



Client Name: **VEGETARIAN SAMPLE MENU OPTIONS**

Date of Prep:

Package:

Special Requests

Cooking Type:

SOUPS & STEWS

African Peanut Stew (Maafe): Chickpeas, vegetable stock, cumin, coriander, tomatoes, sweet potatoes, peanut butter, onion, garlic ginger & spinach

Slow Cooker Vegetarian Tortilla Soup: (OMV) Bell peppers, onion, black beans, crushed tomatoes, garlic, southwest spice blend (cumin, adobo, salt & pepper). Top with your sliced/diced avocado, dairy free sour cream or yogurt and tortilla chips.

INSTANT POT/STOVETOP

Butternut Squash Risotto with Leeks & Spinach (FAH) Arborio rice, butternut squash, leeks, spinach, garlic, sage & vegetable broth

Root Vegetable Tagine with Lemon Couscous (L & L 209) Sweet potatoes, carrots (or parsnips), chickpeas, dried apricots, ginger, garlic, yellow onion, cumin, coriander, cinnamon, red pepper flakes cook on stovetop with vegetable broth.

-Peanut Butter Noodle Stir Fry (VG909-2). Broccoli, bell pepper, onion, ginger, garlic & green onion cook on stovetop in a sauce containing peanut butter, gluten free tamari, rice vinegar & sesame oil then served over a bed of cooked rice noodles.

-Quinoa Chili: (JS-66) Yellow onion, garlic, red bell pepper, sweet potato, tomatoes, kidney beans, cannellini beans & southwest seasonings cook on the stovetop.

SHEET PAN

-Sheet Pan Gnocchi & Vegetables (KTCN) Potato gnocchi, multicolor bell pepper strips, grape tomatoes, red onion tossed with garlic & rosemary then baked on sheet pan. Suggested side: Mixed greens and/or garlic bread.

Sheet Pan Ratatouille (FAH) Eggplant, tomatoes, zucchini, yellow squash & onion.

Chipotle Lime Black Bean Burgers (WT) Black beans, corn, red onion, diced bell pepper & chipotle lime Southwestern seasoning.