

# **Mostly Plants**

## **(Vegetarian and/or Vegan)**

**Slow Cooker Buttery Lentil Curry + Brown Rice + Cucumbers**

**Simple Stir Fry + Brown Rice**

**Lentil Marinara Spaghetti + Salad**

**Veggie Bean Soup + Whole Grain Biscuits**

**Miso Vegetable Noodle Soup + Roasted Tofu**



For feedback or questions, or if unsatisfied, please contact us via our website [www.nutritionforrealhumans.com](http://www.nutritionforrealhumans.com), by email: [cami@nutritionforrealhumans.com](mailto:cami@nutritionforrealhumans.com), or at any of our social media @nutritionforrealhumans.

Please note that while this is designed with general healthy nutrition in mind, it is not a prescription, advice or treatment for any disease and may not be appropriate for your needs – speak with a doctor or dietitian if you have questions about your dietary needs.

**How to use this meal plan** This meal plan is designed to make cooking delicious and healthy meals efficient and require as little brain power as possible. It includes:

- a shopping list of all the ingredients needed for all five meals
- detailed instructions for how to prepare the ingredients in one efficient session so that your daily chopping/measuring time is minimized
- instructions for putting the meal together the day you will eat it
- instructions for how to prepare the recipes one at a time in case you don't want to do the advance preparation

It may look like a lot of steps, but we have tried to write out every step so it is easy to follow and hard to miss anything. Meals are color-coded to help with the prep. Note that many of the ingredients on the shopping list are staples you may already have at home so check before you go to the store!

If you are going to do advance prep for all the recipes, go to page 4 and follow the instructions. Then on the day you are going to eat the meal, skip the "prep" section and go straight to the "recipe" section.

If you are going to prepare the recipes a day at a time, just follow the prep and then recipe section for each meal. You do not need to prepare them in the order presented, but read through them all because sometimes time-saving tips are written into the recipes (e.g. make extra rice for tomorrow's dinner to save yourself a step)

This meal plan includes 5 dinners, which leaves flexibility to eat leftovers, order takeout, or make sandwiches or something else you're craving on the other days. Recipes are designed for about 4 adult servings. Double the recipes (and shopping quantities!) if you have hungry teenagers or want to have extra leftovers.

### **Slow Cooker Buttery Lentil Curry + Brown Rice + Cucumbers**

*This is a super flavorful, hearty dish that will make your house smell wonderful as it cooks. At the end of the cooking time, butter, margarine, cream, or coconut milk is added to make a creamier dish. This enhances the flavor as well as the absorption of fat-soluble nutrients. Fresh cucumbers help balance out the spicy heartiness of this dish*

### **Simple Stir Fry + Brown Rice**

*This is a very flexible recipe that allows you to choose which veggies and protein you want to use. I like to use a large amount of veggies so I am automatically getting a good proportion of veggies. The brown rice provides whole grain benefits: fiber, protein, B-vitamins, and magnesium. You can substitute another whole grain if you prefer.*

### **Lentil Marinara Spaghetti + Salad**

*A tasty vegan marinara pasta recipe. It takes a good amount of time, but most of it is hands off cooking time. It takes even less effort if you use canned lentils*

### **Veggie Bean Soup + Whole Grain Biscuits**

*A flavorful bean soup that uses herbs and aromatic vegetables to provide flavor instead of a hambone. I love the different colors and textures that a bean soup mix provides. Beans provide protein, fiber, iron, calcium, and B-vitamins. **The dry beans will need to be soaked for at least 8 hours**, so plan ahead and set a reminder for yourself!*

### **Miso Vegetable Noodle Soup + Roasted Tofu**

*If you don't like tofu, you can poach or fry eggs to top your noodle soup with instead. Leave tofu off your shopping list and add eggs instead. You can also use any long skinny noodles you prefer – vermicelli, soba noodles, whole wheat spaghetti, even zoodles or other veggies noodles.*

