



**Fall Protein Comfort Food Meal
Prep 2 - Soups & Casseroles**

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Seeds, Nuts & Spices

- 1 tsp Chili Powder
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/4 tsp Ground Mustard
- 1/4 tsp Liquid Smoke
- 1 tsp Oregano
- 2 tsps Taco Seasoning
- 1/2 tsp Turmeric

Frozen

- 4 cups Frozen Edamame
- 1/2 cup Frozen Spinach

Vegetables

- 2 cups Baby Spinach
- 4 cups Broccoli
- 3 Carrot
- 4 Garlic
- 4 cloves Garlic
- 1 tbsp Ginger
- 1 stalk Green Onion
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 cup Snap Peas
- 1 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion
- 2 Yellow Potato

Boxed & Canned

- 8 ozs Chickpea Pasta
- 1 can Crushed Tomatoes
- 8 ozs Gluten-Free Ramen Noodles
- 12 cups Vegetable Broth
- 1 cup Wild Rice

Baking

- 2 tsps All Purpose Gluten-Free Flour
- 1/4 tsp Baking Powder
- 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 8 ozs Tempeh
- 3 2/3 lbs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 tbsp Miso Paste
- 1 tsp Sesame Oil
- 3 tsps Soy Sauce
- 1 1/2 cups Teriyaki Sauce

Cold

- 1 oz Vegan Cheese Shreds

Other

- 3/4 cup Water



Teriyaki Tofu & Tempeh Casserole

5 servings
35 minutes

Ingredients

14 ozs Tofu (pressed and cubed)
8 ozs Tempeh (cubed)
2 cups Frozen Edamame
2 cups Broccoli (broccoli heads)
2 Carrot (sliced)
1 cup Wild Rice
1 1/2 cups Teriyaki Sauce

Nutrition

Amount per serving	
Calories	442
Fat	13g
Carbs	52g
Fiber	8g
Sugar	17g
Protein	36g
Cholesterol	0mg
Sodium	3354mg
Vitamin A	4494IU
Vitamin C	38mg
Calcium	367mg
Iron	7mg

Directions

- 1 Preheat oven to 350 F. In a 9×13 casserole or baking dish, add tofu and tempeh, edamame and prepared veggies. Drizzle with 1 cup of teriyaki sauce and gently toss to coat. Place in oven on middle rack and bake for 20 - 25 minutes.
- 2 Cook rice according to package directions.
- 3 Once the tofu mixture is done cooking, serve on rice. Add the remaining sauce. Enjoy!



Vegan Lasagna Soup

4 servings

1 hour

Ingredients

14 ozs Tofu
 2 tbsps Nutritional Yeast
 1 tbsp Avocado Oil
 1 tbsp Soy Sauce
 1 tsp Chili Powder
 1/2 tsp Garlic Powder
 1/4 tsp Liquid Smoke
 1 Yellow Onion (chopped,)
 4 cloves Garlic (minced,)
 6 cups Vegetable Broth (1 1/2 litres,
 plus more if needed)
 1 can Crushed Tomatoes (3 1/4 cups)
 1 tsp Dried Basil
 1 tsp Oregano
 8 ozs Chickpea Pasta
 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	405
Fat	13g
Carbs	53g
Fiber	12g
Sugar	16g
Protein	29g
Cholesterol	0mg
Sodium	1586mg
Vitamin A	2689IU
Vitamin C	15mg
Calcium	378mg

Directions

- 1 Mix the nutritional yeast, soy sauce, olive oil chili powder, garlic powder, and liquid smoke together in a large bowl. Crumble the block of tofu with a fork and place in the bowl along with the seasoning. Mix the tofu crumbles with the seasoning making sure all of the tofu is evenly coated.
- 2 Add the mixture into a frying pan over medium heat. Pan fry until the mixture is browned, about 10 minutes. Enjoy!
- 3 In the meantime, in a large soup pot, heat the oil over medium-high heat. When hot, add the onion and garlic and sauté for about 5 minutes until the onions have turned translucent and begin to brown. Stir in 6 cups of vegetable broth, the crushed tomatoes, oregano and basil. Bring to a simmer and cook for 10 minutes.
- 4 After 10 minutes, stir the chickpea into the soup and continue to cook for 7 - 10 minutes until the noodles are al dente. Stir in the spinach and prepared tofu crumbles and cook for 1 more minute to heat through. To serve, divide among bowls and garnish with toppings of choice.

