



30 MINUTE DINNERS

VEGAN MEAL PLAN 3

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: General Tso's Chickpeas // Quinoa

Suggested Side: Canned Vegetable

Meal 2: Buffalo Cauliflower Quinoa Casserole // Kale Salad

Suggested Side: Green Peas

Meal 3: White Bean Chili

Suggested Side: Corn

Meal 4: Couscous Salad // Roasted Fingerling Potatoes

Suggested Side: Bed of Greens

Meal 5: Creamy Lentils // Kale Artichoke Saute

Suggested Side: Roasted Fingerling Potatoes

*Important! Before you start, make sure you have read the “**Before You Begin Guide**” so you understand how to properly use these meal plans.*



SHOPPING LIST

Meal 1: General Tso's Chickpeas // Quinoa (Suggested Side: Canned Vegetable)

Meal 2: Buffalo Cauliflower Quinoa Casserole // Kale Salad (Suggested Side: Green Peas)

Meal 3: White Bean Chili (Suggested Side: Corn)

Meal 4: Couscous Salad // Fingerling Potatoes (Suggested Side: Bed of Greens)

Meal 5: Creamy Lentils // Kale Artichoke Saute (Suggested Side: Fingerling Potatoes)

Pantry

- | | | |
|---|---|---|
| <input type="checkbox"/> quinoa, 2 cups | <input type="checkbox"/> toasted sesame oil, 1 tsp | <input type="checkbox"/> great northern beans (15 oz)*, 1 can |
| <input type="checkbox"/> soy sauce, 3 Tbsp | <input type="checkbox"/> mustard, 1 tsp | <input type="checkbox"/> butter beans (15 oz)*, 1 can |
| <input type="checkbox"/> mirin (or rice vinegar), 2 Tbsp | <input type="checkbox"/> cornstarch, 1 tsp | <input type="checkbox"/> navy beans (15 oz)*, 1 can |
| <input type="checkbox"/> chickpeas (15 oz)*, 2 cans | <input type="checkbox"/> coconut milk (15 oz), 1 can + 1 can (2 cans total) | <input type="checkbox"/> green chilies (4 oz), 1 can |
| <input type="checkbox"/> olive oil, 1 Tbsp + 2 Tbsp + 1 Tbsp + 8 Tbsp + 1 Tbsp (13 Tbsp total) | <input type="checkbox"/> buffalo sauce (!), 1/2 cup | <input type="checkbox"/> lime juice, 2 Tbsp |
| <input type="checkbox"/> vegetable broth*, 6 Tbsp + 4 cups + 3 cups + 3 cups (10 cups + 6 Tbsp total) | <input type="checkbox"/> walnuts, 1 cup | <input type="checkbox"/> cooking spray |
| <input type="checkbox"/> tomato paste, 1 1/2 Tbsp | <input type="checkbox"/> balsamic vinegar, 4 Tbsp + 4 Tbsp (8 Tbsp total) | <input type="checkbox"/> couscous, 3 cups |
| <input type="checkbox"/> peanut butter, 1/2 Tbsp | <input type="checkbox"/> dijon mustard, 2 Tbsp | <input type="checkbox"/> kalamata olives, 1 jar |
| <input type="checkbox"/> rice vinegar, 1 Tbsp | <input type="checkbox"/> honey or maple syrup, 1 tsp | <input type="checkbox"/> dry green lentils, 1 cup |
| <input type="checkbox"/> coconut sugar, 4 tsp | <input type="checkbox"/> all-purpose flour (GF/DF), 1/4 cup | <input type="checkbox"/> artichoke hearts (15 oz), 1 can |
| <input type="checkbox"/> sriracha, 2 tsp | | |

Produce

- onion, 1 large + 1 large (2 total)
- blueberries, 1 cup
- fingerling potatoes, 2 lbs
- broccoli, 1 large crown
- green beans, 1 cup
- cherry tomatoes, 1 pint
- red bell pepper, 1 + 2 (3 total)
- parsnip, 1
- cucumber, 1
- garlic, 2 cloves + 3 cloves + 3 cloves (8 cloves total)
- radishes, 4
- red onion, 1
- green onion, 1
- green bell pepper, 1
- fresh herbs, 4 Tbsp
- kale, 1 lb + 1 cup (1 lb + 1 cup total)
- jalapeno (!), 1

Cold Case

- riced cauliflower (frozen), 24 oz

Spices

- ginger
- white pepper
- oregano
- pepper (meal 1 + meal 4 + meal 5)
- salt (meal 3 + meal 4 + meal 5)
- Italian seasoning*
- cumin

Optional Toppings

- vegan shredded cheese
- cilantro
- green onion
- nutritional yeast
- avocados

Suggested Sides

- canned vegetable
- canned corn
- 1 head lettuce or 5 oz spinach
- peas (frozen), 12 oz

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 in the Resources section on CrumbsUniversity.com.



