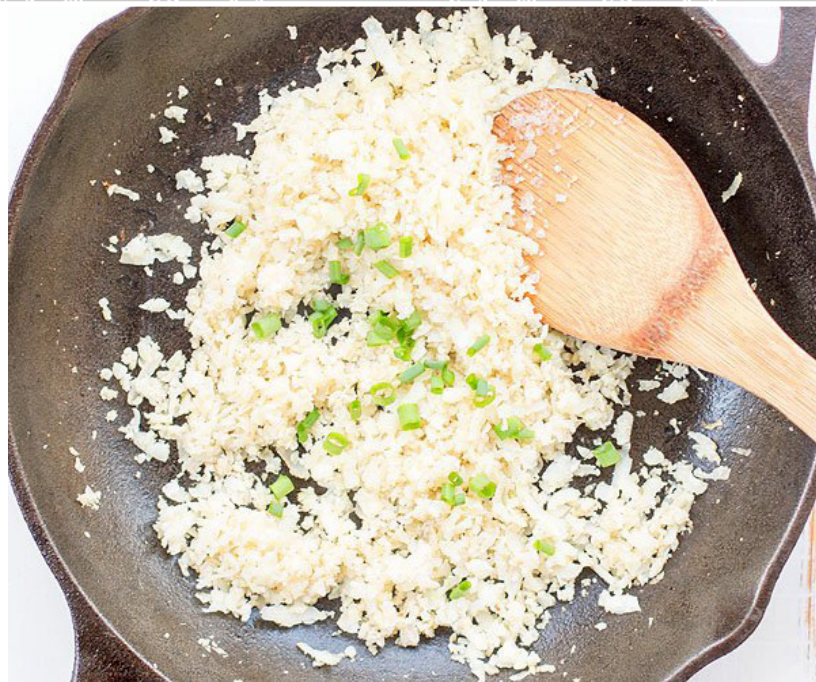




30 MINUTE DINNERS

VEGETARIAN MEAL PLAN 4

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!

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: Taco Dip

Suggested Side: Salsa Rice

Meal 2: Marinara White Beans

Suggested Side: Zoodles

Meal 3: Spinach and Artichoke Fettuccine

Suggested Side: Side Salad

Meal 4: Millet Bowl with Peas + Bell Pepper

Suggested Side: Edamame

Meal 5: Cauliflower Couscous with Leeks and Sun Dried Tomato

Suggested Side: Tofu

*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: Taco Dip (*Suggested Side: Salsa Rice*)

Meal 2: Marinara White Beans (*Suggested Side: Zoodles*)

Meal 3: Spinach and Artichoke Fettuccine (*Suggested Side: Side Salad*)

Meal 4: Millet Bowl with Peas + Bell Pepper (*Suggested Side: Edamame*)

Meal 5: Cauliflower Couscous with Leeks and Sun Dried Tomato (*Suggested Side: Tofu*)

Pantry

- | | | |
|---------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> taco sauce, 1/2 cup | <input type="checkbox"/> olive oil, 2 Tbsp + 2 Tbsp + 2 Tbsp + 2 Tbsp (8 Tbsp total) | <input type="checkbox"/> fettuccine, 12 oz |
| <input type="checkbox"/> refried beans* (15 oz), 2 cans | <input type="checkbox"/> marinara sauce*, 2 cups | <input type="checkbox"/> millet, 1 cup |
| <input type="checkbox"/> olives, 1/4 cup | <input type="checkbox"/> butter beans (15 oz), 2 cans | <input type="checkbox"/> chickpeas (15 oz)*, 2 cans |
| <input type="checkbox"/> green chiles, 1/4 cup (about 1 [4 oz] can) | <input type="checkbox"/> artichoke hearts (15 oz), 1 can | <input type="checkbox"/> honey, 4 tsp |
| <input type="checkbox"/> tortilla chips* | <input type="checkbox"/> vegetable broth*, 5 cups | <input type="checkbox"/> sun dried tomatoes, 7.5 oz |

