



30 MINUTE DINNERS

VEGAN 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!

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THE MEAL PLAN

Meal 1: Chickpea Curry // Rice

Suggested Side: Avocado

Meal 2: Easy Paella // Homemade Biscuits

Suggested Side: Olives

Meal 3: Garlic Lime Cashew Zoodles // Roasted Potatoes

Suggested Side: Matchstix Carrots

Meal 4: Pearl Barley Soup // Homemade Biscuits

Suggested Side: Side Salad

Meal 5: Cauliflower Fried Rice // Black Beans

Suggested Side: Side Salad

*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: Chickpea Curry // Rice (Suggested Side: Avocado)

Meal 2: Easy Paella // Homemade Biscuits (Suggested Side: Olives)

Meal 3: Garlic Lime Cashew Zoodles // Roasted Potatoes (Suggested Side: Matchstix Carrots)

Meal 4: Pearl Barley Soup // Homemade Biscuits (Suggested Side: Side Salad)

Meal 5: Cauliflower Fried Rice // Black Beans (Suggested Side: Side Salad)

Pantry

- | | | |
|---|---|---|
| <input type="checkbox"/> coconut oil, 2 Tbsp + 14 Tbsp + 2 Tbsp (18 Tbsp total) | <input type="checkbox"/> vegetable broth, 1/2 cup + 4 cups (4 1/2 cups total) | <input type="checkbox"/> peanut butter, 4 Tbsp |
| <input type="checkbox"/> red curry paste (!), 2 Tbsp | <input type="checkbox"/> marinated artichoke hearts (15 oz), 1 jar | <input type="checkbox"/> hoisin sauce, 1 Tbsp |
| <input type="checkbox"/> mushrooms (12 oz sliced), 1 can | <input type="checkbox"/> green or kalamata olives (6 oz), 1 jar | <input type="checkbox"/> sriracha (!), 1 Tbsp |
| <input type="checkbox"/> chickpeas (15 oz), 1 can | <input type="checkbox"/> peppadew or banna peppers (14 oz), 1 jar | <input type="checkbox"/> soy sauce, 2 tsp + 2 Tbsp (2 Tbsp + 2 tsp total) |
| <input type="checkbox"/> coconut milk (14 oz), 1 can | <input type="checkbox"/> almonds, 1 cup | <input type="checkbox"/> pearl barley (the hulled kind which cooks faster), 1 cup |
| <input type="checkbox"/> rice, 1 + 1 (2 cups total) | <input type="checkbox"/> pickled onions (16 oz), 1 jar | <input type="checkbox"/> tomatoes (14 oz diced), 1 can |
| <input type="checkbox"/> flour, 4 cups | <input type="checkbox"/> olive oil, 4 Tbsp + 2 Tbsp (6 Tbsp total) | <input type="checkbox"/> lemon juice, 2 Tbsp |
| <input type="checkbox"/> baking powder, 1 1/3 Tbsp | <input type="checkbox"/> cashews, 1 1/2 cups | <input type="checkbox"/> black beans (15 oz), 2 cans |

