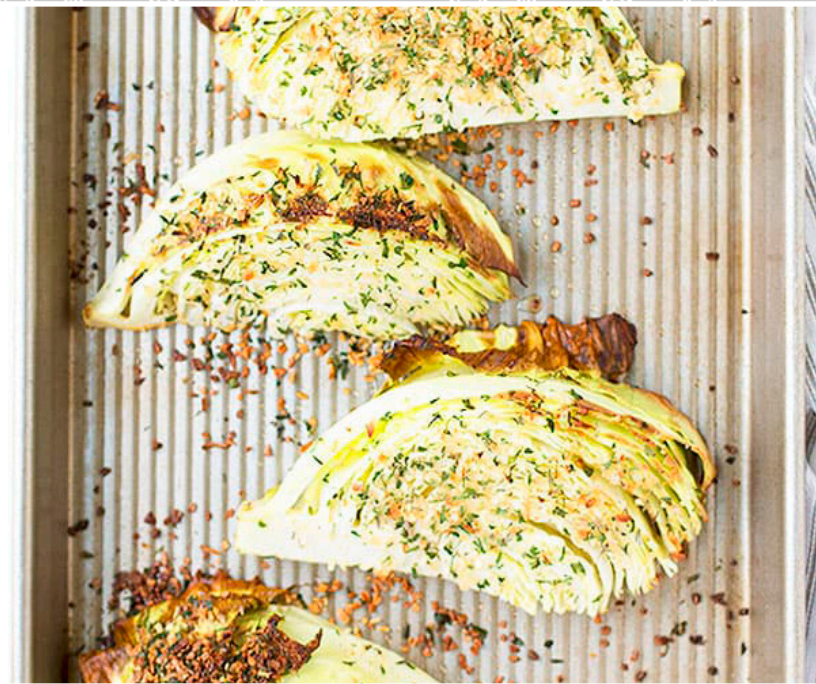




30 MINUTE DINNERS

VEGAN MEAL PLAN 2

DontWastetheCrumbs.com



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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.

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THE MEAL PLAN

Meal 1

Veggie Burgers // Mashed Potatoes // Sauteed Mushrooms

Suggested Side Dish: Mini Greek Salad // Greek Dressing

Meal 2

Weeknight Mushroom Pasta // Cabbage Wedges

Optional Protein: Tofu Cubes

Meal 3

Chili // Mashed Potatoes

Meal 4

Greek Chopped Salad with Chickpeas // Flatbread

Suggested Side Dish: White Rice

Meal 5

One Pot Quinoa and Black Beans



SHOPPING LIST

The shopping list below contains everything you need to make this meal plan as written. The color code is so you know which ingredients go with each meal. Each week Meal 1 starts with red. You may easily cross off items if you decide to skip a particular meal on this menu. Be sure to cross off the ingredients from BOTH the shopping list AND the meal prep mise en place that you don't need!

You'll find the Suggested Sides and Optional Protein listed separately for you to include or skip as desired.

Notes

- *Items marked with * 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!*
- *Items marked with (!) are spicy. Feel free to omit if you have sensitive eaters.*
- *Items marked with (GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient. For easy substitute ideas, check the [Gluten and Dairy Substitute Guide](http://CrumbsUniversity.com) in the Resources section on CrumbsUniversity.com.*

Meal 1: Veggie Burgers // Mashed Potatoes // Sauteed Mushrooms
Suggested Side Dish: Mini Greek Salad // Greek Dressing

Meal 2: Weeknight Mushroom Pasta // Cabbage Wedges
Optional Protein: Tofu Cubes

Meal 3: Chili // Mashed Potatoes

Meal 4: Greek Chopped Salad with Chickpeas // Flatbread
Suggested Side Dish: White Rice

