

Welcome to Ends+Stems

Included is your first meal plan, a full grocery list, and helpful tips



Honey Sriracha Tofu with Steamed Rice + Shaved Brussels Sprouts



Broccoli Cheddar Soup



Crunch Wrap Quesadilla with Broccoli + Pinto Beans

How It Works

- You can cook these in any order, any day of the week!
- There are 3 because overwhelmingly our customers only want to cook 3 nights. If you need a Thursday or Friday meal too - we recommend doubling one or two recipes and having a leftovers night!
- Each dish as written serves 4 people
- Each recipe lists substitutions you might want to make to meet your personal dietary needs or preferences. If you swap, don't forget to update the grocery list.
- Cooking all three will give you the maximum food waste reduction
- If you're into Meal Prep (aka cooking parts of each recipe ahead) - check out the next page for a step by step guide

Having a chef decide recipes for us and creating our grocery list with one click makes me excited to do the shopping, see how little I can spend, and easily feed my family. I am doing more cooking, but feeling so much less stress.

Kate L. / Orinda

Prep Ahead Plan!
For an easier work week,
take these steps on your day off.
Only 60 minutes to get started

- Honey Sriracha Tofu:
 1. Make the marinade. The tofu can marinate for up to 48 hours
 2. Shred the brussels and store in an airtight container for up to 24 hours.
 3. Cook the rice - reheat covered, in the microwave with a drizzle of water to soften
- Broccoli Cheddar Soup
 1. Cook it entirely
 2. Or - just chop up all of the veggies and store them in an airtight container
 3. Grate the cheese if not buying pre-shredded.
- Crunchwrap
 1. Prep the fillings: cook the broccoli, puree the beans, shred the cheese if not buying pre-shredded

Email Chef Alison with questions any time: alison@endsandstems.com
Tag us on IG and FB with @endsandstems and #endsandstems
We LOVE seeing your photos



Active Time: 20 minutes

Total Time: 30 minutes

Honey Sriracha Tofu with Steamed Rice + Shaved Brussels Sprouts



Ingredients

- 1 cup Basmati Rice (White)
- 1 $\frac{1}{4}$ cups Water
- 1 teaspoon Kosher Salt
- 2 cloves Garlic (minced and divided)
- 1 Tablespoon Fresh Ginger (grated, or 1 tsp dried)
- $\frac{1}{4}$ cup Tamari (or soy sauce of your choice)
- 2 Tablespoons Honey
- 1 Tablespoon Rice Vinegar
- 1 Tablespoon Sriracha (or more to taste!)
- 2 packages **Firm Tofu** (or extra firm, drained)
- $\frac{3}{4}$ pound Brussels Sprouts
- 2 Tablespoons Unsalted Butter
- 1 $\frac{1}{2}$ teaspoons Sesame Oil



Substitutions

VEGAN/BUTTER FREE:

For the sauce on the salmon, butter adds important texture. If you'd prefer not to use it, it's fine to sear the salmon in your choice of cooking oil, but don't add any in the final step (where we stir in butter to finish the sauce)

PESCATARIAN:

We have a version called Honey Sriracha Salmon with detailed instructions for searing the fish. Find it in [recipe search](#)

TOFU:

Tempeh. Try on Mushrooms, eggplant or cauliflower steaks too

BRUSSELS:

Roast them whole or halved if that's preferred. It does save a step!

HONEY:

Ok to just omit the honey and make it sugar free

KIDS CORNER:

We actually recommend this brussels sprouts preparation for kids, we've seen them try and enjoy them this way! If sriracha is too spicy, leave it out of the marinade at first - it's basically teriyaki this way. Sear the tofu and make the sauce, then divide it in 2 bowls and add the sriracha to just one of them before spooning over tofu

"Ends+Stems is the missing ingredient in my life!"

Susanna S. / San Francisco



Cooking Instructions

1 RICE

Combine the rice, water, and salt in a small pot with a tight fitting lid and bring to a boil. Stir well, then turn down to low and cover. Steam for 16 minutes. When time is up, turn off the heat, stir and fluff the rice, but keep it covered until serving.

2 MARINADE + TOFU

Mince the garlic and ginger. You can do both together with a knife, small food processor or by grating them on a sharp microplane grater. Place in a small bowl and measure out about half a teaspoon of the mix. Set aside for the brussels sprouts. Then stir in the soy sauce, honey, rice vinegar and Sriracha.

Open and drain the tofu. Cut in half, then in triangles. You will have 8 total.

Add the tofu triangles and turn to coat. Set aside for 5-10 minutes to marinate, and up to 24 hours in the fridge.