Produce		
<input type="checkbox"/> onion, 1 yellow + 1 yellow + 1 (3 total)	<input type="checkbox"/> green onions, 3 + 2 (5 total)	<input type="checkbox"/> zoodles (fresh or frozen veggie spirals), 24 oz
<input type="checkbox"/> garlic, 4 cloves + 2 cloves + 4 cloves + 4 cloves (18 cloves total)	<input type="checkbox"/> cilantro, 1/2 bunch + 1 bunch (1 1/2 bunches total)	<input type="checkbox"/> bell pepper (red), 1
<input type="checkbox"/> ginger, 1" piece	<input type="checkbox"/> potatoes (russet), 2 lbs + 1 lb (3 lbs total)	<input type="checkbox"/> broccoli, 1 head
<input type="checkbox"/> lime, 1/2 + 1/2 (1 total)		
Cold Case		
<input type="checkbox"/> sugar snap peas (frozen), 12 oz	<input type="checkbox"/> mixed vegetables (frozen corn, peas, carrots, and green beans are best), 12 oz	<input type="checkbox"/> peas (frozen), 8 oz
<input type="checkbox"/> nut milk, 1 1/2 cups	<input type="checkbox"/> spinach (Frozen), 8 oz	<input type="checkbox"/> cauliflower rice (frozen)*, 16 oz
Spices		
<input type="checkbox"/> curry powder	<input type="checkbox"/> turmeric	<input type="checkbox"/> parsley
<input type="checkbox"/> garam masala	<input type="checkbox"/> saffron (optional)	<input type="checkbox"/> red pepper flakes (!)
<input type="checkbox"/> salt, meal 1 + meal 2 + meal 4	<input type="checkbox"/> Italian seasoning*	<input type="checkbox"/> bay leaf
<input type="checkbox"/> pepper, meal 1 + meal 4	<input type="checkbox"/> paprika	
Suggested Sides		
<input type="checkbox"/> avocados, 1-4	<input type="checkbox"/> spring mix, 5 oz	<input type="checkbox"/> cherry tomatoes, 1 pint
<input type="checkbox"/> green or kalamata olives, 1 jar	<input type="checkbox"/> butter lettuce, 1 head	<input type="checkbox"/> dressing of choice
<input type="checkbox"/> matchstix carrots, 10 oz	<input type="checkbox"/> cucumbers, 2	

- 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: Chickpea Curry // Rice

- Chop the vegetables.
2 minutes
- Cook the Rice.
20-25 minutes

Meal 2: Easy Paella // Homemade Biscuits

- Combine the dry biscuit ingredients.
2 minutes
- Mince the garlic.
1 minute
- Cook the rice (above).

Meal 3: Garlic Lime Cashew Zoodles // Roasted Potatoes

- Cube the potatoes.
4 minutes
- Mince the garlic.
1 minute

Meal 4: Pearl Barley Soup // Homemade Biscuits

- Cook the barley.
30 minutes
- Chop the vegetables.
5 minutes
- Combine the dry biscuit ingredients (above).

Meal 5: Cauliflower Fried Rice // Black Beans

- Chop the vegetables.
3 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Barley

- 3 cups water
- 1 cup pearl barley

Rice

- 4 cups water
- 2 cups rice

Biscuit Dry Ingredients (Doubled batch)

- 4 cups flour
- 1 1/2 tsp salt
- 1 1/3 Tbsp baking powder

Vegetables

- 3 lb potatoes
- 6 green onion stalks
- 1 red bell pepper
- 3 yellow onions
- 1 head broccoli
- 14 cloves garlic
- 2 stalks celery

Supplies

- (Instant) Pot
- Bowl with lid
- Medium pot
- Cutting board and a sharp knife

Step 1: Turn 2 burners to high. Boil 4 cups of water for rice in a medium pot and 3 cups of water for pearl barley. Cover both askew.

Step 2: Combine in a bowl the dry biscuit ingredients:

- 4 cups flour
- 1 1/3 Tbsp baking powder
- 1 1/2 tsp salt

Cover with a lid.

Step 3: When the waters boil, add 2 cups of rice to 4 cups of water and add 1 cup of barley to 3 cups. Recover askew and turn down 1-2 notches so they don't boil over. Set the rice timer for 15 minutes and set the pearl barley timer for 25 minutes.

Step 4: Prep the Vegetables:

Potatoes

- Cube 2 lbs potatoes for Roasted Potatoes.
- Cube 1 lb potatoes for Pearl Barley Soup.

Red Bell Pepper

- Thinly slice 1 for Cauliflower Fried Rice.

Broccoli

- Cut 1 head into small florets for Cauliflower Fried Rice.

Celery

- Slice 2 stalks for Pearl Barley Soup.