Meal 5: One Pot Quinoa and Black Beans

Pantry

- | | | |
|--|--|--|
| <input type="checkbox"/> coconut oil, 9 Tbsp | <input type="checkbox"/> lentils (15 oz can)*, 1 | <input type="checkbox"/> olives, 1 1/2 cup |
| <input type="checkbox"/> olive oil, 4 Tbsp + 4 Tbsp + 2/3 cup + 3 Tbsp | <input type="checkbox"/> pinto beans (15 oz can)*, 1 | <input type="checkbox"/> red wine vinegar, 1/2 cup + 2 tsp |
| <input type="checkbox"/> coconut milk (16 oz can), 1 | <input type="checkbox"/> tomatoes (15 oz can diced), 2 | <input type="checkbox"/> spicy brown mustard, 3/4 tsp |
| <input type="checkbox"/> cooking spray | <input type="checkbox"/> baking powder, 1/2 tsp | <input type="checkbox"/> sugar, 1/2 tsp |
| <input type="checkbox"/> pasta (any type), 1 lb | <input type="checkbox"/> baking soda, 1/2 tsp | <input type="checkbox"/> coconut aminos, 3 Tbsp |
| <input type="checkbox"/> black beans (15 oz can)*, 1 + 1 | <input type="checkbox"/> chickpeas*, 1 cup | <input type="checkbox"/> quinoa, 1 cup |
| <input type="checkbox"/> chipotle peppers (canned), 3 | <input type="checkbox"/> flour (GF/DF), 2 cups | <input type="checkbox"/> vegetable broth*, 1 3/4 cups |

Produce

- | | | |
|---|---|---|
| <input type="checkbox"/> garlic, 4 cloves + 4 cloves + 4 cloves | <input type="checkbox"/> bell pepper (green), 1 | <input type="checkbox"/> cucumber, 1 |
| <input type="checkbox"/> mushrooms, 8 oz + 2 lbs | <input type="checkbox"/> bell pepper (red), 1 + 1 | <input type="checkbox"/> grape tomatoes, 1 1/2 cups |
| <input type="checkbox"/> potatoes, 6 | <input type="checkbox"/> jalpeno (!), 1 | <input type="checkbox"/> lettuce (romaine), 1 head |
| <input type="checkbox"/> cabbage, 1 head | <input type="checkbox"/> poblano peppers (!), 2 | <input type="checkbox"/> lime, 1 |
| <input type="checkbox"/> onion, 1 + 1 | | |

Cold Case

- | | | |
|---|---|---|
| <input type="checkbox"/> almond milk*, 2 cups + 1 cup | <input type="checkbox"/> veggie burgers*, 4 patties | <input type="checkbox"/> pineapple chunks (frozen), 1 cup |
|---|---|---|

Spices to Have on Hand

- pepper (all meals)
- salt (all meals)
- garlic powder (meal 2 + meal 4)
- sage
- thyme
- cayenne (!) (meal 3 + meal 5)
- chili powder
- cinnamon
- cocoa powder
- cumin
- paprika
- basil
- onion powder
- oregano
- smoked paprika

Suggested Sides

- lettuce, 1/2 head
- grape tomatoes, 1/2 pint
- cucumber, 1/2
- olives (sliced), 1/4 cup
- olive oil, 1/3 cup
- spice brown mustard, 3/4 tsp
- red wine vinegar, 1 cup
- avocado
- cilantro
- tomatoes
- vegan shredded cheese
- white rice, 2 cups
- avocado
- corn tortilla OR lettuce OR leafy greens (for wraps)
- green onion
- pickled jalapeno
- salsa
- tahini

Optional Proteins

- tofu cubes



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: Veggie Burger // Mashed Potatoes // Sauteed Mushrooms

- Cut potatoes into chunks.
<1 minute
- If desired, prep suggested side Mini Greek Salad and Greek Dressing 2x.
10 Minutes

Meal 2: Weeknight Mushroom Pasta // Cabbage Wedges

- Prep Pasta sauce ingredients.
5 minutes

Meal 3: Chili // Mashed Potatoes

- Cut vegetables for Chili.
5 minutes

Meal 4: Greek Chopped Salad with Chickpeas // Flatbread

- Cook the pasta.

10 minutes

- Chop the veggies.

