

Saving Dinner with



Vegetarian Mega Menu-Mailer

20 Vegetarian-based recipes to assemble and freeze ahead

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

20 delicious Dinner Kits

to

Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to Vegetarian Mega Menu-Mailer

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 20 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. So put on some good music and make sure you have on a comfy pair of shoes while you assemble a month's worth of meals at your own pace.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

This document is long, but organized! You'll need all of the details to compile your dinner kits so don't forget to be creative and use your printer's ink and page saving features if necessary. Please check your printer's HELP guide if you are unfamiliar with any of the printing suggestions.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your Mega Menu-Mailer, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Let's talk Dollars and Cents

To give you a rough estimate on what our Mega Menu-Mailer's average cost per meal is, we have shopped at stores from North Carolina to Phoenix, Arizona.

We used stores that are relatively high end – definitely not discount grocers. We shopped using the entire shopping list and bought every item on the list as if we were a new Menu-Mailer subscriber just starting out with only salt and pepper in our pantry.

Whenever possible, we bought organic products, as well. The total cost for every item was only \$285 - \$340 for the different Menu-Mailers for the preassembly ingredients. That breaks down to a per meal cost of \$14.50 for 4 people for 20 meals. (You can't take a family of 4 to a fast food burger place for that price.)

We know you can do a lot better than we did by utilizing club stores, discount grocery stores, catching items on sale and using your coupons. We did this so you could see the rough cost on using the Mega Menu-Mailer – but again, this is straight retail, no penny pinching whatsoever!

By taking your shopping list and carefully combing thru your pantry and refrigerator, you should be able to purchase most everything you need to make the recipes for much less! Our staff went thru their pantries and could mark off more than half of the ingredients before they even left home!

Make sure to try to ad match and shop at stores that match competitor sale items and used coupons.

See our website for
MONEY SAVING HINTS
for great tips on saving while shopping!

Once begun, half done

Cooking dinner can be exhausting. Preparing 20 dinners can seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (figure 2 one gallon sized bags per meal)
- ❑ 2 plastic storage containers (GladWare®, Ziploc®, etc) in a flat, "casserole" style.
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

Grocery shopping will probably take you an hour or two, and for a reference point, several of our staff have tested the assembly of the kits and had all 20 meals in the freezer in two – three hours. The pre assembly prep list helps cut down on assembly time so be sure to read it and use it!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This couldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And Mega Menu-Mailer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List to get started. This one has all of the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our Mega Menu-Mailer testers found they could cross off almost half of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 20 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 20 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminate.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimum way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 20 kits in a day, try assembling your meals by type of meat! Do all of your fish at one time, take a break, then do the next meat group.

If you stop for the day after assembling one meat group or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

You'll want to get out the Preassembly Prep List as that will have many time saving do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

Where's the meat?

You'll notice that the menus are not necessarily broken down into meat categories: beef, chicken, fish, pork/lamb, and turkey. You do not need to start with any specific recipe.

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

Something's Fishy!

Ask anyone in my customer service and FISH is probably the number one ingredient we get complaints on. While fish comes in many different ways, if you've had an ill prepared or overcooked fish dish it's sure to be a turnoff.

The recipes included in Mega Menu-Mailer are RAVES – favorites from subscribers to Menu-Mailer. I'd encourage you to take a leap of faith and try them if you "think" you don't like this or that. You'll be pleasantly surprised!

If you still have an aversion to tofu or tempeh or another specific ingredient, these delicious recipes are also extremely flexible and would be perfect choices to also substitute another soy based product in place of any of the fish. Simply remember to adjust cooking times to ensure your chicken is cooked thru and make any needed adjustments to your shopping lists.

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 20 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 20 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. |

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing a months worth of main courses and some food items are very perishable and only last approximately a week in your pantry or fridge.

Also, you are in control of how you decide to use the meals. You may decide to use these meals for the whole month while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep and then share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pickup the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

Congratulations on Saving Dinner in your home!

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Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

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SOY

- 3 pounds TVP crumbles [M1,M2,M4]
- 6 Quorn Naked Cutlets [M6] (Additional 6 cutlets if not using Boca Chickin [M9])
- 6 Boca Chikin patties (If not using Quorn Naked Cutlets) [M9]
- 1 pound soy sausage (your favorite) [M7]
- 12 veggie patties (your favorite) [M8]
- 6 (8-oz.) packages tempeh [M16,M19] (Additional 16 ounces if not using tofu [M11])
- 40 ounces extra firm tofu [M11,M18] (only 24 ounces if using Tempeh for recipe M11)
- 10 1/2 ounces silken tofu [M14]

CONDIMENTS

- Olive oil (2 1/2 tablespoons) [M5,M14]
- Vegetable oil (2 teaspoons) [M15]
- Ketchup (1 1/2 cups) [M1]
- Mustard 1 1/2 tablespoons [M1]
- Dijon mustard (3 tablespoons) [M8]
- Soy sauce (low sodium, if available) (7 tablespoons) [M6,M11]
- Teriyaki sauce (3 tablespoons) [M3]
- Barbecue sauce (your favorite) (1/4 cup) [M15]
- White vinegar (1 tablespoon) [M1]
- Balsamic vinegar (6 tablespoons) [M15,M19]
- Honey (1/3 cup) [M17]
- 1 (12-oz.) jar peach preserves (1/2 cup) [M19]
- Apple cider (1 1/2 cups) [M6]
- 1 jar minced garlic (if not using fresh) (5 teaspoons) [M2,M7,M10,M18, M20]
- 2 (1.25-oz.) taco seasoning packets (need 3 tablespoons of seasoning powder) [M4]

CANNED GOODS

- 9 (14.5-oz.) cans vegetable broth, low sodium (120 ounces) [M3,M5,M9,M10,M15,M20]
- 5 (14.5-oz.) cans diced tomatoes [M7,M11,M18,M20]
- 2 (14.5-oz.) cans diced tomatoes with garlic [M5]
- 1 (14.5-oz.) can Mexican style tomatoes, chopped [M4]
- 1 (6-oz.) can tomato paste [M7]
- 2 (8-oz.) cans tomato sauce (10 ounces) [M5,M15]
- 1 (32-oz.) can or jar tomato juice [M20]
- 76 ounces canned or jarred spaghetti sauce (your favorite) (need 28 ounces + 48 ounces) [M2,M14]
- 3 (16-oz.) cans pinto beans [M4,M13]
- 3 (16-oz.) cans white beans [M5,M20]
- 1 (15.5-oz.) can Great Northern beans [M13]
- 1 (4-oz.) can diced green chilies [M12]
- 2 (4-oz.) cans sliced black olives [M2,M4]
- 1 (2.25-oz.) can chopped black olives [M7]
- 1 (7-oz.) jar salsa verde (green salsa) (1/3 cup) [M9]
- 1 (8-oz.) can chunked pineapple [M11]

