

# PLANT-BASED MEALS

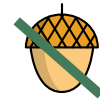


FOR  
MEAT  
EATERS!

# QUICK ASIAN RAMEN NOODLES

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Using just one pot and quick-cooking ramen noodles, this Quick Asian Ramen Noodle recipe is perfect for a hearty lunch or fuss-free weeknight dinner!



NUT-FREE

**Prep Time:** 5 minutes

**Total Time:** 15 minutes

**Serves:** 6-8

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## SAUCE

1/4 cup reduced sodium soy  
sauce (or Tamari if GF)  
1/4 cup vegetarian oyster sauce  
3 tablespoons hoisin sauce  
1/4 cup mirin

## NOODLES

2 teaspoon oil  
4 teaspoon sesame oil  
4 cloves garlic, minced  
1 onion, sliced  
12 oz. vegan ground "beef" OR  
1 1/2 blocks tempeh, sliced  
2 1/2 cups water  
4 packets ramen noodles,  
seasoning packets discarded

## GARNISH (optional)

Green onions, sesame seeds,  
red pepper flakes

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## FAITH'S TIP

Round out this dish by adding in your favorite roasted or sautéed veggies!

1. Mix together the sauce ingredients. Set them aside.
  2. Heat the oil in a large wok (or saucepan) over high heat. Add in the sliced onion and garlic and cook for about 1 1/2 minutes or until golden.
  3. Add in the ground "beef" or tempeh and sauté until browned. If using vegan ground beef, use a wooden spoon to break up the meat as you go.
  4. Pour over the sauce, stir and allow it to cook for about 2-3 minutes until the onions and "beef" start to caramelize.
  5. Push the onions and "beef" to the sides of the wok and pour in the water and press in the ramen noodles. Allow the noodles to cook for about 1 minute on one side before flipping them over to cook another 30-45 seconds on the other side. Once softened, separate the noodles and stir everything well to combine.
  6. Divide the noodles between bowls, top with roasted veggies (if using), optional garnishes and dig in!
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## FOR THE MEAT EATERS:

If someone can't live without meat, you could make two batches of this dish, one with vegan ground "beef" and one with real ground beef. Then let them try your plant-based version and see what they think!

# ONE-POT WHITE BEAN CHILI

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Various white beans and flavor-packed salsa verde simmer together to create this creamy white bean chili from the [Midwest Foodie Blog](#)! Serve it with your favorite tortilla chips and a hearty dollop of dairy-free [Vegan Sour Cream](#)!



SOY FREE



NUT-FREE



GLUTEN FREE

**Prep Time:** 5 minutes

**Total Time:** 30 minutes

**Serves:** 6-8

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1 tablespoon oil  
1 yellow onion, diced  
1 red bell pepper, diced  
5 cloves garlic, thinly sliced  
1.5 tablespoons ground cumin  
1 teaspoon chili powder  
1 teaspoon coriander  
1 teaspoon dried oregano  
1 (15 oz.) can garbanzo beans  
1 (15 oz.) can great northern white beans  
1 (15 oz.) can pinto beans  
16 oz. salsa verde (green salsa)  
1 (13.5 oz.) full fat coconut milk  
2 cups vegetable broth  
Salt and pepper, to taste  
Juice of 1 lime, or to taste

- 1.** Heat the oil in a large pot over medium heat. Add in the onion, red pepper and garlic and sauté until soft.
- 2.** Add in the spices and stir everything to combine. Allow the spices to cook with the veggies until fragrant, about 1-2 minutes. Deglaze the bottom of the pan with a little bit of veggie broth or water.
- 3.** Drain and rinse the beans and add them to the pot along with the salsa verde, coconut milk and veggie broth. Add a hearty pinch of salt and pepper. Bring the mixture to a boil. Then reduce the heat to a simmer and allow the chili to simmer for about 10 minutes.
- 4.** Before serving, add in the lime juice. Taste and add more lime juice, salt and pepper as desired.
- 5.** Serve hot with your favorite corn bread, tortilla chips, non-dairy yogurt/[Vegan Sour Cream](#) and veggies of choice!

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## FAITH'S TIP

If you want it super spicy, add in 1-2 fresh, seeded and diced jalapeños with the peppers and onions!

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## FOR THE MEAT EATERS:

If someone really can't go without meat, they can add in some shredded chicken to their bowl. Or they can enjoy this meatless meal with a dollop of dairy yogurt and/or shredded cheese.

# LOADED BURRITO BOWLS

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These loaded Vegan Burrito Bowls make an appearance every week in our house. Filled to the brim with fluffy white rice, hearty refried beans, salty taco tofu crumbles, creamy homemade guac and colorful veggies, what's not to love?!



**Prep Time:** 15 minutes  
**Total Time:** 55 minutes  
**Serves:** 8

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## RICE

2 cups white rice\*

4 cups water

Salt to taste

## TOPPINGS

Olive oil

4 bell peppers, sliced

1 onion, sliced

[Vegan Taco Tofu Crumbles](#)

2 cans refried beans

[Simple Nacho Cheese Sauce](#)

[Easy Guacamole Recipe](#)

[Vegan Sour Cream](#)

Tortilla Chips

Salsa

Cilantro

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## FOR THE MEAT EATERS

My sister often makes a side of ground beef for her family. Additionally, she serves dairy yogurt and shredded cheese on the side for anyone who wants some.