5 minutes

Meal 5: One Pot Quinoa and Black Beans

- Cut the red bell pepper.

2 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

- 1 lb pasta, any type

Greek Salad Dressing (Double batch if making suggested side Mini Greek Salad)

- 1/3 cup + 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 3/4 tsp black pepper
- 3/4 tsp salt
- 3/4 tsp onion powder
- 3/4 tsp spicy brown mustard
- 1/2 cup + 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)

Vegetables

- 6 russet potatoes
- 3 bell peppers
- 2 poblano peppers (!)
- 1 cucumber (2 if making the suggested side Mini Greek Salad)
- 1 pint cherry or grape tomatoes (2 if making the suggested side Mini Greek Salad)
- 1 head romaine lettuce (2 if making the suggested side Mini Greek Salad)
- 2 onions
- 2 whole garlic bulbs
- 1 jalapeno (!)
- 3-4 green onions (optional)

Supplies

- Large Saucepan
- Large cutting board and knife
- 16 oz mason jar

Step 1: Cook the pasta according to package directions. When it is done, drizzle liberally with olive oil so it doesn't stick together. Set aside to cool before placing in the fridge.

Step 2: Make Greek Salad Dressing. (Note: Make it a double batch if using it for the suggested side Greek Mini Salad.) Mix all ingredients into a small jar and stir well:

- 1/3 cup + 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 3/4 tsp black pepper
- 3/4 tsp salt
- 3/4 tsp onion powder
- 3/4 tsp spicy brown mustard
- 1/2 cup + 2 tsp red wine vinegar (you can substitute up to half white vinegar without altering the taste)

Step 3: Prep the vegetables.

Russet Potatoes

- Cut 6 potatoes into 4 chunks each for Mashed Potatoes.

Bell Pepper

- Dice 1 red and 1 green for Chili.
- Dice 1 red for One Pot Quinoa and Black Beans.

Poblano Pepper (!)

- Dice 2 for Chili.

Cucumber

- Peel, quarter, and chop 1 cucumber into chunks for Greek Chopped Salad.
- If desired, slice 1 cucumber if making the suggested side Mini Greek Salad.

Grape Tomatoes

- Cut 1 pint in halves for Greek Chopped Salad.
- If making the suggested side Mini Greek Salad, divide the pint and only slice 3/4s of it in half and reserve the last 1/4 to put on whole.

Romaine Lettuce

- Shred 1 head for Greek Chopped Salad.
- If desired, shred 1 head for suggested side Mini Greek Salad.

Green Onion

- Slice optional topping for One Pot Quinoa and Black Beans.

What to cut up last:

Onion

- Slice 1 thinly for Weeknight Mushroom Pasta.
- Dice 1 large onion for Chili.

Garlic

- Mince 4 cloves for Mashed Potatoes.
- Mince 4 cloves for Chili.

Jalapeno (!)

- Finely dice 1 jalapeno for Chili.

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: Veggie Burger // Mashed Potatoes // Sauteed Mushrooms

- Potato chunks
- If desired, cucumber, shredded lettuce, and tomato
- If desired, Greek Salad Dressing

Meal 2: Weeknight Mushroom Pasta // Cabbage Wedges

- Sliced onion

Meal 3: Chili // Mashed Potatoes

- Red and green bell peppers, poblano pepper, jalapeno, and onions on top to grab first.

Meal 4: Greek Chopped Salad with Chickpeas // Flatbread

- Greek Dressing
- Cucumber, tomato, and shredded lettuce

Meal 5: One Pot Quinoa and Black Beans

- Red bell pepper
- Optional Topping: Green onion



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: Veggie Burger // Mashed Potatoes // Sauteed Mushrooms

- Use your Instant Pot to make mashed potatoes.
- Use your immersion blender to mash potatoes.

Meal 2: Weeknight Mushroom Pasta // Cabbage Wedges

- n/a

Meal 3: Chili // Mashed Potatoes

- Use your Instant Pot to saute and heat Chili.
- Or use a slow cooker to cook the Chili (will take 4-8 hours in advance).

