

Vegetarian Meals for Another Month

- Recipes assume you know how to cook (e.g., stir-fry some vegetables; cook rice).
- Recipes feed 2 adults dinner, plus 2 child dinners or one adult lunch.
- Five meals per week assumes some meals will be repeated, plus dining out or with friends/family. Weeks, as written, aim for a variety of starches, proteins, and flavor families.
- When beans are called for, use one 14.5-oz can (the standard small size, drained and rinsed) or cook about ¾ c. dry beans
- Each week has one or two “dead easy” meals that require little prep and are ready in under 30 minutes (unless you cook brown rice; then you’ll be done in 45 mins) .
- Each week has two “average” meals that will take 45 mins-1 hour for all prep and cooking.
- Each week has one more “involved” meal that might be best done on a weekend.
- All meals can be made omnivorous, if desired

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Week 1

****Not-Quite Succotash or Calabacitas***

Succotash is beans and corn; calabacitas is squash and corn. This recipe has both.

- 1-2 small summer squash (zucchini, yellow crookneck, etc.)
- One small onion, thinly sliced
- 1 pkg frozen lima beans, or 1 can pinto beans, drained
- 1 15oz can corn, or 3 ears fresh sweet corn cooked and cut off the cob

Sautee the squash and onion in olive oil. Sprinkle with salt. Add beans and corn and heat through. Season with chili powder, or fresh herbs, heavy cream, and parmesan cheese.

****Grilled something, corn, slaw***

Grill something you can put on a bun: veggie burger, slices of eggplant or squash, portabella mushroom caps, tempeh, etc. Boil up some sweet corn and serve with slaw. Here's my favorite recipe, or buy it ready-made:

- ½ small head of green cabbage, shredded fine
- 2 carrots, shredded (or better yet, pickled ginger carrots)
- 2 scallions, diced
- 1 Tbl mayo
- 1 Tbl pickle juice (or juice from the pickled ginger carrots)

Potato kale chowder

- 5-6 fist-sized potatoes (Yukon Gold, russet, plain white...your choice) scrubbed and cubed, skins on
- 1 leek, white and tender green parts only
- Vegetable stock or bouillon
- 1 bay leaf
- 1 bunch kale, washed and torn into pieces

Sautee the potatoes and leek in a bit of olive oil or butter. When the leek starts to soften, add vegetable stock to cover. Add bay leaf and simmer for 15 minutes until the potatoes are done. Add the kale and cook another 10 minutes. The potatoes will begin to disintegrate. Serve topped with cheese or baked tofu cubes, with bread on the side.

Baked beans, corn cakes, greens

To make this really quick, just heat up a can or two of vegetarian baked beans. Or try my recipe for baked beans, below.

Corn Cakes

- 1 c. cornmeal
- 1 c. yogurt (or buttermilk)
- ¼ tsp. salt
- ¼ tsp. baking soda

Mix all ingredients together to make a batter the consistency of pancake batter. Heat a generous amount of oil in a frying pan or griddle (preferably cast iron) and cook like pancakes, using about 1/3c. batter per cake.

Simple Greens

- 1 bunch kale (about a pound), or a mix of kale, chard, spinach, etc.
- Olive oil
- Garlic salt

Wash the greens and tear into 2-3" pieces. Throw the wet greens in a skillet and drizzle with 1-2Tbl olive oil. Sprinkle with garlic salt. Sautee until tender, stirring constantly. If your greens are especially tough or bitter, add 1 Tbl water, remove from heat, cover, and let stand 10-15 minutes.

Baked Beans

- 1 cans white beans, drained, or ¾ c dried white beans, cooked and drained
- 1 small onion, diced
- Blackstrap molasses
- Ketchup
- Prepared mustard
- ½ tsp. dried mustard
- 2 dashes smoked paprika (sweet or hot)

Put the beans and onions in an oven-proof dish. Drizzle with the sauces to taste – start with a tablespoon or two each. – and the dried spices. Bake, covered, for at least 30 minutes, stirring halfway through. Longer baking is better – put to an hour and a half.

