# 5 HEALTHY 15 MINUTE MEALS

## WITH SHOPPING LIST



PLANT-POWERED 101

# Pasta & Sauce 15 MINUTE MEAL

## INGREDIENTS

DRY PASTA
(chickpea or lentil)

FROZEN BROCCOLI
(or mixed veggies)

JAR PASTA SAUCE
(no more than 3 grams of added sugar)

## INSTRUCTIONS

Cook pasta according to package directions

Add frozen veggies to pot with pasta during last 5 minutes of cooking time

Drain after pasta is done cooking

Add sauce (heat it up first if desired)

Mix everything together & enjoy!



# Burritos 15 MINUTE MEAL

## INGREDIENTS

SHELF STABLE BROWN RICE
(this is pre-cooked)

CANNED BLACK BEANS
(drained & rinsed)

FLOUR TORTILLAS
(whole wheat)

JAR SALSA
(no more than 3 grams of added sugar)

GUACAMOLE
(optional)

## INSTRUCTIONS

Mix rice & beans together

Warm rice & beans in pot or microwave

Add scoop of rice & beans to tortilla

Top with salsa & guac (if desired)

Roll & enjoy!



# Chili 15 MINUTE MEAL

## INGREDIENTS

CANNED BLACK BEANS
(undrained)

CANNED PINTO BEANS
(undrained)

FROZEN CORN
(1 or 2 cups)

JAR SALSA
(no more than 3 grams of added sugar)

## INSTRUCTIONS

Put all ingredients in a pot

Stir it all together

Cook until it's hot & enjoy!



# Fried Rice 15 MINUTE MEAL

## INGREDIENTS

SHELF STABLE BROWN RICE
(this is pre-cooked)

FROZEN MIXED VEGGIES
(can add diced onion too if desired)

FROZEN EDAMAME
(shelled)

SOY SAUCE
(low sodium or liquid aminos for gluten free)

## INSTRUCTIONS

Heat veggies & edamame in large skillet until thawed

Add rice & heat through

Add soy sauce to taste

Add garlic powder & pepper (if desired)



# Burgers 15 MINUTE MEAL

## INGREDIENTS

FROZEN VEGGIE BURGERS
(most stores have a variety to choose from)

WHOLE WHEAT BUNS
(less than 3 grams sugar per serving)

TOPPINGS
(whatever you like on a regular burger)

## INSTRUCTIONS

Cook burger patties in skillet 4 - 6 minutes per side

Put burger on bun

Add your usual burger toppings

Or try guac & salsa

Enjoy!



# Shopping List BASICS

## PANTRY

Dry pasta - chickpea or lentil
Jar pasta sauce (less than 3 grams sugar)
Canned black beans
Canned pinto beans
Shelf stable brown rice (it's pre-cooked)
Jar salsa (less than 3 grams sugar)
Low sodium soy sauce or liquid aminios (GF)
Whole wheat buns (less than 3 grams sugar)
Whole wheat tortillas (less than 3 grams sugar)




## FREEZER

Broccoli
Mixed - carrots, green beans, corn & peas
Corn
Edamame
Veggie burgers




## OPTIONAL

Guacamole - store bought

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