

Plant-Based Local Meal Plan



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Local Food Connections

Sunday

Creamy Polenta with Sauteed Greens

Monday

Indian Tofu Sheet Pan Meal

Tuesday

Mushroom and Wild Rice Soup

Wednesday

Marinated Tofu Spring Rolls with Peanut Sauce

Thursday

Smoky Lentil Tacos with Radish Microgreens

Friday

Kimchi Stir Fry

Saturday

Left overs/Eating out

Suggestions for extra ingredients:

- ***Dry goods will store well for future meals***
- ***Eggs: Hard boil for snacks throughout the week.***
- ***Chipotle peppers in adobo sauce: freeze for future use.***
- ***Plant milk: add to cereal or make overnight oats***

Feedback &
Suggestions for
future meal plans?
Let us know!



Why meal plan?

Meal planning & grocery shopping are two time consuming steps of preparing your food for the week, let alone keeping track of what food is in season and what you can buy locally. Our local food meal plans give you the grocery list and recipes for the week to take some stress off your plate and keep your belly full of delicious and nutritious locally sourced food.

How this meal plan works:

This meal plan has six recipes for your week. Most of them serve 4 people, some serve more, but the leftovers can be stored for meals the next day.

The grocery list has a section of products that can be purchased from [The Iowa Food Cooperative](#) (or head to our website to find farms near you) cultivatefoodconnections.org/learnmore

The other section has ingredients you will need to supplement from other grocers.

We get it, buying locally is not always the cheapest option. We encourage you to start with whatever amount works for your budget. Our hope is that this guide will help you to maximize your purchases from small scale farmers and artisanal producers to help sustain our regional food economy.

Iowa Food Cooperative Grocery List

Local Produce

- 8 oz swiss chard
- 1 bunch green onions
- 3 lbs sweet potatoes
- 8 stalks young garlic
- 8 oz forest medley mix mushrooms
- 5 oz oyster mushrooms
- 1 pkg collard greens
- 1 pkg pea shoot microgreens
- 1 pkg radish microgreens
- 3 stalks celery

Eggs

- 8 eggs

Other Protein Sources

- 1 blk Firmest Capitol City Tofu
- 1 blk Marinated Capitol City Tofu

Honey, Syrups, Jams + Jellies

- 6 Tbsp sweetener (honey or maple syrup)

Grains, Flours, Cereal + Pasta

- 1 cup corn meal
- 2 Tbsp flour
- 1/2 cup wild rice

Baked Goods

- 1 loaf crusty bread
- 1 pkg corn/flour tortillas

Condiments + Sauces

- 1 jar kimchi
- 1 jar salsa

Supplemental Grocery List

Produce

- 3 red onions
- 4 medium carrots
- 1 large bunch cilantro
- 2 limes

Global Flavors

- 8 spring roll wrappers
- 8 oz vermicelli noodles
- 2 Tbsp rice vinegar
- 4 Tbsp soy sauce
- 1 Tbsp toasted sesame oil
- 1 chipolte pepper in adobo sauce

Dry Goods

- 2/3 cup brown lentils
- 1 1/2 cups brown rice
- 1/3 cup peanut butter

Frozen

- 12 oz bag shelled edamame

Refridgerated

- 1 cup plant milk

Spices + Oils

- 4 Tbsp cooking oil
- 4-5 cups veggie broth
- 2 Tbsp Indian spice mix of choice
- 1 tsp oregano
- 1 Tbsp thyme
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp chili powder

Sunday

Creamy Polenta with Sauteed Greens

Servings

4

Prep time

10 min

Cook time

30 min

Total time

40 min

Ingredients

- 1 cup corn meal
- 4 cups water
- 8 oz (1 pkg) swiss chard, chopped
- 1/2 bunch green onions, chopped
- 4 eggs, cooked to liking
- Salt and pepper, to taste

Instructions

1. Add 4 cups of water and 1 tsp of salt to a sauce pan and bring to a boil.
2. Once boiling, slowly mix in corn meal, constantly stirring to prevent lumps and turn heat down to medium-low.
3. If you see the polenta starts "spitting", reduce the heat to low and stir constantly for at least 5 minutes, add salt and pepper to taste. Then, let it simmer for a further 15-20 minutes, stirring from time to time (at this stage swap a whisk for a wooden spoon - it will be easier to stir).
4. While polenta is simmering, heat 1 Tbsp of oil or water in a large skillet over medium heat, add green onions and swiss chard. Put lid on skillet and allow greens to steam for 5-7 minutes, stirring occasionally.
5. Once cooked, turn off heat and cover greens
6. Cook eggs how you would like: sunny side up, over easy, poached, etc.
7. Check if the consistency of the polenta is to your liking. If not, adjust: if too thick, add more water, if thin, cook longer.
8. Assemble bowls: Put ¼ of the polenta into the bowl, top with ¼ of greens and one of the eggs. Add salt and pepper to taste.