What to cut last:

Green onion

- Slice 4 stalks for Chickpea Curry.
- Slice 2 stalks for Cauliflower Fried Rice.

Yellow onion

- Dice 1 for Chickpea Curry.
- Dice 1 for Pearl Barley Soup.
- Dice 1 for Cauliflower Fried Rice.

Garlic

- Mince 4 for Chickpea Curry.
- Mince 2 for Easy Paella.
- Mince 4 for Garlic Lime Cashew Zoodles.
- Mince 4 cloves for Pearl Barley Soup.
- Mince 4 cloves for Cauliflower Fried Rice.

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

How to Store Your Meal Prep

Meal 1: Chickpea Curry // Rice

- 2 cups cooked rice
- Yellow onion + garlic
- Green onion

Meal 2: Easy Paella // Homemade Biscuits

- 2 cups cooked rice
- Biscuit dry ingredients
- Minced garlic

Meal 3: Garlic Lime Cashew Zoodles // Roasted Potatoes

- Minced garlic
- 2 lbs cubed potatoes

Meal 4: Pearl Barley Soup // Homemade Biscuits

- Biscuit dry ingredients (above)
- 1 lb cubed potatoes
- Yellow onion + garlic
- 2 cups cooked pearl barley

Meal 5: Cauliflower Fried Rice // Black Beans

- Red bell pepper, broccoli, garlic, + yellow onion
- Green onion



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Chickpea Curry // Rice

- Use your Instant Pot to cook the rice for 4 minutes on manual with 2 cups of water and 2 cups of rice. Release pressure immediately.

Meal 2: Easy Paella // Homemade Biscuits

- Cook the rice in the IP (above).

Meal 3: Garlic Lime Cashew Zoodles // Roasted Potatoes

- Use a spiralizer to make your own zoodles and matchstix carrots from whole vegetables.

Meal 4: Pearl Barley Soup // Homemade Biscuits

- Make your pearl barley soup in a slow cooker by starting with 6 cups of water (instead of just 3 - barley absorbs a lot!) and all of the ingredients except the spinach. Add frozen spinach 5 minutes before serving.

Meal 5: Cauliflower Fried Rice // Black Beans

- Use your food processor to dice the vegetables and/or make your own fresh cauliflower rice.



STEP-BY-STEP: MEAL 1

Chickpea Curry // Rice

Suggested Side: Avocado

Simply slice however many avocados your family will eat and serve with this zingy meal.

Mise en Place

Chickpea Curry

- 2 Tbsp coconut oil
- 1 yellow onion
- 4 garlic cloves minced
- 1" fresh ginger
- 1-2 Tbsp red curry paste (!)
- 2 Tbsp curry powder
- 1 tsp garam masala
- 1 tsp sea salt
- 1/4 tsp black pepper
- 12 oz can sliced mushrooms
- 12 oz package frozen sugar snap peas
- 15 oz can chickpeas
- 14 oz can coconut milk
- Juice of 1/2 lime (save other 1/2 for Meal 3)
- 1/4 cup green onions
- 1/2 cup fresh cilantro roughly chopped

Rice

- 2 cups rice (1 for Meal 1, 1 for Meal 2)
- 4 cups water

Suggested Side

- 1-4 avocados

Supplies

- Large pan
- Cutting board and a sharp knife
- Grater or microplane
- (Instant) Pot

Step 1: Heat 2 Tbsp coconut oil in a large pan.

Step 2: Dice 1 yellow onion and immediately add to the oil. Cover.

Step 3: Boil 4 cups of water for rice in a medium pot. Cover.

Step 4: Mince the 4 cloves of garlic and immediately add to the large pan. Then grate your 1 inch of ginger. Add ginger along with 1 Tbsp red curry paste (add 1 additional Tbsp if you like it spicy), 2 Tbsp curry powder, 1 tsp garam masala, 1 tsp salt, and 1/4 tsp black pepper to the pan. Stir to combine and recover.