Winter stir fry (cabbage, apples, kale, potatoes)

- 3 fist-sized potatoes (any kind) scrubbed and cubed with skins on
- ½ small or ¼ large head of cabbage, shredded
- 1 small onion, cut into ½ rings
- 1 large tart apple, cubed
- 4-5 leaves kale, shredded
- +/- 1 can of white or pinto beans

Boil the potatoes in salted water until cooked. Drain. (You could also use leftover potatoes from another meal.) Meanwhile, sautee the onion, cabbage, and apple until almost tender. Add the kale and beans. Just before serving, stir in the potatoes. Season with salt, pepper, and garlic.

Week 2

****Teriyaki stir fry***

- 1 cake tempeh, cubed
- 2 bags frozen mixed vegetables
- 1 can pineapple chunks, with juice
- ½ cup prepared teriyaki sauce
- Cooked rice

Heat the tempeh in a skillet. Add the vegetables and pineapple. As it begins to thaw, add the teriyaki sauce. Heat through; serve over rice.

****Homemade pizza***

Pizza doesn't have to be junk food. Use the crust recipe here, or buy frozen bread or pizza dough. Top with your favorite vegetables, sauces, and cheeses.

Bread machine pizza crust – enough for 2 pizzas

- 1 ¼ c. warm water
- 1 ½ tsp. yeast
- 1 ½ Tbl. sugar
- 2 Tbl. oil
- 4 c. flour. All-purpose works fine, or, for a great “traditional” crust, use 2 c. all-purpose and 2 c. high-gluten flour. We also make it with 3 cups home-ground soft white wheat flour and 1 c hard red wheat flour, plus 4 Tbl vital wheat gluten.
- 1 ½ tsp. salt

Put the water and yeast into the bread machine and let it sit a minute or two. Add the rest of the ingredients in order. Run the bread machine on the dough setting. If you're only making one pizza, wrap the other and freeze until you need it. Thaw overnight in the fridge, or at 40% power in the microwave for about 2 minutes.

Pat the crust onto a baking sheet and bake 12 minutes with no toppings. Then add toppings and bake another 6 minutes.

Mexican bean soup

1 can	Pinto Beans, drained
1 can	Black Beans, drained
2-3	Cloves garlic, smashed
1 med.	Onion, chopped
2	Bay leaves
1 c.	Rice (white or brown)
16 oz.	Diced tomatoes
1/2 tsp.	Salt
To taste	Cayenne pepper
1 Tbs.	Veggie bouillon
1/4 c.	Fresh cilantro, chopped
Some	Lime juice

Sautee the onions and garlic in oil. When well-coated, add everything except the cilantro and lime juice. Cook until the rice is done – 20 mins for white rice, 40 for brown. Just before serving, add most of the cilantro. Garnish each bowl with some cilantro and a splash of lime juice. (Add these at the end because heat kills the flavor. Dried cilantro won't work, either.)

Squash stuffed with whole grain pilaf

You can use this pilaf on its own, too.

- 1-2 small hard squash (acorn, buttercup, delicata), cut in half, seeds removed
- 1 small onion, diced
- Olive oil
- 1 ½ c grain mix (see below)
- Add-ins: mushrooms, tofu, tempeh, green onions, water chestnuts, sunflower or pumpkin seeds, slivered almonds, dried cranberries
- 3 c Veggie bouillon

Place the squash cut side down on a baking sheet and bake at 400° for about 30-45 minutes. For the pilaf, sautee the onion in the oil. When it starts to soften, add the grain mix and any add-ins. Stir until grains are coated with oil and start to toast just a little. Add vegetable bouillon (or 3 c water and 1 tsp Spike seasoning mix). Bring to a boil; reduce heat and simmer covered for 15-45 minutes. Fluff with a fork and serve in half a squash.