WEEKLY MEAL PREP: OVERVIEW

Meal 1: General Tso's Chickpeas // Quinoa

- Chop the vegetables.

5 minutes

- Marinate the chickpeas.

2 minutes

- Make the quinoa.

25 minutes

Meal 2: Buffalo Cauliflower Quinoa Casserole // Kale Salad

- Make the quinoa (above).

- Make the Kale Salad's Balsamic Vinegar dressing.

1 minute

- Assemble the casserole.

3 minutes

Meal 3: White Bean Chili

- Chop the vegetables.

5 minutes

Meal 4: Couscous Salad // Roasted Fingerling Potatoes

- Cook the couscous.

20 minutes

- Slice the vegetables.

5 minutes

Meal 5: Creamy Lentils // Kale Artichoke Saute

- Chop the kale.

1 minute



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Quinoa

- 2 cups quinoa
- 2 cups water or broth (4 cups if making on stovetop)

Chickpeas

- 2 (15 oz) cans chickpeas
- 2 Tbsp mirin (or rice vinegar)
- 2 Tbsp soy sauce

General Tso's Sauce

- 6 Tbsp vegetable broth (1/4 cup + 2 Tbsp)
- 2 tsp sriracha or other chili sauce (!)
- 1 1/2 Tbsp tomato paste
- 1 tsp toasted sesame oil
- 1/2 Tbsp natural peanut butter
- 1 tsp prepared mustard (grainier and nuttier mustards are better; if using the bright yellow mustard, reduce to 1/2 tsp)
- 1 Tbsp soy sauce
- 1 tsp cornstarch
- 1 Tbsp rice vinegar
- 1/8 tsp freshly ground black pepper or white pepper
- 4 tsp coconut sugar

Kale Salad Balsamic Vinegar Dressing

- 4 Tbsp balsamic vinegar
- 1-2 Tbsp Dijon mustard
- 2 Tbsp olive oil
- 1 tsp honey or maple syrup (optional)

Couscous

- 3 cups couscous
- 3 cups vegetable broth

Dressing (meal 4)

- 4 Tbsp olive oil
- 4 Tbsp salt
- 4 Tbsp vinegar
- 1 Tbsp pepper

Vegetables

- 1 head broccoli
- 1 cucumber
- 3 red bell pepper
- 1 green bell pepper
- 1 parsnip
- 4 radishes
- 1 lb + 1 cup kale
- 4 Tbsp fresh chopped herb of your choice parsley, basil, cilantro, oregano (!), mint, etc.
- 1 green onion (+ 1 for optional topping)
- 2 onions
- 1 red onion
- 8 cloves garlic
- 1 jalapeno (!)

Buffalo Cauliflower Quinoa Casserole

- 24 oz frozen cauliflower rice
- 1 (15) oz can coconut milk
- ½ cup buffalo sauce
- quinoa (above)

Supplies

- 1 medium pot or an Instant Pot
- Cutting board and sharp knife
- Strainer
- Medium bowl with lid
- Bowl with lid
- Pan
- 9 x 11 baking dish

Step 1: Make 2 cups of quinoa.

If using the Instant Pot, add 2 cups of water and 2 cups of quinoa and set on manual for 1 minute. Quick release when it goes off.

If cooking on the stovetop, boil 4 cups of broth or water on high. When it is boiling add 2 cups of quinoa and cover. Set a timer for 15 minutes!

Step 2: Prep your chickpeas for Meal 1. Drain and rinse your chickpeas. Dump chickpeas into a medium sized bowl with a lid. Add the 2 Tbsp soy sauce and 2 Tbsp mirin to it and lid.