## Shopping list:

- 2 cups mixed dry beans – often sold as “soup mix”. You can pretty much use any type of beans, but I like the variety of colors and textures in the bean soup mix
- 2 cups dry lentils, divided OR 1 ½ cups dry lentils and 1 can lentils if you are going to use canned lentils for the marinara
- Firm or extra firm tofu (16 oz)
- Stir Fry protein: Eggs, Firm or extra firm Tofu, Edamame (without shell), or 1 can white beans
- 3 cups dry brown rice
- 8 oz whole grain pasta
- 8-12 oz rice noodles (or substitute noodles of your choice for miso noodle soup)
- Whole wheat flour
- Baking powder
- Baking soda
- Granulated sugar
- Frozen Stir Fry Vegetables (1-2 bags) or a collection of fresh vegetables that you would like in a stir fry (cabbage, broccoli, carrots, green onions, peas, snow peas, sugar snap peas, turnips, jicama, green beans, bell peppers, etc.), enough to make at least 4-6 cups of chopped veggies
- 1/2 head broccoli or 1 bag frozen broccoli
- A seasonal vegetable for the veggie bean soup: zucchini, bell pepper, squash, sweet potato, potato, etc.
- 3 yellow onions
- 1 bunch green onions
- 14 Garlic cloves
- Lime
- Lemon
- About 3 thumb sized pieces of ginger or equivalent
- 7-8 Carrots
- 4 stalks Celery
- 2 Cucumbers
- Cilantro (optional)
- Serrano chiles (optional)
- 1 10-oz package spinach or spring mix, or another green of your choice – this will be for salad and the greens in the veggie bean soup
- Favorite dressing or vinegar
- 2-4 sheets Nori (I used 2 sheets of plain roasted seaweed snacks)
- White/yellow miso
- 3 15-oz cans tomatoes
- Optional vegetable broth
- Butter, margarine, cream, or coconut milk
- Milk or alternate milk (soy/almond/coconut)
- Olive oil
- Canola oil or another neutral vegetable oil that will do ok with high heat: grapeseed, corn oil, avocado oil
- Vinegar
- Sesame oil
- Sriracha (optional)
- (Optional) red pepper flakes
- Soy sauce
- Oregano
- Bay Leaf
- Dried Basil
- Curry powder
- Cumin
- Turmeric
- Chili powder
- Salt
- Pepper

**Get ready to prep! This usually takes around 2-2.5 hours, including the time to clean up, so choose a dedicated time you can set aside, make yourself a good playlist, call an old friend, or just take the time to be alone with your thoughts 😊**

- 1) Wash hands with soap and water
- 2) Collect a cutting board and knife, a large pot, a medium saucepan, and a small saucepan, and your containers and labels:
  - a. 5 large; label lentil marinara, veggie bean soup, miso soup veggies, stir fry vegetables, and rice
  - b. 2 medium; label buttery lentil curry, biscuit mix for bean soup (add another if using tofu for stir fry protein)
  - c. 4 small; label veggie bean soup garlic and herbs, miso broth, stir fry garlic and ginger, salad dressing
- d. You will also need a few ziploc bags
- 3) Cook rice for stir fry and buttery lentil curry:
  - a. Add 6 1/2 cups water to a large pot, cover and bring to boil.
  - b. Meanwhile, thoroughly rinse 3 cups brown rice.
  - c. Once the water is boiling, add the rice and replace the cover on the pot. Turn heat to low and allow to cook 45 minutes without stirring.
  - d. After 45 minutes, remove from heat, but let sit 15 more minutes without stirring. I repeat, DO NOT STIR! Stirring while the rice is cooking will make it gluey.
  - e. After the 15 minutes, fluff the rice with a fork (you can season with a little salt here if you like)
  - f. Spread on to a cookie sheet to cool, then once cool, transfer to a large container to store in the fridge
- 4) Make marinara sauce for the lentil marinara:
  - a. Peel onion and chop in half. Place in medium saucepan
  - b. Peel 2 cloves of garlic and add to same saucepan
  - c. To the same saucepan, add 2 15-oz cans tomatoes, 1 tsp dried oregano, 2 Tbsp olive oil, and a pinch of red pepper flakes (optional)
  - d. Bring this mixture to a simmer, then cover and simmer over low heat for about 45 minutes (set a timer!) While this is simmering, begin to cook the lentils.
  - e. Once your timer is done, remove the onion and smash the garlic and tomatoes with a fork. You can puree using a blender or immersion blender if you like, but smashing is all that is required.
  - f. Taste and add more salt and pepper if needed
  - g. Allow to cool while you continue prepping ingredients
- 5) Cook the lentils for the lentil marinara: **If using canned lentils, skip to the star.**
  - a. Peel 1 clove of garlic and add to a small saucepan.
  - b. Rinse 1/2 cup dry lentils and add to the small saucepan
  - c. To the same pan, add 1 bay leaf, 1/4 tsp salt and 2 cups water
  - d. Turn the heat to high, bring to a boil, then turn to low to keep them simmering.
  - e. Simmer 20-35 minutes or until lentils are tender, drain and allow to cool while you continue prepping ingredients
- 6) \*Collect the remaining 2 onions:
  - a. Dice 1 onion and add to the large container for veggie bean soup