Produce

- | | | |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> lettuce (any), 1 head | <input type="checkbox"/> onion (yellow), 1 | <input type="checkbox"/> snow peas, 1 cup |
| <input type="checkbox"/> tomato, 1 medium | <input type="checkbox"/> spinach (fresh or frozen), 5 oz | <input type="checkbox"/> bell pepper (red), 1 |
| <input type="checkbox"/> mushrooms, 8 oz + 8 oz (16 oz total) | <input type="checkbox"/> limes, 2 | <input type="checkbox"/> parsley, 2 Tbsp |
| <input type="checkbox"/> garlic, 2 cloves + 4 cloves + 4 cloves + 2 cloves (12 cloves total) | <input type="checkbox"/> onions (red), 2 large | <input type="checkbox"/> leeks, 3-4 |

Cold Case

- | | | |
|--------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> cream cheese, 8 oz (OR 1 15 oz can black beans if DF) | <input type="checkbox"/> sour cream, 1/2 cup | <input type="checkbox"/> cauliflower rice (frozen), 24 oz |
|--------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------|

Spices

- | | | |
|---------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------|
| <input type="checkbox"/> cumin | <input type="checkbox"/> basil | <input type="checkbox"/> oregano |
| <input type="checkbox"/> salt (meal 2 + meal 3 + meal 4 + meal 5) | <input type="checkbox"/> crushed red pepper (!) (meal 2 + meal 3) | <input type="checkbox"/> thyme |
| <input type="checkbox"/> pepper (meal 2 + meal 3 + meal 4 + meal 5) | | |

Optional Toppings

- | | | |
|--------------------------------------------------|-----------------------------------------------------------|-------------------------------------|
| <input type="checkbox"/> shredded cheddar cheese | <input type="checkbox"/> shredded mozzarella cheese, 4 oz | <input type="checkbox"/> feta, 3 oz |
|--------------------------------------------------|-----------------------------------------------------------|-------------------------------------|

Suggested Sides

- | | | |
|----------------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> chunky salsa, 1 1/2 cups | <input type="checkbox"/> salad mix, 5 oz | <input type="checkbox"/> dressing of choice |
| <input type="checkbox"/> rice, 2 cups | <input type="checkbox"/> cucumber, 1 | <input type="checkbox"/> edamame, 16 oz |
| <input type="checkbox"/> Zoodles Veggie Spirals (zucchini noodles)*, 12 oz | <input type="checkbox"/> cherry tomatoes, 1 pint | <input type="checkbox"/> firm tofu, 14 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: Taco Dip

- Chop the vegetables.
3 minutes
- Assemble the dish.
5 minutes
- Make the Salsa Rice.
20 minutes

Meal 2: Marinara White Beans

- Slice the mushrooms.
2 minutes

Meal 3: Spinach and Artichoke Fettuccine

- Slice the mushrooms.
2 minutes

Meal 4: Millet Bowl with Peas and Bell Pepper

- Chop the veggies.
2 minutes
- Cook the millet.
25 minutes

Meal 5: Cauliflower Couscous with Leeks and Sun Dried Tomato

- Slice the leeks.

2 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Millet

- 1 cup raw millet
- 3 cups water
- 1/4 tsp each salt + pepper
- 2 limes

Taco Dip

- 1 (8 oz) cream cheese OR 1 (15 oz) can black beans
- 1/2 cup sour cream
- 1/2 cup taco sauce
- 1 tsp ground cumin
- 2 (15 oz) cans refried beans
- 1 head lettuce
- 1 medium tomato, diced
- 1/4 cup ripe olives
- 1/4 cup green chiles (!)

