



Fruits

- ☐ 1 Lemon

Seeds, Nuts & Spices

- ☐ 1/2 tsp Coriander
☐ 1/2 tsp Cumin
☐ 1 tbsp Harissa
☐ 0 Sea Salt & Black Pepper
☐ 1/4 tsp Smoked Paprika

Vegetables

- ☐ 1 Beet
☐ 10 Carrot
☐ 4 Garlic
☐ 3 cloves Garlic
☐ 1/8 head Green Cabbage
☐ 1 stalk Green Onion
☐ 1 cup Red Onion
☐ 1 cup Yellow Onion
☐ 1 Yellow Onion
☐ 7 Yellow Potato

Boxed & Canned

- ☐ 1 1/2 cups Chickpeas
☐ 1/2 cup Dry Red Lentils
☐ 3 tbsps Tomato Paste
☐ 12 cups Vegetable Broth

Baking

- ☐ 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 1 cup Textured Vegetable Protein

Condiments & Oils

- ☐ 1/4 cup Avocado Oil
☐ 3 1/3 tbsps Soy Sauce

Cold

- ☐ 1 cup Soy Milk
☐ 1 oz Vegan Cheese Shreds

Other

- ☐ 5 cups Water



Vegan Loaded Baked Potato Soup

4 servings
30 minutes

Ingredients

5 Yellow Potato (From Gwillimdale Farms (diced into small cubes))
2 tbsps Avocado Oil
1 cup Yellow Onion (From Gwillimdale Farms (diced))
3 cloves Garlic (minced)
4 cups Vegetable Broth
1/4 cup Nutritional Yeast
1/4 tsp Smoked Paprika (optional for a touch of smokiness)
1 cup Soy Milk
1 cup Textured Vegetable Protein
1 tsp Soy Sauce
1 oz Vegan Cheese Shreds
1 stalk Green Onion (chopped fine)

Nutrition

Amount per serving	
Calories	416
Fat	10g
Carbs	62g
Fiber	11g
Sugar	9g
Protein	21g
Cholesterol	0mg
Sodium	872mg
Vitamin A	722IU
Vitamin C	54mg
Calcium	225mg
Iron	5mg

Directions

- 1 In a large pot, heat the avocado oil over medium heat. Add the diced onion and cook for 4-5 minutes, until softened and lightly translucent. Stir in the garlic and cook for 30 seconds, just until fragrant.
- 2 Add the diced gold potatoes, vegetable broth, nutritional yeast and smoked paprika. Bring to a gentle boil, then reduce heat and simmer uncovered for 15-18 minutes, or until the potatoes are very tender and easily pierced with a fork.
- 3 While the soup is cooking, rehydrate the TVP according to package directions. Once rehydrated, pan fry with the soy sauce to get to a crispy texture.
- 4 Use an immersion blender to blend about half of the soup, leaving some potato chunks for texture. Alternatively, transfer half of the soup to a blender, blend until smooth, and return it to the pot.
- 5 Stir in the soy milk. Cook over low heat for 3-5 minutes more, stirring frequently. Taste and adjust seasoning as needed. Ladle into bowls and finish with your favourite loaded baked potato toppings, included cheese, the TVP and green onion.



One Pot Harissa Red Lentil & Carrot Soup

2 servings
40 minutes

Ingredients

2 tbsps Avocado Oil
8 Carrot (From Gwillimdale Farms - large, chopped)
1 Yellow Onion (From Gwillimdale Farms- chopped)
4 Garlic (clove, minced)
1/2 tsp Cumin (ground)
1/2 tsp Coriander (ground)
Sea Salt & Black Pepper (to taste)
1 tbsp Harissa
1/2 cup Dry Red Lentils (rinsed, drained)
5 cups Water

Nutrition

Amount per serving	
Calories	448
Fat	15g
Carbs	65g
Fiber	16g
Sugar	17g
Protein	16g
Cholesterol	0mg
Sodium	185mg
Vitamin A	40770IU
Vitamin C	16mg
Calcium	190mg
Iron	7mg

Directions

- 1 Heat a large Dutch oven or pot over medium heat and melt the oil. Add the carrots and onion and cook for about six minutes, until the onion is just starting to soften.
- 2 Add the garlic, cumin, coriander, salt, pepper, and harissa. Cook, stirring constantly until fragrant, about one minute.
- 3 Add the lentils and water and stir. Bring to a boil and then reduce the heat. Simmer, covered, for 20 to 25 minutes, or until the lentils are cooked through.
- 4 Uncover and use an immersion blender to blend until smooth. Alternatively, add to a blender and blend until smooth, making sure to vent for heat to escape. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

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

Additional Toppings: Top with chopped parsley or cilantro.



Vegan Borscht

4 servings

45 minutes

Ingredients

- 1 Beet (From Gwillimdale Farms, peeled and shredded)
- 1 cup Red Onion (From Gwillimdale Farms - diced)
- 2 Yellow Potato (From Gwillimdale Farms - diced)
- 2 Carrot (From Gwillimdale Farms - diced)
- 1/8 head Green Cabbage (sliced)
- 3 tbsps Tomato Paste (heaping)
- 3 tbsps Soy Sauce
- 1 1/2 cups Chickpeas
- 8 cups Vegetable Broth
- 1 Lemon (freshly squeeze)

Directions

- 1 In a large pot, over medium-high heat, sauté onions and carrots in 3 tablespoons of vegetable stock until the onions have turned translucent and the carrots have released their colour.
- 2 Add the shredded beets, potato and 5 more tablespoons of vegetable stock, stir until the beetroot has released colour and both the potatoes and beet have softened.
- 3 Add tomato paste. Stir and ensure all is coated. Add the remaining vegetable stock. Bring it to a boil, then turn the heat down to low-medium. Allow simmering for about 10 minutes.
- 4 Add cooked chickpeas, cabbage and soy sauce. Simmer for another 10 minutes. Turn heat off and stir through the lemon, do a taste test, adjust salt if required. Serve warm.

Nutrition

Amount per serving	
Calories	261
Fat	2g
Carbs	52g
Fiber	10g
Sugar	13g
Protein	11g
Cholesterol	0mg
Sodium	2021mg
Vitamin A	6357IU
Vitamin C	37mg
Calcium	88mg
Iron	4mg