

## GROCERY LIST

# 5 Vegetarian Freezer Meals

This grocery list lays out all of the ingredients for each of the 5 recipes. It makes it simple to shop for 1, 2, or all 5 recipes at once so that you can bulk meal prep these freezer meals.

Be sure to cross-check your pantry before buying everything on the list. Additional cooking ingredients are included, but toppings are not.

## Recipes

- A. Instant Pot Lentil Tacos
- B. 6-Ingredient Bean Burritos
- C. Sweet Potato Spinach Ricotta Stuffed Shells
- D. Moroccan Chickpea Couscous
- E. Instant Pot Sweet Potato Carrot Ginger Soup
- F. *Additional ingredients (for when you're ready to cook your freezer meal!)*

### FRESH/FROZEN VEGETABLES

- 2 large white onions (C, D, E)
- 5-oz fresh spinach (C)
- 8.5 teaspoons minced garlic (C, D, E)
- 4 cups chopped cauliflower (fresh or frozen) (D)
- 1 cup peas (fresh or frozen) (D)
- 2 large sweet potatoes (E)
- 4 large carrots (E)
- 1 tablespoon fresh grated ginger (E)
- 2 tablespoons fresh lime juice (F)

### GRAINS

- 1 cup dried green lentils (A)
- 1 cup long grain brown rice (B)
- 1 cup couscous (D)

### EGGS/DAIRY/MILK

- 1.5 cups shredded cheddar cheese (B)
- 1 cup full-fat ricotta cheese (C)
- 1 cup 4% cottage cheese (C)
- 1 cup shredded mozzarella cheese (F)

### OILS/VINEGARS

- 5 tablespoons olive oil (C, F)

### SPICES

- 3 tablespoons taco seasoning (A)
- Salt and pepper (C, D, E, F)
- 2 tablespoons Moroccan spice mix (see below\*) (D)
- 2 teaspoons ground cumin\*
- 1 teaspoon turmeric\*
- 1 teaspoon ginger powder\*
- 1.5 teaspoons garlic powder\*
- ½ tablespoon chili powder\*
- ½ teaspoon cayenne powder\*
- 1.5 teaspoons garlic powder\*

### PACKAGED/ CANNED GOODS

- 5 cups vegetable broth (F)
- 1 4-oz can green chiles (A)
- 1 15-oz can tomato sauce (A)
- 6-8 large 12-inch flour tortillas (B)
- 1 15-oz can refried beans (B)
- 1 15-oz can black beans (B)
- 1 15-oz can garbanzo beans (D)

- 1 15-oz can full fat coconut milk (E)
- ½ cup salsa (any kind) (B)
- 1 15-oz can sweet potato puree (C)
- 1 24-oz. jar organic marinara sauce (C)
- 12 oz. jumbo pasta shells (C)
- 2 tablespoons red curry paste (E)

### BAKING CONTAINERS

- 4 freezer-safe gallon-sized bags (A, B, D, E)
- 1 freezer-safe sandwich bag (D)
- Tin foil (B)
- 1 freezer-safe casserole dish (C)

## INSTANT POT

# Lentil Tacos

❄️ **Freeze:** up to 3 months

🕒 **Cook Time:** 25 minutes

👤 **Serves:** 4 (Serving size: 1/4)



CALORIES: **208** SUGAR: **8G** FAT: **1G** CARBOHYDRATES: **25G** FIBER: **2G** PROTEIN: **15G**

### ❄️ TO FREEZE

#### FREEZER INGREDIENTS

- 1 cup uncooked green lentils
- 1 4.5-oz can green chiles
- 1 15-oz. can tomato sauce
- 3 tablespoons taco seasoning

#### FREEZER DIRECTIONS

1. Place all ingredients into a freezer-safe container such as a plastic gallon-size bag, Stasher bag, or glass container and mix.
2. Remove as much air as possible and seal.
3. Freeze for up to 3 months.