Meal 4: Greek Chopped Salad with Chickpeas // Flatbread

- n/a

Meal 5: One Pot Quinoa and Black Beans

- Use your Instant Pot to cook it all in one pot



STEP-BY-STEP: MEAL 1

Veggie Burger // Mashed Potatoes // Sauteed Mushrooms

Suggested Side Dish: Mini Greek Salad // Greek Dressing

Make sure you read through the mise en place 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

Veggie Burgers

- 4 Veggie burgers
- 1 Tbsp coconut oil

Mashed Potatoes (double batch)

- 6 Large potatoes
- 4 Tbsp olive oil
- 4 Tbsp coconut oil
- 4 cloves garlic minced
- 2 cups almond milk

Sauteed Mushrooms

- 8 oz mushrooms
- 4 Tbsp coconut oil

Suggested Side: Mini Greek Salad

- 1/2 head lettuce, chopped*
- 1/2 cucumber, sliced*
- 1/2 pint cherry tomatoes, halved*
- 1/4 cup sliced olives*

Greek Dressing (double batch)

- 2/3 cup and 2 Tbsp olive oil
- 2 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp dried basil
- 1 1/2 tsp black pepper
- 1 1/2 tsp salt
- 1 1/2 tsp onion powder
- 1 1/2 tsp spicy brown mustard
- 1 cup red wine vinegar

Supplies

- Stock Pot
- 2 Pans
- Colander
- Sharp knife and a cutting board
- Mixing bowl

Step 1: Fill the stock pot with enough water that will cover potato chunks by an inch. Set on high to boil. If you haven't already, cut each of the 6 potatoes into 4 chunks and place in the water. When it has boiled, set a timer for 15 minutes.

Tip: Add salt generously to make the water boil hotter so it cooks the potato faster. A tsp is a good place to start.

Step 2: Warm 4 Tbsp of coconut oil for mushrooms in a medium large saucepan. Slice 8 oz of mushrooms thinly. Add mushrooms to pan immediately and cover.

Tip: Mushrooms absorb a lot of oil so be liberal with the oil. You may need to add more oil part way through cooking.

Step 3: Heat 1 Tbsp coconut oil for your veggie burger and cook according to package directions in a pan.

Step 4: If desired, chop and assemble your Mini Greek Salad and mix the salad dressing. Reserve 1/2 of the salad dressing for Meal 4. If you haven't already, mince your 4 cloves of garlic.

Tip: Save the garlic for last so you don't make your salad garlicky.

Step 5: Stir your mushrooms and flip the burgers.

Step 6: When the timer goes off, ensure that you can poke a fork through your potatoes easily. Dump the potatoes into a colander and set the pot back onto a burner on low.

Step 7: In the potato pot, melt your 4 Tbsp of coconut oil and 4 Tbsp of olive oil. Add the garlic right away and set a timer for 2 minutes.

Now is a good time to stir your mushrooms and check on the veggie burgers. When done, turn off the burner and place a lid on top to keep both warm.

Step 8: Meanwhile, add potatoes to the mixing bowl and mash. Stir in the oil and garlic plus 2 cups of almond milk. Add salt and parsley if desired.

Step 9: Serve burgers over mushrooms with potatoes and salad, if desired, on the side.



STEP-BY-STEP: MEAL 2

Weeknight Mushroom Pasta // Cabbage Wedges

Optional Protein: Tofu Cubes

Cube some tofu and throw it into your Weeknight Mushroom Pasta. It will absorb the flavor of the sauce well.

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Mise en Place

Cabbage Wedges

- 1 head cabbage
- Cooking spray
- Salt, to taste
- Garlic powder, to taste

Mushroom Pasta

- 1 lb pasta (any variety)
- 2-4 Tbsp olive oil
- 1 onion, diced
- 4 cloves garlic, quartered
- 1 tsp dried thyme
- 1 tsp dried sage
- 2 lbs mushrooms, quartered
- 1 16 oz can of full fat coconut cream
- ½ cup water
- ½ tsp pepper

Optional Protein

- tofu cubes

Supplies

- Baking tray
- Large skillet or dutch oven
- Cutting board and a sharp knife
- Colander

Step 1: Preheat the oven to 425 degrees and start a pot of water to boil for pasta.