Vegetables

- 1 tomato (above)
- 1/4 cup olives
- 16 oz mushrooms
- 1 red bell pepper
- 1 cup snow peas
- 1 head lettuce (above)
- 3-4 leeks
- 2 red onions
- 1 onion
- 12 cloves garlic
- 1/4 cup chiles

Suggested Side: Salsa Rice

- 4 cups water
- 1 1/2 cups chunky salsa
- 2 cups rice

Supplies

- (Instant) Pot
- Saucepan
- Cutting board and a sharp knife
- Mixing bowl
- 9x13" dish with lid

Step 1: If desired, make the Salsa Rice. In a pot, bring 3 cups of water and 1 ½ cup of salsa to a boil with a lid covered askew. Stir in rice, recover, and turn down 1 notch. Set a timer for 15 minutes.

Step 2: Add raw millet to a small saucepan over medium heat and toast 4-5 minutes, stirring occasionally, until millet is lightly browned and fragrant. Add 3 cups of water, 1/4 tsp kosher salt, freshly ground pepper, and zest of 2 limes, and bring the mixture to a boil over high heat. Lower the heat to a simmer, and cook, covered, for 15 minutes. Turn the heat off and let the cooked millet sit, covered, for 10 minutes.

Step 3: Prep the Vegetables:

Tomato

- Dice 1 large tomato for Taco Dip.

Olives

- Dice ¼ cup of olives for Taco Dip.

Mushrooms

- Slice 8 oz of mushrooms for Marinara White Beans.
- Slice 8 oz of mushrooms for Spinach and Artichoke Fettuccine.

Bell pepper

- Cube a red bell pepper into ¼ inch pieces for your Millet Bowl with Peas + Bell Pepper.

Snow peas

- Slice 1 cup thinly for your Millet Bowl with Peas + Bell Pepper.

Lettuce

- Shred 1 head of lettuce for Taco Dip.

Leeks

- Thinly slice the white and light green part leeks (closer to the root) for Cauliflower Couscous with Leeks and Sun Dried Tomato.

What to cut last:

Red Onion

Slice 2 red onions for your Millet Bowl with Peas + Bell Pepper.

Onion

- Slice 1 onion for Spinach and Artichoke Fettuccine.

Garlic

- Mince 2 cloves of garlic for the Marinara White Beans.
- Mince 4 cloves of garlic for Spinach and Artichoke Fettuccine.
- Mince 4 cloves of garlic for your Millet Bowl with Peas + Bell Pepper.
- Mince 2 cloves of garlic for Cauliflower Couscous.

Chiles

- Dice ¼ cup chiles for Taco Dip.

Step 4: When the rice timer goes off, stir, remove from the heat, keep covered and let stand for 5 minutes.

Step 5: Assemble your Taco Dip. In a large bowl, beat cream cheese and sour cream until smooth. Stir in taco sauce and cumin; set aside.

Tip: If dairy free, sub a can of mashed black beans for the cream cheese layer.

Step 6: Spread the refried beans over the bottom on a serving platter or 13x9" dish. Spread cream cheese mixture over the beans, leaving about 1" uncovered around the edges.

Step 7: Top layer with lettuce, tomato, olives, chiles, and cheese, if desired.

Tip: If you aren't eating this tomorrow, wait to add Step 6 until the day of so that the veggies don't get soggy.

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

How to Store Your Meal Prep

Meal 1: Taco Dip

- Taco Dip
- Salsa Rice

Meal 2: Marinara White Beans

- Mushrooms + garlic

Meal 3: Spinach and Artichoke Fettuccine

- Mushrooms

Meal 4: Millet Bowl with Peas + Bell Pepper

- 2 cups cooked millet
- Red onion, bell pepper, snow peas, + garlic

Meal 5: Cauliflower Couscous with Leeks and Sun Dried Tomato

- Garlic
- Leeks



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Taco Dip

- Use your Instant Pot to make the Salsa Rice by cooking 2 cups rice and 2 cups water for 4 minutes on manual. Quick release. Add the salsa after it cooks.

