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**Click each recipe title for a link to view the blog post at DaileyFoods.com where you can see recipe photos and watch the video tutorial.*

Meatless Mondays

Here's three simple and hearty vegetarian meals everyone will enjoy using Trader Joe's ingredients.

M eatless Tortilla Soup

- Makes 6-8 servings
- Prep time: 1 minute
- Cook time: 20 minutes

- Rest time: 10 minutes
- Blending: 2 minutes
- Total time: 33 minutes
- Approximate recipe cost: \$11.50

EQUIPMENT

- Large stock pot
- Can opener
- Measuring spoons
- Cooking utensils
- Blender, optional

INGREDIENTS

- 1 tablespoon olive oil, optional
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- 6 corn tortillas
- 3/4 cup salsa, red or green
- 2 cans diced tomatoes
- 1 teaspoon Trader Joe's Cuban Style Citrusy Garlic Seasoning Blend, optional
- 2 bay leaves, optional
- 6 cups water
- 1 cans pinto beans, drained

DIRECTIONS

1. Pour mirepoix vegetables into a large stock pot with olive oil. Sauté for 3 minutes on medium heat. Add tomatoes, tortillas, salsa, seasoning, bay leaves and water. Stir. Cook on medium heat for 20 minutes, stirring occasionally.
2. Let soup cool for 10 minutes, then transfer almost all of the soup to a blender with lid and puree for 30 seconds. Return pureed soup to stock pot with remaining soup.
3. Add pinto beans, stir. Return to a simmer before serving.
4. Let cool. Portion into freezer bags and store for about 3 months in freezer.

Meatless Stew

- Makes 8 servings
- Approximate Cost: \$13 / \$1.62 per serving
- Prep time: 1 minute

- Cooking time: 30 minutes

EQUIPMENT

- Stock pot such as a **Lodge Cast Iron Dutch Oven**
- Cooking spoon
- Teaspoon measure
- Can opener

INGREDIENTS

- 1 packaged diced onions
- 1 package sliced Crimini Mushrooms
- 1 cube frozen crushed garlic
- 3 teaspoons Trader Joe's Aglio Olio Seasoning
- 3 teaspoons Trader Joe's Mushroom Umami Seasoning
- 1 28 oz can San Marzano Whole Tomatoes with Basil
- 1 package Trader Joe's Steamed Lentils
- 2 bay leaves
- 6 cups water

DIRECTIONS

1. Heat a stock pot or Lodge Cast Iron Dutch Oven on medium high heat. Add diced onions and sliced mushrooms. Sauté for 3 minutes, stirring occasionally.
2. Add garlic and seasonings and toss to coat onions and mushrooms.
3. Add lentils, canned tomatoes, bay leaves and water.
4. Simmer on medium high heat uncovered for 30 minutes.
5. Remove bay leaves before serving.

Meatless Chili

- Recipe makes 24 servings
- Total Approximate Cost: \$15.50 / \$.65 per serving
- Prep time: 1 minute
- Cook time: 30-45 minutes

EQUIPMENT

- Large stock pot or Lodge Cast Iron Dutch Oven
- Can opener
- Measuring spoons
- Cup measure
- Cooking spoon
- Freezer bags (gallon or quart)

INGREDIENTS

- 2 packages Trader Joe's Steamed Lentils
- 2 15 oz cans Pinto Beans, drained
- 2 15 oz cans Kidney Beans, drained
- 1 9 oz can Corn, drained
- 1/4 cup Chili Powder
- 2 teaspoon Dried Oregano
- 2 teaspoons Cumin Powder
- 2 teaspoons Salt
- 1 tablespoon Trader Joe's Onion Salt
- 2 15 oz cans Trader Joe's Organic Tomato Sauce
- 4-6 cups Water, to cover

DIRECTIONS

1. Pour all ingredients into a large stock pot. Pour enough water to cover ingredients.
2. Simmer uncovered on medium high heat for 40 minutes, stirring occasionally.
3. Turn off heat and let cool to room temperature.
4. Portion into freezer bags and store for about 3 months in freezer.

REHEATING AND SERVING SUGGESTIONS

- Dump contents of freezer bag into a pot and reheat on the stove with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Let freezer bag that overnight in the refrigerator. Or, thaw in the microwave in bag or dumped into a bowl according to microwave directions.
- Serve with toasted bread, cooked rice, tortilla chips, in tacos, over or baked potatoes.

Dump & Cook Soups / Freezer Soups

Here's a collection of dump and cook meals using Trader Joe's ingredients. These can also be prepared as freezer soups to cook at a later date.

