

THE 5-DAY

veggie challenge

**5-days of
deliciously simple
vegetarian meals**

FROM DELICIOUSEVERYDAY.COM

5-DAY VEGGIE CHALLENGE

good food, that you can
feel good about eating.

WWW.DELICIOUSEVERYDAY.COM

MONDAY

CHICKPEA TOMATO SOUP

This savory tomato soup is topped with crunchy roasted chickpeas for the ultimate comfort food.

TUESDAY

STUFFED PORTOBELLO MUSHROOMS

These Italian Inspired Stuffed Mushrooms are loaded up with cannellini beans, sun-dried tomatoes, and protein-packed spinach.

WEDNESDAY

SWEET POTATOES WITH SPICY BLACK BEANS

These loaded sweet potatoes are topped with a spicy black bean filling and a dairy-free lime-cashew cream.

THURSDAY

ROASTED VEGGIES & COUSCOUS

Tender roasted veggies are served over fluffy couscous and drizzled with a homemade orange-balsamic vinaigrette.

FRIDAY

EASY TWO-BEAN CHILI

This hearty vegetarian chili is loaded with black beans, kidney beans, fresh veggies, and plenty of spice.

CHICKPEA TOMATO SOUP

Crunchy chickpeas and savory tomatoes fuse together perfectly in this delicious (and totally vegan) chickpea tomato soup.

Ingredients

- 28 oz chickpeas, rinsed and drained
- 28 oz tomatoes, canned, diced
- 1 onion, sweet, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 6 cups vegetable stock
- 2 tbsp basil, fresh
- 2 tbsp cumin
- 2 tbsp oregano
- 1 tbsp agave syrup
- olive oil
- 1 tbsp curry powder
- salt
- pepper

Directions

1. Preheat oven to 400 degrees.
2. Rinse and pat dry the chickpeas. Line a baking sheet with parchment paper, and spread out half the chickpeas in a single layer.
3. Drizzle chickpeas with olive oil. Sprinkle with curry powder, salt, and pepper. Toss to coat.
4. Roast chickpeas in the oven for 20-25 minutes, stirring occasionally, until crispy. Set aside.
5. In a large pot, heat a drizzle of olive oil over medium heat. Add onions and garlic, and cook for 3-5 minutes, until softened.
6. Add the tomatoes, vegetable broth, basil, cumin, oregano and agave syrup. Stir to combine. Bring to a simmer and cook for 15 minutes. Add the remaining chickpeas and cook for 5 minutes.
7. Using an immersion blender, blend the soup to a slightly chunky puree. (Alternatively, you can work use a regular kitchen blender. Be careful when handling hot soup!)
8. Serve the soup topped with the crispy chickpeas!

This recipe is 100% vegan.

SHOPPING LIST - CHICKPEA TOMATO SOUP

- | | |
|--|--|
| <input type="checkbox"/> canned chickpeas - 28 oz | <input type="checkbox"/> ground cumin - 2 tbsp |
| <input type="checkbox"/> canned diced tomatoes - 28 oz | <input type="checkbox"/> oregano - 2 tbsp |
| <input type="checkbox"/> sweet onion - 1 | <input type="checkbox"/> agave syrup - 1 tbsp |
| <input type="checkbox"/> garlic - 2 cloves | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> vegetable stock - 6 cups | <input type="checkbox"/> curry powder - 1 tbsp |
| <input type="checkbox"/> fresh basil - 2 tbsp chopped | <input type="checkbox"/> salt |
| | <input type="checkbox"/> pepper |

STUFFED PORTOBELLO MUSHROOMS

Portobello mushrooms are one of my favorite veggies in the world! They're juicy and hearty, and totally delicious when stuffed with your favorite fillings like this Italian-inspired version.

Ingredients

- 4 portobello mushrooms, washed and stems and gills removed
- 1 cup frozen chopped spinach, drained and patted dry
- 1 cup cannellini beans, drained and rinsed
- ¼ cup sun dried tomatoes, packed in oil, chopped
- 1 yellow onion, chopped
- 1 clove garlic, minced
- ¼ cup breadcrumbs
- ¼ cup parmesan , optional
- olive oil
- salt and pepper, to taste

MAKE IT VEGAN:

- Omit the parmesan cheese or replace it with a dairy-free "parmesan" cheese.