Step 5: When the water boils, add your 1 cup of cooked rice and cover askew. When it boils with the rice, turn it down a notch or two so it doesn't boil over.

Step 6: Drain and rinse your 15 oz can of chickpeas.

Step 7: Add 12 oz canned mushrooms, 12 oz frozen snap peas, drained chickpeas, and the 14 oz can of coconut milk to the pan. Stir to combine and bring the mixture to a low simmer. Reduce the heat to medium-low and let it cook for 10 minutes. Stir in the fresh lime juice.

Step 8: Chop your bundle of cilantro and slice green onions, and avocado, if desired.

Step 9: Serve hot over rice and garnish with fresh cilantro and green onions.



STEP-BY-STEP: MEAL 2

Easy Paella // Homemade Biscuits

Suggested Side: Olives

Beef up your main dish by adding another jar of a different type of olive!

Mise en Place

Homemade Biscuits (doubled batch for Meal 4)

- ✓ 4 cups flour
- ✓ 1 1/3 Tbsp baking powder
- ✓ 1 1/2 tsp salt
- 12 Tbsp cold coconut oil
- 1 -1 1/2 cup nut milk

Paella

- 2 Tbsp coconut oil
- 2 cloves garlic
- 1/2 cup vegetable broth
- 1 Tbsp turmeric
- pinch saffron (optional)
- 15 oz jar marinated artichoke hearts
- 6 oz jar green or kalamata olives
- 14 oz jar peppadew peppers or banana peppers
- 1 cup almonds
- 16 oz jar pickled onions
- 2 cups reserved white rice

Suggested Side

- jar of green or kalamata olives*

Supplies

- Large bowl
- Large skillet
- 2 baking sheets

Step 1: Preheat the oven to 450F.

Step 2: Combine the 4 cups flour, 3 ⅓ Tbsp baking powder and 1 1/2 tsp salt in a large bowl.

Step 3: Cut in the 12 Tbsp butter with a pastry blender or your hands, taking care not to melt the butter or create a paste. The mixture should resemble coarse breadcrumbs.

Step 4: Add 1 cup of milk and combine until the flour is moistened. Knead the dough into a ball, pressing against the sides of the bowl to pick up any small pieces of dough. If additional milk is needed, add just 2 Tbsp at a time, kneading thoroughly after each addition.

Note: The dough should not be wet enough to stick to your hands or the bowl. It should be dry enough to handle easily, and when you're done kneading, the bowl should be fairly clean.

Step 5: Pull off a golf ball-sized portion and form into a ball. Press down slightly and place the biscuits on a large cookie sheet, 1" apart. Use a second baking sheet if needed. Bake for 8 minutes. Set a timer!

Step 6: Heat 2 Tbsp coconut oil in a large skillet over medium-high heat.

Step 7: Mince the garlic and immediately add to the skillet.

Step 8: Add 2 cups in reserved rice, ½ cup veggie broth, 1 Tbsp turmeric, and a pinch of saffron, if desired. Cook until warm, salt to taste.

Step 9: Drain and add:

- 15 oz jar marinated artichoke hearts
- 6 oz jar green or kalamata olives
- 14 oz jar peppadew peppers
- 16 oz jar pickled onions

Then, add 1 cup of almonds. Stir and cover for at least 5 minutes.

Step 10: Check the biscuits when the timer goes off. They may need an additional 2 minutes.

Step 11: Enjoy Paella with homemade biscuits.



STEP-BY-STEP: MEAL 3

Garlic Lime Cashew Zoodles // Roasted Potatoes

Suggested Side: Matchstix Carrots

To add another veggie to this tasty meal, just dump a bag of matchstix carrots in with the sauce before the zoodles!