Freezer Meal Prep Instructions: *Combine all ingredients into a freezer bag. Push all air out of bag, label and date the bag, then place into freezer. Thaw for 24 hours before cooking according to recipe directions.*

V egetable White Bean Soup

Makes 6-8 servings

EQUIPMENT

- Slow cooker or Stock pot
- Can opener
- Measuring spoons
- Cooking utensils

INGREDIENTS

- 1 cans Great Northern Beans, drained
- 1 can diced tomatoes
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- Trader Joe's 21 Seasoning Salute, Onion Salt or Green Goddess Seasoning
- 2 bay leaves
- 6 cups water

DIRECTIONS

1. **Stove top:** Pour all ingredients into a stock pot. Simmer over medium high heat for 30 minutes, or until desired consistency. Remove bay leaves and discard before serving.
2. **Slow cooker:** Pour all ingredients into a slow cooker. Set to cook on High for 3-4 hours, stirring occasionally. Remove bay leaves and discard.

SERVING SUGGESTIONS

- Serve with toasted bread, with cooked rice or baked potatoes.
- Reheat on the stove in a pot with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Reheat in microwave safe container for 1-2 minutes.

*M*inestrone Soup

Makes 6-8 servings

EQUIPMENT

- Slow cooker or Stock pot
- Can opener
- Measuring spoons
- Cooking utensils

INGREDIENTS

- 1 cans white beans, drained
- 1 can diced tomatoes or 1 cup Trader Joe's Tomato Basil Marinara Sauce
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- 2 cups Trader Joe's Organic Shredded Kale
- 1 1/2 cups Trader Joe's Harvest Blend or 1/4 lb dried pasta such as macaroni
- Trader Joe's Pizza Sprinkle Seasoning Blend or Aglio Olio Garlicky & Spicy Seasoning Blend
- 6 cups water

DIRECTIONS

1. **Stove top:** Pour all ingredients into a stock pot. Simmer over medium high heat for 30 minutes, or until desired consistency. Remove bay leaves and discard before serving.
2. **Slow cooker:** Pour all ingredients into a slow cooker. Set to cook on High for 3-4 hours, stirring occasionally. Remove bay leaves and discard.

SERVING SUGGESTIONS

- Serve with toasted bread, with cooked rice or baked potatoes.
- Reheat on the stove in a pot with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Reheat in microwave safe container for 1-2 minutes.

B *roccoli Soup*

Makes 6-8 servings

EQUIPMENT

- Slow cooker or Stock pot
- Can opener
- Measuring spoons
- Cooking utensils
- Blender or masher, optional

INGREDIENTS

- 1 bag frozen broccoli
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- 2 bay leaves
- Trader Joe's 21 Seasoning Salute, Onion Salt or Green Goddess Seasoning
- 6 cups water
- 1 large yellow potato, small diced, optional

DIRECTIONS

1. **Stove top:** Pour all ingredients into a stock pot. Simmer over medium high heat for 30 minutes, or until desired consistency. Remove bay leaves and discard. Let soup cool for 10 minutes, then blend until pureed or mash with a potato masher.
2. **Slow cooker:** Pour all ingredients into a slow cooker. Set to cook on High for 3-4 hours, stirring occasionally. Remove bay leaves and discard. Let soup cool for 10 minutes, then blend until pureed or mash with a potato masher.

SERVING SUGGESTIONS

- Serve with toasted bread, with cooked rice or baked potatoes.
- Reheat on the stove in a pot with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Reheat in microwave safe container for 1-2 minutes.

*T*omato Rice Soup

Makes 6-8 servings

EQUIPMENT

- Slow cooker or Stock pot
- Can opener
- Measuring spoons
- Cooking utensils

INGREDIENTS

- 1 can Diced & No Salt Added Tomatoes
- 1 can Trader Joe's Organic Tomato Sauce
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- 1 cup uncooked Brown Jasmine Rice
- Trader Joe's Pizza Sprinkle Seasoning Blend
- 2 bay leaves
- Water, to cover

DIRECTIONS

1. **Stove top:** Pour all ingredients into a stock pot. Simmer over medium high heat for 30 minutes, or until desired consistency. Remove bay leaves and discard before serving.
2. **Slow cooker:** Pour all ingredients into a slow cooker. Set to cook on High for 3-4 hours, stirring occasionally. Remove bay leaves and discard.

SERVING SUGGESTIONS

- Serve with toasted bread, with cooked rice or baked potatoes.
- Reheat on the stove in a pot with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Reheat in microwave safe container for 1-2 minutes.

C *hickpea Vegetable Curry Soup*

Makes 6-8 servings

EQUIPMENT

- Slow cooker or Stock pot
- Can opener
- Measuring spoons
- Cooking utensils

INGREDIENTS

- 1 cans garbanzo beans, drained
- 1 package Trader Joe's Tikka Masala Curry Sauce
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- 1 lb bag Organic Frozen Broccoli
- 1 can reduced fat coconut milk
- 2 bay leaves
- Water, to cover

DIRECTIONS

1. **Stove top:** Pour all ingredients into a stock pot. Simmer over medium high heat for 30 minutes, or until desired consistency. Remove bay leaves and discard before serving.
2. **Slow cooker:** Pour all ingredients into a slow cooker. Set to cook on High for 3-4 hours, stirring occasionally. Remove bay leaves and discard.