- b. Roughly chop the other and add to a food processor (or if no food processor, finely dice and add to medium container for **buttery lentil curry**)
- 7) Collect 11 cloves garlic:
  - a. Peel 3 cloves garlic and add to food processor (or mince and add to **buttery lentil curry container**)
  - b. Mince 4 cloves and add to **stir fry garlic and ginger** container
  - c. Mince 4 cloves and add to small **bean soup garlic and herbs** container. Add 1 Tbsp oregano, 1 bay leaf, and 2 tsp dried basil - done
- 8) Collect ginger, 2 cucumbers, 7 carrots, ½ head broccoli, 1 bunch green onions, 4 stalks celery, cilantro and chilies if using, and the other veggies you are using for stir fry and bean soup and wash under cool running water
- 9) Ginger:
  - a. Slice 1 thumb-sized piece into coins and place into a small container or ziploc bag for the **miso broth – this container is done**
  - b. Peel 1 thumb-sized piece and mince – add to the **stir fry garlic and ginger -this container is done**
  - c. Peel 1 thumb-sized piece and add to food processor (or mince and add to medium container for **buttery lentil curry**)
- 10) Carrots:
  - a. Slice 4 carrots into rounds and add to large **veggie bean soup container**
  - b. Finely slice or grate 3 carrots and add to **miso soup veggie container**
  - c. Chop any carrots you are using for stir fry into bite-sized pieces and add to **stir fry vegetables** container
- 11) Finely slice green onions and add to **miso soup veggie container**
- 12) Broccoli:
  - a. Chop broccoli into bite-size pieces and add to **miso soup veggie container – this is now done**
  - b. Chop any broccoli you are using for stir fry into bite-sized pieces and add to **stir fry vegetables** container
- 13) Slice celery and place in large **veggie bean soup container**
- 14) Chop any other veggies you are using for **stir fry** or **bean soup** and place in their appropriate veggie containers – **these containers are now both done.**
- 15) If you are adding chiles to the **buttery lentil curry**: wearing gloves, or with your hands inside plastic produce bags, remove stems and seeds from chiles and add the chiles to the food processor or dice and add to the medium container for the **buttery lentil curry** (if not adding chilies, skip to step 15)
- 16) Throw away the gloves/bags and wash your hands, knife and cutting board thoroughly with soap and water
- 17) To the food processor (**or medium lentil curry container**), add 1 Tbsp curry powder, 1 tsp cumin, 1 tsp turmeric, ½ tsp chili powder, ¼ tsp sugar and a pinch of salt
- 18) Process until it becomes a paste – then place in **medium lentil curry container** and refrigerate. If no food processor, just cover the container and refrigerate - done
- 19) Peel and slice cucumbers and place in a large container for **lentil curry cucumbers - done**. If you like, you can add salt and pepper
- 20) If using cilantro to garnish the **lentil curry**, chop and place in a small plastic bag with a piece of paper towel

- 21) Meanwhile, wash, dry, and cut greens and store wrapped in a clean towel in the fridge – these will be for the salad to go with the **marinara** and to go in the **veggie bean soup**
- 22) If you do not have a favorite dressing on hand, to go with the **marinara**, make a simple oil and vinegar dressing by adding 1 Tbsp vinegar to 3 Tbsp olive oil along with a sprinkle of salt and pepper.
  - a. Stir with a fork until it starts to seem combined and slightly thicker.
  - b. Taste and add more salt/pepper/oil/vinegar if it is not salty enough/peppery enough/too sour/not sour enough.
  - c. Store in a small container
- 23) Mix biscuit mix to go with **bean soup**: 3 cups whole wheat flour, 1 Tbsp baking powder, ½ tsp baking soda, ½ tsp salt. Store in medium container for **biscuits** or ziploc bag
- 24) If using tofu for the **stir fry protein**, drain and press between a clean towel or clean paper towels to remove some of the liquid. Store in a container in the fridge.
- 25) If not already done, transfer cooled **lentils**, **marinara sauce**, and rice into containers and refrigerate. (Lentils and marinara sauce can be combined)

