



Sunday Roast Recipe Collection

Created by Little Bird Wellness



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Our Sunday Roast Collection is filled with hearty, comforting meals made for gathering around the table. With a mix of omnivore and plant-based recipes, these dinners feel special enough to share with family and friends, but simple enough to make part of your regular rotation. Think slow-cooked favorites, cozy fall flavors, and good food worth lingering over.

Braised Beef Brisket with Carrots, Leeks & Onions

11 ingredients · 4 hours 30 minutes · 6 servings



Directions

1. Preheat the oven to 300°F (150°C). Generously season the brisket all over with salt and pepper.
2. Heat a large Dutch oven or oven-safe pot over medium heat and add the oil. Sear the brisket for five minutes per side or until browned. Remove from the pot and set aside.
3. Add a splash of broth and scrape any brown bits. Add the leeks, onion, carrots, and garlic, and cook for two to three minutes or until the onions and leeks begin to soften.
4. Add the passata and ketchup and stir to combine. Add the brisket back to the pot along with the thyme sprigs. Add the remaining broth, enough to cover the brisket 2/3 of the way up. Add more if needed.
5. Transfer to the oven and cook for 2 1/2 to three hours or until the brisket is cooked to an internal temperature of 200°F (95°C) and a fork easily pierces through.
6. Remove the brisket and set it on a cutting board or plate, covered loosely with foil. Let it rest for 25 to 30 minutes. When ready, slice against the grain.
7. Put the sliced brisket back into the pot with the braising liquid to soak for 15 to 30 minutes before serving. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of beef, vegetables, and sauce.

Serve It With

Mashed or roasted potatoes.

Additional Toppings

Fresh parsley.

Ingredients

- 2 lbs Beef Brisket
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Beef Broth (divided)
- 2 Leeks (trimmed, chopped)
- 1 Yellow Onion (medium, chopped)
- 3 Carrot (medium, peeled, chopped)
- 2 Garlic (clove)
- 1 cup Passata
- 1/4 cup Sugar Free Ketchup
- 1 oz Thyme Sprigs

Nutrition

Amount per serving

Calories	343	Sodium	417mg
Fat	16g	Vitamin A	5981IU
Carbs	15g	Vitamin C	20mg
Fiber	3g	Calcium	65mg
Sugar	4g	Iron	5mg
Protein	34g	Vitamin D	0IU
Cholesterol	94mg	Vitamin E	2mg

Za'atar Flattened Chicken with Green Tahini Sauce

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. Place the chicken breast-side down with the legs pointing towards you. Cut out the backbone using a knife or kitchen shears.
3. Transfer chicken to the baking sheet breast-side up and press down to flatten the chicken. Arrange the halved garlic cloves and onion wedges around the chicken.
4. Coat the chicken with the olive oil and sprinkle with za'atar and half of the salt. Roast for 40 minutes or until golden and cooked through.
5. While the chicken cooks, add parsley, tahini, lemon juice, water and remaining salt to a food processor and blend until creamy.
6. Serve roasted chicken with flatbread and drizzle with desired amount of dressing. Enjoy!

Notes

No Whole Chicken

Use chicken leg quarters or breasts instead.

No Lemon Juice

Use apple cider vinegar instead.

Storage

Refrigerate in an airtight container up to 3 days.

Ingredients

- 4 lbs Whole Roasting Chicken
- 4 Garlic (cloves, sliced in halves)
- 1 cup Red Onion (sliced into wedges)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Za'atar Spice
- 1 tsp Sea Salt (divided)
- 1 cup Parsley (roughly chopped)
- 1/4 cup Tahini
- 1/2 Lemon (juiced)
- 1/4 cup Water
- 8 1/8 ozs Whole Wheat Flatbread

Nutrition

Amount per serving

Calories	825	Sodium	1407mg
Fat	29g	Vitamin A	1496IU
Carbs	36g	Vitamin C	41mg
Fiber	7g	Calcium	191mg
Sugar	3g	Iron	10mg
Protein	101g	Vitamin D	0IU
Cholesterol	295mg	Vitamin E	2mg