Step 2: Cut the cabbage from the top-down, through the center, cutting right through the core.

Place the cabbage cut-side down and again, cut through the center, top-down, through the core.

Cut each quarter in half, through the core again.

You should have eight wedges of cabbage at this point. If any of the wedges are too big for one serving, feel free to cut them in half again.

Tip: The key to wedging a cabbage is to cut THROUGH the core, instead of cutting the core out. The outer wedges may not have any core attached, and that's okay, but you want to keep the core intact as much as possible to make cooking and serving easier.

Step 3: Place the cabbage onto a baking sheet and spray with oil. Add salt and garlic powder (or experiment with another seasoning!) Set a timer for 25 minutes.

Step 4: Pasta water should be boiling by now. Add the pasta and set a timer to cook according to package directions.

Step 5: Warm oil on medium high in a large skillet or dutch oven. Cut your onion first and throw it in. Then, mince the 4 cloves of garlic. Add 1 tsp thyme and 1 tsp sage and cook until the onions start to become translucent.

Step 6: Cut your 2 lbs of mushrooms if you haven't already. Add to the pot. Add extra oil to prevent burning.

Step 7: When the mushrooms are down to half size, add a can of full fat coconut milk and stir in salt and pepper.

Step 8: When pasta is done, strain in a colander and add to the mushroom sauce.

Step 9: Pull cabbage out of the oven when it's done and serve on the side of your Mushroom Pasta.



STEP-BY-STEP: MEAL 3

Chili // Mashed Potatoes

Make sure you read through the mise en place 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

Chili

- 1 onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 poblano peppers, diced (!)
- 1 jalapeño, finely diced (!)
- 3 chipotle peppers, diced (from canned chipotle peppers)
- 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
- 2 cups black beans, cooked (or one 15oz can)
- 2 cups pinto beans, cooked (or one 15oz can)
- 2 cups lentils, cooked

Optional Toppings

- diced avocado
- cilantro
- vegan shredded cheese
- diced tomatoes

- Reserved Mashed Potatoes

Supplies

- Stockpot
- Sharp knife and a cutting board
- Saucepan

Step 1: Warm oil in a large stock pot on medium high.

Step 2: If you haven't already, dice the onion first and place in oil to warm. Then, dice red and green bell peppers, 2 poblano peppers, 4 cloves garlic, and jalapeno. Immediately add them all to the stock pot to saute. Set a timer and cover for 15 minutes.

Step 3: Add spices to the chili while it sautees:

- 2 Tbsp chili powder
- 1 Tbsp paprika
- 1 Tbsp salt
- 1 tsp cumin
- 1 tsp cayenne (!)
- 2 tsp cocoa powder
- ¼ tsp cinnamon

Be sure to put the cover back on after.

Step 4: Reheat mashed potatoes on the stove with a Tbsp of water so it doesn't burn.

Step 5: While those are warming, rinse your cans of beans and lentils, and if desired, prep your optional toppings like avocado, cilantro, and salsa.

Now is a good time to stir your potatoes.

Step 6: When the timer goes off, add all the beans and lentils, and 1 can of canned tomatoes to the chili. Turn the heat up to high but don't let it boil. Set another timer for 5 minutes.

Step 7: Enjoy your chili with desired toppings and mashed potatoes on the side.



STEP-BY-STEP: MEAL 4

Greek Chopped Salad with Chickpeas // Flatbread

Suggested Side Dish: White Rice

Serve your chopped salad over white rice to make it filling. Throw it in an (Instant) Pot to cook while you assemble the salad.