Mise en Place

Roasted Potatoes

- 2-3 lbs russet potatoes (1lb for Meal 4)
- 4 Tbsp olive oil
- Salt + Pepper

Zoodles

- 24 oz fresh or frozen zoodles (aka veggie spirals)
- 1 bunch fresh cilantro
- 1 ½ cup cashews

Sauce

- 4 heaping Tbsp peanut butter
- 1 Tbsp hoisin sauce
- 1 Tbsp sriracha sauce (!) (or more if you like it spicy!)
- 2 tsp soy sauce
- Juice of 1/2 lime
- 4 cloves garlic

Suggested Side

- 10 oz matchstix carrots

Supplies

- 2 Baking sheets
- Skillet
- Cutting board and a sharp knife

Step 1: Preheat the oven to 450F.

Step 2: Scrub the dirt off the potatoes. Cut the potatoes into roughly 1" cubes. Lay them on a cookie sheet, in a single layer. It's okay if they touch, but you don't want the potatoes on top of each other.

Step 3: Drizzle the olive oil evenly over the potatoes. Sprinkle the potatoes with salt and pepper.

Step 4: Roast in the oven for 25 minutes, until the tops of the potatoes are dark golden brown. Set a timer!

Step 5: Turn a skillet to medium high.

Step 6: Mince and add 4 cloves of garlic. Add to the skillet. Then, add and stir:

- 4 heaping Tbsp peanut butter
- 1 Tbsp hoisin sauce
- 1 Tbsp sriracha sauce (!) (or more if you like it spicy!)
- 2 tsp soy sauce
- Juice of 1/2 lime

Step 7: Chop cilantro for topping.

Step 8: Add 24 oz of zoodles and 1 ½ cups of cashews, and if desired, the 10 oz of matchstick carrots. Using tongs, gently toss/lift up the pan contents every 10-20 seconds or so for about 4-5 minutes until everything is lightly cooked and heated through. The zucchini will release some liquid, which will help to make a nice sauce.

Step 9: Pull potatoes out of the oven. Reserve 1 lb for Meal 4. Enjoy Garlic Lime Cashew Zoodles with Roasted Potatoes on the side.



STEP-BY-STEP: MEAL 4

Pearl Barley Soup // Homemade Biscuits

Suggested Side: Side Salad

This crunchy side complements the soup and soft biscuits.

Mise en Place

Barley

- ✓ 1 cup uncooked pearl barley
- ✓ 3 cups water

Soup

- 2 Tbsp coconut oil
- ✓ 1 large yellow onion diced
- ✓ 4 medium garlic cloves minced
- ✓ 2 large celery stalks sliced
- 1 ½ Tbsp Italian seasonings
- 1 tsp paprika
- 1 tsp dried parsley
- ½ tsp red pepper flakes (!)
- 1 medium bay leaf
- 1 tsp salt
- ½ tsp black pepper
- 12 oz frozen mixed vegetables (corn, peas, carrots, and green beans)
- 14 oz can diced tomatoes with the juice
- 4 cups vegetable broth
- 1 cup water
- 8 oz frozen spinach
- 2 Tbsp lemon juice
- ✓ Reserved 1 lb russet potatoes
- Reserved Homemade Biscuits

Suggested Side: Salad (doubled for meal 5)

- 5 oz Spring Mix
- 1 head butter lettuce
- 2 cucumbers
- 1 pint cherry tomatoes
- Any leftover olives and/or matchstix carrots from earlier in the week
- Dressing of Choice

Supplies

- Medium Pot
- Dutch oven or stock pot
- Salad bowl with lid

Step 1: Turn your burner on high to boil 3 cups of water for barley. Cover askew.

Step 2: Turn dutch oven or stock pot to medium heat with 2 Tbsp coconut oil.

Step 3: When the barley water boils, dump in barley and cover askew. Turn down 1-2 notches so it doesn't boil over.

Step 4: Dice an onion, add immediately to the dutch oven and cover. Mince the garlic, slice the celery, and add along with:

- 1 ½ Tbsp Italian seasonings
- 1 tsp paprika
- 1 tsp dried parsley
- ½ tsp chili pepper flakes
- 1 medium bay leaf
- 1 tsp salt
- ½ tsp black pepper

Stir and recover.