Step 3: Mix the the General Tso's sauce by whisking together in a bowl with a lid:

- 6 Tbsp vegetable broth (1/4 cup + 2 Tbsp)
- 1 1/2 Tbsp tomato paste
- 1/2 Tbsp natural peanut butter
- 1 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 4 tsp coconut sugar (or other sugar)
- 2 tsp sriracha or other chili sauce (!)
- 1 tsp toasted sesame oil
- 1 tsp prepared mustard (grainier and nuttier mustards are better; if using the bright yellow mustard, reduce to 1/2 tsp)
- 1 tsp cornstarch
- 1/8 tsp freshly ground black pepper or white pepper

Step 4: Prepare the Kale Salad Balsamic Vinegar Dressing by combining the ingredients in a jar and shaking well:

- 4 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 1–2 Tbsp Dijon mustard
- 1 tsp honey or maple syrup (optional)

Step 5: Place the 3 cups dry couscous in a dry pan over medium low heat. Toast the couscous, stirring frequently and keeping an eye on it as it can burn quickly, until golden brown for about 5 to 10 minutes. Take the pan off the heat and pour over the vegetable stock or water. Quickly place the lid on the pan. Allow to steam for 5 minutes. Remove the lid and rake a fork through the couscous to separate.

Step 6: Combine 4 Tbsp olive oil, 4 Tbsp vinegar, 4 Tbsp salt and 1 Tbsp pepper for dressing in a jar for Meal 4.

Step 7: Prep the Vegetables:

Broccoli

- Cut 1 head into florets for General Tso's Chickpeas

Cucumber

- Slice 1 for Couscous Salad

Red bell pepper

- Cut 1 into thin slices for General Tso's Chickpeas
- Cut 2 into slices for Couscous Salad

Green bell pepper

- Dice 1 for White Bean Chili

Parsnip

- Dice 1 for White Bean Chili

Radish

- Dice 4 for White Bean Chili

Kale

- Chop 1 lb into bite sized pieces for Kale Salad
- Chop 1 cup kale into small pieces for Kale Artichoke Saute

Fresh Herbs

- Mince 4 Tbsp of fresh herbs for Couscous Salad

What to cut last:

Green onion

- Cut 1 into garnish sized pieces for General Tso's Chickpeas
- Cut 1 into garnish sized pieces for optional topping on White Bean Chili

Onion

- Thinly slice 1 for General Tso's Chickpeas
- Dice 1 for White Bean Chili
- Slice 1 red onion for Couscous Salad

Garlic

- Mince 3 cloves for White Bean Chili
- Mince 2 cloves for General Tso's Chickpeas
- Mince 3 cloves for Kale Artichoke Saute

Jalapeno

- Dice 1 for White Bean Chili

Step 8: When the quinoa is done cooking, assemble your Buffalo Cauliflower Quinoa Casserole.

Add the reserved 2 cups cooked quinoa and riced cauliflower to a 9 x 11 baking dish.

In a separate bowl, beat together the 1 can of coconut milk and $\frac{1}{2}$ cup of buffalo sauce. Pour the wet ingredients over the quinoa and cauliflower and stir to combine. If desired, top with vegan cheese.

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

How to Store Your Meal Prep

Meal 1: General Tso's Chickpeas // Quinoa

- 2 cups cooked quinoa
- General Tso's sauce
- Chickpea marinade
- Broccoli, red bell pepper, and onion on top
- Green onion garnish

Meal 2: Buffalo Cauliflower Quinoa Casserole // Kale Salad

- Kale Salad Balsamic Vinegar Dressing
- Mixed casserole
- Kale

Meal 3: White Bean Chili

- Green bell pepper, parsnip, radish, garlic, jalapeno, and onion on top

Meal 4: Couscous Salad // Roasted Fingerling Potatoes

- Cooked couscous
- Dressing
- Sliced cucumber, red bell pepper, red onion, and herbs

Meal 5: Creamy Lentils // Kale Artichoke Saute

- Chopped kale



MAXIMIZING KITCHEN APPLIANCES

Meal 1: General Tso's Chickpeas // Quinoa

- Use an immersion blender for General Tso's sauce.
- Use a food processor to thinly slice the onion, red bell pepper, and green onion.
- Use an Instant Pot to make the quinoa.

Meal 2: Buffalo Cauliflower Quinoa Casserole // Kale Salad

- Use a food processor shredding disc or box grater to rice your own cauliflower.
- Use a food processor to chop your kale into bite sized pieces.

Meal 3: White Bean Chili

- Make the White Bean Chili the morning of, using your slow cooker, to let the flavors simmer all day.
- Use a food processor and shredding disc to dice the vegetables.

Meal 4: Couscous Salad // Roasted Fingerling Potatoes

- Use a food processor slicing disc to slice the vegetables.

Meal 5: Creamy Lentils // Kale Artichoke Saute

- Use a food processor slicing disc to chop the kale.



