



**4 Ingredient Trader Joes
Dinners**

Nicole Osinga

Nicole Osinga
nicoleosinga@gmail.com

Frozen

- 10 ozs Beefless Bulgoi
- 4 cups Frozen Edamame
- 1 lb Meatless Meatballs

Vegetables

- 14 ozs Brussels Sprouts
- 2 cups Cherry Tomatoes
- 1 Orange Bell Pepper
- 1 1/2 lbs Roasted Potatoes With Pepper & Onions
- 1 lb Spicy Mexican Rice Cauliflower

Bread, Fish, Meat & Cheese

- 1 lb Tofu

Boxed & Canned

- 11 ozs Brown Rice
- 2 1/2 cups Marinara Sauce
- 12 ozs Red Lentil Pasta



Lentil Veggie Meatball Pasta

5 servings
20 minutes

Ingredients

12 ozs Red Lentil Pasta
1 lb Meatless Meatballs
2 1/2 cups Marinara Sauce
2 cups Cherry Tomatoes

Nutrition

Amount per serving	
Calories	475
Fat	14g
Carbs	54g
Fiber	19g
Sugar	6g
Protein	35g
Cholesterol	0mg
Sodium	772mg
Vitamin A	896IU
Vitamin C	20mg
Calcium	80mg
Iron	7mg

Directions

- 1 Cook the pasta and the meatless meatballs according to package directions. Place aside.
- 2 Roast the cherry tomatoes in a large saucepan over medium heat, with the lid on. Roast until they start to burst - about 10 minutes.
- 3 To assemble the final dish, combine 1/5 of the pasta, meatballs and tomatoes in one portion. Top with 1/2 cup marinara sauce.



Beef-less Pilaf & Brussels

4 servings
20 minutes

Ingredients

10 ozs Beefless Bulgoi (This product is from Trader Joes. You can use a similar beefless strip instead.)

7 ozs Brown Rice (I used the Rice Orzo Pilaf Mix from Trader Joes)

14 ozs Brussels Sprouts (I used the Kung Pao ones from Trader Joes)

Nutrition

Amount per serving	
Calories	402
Fat	9g
Carbs	63g
Fiber	7g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	273mg
Vitamin A	748IU
Vitamin C	84mg
Calcium	66mg
Iron	3mg

Directions

- 1 Cook the beefless strips, rice and brussels sprouts according to package directions. Once cooked, combine all three ingredients and divide by four. Add a sauce if you'd like (a teriyaki sauce would do) but the products I used were pre-flavoured.



One Pan Roasted Potatoes & Veggies

4 servings

15 minutes

Ingredients

- 1 Orange Bell Pepper
- 1 1/2 lbs Roasted Potatoes With Pepper & Onions (From Trader Joes)
- 2 cups Frozen Edamame
- 8 ozs Tofu (I used the teriyaki tofu from Trader Joes)

Directions

- 1 In a large frying pan, combine the chopped pepper, roasted potato mix, edamame and cubed tofu. Cook over medium heat, for 8-10 minutes, stirring often. Divide into four. Enjoy!

Nutrition

Amount per serving	
Calories	453
Fat	22g
Carbs	41g
Fiber	11g
Sugar	14g
Protein	27g
Cholesterol	0mg
Sodium	8mg
Vitamin A	324IU
Vitamin C	90mg
Calcium	454mg
Iron	7mg



Spicy Protein Cauliflower Rie

4 servings
15 minutes

Ingredients

- 1 lb Spicy Mexican Rice Cauliflower
- 2 cups Frozen Edamame
- 8 ozs Tofu (I used the teriyaki tofu from Trader Joes)
- 4 ozs Brown Rice

Nutrition

Amount per serving	
Calories	445
Fat	18g
Carbs	49g
Fiber	10g
Sugar	10g
Protein	25g
Cholesterol	0mg
Sodium	8mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	371mg
Iron	6mg

Directions

- 1 Cook the brown rice according to package directions and set aside.
- 2 In a large frying pan, combine the cauliflower rice mix, edamame and cubed tofu. Cook over medium heat, until the rice is melted.
- 3 Combine all of the ingredients in a large bowl and divide by four. Top with hot sauce if desired. Enjoy!