Hello!

Eating healthy can feel financially challenging but it doesn't need to be! It is no secret that stress has a negative impact on health so let's take that off the table for eating. Use this plan to help you save money and feel your best!

Here are some of my favorite meals that will help you eat healthy and save money. Each comes in at under $3 per serving!

How to Use
Start by adding a couple of new recipes from this book into your regular meal rotation. If you have specific food restrictions due to allergies or sensitivities, please modify accordingly.

Recipe Tips

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

I hope these meals will help inspire you to eat healthy during times of tight budgets. No need to sacrifice nutrient density and flavor, just eat real, whole foods!

Stay well,
Kristen Burkett, MS, MNT

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.
## Budget Friendly Meals

### 7 days

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# Budget Friendly Meals
78 items

## Fruits
- 5 Apple
- 2 Avocado
- 2 Blood Orange
- 3/4 cup Blueberries
- 2 Lemon
- 3 tbsp Lemon Juice
- 3 Lime
- 1/4 cup Lime Juice

## Breakfast
- 2 tbsp All Natural Peanut Butter
- 1/3 cup Maple Syrup
- 1 cup Steel Cut Oats

## Seeds, Nuts & Spices
- 1/2 tsp Cayenne Pepper
- 3 tbsp Chia Seeds
- 1 1/16 tbsp Chili Powder
- 1 1/4 tsp Cinnamon
- 3/4 tsp Coriander
- 3 1/16 tbsp Cumin
- 3/4 tsp Fennel Seed
- 1 tsp Oregano
- 1 tbsp Paprika
- 1/4 cup Raw Peanuts
- 2 1/3 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsp Smoked Paprika

## Vegetables
- 4 cups Baby Spinach
- 1 bunch Broccolini
- 2 cups Butternut Squash
- 5 Carrot
- 7 stalks Celery
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1/4 Cucumber
- 1/3 cup Fresh Dill
- 16 Garlic
- 4 stalks Green Onion
- 5 cups Kale Leaves
- 1/4 cup Mint Leaves
- 1 3/4 cups Parsley
- 12 cups Purple Cabbage
- 3 Red Bell Pepper
- 1/2 cup Red Onion
- 2 Tomato
- 1/2 White Onion
- 5 Yellow Onion
- 2 Zucchini

## Bread, Fish, Meat & Cheese
- 1 Whole Wheat Pita

## Condiments & Oils
- 1/4 cup Apple Cider Vinegar
- 2 2/3 tbsp Avocado Oil
- 1 1/3 tbsp Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 1 tbsp Tahini
- 1 1/2 tbsp Tamari

## Cold
- 6 Egg
- 1 1/4 cups Plain Coconut Milk
- 2 cups Unsweetened Almond Milk
- 3 1/4 cups Unsweetened Coconut Yogurt

## Other
- 13 1/8 cups Water

## Boxed & Canned
- 10 1/4 cups Black Beans
- 6 cups Chickpeas
- 6 1/2 cups Diced Tomatoes
- 1 1/2 cups Dry Chickpeas
- 2 cups Dry Lentils
- 2 cups Dry Red Lentils
- 1 cup Green Lentils
- 2 cups Lentils
- 2 cups Organic Coconut Milk
- 13 cups Organic Vegetable Broth
- 1 3/4 cups Red Kidney Beans
- 2 tbsp Tomato Paste

## Baking

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1/4 cup Dried Unsweetened Cranberries
2 tbsps Nutritional Yeast
2 cups Oats
2 tbsps Raw Honey

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Warm Peas with Eggs
5 ingredients · 15 minutes · 2 servings

Directions

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from heat and serve immediately. Enjoy!

Notes

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

Serving Size
One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor
Use broth or oil instead of water.

Additional Toppings
Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Ingredients

1/2 White Onion (diced)
3 tbsps Water
3 cups Frozen Peas
1/4 tsp Sea Salt
4 Egg
Apple Crisp Yogurt Bowls
5 ingredients · 20 minutes · 2 servings

Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

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

Serving Size
One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings
Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Ingredients

1 Apple (cored, chopped)
1 cup Oats (rolled)
2 tbsps Maple Syrup
1 tsp Cinnamon
2 cups Unsweetened Coconut Yogurt

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Blueberry Overnight Steel Cut Oats
5 ingredients · 8 hours · 3 servings

Directions

1. Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
2. Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
3. When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers
Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free
Use coconut milk or hemp milk instead of almond milk.