PRODUCE

- 13-14 large onions (8 cups chopped, 2 cups sliced, and 2 onions, wedged) [M1,M2,M3,M4,M5,M7,M10,M11, M13,M17,M18,M20]
- 1 red onion (1 cup chopped) [M15]
- 2 bunches green onions (8 stems) [M14]
- 1 bunch fresh parsley (5 tablespoons) [M4,M10]
- 1 bunch fresh dill weed (4 1/2 tablespoons) [M18]
- 2 heads of garlic (10 cloves) (if not using preminced) [M2,M7,M10,M18, M20]
- 2 lemons (4 tablespoons juice) [M18]
- 5-6 limes (3/4 cup juice) [M9]
- 8 green bell peppers (6 large whole + 2 cups chopped) [M2,M5,M7]
- 1 red bell pepper (1 cup chopped) [M7]
- 1 bunch celery (3 3/4 cups chopped) [M1,M13,M15,M17,M20]
- 1 fennel bulb (optional) [M10]
- 2 1/4 pounds carrots (about 13) (6 1/2 cups chopped) [M3,M5,M10,M13,M17, M20]
- 1 parsnip [M13]
- 1 bok choy (3/4 cup) [M17]
- Broccoli florets (4 1/2 cups) [M3,M17]
- Green beans, fresh (1 cup) [M5]
- Snow peas (3/4 cup) [M17]
- 1 1/2 pounds Portobello mushrooms [M3]
- 2 (8-oz.) packages mushrooms, sliced (4 1/4 cups) [M2,M14,M18,M20]
- Gingerroot (3 tablespoons) [M3,M17]

SPICES

- White pepper (or black pepper) (1/4 teaspoon) [M8]
- Thyme (2 teaspoons) M5,M10,M13]
- Basil (1 1/2 tablespoons) M13,M20]
- Cumin (1 1/2 teaspoons) [M9]
- Curry powder (3 teaspoons) [M11]
- Garlic powder (2 1/2 teaspoons) [M9,M14]
- Oregano (1 teaspoon) [M14,M20]
- Rosemary (1 teaspoon) [M8]
- Marjoram (2 1/2 teaspoons) [M10,M11]
- Italian seasoning (1 teaspoon) [M2]
- Paprika (1/2 teaspoon) [M16]
- Tarragon (1/2 teaspoon) [M19]

Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

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DAIRY/DAIRY CASE

Cheddar cheese, shredded (2 cups) [M12]
Colby cheese, shredded (2 cups) [M12]
Mozzarella cheese, shredded (2 1/2 cups) [M2,M7]
Monterey Jack cheese, shredded (1/2 cup) [M4]
Sour cream, low fat (3 tablespoons) [M8]
Milk, low fat (1 1/2 cups) [M12]
5 eggs [M12,M14,M16]
Orange juice (3/4 cup) [M17]

DRY GOODS

Brown sugar (1/4 cup) [M1]
Brown rice (about 2 cups) [M2] (Additional for 3 cups
cooked [M18] plus 4 side serving portions)
1 (8-oz.) package lasagna noodles [M14]
Cashews (1 cup crushed) [M16]

FREEZER

1 (10-oz.) package frozen peas (1 1/2 cups) [M11]
1 (10-oz.) package frozen spinach, chopped [M14]
1 (10-oz.) package frozen corn [M15]

OTHER

41 (gallon) freezer bags
10 (quart) freezer bags
1 (snack) plastic bags
Wax paper or freezer paper
Freezer tape or masking tape
Gladware- type 9-x13-inch disposable pan

Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.
(* refers to ingredients needed for the Serving Suggestions if you are following them.)

1. Dad's Sloppy Veggie Joes

- *Whole wheat burger buns
- *Baby carrots
- *Bagged coleslaw mix
- *Mayonnaise
- *Rice vinegar

2. Veggie Stuffed Peppers

- Vegetable oil
- *Lettuce, not Iceberg, no nutrition
- *Salad toppings, your choice
- *Salad dressing, your choice
- *Baby carrots

3. Teriyaki Broccoli Shrooms

- Vegetable oil (1 1/2 tablespoons)
- *Oriental noodles
- *Frozen egg rolls

4. Veggie Campfire Casserole

- 1 small package cornbread mix
(check box for any additional ingredients like eggs, oil, etc.)
- *Lettuce, not Iceberg, no nutrition
- *Salad toppings, your choice
- *Salad dressing, your choice

5. Crock White Bean & Veggie Soup

- *Your favorite crusty bread
- *Baby carrots
- *Cherry tomatoes
- *Celery
- *Whole pitted black olives

6. Apple Cider Cutlets

- *Red potatoes
- *Butter
- *Parsley
- *Green beans

7. Vegetarian Italian Casserole

- Elbow macaroni (1 1/2 cups uncooked)
- *Lettuce, not Iceberg, no nutrition
- *Salad toppings, your choice
- *Salad dressing, your choice
- *Bread (for garlic toast)
- *Garlic powder
- *Butter

8. Dijon Rosemary Patties

- *Green beans
- *Russet potatoes
- *Olive oil
- *Garlic cloves, minced (optional)

9. Chikin Vera Cruz

- Olive oil (1 1/2 tablespoons)
- Cilantro (3-4 tablespoons)
- Sour cream (4 tablespoons)
- *Spinach (6 cups)
- *Broccoli
- *Brown rice

10. Fennel, Vegetable & Bean Soup

- Fusilli pasta (12 ounces uncooked)
- 1 (14.5-oz.) can diced tomatoes
- 1 (15.5-oz.) can Great Northern beans
- *Romaine lettuce
- *Green apples
- *Walnuts
- *Bleu cheese crumbles
- *Vinaigrette dressing
- *Whole grain dinner rolls

11. Vegetarian Curry

- Whole wheat flour (3 tablespoons)
- *Broccoli
- *Brown rice

12. Green Chile & Cheese Frittata

- Whole wheat flour (1 tablespoon)
- *Salad greens
- *Salad toppings, your choice
- *Salad dressing, your choice
- *Broccoli

13. Roasted Vegetables & Beans

- 2 medium russet potatoes
- Mixed dried fruit (1/2 cup)
- Cooking spray (or oil in a sprayer)
- Balsamic vinegar (3 tablespoons)
- Olive oil (1 1/2 tablespoons)
- Parsley (1/2 cup minced)
- *Spinach leaves
- *Salad toppings, your choice
- *Salad dressing, your choice
- *Brown rice

14. Easy Vegetarian Lasagna

- 1 (8-oz.) package shredded fat-free mozzarella cheese
- *Romaine lettuce
- *Salad vegetables
- *Salad dressing, your choice
- *Bread (for garlic bread)
- *Garlic powder
- *Butter

15. Barbecue Confetti Pasta

- Fusilli pasta (16 ounces)
- *Spinach leaves
- *Salad toppings, your choice
- *Salad dressing, your choice

16. Cashew Tempeh

- Butter (3 tablespoons)
- *Red potatoes
- *Baby carrots
- *Green beans

17. Sweet and Sour Veggies

- Vegetable oil (2 teaspoons)
- Cayenne pepper to taste (optional)
- *Brown rice
- *Petit peas with pearl onions
- *Baby carrots

18. Baked Dill Tofu on Rice

- Brown rice (3 cups cooked)
- *Spinach leaves
- *Garlic
- *Olive oil

19. Just Peachy Tempeh

- *Russet potatoes
- *Baked potato toppings (cheese, sour cream, chives, etc.)
- *Kale
- *Acorn squash

20. Crock Minestrone Soup

- Fusilli pasta (1 1/2 cups uncooked)
- Parmesan or Romano cheese (garnish)
- *Lettuce, not Iceberg, no nutrition
- *Salad toppings, your choice
- *Salad dressing, your choice
- *Bread (your favorite)

(* refers to ingredients needed for the Serving Suggestions if you are following them.)

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Brown rice [M2]: Cook rice according to package directions. Need enough to make 2 cups cooked. While you're at it, throw in some extra and bag up 3 cups for [M18] plus 4 baggies of rice to pull out for the serving suggestions portioned just right for your family so you don't have to cook rice a bunch more times! This saves even more time later. Follow package directions for making rice.