Wash your dishes (or load the dishwasher), wipe down the counter, sweep the floor and give yourself a break! You just prepped for 5 meals! Now when you are ready to make dinner each day, just skip to the “recipe” section of each meal. Future you will be so happy 😊

## Slow Cooker Buttery Lentil Curry + Brown Rice + Cucumbers

(recipe adapted from [hostthetoast.com](http://hostthetoast.com))

**Prep** (remember, skip to the recipe part if you did the prep all at once):

- Cook rice. (Consider doubling these amounts to make rice for tomorrow's stir fry today)
  - Add 3 ¼ cups water to a large sauce pan, cover and bring to boil.
  - Meanwhile, thoroughly rinse 1 ½ cups brown rice.
  - Once the water is boiling, add the rice and replace the cover on the pot. Turn heat to low and allow to cook 45 minutes without stirring. Stirring while the rice is cooking will make it gluey.
  - After 45 minutes, remove from heat, but let sit 15 more minutes and **DO NOT STIR!**
  - After the 15 minutes, fluff the rice with a fork (you can season with a little salt here if you like)
- Scrub ginger and cucumbers under running water and rinse chiles
- Peel ginger, garlic, and onion
- Add ginger, garlic, and onion to a food processor (you may need to cut the onion into large chunks so it fits)
- **If you are adding chiles:** wearing gloves, or your hands inside plastic produce bags, remove stems and seeds from chiles and add the chiles to the food processor
- Throw away the gloves/bags and wash your hands thoroughly with soap and water
- To the food processor, add 1 Tbsp curry powder, 1 tsp cumin, 1 tsp turmeric, ½ tsp chili powder, ¼ tsp sugar and a pinch of salt
- Process until it becomes a paste – then add the paste to the slow cooker
- **If you do not have a food processor:** Finely dice the onion, chiles, garlic, and ginger (you can also grate the garlic and ginger if you prefer), add to the slow cooker along with 1 Tbsp curry powder, 1 tsp cumin, 1 tsp turmeric, ½ tsp chili powder, ¼ tsp sugar and a pinch of salt

### Recipe

- Wash hands with soap and water
- Rinse 1 ½ cups lentils
- Put the lentils and the canned tomatoes (along with the liquid) into the slow cooker with the onion/garlic/spice paste
- Add 3 cups water and stir to combine everything
- Cook on high for 4 hours or low for 8 hours – lentils should be soft
- Wash cucumber and optional cilantro
- Peel cucumber and slice, and season with salt and pepper if you like
- Chop cilantro
- Once lentils are done, you can either mash some of the lentils or leave as is
- Squeeze in the juice of 1 lemon, and add salt and butter/margarine/cream/coconut milk to taste
- Serve over rice with optional cilantro garnish, alongside cucumbers

## INGREDIENTS

- Brown rice
- 1 1/2 cups dry lentils
- Small to medium onion, or ½ large onion
- 3 cloves garlic
- 2 inch piece ginger
- Curry powder
- Cumin
- Turmeric
- Chili powder
- Granulated sugar
- Diced tomatoes (15-oz can)
- Butter, margarine, cream, or coconut milk
- Cilantro (optional)
- Serrano chiles (optional)
- Lemon
- 2 Cucumbers

## Simple Stir Fry + Brown Rice

*If you end up with extra chopped vegetables, which often happens to me because I buy lots of types of veggies and they seem to multiply while chopping, put them in a freezer bag and store them in the freezer for next time you make this recipe.*

**Prep** (remember, skip to the recipe part if you did the prep all at once):

- Wash hands with soap and water
- Cook rice.
  - Add 3 ¼ cups water to a large sauce pan, cover and bring to boil.
  - Meanwhile, thoroughly rinse 1 ½ cups brown rice.
  - Once the water is boiling, add the rice and replace the cover on the pot. Turn heat to low and allow to cook 45 minutes without stirring.
  - After 45 minutes, remove from heat, but let sit 15 more minutes without stirring. I repeat, DO NOT STIR! Stirring while the rice is cooking will make it gluey.
  - After the 15 minutes, fluff the rice with a fork (you can season with a little salt here if you like)
- Wash vegetables and ginger under running water
- Peel and mince ginger and garlic
- Chop stir fry vegetables if applicable
- If using tofu, drain and press between a clean towel or clean paper towels to remove some of the liquid and cut into cubes

