, onion and garlic.

Time: 10 minutes.

- **Cook the Bacon:** In the oven or on a griddle, cook the bacon.

Time: 7 minutes.

- **Boil the Pasta:** Prepare the pasta according to package directions.

Time: 10 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

Vegetarian Chili

- 1 cup dry lentils (any type)
- 3 cups water
- 2 tsp salt

Cornbread Muffins (double batch)

- 2 cup cornmeal
- 1 cup all-purpose flour
- 2 tsp salt
- 2 Tbsp baking powder
- 4 Tbsp apple cider vinegar
- scant 3 cups milk
- 2 egg
- 1 tsp baking soda
- 1/2 cup butter, melted

Enchilada Potatoes

- 1 ½ lbs sweet potatoes, cubed
- 2 Tbsp olive oil

Enchilada Filling

- 2 15 oz cans black beans
- 1 (14.5oz) can fire-roasted tomatoes
- 1 onion, diced
- 3 cups frozen corn
- 1 sweet pepper, diced
- 1 poblano pepper, diced
- 1 cup salsa
- 4 oz can diced green chiles
- 2 chipotle peppers (from a can), diced
- 2 Tbsp chipotle pepper sauce (from a can)

- 1 jalapeno, finely diced
- 2 cloves garlic
- 2 tsp chili powder

Couscous

- 2 cups couscous
- 2 cups water

Greek Dressing

- see recipe card on page 31

Migas

- 12 corn tortillas

Squash Pasta Bake

- 1 lb medium whole wheat pasta (rotini or penne)
- 4 slices of bacon, cut into 1/2" pieces
- 1 medium butternut squash, peeled, seeded and cut into 1/2" pieces
- 2 Tbsp olive oil
- Salt and pepper, to taste

Vegetables

- 3 onions (any)
- 1 red onion
- 5 bell peppers (variety)
- 2 1/2 lbs sweet potatoes
- 1 jalapeno
- 1 head romaine lettuce
- 1 large cucumber
- 1 pint cherry tomatoes
- 1 cup sun-dried tomatoes
- 1 cup kalamata olives
- 10 oz collard greens
- Optional Taco Toppings: chopped tomatoes, lettuce onions, pico de gallo, diced jalapenos, etc.

Supplies

- Large stock pot
- 2 small baking sheets
- 1 large baking sheet
- Aluminum foil
- Sharp knife and cutting board
- Large and small bowls
- Colander
- Slotted spoon
- Muffin tin and muffin cups
- Measuring cups and spoons
- Medium pot
- Pint size mason jar (or similar for dressing)

Step 1: Preheat the oven to 400F.

Step 2: Bring a large pot of water to boil for cooking the pasta.

Step 3: Meanwhile, line a small baking sheet with foil for bacon. Place bacon strips on the foil and set aside.

Step 4: Peel, seed, and chop butternut squash into ½-inch cubes. Place in a large bowl and toss with olive oil, salt, and pepper. Put on a large baking sheet and set aside.

Step 5: Dice 1 ½ lbs sweet potato (for meal 2) into ½-inch cubes. Place in a large bowl (you can use the same one you used for the squash!) and toss with olive oil. Put on a small baking sheet.

Your water is probably boiling by now. Add pasta and cook according to package directions until al dente. Usually about 7-8 minutes. Set your timer and continue with the next step.

Step 5: When the oven is ready, 3 baking sheets go in. Set timer for bacon, 15 minutes. If crispy when the timer goes off, remove. Otherwise set for another 5 minutes. Also when the timer beeps, check potatoes for doneness. Add 5-10 minutes if needed. Keep adding 5-10 minutes until potatoes are done, and then until squash is done - about 30 minutes total.

While the food is cooking in the oven continue to the next step.

Your pasta may not be done yet, but when the time goes off, don't just dump the water! Scoop noodles out into a colander. Bring water back to a boil and cook lentils according to package directions to ONE MINUTE LESS than minimum time. Use a timer. Drain when done (lentils will soften slightly when they're done cooking).

Step 6: Prepare cornbread by mixing dry ingredients into a large bowl. Combine wet ingredients in a medium bowl and whisk to combine. If you want to bake fresh on the day of Meal 1, store wet and dry ingredients separately. If you want to cook now continue with the next step.