3 PREP BRUSSELS

Shred the brussels sprouts by trimming the very end off, if it's dry and woody. Then slice across the entire sprout into ¼" thin slices. Place in a large bowl as you go.

When they're all chopped, gently rub them with your fingers to help separate the leaves into ribbons. Any large or tightly coiled pieces are just fine, but you could also chop them up more if you prefer.

4 SEAR TOFU

Use a large non-stick sauté pan (or a well-seasoned cast iron), and heat over medium high. Add half of the butter and when it has melted and stopped bubbling, add the tofu to the pan. Sear for about 3-4 minutes without moving. You can turn down the pan if it seems to be too hot - you don't want any burning smells.

When ready, carefully flip the tofu triangles over and sear for another 3-4 minutes.

Remove tofu triangles to a plate. Add the rest of the marinade to the pan and whisk for about 45 seconds. Turn off the heat and whisk in the remaining butter (about 1 Tablespoon) until it has disappeared. Set aside.

5 BRUSSELS

You can get these going when you flip the tofu or wait until after if you're less confident in juggling 2 pans. Heat a large pan with taller sides or a sauté pan over medium high heat. Add the sesame oil and the reserved garlic and ginger mince. Cook for 1 minute. Add the shaved brussels sprouts and a pinch of salt. Cook, stirring often, for about 4 minutes. The ribbons of leaves will be bright green and crisp tender.

6 SERVING

Plate a bed of rice and top with a couple triangles of tofu. Serve a heaping pile of brussels on the side. And either spoon or drizzle the rest of the sauce over top.



QUICK TIPS

When Ends + Stems first started writing meal plans, we had a small group of testers and sent recipes as pdf documents. A version of this dish was in the first batch and among some early testers, it's an eternal favorite. A huge thank you to those who got that original Week One email. We're glad you're here and that everyone else can taste this meal now too.



Crunchwrap Quesadilla with Broccoli + Pinto Beans



Ingredients

- 2 cups **Broccoli** (use just the florets if you made the soup with stems this week)
- 1 15-ounce can Pinto Beans (drained)
- 2 Tablespoons Taco Seasoning (divided, see substitutions to make your own!)
- 1 cup Cheddar Cheese (or mexican blend, or monterey jack - shredded)
- 1 Roma Tomato (diced)
- 1 head Romaine Lettuce
- 6 Flour Tortillass (this makes 6, they reheat very well!)
- 3 Tablespoons Canola Oil (for frying)
- 1 Tablespoon Unsalted Butter (optional, for frying)



Substitutions

GLUTEN FREE:

the folding won't really work on corn tortillas (they'll crack), so your best bet is to use GF corn tortillas and make flat, classic quesadillas by layering the same but placing one on bottom and a second on top

DAIRY FREE:

omit cheese and sear in oil only

PINTO BEANS:

black beans are nice too, or leave them out if allergic

BROCCOLI:

diced and sautéed bell peppers give a fajita vibe, or try mushrooms. Or use cooked rice for a classic rice/bean/cheese burrito filling

TOMATO:

prepared salsa is easy

BREAKFAST:

oh yes we did. Add soft scrambled eggs instead of meat

KIDS CORNER:

let them help layer the filling and fold. This dish is made for kids! Our kids love leftover rice in here too



Tip of the Week

REDUCE YOUR FOOD WASTE

ends+stems

Who Does the Work?

Do you have family balance when it comes to planning and shopping? Many of us do not and one person (statistically, Mom) does the majority of the managements. This is a lot of work! Try making your grocery list and meal plan together with the family at dinner one night. Get their buy in on what you'll all eat and what's needed from the store.



Cooking Instructions

1 HEAT THE OVEN TO 350 DEGREES

2 BROCCOLI

Use the leftover florets from the soup (if you cooked the whole meal plan this week, or just a small head of broccoli) - chop into small pieces and place on a baking sheet. Add half of the taco spice blend and roast for about 3-4 minutes or until bright green and tender. Remove and set aside for wrapping.

3 BEANS

Open and drain the can. Empty the beans into a large bowl, add the other half of the spice blend, and mash them well with a fork or potato masher. If preferred, you can do this in a bullet-style blender to make them very smooth.

4 TOPPINGS

Grate the cheese. Dice the tomato. Shred the lettuce into thin ribbons. Make sure lettuce is clean and dry.

5 LAYER

Heat the tortillas in the oven for about 30-45 seconds to make them pliable. Place 2 at a time on a work surface for easy layering. In the center of the wrap spoon about 1/6th of the beans into a 6 inch in diameter circle.

