

# Basic Bowls

Got an empty bowl but a fridge full of leftovers and odds and ends? Or does everyone in your family have different tastes - sister is a vegetarian, brother is lactose intolerant, mom is gluten free, and dad loves meat? You can make complete meals to suit everyone with a little imagination and this simple framework. The suggestions below are just a place to start, the combinations are endless:

**BASE + PROTEIN + VEGGIES**  
**+ SAUCE + TOPPINGS**  
**= YUM!**

## Base

- Cooked pasta
- Cooked rice
- Mashed potatoes
- Mixed greens
- Wilted spinach (thawed frozen or fresh wilted in the microwave for 30 seconds)
- Whole baked potato split open
- Whole sweet potato split open
- Cauliflower rice
- Spaghetti squash
- Zucchini noodles

## Protein

- Beef – sliced or chopped steak, ground beef, etc.
- Chicken or turkey – grilled, breaded strips, canned, etc.
- Fish – grilled, baked, seared, canned (like tuna or salmon)
- Sausage – ground or sliced
- Beans/legumes – refried, canned, or cooked from dry, lentils
- Plant-based protein – tofu, tempeh, seitan, other favorite beef-substitute.

## Veggies

- Cooked green beans, broccoli, cauliflower, peas, cabbage, Brussels sprouts, etc.

- Shredded raw cabbage, Brussels sprouts, carrots
- Slaw mix
- Chopped onions and fresh herbs
- Sauteed mushrooms
- Avocado
- Chopped cucumbers, peppers, radishes

## Sauce

- Leftover pasta sauce
- Olive oil and balsamic vinegar
- Salsa
- Sriracha mayonnaise
- Hot sauce
- Melted butter and garlic

## Toppings

- Cheese: parmesan, cotijas, cheddar, any kind, really.
- Seeds or nuts like sesame, pumpkin, sunflower, almonds, walnuts, peanuts
- Dried or fresh herbs like parsley, cilantro, oregano, dill, rosemary
- Spice blends like furikake, Mrs. Dash, Old Bay (good for fish), Cajun seasoning, etc.
- Crushed tortilla chips
- Dried bread crumbs

## Some of our favorite combinations:

### Steak bowl

Mashed potatoes + sliced steak + wilted spinach + sauteed mushrooms + olive oil and balsamic vinegar + parmesan or blue cheese. Make it veggie by leaving out the steak.

### Pasta bowl

Cooked pasta + ground Italian sausage + green beans + pasta sauce + parmesan and mozzarella cheese. Make it veggie by subbing canned white beans or veggie sausage. Make it gluten-free by subbing spaghetti squash or zucchini noodles for the pasta.

### Burrito bowl

Cooked rice + refried beans + shredded cabbage, chopped tomatoes, sliced green onion, sliced radishes, cilantro, and avocado + salsa + cotija, cheddar, and crushed tortilla chips. Add ground beef or turkey for meat eaters. Make it paleo by subbing cauliflower rice.

### Spicy salmon bowl

Mixed greens + cooked salmon + sliced cucumbers, avocado, cilantro, and shredded carrots + sriracha mayonnaise (mix your own) + furikake (a Japanese spice blend with sesame seeds, seaweed, and spices). Add rice for a heartier bowl. Sub sauteed tofu or tempeh to make it veggie.