Onions [M1,M2,M3,M4,M5,M7,M10,M11,M13,M17,M18,M20]: Out of your 13 onions you will need to: (1) Slice 2 onions into thin rings and separate the rings. (2) Cut 2 onions into wedges. (3) Chop the remaining onions to yield 8 cups of chopped onion. (1 large onion is about 1 cup chopped; 1 medium onion is about 3/4 cup chopped.)

Red Onion [MM15]: Chop the red onion to make 1 cup of chopped onion.

Green Onions [M14]: Wash the green onions under running water to remove any grit. Cut off the bottom root section. Chop 8 whole green onions.

Parsley [M4,M10]: Cut and remove the longer ends of the stems. Pile your parsley on a clean cutting board and chop with a large chef type knife using a rocking motion keeping the knife point firmly in place. Need 5 tablespoons.

Ginger [M3,M17]: Take your ginger root and peel the skin. Grate enough gingerroot to make 3 tablespoons (OR skip this entire step and buy a jar of "Ginger paste", usually in produce section. Equivalent on the jar!)

Garlic [M2,M7,M10,M18,M20]: Press 10 cloves of garlic to make about 5 teaspoons minced garlic. (If you are not using preminced garlic). 1/2 teaspoon of preminced garlic is about the same as 1 clove of garlic.)

Bell Peppers [M2,M5,M7]: Wash all of your bell peppers. Cut off the tops, remove all seeds and then remove the ribs. (1) Chop 2 green bell peppers to yield about 2 cups chopped. (You can chop and freeze any extra for future use!) (2) Set 6 whole green bell pepper aside for M2. (3) Chop 1 red bell pepper to yield 1 cup chopped.

Carrots [M3,M5,M10,M13,M17,M20]: Wash the carrots under running water to remove any dirt and grit. (1) Thinly slice 2 1/2 cups of carrots (2) Chop carrots to yield 5 cups chopped carrots.

Celery [M1,M15,M17,M20]: From the bunch of celery, choose and remove about 6 large ribs; wash them under running water. (1) Chop the ribs to make 3 3/4 cups chopped celery. (2) Take 1/2 cup of that celery and dice the pieces up smaller. (for M15).

Parsnips [M13]: Wash parsnips under running water to remove any grit. Cut off top and bottom of the parsnips and discard. Chop 1 parsnip into 1/2 inch cubes or smaller.

Fennel [M10]: (optional) Cut the stalks away from the bulb at the place where they meet. Rinse it with water then cut it in half. Remove core and slice into small pieces.

Bok Choy [M17]: Wash under running water and trim off the base then chop enough to make 3/4 cup chopped.

Broccoli Florets [M3,M17]: Wash under running water. Chop the broccoli florets to make 4 1/2 cups.

Lemons [M18]: Using your palm, press and roll the lemons on your countertop a few times to help release the juice from the pulp. (TIP: lemons and limes stored at room temperature release more juice than refrigerated ones.)

If you do not have a juicer, squeeze the lemons over a bowl by hand. Be sure to remove any seeds from the juice. You need the 4 tablespoons juice.

Limes [M9]: Using your palm, press and roll the limes on your countertop a few times to help release the juice from the pulp.

If you do not have a juicer, squeeze the limes over a bowl by hand. Be sure to remove any seeds from the juice. You need 3/4 cup of lime juice.

Portobello Mushrooms [M3]: Wash the mushrooms to remove any dirt and organic matter. Slice into strips.

Green Beans [M5]: Wash the green beans under running water to remove any dirt or grit. Cut the green beans into 1 inch long segments.

Snow Peas [M17]: Wash the snow peas under running water to remove any dirt and grit. Need 3/4 cup.

Cashews [M16]: Place the cashew pieces in a blender or food processor and grind into cashew "flour". Mix the cashew flour with 1/2 teaspoon paprika.

Saving Dinner with Mega Menu-Mailer

Dinner Planner Recipes 1-10

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> 1.Dad's Favorite Sloppy Veggie Joes	Serve on whole wheat buns with coleslaw, a bowl of baby carrots	Stovetop	<5 minutes	10-15 minutes
<input type="checkbox"/> 2.Veggie Stuffed Peppers	Serve with a green salad and a bowl of baby carrots	Oven	<5 minutes	35 minutes
<input type="checkbox"/> 3.Teriyaki Broccoli Shrooms	Serve over oriental noodles and add egg rolls	Stovetop	<5 minutes	15-20 minutes
<input type="checkbox"/> 4.Veggie Campfire Casserole	Serve with a big salad	Stovetop and Oven	5-10 minutes	20-25 minutes
<input type="checkbox"/> 5.Crock White Bean & Veggie Soup	Serve with crusty bread and a relish tray of baby carrots, cherry tomatoes, celery sticks and whole pitted black olives	Slow cooker	<5 minutes	6-8 hours on high; 4-5 hours on low
<input type="checkbox"/> 6.Apple Cider Cutlets	Steamed red potatoes with butter and chopped parsley, steamed green beans	Oven	25 minutes	15-20 minutes
<input type="checkbox"/> 7.Vegetarian Italian Casserole	A big salad and garlic toast	Stovetop and Oven	<5 minutes	30-40 minutes
<input type="checkbox"/> 8.Dijon Rosemary Patties	Serve with steamed green beans and baked sweet potatoes	Oven	<5 minutes	About 15 minutes
<input type="checkbox"/> 9.Chikin Vera Cruz	Serve on bed of fresh spinach, steamed broccoli & brown rice	Stovetop	<5 minutes	15-20 minutes
<input type="checkbox"/> 10.Fennel, Vegetable & Bean Soup	A salad of Romaine lettuce, sliced green apples, crumbled bleu cheese and walnuts with vinaigrette dressing. Add whole grain dinner rolls.	Slow cooker	5-10 minutes	8-10 hours high; 4-5 hours low

Saving Dinner with Mega Menu-Mailer

Dinner Planner Recipes 11-20

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> 11. Vegetarian Curry	Serve with brown rice and steamed broccoli	Stovetop	<5 minutes	15-20 minutes
<input type="checkbox"/> 12. Green Chile & Cheese Frittata	Serve with steamed broccoli and a green salad	Oven	5-10 minutes	30 minutes
<input type="checkbox"/> 13. Roasted Vegetables and Beans	Serve on a bed of brown rice with a spinach salad on the side	Oven	5-10 minutes	30 minutes
<input type="checkbox"/> 14. Easy Vegetarian Lasagna	Serve with a salad of Romaine lettuce and lots of chopped veggies. Add some garlic bread.	Oven	<5 minutes	70 minutes
<input type="checkbox"/> 15. Barbecue Confetti Pasta	Serve with a big spinach salad	Stovetop	5-10 minutes	15 minutes
<input type="checkbox"/> 16. Cashew Tempeh	Serve with steamed red potatoes, baby carrots and green beans	Stovetop	<5 minutes	10 minutes
<input type="checkbox"/> 17. Sweet and Sour Veggies	Serve over brown rice, add petite peas with pearl onions, steamed baby carrots	Stovetop	<5 minutes	15 minutes
<input type="checkbox"/> 18. Baked Dill Tofu on Rice	Serve with garlic stir fried spinach	Oven and Stovetop	5-10 minutes	30 minutes
<input type="checkbox"/> 19. Just Peachy Tempeh	Serve with steamed kale, baked acorn squash and baked potatoes	Oven	<5 minutes	10 minutes
<input type="checkbox"/> 20. Crock Minestrone Soup	Serve with a salad and your favorite bread	Slow cooker	<5 minutes	7 1/2 – 8 1/2 hours on low

Dad's Favorite Sloppy Veggie Joes

Vegetarian Mega Menu-Mailer Recipe 1 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 pound TVP crumbles (Morningstar Farms makes a good frozen brand)
1/2 cup sliced celery
1/3 cup chopped onion



Carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, place:

1 1/2 cups ketchup
1/4 cup brown sugar
1 tablespoon white vinegar
1 1/2 tablespoons mustard

Gently and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Dad's Favorite Sloppy Veggie Joes

Vegetarian Mega Menu-Mailer Recipe 1 — Cooking Instructions

Preassembled Ingredients

1 pound TVP crumbles
1/2 cup sliced celery
1/3 cup chopped onion
1 1/2 cups ketchup
1/4 cup brown sugar
1 tablespoon white vinegar
1 1/2 tablespoons mustard



At time of cooking ingredients

None

Cooking Instructions

Remove preassembled Dad's Favorite Sloppy Veggie Joes from the freezer and defrost. (See defrost instructions on page 4 for tips.)