1. Preheat your oven to 400F/200C and line two baking sheets with silicone baking mats.
2. Place two blocks of tofu in your tofu press and allow them to press for about 15 minutes while you start working on the other ingredients.
3. Slice your pepper and onions and place them on one of the lined baking sheets. Drizzle them with a little olive oil and sprinkle on some salt and pepper. Set aside.
4. Prepare the marinade for the [vegan taco tofu crumbles](#) in a large mixing bowl. Once your tofu has pressed, crumble the tofu into the marinade and stir well to coat. Pour the tofu crumbles onto the other baking sheet and spread it out into an even layer. Place the tofu crumbles and veggies into your preheated oven for 35-40 minutes, stirring half way through the cooking time.
6. While the veggies and tofu are baking, cook the rice according to the package directions and prepare the remaining ingredients.
7. Pour the canned refried beans into a saucepan and add a little water to them to thin them out. Turn the heat to medium low and warm the beans until heated through. Season with salt and pepper if needed.
8. Once your rice is cooked, the tofu and veggies are done and your other toppings are prepared, assemble your vegan burrito bowls as desired and enjoy them while they're hot!

# SWEET & SOUR TOFU

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Baked, crispy tofu gets coated in a sweet and sour sauce to create this flavorful, protein-packed Sweet and Sour Tofu! Pair this tofu with some coconut rice and veggies for a delicious, well-balanced meal.



**Prep Time:** 20 minutes

**Total Time:** 1 Hour, 5 minutes

**Serves:** 8 (with rice & veggies)

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## TOFU

2 blocks firm tofu

¼ cup cornstarch

## SWEET AND SOUR SAUCE

¼ cup reduced sodium soy  
sauce (or tamari if gluten-free)

2 tablespoons rice vinegar

2 tablespoons ketchup

1 tablespoon brown sugar

1 clove garlic, minced

½ teaspoon ground ginger

Optional: ¼ teaspoon

red pepper flakes

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## FOR THE MEAT EATERS

For a meat option, my sister uses [Six Sisters' Stuff Slow Cooker Cashew Chicken Recipe](#) which calls for cooking 2 lbs. of chicken in a slow cooker along with the sweet and sour sauce on low for 3-4 hours.

1. Using a tofu press or a tea towel and some heavy books, press the tofu for about 15 minutes to remove excess water. While your tofu is pressing, preheat your oven to 200C/400F and line a baking sheet with a silicone baking mat or parchment paper. Set it aside.
2. After your tofu has pressed, cut it into cubes, place it in a mixing bowl with the cornstarch and toss everything to coat. Dump the cornstarch-coated tofu onto your lined baking sheet and spread each cube out so they aren't touching each other. Spray the tofu with cooking spray and bake for cubes for 30-40 minutes, flipping halfway through until browned on the outside.
3. While the tofu is baking, prepare the sweet and sour sauce by whisking together all of the sauce ingredients in a bowl.
4. Right before the end of the tofu cooking time, pour the sauce into a skillet and heat over medium heat. Once the tofu has finished baking, add the cubes to the sauce and stir everything to coat. Stir the tofu over the heat until the sauce has thickened and everything is warmed through, about 2-3 minutes.
5. Serve immediately with [coconut rice](#) and roasted broccoli...or however you desire!

# WEEKLY MEAL PLAN

*dinners:* \*Serves 6-8

**MON**

Quick  
beef  
ramen  
noodles

**TUES**

White  
bean  
Chili

**WED**

Vegan  
burrito  
bowls

**THUR**

Sweet &  
sour  
tofu

**FRI**

Leftovers

**SAT**

Order in/  
eat out

**SUN**

Leftovers/  
breakfast  
for  
dinner

*shopping list:* \*Cross off any items you already have on hand!

## PRODUCE

1 head of garlic  
3 Onions  
5 bell peppers  
Bunch green onions  
3 limes  
4 Avocados  
Cilantro

## PANTRY

|                             |                   |
|-----------------------------|-------------------|
| 1 can garbanzo beans        | Mirin             |
| 1 can great northern beans  | Ketchup           |
| 1 can chickpeas             | Oil               |
| 16 oz. salsa verde          | Sesame oil        |
| 1 can full fat coconut milk | Sesame seeds      |
| 2 cans vegan refried beans  | Red pepper flakes |
| 1 liter vegetable broth     | Cumin             |
| 4 pkts. ramen noodles       | Chili powder      |
| White (or brown) rice       | Coriander         |
| Salsa                       | Dried Oregano     |
| Tortilla chips              | Ground ginger     |
| Corn starch                 | Salt & pepper     |
| Brown sugar                 |                   |
| Soy Sauce                   |                   |
| Rice Vinegar                |                   |
| Vegetarian Oyster Sauce     |                   |
| Hoisin Sauce                |                   |

## DAIRY/PROTEIN

12 oz. vegan ground "beef"  
OR 1.5 blocks tempeh  
4 blocks extra firm tofu

## OTHER

Breakfast staples  
Lunch staples (if won't have enough leftovers)  
Veggies for sides  
Cashews (optional for vegan sour cream and/or nacho cheese sauce)  
More coconut milk if making coconut rice

# W E E K L Y M E A L P L A N

*dinners:*

MON

TUES

WED

THUR

FRI

SAT

SUN

*shopping list:*

**PRODUCE**

**PANTRY**

**FROZEN**

**DAIRY/PROTEIN**

**OTHER**



## About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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