

Thai Curry Vegetable Soup

olive oil (also used in Potato, Mushroom and Kale Hash)
garlic (also used in Potato, Mushroom and Kale Hash)
fresh ginger (also used in Spicy Asian Zucchini Noodles)
red curry paste
1 - small sweet potato
1 - baby bok chop
4 cups- vegetable broth
1 - can coconut milk
fish sauce
brown rice vermicelli noodles
red onion (also used in Spanish Chick Pea and Spinach Soup)
lime
cilantro
Sriracha
salad stuff

Potato, Mushroom and Kale Has Skillet

1/2 lb parsnips
1 lb sweet potatoes
olive oil (also used in Thai Curry Vegetable soup)
paprika
turmeric powder
dried oregano
dried rosemary
8 oz mushrooms
kale (12 leaves approx.)
garlic (also used in Thai Curry Vegetable Soup)
broccoli

Spicy Asian Zucchini Noodles

2 -medium zucchini
1 orange or red pepper
red cabbage
1/2 cup -snow peas
green onion
cilantro (also used in Thai Curry Vegetable Soup)
almond butter (no sugar added)
avocado oil
sesame oil
garlic
fresh ginger (also used in Thai Curry Vegetable Soup)
red pepper flakes
coconut aminos
lime

Spanish Chick Pea and Spinach Stew

olive oil
garlic
red onion (also used in Thai Curry Vegetable Soup)
ground cumin
smoked paprika
cayenne pepper, ground

stevia
2 - 15 oz cans plum tomatoes
tomato paste
1 can of garbanzo beans
10 oz package fresh spinach
sliced almonds
fresh parsley
brown rice

Tofu Black Bean Bowls

1 package firm tofu
1 15 oz can of black beans
olive oil
ginger
garlic
tomato paste
chili powder
garam masala