Braised Beef with Mashed Cauliflower

11 ingredients · 3 hours · 6 servings



Directions

1. Pat the pieces of chuck roast dry with a paper towel. Season with salt and pepper.
2. Preheat the oven to 350°F (180°C). Heat 1/3 of the oil in a large Dutch oven or an oven-safe pot over medium-high heat. Add the beef, working in batches if necessary, and sear for three to four minutes per side until browned. Remove with a slotted spoon and set aside.
3. Reduce the heat to medium and add the onion and celery. Cook for three to four minutes or until it just starts to soften. Add the garlic and cook for one minute until just fragrant. Add the flour and cook, stirring frequently, for one minute. Slowly add the broth while stirring to incorporate the flour. Scrape up any bits from the bottom.
4. Return the beef and any accumulated juices to the pot. Add the thyme. Cover and cook in the oven for 90 minutes. Remove the pot from the oven, add the carrots, and place it back in the oven to cook for another hour until the carrots are soft and the beef is tender and can be easily shredded with a fork. Discard the thyme sprigs and shred the beef with two forks.
5. While the beef is cooking, prepare the cauliflower. Bring a large pot of water to a boil under a steamer basket. Add the cauliflower and steam for 10 to 12 minutes until soft.
6. Remove from heat. Blend in a food processor or blender with the remaining oil until smooth. If needed, add water until your desired consistency is reached. Season with salt and pepper.
7. Divide the cauliflower mash evenly between bowls or plates. Top with shredded beef, carrots, and the rendered juices from cooking. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cups of shredded beef with approximately 2/3 cup of mashed cauliflower.

Ingredients

- 3 lbs** Chuck Roast (boneless, cut into chunks)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- 1** Yellow Onion (large, chopped)
- 2 stalks** Celery (chopped)
- 4** Garlic (clove, minced)
- 2 tbsps** All Purpose Gluten-Free Flour
- 3 cups** Beef Broth
- 1 oz** Thyme Sprigs
- 4** Carrot (medium, peeled, chopped)
- 1 head** Cauliflower (large, cut into florets)

Nutrition

Amount per serving

Calories	697	Sodium	470mg
Fat	51g	Vitamin A	7078IU
Carbs	16g	Vitamin C	58mg
Fiber	5g	Calcium	96mg
Sugar	6g	Iron	7mg
Protein	43g	Vitamin D	0IU
Cholesterol	160mg	Vitamin E	1mg

More Flavor

Swap half the broth for red wine instead.

Additional Toppings

Parsley.

Lemon & Garlic Roasted Chicken with Potatoes & Carrots

9 ingredients · 2 hours · 5 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Add the potatoes, carrots, and cauliflower to a roasting pan. Drizzle half of the oil all over and season with salt and pepper. Toss to combine and then spread out into an even layer. Add the chicken broth to the pan, leaving about an inch of liquid all around the pan.
3. In a small bowl, mix together the remaining oil, lemon juice, garlic, salt, and pepper until it emulsifies. Pat the chicken dry and place it on top of the vegetables, breast side down, in the roasting pan.
4. Pour half of the marinade onto the chicken and rub it all over. Flip the chicken over and do the same on the other side. Put the lemon inside the open cavity of the chicken.
5. Place in the oven and roast until the chicken is no longer pink at the bone and the juices run clear, about 75 to 90 minutes, depending on the size of the chicken.
6. Let the chicken rest for 10 to 15 minutes before serving with the roasted vegetables. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups chicken and two cups of vegetables.

Cooking Time

The cooking time of the chicken will vary depending on the size. You can use a meat thermometer and cook the chicken until its internal temperature reaches 165°F (74°C).

Ingredients

- 3 Yellow Potato (medium, quartered)
- 2 Carrot (large, peeled, chopped)
- 1/2 head Cauliflower (medium, cut into florets)
- 1/3 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Chicken Broth, Low Sodium
- 1/2 Lemon (medium, juiced)
- 3 Garlic (cloves, minced)
- 3 lbs Whole Roasting Chicken

Nutrition

Amount per serving

Calories	584	Sodium	269mg
Fat	24g	Vitamin A	4202IU
Carbs	29g	Vitamin C	57mg
Fiber	5g	Calcium	70mg
Sugar	4g	Iron	4mg
Protein	61g	Vitamin D	0IU
Cholesterol	177mg	Vitamin E	3mg