In a large skillet, brown the TVP crumbles, celery and onion mixture. Add ketchup, brown sugar, vinegar and mustard mixture and simmer for about 10 minutes or until done; serve.

Serving Suggestions: Serve meat mixture in lightly toasted whole wheat burger buns. Add a bowl of coleslaw on the side (use a ready-made mix and toss with mayo and a little rice vinegar) and a bowl of raw baby carrots.

Nutrition per serving: 318 Calories; 1g Fat; 50g Protein; 39g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 775mg Sodium. **Exchanges:** 1 Grain (Starch); 6 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates. **Points 6**

Veggie Stuffed Peppers

Vegetarian Mega Menu-Mailer Recipe 2 — Assembly Guidelines

In a large mixing bowl, combine and mix well:

- 2 cups cooked brown rice**
- 1 pound TVP Crumbles (Morningstar Farms has a good one!)**
- Salt and pepper, to taste**
- 3/4 cup sliced mushrooms**
- 1 cup chopped onion**
- 1 clove garlic, pressed (1/2 teaspoon minced)**
- 1 (28-oz.) jar spaghetti sauce (your favorite)**
- 1 (4-oz.) can sliced black olives, drained (optional)**
- 1 teaspoon Italian seasoning**



Spoon equal amounts of TVP mixture into bell peppers:

- 6 green bell peppers, tops cut off, seeded and deribbed**

Place stuffed peppers carefully into 1 gallon sized freezer bags. Depending on the size of the peppers you may have to place 2 peppers per bag.

Gently and carefully squeeze the bag to force out any air then seal the bag.

In a 1 quart freezer bag, add:

- 1 1/2 cups mozzarella cheese, shredded**

Carefully squeeze the bag to force out any air then seal the bag. To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker.

Note: You may need two big bags. If so, label them bag 1 of 2 and bag 2 of 2 so you don't forget one when ready to cook.

Veggie Stuffed Peppers

Vegetarian Mega Menu-Mailer Recipe 2 — Cooking Instructions

Preassembled Ingredients

- 2 cups cooked brown rice
- 1 pound TVP Crumbles (Morningstar Farms has a good one!)
- Salt and pepper, to taste
- 3/4 cup sliced mushrooms
- 1 cup chopped onion
- 1 clove garlic, pressed (1/2 teaspoon minced)
- 1 (28-oz.) jar spaghetti sauce (your favorite)
- 1 (4-oz.) can sliced black olives, drained (optional)
- 1 teaspoon Italian seasoning
- 1/2 cups mozzarella cheese



At time of cooking ingredients

- Vegetable oil

Cooking Instructions

Remove preassembled Veggie Stuffed Peppers from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 375 degrees.

Place peppers in a lightly greased 9 x 13 baking dish; bake peppers for 30 minutes or until done.

Top with cheese and return to the oven for another 5 minutes, or until cheese melts.

Serving Suggestions: Serve with a big green salad and a bowl of raw baby carrots.

Nutrition per serving: 534 Calories; 15g Fat; 62g Protein; 50g Carbohydrate; 20g Dietary Fiber; 34mg Cholesterol; 550mg Sodium. **Exchanges:** 2 Grain (Starch); 7 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 Fat. **Points** 11

Teriyaki Broccoli Shrooms

Vegetarian Mega Menu-Mailer Recipe 3 — Assembly Guidelines

In a 1 gallon freezer bag, place:

1 1/2 pounds Portobello mushrooms (cut into strips)
1 cup thinly sliced onion



Carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, combine:

1 3/4 cups vegetable broth
3 tablespoons teriyaki sauce
1 1/2 tablespoons grated fresh gingerroot

Gently and carefully squeeze the bag to force out any air; seal the bag.

In a 1 gallon freezer bag, place:

1 cup thinly sliced carrots
3 cups fresh broccoli florets

Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 3rd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Teriyaki Broccoli Shrooms

Vegetarian Mega Menu-Mailer Recipe 3 — Cooking Instructions

Preassembled Ingredients

1 1/2 pounds Portobello mushrooms (cut into strips)
1 cup thinly sliced onion
1 3/4 cups vegetable broth
3 tablespoons teriyaki sauce
1 1/2 tablespoons grated fresh gingerroot
1 cup thinly sliced carrots
3 cups fresh broccoli florets



At time of cooking ingredients

1 1/2 tablespoons vegetable oil

Cooking Instructions

Remove preassembled Teriyaki Broccoli Shrooms from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Heat the oil in a large skillet over medium-high heat. Sauté the mushrooms together with the onions until mushrooms have reduced in size and are lightly browned.

Add the contents from the bag containing the broth, teriyaki sauce and gingerroot mixture to the skillet. Bring to a boil, then reduce heat, cover and simmer till thoroughly heated. Add carrots and broccoli; cover skillet again and cook for 4-5 minutes or until veggies are done to your liking.

Serving Suggestions: Serve over oriental noodles; add some yummy egg rolls (see your grocer's freezer section.)

Nutrition per serving: 140 Calories; 5g Fat; 6g Protein; 20g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 841mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 1/2 Vegetable; 1 Fat. **Points** 3

Veggie Campfire Casserole

Vegetarian Mega Menu-Mailer Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

1 pound TVP crumbles
1/2 cup chopped onion



Carefully squeeze the bag to force out any air; seal the bag.

In a 1 gallon freezer bag, combine:

3 tablespoons taco seasoning mix
1 (14.5-oz.) Mexican-style tomatoes (discard 2 tablespoons of liquid), chopped
2 (16-oz.) cans pinto beans
1/3 cup sliced black olives
3 tablespoons chopped fresh parsley

Carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, place:

1/2 cup Monterey Jack cheese, shredded

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Veggie Campfire Casserole

Vegetarian Mega Menu-Mailer Recipe 4 — Cooking Instructions

Preassembled Ingredients

1 pound TVP crumbles (Morningstar Farms is a good one!)
1/2 cup chopped onion
3 tablespoons taco seasoning mix (about 1 1/2 packages)
1 (14.5-oz.) Mexican-style tomatoes (discard 2 tablespoons of liquid), chopped
2 (16-oz.) cans pinto beans
1/3 cup sliced black olives
3 tablespoons chopped fresh parsley
1/2 cup Monterey Jack cheese, shredded



At time of cooking ingredients

1 small package cornbread mix, prepared (but not cooked) per package instructions

Cooking Instructions

Remove preassembled Veggie Campfire Casserole from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 350 degrees.

Sauté TVP crumbles and onion in a large skillet over medium heat. Add the contents from the bag containing the taco seasoning, tomatoes, beans, olives and parsley. Mix together well. Transfer to a 2 1/2 quart baking dish and sprinkle with cheese. Top with prepared cornbread mix. Bake for 15 minutes, or until lightly browned on top.

