



Meatless Monday: A Recipe Guide

Minestrone Made in Minutes

Consider keeping all these ingredients in your pantry and freezer. That way, you've always got a quick and healthy go-to dinner for those times you get home late and you didn't have time to shop.

Look for the non-meat sausages in the cold case over by the produce, or just ask someone in the store. They're easy to find and a great source of protein!

Ingredients

- 1 container veggie broth or vegan un-chicken broth
- 1 can crushed tomatoes
- 1 bag of your favorite frozen mixed vegetables
- 1 can of chickpeas, drained (or any other bean you like)
- 2 Tb dried Italian herbs
- ½ bag of your favorite small pasta (corkscrew, elbow) (gluten-free is fine)
- 2 tsp salt
- 1 tsp pepper
- ½ package of meat-free Italian sausages, sliced
- Water as needed

Directions

1. Toss the broth, tomatoes, veggies, beans and herbs into a large soup pot.
2. Add a few cups of water until the veggies are all covered.
3. Bring to a boil.
4. Add the pasta, turn to a high simmer and cook until the pasta is tender (check the package for timing).
5. Turn the heat down to a simmer and add the salt, pepper and meat-free sausages. Add more water if it's looking too dry.
6. Taste and add more herbs or salt if you want.

Options

- Add a bag of baby spinach at the very end if you'd like to include some fresh veggies. You can also replace the bag of frozen veggies for fresh if you'd prefer.
- Try adding a teaspoon of dried garlic powder.

Veggie Reuben



Ingredients

- 1 package wrap bread or extra-large plain tortillas
 - 1 jar vegan mayo
 - 4 dill pickles, chopped
 - $\frac{3}{4}$ cup ketchup
 - 2 packages of your favorite meat-free deli slices
 - 1 large jar of sauerkraut, drained
 - 1 package of shredded non-dairy cheese **or** 1 block of non-dairy cheese, grated
- Tip:** Look for non-dairy cheese without casein, which is a dairy-based ingredient.

Directions

1. Make the sauce by mixing the mayo, the pickles and the ketchup together.
2. Spread the sauce over the wrap.
3. Cover the sauce with overlapping slices of veggie deli meat.
4. Cover the slices with a thin layer of sauerkraut.
5. Sprinkle cheese over all of it.
6. Roll up the wrap like a burrito and bake on a cookie sheet for 10 minutes at 400 degrees. You can slice it into bite-size pieces for a party or eat the whole thing for your lunch.

Options

You can also make these like old-fashioned deli sandwiches. Use rye or any good bread and butter the pieces. Keep the butter on the outside and make the sandwich with all the ingredients. Then bake them until the outside is toasty golden brown. They're messy to eat, but delicious!

Steel Cut Oats

Warning! This makes a *lot* of oats. Make it Sunday afternoon and you've got breakfast for the week. It also freezes well.

Ingredients

- 2 cups uncooked whole-grain steel cut oats
- 8 cups water
- 1 cinnamon stick
- 2 apples, chopped
- ½ cup chopped nuts of your choice (almonds, pecans and walnuts work well)
- ¼ cup raisins or other dried fruit
- ½ bag of your favorite frozen berries
- 2 T ground cinnamon

Directions

1. Put the water in a very large pot. If the water comes up to the top, the pot is too small. You need room to let the oats expand.
2. Bring the water to a boil.
3. Pour the oats into the water, stirring while you do so.
4. Add the cinnamon stick. Turn the heat to low. Every so often, stir the oats. If they're bubbling too much, turn the heat down. If they stick on the bottom, just stir it all up. Steel cut oats are tough—they'll be fine no matter what you do to them!
5. After 20 minutes, add the chopped apple. Keep simmering and stirring for another 20 minutes. Turn the heat off.
6. Stir in the nuts, the raisins and the cinnamon. Stir often while cooling, then refrigerate. Serve topped with sliced bananas and more cinnamon if you'd like.

Tip

When you first put the oatmeal away, pack it into several small containers. That way, you (and others in your family) can grab a container when you dash out the door and heat it in the office kitchen later. Regular oatmeal doesn't re-heat well, but steel cut oats do. You can even freeze it!

Optional Additions

- 1 cup pureed pumpkin with 1 tsp each nutmeg and clove
- 1 can chopped pineapple and/or 1 chopped mango
- ½ cup peanut or almond butter, added at the end

Cholesterol-free Scramble



Seasoning Mix Ingredients

Make a big batch of this spice mix and keep in your cupboard for months.

- 2 and 2/3 cups nutritional yeast
- 3 T salt
- 2 T onion powder
- 2 T paprika
- 1 T turmeric
- 1 tsp celery seed
- 1 tsp pepper

Directions

Mix spices and store in a sealed container. Keeps indefinitely.