45-minute grain mix	15-minute grain mix
<ul style="list-style-type: none">• ½ c brown rice• ½ c pearled barley (ok, not *exactly* a whole grain...)• ½ c wild rice	<ul style="list-style-type: none">• ½ c white rice• ½ c quinoa• ½ c buckwheat or kasha

Asian cabbage salad with tofu

Use nappa or celery cabbage, or another type of crinkly cabbage that appears to be masquerading as lettuce. Since sizes vary, I give proportions in the recipe below. Serve with grilled or baked marinated tofu “steaks” or cubes.

- 3 parts shredded nappa cabbage
- 1-2 parts shredded carrots
- 1 part mung bean sprouts
- 3-6 scallions, chopped into rings
- (In season, I'd also add pea pods cut into strips, strips of bell pepper, and shredded cucumber or zucchini)

Toss these together in a bowl. Mix together in a jar the following dressing:

- 1/4 c. apple cider vinegar
- 1/4-1/2c. water
- 2 Tbl. soy sauce or Bragg's
- scant 1/4 c. mild vegetable oil
- 1-2 Tbl. toasted sesame oil
- Salt to taste

Whisk dressing together and pour over salad (you may have extra); toss. Let sit at least 1/2 hour before eating. Keeps in the fridge - dressing and all - for at least a week. As the dressing soaks into the cabbage, it resembles slaw more than salad.

Week 3

****Garlic relish (or curry) stir-fry***

- 1 cake tempeh, cubed
- 2 bags frozen mixed vegetables
- 1/4 cup Patak's (Indian) garlic relish, or prepared curry sauce
- Cooked rice

Heat the tempeh in a skillet. Add the vegetables. As they begin to thaw, add the sauce. Heat through; serve over rice.

****Domino soup***

1/2 c. or so Great Northern Beans (dry, or 1 can)
 1/2 c. or so Black Beans (dry, or 1 can)
 1 Leek, chopped into 1/4 circles (opt)
 2-3 Cloves garlic, smashed
 2 Bay leaves
 A lot Kale, mustard, or chard, chopped
 1 Tbs. Vegetable bouillon
 1/2 tsp. Salt

Sautee the leek and garlic in oil. When well-coated, add the other ingredients.

You can dress this up with potatoes, carrots, etc. Just don't over-season – that seems to backfire on this recipe.

Melted onions and green beans (or asparagus)

- Thinly slice one medium-sized onion into crescents.
- “Melt” the onions over **medium-low** heat with a good glug of olive oil until they are soft and sweet (10 minutes or more).
- Turn the heat up to medium-high and add half a pound of green beans or asparagus cut into 1-inch lengths.
- Add 1/2 cup cooked and rinsed black beans, and season with salt, garlic powder, and a little cayenne.
- Serve over brown rice.

Asian-style noodle soup

2-4 scallions, slivered

1-2 carrots, cut in matchsticks or thin circles

2 handfuls of snow pea pods

1 handful bean sprouts

4-8 oz. sliced mushrooms

4 c. raw greens, shredded (kale, spinach, chard, bok choy, etc.)

+/- bamboo shoots, baby corn, water chestnuts

2 tsp ginger, minced

8 oz. tofu, cubed

4 oz. linguini-style clear rice noodles (or 2 packets Thai noodle soup)

1-2 Tbl tamari or soy sauce

+/- 1 Tbl miso paste

Sautee the vegetables in a little oil (perhaps toasted sesame). Add 5 cups of water and bring to a boil. Add tofu. Add rice noodles and tamari (or use the seasoning packet, if one came with your noodles) and cook for the length of time indicated on your noodles. If using miso, add it after the soup has come off the heat. This doesn't keep well; the noodles get too soft.