Monday

Indian Spice Sheet Pan Meal

Servings

4

Prep time

20 min

Cook time

30 min

Total time

50 min

Ingredients

Sheet Pan

- 1 block Capitol City Tofu, pressed and dried
- 2 lbs of sweet potatoes (about 6), cut into 1 inch wedges
- 1 medium red onion, halved and thinly sliced
- 2 Tbsp olive or avocado oil
- 2 Tbsp Indian spice mix of choice (Garam Masala, Tandoori, etc.)
- 1/2 tsp sea salt

Green Chutney:

- 1 large bundle loosely packed fresh cilantro, some stems okay
- 1/4 tsp each sea salt and black pepper
- Juice of 1 lime (2 Tbsp)
- 1-2 tsp sweetener (maple syrup, agave nectar, or honey)
- 1 stalk young garlic
- Water to thin

Storage Tips

- Leftovers will keep stored in a sealed container in the refrigerator (chutney stored separately) for 2-3 days.
- Reheat in a skillet until warm.
- Not freezer friendly.
- Chutney will keep in the refrigerator up to 3 days or in the freezer up to 1 month.
- From frozen, let thaw in the refrigerator overnight before using.

Instructions

1. Preheat oven to 425 F and line a large baking sheet with parchment paper.
2. Optional: Wrap your extra firm tofu in an absorbent towel. Set something heavy on top — like a cast iron skillet — to press out extra moisture for 15 minutes.
3. Meanwhile, prepare the vegetables. Cut the sweet potatoes into 1-inch wedges and thinly slice the red onion. Place the veggies on the parchment-lined large sheet pan in two sections: 1) sweet potatoes and 2) red onion. Crumble the tofu into pieces less than 1/2-inch in size and arrange the tofu crumbles next to the veggies.
4. Drizzle the veggies and tofu with olive (or avocado) oil and sprinkle evenly with Indian spice mix and salt. Use your hands to toss each section (veggies, sweet potatoes, and tofu separately), to fully coat with oil and seasonings. Add more of either as needed.
5. Bake for 20 minutes, toss, and bake an additional 10-15 minutes or until the sweet potatoes are golden brown and tender and the tofu is slightly crispy.
6. While vegetables are baking, prepare the chutney. Add cilantro, garlic, salt and pepper, lime juice, and sweetener to a small blender or food processor. Add water 1 Tbsp at a time to make the sauce pourable.
7. Serve warm garnished with chutney.

Adapted from The Minimalist Baker.



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Tuesday

Mushroom and Wild Rice Soup

Servings

4-6

Prep time

15 min

Cook time

85 min

Total time

100 min

Ingredients

- 2 Tbsp cooking oil
- 2 medium sized carrots, finely diced
- 3 stalks celery, chopped and bottoms removed
- 1 large red onion, finely diced
- 2 stalks young garlic, minced
- 1 bag Forest Medley Mix mushrooms, chopped
- 2 Tbsp flour
- ½ cup wild rice
- 4 ½ to 5 cups vegetable broth
- 1 tsp dried oregano
- 1 Tbsp thyme
- Salt and pepper, to taste
- 1 cup plant milk

For serving

- 1 loaf crusty bread

Instructions

1. In a large pot over medium high heat, add the oil.
2. Add in the carrots, celery, onions, garlic and mushrooms and sauté for 8 minutes.
3. Sprinkle the flour over, and stir to combine.
4. Add in the wild rice, vegetable broth, dried oregano and fresh thyme. Season generously with sea salt and ground black pepper.
5. Bring everything to a boil, then reduce to a simmer.
6. Simmer for about 50 to 60 minutes, stirring every 10 minutes or so, until the wild rice is completely fluffed up and cooked through.
7. Stir in the plant milk, and cook for another 2 to 3 minutes to heat through.
8. Taste and season with sea salt and black pepper again.
9. Remove from stove and serve alongside bread.

Adapted from Jessica in the Kitchen

Storage Tips

- Soup will keep in the fridge for up to 5 days when stored in an airtight container, or frozen for up to 3 months.
- You can reheat it in the microwave or on the stovetop.



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Wednesday

Marinated Tofu Spring Rolls with Peanut Sauce

Servings

4

Prep time

20 min

Cook time

30 min

Total time

50 min

Ingredients

- 8 spring roll wrappers
- 1 pkg marinated Capitol City Tofu Firmest
- 2 large collard leaves, cut in quarters
- 4 oz vermicelli noodles
- 2 carrots, shredded
- 3 oz pea shoot microgreens

Peanut Dipping Sauce

- 1/3 cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons reduced-sodium tamari or soy sauce
- 2 tablespoons maple syrup
- 1 tablespoons toasted sesame oil
- 2 stalks young garlic, minced
- 2 to 3 tablespoons water, as needed

Storage Tips

- To store in the refrigerator, wrap spring rolls individually in beeswax wrap or saran wrap. They will keep for 2-3 days.
- Store sauce in airtight container.

