



30 MINUTE DINNERS

VEGETARIAN MEAL PLAN 5

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: Weeknight Creamy Mushroom Pasta

Suggested Side: Steamed Peas

Meal 2: Vegetable Fried Rice

Suggested Side: Canned Beans

Meal 3: Kenyan Githeri

Suggested Side: Crunchy Bread

Meal 4: Tuscan White Bean Skillet

Suggested Side: Crunchy Bread

Meal 5: Nicaraguan Gallo Pinto

Suggested Side: Fried Eggs

*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: Weeknight Creamy Mushroom Pasta *(Suggested Side: Steamed Peas)*

Meal 2: Vegetable Fried Rice *(Suggested Side: Canned Beans)*

Meal 3: Kenyan Githeri *(Suggested Side: Crunchy Bread)*

Meal 4: Tuscan White Bean Skillet *(Suggested Side: Crunchy Bread)*

Meal 5: Nicaraguan Gallo Pinto *(Suggested Side: Fried Eggs)*

Pantry

- | | | |
|---|---|--|
| <input type="checkbox"/> pasta (any), 16 oz | <input type="checkbox"/> garbanzo or edamame beans (15 oz)*, can | <input type="checkbox"/> tomatoes (15 oz fire-roasted diced), 2 cans |
| <input type="checkbox"/> olive oil, 4 Tbsp + 2 Tbsp + 1 Tbsp (7 Tbsp total) | <input type="checkbox"/> soy sauce (or liquid aminos), 2 Tbsp | <input type="checkbox"/> cannellini beans (15 oz)*, 2 cans |
| <input type="checkbox"/> cashews, 3/4 cup | <input type="checkbox"/> tomatoes (28 oz diced or crushed), 1 can | <input type="checkbox"/> artichoke hearts (14.5 oz quartered), 1 can |
| <input type="checkbox"/> white rice, 2 cups | <input type="checkbox"/> corn (15 oz), 2 cans | <input type="checkbox"/> hot chile paste, 1-5 tsp |
| <input type="checkbox"/> coconut oil, 2 Tbsp + 1 Tbsp (3 Tbsp total) | <input type="checkbox"/> black beans (15 oz)*, 2 cans | <input type="checkbox"/> red kidney beans (15 oz)*, 2 cans |
| <input type="checkbox"/> green beans (15 oz)*, 1 can | <input type="checkbox"/> sun-dried tomatoes, 2/3 cup | |

Produce

- | | | |
|---|--|--|
| <input type="checkbox"/> onion, 1 + 1 medium + 1 (3 total) | <input type="checkbox"/> bell peppers (any), 2 | <input type="checkbox"/> parsley (garnish) |
| <input type="checkbox"/> garlic cloves, 4 + 1 + 3 + 3 + 3 (14 cloves total) | <input type="checkbox"/> green onions, 1/2 bunch + 1/2 bunch (1 bunch total) | <input type="checkbox"/> cilantro, 1/2 bunch |
| <input type="checkbox"/> mushrooms, 32 oz + 8 oz (40 oz total) | <input type="checkbox"/> kale, 1 bunch | <input type="checkbox"/> carrots, 3 |
| <input type="checkbox"/> ginger (fresh), 1" | <input type="checkbox"/> lemon, 1 | |

Cold Case

- eggs, 4-8

Spices

- thyme, meal 1 + meal 4
- pepper, meal 1 + meal 3 + meal 4
- salt, meal 3 + meal 4 + meal 5
- sage
- curry powder
- oregano

Suggested Sides

- peas (frozen), 16 oz
- garbanzo or edamame beans (15 oz)*, 1 can
- eggs, 1-8
- salt, meal 1 + meal 5
- crunchy braad, 1/2 loaf + 1/2 loaf (1 loaf total)
- olive oil, 1-3 Tbsp

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: Weeknight Creamy Mushroom Pasta

- Chop the vegetables.
5 minutes
- Make the creamy sauce.
3 minutes

Meal 2: Vegetable Fried Rice

- Chop the vegetables.
3 minutes
- Cook the rice.
20 minutes

Meal 3: Kenyan Githeri

- Chop the vegetables.
4 minutes

Meal 4: Tuscan White Bean Skillet

- Slice the vegetables.
4 minutes

Meal 5: Nicaraguan Gallo Pinto

- Chop the vegetables.