Rosemary Pork Chop with Roasted Potatoes & Brussels Sprouts

9 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the potatoes on the baking sheet. Toss with 1/3 of the oil, half of the rosemary, and season with salt and pepper. Transfer to the oven and cook for 10 minutes.
3. After 10 minutes, add the Brussels sprouts to the baking sheet. Toss with half of the remaining oil, and season with salt and pepper. Return to the oven and cook for 20 to 22 minutes until everything is cooked through. Drizzle the honey over the Brussels sprouts during the final five minutes.
4. Heat a large pan over medium heat. Add the remaining oil. Once hot, add the pork chop and season with salt and pepper. Cook for five to six minutes per side until cooked through.
5. During the last two minutes of cooking, add the butter, remaining rosemary, and garlic. Use a large spoon to baste the pork chop with the butter and garlic.
6. Divide the potatoes, Brussels sprouts, and pork chop evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one pork chop with 3/4 cup of potatoes and one cup of Brussels sprouts.

Ingredients

- 2 cups Mini Potatoes (halved)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 tsp Rosemary (chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 3 cups Brussels Sprouts (halved)
- 1 tsp Honey
- 1 lb Pork Chop (bone-in)
- 1 tbsp Butter
- 2 Garlic (cloves, smashed)

Nutrition

Amount per serving

Calories	455	Sodium	112mg
Fat	22g	Vitamin A	804IU
Carbs	28g	Vitamin C	95mg
Fiber	6g	Calcium	84mg
Sugar	5g	Iron	3mg
Protein	36g	Vitamin D	32IU
Cholesterol	114mg	Vitamin E	2mg

Greek Style Roasted Eggplants

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Slice the eggplant lengthwise into thin sections, keeping the stem intact to keep the slices connected. Gently fan out the slices.
3. Place on the baking sheet. Brush the eggplant with oil and sprinkle with the Greek seasoning. Cook in the oven for 25 to 30 minutes until tender and lightly caramelized.
4. Transfer the eggplant to a plate. Spoon the tzatziki on top, sprinkle with parsley, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately half of a large eggplant.

Additional Toppings

Toasted walnut.

Ingredients

- 1 Eggplant (large)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **1/2 tsps** Greek Seasoning
- 1/4 cup** Tzatziki
- 2 **tbsps** Parsley (chopped)

Nutrition

Amount per serving

Calories	160	Sodium	548mg
Fat	9g	Vitamin A	483IU
Carbs	17g	Vitamin C	12mg
Fiber	8g	Calcium	90mg
Sugar	11g	Iron	1mg
Protein	4g	Vitamin D	0IU
Cholesterol	5mg	Vitamin E	2mg

Pressure Cooker Birria Tacos

9 ingredients · 1 hour 40 minutes · 6 servings



Directions

1. Add the peppers with their sauce to a blender or use a hand blender to blend until smooth.
2. Place the meat, 3/4 of the salt, water, and blended pepper sauce in a pressure cooker. Set to "sealing," then press manual/pressure cooker. Cook for one hour on high pressure.
3. Allow the pressure to release naturally. Carefully remove the lid of the pressure cooker. Remove the beef chunks from the pressure cooker. Use two forks and shred the beef. Cover the meat to keep warm.
4. Press the sauté button. Reduce the remaining cooking liquid, uncovered for 15 to 20 minutes or until reduced to about half.
5. Mix the onion, cilantro, and the remaining salt in a small bowl and set aside.
6. Heat a large, lightly greased, non-stick pan over medium-high heat. Dip the tortillas in the reduced cooking sauce (one or some at a time), and lay them in the pan, making sure each one fits comfortably.
7. Place the shredded meat onto each tortilla. Cook until the tortilla is lightly browned and crispy, for one to two minutes. Fold the tacos in half, gently pressing with a spatula. Transfer to a serving plate.
8. Serve the tacos with onion and cilantro mixture, lime wedges, and reduced cooking sauce for dipping. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to four days. Store the meat in the reduced cooking sauce for best results.

Serving Size

One serving is four tacos.