Serving Suggestions: A big salad.

Nutrition per serving: 632 Calories; 10g Fat; 69g Protein; 76g Carbohydrate; 32g Dietary Fiber; 17mg Cholesterol; 641mg Sodium. **Exchanges:** 4 Grain (Starch); 8 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Points 13

Crock White Bean and Veggie Soup

Vegetarian Mega Menu-Mailer Recipe 5 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

- 2 (16-oz.) cans white beans**
- 1 1/2 tablespoons olive oil**
- Salt and pepper, to taste**
- 1 cup green bell pepper, seeded, deribbed and chopped**
- 1 cup fresh green beans (cut into 1-inch pieces)**
- 1 cup onion, chopped**
- 1 1/2 cup chopped carrots**
- 1/2 teaspoon thyme**
- 2 (14.5-oz.) cans low sodium vegetable broth**
- 2 (14.5-oz.) cans diced tomatoes with garlic, undrained**
- 1 (8-oz.) can tomato sauce**



Carefully seal the bag, it will be very full.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

TIP: If you're using the zip top lock style bags, be sure to set this bag upright in your freezer until it hardens as it might leak at the top seal.

You might also consider using a larger Gladware container that has a sealing lid so that

Crock White Bean and Veggie Soup

Vegetarian Mega Menu-Mailer Recipe 5 — Cooking Instructions

Preassembled Ingredients

- 2 (16-oz.) cans white beans
- 1 1/2 tablespoons olive oil
- Salt and pepper, to taste
- 1 cup green bell pepper, seeded, deribbed and chopped
- 1 cup fresh green beans (cut into 1-inch pieces)
- 1 cup onion, chopped
- 1 1/2 cup chopped carrots
- 1/2 teaspoon thyme
- 2 (14.5-oz.) cans low sodium vegetable broth
- 2 (14.5-oz.) cans diced tomatoes with garlic, undrained
- 1 (8-oz.) can tomato sauce



At time of cooking ingredients

- 1 3/4 cups water

Cooking Instructions

Remove preassembled Crock White Bean and Veggie Soup from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Pour entire contents of bag into a large slow cooker; add water. Cover and cook on low heat setting for 6 to 8 hours, or on high setting for 4 to 5 hours, or until veggies are tender.

Serving Suggestions: A relish tray of baby carrots, cherry tomatoes, celery sticks and whole pitted black olives. Add some crusty bread.

Nutrition per serving: 336 Calories; 4g Fat; 22g Protein; 56g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 297mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points** 6

Apple Cider Cutlets

Vegetarian Mega Menu-Mailer Recipe 6 — Assembly Guidelines

In a 1 gallon freezer bag, place:

6 Quorn Naked Cutlets

Carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, combine:

1 1/2 cups apple cider

1/4 cup low sodium soy sauce

Gently and carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Apple Cider Cutlets

Vegetarian Mega Menu-Mailer Recipe 6 — Cooking Instructions

Preassembled Ingredients

6 Quorn Naked Cutlets

1 1/2 cups apple cider

1/4 cup low sodium soy sauce

At time of cooking ingredients

None

Cooking Instructions

Remove preassembled Apple Cider Cutlets from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 400 degrees. Place cutlets in a 9- x 13-inch baking dish. Pour sauce from bag over cutlets and bake 15-20 minutes or until done.



Serving Suggestions: Steamed red potatoes tossed with butter and chopped parsley, and steamed green beans.

Nutrition per serving: 133 Calories; 6g Fat; 11g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 412mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat. **Points 3**

Vegetarian Italian Casserole

Vegetarian Mega Menu-Mailer Recipe 7 — Assembly Guidelines

In a 1 gallon freezer bag, combine:

- 1 cup chopped onion**
- 1 large clove garlic, pressed (1/2 teaspoon minced)**
- 1 (14.5-oz.) can diced tomatoes, undrained**
- 1 1/2 tablespoons tomato paste**
- 1 cup red bell pepper, seeded, and deribbed, chopped**
- 1 cup green bell pepper, seeded, deribbed, chopped**
- 1 (2.25-oz.) can chopped black olives, drained (optional)**
- 1 pound soy sausage, crumbled**
- Salt and pepper, to taste**



Gently and carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, place:

- 1 cup Mozzarella cheese, shredded**

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Vegetarian Italian Casserole

Vegetarian Mega Menu-Mailer Recipe 7 — Cooking Instructions

Preassembled Ingredients

- 1 cup chopped onion
- 1 large clove garlic, pressed (1/2 teaspoon minced)
- 1 (14.5-oz.) can diced tomatoes, undrained
- 1 1/2 tablespoons tomato paste
- 1 cup red bell pepper, seeded, and deribbed, chopped
- 1 cup green bell pepper, seeded, deribbed, chopped
- 1 (2.25-oz.) can chopped black olives, drained (optional)
- 1 pound soy sausage, crumbled
- Salt and pepper, to taste
- 1 cup Mozzarella cheese, shredded

At time of cooking ingredients

- 1 1/2 cups uncooked elbow macaroni



Cooking Instructions

Remove preassembled Vegetarian Italian Casserole from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 350 degrees. Cook macaroni according to package directions; drain and pour into a lightly greased casserole dish.

In a large skillet over medium heat, add the contents of bag with vegetable mixture; cook on low heat for about 10 minutes or until thoroughly heated; salt and pepper to taste and pour on top of macaroni; top with Mozzarella and bake for 15-20 minutes, or until cheese is melted.

Serving Suggestions: A big salad and garlic toast.

Nutrition per serving: 218 Calories; 9g Fat; 14g Protein; 21g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 150mg Sodium. **Exchanges:** 1 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat. **Points 5**

Dijon Rosemary Patties

Vegetarian Mega Menu-Mailer Recipe 8 — Assembly Guidelines

In a 1 gallon freezer bag, place:

12 patties of veggie patties

(You could also leave these in their original packaging as well. Just make sure to note on your main bag that you need the veggie patties. If you remove them from the bag, be sure to note on the outside of the freezer bag how long they need to cook for and temperature, etc.)

In a snack sized plastic bag, combine:

3 tablespoons low-fat sour cream
3 tablespoons Dijon mustard
1 teaspoon dried rosemary leaves, crushed
1/4 teaspoon white pepper (can use black pepper)

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Dijon Rosemary Patties

Vegetarian Mega Menu-Mailer Recipe 8 — Cooking Instructions

Preassembled Ingredients

3 tablespoons low-fat sour cream
3 tablespoons Dijon mustard
1 teaspoon dried rosemary leaves, crushed
1/4 teaspoon white pepper (can use black pepper)
12 veggie patties

At time of cooking ingredients

None

Cooking Instructions

Remove preassembled Dijon Rosemary Patties from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Bake veggie patties according to package directions; spoon sauce over patties and serve.

Serving Suggestions: Serve with roasted potatoes (toss cut up, peeled russet potatoes in a little olive oil, add garlic if you like and roast in another pan while chicken is cooking - 400 degrees till done). Steamed green beans would round this off nicely.