Instructions

1. Preheat the oven to 400. Cut marinated tofu into 8 equal pieces and place on sheet pan.
2. In a small bowl, whisk together the peanut butter, rice vinegar, soy sauce, maple syrup, toasted sesame oil, and minced garlic. Once thoroughly combined, add water as needed until you reach the desired dipping consistency.
3. Bake tofu for 15 minutes, flip, then bake for an additional 15 minutes. Once done, allow to cool.
4. While the tofu is baking, bring a pot of water to boil and cook the noodles just until al dente, according to package directions. Drain and rinse under cool water, and return them to the pot. Off the heat, toss the noodles with the sesame oil and salt, and set aside.
5. Fill a shallow pan (a pie pan or 9" round cake pan works great) with an inch of water.
6. Place one rice paper in the water and let it rest for about 20 seconds. You'll learn to go by feel here—wait until the sheet is pliable but not super floppy. Carefully lay it flat on a lint free towel.
7. Place one of the collards, followed by a small handful of noodles, small handful of the shredded carrots, small handful of the pea shoots, and one piece of the baked tofu.
8. Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients. The first ones may be wonky, but keep trying!



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Thursday

Smoky Lentil Tacos with Radish Microgreens

Servings

4

Prep time

15 min

Cook time

60 min

Total time

75 min

Ingredients

- 1-2 Tbsp cooking oil
- 1 red onion, diced
- 3 stalks young garlic, minced
- 1 lb sweet potato, shredded
- 3/4 cup dry brown lentils
- 1 3/4-2 cups water, separated
- 1/2 tsp sea salt
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 chipotle pepper in adobo sauce, roughly chopped
- 1-2 tsp soy sauce
- 1-2 tsp sweetener (honey or maple syrup)
- Juice of 1 lime

For serving

- 1 pkg corn or flour tortillas
- 1 pkg radish microgreens
- 1 jar salsa

Storage Tips

- Store leftovers covered in the refrigerator for 4-5 days or up to 1 month in the freezer.
- Reheat on the stovetop until hot, adding water or broth as needed to add moisture back in.

Instructions

1. To cook lentils, rinse 3/4 cup lentils under cool water. Then add to a small saucepan with 1 1/2 cups water and bring to a rolling boil over high heat. Once boiling, reduce heat to low and simmer uncovered for 20-30 minutes, or until the lentils are tender. Drain off any remaining liquid.
2. Heat a large skillet over medium heat. Once hot, add oil, onion, and garlic. Sauté for 4-5 minutes, stirring frequently, or until tender and slightly browned.
3. Next, add shredded sweet potatoes and sauté for several minutes to get slightly browned and tender, stirring frequently. Then add cooked lentils, 1/2 cup water, salt, paprika, cumin, chili powder, chopped chipotle pepper, adobo sauce (start with 1 tsp for low spice level), soy sauce, and sweetener. Stir to combine.
4. Cover and cook over medium-low heat for 10 minutes, stirring occasionally. Then remove the lid and cook for 5-10 minutes more or until the sweet potatoes are tender and the color has deepened. Stir occasionally and add more water as needed if it dries up. Near the end of cooking, add lime juice and stir.
5. Taste and adjust flavor as needed.
6. Serve the mixture on tortillas, top with microgreens and salsa of your choice.

Adapted from Minimalist Baker



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Friday

Kimchi Stir Fry

Servings

4-6

Prep time

10 min

Cook time

50 min

Total time

60 min

Ingredients

- 1.5 cups brown rice, well rinsed
- 3 cups water
- 1 Tbsp of oil
- 1 tsp salt
- 5 oz oyster mushrooms
- 1 bag frozen, shelled edamame
- 6-8 collard leaves (remainder of pkg)
- 1/2 pkg green onions
- 1 jar kimchi

For serving:

- 4 eggs, cooked to liking

Instructions

1. Combine the rinsed rice, water, oil, and salt in a pot and bring to a boil. Cover, reduce the heat to low, and simmer for 45 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
2. While rice is cooking, chop mushrooms, swiss chard and green onions.
3. When the rice has 20 minutes left to cook, heat large frying pan over medium heat, add 1 Tbsp of oil or water. Add vegetables and stir fry for 5-10 minutes.
4. Add bag of edamame and 2 Tbsp of water to frying pan and mix thoroughly. Allow edamame to cook, 5-10 minutes.
5. Cook eggs how you would like: sunny side up, over easy, poached, soft boiled etc, set aside.
6. Once edamame is cooked, add entire jar of kimchi, including juices. Stir to combine. Let cook for 10-12 minutes over medium heat to warm the kimchi
7. Mix in cooked rice.
8. Serve hot with the eggs.

Storage Tips

- Store leftovers covered in the refrigerator for 4-5 days.
- Reheat on stove top with a Tbsp of water or oil or in the microwave.

