



# PLANT FUELED RESET

by Clean Food Dirty Girl

*Bonus!*

## Batchless and Fed

You don't *have* to batch to throw together yummy plant powered meals quickly. Here are some things to whip up when you haven't had time to batch or need to supplement your batch. None of these have specific measurements, so play around with the quantities and have fun! You can't mess them up. :)

For the beans listed below, feel free to use canned or cooked dried beans.

# MAKE THESE WITH **PANTRY STAPLES**



sprouted grain bread  
toasted



avocado  
mashed



coconut aminos



sauerkraut



cucumbers  
sliced



tomatoes  
sliced



lime juice



red chili flakes



salt

## LOADED TOAST



potato  
baked



beans  
any variety



salsa



avocado  
cubed



cilantro  
minced



nutritional yeast

## SOUTHWEST SPUD



garbanzo beans



celery  
chopped



red onion  
minced



lemon juice



dulse  
powder



salt



pepper

## CHICKPEA MASH



veggie broth  
or water



miso  
any color



tofu  
cubed



green onions  
chopped

## MISO SOUP

# MAKE THESE WITH BROWN RICE



Brown Rice\*



beans any type



Sautéed Veggies\*



tomatoes diced



cilantro minced



avocado sliced



lime juice



salt

## RICE AND BEAN BOWL



Brown Rice\*



nori sheets



bell pepper strips



carrot grated



radish chopped



avocado mashed



rice vinegar



sesame seeds

## NORI HAND ROLLS



Brown Rice\*



cabbage chopped



carrot grated



frozen corn



beans any type



green onion chopped



sesame seeds



garlic powder



smoked paprika



salt



pepper

## RICE PILAF

The items that have an asterisk (\*) have a recipe included.

# MAKE THESE WITH HUMMUS



Hummus\*



cucumbers  
spirals



Kalamata olives  
pitted and sliced



tomatoes  
chopped



fresh basil  
sliced



walnuts  
chopped

## CUCUMBER PASTA



Hummus\*



corn  
tortillas



black olives  
chopped



pistachios  
chopped



lettuce  
chopped

## HUMMUS TACOS



Quinoa\*



red cabbage  
sliced



red onions  
thinly sliced



pinto beans  
canned



cilantro  
chopped



Miso Tahini  
Dressing\*

## QUINOA POWER BOWL



Brussels sprouts  
shredded



kale  
chopped



almonds  
chopped



red chili flakes



Miso Tahini  
Dressing\*

## SHREDDED BRUSSELS SALAD

The items that have an asterisk (\*) have a recipe included.



# MAKE THESE WITH BEANS



sprouted grain  
tortilla



black beans  
mashed



tomatoes  
diced



Cashew  
Cheese\*



lettuce  
chopped

## BEAN BURRITOS



beans  
any type



leafy greens  
chopped



avocado  
sliced



Walnut  
Parmesan\*

## HEARTY BEAN BOWL

The items that have an asterisk (\*) have a recipe included.

## BROWN RICE

Yield: 3 cups | Freezes well

### Instant Pot Directions

1 cup uncooked brown rice (190 g)

1 ¼ cups water (315 ml)

- Rinse the rice well and strain in a fine mesh strainer. Tap the strainer against the sink to remove excess water. Place the rice into your Instant Pot, along with the (new) water and stir.
- Lock the lid into place and make sure the nozzle is pointed in the sealing position. Use the Manual (or Pressure Cooking) mode and set the timer for 23 minutes. Use the natural release method when the timer is up. When all of the pressure is out of the pot, carefully remove the lid and stir and fluff the rice.
- Allow the rice to cool to room temperature before promptly storing it in the fridge.

### Stovetop Directions

1 cup uncooked brown rice (190 g)

2 cups water (500 ml)

- Rinse the rice well and strain in a fine mesh strainer. Tap the strainer against the sink to remove excess water. Place the rice into a stock pot, along with the (new) water. Bring to a boil, stir, turn the heat to very low and place a lid on the pot.
- Cook for 25 - 35 minutes. The cooking time varies depending on your altitude, with higher altitudes taking longer. Check after 25 minutes, and if there is liquid in the pot, keep cooking until it's all been absorbed, and the rice is fluffy and soft.
- Allow the rice to cool to room temperature before promptly storing it in the fridge.

