

A PLANT-BASED

Pantry



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Plant-based Protein Alternatives

Introduction



This resource provides alternatives to fresh meat protein such as beef, pork, and poultry for food banks, food pantries and their clients. When these protein sources are not available or cost prohibitive this resource will help ensure complete protein in the daily diet. If a client is a vegetarian or vegan, this can be offered to educate that client on the way to follow a plant-based lifestyle using shelf-stable products. Information is included on how to combine foods for maximum nutritional value. Foods that may not be familiar have definitions and explanations in this toolkit. How to substitute plant-based foods for fresh meat in familiar recipes and family-friendly favorites are included. Information for those concerned about the health benefits of a plant-based diet (for example diabetes) is also included.

For the purposes of education, the Mediterranean Diet has been included to show that a diet does not need to contain a large portion of animal products to be healthy. Adding animal-based protein foods, as well as fish and seafood are an option if they are available. However, we are only focusing on recipes that contain complete proteins without these products. Ideally, adding fresh, frozen or canned fruits and vegetables would add a nutritious boost to these recipes when they are available.

If you would like more information on how to follow a vegetarian diet please visit www.dietaryguidelines.gov and look at appendices 8 and 9 of the Dietary Guidelines for Americans, 2010 for vegetarian adaptations of the USDA food patterns at different calorie levels.

You can also go to https://grayson.ca.uky.edu/files/my_plate_vegetarian.pdf for more information on the Choose MyPlate Vegetarian meal pattern.¹

Protein Alternative Information



Introduction to Alternate Protein Sources

Plant-based:

- A diet where fruits, vegetables, whole grains, beans, legumes and all pulses, soy foods, nuts and seeds, plant oils, and herbs and spices are used.
- It is sometimes called “plant-centric.”
- Plant foods are meant to replace animal products as protein sources.
- This can be referred to as a strict vegetarian diet called a vegan diet or one that does not contain animal products.

Plant-forward:

- This is a style of eating that focuses on plant-based foods, but is not limited to them.
- Meat (beef, pork or poultry) may be used as a side item, topping or garnish (like adding bacon to a pot of beans) or in limited quantities. Meat is not necessarily the center of the meal.
- In this type of vegetarian diet, fish may be used, and eggs and dairy are often included.²

Note: A plant centered diet can be higher in fiber than the average person might be used to eating in a day, Therefore, it is recommended that you proceed slowly and drink plenty of water. The recommendation is at least 64 ounces or 8 cups of water each day.

The Mediterranean Diet

What is the Mediterranean Diet?

This lifestyle diet is a type of plant-forward diet in which pasta and whole grains are used with fruits and vegetables at every meal. Nuts, beans, and lentils are included every day. Olive oil is used as the main fat component. Fresh herbs and spices are used as much as possible for seasonings. Fish and shellfish are the main proteins, along with cheeses, yogurt and poultry. Meat is used in smaller portions and less frequently.

What are the benefits?

This type of diet has been shown to slow the development of Alzheimer’s disease, reduce cancer risk, improve inflammatory illnesses such as asthma and arthritis, and lower the risk of developing cardiovascular disease, diabetes, high blood pressure and high cholesterol. It can also show improvements in the health of those who already have these diseases. Obesity is associated with the development of these illnesses. Following a Mediterranean diet, along with proper exercise, can help maintain a healthy weight.³



Complete Proteins

What is a complete protein? This is a food or combination of foods that provide essential protein components called amino acids that our body cannot produce on its own. Complete proteins must come from the food we eat.⁴

Where are complete proteins found?

- All animal, fish and seafood protein contain the essential amino acids.
- Some, but not all, plant sources are complete proteins.
- Plant sources that are a complete protein on their own are: **quinoa, buckwheat, soybeans, tempeh, hemp, amaranth, spirulina (an algae), nutritional yeast and chia seeds**. For this reason, these are staples of a vegan diet (a diet that uses no animal products at all).
- Complete protein can be achieved by combining beans, grains, nuts and seeds in the diet. The items are best to be eaten at every meal for balance. However, as long as they are part of the daily diet, the goal of taking in essential amino acids is achieved.
- Combinations include:
 - Nuts, nut butters, or seeds with whole grains (e.g. peanut butter on whole wheat bread)
 - Whole grains with beans (e.g. beans and rice, hummus and pita bread, bean chili with cornbread or crackers, or beans on a tortilla)
 - Beans with nuts or seeds, this one is more difficult (like sprinkling pumpkin seeds and garbanzo or black beans on a salad)

Beans, Legumes, and Pulses

Common types of beans* include:

- Chickpeas (also called garbanzo beans)
- Great Northern beans
- Red kidney beans and Cannellini beans (white kidney beans)
- Black beans
- Lima beans
- Pinto beans
- Lentils (actually a legume)
- Black-eyed peas
- Garden peas (split and dried often)

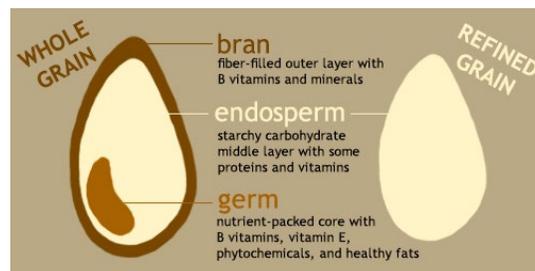
**The term bean is used when referring to all beans, legumes and pulses (edible seed that grows in a pod such as beans, lentils and peas).*

Protein Alternative Information



Whole Grains

Whole grain means that the entire grain is intact for maximum health benefit (fiber being a main component as well as vitamins and minerals). It includes the germ, endosperm, and bran. Whole wheat flour, for instance, is a type of whole grain. White flour is refined and has been stripped of vital nutrients including fiber. It is then only enriched with some vitamins, but not the bran fiber.⁵



Read the label to make sure that the first word on the ingredient list is whole grains. Look for the 100% whole grain stamp. The item must contain at least 16 grams of whole grains to qualify as a whole grain product. It's recommended that half of all grains consumed daily be from whole grains.

Don't be fooled by the terms on the front of the package. The term "multigrain" only means that the item contains many grains. Watch for other misleading claims like "12-grain", "all natural" or "contains whole grain." None of these terms mean the food has all of the whole grain needed to qualify as a whole grain food.⁵

Common types of whole grains include:

- Wheat
- Brown rice
- Oatmeal
- Whole corn meal
- Barley
- Buckwheat
- Quinoa
- Millet
- Teff
- Wild rice
- Bulgur
- Farro
- Amaranth
- Rye
- Sorghum
- Spelt

Substitutions for Protein Ingredients in Recipes

How to substitute a vegetable-based product for an egg:

One whole egg can be substituted with 1 tablespoon ground flax seed and 3 tablespoons water. Always store ground flaxseed in an airtight container in the refrigerator.

Thickening substitute:

As illustrated in the recipe for Meatless Meatloaf, aquafaba, the viscous liquid in which chickpeas are cooked, can be a thickening agent in recipes and act as an egg white substitute.

Protein Alternatives and Diabetes



Are plant-based proteins appropriate for people with diabetes?

Yes! Plant-based and plant-forward diets, especially when supplemented with wholesome plant-based foods, may actually be beneficial in preventing development of type 2 diabetes. Although typically higher in carbohydrates, plant-forward eating patterns focus on eating more “real”, less processed, foods and are high in fiber, antioxidants, vitamins, and minerals.