Roasted root vegetables

Dice enough of any combination of the following vegetables enough to fill a 9" x 13" baking pan about half full:

- Carrots
- Parsnips
- Rutabaga (cut off the waxy peel with a paring knife)
- Turnips
- Potatoes (white or sweet)
- Beets (red or golden)
- Salsify/scorzana
- Burdock
- Onions
- Leeks
- Garlic (whole or half cloves)
- Mushrooms
- Winter squash
- Chick peas

Drizzle with olive oil and sprinkle with salt and one of the following mixtures:

- Sage, rosemary, thyme
- Basil, oregano, and black pepper
- Curry powder
- Smoked paprika
- Any other favorite spice mix

Bake at 350° for 60-90 mins, stirring every half-hour. Notes:

- This would also do well in a solar oven.
- Do try some "weird" veggies in this recipe! Roasting root veggies makes everything a little sweeter and more palatable.
- Add tofu or meat sausage for even more flavor.

Week 4

***Easy zesty minestrone, a.k.a. Swiss Army Soup**

1 large can (48oz) spicy V8 or similar vegetable juice
2-3 bags mixed veggies (or fresh veggies to your taste)
2 cans kidney beans, drained

Heat through and serve over cooked elbow macaroni. Don't put the macaroni in the soup pot or it'll absorb too much liquid and get squishy. Yuck.

***Cheater's Spanish rice, a.k.a. Swiss Army Soup pt. 2**

I have a killer paella recipe. This is not it. For this recipe, take the leftover zesty minestrone from yesterday – there will probably be a lot. Estimate how much liquid there is left over – if half the soup is left, you'll have 3 cups of liquid left. Now add half as much uncooked rice as liquid – in this case, 1.5 c. of dry rice. Bring to a boil, then turn down and simmer 15 mins for white rice or 35 mins for brown rice. Most of the vegetable broth will cook into the rice, leaving you with spicy, tomato-seasoned rice with vegetables and beans.

Swiss Army Soup, pt. 3 is to take the leftover Spanish rice, roll it in a tortilla with some cheese, and have burritos. If there are *still* leftovers, call the actual Swiss Army and invite them to dinner.

Corn cakes with peppers and feta

- Make corn cakes (above).
- Sauté multicolored sweet peppers (and hot peppers, if you like) with a little olive oil. You could also add other veggies here, like zucchini or eggplant.
- Place 2 corn cakes on a plate, top with peppers, and crumble feta cheese on top.

Split pea soup

1.5 c split green peas
5 c water
Vegetable bouillon or smoked sea salt

Bring the peas to a boil in the water. Simmer for 35-50 minutes until the peas are cooked through and start to dissolve. Add 1-2tsp vegetable bouillon, or ½ - 1 tsp. smoked sea salt. Plain salt will work in a pinch, too, but the added smoke flavor is really tasty...and may even fool devoted omnivores into thinking there's a ham hock in there somewhere. Serve with bread and salad.

Tempeh cutlet with arame and noodles

Arame is a good entrée into eating seaweed, which is fantastically healthy. It's got a nice "bite" to it, unlike wakame, which can be slimy. Cutting it with familiar egg noodles and dousing it with flavorful spices also helps cover the seaweed flavor for non-coastal palates.

1 tsp. grated ginger

1 Tbl. tamari or soy sauce

1 Tbl. water

1 tsp. toasted sesame oil

1 block of tempeh, cut into cubes

$\frac{3}{4}$ c. shredded arame seaweed (really best not to sub other kinds, especially wakame, which will get slimy)

1.5 c. thin egg noodles – the same size as the arame shreds

Olive oil, cayenne pepper, garlic powder, and parmesan cheese

Mix the first 4 ingredients together. Marinate the tempeh in the sauce for at least 15 minutes.

Meanwhile, bring a pot of water to a boil and cook the arame and noodles together according to the package directions (about 5 minutes). Drain and return it to the pot, seasoning with olive oil, cayenne, garlic, and parmesan.

Drain the tempeh and pan-fry it quickly to heat it through. Serve on top of the noodle mixture.