More Flavor
Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings
Top with coconut flakes, strawberries, raspberries or banana.

More Protein
Stir in your favorite protein powder when adding the milk.

Ingredients

1 cup Steel Cut Oats
3 cups Water (boiling)
2 cups Unsweetened Almond Milk
2 tbsp Chia Seeds
3/4 cup Blueberries

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Cabbage Egg Nests
4 ingredients · 15 minutes · 1 serving

Directions

1. Heat a skillet over medium heat and add the avocado oil. Once the pan is hot, add the cabbage and cook for 3 to 4 minutes, until softened.

2. Make two spaces in the cabbage and crack the eggs into each space. Season with sea salt and cover with a lid. Cook for 3 to 4 minutes or until the whites are set and the yolks are cooked to your preference. Serve and enjoy!

Notes

Leftovers
The eggs are best enjoyed the same day. Refrigerate the cabbage in an airtight container for up to four days.

No Avocado Oil
Use olive oil or coconut oil.

More Flavor
Add nutritional yeast, everything bagel seasoning and/or cook with ghee.

Additional Toppings
Top with sliced avocado.

Ingredients

| 1/2 tsp Avocado Oil |
| 2 cups Purple Cabbage (shredded) |
| 2 Egg |
| 1/8 tsp Sea Salt |

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**Blood Orange Tahini Overnight Oats**

5 ingredients · 8 hours · 2 servings

**Directions**

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

**Notes**

**Leftovers**
Store in an airtight container in the fridge for up to three days.

**Gluten-Free**
Use certified gluten-free oats.

**More Flavor**
Add maple syrup or cinnamon.

**Hot or Cold**
These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

**No Blood Oranges**
Use regular navel oranges instead.

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**Ingredients**

1 cup Oats (rolled)
1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
1 tbsp Chia Seeds
2 Blood Orange (small, peeled and chopped)
1 tbsp Tahini

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Black Bean Dip
6 ingredients · 15 minutes · 6 servings

Directions

1. Add all ingredients to the jar of your food processor and process until very smooth.
2. Transfer into a bowl and enjoy!

Notes

Serve it With
Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers
Store in an airtight container in the fridge for 5 days, or freeze for two months or more.

Ingredients

2 1/4 cups Black Beans (cooked, from the can)
2 tsp Cumin
1/2 tsp Smoked Paprika
2 tbsp Extra Virgin Olive Oil
1 Lime (juiced)
1 tsp Sea Salt

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Slow Cooker Purple Cabbage with Apples
4 ingredients · 4 hours · 10 servings

Directions

1. Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
2. Divide into bowls or onto plates and enjoy!

Notes

More Flavour
Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

No Red Wine Vinegar
Use balsamic vinegar or apple cider vinegar instead.

No Apples
Use pears instead.

Serve it With
Chicken, pork, sausage, potatoes and bacon bits, seitan, marinated tofu, goat cheese or feta. Try it with our Rotisserie Chicken, Apple Turkey Burgers (replacing the caramelized onions), Herbed Pork Roast, Olive Pesto Pork, or Turkey Breakfast Sausage recipe.

Turn it Into a Salad
Mix with quinoa, spinach, walnuts and goat cheese.

Storage
Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.

Ingredients

8 cups Purple Cabbage (finely sliced)
4 Apple (diced)
1 Yellow Onion (finely diced)
1/4 cup Red Wine Vinegar

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Mango, Edamame & Cabbage Salad with Peanut Sauce

9 ingredients · 15 minutes · 2 servings

Directions

1. In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.

2. Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free
Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Cabbage
Use coleslaw mix, mixed greens, kale or spinach instead.

No Rice Vinegar
Use apple cider vinegar instead.

Extra Flavour
Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers
Refrigerate in an air-tight container up to 3 to 4 days.

Ingredients

2 tbsps All Natural Peanut Butter
2 tbsps Extra Virgin Olive Oil
1 tbsp Rice Vinegar
1 1/2 tsps Tamari
2 tbsps Raw Honey
2 cups Purple Cabbage (finely sliced)
1 cup Frozen Edamame (thawed)
1 cup Frozen Mango (thawed)
1/4 cup Raw Peanuts (roughly chopped)

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Chickpea Edamame Salad with Lemon & Dill
8 ingredients · 10 minutes · 2 servings

Directions

1. In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
2. Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage
Refrigerate in an airtight container up to 3 to 5 days.