According to the American Diabetes Association (ADA), people who follow a plant-based diet typically:

- consume fewer calories and less fat, saturated fat, and cholesterol
- have lower BMIs than non-vegetarians
- consume more fiber, potassium, and vitamin C

While animal proteins are not at the basis of plant-based or plant-forward eating, healthy choices like poultry, fish, eggs and yogurt can still be included as a part of a healthy diet. As with any eating plan for someone with diabetes, try to eat small meals and snacks spread throughout the day.

Examples of healthy snacks that include plant-based proteins include:

- Apple with peanut or almond butter
- Carrots and hummus
- Handful of nuts and dried fruit
- Vegetables with bean dip
- Roasted chickpeas (garbanzo beans)
- Roasted edamame
- Popcorn topped with nutritional yeast

Even if you don't fully change your diet to be plant-based, making small changes in the direction of plant-forward eating can provide big benefits. For example, simply adding more vegetables to your meals or snacks, or eating at least one vegetarian meal per week are great places to start towards living a healthier lifestyle.



Roasted Chickpeas: Pre-heat oven to 400 degrees. Drain and rinse canned chickpeas, toss with a small amount of olive oil and salt. Spread out onto a foil-lined sheet pan and roast for 20-30 minutes, toss with other favorite flavorings. Let cool before storing in an airtight container. $\frac{1}{4}$ cup is 25 grams of carb and 8 grams protein.

Recipes



Veggie Chili

Makes 4 servings (1 cup per serving)
257 calories • 527mg sodium • 11g protein • 29g carbs • 10g total fat (5g sat. fat) • 5g fiber • (\$0.75 per serving)

Ingredients:

1-15 ounce can low-sodium black beans; drain and rinse
1 cup chopped onion
1-14.5 ounce can diced tomatoes
2 Tbs canola oil
4 cups hot water (or low sodium chicken broth)

1 packet low-sodium chili seasoning mix
1 cup shredded cheddar cheese (optional)

Directions:

- Heat the vegetable oil in the baking dish for 1 minute on high
- Add the onions and seasoning packet and stir to coat
- Cook, uncovered, on high for 4 minutes. Stir well
- Add the beans, tomatoes and water and bring to a boil
- Reduce heat and let simmer for 30 minutes
- Serve topped with cheese if desired

Lentil Vegetable Soup

Makes 6 servings (1 cup per serving)
168 calories • 570mg sodium • 9g protein • 24g carbs • 5g total fat (1g sat. fat) • 8g fiber • (\$0.30 per serving)

Ingredients:

1 cup dry lentils
5 cups water
2 Tbs oil
1 Tbs onion, finely chopped
1 cup tomato sauce
½ tsp garlic powder or 1 clove

1 tsp salt
½ tsp pepper
1 bay leaf (if available)
1 celery stalk, chopped (if available)
2 Tbs vinegar

Directions:

- Sort lentils
- Place lentils in deep pot with water
- Bring to a boil and add all ingredients except vinegar
- Reduce heat and cover
- Simmer for 1 hour, adding more water if necessary
- Add vinegar
- Remove bay leaf before serving

Nutrition Fact

Lentils are rich in iron, fiber and folate. When you pair lentils or any bean with a whole grain you get a even better non-meat protein source.

Sweet Potato and Black Bean Burrito

Makes 4 servings (1 burrito per serving)

285 calories • 564mg sodium • 9g protein • 57g carbs • 3g total fat (0g sat. fat) • 8g fiber • (\$1.21 per serving)

Ingredients:

1 cup cooked brown rice	½ cup tomato salsa or Picante sauce
1 cup low sodium black beans; drain and rinse	4 whole wheat tortillas
2 cups fresh sweet potatoes, cubed with peel on	1 Tbs canola oil

Directions:

- Preheat oven to 350°F.
- Spread sweet potatoes on a cookie sheet add the oil or use cooking spray, toss to coat
- Cook for 20 minutes or until tender
- Cook beans as directed on package
- Add the roasted sweet potatoes to a bowl with the rice, black beans and salsa
- Place tortillas on a microwave safe plate, cover with damp paper towel and heat for 20 seconds or until warm
- Divide mixture between 4 warmed tortillas and roll up into a burrito
- Serve with extra salsa if desired

Three Bean Chili

Makes 8 servings (approx. 1 cup per serving)

341 calories • 836mg sodium • 20g protein • 62g carbs • 2g total fat (0g sat. fat) • 18g fiber • (\$0.53 per serving)

Ingredients:

1-15 oz can low-sodium kidney beans; drain and rinse	1-28 ounce can crushed tomatoes
1-15 oz can low-sodium pinto beans; drain and rinse	1-package (3 Tbs) low-sodium chili seasoning
1-15 oz can low-sodium black beans; drain and rinse	1 Tbs canola oil
	Salt and pepper to taste

Directions:

- Sauté chopped onion in canola oil in large stockpot on stovetop until soft
- Add seasoning, tomatoes, and all of the beans
- Bring to a boil
- Reduce heat, cover and simmer for 30 minutes
- Salt and pepper to taste
- Serve

Meatless Meatloaf

Makes 10 servings (1 slice)
250calories • 437mg sodium • 11.8g protein • 44.5g carbs •
3.8g total fat (0.2g sat. fat) • 11.7g fiber

Ingredients:

1-15 oz can of chickpeas, reserve the bean liquid called aquafaba, rinse beans well	½ cup chickpea liquid from can
2-15 oz cans black beans, drained and rinsed	2 tsp olive oil or vegetable broth
1 cup old-fashioned oats	1 medium yellow onion, finely diced
1 cup corn meal	1 Tbs Italian seasoning
	½ cup low-sodium vegetable broth
	2 Tbs Worcestershire sauce
	1/3 cup ketchup, plus more to top
	Salt and pepper

Directions:

- Preheat oven to 350°F.
- Process chickpeas and one can black beans in food processor and add together in a bowl
- Process the second can black beans into small pieces, add to bowl
- Grind the oats into course flour and add to bowl along with chickpea liquid
- In a large skillet, heat oil or broth and cook sauté onions until translucent, add seasonings
- Add Worcestershire sauce, broth, ketchup and onion mixture to bean mixture; blend
- Press mixture into greased or lined loaf pan and top with additional ketchup if desired
- Bake for 1 hour twenty minutes or until toothpick inserted comes out clean
- Cool for 10 to 15 minutes to allow to set before slicing.

