

# MEATLESS MEALS CROWDSOURCED BY *you* AMAZING LADIES!

## Genevieve 's Picks

### EASY SHRIMP PANZANELLA

Calories per serving: 439 Protein: 34 g Carbs: 52 g Fat: 12 g

#### INFO

Serves 4  
Prep time 5 minutes  
Cook time 10-15 minutes

#### INGREDIENTS

2 yellow squash, sliced into ¼-inch rounds  
2 zucchini, sliced into ¼-inch rounds  
1 head cauliflower, cut into florets  
2 carrots, cut into 1-inch pieces  
1 baguette, torn into 1-inch pieces  
3 tablespoons olive oil  
2 tablespoons Italian seasoning  
1 teaspoon garlic powder  
1½ teaspoons kosher salt, to taste  
2 pounds large shrimp, peeled and deveined (makes enough for shrimp tacos)  
½ lemon, juiced  
Fresh oregano, for garnish

#### NOTES

This recipe makes enough shrimp for 2 nights. If you plan to have this recipe Sun/Mon and Shrimp Tacos Tues/Wed you will need to double this recipe! Make sure to freeze shrimp if it will not be consumed within 3-4 days.

#### INSTRUCTIONS

Preheat the oven to 450°F.

On a baking sheet, toss the squash, cauliflower, carrots, and bread pieces with the oil, Italian seasoning, garlic powder, and salt. Roast for 10 minutes.

On a second baking sheet, toss half of the shrimp with the remaining olive oil and a big pinch of salt and pepper. Remove the baking sheet with the veggies from the oven, add the remaining half of the shrimp, and toss.

Place both baking sheets in the oven and cook for 4-5 minutes, until the shrimp are cooked through. Remove both baking sheets from the oven. Reserve the plain shrimp for tacos tomorrow night.

Toss the panzanella with the lemon juice and oregano. Season to taste with salt and pepper.

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### SHRIMP TACOS

Calories per serving: 371 Protein: 28 g Carbs: 37 g Fat: 3 g

#### INFO

Serves 4  
Prep time 5 minutes  
Cook time 5 minutes

#### INGREDIENTS

1 pound cooked shrimp  
2 teaspoons taco seasoning  
16 4-inch tortillas  
4 cups shredded cabbage  
Salsa  
Sour cream  
2 limes

#### NOTES

This recipe uses leftover shrimp from Sunday/Monday recipe.

#### INSTRUCTIONS

Warm the shrimp in the microwave or in a large skillet.

Toss with the taco seasoning.

Warm the tortillas in the microwave for 10-15 seconds.

Fill the tortillas with shrimp, cabbage, salsa and sour cream.

Serve with lime wedges.

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## Lorenza's Pick



**65 Dinners to Love During Lent that aren't Fish**

## Virginia's Pick

The original recipe calls for 1 cup of cooked chicken pieces, which you would add with the cheese on top of the bean mixture. However, I have made it without the meat in Lent, and it is still delicious

### Soft Black Bean Tostadas

#### Salsa

1/2 cup chopped peeled avocado  
1/2 cup chopped tomato  
1/4 cup sliced green onions  
2 tsp fresh lime juice  
1/4 tsp salt

#### Remaining Ingredients

2 tbsp water  
2tbsp fresh lime juice  
1/2 tsp cumin  
1/8 tsp salt  
1/8 tsp ground red pepper  
1 (15oz) can black beans, rinsed and drained  
3/4 cup shredded cheese  
tortillas  
lettuce

\* Preheat boiler.

\* To prepare salsa, combine first 5 ingredients in a small bowl. Toss gently, cover and set aside.

\* Combine 2 tbsp water, lime juice, cumin, salt, ground red pepper, and black beans in a blender, process until smooth.

\* Place tortillas on a baking sheet, spread bean mixture evenly over each tortilla. Top with cheese. Broil for 2 minutes or until cheese melts and tortilla edges are just beginning to brown.

\* Top each tortilla with lettuce, salsa, and serve.

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## Kaley's Pick

### Healthier Slow Cooker Creamy Tortellini

#### Vegetable Soup



#### Special notes:

A few things we did differently if in a pinch... you don't have to cook the onion, garlic, and spices first. You can just throw them in the crockpot from the start and wash one less dish. Apple cider vinegar is a 1:1 substitute for dry white wine if you don't have that on hand. You can always buy tortellini with meat for this recipe after Lent. It's very hearty and thicker than a "soup" in my opinion but very flavorful.

# Corey's Pick

## Simple Lenten Meals

- Grilled Cheese and Tomato Soup
- Tunafish sandwich or Salad with tuna fish
- Veggie/ Cheese quesadillas
- Take out Pizza (we have a local one that does fun non meat pizza)
- Local Fish Fry (we do this once or twice)
- Salmon (Easiest Salmon recipe spray pan put salmon coat with favorite seasoning- we use one called canadian mix- put two tablespoons of butter right on top and then add about 1/4 or less cup of water to bottom of pan-makes steam in over. Bake for 30 min at 3:30)
- Spaghetti and Garlic bread no meatballs or add shrimp if you want too
- Salad bar and soup night
- Shrimp tacos (just use shrimp in place of chicken or beef)

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## Missy's Picks

One of my favorite breakfasts is frying up a corn tortilla with a fried or scrambled egg and adding some green Chile on top. My kids do a slightly different version: they tear up pieces of the tortilla and fry until slightly crispy then add in the egg and scramble together. Sprinkle with cheese.