Note: Tomato and high pressure in the IP don't mix well. If you add the salsa before, it will likely start to heat up and give you an error message.

Meal 2: Marinara White Beans

- Use your spiralizer or julienne peeler to make Zoodles with whole zucchinis.
- Use your food processor to slice the mushrooms.

Meal 3: Spinach and Artichoke Fettuccine

- Use your food processor to slice the mushrooms.

Meal 4: Millet Bowl with Peas + Bell Pepper

- Use your food processor to slice the red onion and bell pepper.
- Use your Instant Pot to saute the millet for 4 minutes and then set it to manual for 10 minutes with 1 $\frac{3}{4}$ cups of water to cook. Finish with a natural release.

Meal 5: Cauliflower Couscous with Leeks and Sun Dried Tomato

- Use your food processor slicing disk to thinly slice leeks.



STEP-BY-STEP: MEAL 1

Taco Dip

Suggested Side: Salsa Rice

Give your rice a mexican flavor by cooking it in your family's favorite salsa!

Mise en Place

Taco Dip

- ✓ 1 (8 oz) cream cheese OR 1 (15 oz) can black beans
- ✓ 1/2 cup sour cream
- ✓ 1/2 cup taco sauce
- ✓ 1 tsp ground cumin
- ✓ 2 (15 oz) cans refried beans
- ✓ 1 head lettuce
- ✓ 1 medium tomato, diced
- ✓ 1/4 cup ripe olives
- ✓ 1/4 cup green chiles
- Tortilla chips

Optional Topping

- 1 cup shredded cheddar cheese

Suggested Side

- ✓ 4 cups water
- ✓ 1 1/2 cups chunky salsa
- ✓ 2 cups rice

Supplies

- (Instant) Pot
- Large bowl
- 9x13" dish
- Cutting board and a sharp knife

Step 1: In a pot, bring 3 cups of water and 1 ½ cup of salsa to a boil. Stir in rice, cover and cook for 15 minutes. Set a timer! Remove from the heat, stir, let stand for 5 minutes.

Step 2: Meanwhile, in a large bowl, beat cream cheese and sour cream until smooth. Stir in taco sauce and cumin; set aside.

Tip: If dairy free, sub a can of mashed black beans for the cream cheese layer.

Step 3: Spread the refried beans over the bottom on a serving platter or 13x9" dish. Spread cream cheese mixture over the beans, leaving about 1" uncovered around the edges.

Step 4: Shred lettuce. Dice tomato, olives, and chilies.

Step 5: Top layer with lettuce, cheese, tomato, olives and chiles. Serve with tortilla chips with rice on the side, if desired.



STEP-BY-STEP: MEAL 2

Marinara White Beans

Suggested Side: Zoodles

Simply saute for 8-10 minutes and serve under or on the side!

Mise en Place

Marinara White Beans

- 8 oz mushrooms
- 2 Tbsp olive oil
- 1 pinch salt and pepper
- 2 cloves garlic
- 2 cups marinara
- 2 (15 oz) cans butter beans
- 1/2 tsp dried basil
- 1 pinch crushed red pepper (!)

Optional Topping

- 4 oz shredded mozzarella cheese

Suggested Side

- 12 oz frozen Zoodles Veggie Spirals*
- 1 Tbsp olive oil
- 1 tsp salt

Supplies

- Large skillet
- Cutting board and a sharp knife
- Pan

Step 1: Preheat the oven to 400F.

Step 2: Heat 2 Tbsp olive oil in a large skillet.

Step 3: Wash and slice the mushrooms. Add the mushrooms to the olive oil. Mince the garlic.

Step 4: If desired, warm 1 Tbsp olive in a pan on medium heat. Add Zoodles and cover. Set a timer for 5 minutes.

Step 5: Drain and rinse the butter beans. Add the garlic to the skillet with the mushrooms and sauté for 2 minutes more. Then, add 2 cups marinara, ½ tsp basil, and 1 pinch red pepper flakes to the skillet. Stir everything to combine, then allow it to heat through, stirring occasionally.