Step 7: Line or grease 24 muffin cups. Mix wet ingredients into the dry ingredients and stir until there are no more clumps. Fill muffin cups about $\frac{2}{3}$ full. When there's room in the oven, bake for 15-17 min.

Step 8: When only cornbread is in the oven, bring a medium pot with 2 cups of water to boil. Add couscous and stir and cover and remove from heat.

If you're still waiting on the oven foods to cook, move forward to the next step. No need to stand still!

Step 9: It's time to roll up those sleeves and start chopping:

Onions

- Dice 1 onion for Vegetarian Chili
- Dice 1 onion for Enchiladas
- Dice 1 red onion for Greek Couscous Salad
- Dice 1 onion for Squash Pasta Bake

Bell Peppers (variety)

- Dice 2 bell peppers for Vegetarian Chili
- Dice 1 bell pepper for Enchiladas
- Dice 1 bell pepper for Greek Couscous Salad

Sweet Potatoes

- Chop 1 lb of sweet potatoes into 1-inch cubes for Vegetarian Chili

Jalapeno

- Finely dice 1 jalapeno for Enchiladas

Lettuce

- Chop 1 head of lettuce into bite sized pieces for Greek Couscous Salad

Cucumber

- Slice 1 cucumber into rounds and again into halves if thick around for Greek Couscous Salad.

Tomatoes

- Halve cherry tomatoes for Greek Couscous Salad
- Roughly chop sun-dried tomatoes for Greek Couscous Salad

Olives

- Roughly chop kalamata olives for Greek Couscous Salad (if needed)

Collard Greens

- Chop 10 oz of collard greens into bite sized pieces for Squash Pasta Bake

Optional Taco Toppings: chop tomatoes, lettuce, onions, pico de gallo, diced jalapenos, etc. as desired for topping Enchiladas and Migas.

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

Step 10: Make enchilada filling by combining chopped vegetables for enchiladas (noted above) in a large bowl. Add all other ingredients listed for enchilada filling. Mix well and store until ready to make your enchiladas on Meal 2.

Step 11: If you still have some time, go ahead and tear up 12 tortillas for the migas.

Step 12: Mix the Greek dressing in a pint sized mason jar and store until Meal 3.

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: Vegetarian Chili // Cornbread Muffins

- 1 onion + 2 bell peppers + 1 ½ lbs sweet potatoes
- 2 cups cooked lentils
- Double batch of cornbread - dry + wet separate or already baked (second batch goes with Meal 3)

Meal 2: Black Bean & Sweet Potato Enchilada Casserole // Garlic Green Beans

- Mixed enchilada filling
- 1 lb cooked sweet potatoes

Meal 3: Greek Couscous Salad with Chickpeas // Cornbread Muffins

- Romaine lettuce (store separately so it does not get soggy)
- 1 cucumber + 1 cup cherry tomatoes + 1 cup sun-dried tomatoes + 1 cup kalamata olives + 2 bell peppers + 1 onion
- Greek salad dressing

Meal 4: Black Bean & Egg Migas with Taco Toppings

- 12 tortillas, torn
- Optional taco toppings

Meal 5: Squash Pasta Bake

- Bacon, cut into bites + Butternut squash, roasted
- 10 oz Collard greens (store separate so it does not get soggy)
- 1 onion
- 1 batch pasta



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: Vegetarian Chili // Cornbread Muffins

- Chili is perfect for the Instant Pot or Slow Cooker.

Meal 2: Black Bean & Sweet Potato Enchilada Casserole // Garlic Green Beans

- You can layer the casserole in a slow cooker and cook on low for 4 hours.
- Green beans can also be made in the Instant Pot.

Meal 3: Greek Couscous Salad with Chickpeas // Cornbread Muffins

- This meal itself can't be made in an appliance, but many of the INGREDIENTS (like beans, pasta, etc.) can!

Meal 4: Black Bean & Egg Migas with Taco Toppings

- This meal itself can't be made in an appliance, but many of the INGREDIENTS (like beans, pasta, etc.) can!

Meal 5: Squash Pasta Bake

- This meal itself can't be made in an appliance, but many of the INGREDIENTS (like beans, pasta, etc.) can!