<https://www.veganosity.com/smoky-southern-style-meatless-meatloaf/>

Italian-Style Lentil Meatballs

Makes 4 servings (6 “meatballs” per serving)
291calories • 529mg sodium • 12.8g protein • 41.3g carbs •
8.9g total fat (1.3g sat. fat) • 14.4g fiber

Ingredients:

¾ cup dry lentils (or sub 2 cups pre- cooked or canned)	1 Tbs soy sauce
2 Tbs olive oil, divided	1 ½ tsp red wine vinegar
1 medium onion, diced	1 Tbs Italian seasoning
3 garlic cloves, divided, minced	½ tsp red pepper flakes
1 cup rolled oats	½ tsp each, salt and pepper
	½ tsp liquid smoke (optional)

Directions:

- Cook lentils according to package directions until firm and not mushy or use canned
- Heat oil over medium heat and sauté onion until soft and translucent
- Add 2 of the garlic cloves and sauté until fragrant
- Pre-heat oven to 400 degrees and lightly oil a baking sheet
- Blend oats in food processor to a fine powder then add all of the other ingredients to the processor and pulse a few times to blend.
- Roll the mixture into 24 (1-inch) balls and place on the baking sheet
- Lightly brush with oil; bake for 24 minutes until lightly brown, flipping halfway through.
- Serve with tomato sauce and/or with pasta

<https://www.connoisseursveg.com/lentil-meatballs/>

Five Minute Refried Beans

Makes 6 servings

50 calories • 103mg sodium • 3g protein • 8g carbs • 0g total fat (0g sat. fat) • 3g fiber

Ingredients:

1 can pinto beans or black beans
partially drained
½ tsp garlic powder
¼ tsp sea salt
½ tsp ground black pepper

2 tsp cumin
1 tsp chili powder
*Can also substitute all spices for one packet
low-sodium taco or enchilada seasoning
Squeeze of lime juice (optional)

Directions:

- Place partially drained beans into a pan. How much you drain them will determine the thickness of the final product.
- Use an immersion blender or a potato masher to blend beans to a pureed texture.
- Add spices and lime juice.
- Cook beans as directed on package
- Heat over medium heat until hot (3-5 minutes)
- Use beans any way you like (as a dip with corn tortilla chips, rolled in a corn or flour tortilla with cheese or for tacos)

<https://buildyourbite.com/5-minute-homemade-refried-beans/>

Black Bean-Brown Rice Burgers

Makes 6 servings (1 burger per serving)

190 calories • 449mg sodium • 8.6g protein • 35.5g carbs • 2.1g total fat (0.5g sat. fat) • 6.2g fiber

Ingredients:

½ cup uncooked brown rice
1-15 oz can black beans, drained and
rinsed
1 small yellow onion, chopped
1 garlic clove, minced

1 cup frozen or rinsed canned corn
1 tsp salt
1/3 tsp chili powder
1 egg
1/3 cup breadcrumbs (preferably seasoned)
Cayenne pepper to taste

Directions:

- Cook brown rice according to package directions.
- Using a little oil or vegetable broth in a skillet, cook onion and garlic until translucent.
- Add the corn and spices to the onion and cook until corn is heated through.
- In a medium bowl, mash the beans with a fork.
- Add the rice, corn, onion mixture; combine, mashing it with a fork as you go. Taste and adjust the spices before adding the egg.
- Add the egg and mix well. Then add bread breadcrumbs and mix again..
- Divide the mixture into 6 equal sections and form into patties
- Cook the patties in a non-stick or lightly greased skillet for 2 minutes (firm) on each side

<https://www.food.com/recipe/black-bean-brown-rice-burgers-382218>

No-Salt Adobo Seasoning Blend

Makes 14 Tablespoons

11 calories • 6 mg sodium • 0.5g protein • 2.3g carbs • 0.4g total fat (0g sat. fat) • 1g fiber

Ingredients:

2 Tbs paprika	1 Tbs ground cumin
4 tsp ground black pepper	2 tsp garlic powder
1 Tbs onion powder	2 tsp chili powder
1 Tbs dried oregano	

Directions:

- Blend all seasonings in a bowl.
- Store in an airtight container at room temperature.

Adapted from <https://www.food.com/recipe/adobo-seasoning-442098>

Latin American-Style Beans and Rice

Makes 4 servings (1 ½ cups per serving)

470 calories • 140mg sodium • 13.4g protein • 91g carbs • 4.6g total fat (0.8g sat. fat) • 6.5g fiber

Ingredients:

1 ½ cups cooked kidney beans	1/8 tsp dried thyme (optional)
1 Tbs olive oil	Salt and pepper to taste
1 ½ cups no-sodium tomato sauce	4 cups water
½ cup low-sodium chicken broth	2 cups uncooked white rice
2 tsp prepared adobo seasoning	
½ tsp dried basil (optional)	

Directions:

- In a large saucepan, combine olive oil, red kidney beans, tomato sauce, broth and spices.
- Simmer on low heat
- Meanwhile in another pot, bring 4 cups of water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes or until rice is cooked and all liquid is absorbed.
- Add additional adobe and salt and pepper to taste.
- Serve beans over rice

<https://www.camelliabrand.com/recipes/american-style-red-beans-and-rice/>

Low-sodium Cajun Seasoning

Makes 132 servings (1/4 teaspoon each)
2 calories • 48mg sodium • 0g protein • trace carbs • 0g total fat (0g sat. fat) • trace fiber

Ingredients:

2 Tbs garlic powder	1 Tbs ground black pepper
2 Tbs Italian Seasoning	1 Tbs dried thyme
2 Tbs paprika	1 Tbs cayenne pepper
1 Tbs salt	1 Tbs onion powder

Directions:

- Blend all seasonings in a bowl
- Store in an airtight container at room temperature.

Adapted from <https://www.culinaryhill.com/homemade-cajun-seasoning/>

Cajun Style Beans and Rice

Makes 8 servings (1 ½ cups per serving)
391 calories • 180sodium • 17.3protein • 75g carbs • 2.7g total fat (0.4g sat. fat) • 9.8g fiber

Ingredients:

1 pound package dry kidney beans	2 tsp garlic powder or 2 cloves minced garlic
1 Tbs oil	Salt and pepper to taste
2 cups pre-chopped onion, celery and green pepper blend	Cajun seasoning to taste
2 cups low-sodium chicken broth	2 cups uncooked white rice
4 cups water, plus more if needed	4 more cups water
1/4 tsp liquid smoke	

Directions:

- Rinse and sort beans
- Heat oil in a large pot and add vegetables and garlic. Cook until vegetables are translucent (about 5 minutes, stirring occasionally)
- Add beans, water, broth and liquid smoke to pot and stir well. Bring to a boil, then reduce heat to a simmer. Partially cover pot and simmer for 1-2 hours, stirring occasionally until beans are hot.
- Add salt, pepper and Cajun seasoning.
- While beans are cooking prepare rice according to package directions
- Serve beans over rice.

Adapted from <https://www.camelliabrand.com/recipes/easy-red-beans-rice-stovetop/>

Broccoli and Chickpea Pasta

Makes 4 servings (1 cup each)

408 calories • 34mg sodium • 17g protein • 65g carbs • 8g total fat (1g sat. fat) • 5g fiber

Ingredients:

1-15 ounce can garbanzo beans;
drain and rinse
4 cups broccoli florets
3 garlic cloves, minced
1 lemon, juiced (about 2 Tbs)
8 ounces whole grain penne or pasta
of choice

3 Tbs olive oil
1 tsp ground pepper
Salt to taste
Parmesan cheese (optional)

Directions:

- Pre-heat oven to 400 degrees
- Pat the chickpeas dry and add them to the broccoli on a baking sheet.
- Toss with oil, half of the lemon juice and pepper
- Roast in oven for 15-20 minutes or until golden brown
- Cook pasta according to package directions
- Drain the pasta, add to a skillet with remaining lemon juice. Add
- Add roasted broccoli and chickpeas; toss ingredients together and warm through.
- Adjust salt if desired and sprinkle with parmesan if needed

<https://www.makingthymeformhealth.com/roasted-broccoli-and-chickpea-lemon-pasta/>