Ingredients

- 7 ozs Pickled Chipotle Peppers (in adobo sauce)
- 16 ozs Chuck Roast (boneless, cut into chunks)
- 1 tbsp Sea Salt (divided, plus more to taste)
- 3 cups Water
- 2 White Onion (medium, finely chopped)
- 1/2 cup Cilantro (finely chopped)
- 1/8 oz Avocado Oil Spray (for greasing)
- 24 Corn Tortilla
- 2 Lime (wedges)

Nutrition

Amount per serving

Calories	508	Sodium	1655mg
Fat	17g	Vitamin A	1752IU
Carbs	66g	Vitamin C	7mg
Fiber	8g	Calcium	431mg
Sugar	4g	Iron	4mg
Protein	17g	Vitamin D	0IU
Cholesterol	53mg	Vitamin E	0mg

More Flavor

Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, and/or roasted corn.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Tempeh, Quinoa & Broccoli

8 ingredients · 55 minutes · 3 servings



Directions

1. In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
2. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
3. Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
4. Meanwhile, cook the quinoa according to the package directions.
5. While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Quinoa

Use rice instead.

No Italian Seasoning

Use any combination of dried herbs.

More Flavor

Drizzle the broccoli with extra virgin olive oil.

Broccoli

Use fresh or frozen broccoli or substitute other vegetable instead.

Ingredients

- 1/4 cup** Vegetable Broth
- 1/4 cup** Balsamic Vinegar
- 1 tsp** Italian Seasoning
- 1/2 tsp** Sea Salt
- 2** Garlic (clove, minced)
- 9 ozs** Tempeh (cut into thin pieces)
- 3/4 cup** Quinoa (uncooked)
- 3 cups** Broccoli (cut into florets)

Nutrition

Amount per serving

Calories	373	Sodium	493mg
Fat	12g	Vitamin A	617IU
Carbs	44g	Vitamin C	82mg
Fiber	5g	Calcium	167mg
Sugar	5g	Iron	5mg
Protein	26g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	2mg

Roasted Broccoli Chickpea Pasta

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions. Drain, rinse well, and set aside to cool.
2. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
3. Place the broccoli on the baking sheet and toss with 1/3 of the oil. Season with salt and pepper. Roast for 15 minutes or until lightly golden. Set aside to cool.
4. Blend the basil, garlic, hemp seeds, lemon juice, nutritional yeast, and the remaining oil in a blender or food processor. Season with salt and pepper.
5. Combine the roasted broccoli, cooked pasta, sun dried tomatoes, and pesto in a large bowl. Toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for four days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Nuts, seeds, and/or your favorite shredded cheese.

Warm or Cold

This pasta dish works well fresh, reheated, or enjoyed cold.

Ingredients

- 6 ozs** Chickpea Pasta (uncooked)
- 2 cups** Broccoli (cut into florets)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Basil Leaves
- 1/2** Garlic (clove, minced)
- 2 tbsps** Hemp Seeds
- 2 tbsps** Lemon Juice
- 1 1/2 tbsps** Nutritional Yeast
- 1/3 cup** Sun Dried Tomatoes (drained, chopped)

Nutrition

Amount per serving

Calories	607	Sodium	150mg
Fat	31g	Vitamin A	1766IU
Carbs	64g	Vitamin C	95mg
Fiber	18g	Calcium	163mg
Sugar	13g	Iron	12mg
Protein	32g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	4mg

Tempeh, Quinoa & Edamame Stuffed Peppers

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. Cook the quinoa according to package directions.
3. Heat the oil in a pan over medium heat. Add the crumbled tempeh and cook for five to seven minutes, until starting to brown.
4. In a large bowl, combine the cooked quinoa, tempeh, edamame, cashew cream cheese, garlic powder, sea salt, black pepper, and parsley. Mix well to combine.
5. Scoop the mixture into the peppers, packing them tightly until all of it is used up. Place on a baking sheet and bake in the oven for 25 minutes, or until the peppers have softened. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to one stuffed pepper.

More Flavor

Use garlic or onion cashew cream cheese.

No Cashew Cream Cheese

Use vegan cheese shreds or nutritional yeast instead.

Ingredients

- 1/2 cup** Quinoa (dry)
- 2 tsps** Extra Virgin Olive Oil
- 8 ozs** Tempeh (smoked, finely crumbled)
- 1/2 cup** Frozen Edamame (shelled, thawed)
- 2 ozs** Cashew Cream Cheese
- 1 tsp** Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Parsley (chopped)
- 2** Orange Bell Pepper (large, tops and seeds removed)

Nutrition

Amount per serving

Calories	600	Sodium	69mg
Fat	28g	Vitamin A	1134IU
Carbs	57g	Vitamin C	354mg
Fiber	8g	Calcium	202mg
Sugar	2g	Iron	8mg
Protein	39g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	2mg