STEP-BY-STEP: MEAL 1

Vegetarian Chili // Cornbread Muffins

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. You should never be doing nothing in the kitchen. 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 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

Vegetarian Chili

- 1 onion, diced
- 2 bell peppers (any), diced
- 2 poblano peppers, diced
- 1 jalapeño, finely diced
- 3 chipotle peppers, diced (from canned chipotle peppers)
- 1 lb sweet potato, cut into ½ pieces
- 2 (15-oz) cans diced tomatoes, with juices
- 4 garlic cloves
- 2 Tbsp chili powder
- 1 Tbsp paprika
- 1 Tbsp salt
- 1 tsp cumin
- 1 tsp cayenne
- 2 tsp cocoa powder
- ¼ tsp cinnamon
- 1 (15 oz) can black beans
- 1 (15 oz) can pinto beans, cooked
- 2 cups lentils, cooked

Cornbread Muffins

- 2 cups cornmeal
- 1 cup all-purpose flour
- 2 tsp salt
- 2 Tbsp baking powder
- 4 Tbsp apple cider vinegar
- scant 3 cups milk
- 2 eggs
- 1 tsp baking soda
- 1/2 cup butter, melted

Supplies

- Large stock pot
- Large and small bowls
- Measuring spoons and cups
- Muffin tin and liners

Step 1: Preheat oven to 400F.

Step 2: Chop vegetables and peppers as needed. Combine all chili ingredients except beans and lentils in a large stock pot and stir. Bring to a boil, then reduce to a simmer.

Cook until the sweet potatoes are tender, about 20 minutes.

Meanwhile...

Step 3: Prepare your cornbread muffins by adding cornmeal, flour, salt, and baking powder to a large bowl and whisk to break up any clumps.

Combine milk, vinegar, egg, baking soda and melted butter in a medium bowl and whisk to combine.

Add wet ingredients to dry ingredients and stir until just combined. Do not overmix.

Pour batter into a greased or lined muffin tin, filling each cup about halfway. Bake for 13-17 minutes or until a toothpick stuck in the center comes out mostly clean.

Step 4: When your sweet potatoes are tender in the chili, add beans and lentils and stir. Heat until warmed through.

Step 5: Serve chili hot and muffins warm with butter as desired.

Step 6: Reserve half of the cornbread muffins for serving with Meal 3.



STEP-BY-STEP: MEAL 2

Black Bean & Sweet Potato Enchilada Casserole // Garlic Green Beans

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. You should never be doing nothing in the kitchen. 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 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

Sweet Potatoes

- 1 ½ lbs sweet potatoes, chopped into 1/4" cubes

Enchilada Filling

- 2 (15 oz) cans black beans
 - 1 (14.5oz) can fire-roasted tomatoes
 - 1 onion, diced
 - 3 cups frozen corn
 - 1 bell pepper, diced
 - 1 jalapeno, finely diced
 - 2 cloves garlic
 - 1 poblano pepper, diced
 - 1 cup salsa
 - 4 oz can diced green chiles
 - 2 chipotle peppers (from a can), diced
 - 2 Tbsp chipotle pepper sauce (from a can)
 - 2 tsp chili powder
 - 1-3 cups water, as needed
 - 12 corn tortillas
- Toppings (optional): Lime crema, chopped cilantro, diced avocado, diced tomato, sliced red onion, sour cream, and/or shredded cheese

Red Enchilada Sauce

- 2 Tbsp butter
- 2 Tbsp flour
- 4 Tbsp tomato paste
- 2-3 Tbsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- 1/8 tsp cinnamon
- 1/4 tsp dried oregano
- 1/2 - 3/4 tsp salt, to taste
- 2 cups chicken stock
- 1 tsp apple cider vinegar

Garlic Green Beans

- 1 lb fresh green beans, ends trimmed
- 4 cloves of garlic, chopped
- 1/2 Tbsp coconut oil
- salt and pepper

Supplies

- Large stock pot
- Sharp knife and cutting board
- Medium saucepan
- Small saucepan
- 9x13 baking dish
- Saute pan or large skillet

Step 1: Preheat oven to 400F.

Step 2: Bring a large pot of water to a boil. Chop sweet potatoes and boil in the water until fork tender, about 8-10 minutes.

Step 3: Meanwhile, dice/chop the onion, sweet pepper, jalapeno, and poblano pepper. Add to a medium saucepan over high heat. Add the remaining filling ingredients and stir well. Cook for 5-10 minutes until vegetables are softened. Remove from heat.