Lentil Walnut Bolognese with Pasta

Makes 6 servings (1 ½ cups per serving)

463 calories • 294mg sodium • 20g protein • 78g carbs • 8g total fat (1g sat. fat) • 16g fiber

Ingredients:

1 cup, dried brown lentils
4 cups water
1 Tbs olive oil
1 onion, finely chopped
4 garlic cloves, minced
2 stalks celery, finely chopped
1 medium carrot, finely shredded
1/3 cup walnuts, finely chopped

1/3 cup walnuts, finely chopped
1-28 ounce can crushed or diced tomatoes,
with juice
3 Tbs tomato paste
1 Tbs soy sauce
½ tsp ground black pepper
12 ounces spaghetti noodles, uncooked
¼ tsp salt (optional)

Directions:

- Place a large saucepan on medium and add lentils and water, cover with lid, bring to a simmer and cook 10 minutes
- Add the olive oil, onion, garlic, celery, carrots and walnuts and cook 5 minutes, stirring frequently
- Add tomatoes, paste, soy sauce, Italian seasoning, pepper and salt, stir well, simmer 10-15 minutes, stirring occasionally until vegetables are tender and mixture is thickened
- Cook noodles according to package directions, drain
- Top plated noodles with 1 cup sauce or mix the noodles and sauce together prior to serving

<https://www.aicr.org/resources/blog/lentil-walnut-bolognese-with-spaghetti/>

Quinoa and Black Beans

Makes 8 servings (approx. $\frac{3}{4}$ cup per serving)
191 calories • 396mg sodium • 10g protein • 35g carbs • 2g total fat (0g sat. fat) • 10g fiber

Ingredients:

1 tsp. vegetable oil	1 tsp. ground cumin
1 onion, chopped	1 cup frozen corn kernels
3 cloves garlic, chopped	$\frac{1}{2}$ cup fresh cilantro
$\frac{3}{4}$ cup quinoa	Salt and pepper to taste
1 $\frac{1}{2}$ cups low-sodium vegetable broth	

Directions:

- Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
- Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
- Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

<https://www.allrecipes.com/recipe/49552/quinoa-and-black-beans/>

Grain Bowl

Makes 6 servings (1 $\frac{1}{2}$ cups per serving)
206 calories • 180sodium • 10g protein • 41g carbs • 1g total fat (0g sat. fat) • 9g fiber

Ingredients:

2 cups cooked brown rice	1 green bell pepper, diced
1- 15 ounce can kidney beans; drained and rinsed	2 jalapeno peppers, seeded and diced
1-15 ounce can black beans, drained and rinsed	1 lime, juiced
1-15 ounce can kernel corn, drained and rinsed	$\frac{1}{4}$ cup cilantro
1 small onion, chopped	1 tsp garlic powder

Directions:

- In a large salad bowl, combine the brown rice, kidney beans, black beans, corn, and optional ingredients.
- Lightly toss all ingredients to mix well.
- Refrigerate for 1 hour, toss again, and serve.

<https://www.allrecipes.com/recipes/17040/ingredients/whole-grains/brown-rice/>



Recipe Conversions

Recipe Scaling Information



When scaling a recipe, it is important to remember that not all ingredients need to be scaled exactly per serving. For example, when sautéing with oil, you only need enough to coat the pan. Salt should only be used to taste as well. The recipes in this packet are scaled to meet the nutrition information presented in the original recipe.⁷



When using lentils, one cup uncooked dried lentils equals one pound ground beef substitute equivalent when cooked. Green and brown lentils are a better choice than red lentils to resemble the texture and appearance of ground beef.⁸

When you need to use dry versus canned beans, the information below illustrates how to substitute for ease of preparation.

- 2 cups of dried beans = 1 pound of dried beans
- 1 pound of dried beans = about 6 cups of cooked beans
- 1 part dry beans = 3 parts cooked beans
- 1 cup dried beans = 3 cups of cooked beans
- 1/3 cup dried beans = 1 cup of cooked beans

- A heaping 1/2 cup of dried beans = one 15-ounce can of beans
- 1 1/2 cups of cooked beans, drained = one 15-ounce can of beans
- 1 1/2 pounds dried beans = one #10 can of cooked beans (109 ounces)

You can substitute any kind of bean you like in a recipe. Just remember that the size of bean you use will change the amount of soaking time.⁹



Recipe Scale: Veggie Chili



25 servings:

4-15 ounce can black beans, drained and rinsed (low-sodium)
6 $\frac{1}{4}$ cups chopped onion
4-14.5 ounce can diced tomatoes
12.5 Tbs canola oil (use only as much as needed to coat onions for cooking)
1 $\frac{1}{2}$ gallon hot water (or low sodium chicken broth)
1 cup chili seasoning mix (5 packets)

50 Servings:

12 $\frac{1}{2}$ -15 ounce can black beans, drained and rinsed (low-sodium)
12 $\frac{1}{2}$ cups chopped onion
12 $\frac{1}{2}$ -14.5 ounce can diced tomatoes
1 $\frac{1}{2}$ cups canola oil (use only as much as needed to coat onions for cooking)
3 gallons hot water (or low sodium chicken broth)
2 $\frac{1}{3}$ cups chili seasoning mix (10 packets)

100 Servings:

25-15 ounce can black beans, drained and rinsed (low-sodium) or 375 ounces equivalent
25 cups chopped onion
25-14.5 ounce can diced tomatoes (or 362 ounces equivalent)
3 cups canola oil (use only as much as needed to coat onions for cooking)
6 gallons and 1 quart hot water (or low sodium chicken broth)
4 $\frac{2}{3}$ cup chili seasoning mix (22 packets)

250 Servings:

62 $\frac{1}{2}$ -15 ounce can black beans, drained and rinsed (low-sodium) or 937 ounces equivalent
62 $\frac{1}{2}$ cups chopped onion
16 $\frac{1}{2}$ -14.5 ounce can diced tomatoes (or 906 ounces equivalent)
7 $\frac{3}{4}$ cups canola oil (use only as much as needed to coat onions for cooking)
15 $\frac{1}{2}$ gallons hot water (or low sodium chicken broth)
11 $\frac{2}{3}$ cup chili seasoning mix (62 packets)

500 Servings:

125-15 ounce can black beans, drained and rinsed (low-sodium) or 1875 ounces equivalent
125 cups chopped onion
125-14.5 ounce can diced tomatoes (or 1812 ounces equivalent)
15 $\frac{2}{3}$ cups canola oil (use only as much as needed to coat onions for cooking)
31 gallons hot water (or low sodium chicken broth)
24 cups chili seasoning mix (125 packets)

Recipe Scale: Lentil Vegetable Soup



25 servings:

4 cups plus 3 Tbs dry lentils
1 ¼ gallons water
½ cup oil
4 ½ Tbs onion, finely chopped
4 1/3 cups tomato sauce
2 tsp garlic powder
1 Tbs salt
2 tsp pepper
4 Bay leaves
4 celery stalks, chopped
½ cup vinegar

50 Servings:

8 1/3 cups dry lentils
2 ½ gallons water
1 cup oil
½ cup onion, finely chopped
8 1/3 cups tomato sauce
1 ½ Tbs garlic powder
2 Tbs salt
1 ½ Tbs pepper
8 Bay leaves
8 celery stalks, chopped
1 cup vinegar