No Spinach
Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free
Use green peas instead of edamame.

No Chickpeas
Use lentils or black beans instead.

Ingredients

1/2 Lemon (juiced)
1 tbsp Avocado Oil
1 tsp Dijon Mustard
1 tsp Maple Syrup
2 tbsp Fresh Dill (chopped)
2 cups Baby Spinach (chopped)
1 cup Chickpeas (cooked)
1 cup Frozen Edamame (thawed)
Chopped Salad Pitas
6 ingredients · 10 minutes · 2 servings

Directions

1. In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
2. Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
3. Stuff the pita pockets with the chickpea mixture. Enjoy!

Notes

Leftovers
Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

Serving Size
Each serving equals one pita half stuffed with the chickpea mixture.

Gluten-Free
Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

More Flavor
Add lime juice, fresh herbs or spices.

Additional Toppings
Bell peppers, feta cheese, red onions and/or black olives.

No Chickpeas
Use marinated tofu, white beans, lentils, chicken breast or turkey instead.

Ingredients

1 cup Chickpeas (cooked)
1 cup Cherry Tomatoes (sliced into quarters)
1/4 Cucumber (chopped)
1/4 tsp Sea Salt
1 Whole Wheat Pita (halved)
1/4 cup Unsweetened Coconut Yogurt

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# Fried Chickpeas & Spinach Yogurt Bowl

5 ingredients · 15 minutes · 2 servings

## Directions

1. Heat olive oil in a large pan over medium heat.
2. Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes. If the chickpeas begin to stick to the pan, add more olive oil or a bit of water, as needed.
3. Stir in the chopped spinach and cook until wilted, about one minute.
4. Divide the yogurt into bowls. Top with chickpea and spinach mixture. Enjoy!

##Notes

**Leftovers**
Refrigerate in an airtight container for up to five days.

**Serving Size**
Each serving equals approximately one cup of chickpeas and 1/2 cup of yogurt.

**More Flavor**
Add pesto, chimichurri, or dried herbs to the chickpea mixture.

**Additional Toppings**
Top with feta cheese, cherry tomatoes, basil, parsley or cilantro.

## Ingredients

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<tr>
<td><strong>2 tbsps</strong></td>
<td>Extra Virgin Olive Oil</td>
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<td><strong>2 cups</strong></td>
<td>Chickpeas (cooked, patted dry)</td>
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<td><strong>1/2 tsp</strong></td>
<td>Sea Salt</td>
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<tr>
<td><strong>2 cups</strong></td>
<td>Baby Spinach (chopped)</td>
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<tr>
<td><strong>1 cup</strong></td>
<td>Unsweetened Coconut Yogurt</td>
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Lemon Maple Chickpea Salad

8 ingredients · 15 minutes · 3 servings

Directions

1. In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
2. Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
3. Divide between plates and enjoy! For best flavor, serve chilled.

Notes

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

More Flavor
Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

Serve it With
Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.

Ingredients

3 tbsps Lemon Juice
2 tbsps Maple Syrup
1 tbsp Dijon Mustard
1/2 tsp Sea Salt
1 Red Bell Pepper (chopped)
1 Zucchini (small, chopped)
1/4 cup Red Onion (finely chopped)
2 cups Chickpeas (cooked)

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Mexican Black Bean Salad
8 ingredients · 15 minutes · 4 servings

Directions

1. In a large mixing bowl combine the black beans, pepper, onion and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

Notes

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

Serving Size
One serving is approximately 1 cup.

More Flavor
Add cilantro, tomato, corn or hot sauce.

No Black Beans
Use cooked lentils or chickpeas instead.

Ingredients

- 2 cups Black Beans (cooked)
- 1 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (chopped)
- 1 Avocado (diced)
- 1/4 cup Lime Juice
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Sea Salt
Lentil Salad with Maple Roasted Squash

11 ingredients · 30 minutes · 4 servings

Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Notes

Leftovers
Store in an airtight container in the fridge for up to 5 days.

No Maple Syrup
Use honey instead.

No Butternut Squash
Use sweet potato or carrots instead.

Save Time
Buy pre-sliced butternut squash.