Check on the potatoes - if they're done, remove from heat. Be sure to check on them every few minutes and remove from heat when tender.

Step 4: Prepare the red enchilada sauce. Melt butter over medium heat in a small saucepan. Add flour and cook for one minute, stirring occasionally.

Add tomato paste and spices and stir well. Slowly add chicken stock, stirring constantly. Sauce will thicken as you stir. Taste and add salt, pepper, or chili powder as needed. Add vinegar and remove from heat until ready to layer enchilada casserole.

Step 5: When the potatoes are done add to the cooked filling and mix well. Remove 2 cups of the enchilada filling and set aside for Meal 4.

Step 6: Layer the remaining filling, corn tortillas, and enchilada sauce in a 9x13 baking dish. Repeat, in this order, until you've used all the ingredients, making sure to finish with enchilada sauce on top.

Step 7: Bake for 10-15 minutes, or until everything is warmed through.

Step 9: Meanwhile, wash and trim green beans. Add ½ Tbsp coconut oil to a saute pan and add green beans and garlic. Cook until al dente over medium heat, stirring frequently. Season with salt and pepper as desired.

Step 10: Store the reserved enchilada filling in the fridge for Meal 4.



STEP-BY-STEP: MEAL 3

Greek Couscous Salad with Chickpeas // Cornbread Muffins

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. You should never be doing nothing in the kitchen. 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 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

Greek Couscous Salad

- 2 cups couscous
- 2 cups water
- 1 (15 oz) cans chickpeas
- 1 head romaine lettuce, chopped
- 1 large English cucumber, sliced (about 2 cups)
- 1 pint cherry tomatoes, halved (about 1 cup)
- 1 cup sun-dried tomatoes, roughly chopped
- 1 cup kalamata olives, roughly chopped
- 2 bell peppers, diced (about 2 cups)
- 1 small red onion, sliced (about 1 cup)
- 1 cup feta cheese

Greek Salad Dressing

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp mustard
- 6 Tbsp red wine vinegar
- 4 Tbsp olive oil

- 1 batch reserved Cornbread Muffins

Supplies

- Medium saucepan
- Baking sheet
- Colander
- Sharp knife and cutting board
- Large bowl
- Mason jar or small bowl

Step 1: Prepare Couscous as directed on the package, omitting butter and salt (if written). (Mine says to boil the water, add couscous, stir quickly & remove from heat; let stand for 5 minutes).

If you want your cornbread muffins warmed, place them on a baking sheet and pop them in the oven. Set on 350F. Let the muffins warm up as it preheats. They should be perfectly warm when the Greek salad is ready!

Step 2: In a colander, drain and rinse chickpeas three times. Place in a large bowl.

Step 3: Chop lettuce, cucumbers, tomatoes, olives, bell peppers, and red onion. Add to the large bowl with the chickpeas.

Step 4: Prepare the Greek Salad dressing by mixing all the ingredients in a mason jar or bowl and set aside.

Step 5: When the couscous is done, fluff it with a fork and add it to the vegetables and chickpeas. Pour in the dressing and feta and stir to combine well.

Step 6: Serve Greek Couscous Salad in bowls with buttered cornbread on the side!



STEP-BY-STEP: MEAL 4

Black Bean & Egg Migas with Taco Toppings

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. You should never be doing nothing in the kitchen. 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 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

- 12 corn tortillas, cut into bite-size pieces
- 2-4 Tbsp coconut oil
- 2 cups reserved sweet potato and black bean enchilada mixture
- 6 eggs
- 2 Tbsp water
- 1 cup spinach
- Optional Toppings: salsa, chopped tomatoes, avocado or guacamole, sour cream, cheese, cilantro, pico de gallo, diced jalapenos, etc.

Supplies

- Large skillet
- Sharp knife and cutting board

Step 1: In a large skillet, add 2 Tbsp of coconut oil and cook your tortillas over medium high heat until they're super crispy. When they're done, remove from the skillet and set aside.

Meanwhile...

Step 2: Prepare your optional toppings, as desired.

Step 3: When tortillas are done, add 1 Tbsp coconut oil and reserved enchilada mixture and warm thoroughly.

Step 4: Meanwhile, crack eggs into a large bowl, add the water and whisk well.