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Mise en Place

Greek Salad

- 1 head of romaine lettuce
- 1 cup chickpeas
- 1 cucumber – peeled, quartered lengthwise, seeds removed and chopped
- 1 1/2 cup grape tomatoes, halved
- 1 1/2 cup olives, halved

Greek Salad Dressing (Potentially already made with Meal 1 suggested side dish)

- 1/3 cup and 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 3/4 tsp black pepper
- 3/4 tsp salt
- 3/4 tsp onion powder
- 3/4 tsp spicy brown mustard
- 1/2 cup and 2 tsp red wine vinegar

No Yeast Flatbread

- 2 cups flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp sugar
- 1 cup almond milk
- 2-3 Tbsp olive oil
- Garlic salt, for sprinkling on finished bread (optional)

Suggested Side

- 2 cups white rice
- 3 cups water

Supplies

- Cutting board and a sharp knife
- Small saucepan
- Large skillet
- Rolling pin
- Parchment paper or silicone baking mats

Step 0: If desired, cook 2 cups of rice in an Instant Pot or saucepan according to package directions.

Step 1: Add 1 cup almond milk and 1 Tbsp of oil to a large saucepan. Warm over medium heat for 3-5 minutes.

Tip: Pick a pan big enough to make the flatbread in to save a dish!

Step 2: In a large bowl, combine:

- 2 cups flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp sugar

Stir warmed milk and oil into flour mixture until small lumps form. Turn onto

a floured surface and knead dough until soft and smooth (add more flour as needed). Let the dough rest for about 5 minutes. Set a timer! Start a large skillet on medium heat with 1 Tbsp oil.

Step 3: If you haven't already, begin chopping cucumber, tomato, and shred lettuce, and mix with olives in a large bowl.

Step 4: When the 5 minute timer goes off, divide your dough into 6 pieces. Roll or flatten each piece into a flat circle, about 1/4 inch thick.

Tip: Use parchment paper on the counter and under your rolling pin to save on the mess!

Turn up to medium-high heat. Cook flatbread until golden brown, about 2 minutes per side. Set another timer so you don't burn any.

Tip: If you have 2 large skillets, you can cook 2 at once. A cast iron will work as a second pan.

Step 5: In between flipping flatbread, finish chopping the vegetables. If you haven't made the Greek Salad Dressing yet, combine all ingredients and stir:

- 1/3 cup and 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 3/4 tsp black pepper
- 3/4 tsp salt
- 3/4 tsp onion powder
- 3/4 tsp spicy brown mustard
- 1/2 cup and 2 tsp red wine vinegar

Step 6: Drain and rinse chickpeas, and mix in with vegetables for the Greek Chopped Salad. Serve over rice if desired with flatbread on the side.



STEP-BY-STEP: MEAL 5

One Pot Quinoa and Black Beans

Make sure you read through the mise en place 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

Quinoa and Black Beans

- 1 cup uncooked quinoa, rinsed and drained
- 1 3/4 cups vegetable broth or water
- 1 can black beans, drained and rinsed
- 1 red bell pepper, seeded and diced
- 1 heaping cup frozen pineapple chunks
- 3 Tbsp coconut aminos/soy sauce
- 2 tsp smoked paprika
- 1/4 tsp cayenne pepper, or more to taste (!)
- 1 Tbsp fresh lime juice, plus wedges for serving
- Fine sea salt and black pepper, to taste

Optional Toppings

- Tahini
- Chopped avocado
- Salsa
- Sliced pickled jalapeños
- Chopped green onion

Optional Serving Method

- Wrap in a corn tortilla
- Wrap in iceberg lettuce
- Serve over a bed of leafy greens

Supplies

Cutting board and knife

Stock Pot

Step 1: In a large pot, add 1 cup quinoa and water or broth and set to medium heat.

Step 2: If you haven't already, finely dice a red bell pepper. Add to the pot.

Step 3: Drain and rinse black beans. Add to the quinoa pot.

Step 4: Add the rest of the seasonings: 3 Tbsp coconut aminos/soy sauce, 2 tsp smoked paprika, 1/4 tsp cayenne pepper (or more to taste), and lime juice. Stir to combine. Bring to a low boil on medium heat and cook for 15-20 minutes. Set a timer and check on it to make sure it's fluffy.