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Brush mushroom caps lightly with olive oil on both sides, and place on a baking sheet.
3. Heat a drizzle of olive oil over medium heat in a large pan. Add the onions and cook for 4-5 minutes, until softened.
4. Add the garlic, and cook for 1-2 more minutes, until fragrant.
5. Add the chopped spinach and white beans, and cook for 2 more minutes, until warmed through.
6. Add salt and pepper, to taste.
7. Remove from heat and mix in the breadcrumbs and parmesan (if using).
8. Pile the stuffing on top of the portobello mushroom halves. Bake for 15 minutes, or until mushrooms are just tender and filling is golden.

SHOPPING LIST - STUFFED PORTOBELLO MUSHROOMS

- | | |
|--|--|
| <input type="checkbox"/> portobello mushroom caps - 4 | <input type="checkbox"/> garlic - 1 clove |
| <input type="checkbox"/> frozen spinach - 1 cup | <input type="checkbox"/> breadcrumbs - 1/4 cup |
| <input type="checkbox"/> canned cannellini beans - 1 cup | <input type="checkbox"/> parmesan cheese, grated - 1/4 cup |
| <input type="checkbox"/> sun dried tomatoes - 1/4 cup | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> yellow onion - 1 | <input type="checkbox"/> salt and pepper |

SWEET POTATOES WITH SPICY BLACK BEANS

This loaded sweet potato is stuffed with a fresh and spicy black bean filling, and topped with lime-cashew cream. It's easy, healthy, 100% vegan, and gluten-free!

Ingredients

- 4 sweet potatoes
- 2 tbsp olive oil
- salt and pepper, to taste

BLACK BEAN FILLING:

- 2 1/2 cups black beans, drained and rinsed
- 1 red bell pepper, diced
- 2 scallions, finely sliced
- 1/3 cup fresh cilantro, chopped
- 1 1/2 tbsp lime juice
- 1 tbsp extra virgin olive oil
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- salt and pepper, to taste

LIME CASHEW CREAM:

- 1 cup raw unsalted cashews, soaked in water overnight
- 1/4 cup water
- zest of 1 lime
- juice of 2 limes
- 1/2 tsp salt

TO SERVE:

- additional fresh cilantro, chopped
- 1 avocado, sliced

Directions

1. Preheat oven to 400 degrees (F).
2. Pierce the sweet potatoes all over with a fork and place the sweet potatoes on a baking tray.
3. Bake for 45 minutes or until tender.
4. To make the black bean filling, simply combine all of the ingredients in a bowl and toss to combine. Season with salt and pepper to taste.
5. To make the cashew-lime cream: Drain the soaking liquid from the cashews and place them in a high-speed blender with the water, lime zest, juice and salt. Blend until smooth and creamy. Refrigerate until ready to serve.
6. When the sweet potatoes are tender remove them from the oven and cut each in half. Season with salt and pepper and a little olive oil.
7. Lightly mash the inside of the potatoes with a fork before topping each sweet potato with the black bean filling and a dollop of the lime-cashew cream.
8. Garnish with cilantro, and serve with avocado slices.

MAKE IT VEGAN:

If you're not up to making the (delicious) lime-cashew cream, feel free to substitute regular sour cream or plain, dairy-free yogurt instead,

SHOPPING LIST - SWEET POTATOES WITH SPICY BLACK BEANS

- | | | |
|---|---|--|
| <input type="checkbox"/> sweet potatoes - 4 | <input type="checkbox"/> limes - 3 | <input type="checkbox"/> avocado |
| <input type="checkbox"/> black beans - 2 1/2 cups | <input type="checkbox"/> garlic - 1 clove | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> red bell pepper - 1 | <input type="checkbox"/> ground cumin - 1 tsp | <input type="checkbox"/> salt and pepper |
| <input type="checkbox"/> scallions - 2 | <input type="checkbox"/> smoked paprika - 1 tsp | |
| <input type="checkbox"/> fresh cilantro - 1/3 cup + extra | <input type="checkbox"/> raw unsalted cashews - 1 cup | |

ROASTED VEGGIES AND COUSCOUS WITH ORANGE-BALSAMIC DRESSING

These simple roasted veggies are served over couscous with a sweet and tangy orange-balsamic dressing for a meal that feels totally fancy, but it super simple to put together.

Ingredients

- 1 cup Couscous
- 1 ½ cups Water
- Olive Oil
- Salt and Pepper, to taste
- Red Bell Pepper, sliced
- Orange Bell Pepper, sliced
- Red Onion, sliced
- 8 oz Mushrooms, Baby Portobello, cleaned and slice
- ½ cup Feta cheese, crumbled, optional
- Shallot, peeled and minced
- 1 cup Orange Juice
- 2 tbsp + 2 tbsp Balsamic Vinegar

MAKE IT VEGAN:

- Omit the optional feta cheese topping for a totally vegan meal.