Tempeh Quesadillas

7 ingredients · 40 minutes · 2 servings



Directions

1. In a bowl, combine the crumbled tempeh, coconut aminos, and taco seasoning. Marinate for 10 to 15 minutes.
2. Heat the oil in a large pan over medium heat. Add the onions and sauté for two to three minutes or until softened.
3. Add the marinated tempeh along with any liquid from the bowl. Cook for four to five minutes or until the tempeh has browned.
4. Heat another large pan over medium heat and add a tortilla. Working in batches, on one side of the tortilla, add some cheese, the tempeh mixture, and then more cheese.
5. Fold the other side of the tortilla over the filling and press down with a spatula. Cook for two to three minutes then carefully turn over and cook for another two to three minutes until crispy. Continue until all tortillas are used up.
6. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Best reheated in a pan on the stove.

Serving Size

One serving is two quesadillas.

More Flavor

Add hot sauce or other sauce of choice.

Ingredients

- 8 3/4 ozs Tempeh (crumbled)
- 2 tbsps Coconut Aminos
- 2 tsps Taco Seasoning
- 1/2 Yellow Onion (medium, chopped)
- 1 tbsp Avocado Oil
- 4 ozs Vegan Cheese Shreds
- 4 Corn Tortilla (small)

Nutrition

Amount per serving

Calories	640	Sodium	1104mg
Fat	34g	Vitamin A	0IU
Carbs	58g	Vitamin C	0mg
Fiber	5g	Calcium	865mg
Sugar	6g	Iron	6mg
Protein	28g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	0mg

One Pan Tofu, Brussels Sprouts & Cauliflower

10 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
2. Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
3. Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

Ingredients

15 3/4 ozs Tofu (extra firm, drained)

1 tbsp Tamari

1 tbsp Avocado Oil

1 tsp Maple Syrup

1 tbsp Arrowroot Powder

1 cup Brussels Sprouts (trimmed and halved)

1/2 head Cauliflower (chopped into florets)

1 tsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

2 tsps Sesame Seeds

Nutrition

Amount per serving

Calories	369	Sodium	568mg
Fat	23g	Vitamin A	332IU
Carbs	21g	Vitamin C	108mg
Fiber	7g	Calcium	720mg
Sugar	8g	Iron	6mg
Protein	28g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	1mg

Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 6 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

- 1/4 cup** Extra Virgin Olive Oil
- 1/4 cup** Balsamic Vinegar
- 3** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Italian Seasoning
- 1 1/8 lbs** Tempeh
- 1 cup** Red Onion (medium, sliced)
- 6** Carrot (medium, peeled and chopped)
- 4 cups** Mushrooms (quartered)
- 3** Zucchini (sliced)
- 1 1/2 cups** Quinoa (dry)
- 2 1/2 cups** Water

Nutrition

Amount per serving

Calories	474	Sodium	69mg
Fat	21g	Vitamin A	10393IU
Carbs	49g	Vitamin C	25mg
Fiber	7g	Calcium	172mg
Sugar	9g	Iron	5mg
Protein	27g	Vitamin D	4IU
Cholesterol	0mg	Vitamin E	3mg

Squash & Lentil Chili

9 ingredients · 45 minutes · 2 servings



Directions

1. Heat a large pot over medium heat and add a splash of the vegetable broth. Add the onion, stir, and let it cook for a couple of minutes.
2. Add the butternut squash and cook for another five minutes. Then, add the tomatoes, green pepper, tomato paste, lentils, chili powder, salt, pepper, and remaining broth. Stir, reduce the heat to low, and cover with a lid.
3. Simmer for 20 to 25 minutes, until it has thickened and absorbed most of the liquid. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add smoked paprika and cayenne.

Ingredients

- 1 cup Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 2 cups Butternut Squash (peeled, chopped)
- 3 Tomato (large, chopped)
- 1 Green Bell Pepper (diced)
- 1/4 cup Tomato Paste
- 1 cup Dry Lentils
- 2 tsps Chili Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	501	Sodium	508mg
Fat	2g	Vitamin A	19173IU
Carbs	99g	Vitamin C	120mg
Fiber	19g	Calcium	151mg
Sugar	13g	Iron	10mg
Protein	30g	Vitamin D	0IU
Cholesterol	0mg	Vitamin E	5mg