Step 6: If desired, flip the Zoodles, add 1 tsp salt, and set a timer for 3-5 minutes to check on them.

Step 7: If desired, while the skillet is cooking, shred the mozzarella. Top the skillet with the mozzarella, then cover the skillet with foil. Transfer the skillet to the oven and bake for 5-7 minutes, or until the cheese is melted.

Step 8: Once the cheese has melted, remove the foil, switch the oven to broil, and broil the skillet for a few minutes more to brown the cheese (watch closely, as browning can happen quickly with the broiler).

Step 9: Enjoy hot, on top of zoodles, if desired.



STEP-BY-STEP: MEAL 3

Spinach and Artichoke Fettuccine

Suggested Side: Side Salad

While the pasta cooks, assemble a simple side salad with your favorite dressing.

Mise en Place

Spinach and Artichoke Fettuccine

- ✓ 8 oz mushrooms
- ✓ 4 cloves garlic
- ✓ 1 yellow onion
- 1 (15 oz) can artichoke hearts
- 5 cups vegetable broth
- 2 Tbsp olive oil
- 12 oz fettuccine
- 1 Tbsp salt
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- freshly cracked black pepper
- 4 oz fresh or frozen spinach
- 1 pinch crushed red pepper (!)

Suggested Side: Salad

- 5 oz salad mix
- 1 cucumber
- 1 pint cherry tomatoes
- 1 dressing

Optional Topping:

- 3 oz feta

Supplies

- Medium pot
- Cutting board and a sharp knife
- Salad bowl

Step 1: Heat 2 Tbsp olive oil in a medium pot.

Step 2: Thinly slice onion, mince, the garlic, and slice the mushroom, adding to the oil as you chop. Add 1 Tbsp salt. Cover and let saute for 8 minutes. Set a timer!

Step 3: Drain the can of artichoke hearts and roughly chop them into bite-sized pieces. Add to the pot. When the timer goes off, add 5 cups of broth and turn it on high to boil. If you're waiting, start your side salad if desired.

Step 4: When it reaches a boil, break the fettuccine in half and add it to the pot along with the 1 tsp oregano, ½ tsp thyme, and some freshly cracked pepper (10-15 cranks of a pepper mill). Push the ingredients down under the broth as much as possible and stir before lidding. Then, turn the heat down to low so that the pot is simmering. Allow the pot to simmer, with the lid on, stirring every couple of minutes, for 10 minutes. Set a timer!

Step 5: If desired, finish assembling your Side Salad now.

Step 6: When the timer goes off, add the 4 oz of spinach and stir it into the pasta, allowing the heat to wilt the spinach (if using frozen, stir until the heat has thawed the spinach). Set a timer for 3 minutes to check on it but it may take up to 5 to wilt.

Step 7: Before serving, add a pinch of red pepper flakes.



STEP-BY-STEP: MEAL 4

Millet Bowl with Peas + Bell Pepper

Suggested Side: Edamame

Buy a 16 oz bag of shelled Edamame (AKA in a pod) and simply boil water to cook for approximately 3 minutes covered in a rolling boil.

Mise en Place

Millet Bowl

- 1 cup raw millet
- 3 cups water
- salt
- pepper
- zest of 2 limes, finely grated
- 2 Tbsp extra virgin olive oil
- 2 (15 oz) can chickpeas
- 2 large red onions
- 4 cloves garlic, minced
- 1 cup snow peas
- 1 red bell pepper
- juice of 2 lime, strained
- 4 tsp honey (or 2 tsp pure maple syrup, for vegan)
- 2 Tbsp parsley

Suggested Side

- 16 oz frozen shelled edamame
- water

Supplies

- Saucepan
- Large skillet
- Cutting board and a sharp knife
- Strainer
- Medium pot

Step 1: Add raw millet to a small saucepan over medium heat and toast 4-5 minutes, stirring occasionally, until millet is lightly browned and fragrant. Set a timer!