Step 5: Add the eggs and spinach to the skillet with the enchilada mixture and cook the eggs JUST until they're done, as they'll continue to cook on the plate.

Step 6: Stir in the crispy tortillas and serve with your desired toppings.



STEP-BY-STEP: MEAL 5

Squash Pasta Bake

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. You should never be doing nothing in the kitchen. 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 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

- 1 medium butternut squash, peeled, seeded and cut into 1/2" pieces
- 2 Tbsp olive oil
- salt & black pepper to taste
- 1 lb medium whole wheat pasta (rotini or penne)
- 4 slices of bacon, cut into 1/2" pieces
- 1-2 Tbsp coconut oil (if needed)
- 4 Tbsp unsalted butter
- 10 oz collard greens, roughly cut into 1" pieces
- 1 white onion, finely chopped
- 4 garlic cloves, minced
- 1/4 cup whole wheat flour
- 3 cups whole milk
- 1 Tbsp dried rosemary
- 1/2 tsp nutmeg
- 1/2 tsp paprika
- 1/4 tsp cayenne or red pepper flakes (optional)
- 1 cup half-and-half OR whole milk, if needed
- 4 oz Parmesan, shredded

Supplies

- Large stock pot
- Sharp knife and cutting board
- Baking sheet
- Large skillet
- Slotted spoon
- Large bowl

Step 1: Preheat oven to 400F.

Step 2: Bring large pot of water to a boil over high heat.

Continue with the next step while you wait for your water to boil.

Step 3: Prep your squash by dicing into ½" pieces, toss with oil in a large bowl and place on a baking sheet. Set aside.

Step 4: Dice bacon and in a second large pan, cook bacon over medium high heat. Remove from the pot with a slotted spoon and place in a large bowl.

Meanwhile...

Step 5: When the oven is preheated, roast the squash for 20 minutes, or until a fork can pierce it easily. Use a timer!

Step 6: When the water is boiling, cook the pasta al dente according to package directions. Use a timer!

Meanwhile...

Step 7: Chop greens, onion and garlic. Add to the bacon grease in the large skillet.

Note: If you prepped your bacon early, use 1-2 Tbsp coconut oil to cook your vegetables.

Cook on medium high for 15 minutes, stirring often, or until the greens are no longer tender. When they're done, remove from the pan with a slotted spoon and add to the bowl with the bacon.

Step 8: At this point, the pasta should be done. Add the pasta to the large bowl with the vegetables.

Also check on the squash, using a timer if you need to add more time.

Step 9: To the same skillet as the vegetables, melt butter. Whisk in flour and cook for 3-5 minutes, until bubbles form infrequently and the mixture becomes medium golden brown.

Slowly add the milk, stirring constantly. Season with salt and pepper. The mixture should be thick.

Reduce the heat to low, add the spices and Parmesan and stir.

Step 10: Add this sauce to the vegetables and pasta. Add the squash, stir together well and serve.



RECIPE CARDS

Meal 1 Recipes

Instant Pot Vegetarian Chili



Yield: 4-6 servings

INGREDIENTS

1 onion, diced
2 bell peppers, diced
2 poblano peppers, diced
1 jalapeño, finely diced
3 canned chipotle peppers, diced
1 lb sweet potato, cut into ½ pieces
2 (15-oz) cans diced tomatoes, with juices
4 garlic cloves
2 Tbsp chili powder
1 Tbsp paprika
1 Tbsp salt

1 tsp cumin
1 tsp cayenne
2 tsp cocoa powder
¼ tsp cinnamon
1 (15 oz) can black beans
1 (15 oz) can pinto beans
2 cups lentils, cooked

Optional Chili Toppings: diced avocado, cilantro, sour cream, shredded cheese, diced tomatoes

INSTRUCTIONS

1. Place all ingredients, except the beans and lentils and toppings, in the Instant Pot and stir. Close the Instant Pot, cook on high pressure for 30 minutes.
2. When the timer beeps, let the pressure release naturally.
3. Add the beans, stir well and replace the lid for 2-3 minutes to warm the beans.
4. Top with your favorite toppings and enjoy!