Ingredients

- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 1 1/2 tsps Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tsps Maple Syrup
- 1/4 cup Extra Virgin Olive Oil
- 2 tsps Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 2 cups Lentils (cooked, from the can)
- 4 stalks Green Onion (chopped)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Parsley (chopped)
Slow Cooker Black Bean Soup
11 ingredients · 4 hours · 6 servings

Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.

2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size
One serving equals approximately 1.5 cups.

Toppings
Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top
If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (finely diced)
2 stalks Celery (diced)
1 Carrot (large, chopped)
6 Garlic (cloves, minced)
1 tbsp Cumin
1/2 tsp Cayenne Pepper
6 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
2 cups Water
2 Lime (juiced)

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Spiced Lentils & Broccolini with Lemon
10 ingredients · 30 minutes · 3 servings

Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.

2. In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.

3. Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

Notes

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

Additional Toppings
Top with chili flakes and fresh herbs.

More Flavor
Use whole coriander and fennel seeds and grind to release the spices.

Warmed Lentils
If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.

Ingredients

1 bunch Broccolini (trimmed)
1/2 Lemon (sliced thin)
1 tbsp Avocado Oil
1/2 tsp Sea Salt (divided)
3 tbsp Extra Virgin Olive Oil
1 Garlic (clove, thinly sliced)
3/4 tsp Coriander
3/4 tsp Fennel Seed (ground)
1 cup Green Lentils (cooked, drained and rinsed)
1/4 cup Mint Leaves (chopped)

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**Slow Cooker Lentil Chili**

15 ingredients · 5 hours · 6 servings

**Directions**

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.

2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.

3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

**Notes**

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

**Likes it Spicy**
Add one chopped jalapeno pepper.

**More Flavor**
Add the juice of one lime to the slow cooker just before serving.

**No Beans**
Use lentils only.

**Leftovers**
Store leftovers in the fridge for up to five days, or freeze for longer.

**Ingredients**

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)
Slow Cooker Moroccan Lentils
9 ingredients · 8 hours · 8 servings

Directions
1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

Notes
Serve it With
Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

Leftovers
Refrigerate in an airtight container up to 5 days. Freeze if longer.

Ingredients
2 cups Dry Lentils (brown or green, uncooked)
2 Tomato (medium, diced)
1 Yellow Onion (medium, diced)
3 Garlic (cloves, minced)
1/2 cup Parsley (chopped and divided)
1 tbsp Cumin
1 tbsp Paprika
2 tsps Sea Salt
8 cups Water

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Pressure Cooker Red Lentil & Vegetable Soup
12 ingredients · 20 minutes · 6 servings

Directions

1. Add all ingredients except for the lemon juice to the pot of your pressure cooker.
2. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
3. Divide between bowls and enjoy!

Notes

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

Serving Size
One serving is approximately 1 1/2 cups of soup.

Additional Toppings
Serve with additional lemon wedges and fresh parsley.

Consistency
If the soup is too thick, thin with additional broth until desired consistency is reached.

More Veggies
Add bell pepper and/or tomato.

Ingredients

1 Carrot (peeled, chopped)
1 Yellow Onion (chopped)
1 stalk Celery (chopped)
1 Zucchini (chopped)
3 Garlic (cloves, minced)
5 cups Organic Vegetable Broth
1 cup Dry Red Lentils (rinsed)
1 cup Parsley (chopped)
1 cup Kale Leaves (finely chopped)
1 tsp Oregano
1/2 tsp Sea Salt
1 Lemon (juiced)
Slow Cooker Dill Vegetable Soup
10 ingredients · 4 hours · 8 servings

Directions
1. Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
2. Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
3. Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
4. Divide into bowls and enjoy!

Notes
Serving Size
One serving is equal to approximately 1.25 cups of soup.

More Carbs
Stir in cooked rice or quinoa before serving.

No Coconut Milk
Use almond milk, cashew milk, oat milk or cream instead.

No Chickpeas
Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

Storage
Refrigerate in an airtight container up to 5 days, or freeze if longer.

Ingredients
6 cups Organic Vegetable Broth
1 1/2 cups Dry Chickpeas (uncooked, rinsed)
2 Carrot (medium, peeled and diced)
4 stalks Celery (diced)
1 tsp Sea Salt
4 cups Kale Leaves (chopped)
1/4 cup Fresh Dill (stems removed, chopped)
2 cups Organic Coconut Milk (canned)
2 tbsp Apple Cider Vinegar
2 tbsp Nutritional Yeast

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