

Fast & Fresh Healthy Meals

3 PLANT-BASED RECIPES READY
IN ABOUT 30 MINUTES



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VEEGMAMA

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How to Cook Fast and Fresh!



Eating healthy doesn't mean you have to spend hours in the kitchen or spend a ton of money. I am here to show you that cooking and eating healthy food is fun, easy, and delicious. The following recipes are just a few of my favorites. You will notice that they are plant-based, (I am a passionate vegan), and family-friendly (I am a mother of 3.) Before we get to the recipes, below are some of my favorite tips below for preparing healthy meals.

- Clean, prep and store your produce as soon as you get home from the store. This will save you time and ensure that your ingredients are ready to go when you need them.
- Take some help from the store when you can. When cooking meals in 30 minutes or less, the grocery store can help with jarred sauces and pre-washed green blends.
- Use what is in your pantry and fridge. A recipe is just a template. Don't have zucchini, but have lots of broccoli in your crisper? Switch out the vegetables. Don't have black beans, but have 3 cans of pintos? Use those instead. Hate cilantro, but love parsley? Use it as an alternative.
- Buy in bulk whenever possible. A few of my most frequently purchased bulk items are nutritional yeast, flours, and nuts.
- Plan your meals once a week.
- Grocery shop once a week.

Now, let's get cooking!

stephanie

Lasagna Rolls

I love lasagna! This is a fun take on the classic Italian casserole. For the filling, I use a vegan “ground beef” and season it with traditional seasonings. I prefer Beyond Meat Beefy Crumbles, but there are a variety of similar products available. For the ricotta, I use a store-bought, cashew based cheese from Kite Hill. It’s the best vegan ricotta out there, and is available at Whole Foods.



Ingredients

1 box lasagna noodles
2 32-ounce cartons/cans
marinara sauce (such as
San Marzano)
1 cup basil, sliced in
chiffonade

For the Filling:

1/2 large onion or 1 small,
chopped
3 cloves garlic, minced
1 tablespoon olive oil
1 package meatless,
“ground beef” such as
Beyond Meat
1 tablespoon dried basil
1 tablespoon dried
oregano
1 package Kite Hill ricotta

For the “cheese” sauce:

1 cup cashews, raw and
unsalted (soaked
overnight if not using a
Vitamix)
2 tablespoons lemon
juice
1 cup vegetable broth
(such as Imagine
No-Chicken Broth)
1/4 cup nutritional yeast
1/2 teaspoon apple cider
vinegar
1 teaspoon salt

directions

1. Preheat the oven to 350 degrees.
2. Place the lasagna noodles in a shallow dish (or two) and cover with boiling water. Allow to sit 15-20 minutes.
3. Pour 1/2- 1/4 cup of marinara sauce in the bottom of a 9x9 casserole dish to coat the bottom.
4. Heat the olive oil in a pan and add the garlic and onion. Cook until the onion is translucent.
5. Stir in the vegan ground beef, basil, and oregano. Cook 8-10 minutes until heated through. Remove from the heat and crumble in the ricotta cheese. Stir just to combine.
6. When the noodles are soft, remove them one by one as you layer and place each roll into the casserole dish. Spoon 1-2 tablespoons of the filling along one end of the noodle. Roll and arrange in the casserole dish. Continue until all of the noodles are rolled.
7. Pour the remaining marinara sauce over the noodles.
8. In a high speed blender, combine the cashews, vegetable broth, nutritional yeast, lemon juice, apple cider vinegar, and salt. Blend until smooth.
9. Pour the cashew cheese sauce over the marinara and spread out across the lasagna rolls with a rubber spatula.
10. Bake at 350 degrees for approximately 20 minutes. Remove from the oven and top with the fresh basil.

Bean and Cheese Enchiladas with Tomatillo Sauce

I love these enchiladas, and so does my family! I take some help from the store with canned sauces and salsas. The filling is quick and easy to pull together for a hearty weeknight meal.



