

Directions for Day Of:

Masala Lentils: - Add 4 cups of veggie broth - Cook for 6 hours on low heat - Serve over a bed of quinoa, rice or another grain

Sweet Potato Soup: - Add 5 cups of veggie broth - Cook for 8 hours on low heat - Add 1 cup of plant based milk - Blend with an immersion blender until soup is smooth

Cauliflower Bolognese: - Add 1/2 cup of veggie broth - Cook for 6 hours on low heat - Smash the cauliflower with a potato masher or fork - Serve over noodles

Quinoa and Veg: - Add 3 cups of veggie broth - Cook for 4-6 hours on low heat

Thai Spaghetti Squash Noodles: - Pierce your spaghetti squash all over with a fork - Place the squash and 2 cups of water in slow cooker, cook for 8-9 hours on low heat - After it's cooled, cut in half and scoop out pulp - Use a fork to shred the insides into spaghetti-like noodles - Place the 'noodles' in a bowl and top with the peanut sauce and broccoli

Coconut Quinoa Curry: - Add 1 cup of water - Cook for 6-7 hours on low heat

Tacos: - Cook for 3-4 hour hours on low heat - Use as taco filling in shells and top with fave toppings

Minestrone: - Add 3 cups of veggie stock and 3 cups of water - Cook for 4-6 hours on low heat - About ten minutes before serving, add in asparagus and 8 oz of pasta

Mushroom Stroganoff: - Add 1 cup of veggie broth - Cook for 6 hours on low heat - Stir in 2 tbsp of canned coconut milk and season to taste - Serve with a carb of your choice and topped with fresh herbs

Potato and Leek Soup: - Add 4-6 cups of veggie broth (enough to cover the veggies) - Cook for 6 hours on low heat - Puree the soup with an immersion blender

@redheadmare