3 minutes

Cook the rice (above).



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Rice

- 2 cups rice
- 4 cups water or broth

Creamy Sauce

- 3/4 cup cashews
- 1/2 cup water
- 1/2 tsp pepper

Vegetables

- 40 oz mushrooms
- 1 bunch greens
- 2 bell peppers
- 3 carrots
- 2 celery ribs
- 1 bunch green onions
- 3 onions
- 14 garlic cloves

Supplies

- (Instant) Pot
- Blender
- Cutting board + sharp knife
- Measuring cups

Step 1: Turn a burner to high and fill your pot with 4 cups of water. Cover askew to boil.

Tip: Feel free to batch cook some rice here for future meals!

Step 2: Make the creamy sauce. Combine in a blender until smooth:

- 3/4 cup cashews
- 1/2 cup water
- 1/2 tsp pepper

Step 3: When the water boils, add 2 cups of rice and cover askew. Turn down 1-2 notches so it doesn't boil over.

Step 4: Prep the Vegetables:

Mushrooms

- Quarter 32 oz for Weeknight Creamy Mushroom Pasta.
- Slice 8 oz mushrooms for Tuscan White Bean Skillet.

Greens

- Thinly slice 1 bunch for Kenyan Githeri.

Bell Peppers

- Dice 2 for Vegetable Fried Rice.

Carrots

- Dice 3 for Nicaraguan Gallo Pinto.

Celery

- Dice 2 stalks for Vegetable Fried Rice.

What to cut last:

Green onion

- Slice 1/2 bunch for Vegetable Fried Rice.
- Slice 1/2 bunch for Nicaraguan Gallo Pinto.

Onion

- Dice 1 for Weeknight Creamy Mushroom Pasta.
- Slice 1 for Kenyan Githeri.
- Slice 1 for Tuscan White Bean Skillet.

Garlic

- Mince 4 cloves for Weeknight Creamy Mushroom Pasta.
- Mince 1 for Vegetable Fried Rice.
- Mince 3 for Kenyan Githeri.
- Mince 3 for Tuscan White Bean Skillet.
- Mince 3 for Nicaraguan Gallo Pinto.

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

How to Store Your Meal Prep

Meal 1: Weeknight Creamy Mushroom Pasta

- Onions, garlic, + mushrooms
- Creamy sauce

Meal 2: Vegetable Fried Rice

- Bell pepper, celery, + green onion
- 2 cups cooked rice

Meal 3: Kenyan Githeri

- Onion + garlic
- Greens

Meal 4: Tuscan White Bean Skillet

- Onion, garlic, + mushrooms

Meal 5: Nicaraguan Gallo Pinto

- Carrot, green onion, + garlic
- 2 cups cooked rice



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Weeknight Creamy Mushroom Pasta

- Use a food processor to dice onion and garlic with the shredding disc. Then, dice the mushrooms with the s blade (instead of quartering them). Without washing the processor bowl, combine the creamy sauce and mix until smooth.

Meal 2: Vegetable Fried Rice

- Use your food processor to dice all the vegetables.
- Cook the rice in your Instant Pot. Cook 2 cups of rice and 2 cups of water or broth on manual for 4 minutes. Quick release the pressure.

Meal 3: Kenyan Githeri

- Use your food processor's slicing disc to slice the onion and greens and the s blade to mince the garlic cloves.
- Use your Instant Pot to cook it. Begin on saute mode with onions and garlic in 1 Tbsp oil for 5 minutes. Then add the rest of the ingredients and cook on manual for 1 minute and let it simmer on low until you are ready to eat.
- Alternatively, use your slow cooker to make this. Saute your onions and garlic in a pan on medium high in 1 Tbsp oil. Combine the other ingredients in your slow cooker. When the onions look translucent (about 5 minutes) add to the slow cooker and cook for 4 hours on high or 8 hours on low.