VERY IMPORTANT - be sure to leave a large rim for folding - you need 3 inches with no filling on it all around. This means the center filled part will look too small at first. More is not more here, it will make a mess.

Top with broccoli, then the tomatoes. Next is lettuce - this is the only thing that won't be used up completely just add a few tablespoons. The last layer is cheese.

6 FOLD

Start at the top (12 o'clock), and fold down to the center. Be firm but gentle and help crease the tortilla edge. Move to 2 o'clock and fold it in. Now move to 4 o'clock and fold in, but make sure the flap that meets the 2pm fold goes OVER. When you fold at 6pm, the flap between 4 and 6 now goes under. Check out the photo if you're unclear.

(Another way to say it: the left side of each fold will sit on top. The right side of that same fold will go underneath the next section's fold). It makes a neat spiral all the way around. When you get to the last flap, you can maneuver the left side of the 12pm flap up, essentially tucking the final fold in.



QUICK TIPS

Versions of this recipes have been going around the internet - it's a riff on a Taco Bell dish, that honestly, we've never even seen in real life (yes, our food snobbery is showing). If you haven't either, it's basically a quesadilla with a super crispy crust, beautiful folding technique, and delicious layers of filling. And if you can do this, your kids are going to love you...or better yet, they're going to HELP you!



Cooking Instructions

IF YOU HATE ME RIGHT NOW

Please don't worry! Fold all of the flaps in flat and let them lay however feels natural. They will still stay in place when they sear, and it will taste the same. The important part is not to overstuff and make sure the edges meet in the center.

7 SEARING

After you have 2 folded, transfer them to a baking sheet or a plate. Heat a large sauté pan over medium high heat. Add about 1 teaspoon of oil (and a dot of butter if using) and when it's hot, place the tortilla folded side down. Let it cook for about 3-4 minutes. After that, it will be quite easy to flip with a spatula since the edges are crispy in place.

Cook the second side for 2-3 minutes. Remove to a baking sheet and keep in the oven while you sear the rest.

To make this go faster - use 2 sauté pans at the same time. Or, break out your electric skillet (or a griddle pan for the stove top) and you can probably cook 4 at the same time.

8 REPEAT

Fold the rest and sear.

9 SERVING

Slice in half or in quarters. Take the Instagram photo because these are so fun when you cut them in half! Serve on a bed of the extra lettuce. Leftovers can be kept in tupperware and reheated in the toaster oven.

Our weekly impact report shows your results
+ the community total. Small efforts add up!

YOUR IMPACT

(measured in pizza!)

Your Impact

Since joining ends + stems you have saved the equivalent of:



2736

Slices of pizza

Collective Impact

Together, our community has saved the equivalent of:



418320

Slices of pizza

1 slice of pizza = 1.045 CO2-E (kg) of carbon. Find out [how we calculate this](#).



Active Time: 10 minutes

Total Time: 30 minutes

Easy Broccoli + Cheddar Soup



Ingredients

- 1 Yellow Onion (small dice)
- 1 Carrot (small dice)
- 1 clove Garlic (minced)
- 2 Tablespoons Unsalted Butter
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Russet Potatoes (peeled and small dice)
- 1 teaspoon Kosher Salt
- 1/2 teaspoon Black Pepper
- 1 bunch **Broccoli** (mostly steam, about 4 cups chopped and just 1 cup or so of the florets)
- 2 Tablespoons Flour
- 4 cups Stock (vegetable or chicken)
- 1 cup Heavy Cream (optional)
- 1/4 teaspoon Nutmeg (freshly ground, optional)
- 2 cups Cheddar Cheese (shredded and more for garnish)



QUICK TIPS

Though this recipe is written with an entire bunch of broccoli, it's even better to use up your extra broccoli stems. Steam florets for a simple side dish but save the stems in a tupperware in the freezer and when you have about 1-2 pounds, make some delicious soup! Also, be sure and use a high quality cheddar - cheap cheese doesn't melt well and will not improve the soup, better to leave it out.



