

Meal Prep for a Week

Spring 2021

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Lentil Bolognese

Vegan. Common allergens: Tree nuts. Can contain alcohol (optional).

Adapted from [Tabitha Brown](#)

Serves 4

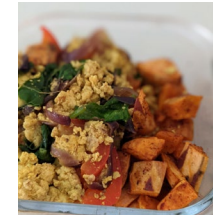


Ingredients

- 2 stalks celery
- 2 carrots, peeled
- ½ yellow onion
- 3 cloves garlic
- 1 tablespoon olive oil
- 1 cup walnuts
- ½ cup red lentils
- 1 24-ounce jar marinara sauce
- optional: ½ cup red wine

Instructions

1. Chop celery, carrots, and onion into large chunks. Pulse in food processor with garlic until finely chopped but not pureed.
2. Heat oil in a pot or large skillet. Add chopped vegetables and cook 2-3 minutes, stirring occasionally.
3. Pulse walnuts in food processor until finely chopped, resembling ground meat. Add to the vegetable mixture along with the lentils, marinara, and 1 cup water.
4. Bring sauce to a simmer and cook for about 30 minutes or until lentils are tender. If using red wine, stir it in after 20 minutes. Add more water if necessary to prevent sauce from getting too thick.
5. Serve over pasta.



Southwest Tofu Scramble

Vegan. Common allergens: Soy

Recipe from [Minimalist Baker](#)

Serves 4

Ingredients

Scramble

- 12-16 ounces extra-firm tofu, drained & pressed
- 2 tablespoons olive oil
- ½ yellow onion, thinly sliced
- 1 red pepper, thinly sliced
- 2 cups baby spinach

Sauce

- ½ teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- Water (to thin)
- ½ teaspoon turmeric (optional)

Instructions

1. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
2. Heat a large skillet over medium heat. Once hot, add olive oil and the onion. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.
3. Use a fork to crumble tofu into bite-sized pieces.
4. Use a spatula to move the onions to one side of the pan and add tofu. Sauté for 2 minutes, then add peppers and sauce. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned. Stir in spinach to wilt.
5. Serve with roasted sweet potatoes or with a tortilla to make a breakfast burrito or taco(s). Top with salsa or hot sauce if desired. Alternatively, freeze for up to 1 month and reheat on the stovetop or in the microwave.

Note: For an egg-like flavor, try Indian black salt (kala namak) instead of salt.



Meal Prep for a Week

Spring 2021



Grain Bowls

Vegan. Common allergens: None.

Adapted from [Tabitha Brown](#)

Serves 4

Ingredients

- 1 cup quinoa, rinsed and drained
- 2 cups vegetable broth
- 2 medium sweet potatoes, chopped, peeled if desired
- 2 bell peppers, chopped
- 1 bunch broccoli, cut into small florets
- 15-ounce can chickpeas, rinsed and drained
- olive oil
- garlic powder
- paprika
- chili powder
- salt

Instructions

1. Preheat oven to 425°F.
2. Cook quinoa according to package instructions, using broth instead of water if desired.
3. Toss each vegetable with olive oil and sprinkle all with salt and garlic powder. Toss sweet potatoes with chili powder. On separate baking sheets, roast each vegetable. It should take about 10 minutes for the bell peppers, 20 minutes for the broccoli, and 25-30 minutes for the sweet potato. The veggies are cooked once tender and lightly browned.
4. Toss chickpeas with paprika, garlic powder, and salt to taste.
5. Into 4 containers, divide the quinoa and chickpeas evenly. Add 2 of 3 veggies to each container and serve with either arugula pesto or lemon tahini sauce (recipes below).



Arugula Pesto

Vegan. Common allergens: Tree nuts.

Serves 4

Ingredients

- 2 cups arugula
- 1/3 cup olive oil
- ¼ cup walnuts or toasted pine nuts
- 1 tablespoon nutritional yeast
- zest and juice of ½ lemon or to taste
- 1 clove garlic
- ½ teaspoon salt

Instructions

1. Combine all ingredients except olive oil in a food processor and pulse. Pour in olive oil while mixing until smooth.
2. You can add more olive oil, salt or lemon juice to reach desired consistency and flavor.

Note: Some or all arugula can be replaced with basil.

Lemon Tahini Sauce

Vegan. Common allergens: Sesame.

Serves 4

Ingredients

- ¼ cup tahini
- ¼ cup lemon juice
- ¼ cup water
- 1 clove garlic, minced and mashed
- ⅛ teaspoon salt

Instructions

1. Whisk together tahini, lemon juice, parsley, garlic and salt. Add water 1 tablespoon at a time until reaching desired consistency, which should be thinner than a paste but not runny.