STEP-BY-STEP: MEAL 1

General Tso's Chickpeas // Quinoa

Suggested Side: Canned Vegetable

If desired, add a can of peas, green beans, or another vegetable to easily add more food to this dish. Just drain and dump near the end to heat it with the rest of the dish.

Mise en Place

Quinoa

- ✓ 2 cups quinoa (Doubled batch for Meal 2)
- ✓ 2 cups water or broth

Chickpeas

- ✓ 2 Tbsp soy sauce
- ✓ 2 (15 oz) cans chickpeas
- ✓ 2 Tbsp mirin (or rice vinegar)

General Tso's Stir-fry

- 1 Tbsp olive oil
- 1/2 tsp powdered ginger
- ✓ 1 large onion
- ✓ 2 cloves garlic minced
- ✓ 1 large broccoli crown
- ✓ 1 green onion
- ✓ 1 red bell pepper

General Tso's Sauce

- ✓ 6 Tbsp vegetable broth (1/4 cup + 2 Tbsp)
- ✓ 2 tsp sriracha or other chili sauce
- ✓ 1 and 1/2 Tbsp tomato paste
- ✓ 1 tsp toasted sesame oil
- ✓ 1/2 Tbsp natural peanut butter
- ✓ 1 tsp prepared mustard (grainier and nuttier mustards are better; if using the bright yellow mustard, reduce to 1/2 tsp)
- ✓ 1 Tbsp soy sauce
- ✓ 1 tsp cornstarch

✓ 1 Tbsp rice vinegar

✓ 1/8 tsp freshly ground black pepper or white pepper

✓ 4 tsp coconut sugar

Suggested Side

Canned Vegetable

Supplies

Instant Pot or medium saucepan

Cutting board and a sharp knife

Large bowl

Medium bowl

Large skillet

Step 1: Make the quinoa.

If using the Instant Pot, add 1 cup of water and 1 cup of quinoa and set on manual for 1 minute. Quick release when it goes off.

If cooking on the stovetop, boil 2 cups of broth or water on high. When it is boiling add 3 cups of quinoa and cover. Set a timer for 15 minutes!

Step 2: Rinse and drain your chickpeas. Stir together 2 Tbsp soy sauce and 2 Tbsp mirin in a bowl and add the chickpeas. Let sit while you prepare the stir fry.

Step 3: Heat 1 Tbsp olive oil in a large skillet over medium high heat.

Step 4: Thinly slice an onion and add to the oil first.

Step 5: Then, cut your broccoli into florets, bell pepper into strips, and mince garlic. Add to skillet with ½ tsp powdered ginger.

Step 6: Mix the the General Tso's sauce by whisking together:

- 6 Tbsp vegetable broth (1/4 cup + 2 Tbsp)
- 1 1/2 Tbsp tomato paste
- 1/2 Tbsp natural peanut butter
- 1 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 4 tsp coconut sugar
- 2 tsp sriracha or other chili sauce (!)
- 1 tsp toasted sesame oil
- 1 tsp prepared mustard (grainier and nuttier mustards are better; if using the bright yellow mustard, reduce to 1/2 tsp)
- 1 tsp cornstarch
- 1/8 tsp freshly ground black pepper or white pepper

Tip: If you made this in advance, you may need to whisk it again.

Step 7: Stir in General Tso's sauce. Drain the chickpeas and stir them in too. Cook for 2-3 more minutes, continuing to stir frequently, or until the mixture is hot throughout and the sauce has coated the chickpeas and vegetables. Add more soy sauce or chili sauce to taste.

Step 8: Add an additional can of vegetables to the stir-fry, if desired. Heat until warmed through.

Step 9: While it cooks, cut your green onion into desired size for garnish.

Step 10: Serve over the quinoa.

Step 11: Defrost your cauliflower for tomorrow night by moving it from the fridge to the freezer.



STEP-BY-STEP: MEAL 2

Buffalo Cauliflower Quinoa Casserole // Kale Salad

Suggested Side: Green Peas

I love adding a little extra green to the table!

Mise en Place

Casserole

- ✓ Reserved Quinoa from Meal 1
- 24 oz frozen riced cauliflower
- 1 (15 oz) can coconut milk

- ½ cup buffalo sauce (!)

Tip: If you have sensitive eaters, only use ¼ cup of buffalo sauce and serve the rest on the side for those who want more flavor to add it.

