Plan B Dinners

Created by Planting Seeds of Health



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The fresh vegetables in these recipes are flexible, so be creative and use what is in your fridge, or keep a frozen bag of veggies in the freezer. It's always good to have a backup plan!

Spicy Coconut Lentil Soup

10 ingredients · 40 minutes · 4 servings



Directions

1. Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size
One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep
This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers
Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy
Swap out some of the water for coconut milk.

Likes it Really Spicy
Add cayenne pepper.

No Smoked Paprika
Use regular paprika.

More Veggies
Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

Ingredients

1/2 cup Brown Basmati Rice (uncooked)

1/2 cup Dry Lentils (uncooked)

1/4 cup Unsweetened Shredded Coconut

2 tsps Smoked Paprika

1 tsp Chili Powder

1/4 tsp Turmeric (ground)

1 tsp Cumin (ground)

1/2 tsp Sea Salt

7 cups Water

1/4 cup Cilantro (optional, chopped)

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Spinach & Goat Cheese Omelette

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat coconut oil in medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

Notes

No Goat Cheese
Use feta cheese instead

Ingredients

1 1/2 tsps Coconut Oil

6 Egg

1/2 tsp Sea Salt

1 tsp Black Pepper

2 cups Baby Spinach

1/2 cup Goat Cheese (crumbled)

1/2 cup Salsa

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Instant Pot Butter Chicken Recipe

14 ingredients · 40 minutes · 8 servings



Directions

1. Turn the Instant Pot on the Saute setting.
2. Melt the butter/coconut oil in the Instant Pot and add the diced onion and minced garlic.
3. Cook, stirring constantly for 2 minutes.
4. Add the diced chicken and saute for another 5 minutes or until chicken is opaque on the outside. It does not need to be completely cooked as the pressure will finish the cooking.
5. Turn off the Instant Pot.
6. Add the curry powder, salt, garam masala, ground ginger, ground cumin, and ground coriander.
7. Stir to combine.
8. Add the tomato paste and coconut milk stir to combine.
9. Put on the Instant Pot lid and turn to seal it.
10. Turn the knob to "sealing" and set the pressure manually to high for ten minutes. Let come to pressure, cook, and then let pressure release naturally. (This means waiting until the pressure releases on its own and not turning the vent to "venting" to manually release the pressure.)
11. Cook or prepare your rice, cauliflower rice, or rice noodles per package instructions.
12. Open the instant pot, stir, and shred the chicken with 2 forks.
13. At this point, you could add some broccoli or other vegetable, replace the lid, and cook for 1 more minute. Or you could just serve your cooked vegetable on the side.
14. Cook vegetables to taste if you didn't add them to the instant pot above.
15. Serve over rice, cauliflower rice, or rice noodles, and enjoy!
16. NOTE: I often cook my chicken in a frozen block by simply adding the chicken, coconut milk, tomato paste, and spices to the instant pot and cooking for 30 minutes. At that point, the chicken usually shreds nicely. If not, close the lid and cook for a few more minutes.

Ingredients

2 lbs Chicken Thighs

3 tbsps Butter (or coconut oil, ghee, or avocado oil)

2 Yellow Onion (diced)

3 Garlic (finely minced)

1 tbsp Curry Powder

1 tsp Sea Salt

2 tsps Garam Masala

1 tsp Ground Ginger

1 tsp Cumin

1 tsp Coriander

1 tbsp Tomato Paste (1 small can)

1 1/2 cups Canned Coconut Milk (1 can - preferably full-fat)

3 cups Vegetables From Your Fridge Or Freezer

8 servings Rice, Cauliflower Rice, Or Rice Noodles

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Chickpea Pasta & Meatballs

3 ingredients · 20 minutes · 4 servings



Directions

1. Cook the pasta according to the package directions. Drain and rinse with hot water per directions.
2. Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the frozen meatballs on the baking sheet. Cook in the oven for 15 to 17 minutes or until cooked through and golden brown.
3. While the meatballs and pasta are cooking, warm up the marinara sauce in a pan over medium heat. Add salt and pepper and adjust the seasoning to your taste. Transfer the cooked meatballs to the marinara sauce and stir well.
4. Add the pasta to the marinara. Stir and cook for two to three minutes. Divide the pasta evenly between plates, and top with meatballs and sauce.
5. Serve with a side salad, some steamed broccoli, some frozen vegetables, or whatever vegetable you have on hand. Enjoy!

Ingredients

1 lb Frozen Meatballs (I like the Amy Lu brand)

8 ozs Chickpea Pasta (1 box -Banza is one brand)

2 lbs Rao's Marinara Sauce (1 jar)

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is equal to approximately 1 1/2 cups.

Additional Toppings
Top with parmesan cheese and basil.

Gluten-Free
Use gluten-free pasta.

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Jeni's Weeknight Creamy Curry

10 ingredients · 40 minutes · 6 servings



Directions

1. In the pressure cooker, place the chicken, coconut milk, and curry paste. Stir, then cook on manual for 15 minutes if using fresh chicken or 30 minutes if using frozen.
2. When the chicken is finished, allow 5 minutes then release. Check for doneness. If the chicken is not done to your taste (I like it to fall apart), cook for 5 more minutes)
3. Add any chopped vegetables to the pot (broccoli and red pepper are my favorites, but use what you have). Cook for 1 minute or until the vegetables are crisp-tender.
4. Serve over cauliflower rice, rice, or rice noodles. Enjoy!
5. Stovetop Directions: If preparing this on the stovetop, 1 - Brown the chicken and set aside 2 - Saute the vegetables until crisp-tender 3 - Add the chicken back to the pan 4 - Add the coconut milk and curry paste, stir 5 - Simmer 5-10 minutes to allow the flavors to meld and ensure the chicken is cooked through.
6. NOTE: This recipe calls for fresh vegetables, but is easily adaptable for different vegetables, so use what you have! Also a bag of stir fry veggies in the freezer is a good option for this recipe.

Ingredients

1 1/2 cups Canned Coconut Milk (1 can - full fat preferred)

4 ozs Thai Red Curry Paste (1 jar)

2 lbs Chicken Breast

1 Red Bell Pepper (sliced)

1 Yellow Onion (sliced)

6 servings Cauliflower Rice, Rice, Or Rice Noodles

2 cups Broccoli (chopped)

1/4 cup Sliced Almonds (optional)

6 cups Cauliflower Rice (or Rice Or Rice Noodles)

1 bunch Cilantro (optional)

Notes

Experiment with this recipe
This is less of a recipe and more of a method. The basic ingredients are the chicken, coconut milk, and curry paste. Feel free to add other vegetables and tweak it to suit your tastes.

Make it Family-Friendly
If your family isn't a big fan of cauliflower rice, this is delicious over rice noodles, rice, or quinoa.

Leftovers
Refrigerate in an airtight container for up to three days.

More Flavor
Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

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No Chicken Breast
Use chicken thighs instead.