For lunch, some egg salad sandwiches, cucumber sandwiches, tuna sandwiches, pasta salad with cubed up cheese, black olives and Italian dressing. Quesadillas are always a good idea. You can even smash up some black beans with salsa and add that. Bean and cheese burritos.

Dinner: my whole family except the youngest 2 enjoy this **blackened salmon** recipe:  
<https://www.allrecipes.com/recipe/36487/blackened-salmon-fillets/>

\*We usually double the seasoning, save it and are able to fry up some fish whenever we want it.

**Potato tacos:** place mashed potatoes into slightly warmed up corn tortillas, put it in the oven for about 10 mins to crunch them up Top with cheese and hot sauce.

**Potato enchiladas:** fry up cubed potatoes, roll them in flour tortillas, top with red enchilada sauce and cheese, bake for 20 mins.

# Melissa's Picks

## Easy fish tacos

- Trader Joe's frozen Fish Nuggets (follow instructions on box for baking)
- Trader Joe's Southwest Cabbage Salad (prebagged and easy!)
- Lime
- Soft tortillas

If you wanna get fancy make rice and beans on the side, and add avocado or guac for a topping. Tapatio and Valentina hot sauces are also good on it. If you don't shop at trader Joe's, get your favorite cod fish sticks and find a premade cabbage salad. It's fast and easy and simple and so delicious! The chipotle avocado vinaigrette that comes in the salad is really good as a taco sauce.

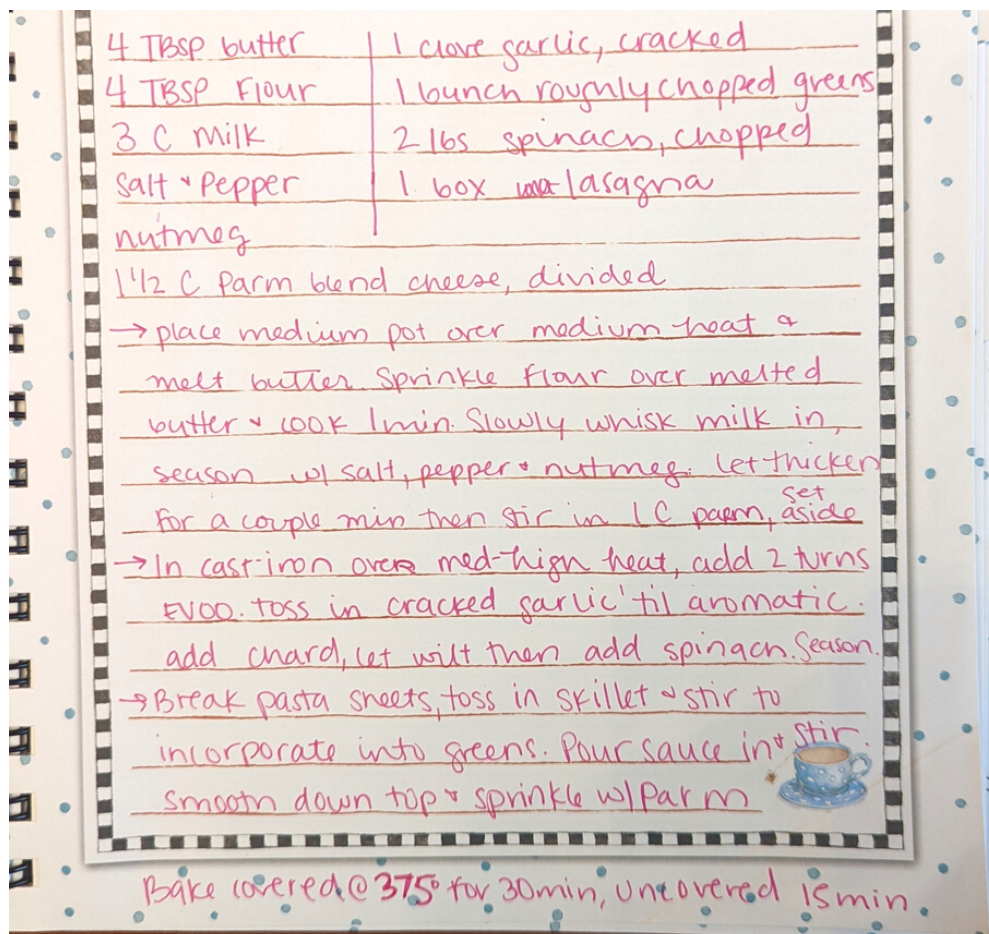
## <https://pinchofyum.com/summery-chipotle-corn-chowder>

Replace veggie broth with chicken broth (I still think it counts as meatless and it had way more flavor). Don't stress about the cut sizes. We do a chipotle pepper and a half for spice level but do more if you like spicy. Serve with blue corn tortilla chips and sunflower seeds! Hardest part of this is just chopping vegetables! Also you can use any kind of potato. And don't sweat measuring the corn, just dump two cans in.