Step 2: While the millet cooks, 2 Tbsp of olive oil in a large skillet over medium high heat. Thinly slice 2 red onions and add to the pan. Drain and rinse your chickpeas and add to the pan.

Step 3: When the timer goes off, turn the millet to high and add 3 cups of water, 1/2 tsp salt, freshly ground pepper, and the zest of 2 times, and bring the mixture to a boil.

Step 4: If desired, boil 3 cups of water for the suggested side of Edamame.

Step 5: Meanwhile, stir the onions and chickpeas. Then mince the garlic, slice your snow peas lengthwise and cube the red pepper into 1/4 inch pieces. Add immediately to the pan as you go, stir, and recover askew.

Step 6: When water is boiling, put edamame in the water and set a timer for 3 minutes to cook.

Step 7: When the millet is at a boil, lower the heat to a simmer, and cook, covered, for 15 minutes. Set a timer! Turn the heat off and let the cooked millet sit, covered, for about 5 minutes. When you remove the lid, the liquid should be completely absorbed. Fluff the cooked millet gently by running a fork through it and mixing.

Step 8: Finish cutting any veggies and add to the pan. Then, in a large mixing bowl, whisk together juice of 2 limes and 4 Tbsp honey. Add cooked millet and cooked chickpea and vegetable mixture to the mixing bowl and toss everything together, being sure to coat everything evenly with the honey-lime mixture. Garnish with parsley and enjoy with Edamame if desired.

Step 9: Defrost the cauliflower rice for Meal 5 by placing it in the fridge.



STEP-BY-STEP: MEAL 5

Cauliflower Couscous with Leeks and Sun Dried Tomato

Suggested Side: Tofu

Serve this dish with firm tofu mixed in or on the side. If tofu isn't your thing, you can also rinse and drain a can of your favorite beans and add them in.

Mise en Place

Cauliflower Couscous

- 2 Tbsp olive oil
- 24 oz frozen cauliflower rice
- 7.5 oz sun dried tomatoes
- 2 cloves of garlic, minced
- 3-4 leeks thinly sliced leeks
- Salt + pepper

Suggested Side

- 14 oz firm tofu

Supplies

- Large skillet
- Cutting board and a sharp knife

Step 0: Defrost the cauliflower rice by putting it in the fridge the night before or morning of.

Step 1: Set sun dried tomatoes in water to soak for at least 10 minutes. (Might take up to 20).

Step 2: Heat 2 Tbsp olive oil in a large skillet on medium.

Step 3: Mince the garlic and add to the olive oil. Then, thinly slice the white and light green part leeks (closer to the root) and add. Stir and set a timer for 5 minutes to saute.

Tip: Leeks typically have dirt between the layers so you will need to give it an extra good wash.

Tip: Save the top dark green parts of the leek to put in the last half hour of making broth to give it some extra oniony flavor!

Step 4: Cut a slit in the defrosted cauliflower and squeeze the liquid out of the bag, being careful to not lose any pieces down the drain. Repeat.

Step 5: When the timer goes off, turn the burner up to medium high and add the drained cauliflower. Add at least 1 tsp salt and 1 tsp pepper. Continue to stir.

Step 6: If desired, thinly slice the tofu and stir into the dish.

Step 7: Add the sun dried tomatoes into the skillet when the cauliflower starts to brown. Continue to stir frequently so it doesn't burn, for 2-3 minutes.

Tip: Cooking the cauliflower rice at a higher temp keeps it from getting mushy.



RECIPE CARDS

Meal 1 Recipes

Creamy Taco Dip



Recipe inspired by Taste of Home.