Optional Topping

- *vegan shredded cheese*

- *nutritional yeast*

Kale Salad

- ✓ 1 lb kale, chopped into bite-size pieces
- 1 cup fresh blueberries

- 1 cup walnuts, roughly chopped
- 1 cup green beans, steamed

Balsamic Vinaigrette Dressing

- ✓ 4 Tbsp balsamic vinegar
- ✓ 2 Tbsp olive oil

- ✓ 1-2 Tbsp Dijon mustard
- ✓ 1 tsp honey or maple syrup (optional)

Suggested Side

- *12 oz bag frozen peas*

- *1 cup water*

Supplies

- 9x11 baking dish
- Large bowl
- Jar with lid

Step 0: Move your cauliflower rice into the fridge from the freeze for it to defrost the night before.

Step 1: Preheat the oven to 425F.

Step 2: Add the reserved quinoa and defrosted riced cauliflower to a 9 x 11 baking dish.

Step 3: In a separate bowl, beat together the 1 can of coconut milk and ½ cup of buffalo sauce. Pour the wet ingredients over the quinoa and cauliflower and stir to combine. If desired, top with vegan cheese.

Step 4: Bake in the oven for 25 minutes until the cauliflower is cooked and most of the liquid has been absorbed. Set a timer!

Step 5: Steam the green beans for the salad, if desired, by boiling water and placing green beans on a steamer inside the pot. Cover and set a timer for 5 minutes.

Step 6: If desired as a side dish, cook the peas. Place frozen peas in 1 cup of water. Bring to a boil, then turn to low to keep warm until serving.

Step 7: If you haven't already, prepare the salad dressing by combining these ingredients in a jar and shaking well:

- 4 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 1–2 Tbsp Dijon mustard
- 1 tsp honey or maple syrup (optional)

Step 8: Chop your 1 lb of kale into bite sized pieces.

Step 9: Place the kale into a large bowl and pour the dressing over the kale. Using your hands, massage the dressing into the kale for 1-2 minutes.

Step 10: Top salad with the blueberries, walnuts, and green beans.

Step 11: Enjoy your casserole with salad on the side.



STEP-BY-STEP: MEAL 3

White Bean Chili

Suggested Side: Corn

Add a can of corn to this chili to enjoy more food. It's simple to dump and cook it!

Mise en Place

Chili

- 1 Tbsp olive oil
- 1 white onion
- 1 parsnip
- 4 radishes
- 1 green bell pepper
- 1 jalapeno (!)
- 3 garlic cloves
- 1 Tbsp cumin
- 1/4 cup all-purpose flour
- 4 cups vegetable broth
- 1 (15 oz) cans great northern beans
- 1 (15 oz) can butter beans
- 1 (15 oz) can navy beans
- 1 (4 oz) can chopped green chilies
- 1 (15 oz) can coconut milk
- 2 Tbsp white pepper (!)

Tip: Halve if you have sensitive eaters and serve it on the side on the table for anyone who wants more flavor!

Optional Toppings

- 1 bunch cilantro
- 1-4 avocados
- 2 Tbsp salt
- 1 lime to juice
- 1 green onion

Suggested Side

- 1 can corn

Supplies

- Stock pot
- Strainer
- Cutting board and a sharp knife

Step 1: Heat 1 Tbsp olive oil over medium in a large stock pot.

Step 2: Dice your onion and immediately add it to the pot. Then dice your parsnip, 4 radishes, and bell pepper, adding as you go. Turn up to medium high once all are added. Saute for 7-9 minutes so the vegetables are soft and onions translucent.

Step 3: Mince and add garlic and add 1 Tbsp cumin and stir. Mince your jalapeno last and add. Add a dash of salt.

Tip: Adding salt at multiple points during cooking enriches the flavor.

Step 4: Meanwhile, drain and rinse all 3 cans of beans.

Step 5: Next, once vegetables start to soften, add flour and toss until the vegetables are coated. Slowly add in vegetable stock, while stirring, and then add in beans and green chilies. If desired, drain and add a can of corn.

Step 6: Turn heat to high and bring to a boil. Once boiling, turn heat down to medium low and let simmer for 10-15 minutes.

Step 7: If desired, chop avocado and cilantro for garnish.

Step 8: When the timer goes off, stir in the can of coconut milk.

Tip: Adding coconut milk at the end prevents it from curdling quickly.

Step 9: Remove from heat and season with salt, pepper, and juice of 1 lime. Divide between serving bowls and garnish with avocado and cilantro.



