1. Minestrone with White Beans

Makes: 4 servings

Dump in & freeze:

- 1 15-oz can cannellini beans, drained/rinsed
- 2 15-oz cans diced tomatoes
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- 3 cloves garlic, finely minced
- 1 medium zucchini, diced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 1 teaspoon fine sea salt
- 1 bay leaf
- parmesan rind if using (optional)

Add Before cooking:

- 4 cups veggie broth

Add while cooking:

- ½ cup small pasta (ditalini or elbow pasta, last 20-30 min for crockpot)
- 2 cups of fresh spinach or kale (stirred in at the end)

Garnish with:

- salt + pepper to taste
- Freshly grated parmesan

Slow cooker: Thaw overnight. Cook on low for 6-7 hours or high 3-4 hours adding the pasta in during the last 20-30 minutes and then stirring in the greens at the end until wilted.

Stovetop: Heat 1/2 tablespoon of olive oil in a large pot. Dump ingredients in and cook for 20 minutes. Add in pasta and spinach/ kale and cook for 8-10 more minutes or until the pasta is tender.

2. Loaded Vegetarian Chili

Makes: 6 servings

Dump in & freeze:

- 1 onion, chopped
- 1 green pepper, finely diced
- 4 cloves garlic, minced
- 15 oz can of tomato sauce
- 15 oz can of diced tomatoes
- 15 oz can of kidney beans, drained/rinsed
- 15 oz can of great northern beans, drained/rinsed
- 15 oz can of black beans, drained/rinsed
- 1 tablespoon baking cocoa
- ½ tsp black pepper, ½ tsp chili powder, ½ tsp oregano, ⅛ tsp cayenne
- 1 cup frozen corn

Add Before cooking: 3 cups vegetable broth

Garnish with: Avocado, sour cream, shredded cheese, and green onion.

Slow cooker: Thaw overnight. Dump the bag and broth into the slow cooker and stir. Cook on low for 6-7 hours OR on high for 3-4 hours. Serve topped with avocado, sour cream, shredded cheese, and green onion.

Stovetop: Heat 1/2 tablespoon of olive oil in a large pot. Dump in the thawed bag and the broth and bring to a boil. Reduce the heat and simmer for 25-30 minutes, stirring occasionally, until everything is hot and the flavors come together. Add a splash more broth if it gets too thick.

3. Chickpea Tikka Masala

Makes: 4 servings

Dump in & freeze:

- 2 15 oz cans chickpeas, drained + rinsed
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tbsp garam masala, 1 tsp turmeric, 1 tsp cumin, 1 tsp coriander
- 2 tablespoon tomato paste
- 1 15 oz can of diced tomatoes
- 1 15 oz can tomato sauce

Add Before cooking: 1 15 oz can of coconut milk or 1 cup heavy cream

Garnish with: fresh cilantro and serve with rice.

Slow cooker: Thaw overnight. Dump the bag and the milk into the slow cooker and stir. Cook on low for 6 hours or high for 3 hours. Garnish with cilantro and serve over basmati rice or with naan.

Stovetop: Heat 1/2 tablespoon of olive oil in a large, deep skillet or pot. Dump in the thawed bag and simmer for 15-20 minutes, stirring occasionally, until the sauce thickens. Stir in the coconut milk and cook for 5 more minutes.

4. White Bean + Kale Tuscan Soup

Makes: 4 servings

Dump in & freeze:

- 2 cans 15 oz cans of cannellini beans, drained + rinsed
- 1 can 15 oz can of diced tomatoes
- 2 carrots, finely diced
- 2 celery stalks, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp each dried oregano, thyme, basil

Add Before cooking: 4 cups vegetable broth

Add while cooking: 3 cups chopped kale (last 30 min)

Garnish with: Top with grated parmesan and a drizzle of olive oil, and serve with crusty bread.

Slow cooker: Thaw overnight. Dump the bag and broth into the slow cooker. Cook on low for 6-7 hours or high for 3-4 hours, adding the kale during the last 20-30 minutes until wilted.

Stovetop: Heat 1/2 tablespoon of olive oil in a large pot. Dump in the thawed bag and the broth and cook for 20 minutes at a gentle simmer. Add the kale and cook for 5-8 more minutes, until it’s tender.

5. Red Lentil Coconut Curry

Makes: 4 servings

Dump in & freeze:

- 1 ½ cups dried red lentils
- 1 large sweet potato, cubed
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tablespoon of fresh ginger, grated
- 2 tbsp curry powder or 2 tbsp red curry paste
- 1 15 oz can of diced tomatoes

Add Before cooking: 1 15 oz can of coconut milk, juice of 1 lime

Add while cooking: 2 cups of veggie broth

Garnish with: Serve over rice with fresh cilantro.

Slow cooker: Thaw overnight. Dump the bag and broth into the slow cooker and stir. Cook on low for 7-8 hours or high for 4 hours, until the lentils and sweet potato are tender. Stir in the coconut milk during the last 30 minutes, then add the lime juice at the end.

Stovetop: Heat 1/2 tablespoon of olive oil in a large pot. Dump in the thawed bag and the broth and bring to a boil. Reduce the heat and simmer for 20-25 minutes, until the lentils and sweet potato are tender. Stir in the coconut milk and cook for 5 more minutes, then finish with the lime juice.

6. Vegetarian Lentil Lasagna Soup

Makes: 4 servings

Dump in & freeze:

- 1 cup dried brown or green lentils
- 1 can (28 oz) crushed tomatoes
- 1 can (14 oz) diced tomatoes
- 1 onion, diced
- 2 carrots, diced
- 3 cloves garlic, minced
- 1 tbsp Italian seasoning
- ½ tsp red pepper flakes (optional)
- 1 bay leaf

Add Before cooking: 5 cups vegetable broth

Add while cooking: 6-8 lasagna noodles broken into pieces

Garnish with: fresh parsley for serving, ricotta + shredded mozzarella + grated parmesan for topping.

Slow cooker: Thaw overnight. Dump the bag and broth into the slow cooker. Cook on low for 10 hours or high for 6 hours, adding the broken noodles during the last 20-30 minutes until tender. Garnish with ricotta, mozzarella, and fresh basil.

Stovetop: Heat 1/2 tablespoon of olive oil in a large pot. Dump in the thawed bag and the broth and bring to a boil. Reduce the heat, cover, and simmer for 25 minutes, until the lentils are almost tender. Add the broken noodles and cook for 10 more minutes, stirring often so they don’t stick.