[30 Minute Dinners](#) | [DontWastetheCrumbs.com](#)

Cornbread Muffins



Yield: 12 Muffins

INGREDIENTS

1 cup cornmeal	scant 1 1/2 cups milk
1/2 cup all-purpose flour	1 egg
1 tsp salt	1/2 tsp baking soda
1 Tbsp baking powder	1/4 cup butter, melted
2 Tbsp apple cider vinegar	

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Add cornmeal, flour, salt, and baking powder to a large bowl and whisk to break up any clumps.
3. Combine milk, vinegar, egg, baking soda and melted butter in a medium bowl and whisk to combine.
4. Add wet ingredients to dry ingredients and stir until just combined. Do not overmix.
5. Pour batter into a greased muffin tin, filling each cup about halfway. Bake for 13-17 minutes or until a toothpick stuck in the center comes out mostly clean.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 2 Recipes

Black Bean & Sweet Potato Enchilada Casserole



Yield: 6 servings

INGREDIENTS

1 ½ lbs sweet potatoes, cut into 1/4" cubes	2 cloves garlic
1 Tbsp coconut oil	1 poblano pepper, diced
12 corn tortillas	1 cup salsa
2 (15 oz) cans black beans	4 oz can diced green chiles
1 (14.5oz) can fire-roasted tomatoes	2 chipotle peppers (from a can), diced
1 onion, diced	2 Tbsp chipotle pepper sauce (from a can)
3 cups frozen corn	2 tsp chili powder
1 sweet pepper, diced	1-3 cups water, as needed
1 jalapeno, finely diced	1 batch red enchilada sauce

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Heat a skillet over medium heat. Add coconut oil and sweet potatoes and cook until the sweet potatoes are just soft when pierced with a fork.
3. Meanwhile, add all the remaining ingredients, except the water, to a medium pot. Add enough water JUST to be able to see a water line, but not above the vegetables. (The water assists in cooking down the vegetables, but you don't want this to be soupy).

Continued on the next card.

30 Minute Dinners | DontWastetheCrumbs.com

Black Bean & Sweet Potato Enchilada Casserole (cont.)



INSTRUCTIONS

4. Bring to a low boil and cook for 5 minutes, adding water as necessary.
5. Combine sweet potatoes with the bean filling in a large bowl. In a 9" x 13" glass dish, layer the filling, corn tortillas, and enchilada sauce. Repeat, in this order, until you've used all the ingredients, making sure to finish with enchilada sauce on top.
6. Bake for 10-15 minutes, or until everything is warmed through.

30 Minute Dinners | DontWastetheCrumbs.com

Red Enchilada Sauce



INGREDIENTS

2 Tbsp healthy fat (butter, avocado oil or palm oil) 1/4 tsp cayenne pepper
2 Tbsp flour (I used all-purpose, but any flour will work) 1/4 tsp black pepper
4 Tbsp tomato paste 1/8 tsp cinnamon
2-3 Tbsp chili powder 1/4 tsp dried oregano
1/2 tsp cumin 1/2 - 3/4 tsp salt, to taste
1/2 tsp garlic powder 2 cups water OR chicken stock
1 tsp white distilled or apple cider vinegar

INSTRUCTIONS

1. In a medium saucepan, melt butter over medium heat. Add flour and stirring occasionally, cook for one minute.
2. Add the tomato paste, 2 Tbsp chili powder and the remaining spices. Stir well.
3. Very slowly add the water or stock, stirring constantly. Bring the sauce to a simmer and the sauce will thicken slightly.
4. Taste and add additional chili powder, if more heat is desired.
5. Add the vinegar and serve warm!

30 Minute Dinners | DontWastetheCrumbs.com

Garlic Green Beans



Yield: 4 servings

INGREDIENTS

1lb fresh green beans, ends trimmed salt
4 cloves of garlic, chopped pepper
1/2 Tbsp coconut oil

INSTRUCTIONS

1. In a saute pan, pour enough olive oil to lightly coat the bottom of the pan (usually 1-2 Tbsp). Warm slightly and add green beans and garlic.
2. Toss the green beans so that they're coated with oil and cook until al dente (or preferred doneness), stirring frequently.
3. Season with salt and pepper as desired.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 3 Recipes

Greek Couscous Salad



Yield: 6 servings

INGREDIENTS

2 cups couscous	1 cup sun-dried tomatoes, roughly chopped
2 cups water	1 cup kalamata olives, roughly chopped
1 15 oz cans chickpeas	2 bell peppers, diced (about 2 cups)
1 head romaine lettuce, chopped	1 small red onion, sliced (about 1 cup)
1 large English cucumber, sliced	1 cup feta cheese
1 pint cherry tomatoes, halved	1 batch Greek dressing

INSTRUCTIONS

1. Prepare Couscous as directed on the package, omitting butter and salt (if written). (Mine says to boil the water, add couscous, stir quickly & remove from heat; let stand for 5 minutes).
2. Drain and rinse chickpeas three times. Set aside.
3. Prepare vegetables per ingredient list and combine then together in a large bowl.
4. When the couscous is done, fluff it with a fork and add it to the vegetables.
5. Pour in the dressing and feta and stir to combine well.