STEP-BY-STEP: MEAL 4

Couscous Salad // Roasted Fingerling Potatoes

Suggested Side: Bed of Greens

To make your salad more filling or to ensure leftovers, serve over a bed of greens like romaine or butter lettuce, or spinach.

Mise en Place

Potatoes

- 2 lb fingerling potatoes (Half for Meal 5 suggested side dish)
- salt
- Cooking spray

Couscous Salad

- 3 cups dry couscous
- 3 cups vegetable stock or water
- 1 pint cherry tomatoes
- 3 (15 oz) cans chickpeas
- 2 red bell peppers
- 1 cucumber
- 1 jar sliced Kalamata olives
- 1 red onion
- 4 Tbsp fresh chopped herb of your choice parsley, basil, cilantro, oregano (!), mint, etc.

Dressing

- 8 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 4 Tbsp salt
- 1 Tbsp pepper

Suggested Side

- 1 head lettuce and/or 5 oz spinach

Supplies

- 2 baking sheets
- Pan
- 2 plates
- Cutting board and a sharp knife
- Large bowl
- Jar

Step 1: Preheat the oven to 425F.

Step 2: Slice your fingerling potatoes in half lengthwise. Place on baking sheets, spray with cooking spray, and sprinkle with salt. Place in the oven and set a timer for 25 minutes.

Step 3: Place the dry couscous in a dry pan over medium low heat. Toast the couscous, stirring frequently and keeping an eye on it as it can burn quickly, until golden brown for about 5 to 10 minutes.

Step 4: Meanwhile, halve your tomatoes by placing all of them between 2 plates and slicing them all at one time. Slice your bell pepper and cucumber. Slice 1 red onion.

Step 5: Take the pan off the heat and pour over the vegetable stock or water. Quickly place the lid on the pan. Allow to steam for 5 minutes. Remove the lid and rake a fork through the couscous to separate.

Step 6: Finish prepping vegetables, if needed, while the couscous steams.

Step 7: Transfer to a large bowl. You can serve this salad warm or allow the couscous to cool first. Toss with the chopped vegetables and 4 Tbsp fresh chopped herb of your choice parsley, basil, cilantro, oregano (!), or mint.

Step 8: Combine 4 Tbsp olive oil, 4 Tbsp vinegar, 4 Tbsp salt and 1 Tbsp pepper for dressing in a jar.

Step 9: If desired, make a bed of greens made up of spinach and/or lettuce for each person to serve the Couscous salad on. Serve with half of the roasted potatoes. Reserve the second half of potatoes for Meal 5.



STEP-BY-STEP: MEAL 5

Creamy Lentils // Kale Artichoke Saute

Suggested Side: Fingerling Potatoes

Serve the reserved potatoes from Meal 4 to fill up those plates!

Mise en Place

Creamy Lentils

- 1 cup dry green lentils
- 1/4 tsp dried oregano
- 1/8 tsp pepper
- 3 cups vegetable broth
- 2 tsp sea salt

Kale Artichoke Saute

- 1 Tbsp olive oil
- 1 cup chopped fresh kale
- 1 (15 oz) can artichoke hearts
- 3 garlic cloves
- 1/2 tsp Italian seasoning

Suggested Side

- Reserved Fingerling Potatoes*

Supplies

- Small saucepan
- 6 qt Stock pot
- Cutting board and a sharp knife

Step 1: If desired, for the suggested side dish, preheat the oven to 300F and place the reserved fingerling potatoes in the oven to warm for 20 minutes.

Step 2: Place 1 cup green lentils and 3 cups broth in a small saucepan on high. Add ½ tsp dried oregano, ⅛ tsp black pepper, and 1 tsp salt. Reduce heat when boiling to a medium simmer, covered, until lentils are tender and liquid is almost absorbed. Set a timer for 12 minutes. It may need an additional 3 minutes.

Step 3: In a 6 qt stockpot, heat 1 Tbsp olive oil over medium heat. Chop and add 1 cup of kale and 1 tsp salt and cover. Then chop artichoke hearts, mince garlic, and add to the large pot along with ½ tsp Italian seasoning; cook and stir for about 8 minutes.

Step 4: Serve lentils and kale artichoke saute with fingerling potatoes on the side, if desired.



RECIPE CARDS

Meal 1 Recipes

Instant Pot Quinoa



Find the original recipe here.

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!

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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General Tso's Chickpeas



Recipe inspired by *Yup It's Vegan*.