Scramble Ingredients

- 1 block of silken tofu
- 1 block of firm tofu
- 2 T oil

Directions

1. Smash both blocks of tofu with a potato masher or your (freshly washed) hands.
2. Mix 4 tablespoons of scramble seasoning mix with the tofu mixture.
3. Add 2 tablespoons of oil to a non-stick pan. Sauté tofu mixture on medium heat for about 10 minutes with your favorite veggies. Bell peppers, spinach and mushrooms work well. If the tofu starts sticking or getting dry, add a little more oil. It should brown up nicely.
4. Taste before serving—some people prefer a stronger seasoning, if so, just add an extra tablespoon.
5. Serve with toast, home fries, and of course, lots of coffee.

Five-Minute Tostadas

Ingredients

- 1 jar of your favorite salsa
- 1 package corn tortillas (fresh, not fried)
- 1 can vegetarian refried beans (most refried beans are naturally vegetarian, but check the ingredients)
- 1 package meat-free chorizo

Directions

1. If the tortillas are frozen, thaw them at room temperature or microwave for a few seconds until they are soft.
2. Using a butter knife or small spatula, spread each tortilla with a layer of beans as if you're spreading peanut butter on bread. The amount is up to you—you can't mess this up! Try for 3 tablespoons per tortilla. The goal is to use the entire can of beans on the entire package of tortillas.
3. Congratulations. You just did the hardest part.
4. Spoon some chorizo over the refried beans.
5. Microwave each tortilla for 45 seconds. If you're feeding everyone at once, stack them up like a layer cake and bake in a 400 degree oven.
6. When warm, top with a spoonful of salsa. Roll up or fold in half, eat then repeat.

Options

Try adding shredded non-dairy cheese, chopped tomatoes or shredded lettuce if you're feeling fancy.

Rainbow Veggie Wrap



This is a great snack to make ahead of time. Try making 3-4 wraps (using all the hummus and all the veggies) at a time and wrapping up the extras for work. Then when you get the munchies at work, these healthy wraps are waiting for you and you can ignore the donuts and potato chips.

Ingredients

- 1 package large flour tortillas (try spinach!)
- 1 package hickory-smoked meat-free deli slices
- 1 small salad bar to-go box from your favorite grocery store, filled with your choice of cut veggies: mushrooms, carrot sticks, celery sticks, radish slices, spinach or romaine, sprouts, tomatoes, corn, shredded beets and/or zucchini, artichoke hearts, etc.
- 1 tub of your favorite hummus or a tub of dairy-free cream cheese

Directions

1. Spread a layer of hummus (and/or dairy-free cream cheese) all over the tortilla.
2. Cover with deli slices.
3. Sprinkle veggies over the slices.
4. Roll up. Eat. Repeat!

Cheating Black Bean Chili

Recipe from *Moosewood Restaurant Low-Fat Favorites*

Ingredients

- 2 cups chopped onions
- 2 garlic cloves, minced or pressed
- ½ cup water
- 1 Tb ground cumin
- 1 Tb ground coriander
- 1 cup prepared red salsa (optional)
- 2 red and/or green bell peppers -- chopped
- 2 15-ounce cans cooked black beans, drained and rinsed
- 1 28-ounce can whole tomatoes with juice
- 2 cups fresh or frozen corn kernels (or one 11-ounce package)
- Salt to taste
- Tabasco or other hot pepper sauce to taste
- ¼ cup chopped fresh cilantro (or to taste)

Directions

1. In a covered soup pot, cook the onions and garlic in the water on high heat, stirring frequently, for about 5 minutes.
2. Add the cumin and coriander and stir on high heat for a minute.
3. Stir in the salsa and bell peppers, lower the heat, cover and simmer for about 5 minutes, stirring occasionally.
4. Add the black beans and tomatoes; simmer for 10 minutes.
5. Add the corn and continue to cook for 10 minutes. Add salt and hot sauce to taste. Stir in the cilantro, if desired.

Options

For an extra nutritional punch, add two big handfuls of baby spinach at the very end of cooking.

Roast Squash



This recipe couldn't be simpler: Roast the squash!

Ingredients

- A couple of your favorite seasonal hard squashes like butternut, kabocha or acorn

Directions

- Preheat the oven to 400 degrees.
- Take any stickers off the squash. Place on a piece of foil or a baking dish.
- Bake. No poking, peeling, slicing or chopping needed. Put the whole thing, as is, in the oven. Bake for about 20 minutes, then turn over and bake for another 20 minutes. Test with a knife. When the knife slips in easily, it's done.
- Let it cool (you can slice it in half so it cools faster). The seeds and skin will fall away easily.