Ingredients

3 15 ounce cans Salsa Verde (or green enchilada sauce)
1 can black olives, sliced
1 package of corn tortillas
1/4 cup chopped cilantro
2 limes, sliced into wedges
2 avocados, sliced

For the Filling:

2 tablespoons olive oil
2 cans fat-free refried beans
1 large onion, chopped
1 cup of your favorite jarred salsa

Directions

1. Preheat oven to 350 degrees.
2. Spoon and spread out 1/4 cup of the Salsa Verde into the bottom of a 13x9 inch baking dish.
3. Heat the canola oil in a skillet. Add the onion and cook until the onion is translucent. Stir in the beans and jarred salsa. Remove from heat.
4. Heat the tortillas on the stove top or in the microwave so that they are soft and pliable.
5. Pour the Salsa Verde into a shallow dish and dip a warm tortilla into the sauce using tongs.
6. Move the tortilla into the casserole dish and fill with 2 tablespoons of the bean mixture. Roll the tortilla so that the seam side is down in the casserole dish. Continue doing this with the rest of the tortillas.
7. When all of the tortillas have been rolled, pour the remaining Salsa Verde over the enchiladas.
8. Bake for 15 minutes.
9. Top with the sliced olives, cilantro, lime juice, and sliced avocado.

Vegan Beef, Black Bean & Roasted Corn Tacos

These tacos are a crowd pleaser! Mix them up any way you like with your favorite toppings. These work great with corn tortillas, but are equally tastier, (and healthier), with a romaine leaf as the taco “shell.”



Ingredients

- 1 package Beyond Meat Beefy Crumble
- 1 can black beans, drained and rinsed
- 1 cup frozen roasted corn
- 3-4 tablespoons taco seasoning
- 1/2 onion, chopped
- 2 tablespoons olive oil
- 12 corn tortillas
- 1/2 cup canola oil

Suggested Toppings

- Chopped tomatoes
- Cilantro-onion salsa (chopped onion and cilantro with lime juice)
- Homemade guacamole
- Cilantro, chopped
- Shredded cabbage
- Sliced black olives
- Dairy-free cheddar cheese
- Salsa
- Shredded lettuce
- Lime juice

Directions

1. Heat the olive oil in a sauté pan and add onion. Cook about 5 minutes until softened.
2. Add in the Beyond Meat. Stir to combine. Cook about 5 minutes. Add in the corn and beans. Stir in the taco seasoning and cook another 5 minutes. Set aside.
3. Heat the canola oil in a small pan. When the oil sizzles upon placing a tortilla inside, it is ready!
4. Lay 1 tortilla in the oil. When the tortilla bubbles, fold one side onto the other and cook until desired crunchiness. Flip and continue cooking on the other side. Drain onto a plate layered with paper towels.
5. To serve, place the filling inside a shell, along with your favorite taco toppings.



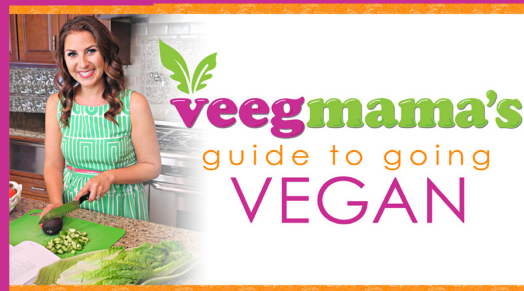
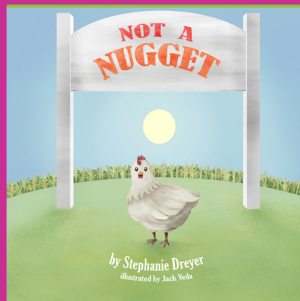
MEET STEPHANIE

Stephanie Dreyer is a freelance writer and author. She is also the founder of the online community VeegMama, where she helps families cook and eat healthier through a blog, recipes, cooking videos, and social media platform.

Her children's book, *Not A Nugget*, and eBook, *VeegMama's Guide To Going Vegan*, are both available on Amazon. Stephanie has been featured on KCAL 9 in Los Angeles, and in *VegNews* and *Chickpea Magazine*. She is a proud partner of *Raddish Kids*, providing dietary substitutions for their monthly subscription boxes. Stephanie is also a contributor to the popular online media outlets, *World of Vegan*, *VegNews*, and *Girlie Girl Army*. She has been featured on several websites, including *PETA Kids*, *The San Francisco Vegetarian Examiner*, *SheKnows*, *The Active Times*, and *Care.com*.

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