Meal 4: Tuscan White Bean Skillet

- Use your food processor's slicing disc to slice the onion and mushroom and the s blade to mince the garlic.

Meal 5: Nicaraguan Gallo Pinto

- Use your food processor to shred the carrot and slice the green onion.
- Cook the rice in the Instant Pot (above).



STEP-BY-STEP: MEAL 1

Weeknight Creamy Mushroom Pasta

Suggested Side: Steamed Peas

Stack your appliances when you steam peas over the pasta while it boils.

Mise en Place

Mushroom Pasta

- 16 oz pasta (any variety)
- 2-4 Tbsp olive oil
- ✓ 1 onion
- ✓ 4 cloves garlic
- 1 tsp dried thyme
- 1 tsp dried sage
- ✓ 32 oz mushrooms, quartered (I use brown cremini)
- ✓ 3/4 cup cashews
- ✓ 1/2 cup water
- ✓ 1/2 tsp pepper

Suggested Side

- 16 oz frozen peas
- 1 tsp salt

Supplies

- Medium pot with lid
- Large skillet or dutch oven.
- Cutting board + sharp knife
- Strainer
- Steamer basket

Step 1: Turn your burner to high. Fill a medium stock pot with 3-4 inches of water. Place on the burner and cover askew.

Step 2: Meanwhile, heat 2 Tbsp of olive oil in a large skillet OR a dutch oven over medium heat.

Step 3: Chop if needed and add to the oil as you go: 1 onion, 4 minced garlic cloves, 1 tsp thyme, and 1 tsp sage, and cook until the onions start to become translucent.

Step 4: When the water boils, add the 16 oz of pasta and cover askew. Cook for about 9 minutes. Set a timer!

Step 5: Quarter and add the mushrooms to the skillet.

Step 6: If desired, set a steamer basket on top of the pasta and add 16 oz frozen peas. Set a timer for 5 minutes.

Step 7: Stir the main dish 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.

Step 8: Combine the 3/4 cup cashews, 1/2 cup water, and 1/2 tsp pepper in a blender and blend until the sauce is creamy.

Step 9: When the peas are done, dump into a serving bowl, add 1 tsp salt, and cover.

Tip: After you dump your peas into the serving bowl, use your steamer basket as a strainer for the pasta!

Step 10: Add the sauce to the mushrooms when they are cooked halfway down (after about 15-20 minutes) and stir well. Taste the mushrooms and sauce, adding additional seasoning and/or salt and pepper as desired.

Step 11: Strain pasta and serve Creamy Mushroom Sauce over it. Enjoy with peas on the side, if desired.



STEP-BY-STEP: MEAL 2

Vegetable Fried Rice

Suggested Side: Canned Beans

Beef up this dish with more protein by adding another can of your favorite beans.

Mise en Place

Rice (Doubled batch for Meal 5)

- 2 cups white rice
- 4 cups water or broth

Fried Rice

- 2 Tbsp coconut oil
- 2 bell peppers
- 4-8 eggs
- 1/2 bunch green onion
- 1 garlic clove
- 1 (15 oz) can garbanzo or edamame beans
- 1" fresh ginger
- 2 Tbsp soy sauce (or liquid aminos)
- 1 (15 oz) can chopped green beans

Suggested Side

- 1 (15 oz) can garbanzo or edamame beans*

Supplies

- (Instant) Pot
- Strainer
- Wok or skillet

Step 1: Turn your largest burner to high and fill a medium pot with 4 cups of water or broth. Cover askew.

Step 2: In a wok or very large skillet, add 2 Tbsp coconut oil over medium heat.

Step 3: Dice the bell pepper and add to the pan.

Step 4: When the water boils, add the 2 cups of rice and cover askew. Set a timer for 15 minutes.

Step 5: Add 4-8 eggs, then scramble the eggs in the pan with a spatula or wooden spoon.