Tip: If your frozen pineapple is bigger than almonds, chop them in half!

Step 3: Chop and set up any optional toppings.

Step 4: Set up tortillas or lettuce bed or lettuce wraps and enjoy!



RECIPE CARDS

Meal 1 Recipes

Vegan Mashed Potatoes



INGREDIENTS

2 lbs potatoes, quartered
2 Tbsp olive oil
2 Tbsp coconut oil

4 cloves garlic, minced
1/2 cup chopped fresh parsley (optional)

INSTRUCTIONS

1. Add the potatoes to a large pot and fill with water several inches above the potatoes. Salt the water generously. Boil until the potatoes are completely tender, about 15-20 minutes depending on the size. Reserve about 1 cup of the cooking water and then drain the potatoes. Once cool enough to handle, remove the peels.
2. Meanwhile, in a small saucepan or skillet, heat the olive oil and coconut oil over medium-low heat until the coconut oil is fully melted. Add the garlic, and cook, stirring frequently, for about 3 minutes or until the mixture is a little frothy and the garlic is just starting to get some color. Remove from the heat.
3. Add the cooked potatoes to a mixing bowl and mash just until smooth, about 2 minutes. Stir in the oil and garlic mixture, just until evenly combined. Then, stir about 1/3 to 1/2 cup of the reserved potato cooking water, a little at a time, until the desired texture is reached. If using, stir in the chopped parsley.
4. Season with salt and pepper.

Recipe inspired by Yup It's Vegan.

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Meal 2 Recipes

Weeknight Mushroom Pasta



INGREDIENTS

1 lb pasta (any variety)
2-4 Tbsp olive oil
1 onion, diced
4 cloves garlic, quartered
1 tsp dried thyme
1 tsp dried sage

2 lbs mushrooms, quartered (I use brown cremini)
 $\frac{3}{4}$ cup cashews
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ tsp pepper

INSTRUCTIONS

1. Cook pasta according to package directions.
2. Meanwhile, heat 2 Tbsp of olive oil in a large skillet OR a dutch oven over medium heat. Add onions, garlic, thyme and sage and cook until the onions start to become translucent.
3. Add the mushrooms and cook, stirring occasionally, until the mushrooms have cooked down by half. Add additional olive oil as necessary, scraping bits off the bottom of the pan as you go.
4. When the pasta and mushrooms are done, combine the cashews, water and pepper in a blender and blend until the sauce is creamy.
5. Add the sauce to the mushrooms and stir well. Taste the mushrooms and sauce, adding additional seasoning and/or salt and pepper as desired.

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Roasted Cabbage Wedges



INGREDIENTS

$\frac{1}{2}$ head of cabbage
Cooking spray (or 1 tsp oil)

2-3 Tbsp dry homemade ranch seasoning mix
(or your preferred seasoning)

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Place the cabbage cut-side down and cut through the center, top-down, through the core.
3. Cut each half in half again, through the core again. You should now have 4 cabbage wedges.
4. Place the cabbage wedges on a baking sheet (I have these USA baking sheets) and spray the tops and sides with cooking spray.
5. Season liberally and roast in the oven until the cabbage is dark brown and caramelized – about 30-35 minutes.

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Meal 3 Recipes

Instant Pot Vegetarian Chili



INGREDIENTS

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

INSTRUCTIONS

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

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Meal 4 Recipes

Greek Chopped Salad



INGREDIENTS

1 head of romaine lettuce
1 cup chickpeas
1 cucumber , chopped
1 1/2 cup grape tomatoes, halved
1 1/2 cup olives, halved

Greek Salad Dressing Recipe:
1/3 cup and 1 Tbsp olive oil
1 tsp EACH garlic powder, oregano, basil
3/4 tsp EACH black pepper, salt, onion powder
3/4 tsp spicy brown mustard
1/2 cup and 2 tsp red wine vinegar

INSTRUCTIONS

1. Mix ingredients for dressing in a jar or bowl and set aside.
2. Combine chopped cucumber, tomato halves and olive halves in a large bowl with the prepared Greek Dressing.
3. Add cooled pasta and stir to combine flavors well.
4. Add feta cheese when the pasta is completely cooled. Refrigerate until ready to serve.
5. This dish can be made up to 24 hours in advance and stored in the refrigerator covered.