Iron

10mg



Easy Vegan Ramen

4 servings
30 minutes

Ingredients

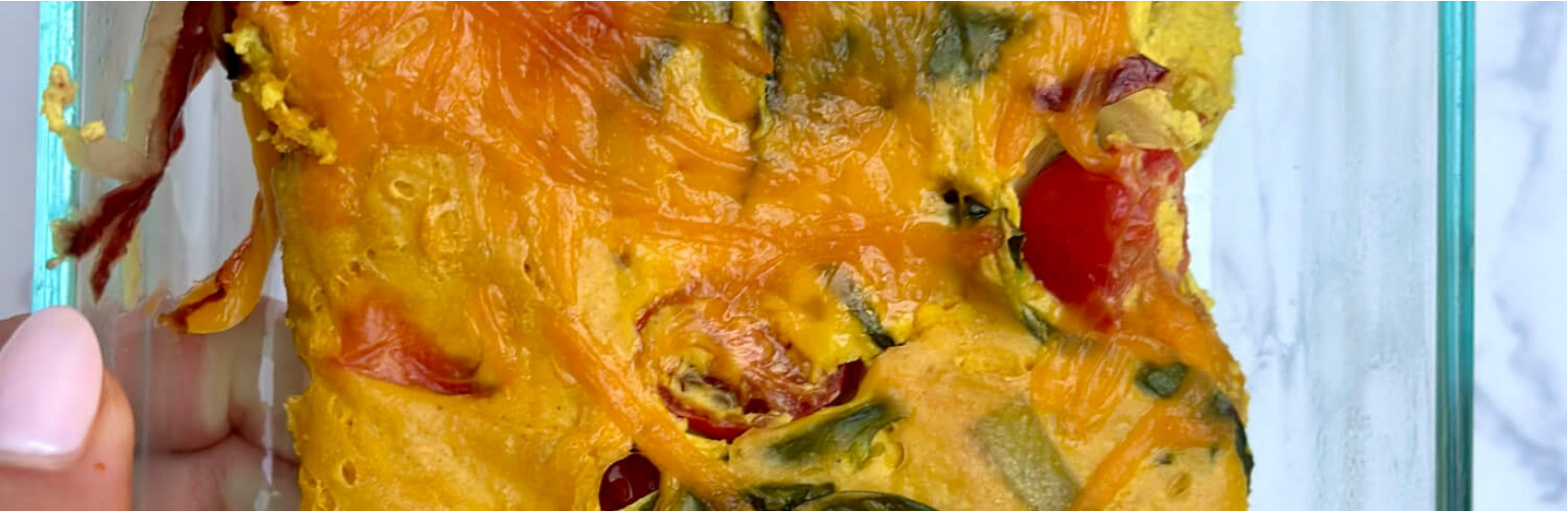
4 Garlic (roughly chopped)
1 tbsp Ginger (grated)
6 cups Vegetable Broth
2 tbsps Soy Sauce
1 Carrot (shredded)
2 cups Broccoli (heads only, chopped)
1 cup Snap Peas
1 tbsp Miso Paste
1 tsp Sesame Oil
8 ozs Gluten-Free Ramen Noodles
10 ozs Tofu (pressed, cubed and pan-fried with soy sauce.)
2 cups Frozen Edamame (thawed)
1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	437
Fat	12g
Carbs	64g
Fiber	9g
Sugar	7g
Protein	25g
Cholesterol	0mg
Sodium	1662mg
Vitamin A	4144IU
Vitamin C	52mg
Calcium	304mg
Iron	5mg

Directions

- 1 Heat a large pot over medium-high heat.
- 2 Once hot, add oil, garlic and ginger. Sauté, stirring occasionally for 5-8 minutes or until the onion has developed a slight sear (browned edges).
- 3 Add the 6 cups of vegetable broth and soy sauce. Stir.
- 4 Bring to a simmer over medium heat, then reduce heat to low and cover. Add carrots, broccoli and snap peas. Simmer on low for 15 minutes. Stir in miso paste and sesame oil.
- 5 Fill a large saucepan or pot with water and bring to a boil. Once boiling, add ramen noodles (depending on size of pan you may need to do this in two batches // use fewer or more batches if altering batch size) and cook according to package instructions - about 4-5 minutes. Drain and set aside.
- 6 To serve, divide ramen noodles between four containers. Top with strained broth and desired toppings, such as edamame, green onion and seared tofu.



Vegan Mexican Egg Casserole with Tofu Eggs

4 servings
50 minutes

Ingredients

2 Yellow Potato (diced)
1 Red Bell Pepper (diced)
1 Yellow Bell Pepper (chopped)
1/2 cup Red Onion (sliced thin)
1 tsp Taco Seasoning
1 1/4 lbs Tofu
1/2 tsp Turmeric
1/4 cup Nutritional Yeast
2 tbsps All Purpose Gluten-Free Flour
1/4 tsp Baking Powder
1/4 tsp Ground Mustard
1 tsp Taco Seasoning
3/4 cup Water
1 Tomato (chopped or 1/2 cup salsa)
1/2 cup Frozen Spinach (thawed and squeezed or 1 cup fresh spinach)
1 oz Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	314
Fat	9g
Carbs	38g
Fiber	9g
Sugar	4g
Protein	24g
Cholesterol	0mg
Sodium	232mg
Vitamin A	3729IU
Vitamin C	151mg

Directions

- 1 Add oil to a 9x9 inch baking dish. Add in the potato, onion, peppers, and the taco seasoning and avocado oil and toss well to coat.
- 2 Bake at 375 degrees F (190c) for 16-18 minutes, or until the potatoes are almost done. Meanwhile, blend the egg mixture ingredients (tofu, flour, nutritional yeast, turmeric, baking powder, mustard and water until smooth.
- 3 Add the egg mixture to the baking dish. Add in the spinach and tomato or salsa and mix well.
- 4 Even it out with a spatula. top it with some vegan cheese shreds. then bake for 30-40 minutes, or until the center is set, and not liquid.
- 5 Remove the baking dish from the oven, let it cool for a few minutes before slicing and serving.

Calcium	544mg
Iron	6mg