100 Servings:

16 2/3 cups dry lentils
5 ¼ gallons water
2 cups oil
1 cup onion, finely chopped
16 2/3 cups tomato sauce
2 Tbs and 2 tsp garlic powder
5 ½ Tbs salt
2 Tbs and tsp pepper
17 Bay leaves
17 celery stalks, chopped
2 cups vinegar

250 Servings:

41 2/3 cups dry lentils
13 gallon water
4 ¼ cups oil
2 ½ cups onion, finely chopped
41 2/3 cups tomato sauce
7 Tbs garlic powder
¾ cup salt
7 Tbs pepper
42 Bay leaves
42 celery stalks, chopped
5 cups vinegar

500 Servings:

83 cups dry lentils
5 gallons water
10 cups oil
5 cups onion, finely chopped
82 cups tomato sauce
14 Tbs garlic powder
1 cups salt
14 Tbs pepper
83 Bay leaves
83 celery stalks, chopped
10 cups vinegar

Recipe Scale: Sweet Potato and Black Bean Burrito



25 servings: Scale by 4

6 1/4 cup cooked brown rice
6 1/4 cup low sodium black beans; drain and rinse
12 1/2 cups fresh sweet potatoes, cubed with peel
3 cups tomato salsa or Picante sauce
25 whole wheat tortillas
6 Tbs canola oil

50 Servings:

12 1/2 cup cooked brown rice
12 1/2 cup low-sodium black beans; drain and rinse
25 cups fresh sweet potatoes, cubed with peel on
6 cups tomato salsa or Picante sauce
50 whole wheat tortillas
12 1/2 Tbs canola oil

100 Servings:

25 cup cooked brown rice
25 cup low sodium black beans; drain and rinse
50 cups fresh sweet potatoes, cubed with peel on 12 1/2 cups
tomato salsa or Picante sauce
100 whole wheat tortillas
1 cup canola oil

250 Servings:

62 1/4 cup cooked brown rice
62 1/4 cup low sodium black beans; drain and rinse
124 1/2 cups fresh sweet potatoes, cubed with peel on
31 cups tomato salsa or Picante sauce
250 whole wheat tortillas
3 cups canola oil

500 Servings:

125 cup cooked brown rice
125 cup low sodium black beans; drain and rinse
250 cups fresh sweet potatoes, cubed with peel 62 1/2 cup
tomato salsa or Picante sauce
500 whole wheat tortillas
7 cups canola oil

Recipe Scale: Three Bean Chili



25 servings:

3-15 oz can low-sodium kidney beans; drain and rinse
3-15 oz can low-sodium pinto beans; drain and rinse
3-15 oz can low-sodium black beans; drain and rinse
3-28 ounce can crushed tomatoes
3 packages (9 Tbs) low-sodium chili seasoning
3 Tbs canola oil
Salt and pepper to taste

50 Servings:

6-15 oz can low-sodium kidney beans; drain and rinse
6-15 oz can low-sodium pinto beans; drain and rinse
6-15 oz can low-sodium black beans; drain and rinse
6-28 ounce can crushed tomatoes
6 packages (18 Tbs) low-sodium chili seasoning
6 Tbs canola oil
Salt and pepper to taste

100 Servings:

12 ½ -15 oz can low-sodium kidney beans; drain and rinse
12 ½ -15 oz can low-sodium pinto beans; drain and rinse
12 ½- 15 oz can low-sodium black beans; drain and rinse
12-28 ounce can crushed tomatoes
12 packages (36 Tbs) low-sodium chili seasoning
12 Tbs canola oil
Salt and pepper to taste

250 Servings:

31-15 oz can low-sodium kidney beans; drain and rinse
31-15 oz can low-sodium pinto beans; drain and rinse
31-15 oz can low-sodium black beans; drain and rinse
17-28 ounce can crushed tomatoes
31-packages (94 Tbs) low-sodium chili seasoning
2 cups canola oil
Salt and pepper to taste

500 Servings:

62-15 oz can low-sodium kidney beans; drain and rinse
62-15 oz can low-sodium pinto beans; drain and rinse
62-15 oz can low-sodium black beans; drain and rinse
61-28 ounce can crushed tomatoes
62-packages (187 Tbs) low-sodium chili seasoning
1 Tbs canola oil
Salt and pepper to taste

Recipe Scale: Meatless Meatloaf



25 servings:

2 ½-15 oz can of chickpeas; reserve liquid; rinse
5-15 oz cans black beans; drain and rinse
2 ½ cups old-fashioned oats
2 ½ cups corn meal
18 ounces chickpea liquid from can
1 2/3 Tbs olive oil or vegetable broth
3 medium yellow onion, finely diced
1 ½ Tbs Italian seasoning
18 ounces low-sodium vegetable broth
5 Tbs Worcestershire sauce
¾ cup ketchup, plus more to top
Salt and pepper

50 Servings:

5-15 oz can of chickpeas; reserve liquid; rinse
10-15 oz cans black beans; drain and rinse
5 cups old-fashioned oats
5 cups corn meal
2 ½ cups chickpea liquid from can
3 Tbs olive oil or vegetable broth
5 medium yellow onion, finely diced
5 Tbs Italian seasoning
2 1/2 cups low-sodium vegetable broth
10 Tbs Worcestershire sauce
1 ½ cups ketchup, plus more to top
Salt and pepper

100 Servings:

10-15 oz can of chickpeas; reserve liquid; rinse
20-15 oz cans black beans; drain and rinse
10 cups old-fashioned oats
10 cups corn meal
5 cups chickpea liquid from can
6 ½ Tbs olive oil or vegetable broth
10 medium yellow onion, finely diced
10 Tbs Italian seasoning
5 cup low-sodium vegetable broth
1 ¼ cups Worcestershire sauce
3 cup ketchup, plus more to top
Salt and pepper

250 Servings:

25-15 oz can of chickpeas; reserve liquid;
rinse
50-15 oz cans black beans; drain and rinse
25 cup old-fashioned oats
25 cup corn meal
12 ½ cups chickpea liquid from can
1 cup olive oil or vegetable broth
25 medium yellow onion, finely diced
1 ½ cups Italian seasoning
12 ½ cups low-sodium vegetable broth
3 cups Worcestershire sauce
8 1/4 cups ketchup, plus more to top
Salt and pepper

500 Servings:

50-15 oz can of chickpeas; reserve liquid;
rinse
100-15 oz cans black beans; drain and rinse
50 cup old-fashioned oats
50 cup corn meal
25 cups chickpea liquid from can
2 cups olive oil or vegetable broth
50 medium yellow onion, finely diced
3 cups Italian seasoning
25 cups low-sodium vegetable broth
6 ¼ cups Worcestershire sauce
16 ½ cups ketchup, plus more to top
Salt and pepper

Recipe Scale: Italian-Style Lentil Meatballs



25 servings:

4 2/3 cups dry lentils; can sub 2-cups pre-cooked
12 1/2 Tbs olive oil, divided
6 medium onion, diced
19 garlic cloves, divided, minced*
6 1/4 cup rolled oats
6 Tbs soy sauce
3 Tbs red wine vinegar
6 Tbs Italian seasoning
1 Tbs red pepper flakes
1 Tbs each, salt and pepper
1 Tbs liquid smoke (optional)