INGREDIENTS

1 package (8 oz) fat-free cream cheese, softened
1/2 cup fat-free sour cream
1/2 cup taco sauce
1 tsp ground cumin
1 can (15 oz) fat-free refried beans

1 cup shredded lettuce
1 cup shredded fat-free cheddar cheese
1 medium tomato, diced
1/4 cup chopped ripe olives
1/4 cup chopped green chiles
Tortilla chips

INSTRUCTIONS

1. In a large bowl, beat cream cheese and sour cream until smooth. Stir in taco sauce and cumin; set aside.
2. Spread the refried beans over the bottom on a serving platter or 13x9-in. dish. Spread cream cheese mixture over the beans, leaving about 1 in. uncovered around the edges. Top layer with lettuce, cheese, tomato, olives and chiles. Serve with tortilla chips.

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Salsa Rice



Recipe inspired by Taste of Home.

INGREDIENTS

1-1/2 cups water

1-1/2 cups chunky salsa

2 cups uncooked instant rice

INSTRUCTIONS

1. In a saucepan, bring water and salsa to a boil. Stir in rice. Remove from the heat; cover and let stand for 5 minutes. Stir in cheese; cover and let stand for 30 seconds or until cheese is melted.

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Meal 2 Recipes

Marinara White Beans



Recipe inspired by Budget Bytes.

INGREDIENTS

8 oz mushrooms	2 (15 oz) cans butter beans
2 Tbsp olive oil	1/2 tsp dried basil
1 pinch salt and pepper	1 pinch crushed red pepper
2 cloves garlic	4 oz mozzarella
2 cups marinara	

INSTRUCTIONS

1. Preheat the oven to 400F. Wash and slice the mushrooms. Add the mushrooms, olive oil, and a pinch of salt and pepper to a deep skillet. Sauté the mushrooms until they have wilted and all the moisture in the skillet has evaporated.
2. While the mushrooms are sautéing, mince the garlic, drain and rinse the butter beans. Add the garlic to the skillet with the mushrooms and sauté for 2 minutes more.
3. Add the rinsed butter beans, marinara, basil, and red pepper to the skillet. Stir everything to combine, then allow it to heat through, stirring occasionally.

Recipe continues on the next card.

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Marinara White Beans (continued)



Recipe inspired by Budget Bytes.

INSTRUCTIONS

4. While the skillet is heating through, shred the mozzarella. Top the skillet with the mozzarella, then cover the skillet with foil. Transfer the skillet to the oven* and bake for 5-7 minutes, or until the cheese is melted.
5. Once the cheese has melted, remove the foil, switch the oven to broil, and broil the skillet for a few minutes more to brown the cheese (watch closely, as browning can happen quickly with the broiler). Serve hot, with garlic bread for dipping!

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Meal 3 Recipes

Spinach Artichoke Wonderpot



Recipe inspired by Budget Bytes.

INGREDIENTS

8 oz mushrooms	1 tsp dried oregano
1 (13 oz) can artichoke hearts	1/2 tsp dried thyme
4 cloves garlic	freshly cracked black pepper
1 yellow onion	4 oz fresh or frozen spinach
5 cups vegetable broth	1 pinch crushed red pepper (!)
2 Tbsp olive oil	3 oz feta (optional)
12 oz fettuccine	

INSTRUCTIONS

1. Rinse the mushrooms to remove any dirt or debris, then slice them thinly. Drain the can of artichoke hearts and roughly chop them into bite-sized pieces. Thinly slice the onion and garlic (you can mince the garlic and dice the onion if you don't like large pieces).
2. Place the vegetable broth, olive oil, mushrooms, artichoke hearts, onions, and garlic in a large pot. Break the fettuccine in half and add it to the pot along with the oregano, thyme, and some freshly cracked pepper (10-15 cranks of a pepper mill). Push the ingredients down under the broth as much as possible. Place a lid on the pot and bring it up to a rolling boil over high heat.

Recipe continues on the next card.

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Spinach Artichoke Wonderpot (continued)



Recipe inspired by Budget Bytes.