Tips

- Sprinkle squash slices with soy sauce and eat with rice, plant-based proteins and a salad. You'll be stuffed, but it's all low-fat and cholesterol-free.
- Turn into squash butter (recipe below) and use for sandwiches, snacking and dipping instead of fattier options like cheese spreads and sour cream dips.
- Turn into soup (recipe below).

Squash and/or Carrot Butter

This makes a great spread on toast or a rich and creamy sauce for pasta.

Ingredients

- 1 whole roasted butternut squash, peeled, with seeds removed
- 8 carrots, chopped and steamed until tender
- 1 Tb tahini (optional)
- 1 tsp turmeric
- Salt and pepper to taste

Directions

Combine everything in a food processor and process until smooth and creamy. Taste and adjust the seasonings if needed.

Optional Additions

- Cayenne pepper
- Cinnamon
- Curry
- Orange
- Roasted garlic.

Options

You can use all squash, all carrots or a mix of the two.

Butternut Squash Soup

Ingredients

- 2 onions, diced
- 6 cloves garlic, peeled
- 3 lbs. butternut (or other winter squash), roasted and peeled
- 1 Tb fresh ginger, minced
- 7 cups water and/or vegetable stock (fat-free and low-sodium)
- 1/2 cup orange juice
- 1 Tb orange zest
- 1 Tb soy sauce
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 bay leaf

Directions

1. In a large pot, combine the onions, garlic, ginger, bay leaf and stock. Bring to a boil and then simmer gently for about 15 minutes.
2. Add the squash, orange juice, orange zest, cinnamon, soy sauce and nutmeg. Simmer another 15 minutes.
3. Very carefully, puree with an immersion blender or regular blender. Transfer back to the pot, season to taste and re-heat.

Options

You can use sweet potatoes, yams and carrots with the squash. You can also use two tablespoons of curry powder instead of the cinnamon and nutmeg.

Pesto

Use this pesto as a spread on sandwiches and wraps; tossed with your favorite pasta; as a dip for veggies or as a sauce for vegan chicken. It freezes well, so you can make a big batch and save it for later.

Ingredients

- 2 cups tightly packed fresh basil leaves (stems removed)
- 2 cloves garlic, peeled (frozen is fine)
- ½ can cooked navy beans (rinsed)
- ¼ cup walnuts
- 4-6 Tb extra virgin olive
- 3 Tb nutritional yeast
- 2 Tb lemon juice
- 2 tsp salt

Directions

1. Combine all ingredients in a food processor with an “S” blade and process until smooth.
2. Add more oil or some water if you want it thinner (for tossing with pasta) or more beans if you want it thicker (for sandwich spreads).
3. Taste and adjust the salt and lemon juice.
4. Cover tightly with plastic wrap and use over the next 4-5 days.

Hummus

Spread hummus on bread or tortilla wraps; stir it into fresh salad veggies or use it as a dip for pretzels or veggies.

Ingredients

- 1 can cooked garbanzo beans (chickpeas)
- 1 clove garlic, peeled (frozen is fine)
- 1 Tb miso paste
- Juice of ½ lemon
- Salt and fresh ground black pepper to taste
- ½ cup tahini
- 3-4 Tb of extra virgin olive oil

Directions

1. Combine all ingredients in a food processor with an “S” blade and process until smooth.
2. Add more oil or some water if you want it thin (for dipping), or use less if you want it thick (for sandwich spreads).
3. Taste and add more lemon, miso, salt or pepper if needed. Keep it mild!
Remember: It’s easy to add more spices later, but you can never take them out.
4. Refrigerate and eat whenever you need a quick snack.

Optional Additions

- ½ cup fresh dill, basil or parsley leaves
- ¼ cup oil-free sun-dried tomatoes, soaked first
- ¼ cup roasted red peppers (packed in water, not oil)
- One jalapeno

Polenta Lasagna

This dish is a great source of complex carbs, protein from the chickpeas, vitamins and fiber from the veggies and antioxidants from the tomatoes. All that for pennies from your bank account and just a few minutes from your busy day. Serve with a big salad and eat the entire pan!

Ingredients

- 1 tube cooked polenta
- 1 can of tomato sauce
- 1 can garbanzo beans, rinsed
- 1 medium zucchini, sliced thin, OR 1 bag of baby spinach
- 3 Tb nutritional yeast

Directions

1. Lightly coat a casserole dish with oil.
2. Slice the polenta into thin slices.
3. Layer the polenta with the sauce, beans and veggies.
4. Top with a sprinkle of nutritional yeast.
5. Bake at 400 degrees for 20 minutes.