50 Servings:

9 1/3 cups dry lentils; can sub 2-cups pre-cooked
1 1/2 cups olive oil, divided
13 medium onion, diced
38 garlic cloves, divided, minced*
12 1/2 cup rolled oats
12 1/2 Tbs soy sauce
6 Tbs red wine vinegar
12 1/2 Italian seasoning
2 Tbs red pepper flakes
2Tbs each, salt and pepper
2 Tbs liquid smoke (optional)

100 Servings:

8 3/4 cups dry lentils; can sub 2-cups pre-cooked
3 cups olive oil, divided
25 medium onion, diced
75 garlic cloves, divided, minced*
25 cup rolled oats
1 1/2 cups soy sauce
12 1/2 Tbs red wine vinegar
4 Tbs Italian seasoning
4 Tbs red pepper flakes
4 Tbs each, salt and pepper
4 Tbs liquid smoke (optional)

250 Servings:

47 cup dry lentils; can sub 2-cups pre-cooked
7 cups olive oil, divided
63 medium onion, diced
188 garlic cloves, divided, minced*
62 1/2 cup rolled oats
4 cups soy sauce
2 cups red wine vinegar
4 cups Italian seasoning
10 1/2 Tbs red pepper flakes
10 1/2 Tbs each, salt and pepper
10 1/2 Tbs liquid smoke (optional)

500 Servings:

93 3/4 cups dry lentils; can sub 2-cups pre-cooked
15 cups olive oil, divided
125 medium onion, diced
375 garlic cloves, divided, minced*
125 cups rolled oats
8 cups soy sauce
4 cups red wine vinegar
8 cups Italian seasoning
1 1/4 cups red pepper flakes
1 1/4 cups each, salt and pepper
1 1/4 cups liquid smoke (optional)

* Can sub 1/8 tsp garlic powder for each garlic clove. Multiply number of garlic cloves by 0.125

Recipe Scale: Five-Minute Refried Beans



25 servings:

4 cans pinto beans or black beans partially drained
2 tsp garlic powder
1 tsp sea salt
2 tsp ground black pepper
2 $\frac{3}{4}$ Tbs cumin
1 $\frac{1}{3}$ Tbs chili powder
You can substitute all spices for one packet low-sodium taco or enchilada seasoning
Squeeze of lime juice (optional)

50 Servings:

8 can pinto beans or black beans partially drained
1 $\frac{1}{3}$ Tbs garlic powder
2 tsp sea salt
1 $\frac{1}{3}$ Tbs ground black pepper
5 Tbs cumin
2 $\frac{2}{3}$ Tbs chili powder
You can substitute all spices for one packet low-sodium taco or enchilada seasoning
Squeeze of lime juice (optional)

100 Servings:

16 can pinto beans or black beans partially drained
2 $\frac{2}{3}$ Tbs garlic powder
1 $\frac{1}{3}$ Tbs sea salt
2 $\frac{2}{3}$ Tbs ground black pepper
11 Tbs cumin
5 $\frac{1}{3}$ Tbs chili powder
You can substitute all spices for one packet low-sodium taco or enchilada seasoning
Squeeze of lime juice (optional)

250 Servings:

42 can pinto beans or black beans partially drained
7 Tbs garlic powder
3 $\frac{1}{2}$ Tbs sea salt
7 Tbs ground black pepper
1 $\frac{3}{4}$ cups cumin
14 Tbs chili powder
You can substitute all spices for one packet low-sodium taco or enchilada seasoning
Squeeze of lime juice (optional)

500 Servings:

84 can pinto beans or black beans partially drained
14 Tbs garlic powder
7 Tbs sea salt
14 Tbs ground black pepper
3.5 cups cumin
28 Tbs chili powder
You can substitute all spices for one packet low-sodium taco or enchilada seasoning
Squeeze of lime juice (optional)

Recipe Scale: Black Bean-Brown Rice Burgers



25 servings:

2 cups uncooked brown rice
4-15 oz can black beans; drain and rinse
4 small yellow onion, chopped
4 garlic clove, minced*
4 cup frozen or rinsed canned corn
1 1/3 Tbs salt
1/2 Tbs chili powder
4 eggs
1 1/3 cups breadcrumbs (preferably seasoned)
Cayenne pepper to taste

50 Servings:

4 cups uncooked brown rice
8-15 oz can black beans; drain and rinse
8 small yellow onion, chopped
8 garlic clove, minced*
8 cup frozen or rinsed canned corn
2 2/3 Tbs salt
1 Tbs chili powder
8 eggs
2 2/3 cup breadcrumbs (preferably seasoned)
Cayenne pepper to taste

100 Servings:

8 1/4 cups uncooked brown rice
16-15 oz can black beans; drain and rinse
17 small yellow onion, chopped
17 garlic clove, minced*
16 1/2 cup frozen or rinsed canned corn
5 1/2 Tbs salt
3 tbs chili powder
17 eggs
5 1/2 cups breadcrumbs (preferably seasoned)
Cayenne pepper to taste

250 Servings:

21 cups uncooked brown rice
42-15 oz can black beans; drain and rinse
42 small yellow onion, chopped
42 garlic clove, minced*
42 cups frozen or rinsed canned corn
13 Tbs salt
4 1/3 Tbs chili powder
42 eggs
13 3/4 cups breadcrumbs (preferably seasoned)
Cayenne pepper to taste

500 Servings:

42 cups uncooked brown rice
84-15 oz can black beans; drain and rinse
84 small yellow onion, chopped
84 garlic clove, minced*
84 cups frozen or rinsed canned corn
26 Tbs salt
8 2/3 Tbs chili powder
84 eggs
27 1/2 cups breadcrumbs (preferably seasoned)
Cayenne pepper to taste

* Can sub 1/8 tsp garlic powder for each garlic clove. Multiply number of garlic cloves by 0.125

Recipe Scale: No-Salt Adobo Seasoning Blend



24 Tablespoons:

3 Tbs 1 $\frac{3}{4}$ tsp paprika
2 Tbs 1 $\frac{1}{2}$ tsp ground black pepper
1 Tbs 2 $\frac{1}{4}$ tsp onion powder
1 Tbs 2 $\frac{1}{4}$ tsp dried oregano
1 Tbs 2 $\frac{1}{4}$ tsp ground cumin
1 Tbs $\frac{1}{2}$ tsp garlic powder
1 Tbs $\frac{1}{2}$ tsp chili powder

48 Tablespoons:

7 Tbs $\frac{1}{2}$ tsp paprika
4 Tbs 2 $\frac{1}{4}$ tsp ground black pepper
3 Tbs 1 $\frac{3}{4}$ tsp onion powder
3 Tbs 1 $\frac{3}{4}$ tsp dried oregano
3 Tbs 1 $\frac{3}{4}$ tsp ground cumin
2 Tbs 1 $\frac{1}{4}$ tsp garlic powder
2 Tbs 1 $\frac{1}{4}$ tsp chili powder

99 Tablespoons:

14 Tbs $\frac{3}{4}$ tsp paprika
9 Tbs 1 $\frac{1}{2}$ tsp ground black pepper
7 Tbs $\frac{1}{2}$ tsp onion powder
7 Tbs $\frac{1}{2}$ tsp dried oregano
7 Tbs $\frac{1}{2}$ tsp ground cumin
4 Tbs 2 $\frac{1}{4}$ tsp garlic powder
4 Tbs 2 $\frac{1}{4}$ tsp chili powder

