



Dump n Bake 3

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Seeds, Nuts & Spices

- 1/3 cup Italian Seasoning

Vegetables

- 4 cups Baby Spinach
- 1/2 head Cauliflower
- 1 stalk Celery
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 1 cup Red Onion

Boxed & Canned

- 2 cups Chickpeas
- 1 1/4 cups Dry Red Lentils
- 3 1/2 cups Marinara Sauce
- 2 cups Pinto Beans
- 4 1/2 cups Vegetable Broth
- 2 cups White Navy Beans
- 2 cups Wild Rice

Baking

- 1/2 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1/2 cup Textured Vegetable Protein
- 14 ozs Tofu

Condiments & Oils

- 1/2 cup Hot Sauce
- 1/4 cup Vegan Ranch Dressing

Cold

- 4 ozs Vegan Cheese Shreds



Dump n Bake Pizza Beans

4 servings
30 minutes

Ingredients

- 1/2 cup Red Onion (diced)
- 2 cups White Navy Beans (cooked)
- 2 cups Pinto Beans (cooked)
- 4 cups Baby Spinach
- 2 1/2 cups Marinara Sauce
- 1/4 cup Italian Seasoning
- 1/4 cup Nutritional Yeast
- 4 ozs Vegan Cheese Shreds

Directions

- 1 Preheat the oven to 400 F.
- 2 Between four oven safe glass containers, add the onion, beans, spinach and spices. Pour the marinara sauce into each container and mix well. Top with the vegan cheese.
- 3 Bake for 15-20 mins. Enjoy!

Nutrition

Amount per serving	
Calories	455
Fat	12g
Carbs	63g
Fiber	23g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	671mg
Vitamin A	3314IU
Vitamin C	26mg
Calcium	420mg
Iron	7mg



Dump n Bake Buffalo Cauliflower Chickpea Casserole

4 servings
1 hour 10 minutes

Ingredients

2 cups Vegetable Broth
1/2 cup Hot Sauce
1/4 cup Nutritional Yeast
1 stalk Celery (finely diced)
1/2 head Cauliflower (chopped into florets)
2 cups Chickpeas (cooked*)
14 ozs Tofu (diced)
1 cup Wild Rice
1/4 cup Vegan Ranch Dressing

Directions

- 1 Preheat the oven to 400F. Mix the vegetable broth, hot sauce and nutritional yeast together.
- 2 Between four oven safe glass containers, add the onion, cauliflower, chickpeas, tofu, celery and rice. Pour the sauce mixture into each container and mix well.
- 3 Cover the casserole with aluminum foil (or parchment paper, followed by aluminum foil) and bake in the middle rack of the oven for 60 minutes.
- 4 Remove from the oven and top with vegan ranch, or serve as desired.

Nutrition

Amount per serving	
Calories	484
Fat	15g
Carbs	62g
Fiber	13g
Sugar	8g
Protein	30g
Cholesterol	0mg
Sodium	1165mg
Vitamin A	338IU
Vitamin C	37mg
Calcium	359mg
Iron	7mg



Dump n Bake Vegan Stuffed Pepper Casserole

4 servings

1 hour

Ingredients

- 1 cup Marinara Sauce
- 2 1/2 cups Vegetable Broth
- 1 tbsp Italian Seasoning
- 1/2 cup Red Onion (diced)
- 1 Red Bell Pepper (diced)
- 1 1/4 cups Dry Red Lentils
- 1/2 cup Textured Vegetable Protein
- 1 Orange Bell Pepper (diced)
- 1 cup Wild Rice

Nutrition

Amount per serving	
Calories	473
Fat	3g
Carbs	85g
Fiber	15g
Sugar	8g
Protein	28g
Cholesterol	0mg
Sodium	551mg
Vitamin A	1561IU
Vitamin C	131mg
Calcium	69mg
Iron	7mg

Directions

- 1 Mix together the marinara sauce, veggie broth and Italian spices in a bowl. Place aside.
- 2 Between four oven safe glass containers, add the onion, bell peppers, lentils, texturized vegetable protein and rice. Pour the marinara sauce mixture into each container and mix well.
- 3 Cover each dish with a lid, aluminum foil, or parchment paper followed by aluminum foil and bake in the middle rack of the oven for 60 minutes.
- 4 Serve with tortilla chips. Enjoy!