

Sweet Potato, Bean, and Veggie Enchiladas

Serves 4

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 cups onion, chopped (about 1 onion)
- 2 garlic cloves, minced
- 1 cup sweet potato, chopped (or zucchini)
- 1 bell pepper, chopped
- 2 handfuls spinach, chopped
- 1 can black beans (~2 cups), drained and rinsed
- 2 ½ cups enchilada sauce or salsa
- 1 tablespoon nutritional yeast (optional)
- 1 ½ teaspoon ground cumin
- ½ teaspoon salt, or to taste
- ½ teaspoon garlic powder
- 1 teaspoon chili powder, or to taste
- 4 whole grain tortillas
- 1 avocado
- Green onion, for garnish

Directions

1. Preheat oven to 350°F. Pre-cook the chopped sweet potato by simmering it in a saucepan of water for about 5-10 minutes until just tender. Do not overcook. Drain and set aside.
2. In a large skillet or pot, heat 1 tablespoon oil over medium heat. Add the onion and cook for about 5 minutes, stirring often, until translucent. Add the garlic and reduce heat to low and cook for 1 more minute. Add the pepper, pre-cooked sweet potato, drained black beans, and chopped spinach. Cook for about 5-7 more minutes on medium-low heat.
3. Add enchilada sauce or salsa to the pan. Stir well, and add in seasonings: nutritional yeast (optional), cumin, salt, garlic powder, chili powder- all to taste. Adjust seasonings if necessary. Stir well.
4. Scoop about ¾-1 cup of the mixture onto the bottom of the casserole dish (freezer safe glass or disposable aluminum, if freezing) and spread in a thin layer. Scoop about ½-¾ cup of the mixture onto each tortilla and wrap, placing the fold down on the casserole dish. Repeat for the remaining 3 tortillas and spread any remaining filling on top.
5. If freezing, cover tightly with foil or plastic wrap and freeze. Let thaw before baking.
6. Bake for 18-20 minutes. Top with avocado and green onion and serve.



Tip

Substitute other veggies of choice, or top with a little cheese

Slow Cooker Chicken Curry



Ingredients

- 2 pounds boneless, skinless chicken breasts
- 6 ounces tomato paste
- 13.5 oz can coconut milk
- 1 cup onion, chopped (about 1 small onion)
- 2 cups frozen peas
- 1 ¾ cup tomato sauce tomato sauce (1 can)
- 2 large cloves garlic, minced
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

Serves 4

Directions

1. In a bowl, combine tomato sauce, garlic, and seasonings. Set aside.
2. Add the rest of the ingredients to a freezer bag if freezing, or to a slow cooker if cooking now. Cover with the tomato sauce/seasoning mixture.
3. Cook on low 8 hours. Shred chicken with fork and serve with brown rice or other whole grain.

Tip

Substitute green peas for cubed butternut squash

Cajun Turkey Meatloaf

Ingredients

- 1 tablespoon oil
- ½ cup bell peppers, finely chopped
- ¼ cup yellow onion, finely chopped
- ½ cup celery, finely chopped
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hot sauce (Tabasco preferred)
- 2 teaspoons garlic, minced
- ½ tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper (less if you don't want it to be spicy)
- ½ teaspoon ground cumin
- ½ teaspoon ground nutmeg
- 3 oz. tomato paste (5 Tbsp)
- ½ cup milk or light coconut milk
- ½ cup whole wheat flour
- 2 eggs, lightly beaten
- 2 lb. ground turkey

Serves 10

Directions

1. Preheat oven to 350°F. Preheat a large skillet over medium-high heat. Heat oil in pan, then add bell peppers, onion, celery, Worcestershire sauce, hot sauce, and garlic.
2. Add salt, pepper, cayenne pepper, cumin, and nutmeg, and cook for about 5-6 minutes, or until vegetables are tender.
3. Add tomato paste and milk, and cook for about 2 more minutes. Place mixture into a large bowl and let cool.
4. When vegetable/spice mixture has cooled, add flour, ground meat, and eggs. Mix well (go on, use your hands!).
5. Shape meat mixture into a large loaf on a cookie sheet. Bake for 25 minutes at 350°F, then 25-35 minutes at 400°F, until meat is done (165°F internal temperature).



Tip

Serve with cauliflower mash and steamed green beans.

Broccoli Cheese Soup

Ingredients

- 2 tablespoons olive oil
- 2 cups yellow onion, chopped (1 onion)
- 3 garlic cloves, minced
- 3 cups butternut squash, chopped (½ inch pieces)
- 1 cup carrots, chopped (2-3 stalks)
- 1 cup celery, chopped (2-3 stalks)
- 6 cups broccoli, chopped into small florets and ½-inch stem pieces
- 6 cups vegetable broth
- 5-6 tablespoons nutritional yeast
- 1 teaspoon salt or to taste
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)
- Paprika for garnish

Serves 10

Directions

1. Heat oil in a large stock pot over medium-high heat. Add onion and garlic, stirring frequently, for 3-4 minutes until softened. Add remaining vegetables as you chop them, in the order of butternut squash, carrots, celery, and broccoli, which should take about 10 minutes.
2. Add the vegetable broth, nutritional yeast, salt, pepper, and cayenne if using. Cover and reduce to a simmer and cook about 5 minutes, or until vegetables are tender and broccoli is bright green. Remove from heat.
3. For a more traditional broccoli soup, reserve about 2 cups of broccoli florets. Puree the soup with an immersion blender, or let cool, then puree in batches in a blender or food processor. Add the reserved broccoli florets and adjust seasonings to taste. Add the soup back to the pot and reheat if necessary. Garnish with paprika and serve warm.

To freeze:

Let cool until lukewarm. Portion into freezer safe containers, leaving off the lid until completely frozen. To reduce risk of breakage with glass jars, leave at least ½ inch space at the top of the jar, handle it carefully, and only seal with the lid once completely frozen.