## Recipe

- Wash hands with soap and water
- Heat 2 Tbsp oil in a large pan
- Add the ginger and garlic
- Once the ginger and garlic is just fragrant, add the veggies
- Cook, stirring frequently until the veggies are the tenderness you would like
- If they are not cooking quickly enough or burning before they get tender, add ¼-1/2 cup water to the pan and cover. Let it steam for 3-5 minutes (checking to see how tender they are occasionally)
- Once the veggies are the tenderness you like, add 2 Tbsp soy sauce and your protein (unless it is eggs) and stir. Cook just long enough to heat protein through then serve over rice.
- **If you are using eggs**, add 2 Tbsp soy sauce to the veggies and stir to coat. Then, either remove veggies to a serving dish or scoot to one side of the pan. Whisk together eggs (4-8) and pour into the pan (or the empty side of the pan). Stir occasionally, breaking up chunks until cooked through. Serve with veggies over rice.
- If you like, you can also just pour the whisked eggs over the veggies and then continue stirring until all the egg is cooked. This will give you less noticeable chunks of eggs, but still provide protein and egg-y flavor

## INGREDIENTS

- Eggs, Firm or extra firm Tofu, Edamame (without shell), or 1 can white beans
- Brown Rice
- Frozen Stir Fry Vegetables (1-2 bags) or a collection of fresh vegetables that you would like in a stir fry, enough to make at least 4-6 cups of chopped veggies
- 4 Garlic cloves
- Small piece of ginger
- Soy sauce



## Lentil Marinara Spaghetti + Salad (pasta recipe from [cookieandkate.com](http://cookieandkate.com))

**Prep** (remember, skip to the recipe part if you did the prep all at once):

- Wash hands with soap and water
- Peel onion and chop in half. Place in medium saucepan
- Peel 2 cloves of garlic and add to same saucepan
- To the same saucepan, add 2 15-oz cans tomatoes, 1 tsp dried oregano, 2 Tbsp olive oil, and a pinch of red pepper flakes (optional)
- Bring this mixture to a simmer, then cover and simmer over low heat for about 45 minutes
- **If using canned lentils, skip to the star**
- Peel 1 clove of garlic and add to a small saucepan.
- Rinse ½ cup dry lentils and add to the small saucepan
- To the same pan, add 1 bay leaf, ¼ tsp salt and 2 cups water
- Turn the heat to high, bring to a boil, then turn to low to keep them simmering.
- Simmer 20-35 minutes or until lentils are tender, drain and set aside
- \*Meanwhile, wash, dry, and cut lettuce and store wrapped in a clean towel in the fridge
- If you do not have a favorite dressing on hand, make a simple oil and vinegar dressing by adding 1 Tbsp vinegar to 3 Tbsp olive oil along with a sprinkle of salt and pepper.
  - Stir with a fork until it starts to seem combined and slightly thicker.
  - Taste and add more salt/pepper/oil/vinegar if it is not salty enough/peppery enough/too sour/not sour enough.
- Once the sauce is done simmering, remove the onion and smash the garlic and tomatoes with a fork. You can puree using a blender or immersion blender if you like, but smashing is all that is required.
- Taste and add more salt and pepper if needed

### INGREDIENTS

- 2 15-oz cans
- 1 medium yellow onion
- 3 cloves garlic
- Olive oil
- Oregano
- (Optional) red pepper flakes
- ½ cup dry lentils or 1 15-oz can lentils
- Bay leaf
- 8 oz whole grain pasta
- Greens for one side salad
- Favorite dressing or vinegar

### Recipe

- Wash hands with soap and water
- Boil a large pot of water and cook 8 oz pasta according to the package directions
- Add the lentils to the sauce (drain and rinse first if using canned) and stir. Heat until lentils are warmed through
- Serve sauce and lentils over cooked pasta, with salad and dressing on the side.

