

MEAL PLAN SHOPPING LIST:

4 Cozy Vegetable Soups and Stews

Fresh Produce

3 onions
8 carrots
2 celery stalks
8 garlic cloves
6 cups of greens (*kale, chard, etc.*)
2 cups chard
1 small head broccoli
½ cup herbs (*parsley, basil, oregano, or thyme*)
2 lemons
1 lime
1 small bunch fresh cilantro
1 large potato
3 tomatoes
1 chayote
3 zucchini
2 sweet potatoes OR one small butternut squash

Dry Goods

6-8 cups vegetable broth
2 cups chicken broth
1 cup dry farro
One 15-ounce can cooked chickpeas
One 14-ounce can light coconut milk

Meat or Substitutes

1 pound fish fillets, shrimp or chicken (*boneless and skinless*) OR a 14-ounce can of garbanzo beans

Pantry Staples

2 tablespoons high heat oil (*grapeseed, canola, safflower*)
2 tablespoons olive oil
1 teaspoon vegetable oil
¾ teaspoon salt
¼ teaspoon black pepper
1 teaspoon chili powder
1 tablespoon soy sauce
Crushed red pepper flakes *to taste*



Lemon Herb and Veggie Chickpea Soup

Serves: 6 | Ready in: 45 minutes

Ingredients

1 cup dry farro, *cooked*
2 tablespoons high heat oil (*grapeseed, canola, safflower*)
1 onion, *chopped*
2 carrots, *diced*
2 celery stalks, *diced*
4 garlic cloves
6 cups vegetable broth
15-ounce chickpeas *canned, rinsed, and drained*
1 small head broccoli *cut into small florets*
4 cups of greens *roughly chopped (kale, chard, etc.)*
½ cup herbs *chopped (parsley, basil, oregano, thyme)*
2 lemons *zested*
Salt and black pepper to taste

Meal Plan Tip:

To save on time, cook the farro ahead of time. Combine 5 cups water, dry farro, and a pinch of salt. Bring to a boil. Cover and simmer for 45-60 minutes. Drain excess liquid.

Directions

1. In a large stock or soup pot, heat oil over medium-high heat. Add onions, garlic, carrots, celery, salt and pepper and cook until softened, about 5-7 minutes.
2. Add vegetable broth, chickpeas and cooked farro; bring to a boil and reduce heat to simmer. Simmer for 10 minutes.
3. Add broccoli, greens, herbs and lemon zest. Cook until broccoli and greens are tender, about 5 minutes. Add broth (or water as needed).

Nutrition Information *per serving*: Calories 308, Total Fat 8 g, Saturated Fat <1 g, Carbohydrate 49g, Dietary Fiber 12g, Protein 12g, Sodium 462 mg

Recipe Source: Shauna Schultz, RD, Nevada County Public Health

For more meal plans and recipes, visit eatfresh.org

Carrot Soup

Serves: 6 | Ready in: 1 hour and 15 minutes

Ingredients

1 tablespoon olive oil
1 teaspoon garlic, *minced*
1 tablespoon fresh cilantro *cut and discard bottom two inches of stems, chopped*
1 teaspoon chili powder
 $\frac{1}{2}$ cup onion, *chopped*
3 carrots, *peeled, and sliced*
1 potato, *peeled and cut into $\frac{1}{4}$ inch cubes*
5 cups water
 $\frac{1}{4}$ cup vegetable stock
 $\frac{1}{4}$ teaspoon salt *adjust to taste*

Meal Plan Tip:

Save time in the kitchen and keep the peel on your carrots and potatoes - they're rich in fiber, vitamins and minerals!

Directions

1. In a large pot over medium heat, heat olive oil.
2. Add garlic, cilantro and chili powder; stir until hot.
3. Add onions; cook until onions are tender.
4. Stir in carrots and potato; cook for 5 minutes.
5. Add water and simmer for 30-45 minutes or until vegetables are soft.
6. Once cooked, remove vegetables from heat and drain - save the stock!
7. Let vegetables and stock cool for about 15 minutes.
8. In a blender: add vegetables and $\frac{1}{4}$ cup of vegetable stock, blend until smooth, add more stock if needed to blend.
9. Pour mix back into pot and simmer over medium heat, add more vegetable stock until desired consistency is reached. Serve hot or cold!