INGREDIENTS

For marinating the chickpeas:

1 Tbsp soy sauce (or tamari for GF)
1 Tbsp mirin (or dry sherry)
1 (15 oz) can cooked chickpeas, rinsed and drained

For the General Tso's sauce:

6 Tbsp low-sodium vegetable broth
1 1/2 Tbsp tomato paste
1/2 Tbsp natural peanut butter
1 Tbsp low-sodium soy sauce
1 Tbsp rice vinegar
4 tsp coconut sugar (or other sugar)
2 tsp sriracha or other chili sauce
1 tsp toasted sesame oil
1 tsp prepared mustard (grainier and nuttier mustards are better; if using the bright yellow

mustard, reduce to 1/2 tsp)

1 tsp cornstarch

1/8 tsp freshly ground black pepper

For the General Tso's chickpeas stir-fry:

1 Tbsp neutral oil (I used sunflower seed oil)

1/4 of a large onion (or 1 shallot), thinly sliced

1 large broccoli crown, cut into florets

1 red bell pepper, cut into thin strips

1 tsp minced ginger

2 cloves garlic minced

General Tso's sauce (above)

marinated chickpeas (above)

(optional) green onions, sesame seeds, and

fresh red onion, for serving

(optional) cooked rice, for serving

INSTRUCTIONS

Continued on the next card.

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General Tso's Chickpeas (continued)



Recipe inspired by *Yup It's Vegan*.

INSTRUCTIONS

1. For marinating the chickpeas: Stir together the soy sauce and mirin in a bowl and add the chickpeas. Let sit for 10 minutes (I do this first and let them marinate while I prepare the sauce and veggies).
2. For the sauce: Whisk together all of the sauce ingredients and set aside.
3. For the stir-fry: If you plan to garnish your dish with extra diced red onion, put the amount you want for garnish in a small bowl with cold water now. This will help to mellow out its flavor.
4. Heat oil in a large skillet over high heat. When the oil is hot, add the onion, stirring continuously.
5. Continuing to stir, add the broccoli, bell pepper strips, ginger, and garlic.
6. Stir in the General Tso's sauce. Drain the chickpeas and stir them in too. Cook for 1-2 more minutes, continuing to stir frequently, or until the mixture is hot throughout and the sauce has coated the chickpeas and vegetables. Add more soy sauce or chili sauce to taste.
7. Serve over rice if desired; garnish as desired with green onions, sesame seeds, and drained soaked red onion from above.

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Meal 2 Recipes

Buffalo Cauliflower Quinoa Casserole



Recipe inspired by Simply Quinoa.

INGREDIENTS

1 cup quinoa
3 cups cauliflower florets
1 1/2 cups almond milk
1/2 cup vegan unsweetened yogurt (I like coconut)
1/2 cup buffalo sauce
1 cup vegan shredded cheese (optional)

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Add the quinoa and cauliflower to a 10.5 x 7.5 baking dish.
3. In a separate bowl, beat together the wet ingredients. Pour the wet ingredients over the quinoa and cauliflower and stir to combine. If desired, top with vegan cheese.
4. Bake on the center rack for 45 minutes until the quinoa is cooked and most of the liquid has been absorbed. Serve immediately and top with your desired toppings (I like nutritional yeast and a touch more of buffalo sauce).

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Kale Salad with Blueberries, Walnuts, and Feta



Find the original recipe here.

INGREDIENTS

1 batch Balsamic Vinaigrette Dressing (recipe below)
1 lb kale, chopped into bite-size pieces
1 cup fresh blueberries
1 cup walnuts, roughly chopped
1 cup green beans, steamed
2-4 Tbsp feta cheese, crumbled
Balsamic Vinaigrette Dressing
4 Tbsp balsamic vinegar
2 Tbsp olive oil
1-2 Tbsp Dijon mustard
1 tsp honey or maple syrup (optional)

INSTRUCTIONS

1. Prepare the salad dressing by combining the ingredients in a jar and shaking well.
2. Place the kale into a large bowl and pour the dressing over the kale. Using your hands, massage the dressing into the kale for 1-2 minutes.
3. Top with the blueberries, walnuts, green beans, and feta and toss gently to combine.
4. Serve immediately, or as desired.

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Meal 3 Recipes

White Bean Chili



Recipe inspired by Vegetarian Ventures.