INSTRUCTIONS

3. As soon as it reaches a boil, stir the pot to evenly distribute the ingredients and prevent the pasta from sticking. Turn the heat down to low so that the pot is simmering. Allow the pot to simmer, with the lid on, stirring every couple of minutes, for 10-15 minutes, or until the pasta is tender and most of the liquid has been absorbed. Make sure the broth is simmering the entire time, turning the heat up slightly, if needed, to maintain a simmer.
4. Once the pasta is cooked through, add the spinach and stir it into the pasta, allowing the heat to wilt the spinach (if using frozen, stir until the heat has thawed the spinach).
5. Serve the pasta hot with a pinch of crushed red pepper and some crumbled feta on top, if desired).

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Meal 4 Recipes

Millet Bowl with Peas and Bell Pepper



Recipe inspired by Buzzfeed.

INGREDIENTS

1/2 cup raw millet	2 cloves garlic, minced
1 1/2 cups water	1/2 cup snow peas, trimmed and finely sliced, lengthwise
Kosher salt	1/2 large red bell pepper, cut in 1/4-inch pieces
Freshly ground pepper	Juice of 1 lime, strained
Zest of 1 lime, finely grated	2 tsp honey (or 2 tsp pure maple syrup, for vegan)
2 Tbsp extra virgin olive oil, divided	1 Tbsp parsley, chopped
1 (15 oz) can chickpeas, rinsed and drained	
1 large red onion, thinly sliced	

INSTRUCTIONS

1. To prepare the millet: Add raw millet to a small saucepan over medium heat and toast 4-5 minutes, stirring occasionally, until millet is lightly browned and fragrant. Add water, 1/4 tsp kosher salt, freshly ground pepper, and lime zest, and bring the mixture to a boil over high heat. Lower the heat to a simmer, and cook, covered, for 15 minutes. Turn the heat off and let the cooked millet sit, covered, for 10 minutes. (Meanwhile, prepare your chickpeas and vegetables, as below.) When you remove the lid, the liquid should be completely absorbed. Fluff the cooked millet gently by running a fork through it and mixing. Cool and refrigerate 1/2 cup of millet and reserve it for the tarragon falafel (recipe below).
Recipe continues on the next card.

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Millet Bowl with Peas and Bell Pepper (continued)



Recipe inspired by Buzzfeed.

INSTRUCTIONS

2. As the millet cooks, heat the remaining Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the drained chickpeas and red onion to the pan. Cook, shaking the pan often, until the chickpeas are starting to brown, about 2 minutes. Add the minced garlic, sliced snow peas and cubed red pepper and cook, shaking the pan often, until the vegetables are slightly cooked and the garlic is fragrant, about 3 minutes.
3. In a large mixing bowl, whisk together lime juice and honey. Add cooked millet and cooked chickpea-vegetable mixture to the mixing bowl and toss everything together, being sure to coat everything evenly with the honey-lime mixture.
4. Divide between two bowls, garnish with the chopped parsley, and serve.

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Meal 5 Recipes

Cauliflower Couscous



Recipe inspired by A House in the Hills.

INGREDIENTS

1 cup sun-dried tomatoes

4 heaping cups of cauliflower "cous cous"

2 cloves of garlic, minced

1 Tbsp grape seed oil

1 cup thinly sliced leeks

sea salt and fresh cracked black pepper

INSTRUCTIONS

1. Soak sun-dried tomatoes in water to rehydrate
2. Pulse cauliflower in food processor until it takes on the consistency and texture of cous cous
3. Sauté garlic and leeks in grape seed oil in a cast iron skillet (or frying pan) over medium/low heat for a few minutes
4. Drain and chop sundried tomatoes into small pieces and add to skillet. continue to cook until the leeks are soft
5. Add cauliflower "cous cous" and cook until warmed through and softened (don't overcook or it will get mushy)
6. Season with sea salt and fresh cracked black pepper to taste

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PERSONAL NOTES
