



Soups

Fruits

- 1/4 cup Lemon Juice

Seeds, Nuts & Spices

- 1 tbsp Dried Basil
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Onion Powder

Frozen

- 6 cups Frozen Edamame
- 5 1/3 cups Frozen Vegetable Mix

Vegetables

- 1/2 cup Basil Leaves
- 9 1/3 cups Broccoli
- 1 unit Butternut Squash
- 7 1/3 Carrot
- 2 stalks Celery
- 1 1/3 cups Fresh Peas
- 14 2/3 Garlic
- 3 2/3 stalks Green Onion
- 2 2/3 cups Kale Leaves
- 1 Leeks
- 1 White Onion
- 1 2/3 Yellow Onion
- 3 Yellow Potato

Boxed & Canned

- 1 cup Canned Coconut Milk
- 2 2/3 cups Cannellini Beans
- 1 1/3 cups Chickpeas
- 4 cups Diced Tomatoes
- 5 1/3 ozs Gluten-Free Ramen Noodles
- 5 1/3 Lasagna Sheets
- 1 cup Lentil Macaroni
- 2/3 cup Lite Coconut Milk
- 21 2/3 cups Vegetable Broth
- 8 cups Vegetable Broth, Low Sodium
- 2 cups White Navy Beans

Baking

- 2/3 cup Pureed Pumpkin

Bread, Fish, Meat & Cheese

- 14 ozs Tofu

Condiments & Oils

- 1/3 cup Avocado Oil
- 2 1/8 lbs Baby Pickles

Cold

- 3 cups Soy Milk



Roasted Butternut Squash with Crispy Tofu

4 servings
1 hour 30 minutes

Ingredients

- 1 unit Butternut Squash
- 1 Yellow Onion (rough chopped)
- 3 Carrot (diced)
- 1/4 cup Avocado Oil
- 14 ozs Tofu (cubed)
- 1 tsp Onion Powder
- 1 tbsp Dried Basil
- 3 cups Soy Milk
- 3 cups Vegetable Broth
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	377
Fat	22g
Carbs	25g
Fiber	5g
Sugar	13g
Protein	16g
Cholesterol	0mg
Sodium	615mg
Vitamin A	8161IU
Vitamin C	4mg
Calcium	551mg
Iron	5mg

Directions

- 1 Preheat an oven to 400 degrees. Using a large, sharp knife, split the squash in half. Rub the squash halves in 2 tablespoons of the avocado oil and place them cut side down on a baking sheet. Add the onion and carrot to the baking sheet as well.
- 2 Roast the squash 45 minutes or until the skin is golden. Remove from the oven and set aside until the squash is cool enough to handle.
- 3 When there are 30 minutes left of cooking time on the squash, add the cubed tofu. Sprinkle the tofu with 1 tablespoon of avocado oil, chili powder and basil. Bake the tofu for 30 minutes until it is golden and a little crispy on the edges.
- 4 Once the squash pan is done cooking, remove from oven and let cool. Scrape out the flesh from the squash and add to a blender, along with the onion, carrot, soy milk and veggie broth. Blend and divide into bowls. Add tofu on top. Top with green onions as well.



Dill Pickle Soup

4 servings
30 minutes

Ingredients

- 3 Yellow Potato (diced)
- 2 stalks Celery (diced)
- 1 Leeks (diced)
- 1 Carrot (chopped)
- 2 cups White Navy Beans (cooked)
- 2 1/8 lbs Baby Pickles (1 L jar)
- 4 cups Vegetable Broth
- 1 cup Canned Coconut Milk

Directions

- 1 Combine potatoes, celery, leek, carrot, pickles, beans, coconut milk and stock in a slow cooker. Cover and cook on low for 6 to 8 hours or until vegetables are soft. Purée right in the slow cooker with an immersion blender (or in a conventional blender in batches) until the soup is as smooth or chunky as you like. Serve hot.

Nutrition

Amount per serving	
Calories	434
Fat	12g
Carbs	69g
Fiber	14g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	2948mg
Vitamin A	3538IU
Vitamin C	37mg
Calcium	117mg
Iron	4mg



Pumpkin Lasagna Soup

4 servings
30 minutes

Ingredients

2 tsps Avocado Oil
2/3 Yellow Onion (diced)
2 2/3 Garlic (cloves, diced)
2 Carrot (diced)
3 1/3 cups Vegetable Broth
2/3 cup Lite Coconut Milk
2/3 cup Pureed Pumpkin
1 1/3 cups Chickpeas (cooked)
5 1/3 Lasagna Sheets (Chickpea Lasagna)

Directions

- 1 Heat the avocado oil up in a large soup pot. Add chopped onion and garlic and saute until transparent. Next, add the prepared carrots and saute for a few minutes more.
- 2 Next, add the coconut milk, chickpeas, lasagna noodle pieces and pumpkin puree. Stir to combine. Place a lid on the pot and turn the heat up to medium-high and bring the pot to a boil. Once the pot is boiling, break up the lasagna noodles and add to pot for 10-12 minutes.
- 3 Divide into bowls and serve.