INGREDIENTS

1 Tbsp olive oil	1 4- ounce can chopped green chilies
1 white onion , diced	3/4 cup frozen corn
1 green bell pepper , diced small	2 cups warmed whole milk (use non-dairy if wanting to make the recipe vegan)
1 jalapeno , diced	Salt / Pepper , to taste
3 garlic cloves , minced	Lime juice , to taste
1 Tbsp cumin	garnish options: cilantro , avocado, tortilla chips, pickled jalapenos, radish slices, hot sauce
1/4 cup all-purpose flour	
4 cups low-sodium vegetable broth	
3 (15 oz) cans Great Northern beans , drained and rinsed	

INSTRUCTIONS

1. Heat olive oil over medium in a large stock pot.
2. Add onion, pepper, and jalapeno and saute for 7 to 10 minutes, or until the vegetables are soft and onions translucent.
3. Add garlic and cumin and saute for another 30 seconds.
4. Next, add flour and toss until the vegetables are coated. Slowly add in vegetable stock, while stirring, and then add in beans, green chilies, and corn.

Continued on next card.

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White Bean Chili (continued)



INSTRUCTIONS

5. Turn heat to medium-high and bring to a boil. Once boiling, turn heat down to medium-low and let simmer for 15 minutes.
6. Stir in warm milk and let simmer for another 2 minutes.
7. Remove from heat and season with salt, pepper, and lime juice. Divide between serving bowls and garnish before serving.

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Meal 4 Recipes

Fingerling Potatoes



Recipe inspired by The Kitchn.

INGREDIENTS

1 1/2 pounds fingerling potatoes
3 cloves garlic
2 Tbsp olive oil

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

INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat the oven to 400°F. Line a baking sheet with aluminum foil.
2. Cut 1 1/2 pounds fingerling potatoes in half lengthwise. Mince 3 cloves garlic. Add 2 Tbsp olive oil, 1 tsp kosher salt, and 1/2 tsp black pepper. Toss to combine, making sure the potatoes are evenly coated. Transfer to the baking sheet and arrange in a single layer cut-side down.
3. Roast until the potatoes are tender enough to easily be pierced with a fork, golden brown, and starting to shrivel slightly, flipping halfway through, 25 to 30 minutes total.

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Couscous Salad



Recipe inspired by the Crumbs Team.

INGREDIENTS

1 cup dry couscous
1 cup vegetable stock or water
1 cup quartered cherry tomatoes
1 (15 oz) can chickpeas, drained and rinsed
1/2 cup diced red pepper
1/2 cup diced cucumber
1/2 cup Mediterranean black olives, pitted and sliced (like Kalamata or Spanish)

1/4 cup diced red onion
2 Tbsp fresh chopped herb of your choice
parsley, basil, cilantro, oregano, mint, etc.
Optional Toppings:
Olive oil, to taste
Balsamic vinegar, to taste
Salt, to taste
Pepper, to taste

INSTRUCTIONS

1. Place the dry couscous in a dry pan over medium-low heat. Toast the couscous, stirring frequently and keeping an eye on it as it can burn quickly, until golden brown – 5 to 10 minutes.
2. Take the pan off the heat and pour over the vegetable stock or water. Quickly place the lid on the pan. Allow to steam for 5 minutes. Remove the lid and rake a fork through the couscous to separate.
3. Transfer to a large bowl. You can serve this salad warm or allow the couscous to cool first. Toss with the chopped vegetables and herb(s) of your choice. Serve with optional toppings on the side.

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Meal 5 Recipes

Creamy Lentils with Kale Artichoke Saute



Recipe inspired by Taste of Home.

INGREDIENTS

1/2 cup dried red lentils, rinsed and sorted
1/4 tsp dried oregano
1/8 tsp pepper
1-1/4 cups vegetable broth
1/4 tsp sea salt, divided
1 Tbsp olive oil or grapeseed oil

1 cups chopped fresh kale (about 12 oz)
1 (14 oz) can water-packed artichoke hearts,
drained and chopped
3 garlic cloves, minced
1/2 tsp Italian seasoning

INSTRUCTIONS

1. Place first 4 ingredients and 1/8 tsp salt in a small saucepan; bring to a boil. Reduce heat; simmer, covered, until lentils are tender and liquid is almost absorbed, 12-15 minutes. Remove from heat.
2. In a 6-qt. stockpot, heat oil over medium heat. Add kale and remaining salt; cook, covered, until kale is wilted, 4-5 minutes, stirring occasionally. Add artichoke hearts, garlic and Italian seasoning; cook and stir 3 minutes. Remove from heat; stir in cheese.
3. Serve lentils and kale mixture over rice.

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