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## Kari's Pick

### Michaela-sagna





## Erika's Pick

### Sweet Potato Southwestern Quinoa Bowl



## Katrina's Pick

### Dump-and-Bake Ravioli Casserole



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## Kelly's Pick

### **Indian Spiced Red Lentils**

Garam masala is a ground Indian spice mixture that includes some combination of cumin, coriander, cardamom, peppercorns, cinnamon, cloves, nutmeg, and saffron. Spice Islands makes a version often found at the supermarket. If you can't find it, try a gourmet food or Indian shop. Make sure to use coconut milk, not cream of coconut, in this recipe. If your supermarket doesn't carry red lentils, your local natural food store will. Serve with basmati rice.

#### **INGREDIENTS**

2 tbsp vegetable oil  
1 onion, minced  
Salt  
4 garlic cloves, minced  
1 tbsp grated ginger  
1 tsp garam masala  
3 cups water  
1 1/4 cups red lentils, picked over and rinsed  
1 cup coconut milk  
1/4 cup minced fresh cilantro  
Pepper  
3 medium plum tomatoes (12 oz), cored, seeded,  
and chopped medium

#### **DIRECTIONS**

Heat the oil in a large saucepan over medium heat until shimmering. Add the onion and 1 tsp salt and cook until softened, about 5 min. Stir in the garlic, ginger, and garam masala and cook until fragrant, about 15 seconds. Stir in the water, lentils, and coconut milk. Bring to a boil. Reduce to a simmer, partially cover, and cook until the lentils break down to form a thick puree, 20-30 min. Stir in the cilantro. Season with salt and pepper to taste and sprinkle with the tomatoes before serving.

## Jamie's Pick

### Easy Weeknight Gnocchi Recipe



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## Elizabeth's Picks

### Vegan Chickpea & Rice Casserole (Dump and Bake)



### Dump & Bake Teriyaki Tofu Rice Casserole



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## Alycia's Picks

### 1) **Blackbean burgers!**

If you get the right recipe they are really good! I didn't include one because they are so versatile that doing a pinterst search will help you find one that you and your family would prefer! I've tried some different ones but I think the one I liked best had black beans, mushrooms, egg, oats, and some seasonings. I'm fairly certain that I just added everything to the blender or food processor and blended it all up then formed into patties and cooked!

### 2) **Pasta with red lentil sauce**

Cook about 1/3 cup dry red lentils according to package directions. Once cooked, add to a blender with pasta sauce and blend it up. Then proceed on making your pasta how you like it! The lentils give an added boost and protein to the dish! (I like adding cream cheese to my pasta sauce while it's cooking to make it creamier!) This is also a great frugal meal because lentils are much more inexpensive than meat!

3) Good ol' breakfast of eggs and pancakes/waffles, breakfast skillet or breakfast bake!

## Amanda's Picks

### Slow Cooker Enchilada Pasta



### Muffin-Tin Mac and Cheese Cups



### **Creamy Garlic Pasta**

- 2 tsp olive oil
- 4 cloves garlic, minced
- 2 tbsp butter
- ¼ tsp salt
- ½ tsp pepper
- 3 cups chicken stock
- ½ lb spaghetti or angel hair pasta
- 1 cup grated parmesan cheese
- ¾ cup heavy cream
- 2 tbsp chopped fresh parsley

In a pot, bring the olive oil to medium-low heat. Add the garlic and stir, allowing it to cook for 1-2 minutes. Mix in the butter until melted. Add the salt, pepper and chicken stock. Raise the heat to high and let it come to a boil.

Once it is at a rolling boil, add the pasta and cook for as long as the box's directions indicate. Reduce the stove to medium heat and mix in the parmesan until completely melted. Turn off the heat and stir in the cream and parsley. Serve immediately.

### **Peanut Butter and Jelly Slow Cooker Oats**

#### Ingredients:

- 1 c. unsweetened vanilla almond milk
- 1 c. Quaker steel cut oats
- 1 tbsp. chia seeds
- 1/4 cup brown sugar
- 1 tsp. cinnamon
- 1 cup peanut butter
- 1/4 cup strawberry jam

#### Directions:

Pour the almond milk, steel cut oats, and chia seeds into a slow cooker. Cover and cook on low for about 6 hours, or on high for about 3 hours stirring occasionally. Once the oats are cooked and creamy, stir in the brown sugar and cinnamon until blended.

Stir in the peanut butter until blended. Serve immediately, with jam to taste. Also very tasty with sliced bananas!



# Shelby's Picks

**Parmesan Pesto Tuna Melts**



**Black Bean Quinoa Enchilada Bake**