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No Yeast Flatbread



INGREDIENTS

2 cups flour
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1/2 tsp garlic powder

1/2 tsp sugar
1 cup milk
2-3 Tbsp olive oil
Garlic salt, for sprinkling on finished bread (optional)

INSTRUCTIONS

1. In a large bowl, combine flour, baking soda, baking powder, sugar, salt and garlic powder.
2. Add milk and 1 tablespoon of oil to a small saucepan. Warm over medium heat for 3-5 minutes. Stir into flour mixture until small lumps form. Turn onto a floured surface and knead dough until soft and smooth (add more flour as needed).
3. Let dough rest for about 5 minutes.
4. Divide dough into 6 pieces. Roll or flatten each piece into a flat circle, about 1/4 inch thick.
5. Add one tablespoons oil to a large skillet over medium-high heat. Cook flatbread until golden brown, about 2 minutes per side. Add additional oil to the skillet as needed.
6. Sprinkle finished flatbread with garlic salt or other seasonings, if desired

Recipe inspired by Let's Dish Recipes.

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Instant Pot White Rice



INGREDIENTS

2 cups white rice (I use Jasmine)
2 cups water

1 tsp salt (optional)

INSTRUCTIONS

1. In an Instant Pot, combine the rice, water, salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.
2. Fluff the rice with a large fork. Serve hot or warm. Freeze leftovers in 2 cup portions for a fast meal in the future!

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Meal 5 Recipes

One Pot Quinoa and Black Beans



INGREDIENTS

For the quinoa:

1 cup uncooked quinoa, rinsed and drained
1 3/4 cups vegetable broth
1 (14-oz) can black beans, drained and rinsed
1 small red bell pepper, seeded and diced
1 heaping cup frozen pineapple chunks
3 Tbsp coconut aminos
2 tsp smoked paprika
1/4 tsp cayenne pepper, or more to taste

1 Tbsp fresh lime juice, plus wedges for serving
Fine sea salt and black pepper, to taste
Lettuce or flour wraps

Topping suggestions:

Fresh chopped cilantro, Runny tahini,
Chopped avocado, Salsa, Sliced pickled jalapeños, Chopped green onion

INSTRUCTIONS

1. To a large pot, add the quinoa and broth.
2. Set the heat to medium and bring to a simmer while you add the rest of the ingredients: drained black beans, red pepper, pineapple, coconut aminos, paprika, cayenne, lime juice, salt and pepper. Stir to combine.
3. Bring to a low boil over medium-high heat. Reduce heat to medium, cover, and cook for 16 to 21 minutes, reducing heat if necessary, until the quinoa is fluffy and the water is mostly absorbed.

Recipe continued on next card.

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One Pot Quinoa and Black Beans (cont.)



INSTRUCTIONS

4. I recommend checking it after 16 minutes and then every few minutes thereafter. Stir the cooked quinoa mixture and season to taste.
5. If using lettuce for your wraps, place one large leaf on a plate. Add another leaf on top so that its base is pointing the opposite way of the leaf below. Top each lettuce wrap (or flour wrap, if using) with a spoonful of hot quinoa.
6. Add your desired toppings (I like to use every topping listed), a small pinch of salt, and a lime wedge on the side.
7. If the lettuce wraps are too difficult to eat with your hands, you can dig in with a fork and knife.
8. The quinoa is best served fresh as it tends to dry out in the fridge, but you can store it in an airtight container in the fridge for 1 to 2 days. To reheat the quinoa, add it to a pot along with a splash or two of broth, cover, and warm on the stovetop over medium heat. You'll likely need to add more seasonings as the flavour diminishes over time.

Recipe inspired by Oh She Glows.

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