Substitutions

GLUTEN FREE:

Option 1: leave out the flour. It will be a little thinner but if you blend it well, the veggies and potato will thicken it. Option 2: leave out flour and use 1 teaspoon cornstarch

DAIRY FREE:

Cashew milk, almond milk or our favorite coconut milk! Just add in when the instructions call for milk. Leave out the cheese and if you like, add 1 Tablespoon of nutritional yeast

PALEO:

leave out the potato. Follow the Dairy Free instructions for coconut milk and nutritional yeast

CREAM:

Don't sub lower than 2% percent milk or you risk curdling, you could sub half and half, whole milk or coconut milk though

KIDS CORNER:

serve with garlic bread or quesadillas for dunking. Consider adding an extra potato and leave out the florets all together. The soup will be paler in color, thicker and smoother



Cooking Instructions

1 VEGGIES

Dice the onion, carrot, and garlic. Heat the butter and oil in a large pot with tall sides over medium heat and add the diced veggies. Peel and dice the potato - keep the pieces small to reduce your cooking time. Add to the pot. Add 1 Tablespoon of salt and 1 teaspoon black pepper. Sauté for about 3 minutes, stirring often, while you prep the broccoli.

2 BROCCOLI

Remove the florets and estimate about 1 generous cup of them. Finely chop. Save the remainder for the Crunch Wraps this week or another day. (If you don't think you'll get to them otherwise, you can certainly add them all in though).

Dice the broccoli stems - if there are brown, dried ends or knobs, peel or slice those off. Otherwise, you don't have to peel it. Cut the stems into small dice.

3 FLOUR

Add the flour to the pot and whisk to combine. Let it cook for a minute in the pan, but keep whisking. Carefully, pour in the stock while whisking at the same time. Be sure to whisk the edges of the pan and incorporate the flour into the stock.

4 SIMMER

Add the broccoli stems (don't add the florets just yet!) and turn heat to medium high. Bring to a boil, whisking well and often, especially on the bottom of the pan. Turn down to medium and simmer. Simmer for about 15 minutes until potatoes and broccoli stems are completely tender.

5 BLEND

If you have an immersion blender great! Use it now. OR, transfer the soup in batches to a regular blender. While blending, stream in the cream. Return soup to the pan and bring it back to a simmer over medium heat. Add the broccoli florets and grated nutmeg.

6 CHEESE

Turn the heat off and add the grated cheese about a ¼ cup at a time, whisking to melt between batches.

7 SERVING

Taste and you may prefer more salt or pepper. Ladle among bowls and garnish with extra cheese.

"Looking forward to saving money, eating better and wasting less. I just asked the universe for such a service, so happy you exist!
Check dinner planning off my goals for the year!"

Alexa J. / Boston

As seen on:



Forbes

CONSCIOUS
COMPANY

rachael ray
everyday

EatingWell.



The full list has 30 ingredients - but we bet you have at least 10 already at home! Be sure to check.

Buying less is the #1 way to waste less

PRODUCE

<input type="checkbox"/>	1 small	Russet Potato
<input type="checkbox"/>	1 1/2 pounds	Broccoli
<input type="checkbox"/>	1 small	Roma Tomato
<input type="checkbox"/>	1 head	Romaine Lettuce
<input type="checkbox"/>	1 small	Yellow Onion
<input type="checkbox"/>	1 medium	Carrot
<input type="checkbox"/>	1 head	Garlic
<input type="checkbox"/>	3 teaspoons	Ginger
<input type="checkbox"/>	1 pound	Brussels Sprouts

DAIRY

<input type="checkbox"/>	3 cups	Cheddar Cheese, shredded
<input type="checkbox"/>	2 sticks	Unsalted Butter
<input type="checkbox"/>	1 cup	Heavy Cream
<input type="checkbox"/>	2 packages	Firm Tofu (ideally not in water)

PANTRY

<input type="checkbox"/>	3 teaspoons	Taco Seasoning
<input type="checkbox"/>	2 teaspoons	Kosher Salt
<input type="checkbox"/>	1 15-ounce	can Pinto Beans
<input type="checkbox"/>	6 (10 inch)	Flour Tortillas (burrito size)
<input type="checkbox"/>	1/2 cup	Canola Oil
<input type="checkbox"/>	1/2 cup	Extra Virgin Olive Oil
<input type="checkbox"/>	1 teaspoon	Black Pepper
<input type="checkbox"/>	6 teaspoons	Flour
<input type="checkbox"/>	4 cups	Chicken Stock
<input type="checkbox"/>	1/4 teaspoon	Nutmeg
<input type="checkbox"/>	1 cup	Basmati Rice (white)
<input type="checkbox"/>	3 teaspoons	Soy Sauce (Tamari)
<input type="checkbox"/>	6 teaspoons	Honey
<input type="checkbox"/>	1 teaspoon	Rice Vinegar
<input type="checkbox"/>	3 teaspoons	Sriracha
<input type="checkbox"/>	1 1/2 teaspoons	Sesame Oil

Do you order online?
Put this list into your favorite
delivery service.