### 🔥 TO COOK

#### ADDITIONAL COOKING INGREDIENTS

- 1.5-2 cups vegetable broth (any kind of broth or water)

#### COOKING DIRECTIONS

##### *From Frozen in the Instant Pot*

1. Run the frozen lentil tacos bag under hot water for a few seconds to loosen the lentils from the bag.
2. Then, transfer the entire contents of the bag into the Instant Pot and add 1.5 cups vegetable broth.
3. Place the lid on the Instant Pot, seal the vent, and set the Instant Pot to **manual > high > and set the timer to 15 minutes\***. It will take your Instant Pot around 5 to 10 minutes to build pressure before it starts to count down from 15.
4. Once the timer goes off, open the vent to quick-release and let the steam pour out. Once the Instant Pot unlocks, open the lid and stir.
5. Let sit for about 10 minutes before serving. Serve with all of your favorite taco fixings.

##### **Notes**

- If your lentils are still a little crunchy after 15 minutes, close the lid and cook for an additional 2 minutes at a time on high until they've reached your desired texture.
- As the lentils sit, they will absorb more moisture and thicken.

## 6-INGREDIENT

# Bean Burritos



**Freeze:** up to 3 months



**Cook Time:** 3 minutes



**Serves:** 6-8 (Serving size: 1 burrito)



CALORIES: **397** SUGAR: **4G** FAT: **13G** CARBOHYDRATES: **46G** FIBER: **16G** PROTEIN: **16G**



## TO FREEZE

### FREEZER INGREDIENTS

- 6-8 12-inch flour tortillas
- 1 15-oz. can refried beans
- 1 15-oz. can black beans, drained and rinsed
- 1 cup long grain brown rice, uncooked
- 2 cups water
- 1.5 cups shredded cheddar cheese
- 1/2 cup salsa, any kind

### FREEZER DIRECTIONS

1. Begin by making your brown rice. If you are using precooked brown rice, please disregard this step. Place brown rice and water in a medium pot and bring to a boil over medium/high heat. Once boiling, reduce heat to low and cover. Let simmer for around 35 to 40 minutes or until water is fully absorbed.
2. While the brown rice is cooking, prepare the rest of your burrito. Lay tortillas on a clean, flat surface.
3. Using a tablespoon as your scooper, spoon on around 3 tablespoons of refried beans onto each tortilla and spread it out.
4. Then, spoon on 3 tablespoons of black beans, 3 tablespoons of cheddar cheese, and around 3 tablespoons of cooked brown rice onto each tortilla.
5. Finally spoon on a heaping tablespoon of your favorite salsa (or more to taste).

6. Tightly wrap each burrito by folding in 2 sides and rolling it up.
7. Wrap each burrito with tin foil and remove as much air as possible. Then, label and date the burritos the day they were made. Freeze burritos for up to 3 months.

#### Notes

- Brown rice: option to use pre-cooked brown rice. In that case, use around 1.5 cups cooked.
- Tortillas: This will make 6-8 burritos depending on how packed you like them!



## TO COOK

### ADDITIONAL COOKING INGREDIENTS

- N/A

### COOKING DIRECTIONS

#### From Frozen in Microwave:

1. Unwrap the frozen burrito and discard the aluminum foil. Place the frozen burrito on a microwave-safe plate and place in the microwave.
2. Cook the burrito for 1 minute and 15 seconds on high, flip the burrito, and then cook for an additional 1 minute and 15 seconds on high or until fully cooked.

#### From Frozen in Oven:

1. First, preheat the oven to 350°F.
2. Place frozen burrito(s) in the oven leaving it wrapped in tinfoil and bake the burrito for 50-55 minutes or until fully cooked.

#### For Extra Crunch:

1. After burrito is cooked in the microwave or oven, heat a large skillet over medium/high heat. Add 2 teaspoons of olive oil.
2. When olive oil is fragrant, place the burrito flap side down in the pan. Cook for 2-3 minutes or until the burrito starts to brown. Flip and repeat for 2 more minutes.