Step 5: If desired, preheat the oven to 350F and warm the reserved biscuits.

Step 6: Turn the burner to high. Add the reserved potatoes, frozen mixed vegetables, diced tomatoes with juice, 4 cups vegetable broth, and 1 cup water to the pot. Increase the heat and bring it to a simmer and then reduce the heat to medium. Cover it and let it cook for 10 minutes. Set a timer!

Step 7: If desired, chop and combine your doubled batch of side salad. Slice your head of butter lettuce, slice cucumber, and add 1 pint of tomatoes, and 5 oz of spring mix.

Tip: Keep the cucumber slices together in a line for tomorrow's salad to slow down oxidation.

Step 8: Stir in the 8 oz frozen spinach and 2 Tbsp lemon juice. Let it cook for about 5 minutes, until the spinach is fully defrosted and warmed through. Taste and add more salt and pepper if necessary. Remove and discard the bay leaf.

Step 9: Add a scoop of the cooked barley to a bowl and then ladle the hot soup over the top and stir to incorporate the barley. Serve with biscuits and if desired, salad on the side, waiting to dress salad until in individual bowls so that it's not soggy for tomorrow.

Step 10: Pull out a 16 oz bag of cauliflower rice from the freezer to thaw for Meal 5.



STEP-BY-STEP: MEAL 5

Cauliflower Fried Rice // Black Beans

Suggested Side: Side Salad

Mise en Place

Fried Rice

- 2 Tbsp olive oil
- 1 onion
- 1 red bell pepper
- 1 head broccoli
- 8 oz frozen peas
- 16 oz frozen cauliflower rice
- 4 garlic cloves
- 2 Tbsp soy sauce
- 2 green onions
- 2 (15 oz) cans black beans

Suggested Side

- Reserved Side Salad

Supplies

- Large skillet
- Cutting board and knife

Step 0: If you didn't pull your cauliflower out the night before, defrost 16 oz of frozen cauliflower the morning of by placing it in the fridge.

Step 1: Heat 2 Tbsp olive oil in a large skillet on medium heat.

Step 2: Dice 1 onion, add immediately, and cover.

Step 3: Slice 1 red bell pepper, chop 1 head of broccoli into small florets, and mince 4 cloves of garlic and add to the pot along with 2 Tbsp soy sauce. Recover askew.

Tip: If you have any loose vegetables, you can chop them and add them to this dish to prevent them from going to waste!

Step 4: Drain and rinse your black beans, then, add to the pot along with 8 oz frozen peas.

Step 5: Cut a slit in your cauliflower rice and squeeze out the water over the sink. Repeat. Then, turn the burner to high and dump in the cauliflower rice. Stir frequently for 3-5 minutes.

Step 6: Slice green onion to top.

Step 7: Serve your Cauliflower Fried Rice with Black Beans, and Side Salad, if desired.



RECIPE CARDS

Meal 1 Recipes

Chickpea Curry



Recipe inspired by Stacey Homemaker.

INGREDIENTS

3-4 Tbsp low-sodium vegetable broth
1 medium yellow onion diced
4 medium garlic cloves minced
1 inch fresh ginger peeled and grated
1-2 Tbsp red curry paste (add more to taste)
2 Tbsp curry powder
1 tsp garam masala
1/4 tsp sea salt (add more to taste)
1/4 tsp black pepper
10 oz package frozen mushrooms

10 oz package frozen sugar snap peas
14 oz can chickpeas rinsed and drained (about 1 1/2 cups cooked chickpeas)
1/2 cup low-sodium vegetable broth (or water) (only add if you like it saucy)
14 oz can coconut milk
1 Tbsp lime juice
1/4 cup green onions sliced
1/2 cup fresh cilantro roughly chopped

INSTRUCTIONS

1. In a large pan over medium heat, saute the diced onions in 3-4 Tbsp of vegetable broth until they're soft and translucent. Add the minced garlic, grated ginger, 1 Tbsp red curry paste (add 1 additional Tbsp if you like it spicy), 2 Tbsp curry powder, 1 tsp garam masala, 1/4 tsp salt, and 1/4 tsp black pepper to the pan. Stir to combine and let it cook for 2 minutes to toast the spices.