## CASHEW CHEESE

Yield: 1 cup | Freezes well

1 cup cashews, soaked in water for 10 - 15 minutes (130 g)

2 teaspoons lemon juice

½ teaspoon salt

⅛ teaspoon black pepper (5 turns)

¼ cup water (60 ml)

- Soak, drain, and rinse the cashews.
- Place the cashews into a food processor, along with the lemon juice, salt, and black pepper—pulse for about 1 minute to combine ingredients.
- Add the water and process until completely smooth. Store in the fridge.



# BATCHLESS RECIPES

## HUMMUS

Yield: 1 ½ | Freezes well

1 can garbanzo beans (AKA chickpeas) (225 g)

1 garlic clove minced

2 tablespoons lemon juice

¼ cup tahini (60 g)

¼ cup water (60 ml)

½ teaspoon salt

- Drain and rinse garbanzo beans well.
- Place all ingredients into your food processor and process until super creamy and smooth.
- Use immediately or store in an airtight container in the fridge.



## MISO TAHINI DRESSING

Yield: 1 cup | Freezes well

⅓ cup tahini (95 g)

⅓ cup water (100 ml)

2½ teaspoons white or yellow miso (10 g)

2½ teaspoons coconut aminos

2½ teaspoons lemon juice

1½ teaspoons brown rice vinegar

1½ teaspoons low-sodium gluten-free soy sauce

- Place all ingredients into a small bowl and whisk to combine.





## QUINOA

Yield: 3 cups | Freezes well

### Instant Pot Directions

1 cup uncooked quinoa (155 g)

1 ¾ cup water (265 ml)

- Place the quinoa into a fine mesh strainer and rinse well with water. Tap the strainer against the sink to remove as much excess water as possible.
- Place the rinsed quinoa and the (new) water into the Instant Pot and stir. Lock the lid into place, making sure the nozzle is in the sealing position.
- Use the Manual (or Pressure Cooking) mode and set the timer for 5 minutes. Use the natural release method when the timer goes off.
- After all the pressure has been released from the pot, take off the lid. Cool to room temperature, then promptly store in the fridge.

### Stovetop Directions

1 cup uncooked quinoa (155 g)

1 cups water (475 ml)

- Place the quinoa into a fine mesh strainer and rinse well with water. Tap the strainer against the sink to remove as much excess water as possible.
- Place the rinsed quinoa and the (new) water into a small pot and bring to a boil. Immediately turn the heat to low and cover the pot with a lid.
- Simmer for 15 – 20 minutes, until all the water is absorbed and the quinoa is fluffy and soft.
- Cool to room temperature, then promptly store in the fridge.





# BATCHLESS RECIPES

## SAUTÉED VEGGIES

Yield: 4 cups

- 4 cups mushrooms (any variety) sliced (280 g)
- 2 cups green zucchini unpeeled and sliced (250 g)
- 1 cup red onion thinly sliced (110 g)
- 1 cup red bell pepper sliced 1/4" thick, about 3" long (110 g)
- 1 tablespoon garlic minced (8 g)
- ¼ teaspoon dried rosemary crushed
- ¼ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper (10 turns)



- Heat a skillet over medium heat for 2 minutes. Add the mushrooms, zucchini, onion, bell pepper, garlic, rosemary, oregano, and salt and sauté for about 10 minutes, stirring occasionally, until most of the moisture has evaporated and the veggies are lightly browned and tender. Remove the skillet from heat and stir in the black pepper.
- Cool to room temperature, then promptly store in your fridge.

## WALNUT PARM

Yield: 1 cup | Freezes well

- 1 cup raw walnuts (120 g)
- ¼ cup nutritional yeast (20 g)
- ½ teaspoon garlic powder
- ½ teaspoon salt

*Make sure your food processor and its parts are completely dry before making.*

- Place all ingredients into your food processor and pulse until everything is combined and there are no chunks of walnuts. Do not over process or it will turn into nut butter. Store in a sealed container in the fridge.