Nutrition per serving: 210 Calories; 12g Fat; 21g Protein; 9g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 123mg Sodium. **Exchanges:** 1/2 Grain (Starch); 5 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates. **Points 4**



Chikin Vera Cruz

Vegetarian Mega Menu-Mailer Recipe 9 — Assembly Guidelines

In a 1 gallon freeze bag, combine:

6 Boca Chikin patties or Quorn Naked Cutlets
3/4 cup lime juice
1 1/2 teaspoons cumin
1 1/2 teaspoons garlic powder



Gently and carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, combine:

1/3 cup salsa verde (green salsa, typically in a jar)
1/3 cup vegetable broth
Salt and pepper, to taste

Carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Chikin Vera Cruz

Vegetarian Mega Menu-Mailer Recipe 9 — Cooking Instructions

Preassembled Ingredients

6 Boca Chikin patties or Quorn Naked Cutlets
3/4 cup lime juice
1 1/2 teaspoons cumin
1 1/2 teaspoons garlic powder
1/3 cup salsa verde (green salsa, typically in a jar)
1/3 cup vegetable broth
Salt and pepper, to taste



At time of cooking ingredients

1 1/2 tablespoons olive oil
3-4 tablespoons chopped cilantro
4 tablespoons sour cream

Cooking Instructions

Remove preassembled Chikin Vera Cruz from the freezer and defrost. (See defrost instructions on page 4 for tips.)

In a skillet over medium-high heat, heat the olive oil. Pull cutlets from marinade (reserving marinade) and cook on both sides till well browned and cooked, about 3 to 4 minutes per side or till done. When cutlets are heated through, remove from the pan and keep warm.

Add the marinade and the contents from the bag containing the broth mixture together to the pan and heat to a strong simmer. Continue cooking until reduced by about half. Serve cutlets with sauce on top, a dollop of sour cream and a sprinkling of cilantro.

Serving Suggestions: Serve on a bed of fresh spinach, allowing the heat of the patties or cutlets to wilt the spinach. Top with the sauce, etc. Add some steamed broccoli and brown rice.

Nutrition per serving: 180 Calories; 11g Fat; 12g Protein; 11g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 173mg Sodium.

Exchanges: 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat. **Points 4**

Fennel, Vegetable and Bean Soup

Vegetarian Mega Menu-Mailer Recipe 10— Assembly Guidelines

In a 1 gallon freezer bag, place:

- 1 cup chopped onion,**
- 1 small fennel bulb, trimmed and sliced in half-inch pieces (optional)**
- 1 cup chopped carrots**
- 2 cloves garlic, pressed (1 teaspoon minced)**
- 2 tablespoons chopped fresh parsley**
- 1 teaspoon dried thyme**
- 1 teaspoon dried marjoram**
- Salt and pepper, to taste**
- 5 cups vegetable broth (low sodium, no MSG)**



Gently and carefully squeeze the bag to force out any air; seal the bag. The bag will be fairly full.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Fennel, Vegetable and Bean Soup

Vegetarian Mega Menu-Mailer Recipe 10 — Cooking Instructions

Preassembled Ingredients

- 1 cup chopped onion,
- 1 small fennel bulb, trimmed and sliced in half-inch pieces (optional)
- 1 cup chopped carrots
- 2 cloves garlic, pressed (1 teaspoon minced)
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- Salt and pepper, to taste
- 5 cups vegetable broth (low sodium, no MSG)



At time of cooking ingredients

- 1 (15.5-oz.) can Great Northern beans
- 6 cups water
- 12 ounces uncooked fusilli pasta
- 1 (14.5-oz.) can diced tomatoes (low sodium, if available)

Cooking Instructions

Remove preassembled Fennel, Vegetable and Bean Soup from the freezer and defrost. (See defrost instructions on page 4 for tips.)

In a slow cooker, add the contents of the bag containing the vegetable mixture. Place beans on top of veggies. Cover slow cooker and cook on low 8-10 hours or on high 4-5 hours. During the last 30 minutes of cooking time, turn temperature to high and pour in the undrained diced tomatoes and fusilli pasta. Cover and let cook the last 30 minutes; serve.

Serving Suggestions: A big green salad made with Romaine lettuce, sliced green apples, crumbled blue cheese and walnuts. tossed with a vinaigrette dressing. Add some whole grain dinner rolls, too.

Nutrition per serving: 376 Calories; 4g Fat; 16g Protein; 70g Carbohydrate; 13g Dietary Fiber; 2mg Cholesterol; 1400mg Sodium.
Exchanges: 4 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.
Points 7

Vegetarian Curry

Vegetarian Mega Menu-Mailer Recipe 11— Assembly Guidelines

In a 1 gallon freezer bag, combine:

3/4 cup onion, chopped
16 ounces extra firm tofu (or tempeh), cubed
1 1/2 cups water
1/3 cup low sodium soy sauce
3 teaspoons curry powder
1 1/2 teaspoons marjoram



Gently and carefully squeeze the bag to force out any air; seal the bag.

In a 1 quart freezer bag, combine:

1 (14.5-oz.) can diced tomatoes, drained
1 (8-oz.) can pineapple chunks, drained (optional)
1 1/2 cups frozen peas (petite or baby peas are best)

Gently and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Vegetarian Curry

Vegetarian Mega Menu-Mailer Recipe 11 — Cooking Instructions

Preassembled Ingredients

3/4 cup chopped onion
16 ounces extra firm tofu (or tempeh) cubed
1 1/2 cups water
1/3 cup low sodium soy sauce
3 teaspoons curry powder
1 1/2 teaspoons marjoram
1 (14.5-oz.) can diced tomatoes, drained
1 (8-oz.) can pineapple chunks, drained (optional)
1 1/2 cups frozen peas (petite or baby peas are best)



At time of cooking ingredients

3 tablespoons whole wheat flour

Cooking Instructions

Remove preassembled Vegetarian Curry from the freezer and defrost. (See defrost instructions on page 4 for tips.)

In a skillet over medium-high heat, add the contents of the bag containing the tofu (or tempeh) mixture. Stir in the whole wheat flour and bring to a boil; then reduce heat and simmer for about 4 minutes, or until sauce is thickened.

Add contents of bag containing tomatoes, pineapple and peas. Heat till warmed through, about 4 to 5 minutes. Serve.

Serving Suggestions: Brown rice and steamed broccoli.

Nutrition per serving: 177 Calories; 7g Fat; 10g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 586mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 Fat. **Points** 3

Green Chile & Cheese Frittata

Vegetarian Mega Menu-Mailer Recipe 12— Assembly Guidelines

In a 1 gallon freezer bag, combine:

2 cups shredded low fat Colby cheese
2 cups shredded low fat cheddar cheese
1 (4-oz.) can diced green chilies
1 1/2 cups low fat milk
3 eggs, beaten



Gently and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Green Chile & Cheese Frittata

Vegetarian Mega Menu-Mailer Recipe 12 — Cooking Instructions

Preassembled Ingredients

2 cups shredded low fat Colby cheese
2 cups shredded low fat cheddar cheese
1 (4-oz.) can diced green chilies
1 1/2 cups low fat milk
3 eggs, beaten



At time of cooking ingredients

1 tablespoon whole wheat flour

Cooking Instructions

Remove preassembled Green Chile & Cheese Frittata from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 375 degrees. Lightly grease a 9-inch pie pan with butter.

Open the freezer bag and add flour, stir contents to incorporate the flour in the mixture. Pour the bag contents into the prepared pie pan and bake for 30 minutes, or until set.

Serving Suggestions: Steamed broccoli and a large green salad.

Nutrition per serving: 205 Calories; 9g Fat; 24g Protein; 6g Carbohydrate; trace Dietary Fiber; 126mg Cholesterol; 527mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points 5**

Roasted Vegetables and Beans

Vegetarian Mega Menu-Mailer Recipe 13— Assembly Guidelines

In a 1 gallon freezer bag, add:

- 1 1/2 cup chopped carrots
- 1 cup chopped celery
- 1 small sliced parsnip
- 2 onions, cut into wedges
- 1 (15.5-oz.) can Great Northern beans, drained and rinsed
- 1 (15-oz.) can pinto beans, drained and rinsed
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon dried thyme leaves



Seal the bag and gently toss to mix. Open bag and carefully force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

DO AHEAD TIP: OIL/WATER SPRAY BOTTLES

To help reduce the amounts of fats in this recipe, we will be using one of our favorite tricks! Homemade "spray oil" (or you can use Pam if you prefer the taste of it!)