Chef's Tip:

Top the soup with crunchy tortilla strips and/or chili powder for extra taste!

Nutrition Information *per serving*: Calories 90, Total Fat 2.5g, Carbohydrate 16g, Dietary Fiber 3g, Sodium 135mg

Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)

For more meal plans and recipes, visit [eatfresh.org](https://www.eatfresh.org)

Vegetable Soup

Serves: 6 | Ready in: 35 minutes

Ingredients

3 tomatoes, *chopped*
¼ cup onion, *chopped*
1 garlic clove
¼ teaspoon salt, *or to taste*
2 ½ cup water
1 tablespoon olive oil
3 carrots, *cubed*
1 chayote, *cubed*
3 zucchini, *cubed*
2 cups chard, *chopped*
2 cups chicken broth
¼ cup fresh cilantro, *cut and discard the bottom 2 inches of the stems, chopped*

Meal Plan Tip:

Store leftover cilantro in a jar with 1 inch of water. Place a plastic bag over the jar to cover the cilantro and store in the refrigerator. Change water frequently!

Directions

1. In a blender: add tomatoes, onion, garlic, salt and ¼ cup of water and blend well.
2. In a large pot, over medium heat: heat olive oil.
3. Add sauce (from step #1) and bring to a simmer.
4. Add cut carrots, chayote, zucchini, chard, chicken broth and 2 ¼ cups of water.
5. Bring to a boil, cover, bring heat down to medium-low; cook until vegetables are tender but still crisp.
6. Turn heat off, add cilantro, cover and let sit for 2 minutes.
7. Serve.

Chef Tip:

Top individual serving with sliced avocados, cotija cheese, or fresh lemon juice.

Nutrition Information *per serving*: Calories 80, Total Fat 3g, Carbohydrate 12g, Dietary Fiber 4g, Sodium 540mg

Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)

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Vegetable Stew with Coconut Milk

Serves: 6 | Ready in: 40 minutes

Ingredients

1 teaspoon vegetable oil
1 onion *small, diced*
2 garlic cloves, *minced*
2 sweet potatoes (or 1 small butternut squash), *peeled and diced into 2-inch chunks*
1 small bunch collard greens or kale, *cut into bite-sized pieces*
One 14-ounce can light coconut milk
2 cups water or vegetable broth
1 tablespoon soy sauce
crushed red pepper flakes, *to taste*
1 pound fish fillets, shrimp or chicken, *boneless and skinless* or a 14-ounce can of garbanzo beans, *rinsed and drained*
1 lime, *juiced*

Meal Plan Tip:

Save time in the kitchen and keep the peel on sweet potatoes - they're rich in fiber, vitamins and minerals! If using butternut squash, scoop out the seeds and save them for roasting!

Directions

1. In a large pot, heat oil and saute onion and garlic for two minutes.
2. Add the sweet potatoes, greens, coconut milk, water, soy sauce, and crushed red pepper flakes. Simmer for 20 minutes, stirring occasionally.
3. In the meanwhile, prepare your choice of protein: cut the fish into large chunks or the chicken into bite-sized pieces. Leave shrimp whole; peel if desired. Drain the garbanzo beans.
4. When the vegetables are tender, add protein to the pot. Cover and let cook about 7-10 more minutes, or until meat is cooked through. Squeeze lime juice over everything before serving. Serve with cooked rice, quinoa or another grain.

Chef's Tip:

Top with chopped cilantro, basil or green onions for color and flavor!

Nutrition Information *per serving (calculated using garbanzo beans and ½ cup of cooked rice):*
Calories 340, Total Fat 9g, Saturated Fat 5g, Carbohydrate 58g, Dietary Fiber 7g, Protein 10g, Sodium 612mg

Recipe Source: Leah's Pantry

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