Step 6: Thinly slice the green onion and mince the garlic and grate the ginger, adding to the eggs, and stirring each time.

Step 7: Drain and rinse 1-2 (15 oz) can(s) of beans. Add to the pan. When the vegetables start to soften, turn off the burner. Add 2 Tbsp soy sauce. Keep covered until rice is done.

Step 8: Reserve 2 cups cooked rice for Meal 5.

Step 9: Add 2 remaining cups of rice and fold to fully incorporate with the vegetables.

Step 10: Stir vegetable fried rice well and serve.



STEP-BY-STEP: MEAL 3

Kenyan Githeri

Suggested Side: Crunchy Bread

Buy your favorite loaf of bread to dip in this East African dish. Eat half tonight and save half for Meal 4's suggested side.

Mise en Place

Githeri

- 1 Tbsp coconut oil
- 1 medium onion
- 3 garlic cloves
- 1 Tbsp curry powder
- 1 large bunch kale or other greens, chopped, (frozen works great)
- 1 (28 oz) can tomatoes, diced or crushed
- 2 (15 oz) cans corn
- 2 (15 oz) cans black beans
- 1 tsp salt
- 1 tsp pepper
- 1 lemon

Suggested Side

- 1/2 loaf crunchy bread*
- Tip: If you're gluten free and/or crunchy bread is out of your price range, simply batch cook extra rice during Meal 2 or serve another grain like quinoa.*

Supplies

- (Instant) Pot
- Cutting board + sharp knife

Step 1: Turn your burner to medium and heat 1 Tbsp coconut oil.

Tip: Spoon your 1 Tbsp of coconut oil with whatever utensil you will use to stir the dish. Since it's an approximation, it's worth saving the dishes on.

Step 2: Slice and saute onion. Cover. Then, mince and add 3 garlic cloves and 1 Tbsp curry powder.

Step 3: Thinly slice your bunch of greens. Drain and rinse your 2 cans of black beans and 2 cans of corn.

Step 4: Turn the burner to high to bring to a boil and add ingredients from step 3, plus 1 can of tomatoes, 1 tsp salt, and 1 tsp pepper. Cover askew.

Step 5: Slice the lemon in half.

Step 6: Turn the burner down to medium once it starts bubbling and simmer for 15-20 minutes.

Tip: If you have time now, go ahead and chop some vegetables for Meals 4 and 5 while this simmers so you only have to wash the cutting board once.

Step 7: Add one more dash of curry before serving to boost the flavor profile. Enjoy this flavorful dish with crusty bread on the side if desired.



STEP-BY-STEP: MEAL 4

Tuscan White Bean Skillet

Suggested Side: Crunchy Bread

Finish that loaf of crusty bread from Meal 3's suggested side tonight. It's easy to dip it in this tasty dish.

Mise en Place

White Bean Skillet

- 2 Tbsp olive oil
- 8 oz brown mushrooms
- 1 onion
- 3 cloves garlic
- 2/3 cup drained and chopped oil-packed sun dried tomatoes
- 2 (15 oz) cans fire-roasted diced tomatoes
- 2 (15 oz) cans cannellini beans
- 1 (14.5 oz) can quartered artichoke hearts
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- Parsley for garnish

Suggested Side

- 1/2 reserved loaf crunchy bread

Supplies

- Cast iron skillet
- Cutting board + sharp knife
- Strainer

Step 1: Heat 2 Tbsp of olive oil in a large cast iron skillet over medium high heat.

Step 2: Thinly slice and add onion. Then, mince 3 cloves of garlic and add. Thinly slice the mushrooms and add. Cover.

Step 3: Drain and rinse your cannellini beans and artichoke hearts.

Step 4: Add the sun-dried tomatoes and cook until fragrant and softened, another 2 minutes.

Step 5: Add the 1 (15 oz) can of diced tomatoes to the pan, along with the 2 (15 oz) cans beans, 1 can of artichoke hearts, 1 tsp salt, 1/2 tsp pepper, 1 tsp oregano, and 1/2 tsp thyme. Cover the pan and turn the heat down to medium. Let cook for about 10 minutes.