We suggest you get a new, clean plant mister or spray bottle. Wash it out and then fill it with 7 parts water to 1 part oil. (For example, put 7 tablespoons of water into your sprayer, then add 1 tablespoon of oil to it).

We will use this to the veggies when you make this recipe. You can also use your sprayer to coat grills, broiler pans and skillets to give the food a light coat of oil to keep it from sticking without adding massive amounts of fat to your meal.

Roasted Vegetables and Beans

Vegetarian Mega Menu-Mailer Recipe 13 — Cooking Instructions

Preassembled Ingredients

- | | |
|---------------------------|---|
| 1 1/2 cup chopped carrots | 1 (15.5-oz.) can Great Northern beans, drained and rinsed |
| 1 cup chopped celery | 1 (15-oz.) can pinto beans, drained and rinsed |
| 1 small sliced parsnip | 1 1/2 teaspoons dried basil leaves |
| 2 onions, cut into wedges | 1/2 teaspoon dried thyme leaves |

At time of cooking ingredients

- | | |
|--|--------------------------------|
| Oil in a sprayer or cooking spray | 3 tablespoons balsamic vinegar |
| 2 medium russet potatoes, unpeeled, halved, sliced | 1 1/2 tablespoons olive oil |
| 1/2 cup mixed dried fruit | 1/2 cup parsley, minced |
| | Salt and pepper, to taste |

Cooking Instructions

Remove preassembled Roasted Vegetables and Winter Beans from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 425 degrees. Lightly grease a large 9- x 13-inch pan.

In the pan, combine potatoes and beans and spray generously with cooking spray or your homemade oil/water spray. (See tip on the assembly guidelines.)

Bake uncovered, until vegetables are tender, about 25 minutes. Season to taste with salt and pepper.



Add dried fruit to the top of the veggie mixture and cook for about 5 minutes or until veggies are tender. Spoon vegetables into a bowl. Mix vinegar and oil; drizzle over vegetables, add parsley and toss.

Serving Suggestions: Serve on a bed of brown rice with a big spinach salad on the side.

Nutrition per serving: 468 Calories; 5g Fat; 18g Protein; 96g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 38mg Sodium.
Exchanges: 5 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat. **Points** 9

Easy Vegetarian Lasagna

Vegetarian Mega Menu-Mailer Recipe 14— Assembly Guidelines

In a mixing bowl, combine the following then set aside:

8 chopped green onions, chopped
1 cup sliced fresh mushrooms
1 (48-oz.) jar/can spaghetti sauce-your favorite



In a mixing bowl, combine and mix well:

5 ounces silken tofu
1 (10-oz.) package frozen chopped spinach, thawed and drained
1 egg
1 teaspoon garlic powder
1/2 teaspoon oregano
Salt and pepper, to taste

Lightly grease a 9- x 13-inch baking pan or Gladware-type container with non-stick cooking spray.

Layer in baking dish in the following order: spaghetti sauce mixture, uncooked noodles, tofu mixture, noodles, and top with remaining sauce mixture.

Cover pan aluminum foil and/or your lid.

On the outside, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on freezer tape and place in the freezer.

Easy Vegetarian Lasagna

Vegetarian Mega Menu-Mailer Recipe 14 — Cooking Instructions

Preassembled Ingredients

1 tablespoon olive oil
8 chopped green onions
1 cup fresh mushrooms, sliced
1 (48-oz.) jar/can spaghetti sauce-your favorite
5 ounces silken tofu
1 (10-oz.) package frozen chopped spinach, thawed and drained
1 egg
1 teaspoon garlic powder
1/2 teaspoon oregano
Salt and pepper, to taste
1 (8-oz.) package uncooked lasagna noodles



At time of cooking ingredients

1 (8-oz.) package shredded fat-free mozzarella cheese

Cooking Instructions

Remove preassembled Easy Vegetarian Lasagna from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven to 350 degrees. Cover pan with aluminum foil. Bake for 45 minutes. Remove foil and top with mozzarella cheese. Bake uncovered for an additional 15 minutes. Allow lasagna to stand for 10 minutes before serving.

Serving Suggestions: How about a big Romaine lettuce salad with lots of chopped veggies? Search your crisper and chop chop! Add some garlic bread too.

Nutrition per serving: 319 Calories; 14g Fat; 11g Protein; 40g Carbohydrate; 8g Dietary Fiber; 39mg Cholesterol; 959mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1/2 Lean Meat; 6 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points 8**

Barbecue Confetti Pasta

Vegetarian Mega Menu-Mailer Recipe 15— Assembly Guidelines

In a 1 gallon freezer bag, combine:

- 1 (10-oz.) package frozen corn**
- 1/2 cup diced celery**
- 1 cup diced red onion**
- 2 teaspoons vegetable oil**
- 1/4 cup tomato sauce**
- 1/4 cup barbecue sauce**
- 1/4 cup vegetable broth**
- 1/4 cup balsamic vinegar**



Gently and carefully force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Barbecue Confetti Pasta

Vegetarian Mega Menu-Mailer Recipe 15 — Cooking Instructions

Preassembled Ingredients

- 1 (10-oz.) package frozen corn
- 1/2 cup diced celery
- 1 cup diced red onion
- 2 teaspoons vegetable oil
- 1/4 cup tomato sauce
- 1/4 cup barbecue sauce
- 1/4 cup vegetable broth
- 1/4 cup balsamic vinegar



At time of cooking ingredients

- 16 ounces fusilli pasta

Cooking Instructions

Remove preassembled Barbecue Confetti Pasta from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Cook pasta according to package directions. Drain and rinse pasta with cool water. Pour bag contents into a large mixing bowl and add pasta; toss together. Serve.

Serving Suggestions: Serve with a big spinach salad.

Nutrition per serving: 337 Calories; 3g Fat; 11g Protein; 66g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 227mg Sodium. **Exchanges:** 4 Grain (Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points** 6

Cashew Tempeh

Vegetarian Mega Menu-Mailer Recipe 16— Assembly Guidelines

In a blender or food processor, make a “cashew flour” by grinding:

2/3 cup crushed cashew pieces
1/2 teaspoon paprika
Salt and pepper



Place your cashew flour and paprika mix in a pie plate or dinner plate. Unpackage:

3 (8-oz.) packages tempeh

Using a sharp knife, cut each piece of tempeh in half lengthwise to give you 6 slices of tempeh.

In a small mixing bowl, add:

1 egg, beaten

Dip the tempeh into the egg, then dredge in the spiced cashew flour.

Place a sheet of wax paper between each of the dredged tempeh and place into a 1 gallon freezer bag.

Gently and carefully force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Cashew Tempeh

Vegetarian Mega Menu-Mailer Recipe 16 — Cooking Instructions

Preassembled Ingredients

1 cup cashew pieces, crushed
1/2 teaspoon paprika
1 large egg, beaten
Salt and pepper, to taste
3 (8-oz.) packages tempeh
Wax paper



At time of cooking ingredients

3 tablespoons butter

Cooking Instructions

Remove preassembled Cashew Tempeh from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Place butter in a large skillet and melt. Using medium-high heat, place the tempeh slices in the skillet and cook until done, about 3 minutes per side.