Nutrition

Amount per serving	
Calories	475
Fat	11g
Carbs	73g
Fiber	11g
Sugar	9g
Protein	23g
Cholesterol	26mg
Sodium	614mg
Vitamin A	11904IU
Vitamin C	8mg
Calcium	278mg
Iron	6mg



Edamame Broccoli Soup

4 servings
30 minutes

Ingredients

- 8 cups Broccoli (cut into florets)
- 4 cups Frozen Edamame (thawed)
- 1 White Onion (chopped)
- 4 Garlic (clove)
- 6 cups Vegetable Broth
- 1/2 cup Basil Leaves
- 1/4 cup Lemon Juice

Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	34g
Fiber	13g
Sugar	10g
Protein	25g
Cholesterol	0mg
Sodium	1053mg
Vitamin A	2666IU
Vitamin C	183mg
Calcium	215mg
Iron	5mg

Directions

- 1 In a small pot, add broccoli, edamame, onion, garlic, and broth. Bring to a boil. Turn down the heat to simmer, cover the pot with a lid, and let simmer for about 25 minutes or until everything is cooked.
- 2 Remove the pot from the heat and add basil and lemon juice. Season with salt and pepper.
- 3 Use an immersion blender and blend the soup until it is smooth. Divide between serving plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add parmesan or pecorino.

Make it Spicy: Add chili flakes.



Veggie-Packed Minestrone

4 servings
20 minutes

Ingredients

1 1/3 tbsps Avocado Oil
5 1/3 Garlic (clove, minced)
2 2/3 cups Frozen Vegetable Mix
1 1/3 tbsps Italian Seasoning
4 cups Diced Tomatoes (from the can, with juices)
1 cup Lentil Macaroni (dry, uncooked)
5 1/3 cups Vegetable Broth
2 2/3 cups Cannellini Beans (cooked)
2 2/3 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	415
Fat	6g
Carbs	70g
Fiber	18g
Sugar	13g
Protein	18g
Cholesterol	0mg
Sodium	1428mg
Vitamin A	7564IU
Vitamin C	43mg
Calcium	158mg
Iron	7mg

Directions

- 1 Add the oil, garlic, and vegetables to a large pot over medium heat. Sauté for two to three minutes.
- 2 Add the Italian seasoning, tomatoes, macaroni, broth, and beans. Mix well.
- 3 Bring mixture to a boil. Let simmer for 15 minutes. Stir in the kale and let it stand for five minutes or until wilted.
- 4 Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Use fresh seasonal vegetables. Use your favorite beans or legumes.

Additional Toppings: Basil, parmesan cheese, or pesto.



Veggie & Ramen Noodle Soup

4 servings
30 minutes

Ingredients

2 2/3 stalks Green Onion (chopped, whites and greens divided)
8 cups Vegetable Broth, Low Sodium (divided)
1 1/3 Carrot (large, peeled, thinly sliced)
2 2/3 Garlic (clove, large, minced)
1 1/3 cups Fresh Peas
2 cups Frozen Edamame
1 1/3 cups Broccoli (chopped into small florets)
5 1/3 ozs Gluten-Free Ramen Noodles (dry)
2 2/3 cups Frozen Vegetable Mix

Nutrition

Amount per serving	
Calories	395
Fat	6g
Carbs	68g
Fiber	15g
Sugar	14g
Protein	20g
Cholesterol	0mg
Sodium	296mg
Vitamin A	9696IU
Vitamin C	63mg
Calcium	120mg
Iron	4mg

Directions

- 1 In a large pot, add just the whites of the onion and a splash of broth. Sauté for two to three minutes. Add the carrots and garlic. Sauté for three to four minutes. Add more broth if needed.
- 2 Add the remaining broth and bring to a boil. Lower the heat to a simmer and cook for five to six minutes. Add the peas, broccoli and frozen veggie mix. Cook for another five minutes.
- 3 Add the noodles and cook for about three minutes or until they are cooked through.
- 4 Divide evenly between bowls and top with the green parts of the green onion. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

No Vegetable Broth: Use any other broth.

More Flavor: Add ginger, Thai chili, and/or lemongrass.

Additional Toppings: Fresh cilantro or Thai basil.