Recipe continues on the next card.

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Chickpea Curry (continued)



Recipe inspired by Stacey Homemaker.

INSTRUCTIONS

2. Add frozen mushrooms, frozen snap peas, chickpeas, 1/2 cup vegetable broth (only add the broth if you like it saucy), and the can of coconut milk to the pan. Stir to combine and bring the mixture to a low simmer. Reduce the heat to medium-low and let it cook for 10 minutes. Stir in the fresh lime juice.
3. Serve hot over rice or quinoa and garnish with fresh cilantro and green onions.

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Meal 2 Recipes

Homemade Biscuits



Find the original recipe here.

INGREDIENTS

2 cups flour
2 1/2 tsp baking powder
3/4 tsp salt

6 Tbsp cold unsalted butter, cut into small pieces
1/2-3/4 cup milk

INSTRUCTIONS

1. Preheat oven to 450F.
2. Combine the flour, baking powder and salt in a large bowl.
3. Cut in the butter with a pastry blender or your hands, taking care not to melt the butter or create a paste. The mixture should resemble coarse breadcrumbs.
4. Add 1/2 cup of milk and combine until the flour is moistened. Knead the dough into a ball, pressing against the sides of the bowl to pick up any small pieces of dough. If additional milk is needed, add just 2 Tbsp at a time, kneading thoroughly after each addition.
5. For rolled biscuits: Roll out the dough into a rectangle, approximately 1/2" thick. Cut into equal pieces and place on a large cookie sheet, 1" apart.
6. Bake for 8-10 minutes.

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Easy Paella



Recipe inspired by Yuriel Kaim.

INGREDIENTS

1 Tbsp coconut oil
2 cloves garlic (finely chopped)
3 cups cooked brown rice
1/2 cup veggie broth
1 Tbsp turmeric
pinch saffron (optional)

1/2 cup marinated artichoke hearts
1/2 cup green and kalamata olives
1/2 cup peppadew peppers
1/2 cup almonds (raw or marcona)
1/2 cup marinated or pickled onions (halved)

INSTRUCTIONS

1. Heat coconut oil in a large skillet over medium-high heat.
2. Add garlic, cooking for 20 to 30 seconds until aromatic.
3. Toss in brown rice, veggie broth, turmeric and saffron. Cook until warm, salt to taste.
4. Stir in remaining ingredients. Garnish with parsley, if desired.

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Meal 3 Recipes

Garlic Lime Cashew Zoodles



Recipe inspired by Salt and Lavender.

INGREDIENTS

4 medium zucchini
4 large carrots peeled
1 ½ cup cashews
1 bunch fresh cilantro chopped
Sauce:
4 heaping Tbsp peanut butter

1 Tbsp hoisin sauce
1 Tbsp sriracha sauce (or more if you like it spicy!)
2 tsp soy sauce
Juice of 1/2 lime
4 cloves garlic minced

INSTRUCTIONS

1. Spiralize the carrots on the thinnest setting, and spiralize the zucchini on the medium setting. Set aside.
2. Add the peanut butter, hoisin sauce, sriracha sauce, soy sauce, lime juice, and garlic to a skillet on medium-high heat. Stirring constantly, cook it for about 2 minutes or until the garlic has just started to cook.
3. Add the cashews, zucchini, and carrots. Using tongs or two large spoons, gently toss/lift up the pan contents every 10-20 seconds or so for about 4-5 minutes until everything is lightly cooked and heated through. The zucchini will release some liquid, which will help to make a nice sauce. When it's almost ready, add the cilantro in and toss. Serve immediately.

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Roasted Potatoes



Find the original recipe here.