30 Minute Dinners | DontWastetheCrumbs.com

Greek Salad Dressing



INGREDIENTS

1 tsp garlic powder	1 tsp onion powder
1 tsp dried oregano	1 tsp mustard
1 tsp dried basil	6 Tbsp red wine vinegar
1 tsp black pepper	4 Tbsp olive oil
1 tsp salt	

INSTRUCTIONS

1. Combine all ingredients in a glass jar.
2. Secure the lid and shake vigorously. This dressing can be stored at room temperature for a day, but it should be refrigerated for long term storage.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 4 Recipes

Black Bean & Egg Migas



Yield: 4-6 servings

INGREDIENTS

12 corn tortillas, cut into bite-size pieces
2-4 Tbsp coconut oil
2 cups sweet potato and black bean
enchilada mixture
6 eggs
2 Tbsp water

1 cup spinach

Optional Toppings: salsa, chopped tomatoes,
avocado or guacamole, sour cream, cheese,
cilantro, pico de gallo, diced jalapenos, etc.

INSTRUCTIONS

1. In a cast iron skillet, add 2 Tbsp of coconut oil and cook your leftover tortillas over medium high heat until they're super crispy. When they're done, remove from the skillet and set aside.
2. Add 1 Tbsp oil and reserved enchilada mixture and warm thoroughly.
3. Meanwhile, crack eggs into a large bowl, add the water and whisk well. Add the eggs and spinach to the skillet and cook the eggs JUST until they're done, as they'll continue to cook on the plate.
4. Stir in the tortillas and serve with your desired toppings.

30 Minute Dinners | DontWastetheCrumbs.com

Meal 5 Recipes

Squash Pasta Bake



Yield: 6-8 servings

INGREDIENTS

1 medium butternut squash, peeled, seeded and cut into ½" pieces	4 garlic cloves, minced
2 Tbsp olive oil	¼ cup whole wheat flour
salt & black pepper to taste	3 cups whole milk
1 lb medium whole wheat pasta (rotini or penne)	1 Tbsp dried rosemary
4 slices of bacon, cut into 1/2" pieces	½ tsp nutmeg
1-2 Tbsp coconut oil (if needed)	½ tsp paprika
4 Tbsp unsalted butter	¼ tsp cayenne or red pepper flakes (optional, but very good – my heat-sensitive child didn't even notice)
10 oz collard greens, roughly cut into 1" pieces	1 cup half-and-half OR whole milk, if needed
1 white onion, finely chopped	4 oz Parmesan, shredded

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Prepare pasta according to package directions.
3. Dice the bacon into ½" pieces and cook in a skillet over medium high heat. When it's done, remove the bacon to a large bowl using a slotted spoon.

Continued on the next card.

30 Minute Dinners | DontWastetheCrumbs.com

Squash Pasta Bake (continued)



INSTRUCTIONS

4. Cook the squash in the same skillet until it's easily pierced with a fork. Remove the squash and add it to the bacon.
5. In the same skillet, add collard greens, onion and garlic and cook over high for 15 minutes, stirring often and adding additional coconut oil if needed.
6. When the greens are no longer bitter and the onions are nearly translucent, remove them from the pan and add to the bowl with the bacon and squash.
7. At this point, the pasta should be done. Add it to the large bowl and toss gently.
8. To the same skillet, melt butter. Whisk in flour and cook for 3-5 minutes, until bubbles form infrequently and the mixture becomes medium golden brown.
9. Slowly add the milk, stirring constantly. Season with salt and pepper. The mixture should be thick.
10. Reduce the heat to low, add the spices and Parmesan and stir. Add this sauce to the squash and stir together well and serve.

30 Minute Dinners | DontWastetheCrumbs.com