Tip: If you have any lingering greens in the fridge, thinly slice them and add to this dish. They'll taste great!

Step 6: Meanwhile, pull the leaves off your parsley to garnish.

Step 7: Garnish with chopped parsley and serve with plenty of crunchy bread.



STEP-BY-STEP: MEAL 5

Nicaraguan Gallo Pinto

Suggested Side: Fried Eggs

Top this traditional South American dish with however many fried eggs your family will eat.

Mise en Place

Gallo Pinto

- 1 Tbsp olive oil
- ✓ 3 carrots
- ✓ 1/2 bunch green onions
- ✓ 3 cloves garlic
- 1-5 tsp hot chile paste, to taste (serve extra with the finished dish, so people can adjust to taste)
- ✓ 2 cups reserved cooked rice
- 2 (15 oz) cans red kidney beans*
- 1 Tbsp salt
- 1/2 cilantro bunch
- 1 lime

Suggested Side

- 1-8 fried eggs
- 1-3 Tbsp olive oil
- 1-3 tsp salt

Supplies

- Large saucepan
- Cutting board and sharp knife
- Frying pan

Step 1: In a large saucepan with a lid, heat 1 Tbsp oil over medium high heat.

Step 2: Shred the 3 carrots and add to the pan. Chop the 1/2 green onion bunch. Mince the 3 garlic cloves. Add 1-3 tsp hot chile paste and 2 tsp salt. Let saute for 3-5 minutes covered.

Step 3: Drain and rinse the 2 (15 oz) cans of red kidney beans.

Step 4: If desired, begin frying egg(s) in a fry pan in olive oil.

Step 5: Stir in the 2 cups reserved rice and the 2 (15 oz) cans of red beans, and 1 tsp salt and let warm for 2 minutes.

Step 6: Chop the cilantro and stir in before serving. Slice the lime into wedges.

Step 7: If desired, top portions with a fried egg and serve with lime wedges.



RECIPE CARDS

Meal 1 Recipes

Creamy Mushroom Pasta



Find the original recipe here.

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)
3/4 cup cashews
1/2 cup water
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. 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.
3. When the pasta and mushrooms are done, combine the cashews, water and pepper in a blender and blend until the sauce is creamy.
4. 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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Meal 2 Recipes

Vegetable Fried Rice



Find the original recipe here.

INGREDIENTS

4 cups cooked brown rice
2 Tbsp saturated fat for sautéing
2 eggs
2 garlic cloves
1 Tbsp fresh ginger
1/2 cup celery

2 cups frozen mixed peas/corn/green beans/
carrots (or the equivalent if using fresh)
1/2 cup bell pepper (any)
1/2 cup large onion
1 1/2 cups cooked beans
2–4 Tbsp soy sauce

INSTRUCTIONS

1. Prepare rice according to package instructions (or try this Instant Pot Brown Rice).
2. In a wok or very large skillet, add fat and heat over medium high heat until it melts.
3. Add eggs, then scramble the eggs in the pan with a spatula or wooden spoon. Add onion, garlic and ginger and cook, stirring often.
4. When the eggs are translucent, add the remaining vegetables and stir-fry for 2-5 mins.
5. Add rice and fold to fully incorporate with the vegetables. (Pre-cooked meat could also be added at this point.)
6. Gently fold in beans before adding soy sauce. Stir vegetable fried rice well and serve.

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Instant Pot Beans



Find the original recipe here.

INGREDIENTS

1 pound of beans, rinsed and picked over to remove debris 9 cups of water

INSTRUCTIONS

1. Place beans and water in the Instant Pot.
2. Seal the Instant Pot and make sure the pressure value is set to “sealing.”
3. Press the “manual” or “pressure cook” button so that it is set to high pressure and use the “-” and “+” buttons to adjust the timer to 12 minutes.
4. When the timer goes off and the beans are done cooking, use the natural pressure release (i.e. do nothing).
5. Note: DO NOT use quick release when making more than one pound of beans.
6. Once the valve indicator has gone down, it is safe to open the Instant Pot.
7. Drain the beans and use in your favorite recipes!