Directions

1. Preheat oven to 375 degrees F.
2. Bring the water to a boil in a small pot. Add olive oil and couscous. Remove from heat, cover, and allow to sit for five minutes. Fluff with a fork, and set aside.
3. On a large baking sheet, toss vegetables with a drizzle of olive oil and 2 tbsp balsamic vinegar. Sprinkle with salt and pepper, to taste. Roast veggies for 15-20 minutes, until peppers are tender.
4. In a small saucepan, heat a drizzle of olive oil. Add shallots and cook for 2-3 minutes, until soft and fragrant. Add the orange juice, and bring to a low boil. Reduce heat and simmer for 5-7 minutes, until liquid reduces slightly. Add 2 tbsp balsamic vinegar. Add salt and pepper to taste.
5. In each serving bowl, add a layer of couscous. Top with roasted veggies. Drizzle with orange-balsamic dressing. Sprinkle with feta cheese (optional) and cilantro. Serve.

SHOPPING LIST - ROASTED VEGGIES & COUSCOUS

- | | |
|---|--|
| <input type="checkbox"/> Couscous - 1 cup | <input type="checkbox"/> Mushrooms, Baby Portobello - 8 oz |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Feta cheese - 1/2 cup |
| <input type="checkbox"/> Salt and Pepper | <input type="checkbox"/> Shallot - 1 |
| <input type="checkbox"/> Red Bell Pepper - 1 | <input type="checkbox"/> Orange Juice - 1 cup |
| <input type="checkbox"/> Orange Bell Pepper - 1 | <input type="checkbox"/> Balsamic Vinegar - 1/4 cup |
| <input type="checkbox"/> Red Onion - 1 | |

EASY 2-BEAN CHILI

This simple vegetarian chili is comfort food at it's finest. Loaded with nutritious black and red kidney beans, fresh veggies, and tangy tomatoes - it's a hearty family favorite.

Ingredients

- 1 onion, peeled and diced
- 1 red bell pepper, seeded and chopped
- 1 jalapeno, seeded and diced, optional
- 1 clove garlic, peeled and minced
- 1 tsp chili powder
- 15 oz black beans, canned, drained and rinsed
- 15 oz red kidney beans, canned, drained and rinsed
- 14 oz diced tomatoes, canned
- 32 oz crushed tomatoes, canned
- salt
- black pepper
- olive oil

Optional Toppings:

- cheddar cheese, shredded
- dairy-free cheese shreds
- sour cream
- plain dairy-free yogurt
- fresh chopped cilantro or parsley
- crushed tortilla chips
- sliced avocado

Directions

1. Heat a drizzle of olive oil in a large pot, over medium heat.
2. Cook onions, bell pepper, and jalapeno for 5-7 minutes, until veggies are softened.
3. Add garlic and chili powder, and cook for one more minute. Set aside.
4. Add the crushed tomatoes, diced tomatoes, red kidney beans, and black beans.
5. Bring to a boil. Reduce heat to simmer, cover, and cook on low heat for 15-20 minutes.
6. Serve with your favorite toppings.

SLOW COOK IT!

This recipe also works really well in the slow cooker, making it an even easier weeknight meal. Prepare the veggies through step 3. Then toss veggies and remaining ingredients together in the slow cooker. Cook on high for 4 hours.

This recipe is 100% vegan, provided you select vegan choices from the list of optional toppings.

SHOPPING LIST - 2-BEAN CHILI

- | | |
|--|--|
| <input type="checkbox"/> onion - 1 | <input type="checkbox"/> canned diced tomatoes - 14 oz |
| <input type="checkbox"/> red bell pepper - 1 | <input type="checkbox"/> canned crushed tomatoes - 18 oz |
| <input type="checkbox"/> jalapeno - 1 | <input type="checkbox"/> salt |
| <input type="checkbox"/> garlic - 1 clove | <input type="checkbox"/> black pepper |
| <input type="checkbox"/> chili powder - 1 tsp | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> canned black beans - 15 oz | |
| <input type="checkbox"/> canned red kidney beans - 15 oz | |

Optional Toppings:

- cheddar cheese or dairy-free cheese shreds
- sour cream or plain dairy-free yogurt
- fresh cilantro or parsley
- tortilla chips
- avocado