SERVING SUGGESTIONS

- Serve with toasted bread, with cooked rice or baked potatoes.
- Reheat on the stove in a pot with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Reheat in microwave safe container for 1-2 minutes.

V *egetable Farro Soup*

Makes 6-8 servings

EQUIPMENT

- Slow cooker or Stock pot
- Can opener
- Measuring spoons
- Cooking utensils

INGREDIENTS

- 1 cans Great Northern Beans, drained
- 1 cup Trader Joe's 10 Minute Farro
- 1 container Trader Joe's Prepared Mirepoix Chopped Vegetable Mix
- Trader Joe's Onion Salt
- Trader Joe's Mushroom & Company Multipurpose Umami Seasoning Blend
- 2 bay leaves
- Water, to cover

DIRECTIONS

1. **Stove top:** Pour all ingredients into a stock pot. Simmer over medium high heat for 30 minutes, or until desired consistency. Remove bay leaves and discard before serving.
2. **Slow cooker:** Pour all ingredients into a slow cooker. Set to cook on High for 3-4 hours, stirring occasionally. Remove bay leaves and discard.

SERVING SUGGESTIONS

- Serve with toasted bread, with cooked rice or baked potatoes.
- Reheat on the stove in a pot with about 1/2 cup water on medium heat for 5-10 minutes, or until hot.
- Reheat in microwave safe container for 1-2 minutes

Fat-Free Vegetable Soups

Here's a collections of healthy meals made using Trader Joe's vegan ingredients. Just open packages and dump into a pot to cook. No washing or chopping required!

F *at-Free Butternut Squash Soup*

- Makes 4-6 servings
- Total cost: \$7.78 / \$1.30 per serving
- Prep time: 1 minute
- Cook time: 30 minutes

- Rest time: 10 minutes
- Blend time: 2 minutes

EQUIPMENT

- 1 large stock pot
- Cooking utensils
- Measuring spoons
- Blender, optional

INGREDIENTS

- 1 package Trader Joe's Handcut Butternut Squash Cubes
- 1 package Trader Joe's Mirepoix Chopped Vegetable Mix
- 2 teaspoons Trader Joe's Onion Salt
- 2 bay leaves, optional
- 6 cups water

DIRECTIONS

1. Heat a stock pot on medium high heat. Add mirepoix and sauté for 3 minutes, stirring occasionally.
2. Add butternut squash, onion salt and bay leaves (if using). Sauté another 2 minutes, stirring occasionally.
3. Add water and stir. Simmer on medium high heat uncovered for 30 minutes.
4. Let cool for 10 minutes, then transfer soup to a blender. Blend until pureed. Return to stock pot to reheat before serving.

Fat-Free Cauliflower White Bean Soup

- Makes 4-6 servings
- Total cost: \$7.27 / \$1.21 per serving
- Prep time: 2 minutes
- Cook time: 30 minutes

EQUIPMENT

- 1 large stock pot
- Cooking utensils
- Measuring spoons
- Can opener
- Blender, optional

INGREDIENTS

- 1 package Trader Joe's Mirepoix Chopped Vegetable Mix
- 1 package Trader Joe's Riced Cauliflower
- 1 can Great Northern Beans, drained
- 2 teaspoons Trader Joe's Onion Salt, optional or 2 teaspoons salt
- 6 cups water

DIRECTIONS

1. Heat a stock pot on medium high heat. Add mirepoix and sauté for 3 minutes, stirring occasionally.
2. Add riced cauliflower and onion salt (if using). Sauté another 2 minutes, stirring occasionally.
3. Add drained great northern beans and water and stir. Simmer on medium high heat uncovered for 30 minutes.
4. Serve hot.

F *at-Free 9 Vegetable Soup*

- Makes 4-6 servings
- Total cost: \$9.57 / \$1.60 per serving
- Prep time: 2 minutes
- Cook time: 30 minutes

EQUIPMENT

- 1 large stock pot
- Cooking utensils
- Measuring spoons
- Can opener
- Blender, optional

INGREDIENTS

- 1 package Trader Joe's Mirepoix Chopped Vegetable Mix
- 1 package Trader Joe's Garden Vegetable Hash
- 1 can Garbanzo Beans, drained
- 2 teaspoons Trader Joe's Onion Salt, optional or 2 teaspoons salt
- 6 cups water

DIRECTIONS

1. Heat a stock pot on medium high heat. Add mirepoix and sauté for 3 minutes, stirring occasionally.
2. Add vegetable hash and onion salt (if using). Sauté another 2 minutes, stirring occasionally.
3. Add drained garbanzo beans and water and stir. Simmer on medium high heat uncovered for 30 minutes.
4. Serve hot.