INGREDIENTS

2-3 lbs potatoes (I used russet)
2-4 Tbsp olive oil
Salt

Pepper
Dried herbs or seasonings as desired

INSTRUCTIONS

1. Preheat the oven to 425F.*
2. Scrub the dirt off the potatoes. Cut the potatoes into roughly 1" pieces. Lay them on a cookie sheet, in a single layer. It's okay if they touch, but you don't want the potatoes on top of each other.
3. Drizzle the olive oil evenly over the potatoes. Sprinkle the potatoes with salt, pepper and dried seasonings or herbs as desired.
4. Roast in the oven for 30-40 minutes, or until the tops of the potatoes are dark golden brown.

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Meal 4 Recipes

Garden Veggie Barley Soup



Recipe inspired by Stacey Homemaker.

INGREDIENTS

1 cup uncooked pearl barley	¾ tsp salt
3-4 Tbsp vegetable broth to saute (or water)	½ tsp black pepper
1 large yellow onion diced	3 cups russet potatoes peeled and diced
4 medium garlic cloves minced	4 cups frozen mixed vegetables (I used a mix of corn, peas, carrots, and green beans)
2 large celery stalks sliced	14 oz can diced tomatoes with the juice
1 ½ Tbsp Italian seasonings	4 cups vegetable broth
1 tsp paprika	1 cup water
1 tsp dried parsley peeled and diced	8 oz frozen spinach
½ tsp chili pepper flakes peeled and sliced	2 Tbsp lemon juice
1 medium bay leaf	

INSTRUCTIONS

1. Cook the barley according to the package instructions, drain any excess water, and then set it aside for later.

Recipe continues on the next card.

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Garden Veggie Barley Soup (continued)



Recipe inspired by Stacey Homemaker.

INSTRUCTIONS

2. In a large dutch oven, saute the diced onion and sliced celery in vegetable broth over medium heat until soft. Add the minced garlic, 1 ½ Tbsp Italian seasonings, 1 tsp paprika, 1 tsp dried parsley, ½ tsp chili pepper flakes, bay leaf, ¾ tsp salt, and ½ tsp black pepper to the pot. Stir to combine and let it cook for 2 minutes to toast the spices.
3. Add the potatoes, frozen mixed vegetables, diced tomatoes with juice, 4 cups vegetable broth, and 1 cup water to the pot. Increase the heat and bring it to a simmer and then reduce the heat to medium. Cover it and let it cook for 30 minutes or until the potatoes are tender.
4. Stir in the frozen spinach and lemon juice. Let it cook for about 5 minutes or until the spinach is fully defrosted and warmed through. Taste and add more salt and pepper if necessary. Remove and discard the bay leaf.
5. Add a scoop of the cooked barley to a bowl and then ladle the hot soup over the top and stir to incorporate the barley. Garnish with dried parsley before serving.
6. Wait to add the frozen spinach until the last few minutes of cooking. You don't need to "cook" the spinach, we're just trying to defrost and warm it. I like to add it at the end of cooking so it keeps its bright green color.

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Meal 5 Recipes

Cauliflower Veggie Fried Rice



Recipe inspired by Good Habits and Guilty Pleasures.

INGREDIENTS

1 onion
1 red bell pepper
1 head broccoli
8 oz frozen peas
1 head cauliflower

4 garlic cloves minced
2 Tbsp soy sauce
2 Tbsp olive oil
2 green onions sliced

INSTRUCTIONS

1. Rough chop your cauliflower and place into a food processor. Puls until you get the consistency of rice – about 15-20 times.
2. Heat oil in a large pan and saute the onion until it starts to brown. Add the red pepper and peas and saute until soft
3. Add in the garlic and cauliflower, stir to combine, then add your soy sauce.
4. Top mixture with the broccoli and cover the entire pan. Cook for 2-3 minutes (just to soften the cauliflower and broccoli)
5. Remove from heat and stir in the green onion. Serve!

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