

Ingredient List

COCONUT RED CURRY NOODLES

- 2 teaspoons oil of choice
- 1 medium red bell pepper
- 2–3 cup shredded green cabbage
- 1 cup shredded carrots
- 1/2 large yellow onion, thinly sliced
- 2–3 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- 1 (5.4 oz) can coconut cream
- 3 tablespoons red Thai curry paste
- 2 teaspoons pure maple syrup
- 2 tablespoons soy sauce
- About 14–15 oz stir fry noodles

BLACK BEAN TACOS

- 2 teaspoons olive oil
- 1/2 white onion, diced
- 2 cloves garlic, minced
- 3 cans black beans, drained with liquid reserved
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- Salt and pepper, to taste
- 8 Corn tortillas

GNOCCHI LASAGNA BAKE

- 1 teaspoon olive oil
- 1 medium zucchini, diced
- 1/2 onion, diced
- Salt and pepper
- 1 (16 oz) package potato gnocchi
- 2 cups tomato sauce, or crushed tomatoes
- 1 cup grated mozzarella cheese
- 1/2 cup ricotta cheese

VEGETABLE STIR FRY

- 2 teaspoons sesame oil, or oil of choice
- 4 cups thinly sliced vegetables, I used carrots, peas, purple cabbage and red pepper
- 1 (15 oz) can chickpeas
- 1/3 cup water
- 1/3 cup tamari, I like to use low sodium
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 clove garlic, finely grated
- 1 1/2 teaspoons finely grated ginger
- 1 1/2 teaspoons cornstarch or arrowroot starch
- 1 teaspoon toasted sesame seeds

FRENCH BREAD PIZZAS

- 1 loaf French bread
- 1 cup pesto (vegan pesto recipe here)
- 1 cup grated cheese, vegan or regular
- 2 large tomatoes, I like to use Roma
- 1 cup cooked broccoli, chopped