## SWEET POTATO & SPINACH

# Ricotta Stuffed Shells

❄ **Freeze:** up to 3 months

🕒 **Cook Time:** 70 minutes

👤 **Serves:** 8 (Serving size: 1/8 recipe)



CALORIES: **393** SUGAR: **11G** FAT: **15G** CARBOHYDRATES: **47G** FIBER: **3G** PROTEIN: **20G**

### ❄ TO FREEZE

#### FREEZER INGREDIENTS

- 2 tablespoons olive oil
- 1/4 large white onion, finely diced
- 5 oz. fresh spinach
- 1 cup full-fat ricotta cheese
- 1 cup 4% cottage cheese
- 1 15-oz. can sweet potato puree (or pumpkin puree)
- 1/2 tablespoon minced garlic
- 1/8 teaspoon salt
- 1 24-oz. jar organic marinara sauce
- 12-oz. jumbo shells, uncooked

#### FREEZER DIRECTIONS

1. First, heat a large nonstick skillet over medium/high heat and add olive oil.
2. When olive oil is fragrant, add the onion to the pan and sauté for 1 minute. Then, add in fresh spinach and toss.
3. Sauté the spinach over medium heat for 4-5 minutes or until the spinach is wilted and then remove from heat.
4. In a large bowl, mix together the ricotta cheese, cottage cheese, sweet potato puree, minced garlic, salt and wilted spinach mixture. Set aside.

5. Prepare a freezer safe casserole dish by adding 1 cup of your favorite marinara sauce and 1/2 cup of the cheese and sweet potato mixture to the bottom of the casserole dish. Use a spatula to mix and then spread the sauce out on the bottom of the dish.

6. Stuff the uncooked jumbo shells individually by scooping the sweet potato and cheese mixture with the shell until it is full. Place the shells on the bottom of the casserole, open side up. Repeat until all shells are used or until the casserole dish is full.

7. Finally, pour the remaining marinara sauce over the shells.

8. Cover casserole dish with a piece of plastic wrap and then tin foil, removing as much air as possible.

9. Before placing the stuffed shells into the freezer, label and date.

10. Freeze for up to 3 months

### 🔥 TO COOK

#### ADDITIONAL COOKING INGREDIENTS

- 1/2 cup vegetable broth
- 1 cup shredded mozzarella cheese

#### COOKING DIRECTIONS

**From Frozen in Oven:**

1. Preheat the oven to 375°F.
2. Remove stuffed shells from the freezer and discard plastic wrap if you used that or remove any plastic/non oven-safe lids.
3. Next, pour 1/2 cup of vegetable broth over the shells and cover the entire dish with tin foil.
4. Bake at 375°F for 1 hour. Uncover and sprinkle the mozzarella over the shells and bake for an additional 10 minutes to melt the cheese.



## MOROCCAN

# Chickpea Couscous



**Freeze:** up to 3 months



**Cook Time:** 25 minutes



**Serves:** 6 (Serving size: 1/6 recipe)



CALORIES: **285** SUGAR: **4G** FAT: **8G** CARBOHYDRATES: **43G** FIBER: **0G** PROTEIN: **11G**



### TO FREEZE

#### FREEZER INGREDIENTS

- 1/2 large white onion, diced
- 4 cloves garlic, minced
- 4 cups fresh or frozen cauliflower, chopped
- 2 tablespoons Moroccan spice mix (re: FFF.com)
- 1/4 teaspoon salt
- 1-15 oz. can garbanzo beans, drained and rinsed
- 1 cup fresh or frozen English peas
- 1 cup uncooked couscous

#### FREEZER DIRECTIONS

1. Place onion, garlic, cauliflower, Moroccan spices, salt, garbanzo beans, and peas into a freezer-safe gallon-size bag or container.
2. Then, place couscous into a separate small bag (plastic or reusable) and seal the bag. Place the couscous bag inside of the gallon sized bag with the rest of the ingredients. You will cook the couscous separately when you are ready to prepare the skillet.
3. Remove as much air as possible from the gallon size bag and seal.
4. Label and date the bag and place in the freezer for up to 3 months.