## Veggie Bean Soup + Whole Grain Biscuits

**Prep** (remember, skip to the recipe part if you did the prep all at once):

- Wash hands with soap and water
- Soak beans in clean water for at least 8 hours or overnight, rinse and drain
- Dice onion
- Mince garlic
- Slice carrots into rounds
- Dice celery
- Cut your other bean soup vegetable into about 1 inch pieces (squash, potatoes, peppers, etc.)
- Mix biscuit mix: 3 cups whole wheat flour, 1 Tbsp baking powder, ½ tsp baking soda, ½ tsp salt

### Recipe:

- Wash hands with soap and water
- Heat a large soup pot over medium heat
- Add 2 Tbsp olive oil, the diced onion, the veggies, and 1 tsp salt to the pot. Cook until onions are golden and tender
- Add the minced garlic and spices (bay leaf, oregano, basil) and cook for about 1 more minute (not too long or the garlic will burn)
- Add the drained and rinsed beans and stir to combine. Add enough water or broth (or a combination of both) to cover the beans by about 2 inches
- Turn the heat to high, cover, and bring to a boil.
- Then turn the heat down so that the beans will just stay simmering and keep it covered.
- In about 45 minutes, check the beans to see if they are tender. They may take up to 1.5 hours to cook (but probably less if they were soaked long enough)
- While the soup is cooking, preheat the oven to 475 and line a baking sheet
- Add 2 tsp vinegar to 1 cup milk and stir
- Add the soured milk and ½ cup oil to the biscuit dry ingredients
- Mix until just combined
- If the biscuit dough is doughy enough, you can empty it onto the lined baking sheet and divide it into biscuit shapes with a knife (I like to divide this into 12 or 16)
- You can also just scoop out blobs of biscuit dough onto a lined baking sheet. They will just look less formal 😊
- Bake biscuits for 10-12 minutes until golden on the bottom
- Once beans are tender, taste and add more salt if needed
- Stir in greens and cook 3-5 minutes more or until greens are wilted

## INGREDIENTS

- 2 cups mixed dry beans
- Onion
- 4 cloves garlic
- 4 Carrots
- 4 stalks celery
- 1 other seasonal vegetable (zucchini, bell pepper, squash, potato, sweet potato)
- 3-4 cups greens (spinach, chard, kale, collard or beet greens)
- 1 Tbsp Oregano
- 1 Bay Leaf
- 2 tsp Basil
- Olive oil
- Canola oil or vegetable oil
- Optional vegetable broth
- Whole wheat flour
- Milk or alternate milk (soy/almond)
- Vinegar

**Miso Vegetable Noodle Soup + Roasted Tofu** (adapted from [bojongourmet.com](http://bojongourmet.com))

**Prep** (remember, skip to the recipe part if you did the prep all at once):

- Wash hands with soap and water
- Scrub ginger and carrots and gently rinse broccoli and green onions
- Slice ginger into “coins” (no need to peel as it is for making the broth) and place into small container or ziploc bag
- Chop broccoli into bite-size pieces and add miso soup veggie container
- Finely slice or grate carrots, and finely slice green onions and add to miso soup veggie container

**Recipe:**

- Wash hands with soap and water
- Preheat the oven to 400 F and line a large baking sheet
- Add the ginger coins and 2-4 sheets Nori to a large heat-proof bowl
- Add 8 cups boiling water to the bowl, cover it, and let steep for 20-30 minutes
- Meanwhile, drain the tofu and wrap in a clean towel. Gently but firmly press the block of tofu through the towel to bring out a good amount of the moisture (no need to be very thorough – just 1-2 firm presses)
- Cut the tofu into ½” cubes and place in a small bowl. Drizzle with 1 Tbsp sesame oil and 1 Tbsp soy sauce (and 1 tsp Sriracha if using)
- Spread tofu on the baking sheet making sure the pieces are not touching (as much as possible). Roast 15-20 minutes, tossing once halfway, until cubes are browned and slightly crisp
- Once broth is done steeping, strain and pour into a large pot. Bring to a simmer
- Once broth is simmering, add vegetables and cook until just tender.
- Cook noodles according to package directions
- Add ½ cup of the broth to ½ cup miso paste and stir until combined, then add this combination back to the pot. Taste and add lime juice and/or more soy sauce to taste.
- Add noodles and tofu to each bowl, and pour broth and veggies over top. Enjoy

**INGREDIENTS**

- 2 inches fresh ginger
- 2-4 sheets Nori (I used 2 sheets of plain roasted seaweed snacks)
- White/yellow miso
- Lime
- Soy sauce/tamari
- Sesame oil
- Sriracha (optional)
- Firm or extra firm tofu (16 oz)
- 8-12 oz rice noodles
- 1/2 head broccoli or 1 bag frozen broccoli
- 3-4 carrots
- Green onions