Serving Suggestions: Steamed red potatoes, baby carrots and green beans.

Nutrition per serving: 519 Calories; 30g Fat; 36g Protein; 35g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 84mg Sodium. **Exchanges:** 2 Grain (Starch); 4 Lean Meat; 4 Fat.
Points 13

Sweet and Sour Veggies

Vegetarian Mega Menu-Mailer Recipe 17— Assembly Guidelines

In a 1 gallon freezer bag, place:

- 1 1/2 cups thinly sliced carrots**
- 1 1/2 cups broccoli florets**
- 3/4 cup thinly sliced celery**
- 3/4 cup thinly sliced onion**
- 3/4 cup snow peas**
- 3/4 cup chopped bok choy**



Gently and carefully force out any air; seal the bag.

In a 1 quart freezer bag, combine:

- 3/4 cup orange juice**
- 1/3 cup honey**
- 1 1/2 teaspoons grated fresh gingerroot**

Gently and carefully force out any air; seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Sweet and Sour Veggies

Vegetarian Mega Menu-Mailer Recipe 17 — Cooking Instructions

Preassembled Ingredients

- 1 1/2 cups thinly sliced carrots
- 1 1/2 cups broccoli florets
- 3/4 cup thinly sliced celery
- 3/4 cup thinly sliced onion
- 3/4 cup snow peas
- 3/4 cup chopped bok choy
- 3/4 cup orange juice
- 1/3 cup honey
- 1 1/2 teaspoons grated fresh gingerroot



At time of cooking ingredients

- 2 teaspoons vegetable oil
- Salt and pepper, to taste
- Cayenne pepper, to taste (optional)

Cooking Instructions

Remove preassembled Sweet and Sour Veggies from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Heat the oil in a large skillet or wok over medium-high heat. Stir fry veggies until tender and crisp.

Add the orange juice, honey and gingerroot mixture. Salt and pepper to taste. Add a pinch of cayenne pepper to the vegetables if desired. Bring mixture to a boil for 1 minute, remove from heat and serve.

Serving Suggestions: Serve over brown rice; add petite peas with pearl onions, and steamed baby carrots.

Nutrition per serving: 115 Calories; 2g Fat; 2g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. **Exchanges:** 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates. **Points 2**

Baked Dill Tofu on Rice

Vegetarian Mega Menu-Mailer Recipe 18— Assembly Guidelines

In a 1 gallon freezer bag, place:

24 ounces extra-firm tofu

Gently and carefully force out any air; seal the bag.

In a 1 gallon freezer bag, combine:

1 cup chopped onion
4 cloves garlic, pressed (2 teaspoons minced)
1 (14.5-oz.) can diced tomatoes, drained
1 1/2 cups sliced mushrooms
4 tablespoons lemon juice
4 1/2 tablespoons chopped fresh dill weed

Gently and carefully force out any air; seal the bag.

To prevent freezer burn, place the filled bags into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Baked Dill Tofu on Rice

Vegetarian Mega Menu-Mailer Recipe 18 — Cooking Instructions

Preassembled Ingredients

24 ounces extra-firm tofu
1 cup chopped onion
4 cloves garlic, pressed (2 teaspoons minced)
1 (14.5-oz.) can diced tomatoes, drained
1 1/2 cups sliced mushrooms
4 tablespoons lemon juice
4 1/2 tablespoons chopped fresh dill weed

At time of cooking ingredients

Salt and pepper, to taste
3 cups cooked brown rice

Cooking Instructions

Remove preassembled Baked Dill Tofu on Rice from the freezer and defrost. (See defrost instructions on page 4.)

Preheat oven to 350 degrees. Place tofu in a greased baking dish. Bake, uncovered, for 15 minutes, or until golden brown and delicious.

While the tofu is cooking, heat a large skillet over medium heat. Add tomato mixture and heat thoroughly for about 10 minutes or till vegetable are tender and done.

Salt and pepper the cooked tofu to taste. Make a bed of rice on each dinner plate and top each with a tofu fillet; spoon vegetable mixture evenly over each tofu steak; serve.

Serving Suggestions: Garlic stir-fried spinach.

Nutrition per serving: 596 Calories; 32g Fat; 51g Protein; 38g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 53mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 6 1/2 Lean Meat; 1 Vegetable; 2 Fat; 1/2 Other Carbohydrates. **Points 14**



Just Peachy Tempeh

Vegetarian Mega Menu-Mailer Recipe 19— Assembly Guidelines

Unpackage:

3 (8-oz.) packages tempeh

Using a sharp knife, cut each piece of tempeh in half lengthwise to give you 6 slices of tempeh. Place a piece of wax paper between each slice. Place slices in a 1 gallon freezer bag. Carefully force out any air then seal the bag.

In a 1 quart freezer bag, combine:

1/2 cup peach preserves
2 tablespoons balsamic vinegar
1/2 teaspoon tarragon

Gently force out any air; seal the bag.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.



Just Peachy Tempeh

Vegetarian Mega Menu-Mailer Recipe 19 — Cooking Instructions

Preassembled Ingredients

3 (8-oz.) packages tempeh
1/2 cup peach preserves
2 tablespoons balsamic vinegar
1/2 teaspoon tarragon

At time of cooking ingredients

None

Cooking Instructions

Remove preassembled Just Peachy Tempeh from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Preheat oven broiler. Place tempeh on broiler pan and broil about 3-4 minutes on each side or until almost done. Just before tempeh is ready, brush preserve mixture on the top of tempeh slices to cook into tempeh during the last minute or so of cooking.

Serving Suggestions: Steamed kale, baked acorn squash and baked potatoes.

Nutrition per serving: 396 Calories; 13g Fat; 32g Protein; 46g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 21mg Sodium. **Exchanges:** 2 Grain (Starch); 3 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates. **Points 9**



Crock Minestrone Soup

Vegetarian Mega Menu-Mailer Recipe 20— Assembly Guidelines

In a gallon sized freezer bag, combine:

- 4 cups vegetable broth
- 4 cups tomato juice
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon pepper
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, pressed (1 teaspoon minced)
- 2 (14.5-oz.) cans diced tomatoes, undrained
- 1 (16-oz.) can white beans, drained and rinsed



Carefully seal the bag. The bag will be very full so be careful.

To prevent freezer burn, place the filled bag into a 2nd gallon sized freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

Crock Minestrone Soup

Vegetarian Mega Menu-Mailer Recipe 20 — Cooking Instructions

Preassembled Ingredients

- 4 cups vegetable broth
- 4 cups tomato juice
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon pepper
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, pressed (1 teaspoon minced)
- 2 (14.5-oz.) cans diced tomatoes, undrained
- 1 (16-oz.) can white beans, drained and rinsed



At time of cooking ingredients

- 1 1/2 cups uncooked fusilli pasta or other medium pasta
- Parmesan or Romano cheese as garnish

Cooking Instructions

Remove preassembled Crock Minestrone Soup from the freezer and defrost. (See defrost instructions on page 4 for tips.)

Pour contents of bag into a 4- to 5-quart slow cooker. Cover and cook on low heat setting for 7 to 8 hours, until vegetables are tender.

Stir in pasta. Cover and cook on high heat setting for 15-20 minutes, until pasta is tender.

Sprinkle each serving with freshly grated Parmesan cheese.

Serving Suggestions: Serve with a salad and your favorite bread.

Nutrition per serving: 378 Calories; 4g Fat; 18g Protein; 72g Carbohydrate; 12g Dietary Fiber; 2mg Cholesterol; 2058mg Sodium.
Exchanges: 4 Grain (Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.
Points 7

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