### TO COOK

#### ADDITIONAL COOKING INGREDIENTS

- 3 tablespoons olive oil
- 1.5 cups vegetable broth (or any kind of broth)

#### Optional Toppings

- 1/4 cup feta crumbles
- 1/4 cup chopped fresh mint
- 1/4 cup hummus

#### COOKING DIRECTIONS

##### From Frozen on Stovetop:

1. First, heat a large skillet over medium/high heat and add olive oil.
2. When olive oil is fragrant, turn heat to medium and pour the frozen cauliflower mixture into the skillet and cook for 10-15 minutes. Stirring every couple of minutes.
3. When the cauliflower is fully cooked and not frozen, add broth to the skillet and turn the heat up to high.
4. Bring broth to a boil and then add couscous. Remove from heat, stir, and cover.
5. Let the couscous sit for 5 minutes. Then, uncover and fluff with a fork.
6. Add optional toppings and enjoy!

## INSTANT POT

# Sweet Potato Carrot Ginger Soup

❄️ **Freeze:** up to 3 months

🕒 **Cook Time:** 20 minutes

👤 **Serves:** 6 (Serving size: 1/6 recipe)



CALORIES: **322** SUGAR: **8G** FAT: **25G** CARBOHYDRATES: **26G** FIBER: **3G** PROTEIN: **3G**

### ❄️ TO FREEZE

#### FREEZER INGREDIENTS

- 1 teaspoon salt
- 1/2 large white onion, chopped
- 4 cloves garlic, chopped
- 2 large sweet potatoes, peeled, diced, and blanched (~5 cups cubed)
- 4 large carrots, chopped
- 1 tablespoon freshly grated ginger
- 2 tablespoons red curry paste
- 1 15-oz. can full-fat coconut milk

#### FREEZER DIRECTIONS

1. First, we need to blanch the sweet potatoes (we do this so that the sweet potatoes don't become grainy and discolored in the freezer.). Prepare an ice water bath in a large mixing bowl. Add about 2 cups of ice and 8 cups of cold water into the bowl. Set aside.
2. Then, in a large pot bring 8 cups of water and 1 teaspoon salt to a boil. When the water has come to a rolling boil add the diced sweet potatoes to the pot and let them boil for 3 minutes (no more than 3 minutes!).
3. Remove the sweet potatoes from the boiling water with a slotted spoon and immediately place the sweet potatoes in the ice bath. Let the sweet potatoes sit in the ice bath for 10 minutes or until the sweet potatoes are cool.
4. Remove the sweet potatoes from the ice bath and place them on a dish towel to dry them off.

5. Then, place onion, garlic, blanched sweet potatoes, carrots, ginger, curry paste and coconut milk into a freezer safe bag or container and mix well. Remove as much air as possible and seal the bag.

6. Label and date the bag and place it in the freezer for up to 3 months.

### 🔥 TO COOK

#### ADDITIONAL COOKING INGREDIENTS

- 1 cup vegetable broth (or water)
- 1/4 teaspoon salt
- 2 tablespoons fresh lime juice

#### COOKING DIRECTIONS

**From Frozen in Instant Pot (IP):**

1. Remove soup from the freezer and run the container under warm water to loosen ingredients from the container.
2. Next, place the frozen ingredients into the IP. you may have to break the frozen soup into a couple of pieces for it to fit in the IP.
3. Add the vegetable broth and salt into the IP. Cover IP and turn the valve to seal. Then, set IP to **manual > high > and turn the timer to 3 minutes**. It will take around 10-15 minutes for your IP to build enough pressure to start counting down.
4. Once the timer goes off, quick-release the IP by opening the vent and let the steam pour out. Open IP and mix. Use a fork to test both the sweet potato and carrot chunks. You want to make sure they are cooked all the way through. If things aren't cooked enough, simply cook for 1-2 more minutes on high.
5. Finally, use an immersion blender or blender to blend until smooth. At this point, feel free to add a little bit more vegetable broth to thin out as needed.
6. Finish things off with 2 tablespoons of fresh lime juice and blend one more time.