

# *Vegetable Paella*



**Yield:** 8 Servings

**Prep time:** 30 minutes

**Total time:** 1 hour 30 minutes

## *Ingredients*

**Vine-ripened plum tomatoes** | 8 units (Fresh, Local, Organic, Seasonal, Non-GMO) \$2.99

**Kosher salt** | From Home

**Extra-virgin olive oil, plus more for drizzling** | 1/4 Cup  
(Organic, Non-GMO) From Home

**Small onion, finely chopped** | 1 unit (Organic, Seasonal, Non-GMO) From Home

**Cloves garlic, finely chopped** | 3 units (Organic, Seasonal)

From Home

**Spicely Paella Seasoning** | 3-4 teaspoon (Organic, Non-GMO)

\$1.99

**Large bulb fennel, cut into 8 wedges** | 1 unit (Fresh, Local, Organic, Seasonal, Non-GMO) \$1.71

**Baby artichokes, trimmed and halved (see Cook's Note)** | 8 units (Organic, Seasonal, Non-GMO) \$2.99

**Red Whine Vinegar** | 2 cups (Organic, Seasonal, Non-GMO)

From Home

**Brown Rice** | 2 1/2 cups (Local, Organic, Seasonal, Non-GMO)

\$5

**String beans, halved if large** | 4 ounces (Fresh, Organic, Seasonal, Non-GMO) \$1.99

**Capers, drained** | 1/4 cup (Organic, Non-GMO) \$2.69

**Roasted red peppers, cut into strips** | 1/4 cup (Organic, Non-GMO) \$2.49

***Total: \$21.85 or per-serving: \$2.73***

### ***Directions***

1. Preheat the oven to 450 degrees. Core the tomatoes, cut into wedges and place in a medium bowl; season with salt, drizzle with a bit of olive oil and toss. Set aside.

2. Heat 1/4 cup olive oil in a 12-inch ovenproof skillet or a paella pan over medium-high heat. Add the onion, garlic, and paella seasoning and season with salt. Cook, stirring occasionally, until the onion softens, about 5 minutes.
3. Add the fennel wedges and cook until lightly browned on one side, about 5 minutes. Flip the fennel and add the baby artichokes to the skillet; cook until slightly tender, about 4 more minutes. Pour in the wine and simmer until reduced by about one-third. Stir in the rice and 1 3/4 teaspoons salt; add just enough water to cover the rice completely, 2 1/2 to 3 cups. Increase the heat to high and boil for 2 to 3 minutes. Scatter the haricots verts and 2 tablespoons capers over the rice. Remove the pan from the heat and arrange the tomatoes on top; drizzle with any tomato juices.
4. Transfer the paella to the oven and bake, undisturbed, for 20 minutes. Scatter the remaining 2 tablespoons capers and the piquillo peppers over the paella. Turn off the oven but leave the paella inside to continue cooking until the rice is tender, 15 to 20 more minutes. Garnish with parsley, if desired

### **Special Diet Information**

This is a Vegan dish.

## ***Freshly Tossed Vinaigrette Salad***



**Yield:** 2 Servings

**Prep time:** 10 minutes

**Total time:** 10 minutes

## ***Ingredients***

**Vine-ripened plum tomatoes** | 5 units (Fresh, Organic, Local, Non-GMO) \$2.99

**Romaine Heart** | 1 Unit (Fresh, Organic, Seasonal, Non-GMO)  
From Home

**Bell Pepper, Color of Choice** | 1/4 Cup (Fresh, Organic, Seasonal, Non-GMO) From Home

**Vinaigrette** | 2 tablespoons (Organic, Non-GMO) From Home

**Total: \$2.99**

### ***Directions***

1. Mix ingredients together and serve.

### **Special Diet Information**

This is a Vegan dish.

## ***Acai Fruit Smoothie***



**Yield:** 2 Servings

**Prep time:** 5 minutes

**Total time:** 5 minutes

## ***Ingredients***

**Acai Pack** | 1 unit (Organic, Non-GMO) \$0.75

**Choice of Juice, Apple Juice** | 2 cups From home

**Strawberries** | 1/4 Cup (Fresh, Local, Organic, Non-GMO) \$1.00

**Banana** | 1 unit \$0.13

**Superfood Powder** | 1 scoop Won from TTE Challenges

***Total: \$1.88 or per-serving: \$.96***

## ***Directions***

1. Blend ingredients together and serve.

### Special Diet Information

This is a Vegan dish.

## Meal Report

Any of the food that wasn't found already at my home was purchased at Whole Foods Market. The food scraps couldn't be composted unfortunately cause my condo complex doesn't have a green bin nor has the space to do compost. All leftovers that weren't eaten are being kept in Tupperware for later in the fridge. Here is the feast that I shared with my dad and everyone at my work:





The overall consensus from my work and family was that they were surprised that they could make such a tasty vegan dish for so cheap. Veganism is possible! Even the pickiest eaters liked it. Here is where I posted my meal to instagram and shared it as well to facebook!

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estar400 #pgc2018 #FLOSN meal challenge: I found a super delicious vegan meal that everyone loved from coworkers to parents and it is super affordable! I made Vegetable Paella with a side salad and an açai superfood smoothie! Delicious! Here is the recipe for the Paella:

- 8 plum tomatoes
- Kosher Salt