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Meal 3 Recipes

Kenyan Githeri



Recipe inspired by Cheapskate Cook.

INGREDIENTS

1 Tbsp oil	2 cups corn, (canned, frozen, or fresh)
1 medium onion, chopped	2 cups cooked beans, any kind
3 cloves garlic, minced	salt, to taste
1 Tbsp curry powder	pepper, to taste
1 large bunch kale or other greens, chopped	1 lemon
1 (28-oz) can tomatoes, diced or crushed	

INSTRUCTIONS

1. In a medium-size pan, heat oil. Saute onion for 3 minutes, until translucent. Add garlic and curry powder and cook for 1 minute. (If you must, you can skip this step.)
2. Combine all ingredients except salt, pepper, and lemon juice in a slow cooker. Stir, then cover and cook on low 3-4 hours or on high 2-3 hours, until thoroughly cooked.
3. Season with salt and pepper to taste. Slice lemon in half. Serve githeri in bowls with a squeeze of lemon juice.
4. This stew tastes even better the next day. Feel free to make ahead of time and simply reheat to serve.

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Meal 4 Recipes

Tuscan White Bean Skillet



Recipe inspired by The Wanderlust Kitchen.

INGREDIENTS

2 Tbsp extra virgin olive oil, divided	2 (14.5 oz) cans Cannellini beans
8 ozs brown mushrooms, sliced	14.5-oz can quartered artichoke hearts, rinsed
1 1/2 cups diced yellow onion (about 1 large onion)	1/2 tsp kosher salt
3 cloves garlic, minced	1/2 tsp black pepper
2/3 cup drained and chopped oil-packed sun dried tomatoes	1 tsp dried oregano
2 (14.5 oz) cans fire-roasted diced tomatoes	1/2 tsp dried thyme
	1 tsp sugar
	Parsley for garnish

INSTRUCTIONS

1. Heat one Tbsp of the oil in a 10-inch or 12-inch cast iron skillet set over medium-high heat until shimmering. Working in batches, add the mushrooms to the pan in a single layer. Brown for 1 to 2 minutes per side; transfer to a bowl and repeat with remaining mushrooms.
2. Add the remaining Tbsp of oil to the pan; add the onions and sauté until lightly browned, about 3 minutes. Add the garlic and sun-dried tomatoes and cook until fragrant and softened, another 2 minutes.

Recipe continues on the next card.

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Tuscan White Bean Skillet (continued)



Recipe inspired by The Wanderlust Kitchen.

INSTRUCTIONS

3. Add the diced tomatoes to the pan, along with the beans, artichoke hearts, salt, pepper, oregano, thyme, and sugar. Cover the pan and turn the heat down to medium. Let cook for about 10 minutes, until hot. Return the mushrooms to the pan and cook for another minute or two to warm them up.
4. Garnish with chopped parsley and serve with plenty of crusty bread.

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Meal 5 Recipes

Nicaraguan Gallo Pinto



Recipe inspired by Seasonal and Savory.

INGREDIENTS

1 Tbsp olive oil	2 cups long grain rice
1 cup shredded or finely diced carrots	3 1/2 cups water
5 green onions, trimmed and chopped	3 or 4 cups cooked red beans
3 cloves garlic, peeled and crushed	salt, to taste
hot chile paste, to taste (serve extra with the finished dish, so people can adjust to taste)	chopped fresh cilantro

INSTRUCTIONS

1. In a large saucepan with a lid, heat the oil over medium-high heat.
2. Add the carrots, green onions, garlic, and chile paste, and cook, stirring frequently, until fragrant. Stir in the rice and water and bring the mixture to a boil.
3. Reduce heat so the mixture is at a simmer, and cover and cook for 16-20 minutes, or until the rice is fluffy.
4. Stir in the red beans and some salt and cook just until heated through.
5. Taste and adjust the salt, then stir in the cilantro. If desired, top portions with a fried egg and serve with lime wedges.

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