



<http://www.nicoleosinga.com>

5 Ingredient Meals

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Seeds, Nuts & Spices

- 2 tsps Garlic Powder
- 2 tbsps Taco Seasoning
- 1/2 tsp Turmeric

Frozen

- 8 ozs Hashbrowns

Vegetables

- 2 cups Baby Spinach
- 2 cups Bruschetta
- 9 Red Bell Pepper
- 1 cup Red Onion

Boxed & Canned

- 1 3/4 cups Diced Tomatoes
- 8 ozs Edamame Pasta
- 1 cup Lentil Orzo
- 4 cups Pinto Beans
- 1/2 cup Salsa
- 1 1/2 cups Vegetable Broth

Baking

- 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 8 Protein Tortilla
- 2 1/4 lbs Silken Tofu

Condiments & Oils

- 2 tbsps Pesto

Cold

- 10 ozs Vegan Cheese Shreds



Edamame Brushetta Pasta

4 servings
25 minutes

Ingredients

8 ozs Edamame Pasta (one box)
2 tbsps Pesto
2 cups Bruschetta
2 Red Bell Pepper (diced)

Nutrition

Amount per serving	
Calories	276
Fat	7g
Carbs	31g
Fiber	14g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	50mg
Vitamin A	1985IU
Vitamin C	76mg
Calcium	130mg
Iron	8mg

Directions

- 1 Cook the edamame pasta according to package directions.
- 2 Combine the pesto and red peppers with the edamame pasta in a large bowl. Divide into four servings and top with bruschetta. Enjoy!



Tofu Scramble With Hashbrowns

4 servings

15 minutes

Ingredients

2 1/4 lbs Silken Tofu (drained)
 1/4 cup Nutritional Yeast
 2 tsps Garlic Powder
 1/2 tsp Turmeric
 1 Red Bell Pepper (chopped)
 2 cups Baby Spinach
 8 ozs Hashbrowns

Nutrition

Amount per serving	
Calories	307
Fat	14g
Carbs	27g
Fiber	5g
Sugar	5g
Protein	19g
Cholesterol	0mg
Sodium	274mg
Vitamin A	2338IU
Vitamin C	46mg
Calcium	103mg
Iron	4mg

Directions

- 1 Cook the hashbrowns according to package directions.
- 2 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, turmeric, chopped pepper and baby spinach. Use the spatula to stir and gently break up the tofu.
- 3 Cook until the edges are firm and liquid is gone, about 15 minutes. Transfer containers and add 2 hashbrowns per container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 3/4 cup.

More Flavor: Add black pepper and black salt.

Additional Toppings: Serve it with salsa, avocado slices, fresh fruit, toast, tortillas, or roasted veggies.



Unstuffed Peppers

4 servings

30 minutes

Ingredients

- 2 cups Pinto Beans
- 2 tbsps Taco Seasoning
- 1 cup Red Onion (small, diced)
- 2 Red Bell Pepper (large, chopped)
- 1 cup Lentil Orzo (dry, rinsed)
- 1 3/4 cups Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups Vegetable Broth
- 4 ozs Vegan Cheese Shreds (shredded)

Nutrition

Amount per serving	
Calories	421
Fat	8g
Carbs	69g
Fiber	15g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	934mg
Vitamin A	2498IU
Vitamin C	90mg
Calcium	341mg
Iron	4mg

Directions

- 1 Heat 1 tsp avocado oil in a large pan over medium heat. Add the pinto beans. Mix in the taco seasoning and cook for 4-5 minutes.
- 2 Add the onions and sauté for two to three minutes. Stir in the bell peppers and sauté for another two to three minutes.
- 3 Stir in the lentil rice, tomatoes, and broth. Bring to a boil, then simmer partially covered for 15 minutes or until most of the liquid has been absorbed and the rice is cooked. Stir occasionally to prevent sticking.
- 4 Divide into bowls. Season with salt and pepper and top with shredded cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Fresh herbs, hot sauce, and/or sour cream.

No Ground Turkey: Use ground beef, pork, or chicken.

Dairy-Free: Use a dairy-free cheese alternative or omit.

No Beef Broth: Use vegetable or chicken broth.



Pinto Bean Quesadillas

4 servings
15 minutes

Ingredients

2 cups Pinto Beans (cooked)
1/2 cup Salsa (drained of excess liquid)
8 Protein Tortilla
6 ozs Vegan Cheese Shreds (shredded)
4 Red Bell Pepper (diced)

Nutrition

Amount per serving	
Calories	525
Fat	14g
Carbs	81g
Fiber	28g
Sugar	7g
Protein	29g
Cholesterol	0mg
Sodium	687mg
Vitamin A	3892IU
Vitamin C	153mg
Calcium	638mg
Iron	4mg

Directions

- 1 Preheat a cast-iron pan over medium heat.
- 2 Mix the beans with the salsa and red pepper. Divide the beans evenly between the tortillas being sure to cover half of each tortilla. Sprinkle the cheese over the beans. Fold the tortillas in half and gently transfer them to the pan.
- 3 Heat the quesadillas for three to five minutes on each side until the tortillas are lightly browned and the cheese has melted.
- 4 Cut the quesadillas in half, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the sour cream separately and add when ready to serve.

Serving Size: One serving is two quesadillas.

Make it Vegan: Omit the cheese and sour cream or use vegan versions.

More Flavor: Add chopped jalapeños and/or cilantro.

Additional Toppings: Salsa, guacamole and/or chopped green onions.