Optional Additions

- Add veggie burger crumbles or chicken strips
- Add shredded non-dairy cheese
- Add sliced mushrooms
- Add a tablespoon of your favorite Italian herbs and/or crushed red peppers
- Add a can of water-packed artichoke hearts

Mango Cashew Fried Rice

Ingredients

- 1 cup roasted cashews
- 1 ½ cups chopped green beans
- 1 medium red onion, diced medium fine
- 3 cloves garlic, minced
- 1 Tb fresh minced ginger
- 2 tsp crushed coriander seed
- 1/4 tsp red pepper flakes
- 6 cups cold, cooked rice (white or brown)
- 3 Tb tamari or soy sauce
- 1 tsp of your favorite hot sauce
- 1 tomato, cut into 1/2 inch pieces
- 2 mangos, peeled, sliced into 1/2 inch pieces
- 15 basil leaves, finely chopped
- 2 TB fresh lime juice

Directions

1. In a large, heavy sauté pan, heat ½ cup water to a simmer.
2. Add the onion, garlic and ginger. Simmer for about 5 minutes, until the onions start to soften. Add more water if necessary (1 tablespoon at a time).
3. Add the green beans and cook for another 5 minutes, until the beans are bright green and starting to soften.
4. Add the rice, tomatoes and seasonings. Cook for 7 minutes, stirring often to scrape the bottom of the pan, until hot through.
5. Add the mango and cashews and cook for about 2 more minutes. You want the mango pieces warmed, but not cooked.
6. Remove from heat and serve. Sprinkle each portion with lime juice. Add more tamari and/or hot sauce if needed.

Fresh Spring Rolls with Peanut Sauce

Ingredients

- 1 package coconut curry marinated tempeh
- 1 package dried, round rice paper wrappers

Filling Ingredients

- 1 head green cabbage, shredded (try Napa cabbage if you can find it)
- 2 carrots, grated
- 2-inch piece of ginger, finely chopped
- 2 cloves of fresh garlic, finely chopped
- 1/3 bunch cilantro, chopped (optional)
- 4-5 mint leaves, chopped (optional)
- ¼ cup lime juice
- 2 Tb cup tamari
- 1 tsp dried ground coriander

Directions

1. Toss the spice mixture with the cabbage. Taste and adjust seasonings. You can use the cabbage right away, but if you time for it to sit for an hour it gets better.
2. Soak each rice paper wrapper in warm water until soft.
3. Place wrappers on a clean, dry towel. Put one tempeh strip and 1/3 cup of filling at the bottom and roll it up like a burrito.
4. Serve with peanut sauce or pineapple peanut sauce (recipes follow).

Peanut Sauce

Ingredients

- 2 cloves garlic
- 1 inch piece of fresh ginger
- 1/3 cup fresh cilantro, mint or Italian parsley (or some combination of the three)
- 1 Tb maple syrup or agave
- 2 Tb tamari
- 2 Tb rice vinegar or apple cider vinegar
- ½ tsp chili powder (optional)
- 1 Tb toasted sesame oil
- ½ cup all natural peanut butter, smooth or chunky
- 1 cup warm water
- ½ cup chopped scallions

Directions

1. Puree the garlic, ginger and herbs in a food processor until they're finely chopped.
2. Add everything else except water and scallions.
3. With the machine running, pour in the water.
4. Taste and adjust seasoning.
5. Remove from processor and stir in the scallions.

Options

You can also toss this sauce with shredded cabbage and carrots to make an Asian slaw.

Pineapple Peanut Sauce

Recipe from robinrobertson.com

Ingredients

- ½ cup fresh or canned pineapple chunks
- ¼ cup peanut butter
- ¼ cup unsweetened almond milk
- 1 tsp sriracha
- 1 tsp rice vinegar
- Pinch salt

Directions

Combine all the ingredients in a blender and process until smooth. Taste and adjust seasonings if needed.



Resources

On the web

- Check out oaklandveg.com for recipes and reasons to eat veg
- Visit the [official Meatless Monday page](#) for the Johns Hopkins Bloomberg School of Public Health for more info about the movement
- Sign up [here](#) and [here](#) to receive free Meatless Monday recipes (and peruse the tons of recipes already posted!)

On video

- Video introduction to Meatless Mondays and how to get started: humanesociety.org/issues/eating/facts/meatless_mondays.html
- Demonstration of how to roast a squash the easy way: www.vegan.com/tips/squash-101/
- Demonstration of the fast way to cut an onion: vegan.com/tips/how-to-cut-an-onion/

Go To Cheat Sheet to Cut Time and Cut Costs

1. Use pre-cut fruits and vegetables (from the grocery store or salad bar)
2. Try some ready-made meat free meal substitutes (like veggie burgers or vegan pizza)
3. Try a veggie or vegan option at restaurants and fast food chains
4. Keep it **FAST, FILLING, and FAMILIAR**