249 Tablespoons:

2 cups 3 Tbs 2 $\frac{1}{4}$ tsp paprika
1 cup 7 Tbs 2 $\frac{1}{2}$ tsp ground black pepper
1 cup 1 Tbs 2 $\frac{1}{5}$ tsp onion powder
1 cup 1 Tbs 1 $\frac{1}{2}$ tsp dried oregano
1 cup 1 Tbs and 2 $\frac{1}{2}$ tsp ground cumin
11 Tbs 1 $\frac{3}{4}$ tsp garlic powder
11 Tbs 2 $\frac{3}{4}$ tsp chili powder

499 Tablespoons:

4 cups 7 Tbs and $\frac{3}{4}$ tsp paprika
2 cups 15 Tbs 1 $\frac{1}{2}$ tsp ground black pepper
2 cups 3 Tbs 2 tsp onion powder
2 cups 3 Tbs 2 tsp dried oregano
1 cup 7 Tbs 2 $\frac{1}{4}$ tsp ground cumin
1 cup 7 Tbs 2 $\frac{1}{4}$ tsp garlic powder
1 cup 7 Tbs 2 $\frac{1}{4}$ tsp chili powder

Recipe Scale: Latin American-Style Beans And Rice



25 servings:

9 1/3 cups cooked kidney beans
6 Tbs olive oil
5 cups no-sodium tomato sauce
3 cups low-sodium chicken broth
4 Tbs prepared adobo seasoning
1 Tbs dried basil (optional)
3/4 tsp dried thyme (optional)
Salt and pepper to taste
1 1/2 gallons water
12 1/2 cups uncooked white rice

50 Servings:

18 3/4 cups cooked kidney beans
12 1/2 Tbs olive oil
19 cups no-sodium tomato sauce
6 cups low-sodium chicken broth
1 cup prepared adobo seasoning
4 Tbs 1/2 tsp dried basil (optional)
1 Tbs dried thyme (optional)
Salt and pepper to taste
3 gallons water
25 cups uncooked white rice

100 Servings:

37 1/2 cups cooked kidney beans
1 cup olive oil
37 cups no-sodium tomato sauce
12 1/2 cups low-sodium chicken broth
2 tsp prepared adobo seasoning
1/2 tsp dried basil (optional)
1 pinch dried thyme (optional)
Salt and pepper to taste
6 1/4 cups water
50 cups uncooked white rice

250 Servings:

93 3/4 cups cooked kidney beans
4 cups olive oil
94 cups no-sodium tomato sauce
52 cups low-sodium chicken broth
2 1/2 cups prepared adobo seasoning
10 Tbs 1 1/4 tsp dried basil (optional)
2 Tbs 1 3/4 tsp dried thyme (optional)
Salt and pepper to taste
15 1/2 gallons cups water
125 cups uncooked white rice

500 Servings:

187 1/2 cups cooked kidney beans
7 cups olive oil
190 1/2 cups no-sodium tomato sauce
62 1/2 cups low-sodium chicken broth
5 cups prepared adobo seasoning
1 1/4 cups dried basil (optional)
5 Tbs dried thyme (optional)
Salt and pepper to taste
31 1/4 gallons water
250 cups uncooked white rice

Recipe Scale: Low-Sodium Cajun Seasoning



2 Batches (22 Tbs):

¼ cup garlic powder
¼ cup Italian Seasoning
¼ cup paprika
2 Tbs salt
2 Tbs ground black pepper
2 Tbs dried thyme
2 Tbs cayenne pepper
2 Tbs onion powder

3 Batches (33 Tbs):

6 Tbs garlic powder
6 Tbs Italian Seasoning
6 Tbs paprika
3 Tbs salt
3 Tbs ground black pepper
3 Tbs dried thyme
3 Tbs cayenne pepper
3 Tbs onion powder

4 Batches (44 Tbs):

7 Tbs 2 ½ tsp garlic powder
7 Tbs 2 ½ tsp Italian Seasoning
7 Tbs 2 ½ tsp paprika
3 Tbs salt
3 Tbs 2 ¾ tsp ground black pepper
3 Tbs 2 ¾ tsp dried thyme
3 Tbs 2 ¾ tsp cayenne pepper
3 Tbs 2 ¾ tsp onion powder

5 Batches (55 Tbs):

10 Tbs garlic powder
10 Tbs Italian Seasoning
10 Tbs paprika
5 Tbs salt
5 Tbs ground black pepper
5 Tbs dried thyme
5 Tbs cayenne pepper
5 Tbs onion powder

6 Batches (66 Tbs):

¾ cup garlic powder
¾ cup Italian Seasoning
¾ cup paprika
6 Tbs salt
6 Tbs ground black pepper
6 Tbs dried thyme
6 Tbs cayenne pepper
6 Tbs onion powder

Recipe Scale: Cajun-Style Beans and Rice



25 servings:

3 pound package dry kidney beans
3 Tbs oil
6 ¼ cups pre-chopped onion, celery and green pepper blend
6 cups low-sodium chicken broth
12 ½ cups water, plus more if needed
¾ tsp liquid smoke
2 Tbs ¼ tsp garlic powder
Salt and pepper to taste
Cajun seasoning to taste
6 ¼ cups uncooked white rice
12 ½ more cups water

50 Servings:

16 pound package dry kidney beans
6 Tbs oil
12 ½ cups pre-chopped onion, celery and green pepper blend
12 cups low-sodium chicken broth
25 cups water, plus more if needed
1 ½ tsp liquid smoke
4 Tbs ¼ tsp garlic powder
Salt and pepper to taste
Cajun seasoning to taste
12 ¼ cups uncooked white rice
25 more cups water

100 Servings:

12 ½ pound package dry kidney beans
12 Tbs oil
24 ¾ cups pre-chopped onion, celery and green pepper blend
25 cups low-sodium chicken broth
49 ½ cups water, plus more if needed
1 Tbs liquid smoke
8 Tbs and ¾ tsp garlic powder
Salt and pepper to taste
Cajun seasoning to taste
24 ¾ cups uncooked white rice
49 ½ more cups water

250 Servings:

31 pound package dry kidney beans
3 cups oil
62 ¼ cups pre-chopped onion, celery and green pepper blend
62 cups low-sodium chicken broth
124 ½ cups water, plus more if needed
2 Tbs 1 ¾ tsp liquid smoke
1 ¼ cup garlic powder
Salt and pepper to taste
Cajun seasoning to taste
62 ¼ cups uncooked white rice
124 ½ more cups water

500 Servings:

62 pound package dry kidney beans
6 cups oil
124 ½ cups pre-chopped onion, celery and green pepper blend
124 cups low-sodium chicken broth
249 cups water, plus more if needed
5 Tbs liquid smoke
2 ½ cups garlic powder
Salt and pepper to taste
Cajun seasoning to taste
124 ½ cups uncooked white rice
249 more cups water

Recipe Scale: Broccoli and Chickpea Pasta



25 servings:

6-15 ounce can garbanzo beans; drain and rinse
25 cups broccoli florets
19 garlic cloves, minced
6 ounces lemon juice
3 pounds whole grain penne or pasta of choice
1 cup olive oil
2 Tbs ground pepper
Salt to taste
Parmesan cheese (optional)

