



Summer Market Series

SEPTEMBER:
apples + peppers

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4. recipes
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featuring



peppers



apples

sample menu

(serves 4)

- Simple salad with creamy Italian dressing
- Crockpot Beyond sausage + peppers
- THE BEST garlic bread
- Caramel apples with crushed peanuts
- BONUS RECIPE: Muhammara



printable shopping list

(serves 4)

PRODUCE:

2 bell peppers, any variety
4 apples, any variety
2 onions, any variety
Small bunch of basil
Garlic (1 head)
Romaine lettuce (bag or bunch - enough for hearty salad)
Cherry tomatoes (about 1 cup)
1 cucumber

**note: does not include
ingredients for
bonus recipe**

PANTRY:

Peanuts (1/2 cup)
Tahini (1/2 cup)
Dried oregano (1 TBSP)
Balsamic vinegar (1 TBSP)
Crushed red pepper (optional)
Salt + pepper (to season)
Olives (for salad - optional - a little olive juice is great in the dressing!)
Brown sugar (1 cup)
Vanilla (1 tsp)

REFRIGERATED:

Plant-based milk (1/2 cup + 4 TBSP)
1 package (4 count) Beyond sausage (brats or sweet or hot Italian)
Vegan butter (1 cup or 2 sticks)

OTHER:

Loaf of Italian bread
Sticks (can use sturdy chopsticks!) for caramel apples

instructions

By using the shopping list, menu recipes (see following pages) and following the below order, you'll have a menu batch-cooking win!

FIRST:

The day before or morning of your meal, make Creamy Italian dressing.

SECOND:

About 4 hours before you're ready to eat, make Beyond sausage and peppers.

THIRD:

Make caramel apples.

FOURTH:

Roast garlic (for garlic bread) + chop veggies for salad.

FIVE:

Once sausage and peppers are done, keep warm while you toast up garlic bread and assemble salad.

SIX:

Dig in!

Tahini Italian Dressing

serves 6

Great
make-
ahead
dish!

½ cup tahini
½ cup unsweetened plant-based milk
1 clove raw garlic, peeled -AND/OR- 4-5 cloves roasted garlic (use either or both!)
1 tablespoon dried oregano
3 tablespoons basil (can sub 1 TBSP dried basil)
1 tablespoon balsamic or white wine vinegar -AND/OR- 1 tablespoon fresh lemon juice
Pinch of crushed red pepper (optional)
Salt and pepper to taste

In a small food processor (see notes), add garlic and pulse until minced. Add remaining ingredients and pulse until blended. Adjust seasonings to taste.

Make this a day ahead and store in an airtight container in the fridge, allowing the flavors to really come together! This continues to get better and better for several days and will thicken in refrigerator; simply add more plant-based milk to thin (if you prefer).



NOTES: If you don't have a food processor, simply mince your garlic ahead of time and whisk everything together in a small bowl.

Crockpot Sausage + Peppers

- 1 package Beyond Sausage (brats or hot or sweet Italian)
- 2 bell peppers, sliced (reserve some for salad if you'd like!)
- 2 onions, sliced (reserve some for salad if you'd like!)
- 1-2 gloves garlic, minced
- Leftover fresh basil (from salad dressing) for garnish (optional)



Toss everything into crockpot and cook on low for four hours or until onions and peppers are softened and sausage is cooked through.

Caramel Apples

Using [this recipe](#), prep caramel. Next, insert sticks into center of clean, washed apples. Roll each apple in caramel, then chopped peanuts. Place on wax paper and refrigerate until set.



Garlic Bread

Preheat oven to 425 degrees Fahrenheit. Slice off top of garlic bulb and remove extra skins. Wrap in foil and drizzle olive oil on top. Place directly on oven rack (or on pan) and roast for about 30 minutes or until garlic is golden brown. Let cool. Watch [this video](#) for tips!

Once cool, 'pop' each clove out of the head. Chop and mix with 1/2 cup melted vegan butter. This will be the AMAZING spread for the garlic bread, which you simply spread onto bread and then toast/broil in oven until golden!



Salad

Assemble romaine, cherry tomatoes, sliced cucumber, and olives and leftover bell peppers and onions (if using) in a large bowl. Before serving, top with Creamy Italian dressing.



BONUS RECIPE!
Watch [the](#)
[recipe video!](#)

Muhammara

serves 6-8

Great
make-
ahead
dish!

- ¾ cup bread crumbs (see notes)
- 1 12-ounce jar roasted red bell peppers (see notes)
- 1 cup walnuts
- 1 clove garlic, peeled
- Juice from ½ lemon
- 3-4 tablespoons fresh parsley
- 4 tablespoons olive oil (you can skip if you're oil-free)
- 2 tablespoons pomegranate syrup (can substitute with agave or maple syrup)
- 1 teaspoon dried Aleppo pepper (can substitute with crushed red pepper flakes)
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper (optional)
- salt and pepper to taste
- extra parsley and pomegranate syrup to garnish (optional)



Pulse together all ingredients in a food processor until blended. If you like it chunkier, toss in a few more walnuts at the end and give it a few quick pulses. (Or feel free to use a mortar and pestle to blend!)

Serve with your favorite pita bread, naan, crackers, and/or veggies, or use as a sandwich or wrap spread!

NOTES: Play around with ratios and make sure you give it a day in the fridge before making your final assessment! The flavors really come together after a day.

For ¾ cup bread crumbs, use store-bought or make your own: 3 small slices of bread (we like sprouted), dried out or toasted, then pulsed in your food processor.

Aleppo pepper and pomegranate syrup are usually available at specialty spice shops (or online); they give the most authentic flavor, but we've made this dip using agave and crushed red pepper and it's still delicious!

resources

Our Cookbooks:

"BEEFLESS CAKES: Easy + Affordable Plant-Based Recipes featuring Beefless Cakes"

"PLANT-BASED COLLEGE COOKING: The Ultimate Guide for the Broke + Busy"

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