

Vegan Thai Vegetable Curry

coconut oil
green onions
garlic
cauliflower
orange pepper
mushrooms
curry paste
1 - 15 oz can of chickpeas
1 - 15 oz can of diced tomatoes
1 - 15 oz can of coconut milk
fresh kale
brown rice

Smoky Chipotle Black Bean Quinoa Chili

onion
garlic
2 - 15 oz can of black beans
1 - 28 oz crushed tomatoes
2 1/2 cups -vegetable broth
quinoa
1 can - chipotle chilies in adobo sauce
chili powder
cumin
green salad stuff

Cream of Mushroom Paleo Casserole

4 cups cauliflower rice
8 oz cremini mushrooms
fresh basil
red onion
garlic
1 - 15 oz can coconut milk
1 cup -vegetable broth
1 - egg
nutritional yeast
tapioca flour
Italian seasoning
poultry seasoning
garlic powder
green beans

Moroccan Spiced Vegan Shepards Pie

2 lbs sweet potato
olive oil
white onion
ginger
garlic
orange bell pepper
tumeric powder
cumin, powdered
coriander
cinnamon

tomato paste
vegetable stock
1 - 14 oz can of brown lentils
cumin seeds
cilantro
stuff for a green salad

Caramelized Onion Butternut Squash Crustless Quiche

yellow onion
olive oil
balsamic vinegar
small butternut squash
10 - eggs
1/2 c- coconut or almond milk
dried sage
dried thyme
dried parsley
fresh spinach (about a cup)
broccoli