50 Servings:

12 ½ -15 ounce can garbanzo beans; drain and rinse
50 cups broccoli florets
38 garlic cloves, minced
1 ½ cup lemon juice
6 ½ pounds whole grain penne or pasta of choice
2 cups olive oil
4 Tbs ground pepper
Salt to taste
Parmesan cheese (optional)

100 Servings:

25-15 ounce can garbanzo beans; drain and rinse
100 cups broccoli florets
76 garlic cloves, minced
2 cups lemon juice
12 pounds whole grain penne or pasta of choice
4 cups olive oil
8 Tbs ground pepper
Salt to taste
Parmesan cheese (optional)

250 Servings:

62 ½- 15 ounce can garbanzo beans; drain and rinse
250 cups broccoli florets
188 garlic cloves, minced
12 cups lemon juice
31 ½ pounds whole grain penne or pasta of choice
12 cups olive oil
1 tsp ground pepper
Salt to taste
Parmesan cheese (optional)

500 Servings:

125-15 ounce can garbanzo beans; drain and rinse
500 cups broccoli florets
376 garlic cloves, minced
24 cups lemon juice
63 pounds whole grain penne or pasta of choice
24 cups olive oil
1 tsp ground pepper
Salt to taste
Parmesan cheese (optional)

Recipe Scale: Lentil Walnut Bolognese with Pasta



25 servings:

4 cups, dried brown lentils
16 cups water
1 ounces olive oil
4 onion, finely chopped
17 garlic cloves, minced
8 stalks celery, finely chopped
8 medium carrot, finely shredded
1 1/3 cups walnuts, finely chopped
8-28 ounce can crushed
12 1/2 Tbs tomato paste
2 ounces soy sauce
2 tsp ground black pepper
3 pounds spaghetti noodles, uncooked
1 tsp salt (optional)

50 Servings:

8 cups, dried brown lentils
32 cups water
2 ounces olive oil
8 onion, finely chopped
34 garlic cloves, minced
16 stalks celery, finely chopped
16 medium carrot, finely shredded
2 1/2 cups walnuts, finely chopped
16-28 ounce can crushed
25 Tbs tomato paste
1/2 cups soy sauce
1 1/2 Tbs ground black pepper
6 pounds spaghetti noodles, uncooked
2 tsp salt (optional)

100 Servings:

16 cups, dried brown lentils
66 cups water
1 cup olive oil
16 onion, finely chopped
67 garlic cloves, minced
33 stalks celery, finely chopped
33 medium carrot, finely shredded

5 cups walnuts, finely chopped
17- 28 ounce cans crushed
3 cups tomato paste
1 cup soy sauce
3 Tbs ground black pepper
12 1/2 pounds spaghetti noodles, uncooked
1 Tbs salt (optional)

250 Servings:

41 3/4 cups, dried brown lentils
166 cups water
2 1/2 cups olive oil
42 onion, finely chopped
167 garlic cloves, minced
83 stalks celery, finely chopped
83 medium carrot, finely shredded
13 3/4 cups walnuts, finely chopped
41 1/2- 28 ounce can crushed
8 cups tomato paste
2 1/2 cups soy sauce
6 3/4 Tbs ground black pepper
31 pounds spaghetti noodles, uncooked
3 1/2 Tbs salt (optional)

500 Servings:

83 cups, dried brown lentils
332 cups water
5 cups olive oil
83 onion, finely chopped
333 garlic cloves, minced
167 stalks celery, finely chopped
167 medium carrot, finely shredded
27 1/2 cup walnuts, finely chopped
83-28 ounce can crushed
16 cups tomato paste
5 cups soy sauce
12 1/2 Tbs ground black pepper
62 1/2 pounds spaghetti noodles, uncooked
6 3/4 Tbs salt (optional)

* Can sub 1/8 tsp garlic powder for each garlic clove. Multiply number of garlic cloves by 0.125

Recipe Scale: Quinoa and Black Beans



25 servings:

1 Tbs vegetable oil
3 onion, chopped
9 cloves garlic, chopped
2 cups 5 ½ Tbs quinoa
4 ¾ cups low-sodium vegetable broth
1 Tbs ground cumin
3 cups frozen corn kernels
1 ½ cups fresh cilantro
Salt and pepper to taste

50 Servings:

2 Tbs vegetable oil
6 onion, chopped
19 cloves garlic, chopped
4 ¾ cups quinoa
9 1/3 cups low-sodium vegetable broth
2 Tbs ground cumin
6 ¼ cups frozen corn kernels
3 cups fresh cilantro
Salt and pepper to taste

100 Servings:

4 Tbs vegetable oil
13 onion, chopped
38 cloves garlic, chopped
9 1/3 cups quinoa
18 ¾ cups low-sodium vegetable broth
4 Tbs ground cumin
12 ½ cups frozen corn kernels
6 ¼ cups fresh cilantro
Salt and pepper to taste

250 Servings:

10 Tbs vegetable oil
31 onion, chopped
94 cloves garlic, chopped
23 1/2 quinoa
3 gallons low-sodium vegetable broth
10 Tbs ground cumin
31 ¼ cups frozen corn kernels
16 cups fresh cilantro
Salt and pepper to taste

500 Servings:

20 Tbs vegetable oil
62 onion, chopped
188 cloves garlic, chopped
47 cups quinoa
6 gallons low-sodium vegetable broth
20 Tbs ground cumin
62 ½ cups frozen corn kernels
32 cups fresh cilantro
Salt and pepper to taste

Recipe Scale: Grain Bowl



25 servings:

8 cups cooked brown rice
6-15 ounce can kidney beans; drain and rinse
6-15 ounce can black beans; drain and rinse
6-15 ounce can kernel corn; drain and rinse
4 small onion, chopped
4 green bell pepper, diced
8 jalapeno peppers, seeded and diced
4 limes, juiced
2 cups cilantro
1 1/3 Tbs garlic powder

50 Servings:

16 cups cooked brown rice
12-15 ounce can kidney beans; drain and rinse
12-15 ounce can black beans; drain and rinse
12-15 ounce can kernel corn; drain and rinse
8 small onion, chopped
8 green bell pepper, diced
17 jalapeno peppers, seeded and diced
8 limes, juiced
4 cups cilantro
2 Tbs and 2 tsp garlic powder

100 Servings:

33 cups cooked brown rice
17-15 ounce can kidney beans; drain and rinse
17-15 ounce can black beans; drain and rinse
17-15 ounce can kernel corn; drain and rinse
17 small onion, chopped
17 green bell pepper, diced
33 jalapeno peppers, seeded and diced
17 limes, juiced
8 cups cilantro
5 Tbs garlic powder

250 Servings:

83 cups cooked brown rice
42-15 ounce can kidney beans; drain and rinse
42-15 ounce can black beans; drain and rinse
42-15 ounce can kernel corn; drain and rinse
42 small onion, chopped
42 green bell pepper, diced
86 jalapeno peppers, seeded and diced
42 limes, juiced
21 cup cilantro
14 Tbs garlic powder

500 Servings:

166 cups cooked brown rice
83-15 ounce can kidney beans; drain and rinse
83-15 ounce can black beans; drain and rinse
83-15 ounce can kernel corn; drain and rinse
83 small onion, chopped
83 green bell pepper, diced
166 jalapeno peppers, seeded and diced
83 limes, juiced
41 cup cilantro
1 cup plus 12 Tbs garlic powder

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