

JONAS' KITCHEN • JUST GOOD VEGAN FOOD

The Jonas' Kitchen Cookbook

Volume One — Comfort Classics

25 scratch-made plant-based recipes from Southwest Florida's vegan chef. Pastas, stews, curries, and skillet — the meals my customers order again and again, adapted for your home kitchen.

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A NOTE FROM JONAS

Real food. Real chef. Your kitchen.

I've been cooking plant-based food in Southwest Florida for years now — thousands of meals out of my kitchen, delivered to doors from Fort Myers to Naples. These 25 recipes are home versions of the dishes people order the most.

I didn't start with a restaurant or a business plan. I started with a conviction: vegan food can be genuinely good. Filling, flavorful, built for real life. Not bland, not processed, not boring.

Every recipe here serves four, uses ingredients you can find at any grocery store, and most come together in 45 minutes or less. The nutrition numbers are per serving and approximate — your brands and portions will vary a little, and that's fine. Cooking isn't chemistry class.

If a week comes when you'd rather have me do the cooking — that's what I'm here for. Fresh menus every Monday, delivered across Southwest Florida.

— *Jonas*

A note on ingredients: "Plant-based sausage / beef" means any store brand you like (Beyond, Impossible, Field Roast all work). Check labels if you're avoiding gluten or soy — products vary.

Comfort Classics

01 Marry Me Chickpeas	Signature
02 World Famous Vegan Burrito	Signature
03 Sundried Tomato Penne with Broccoli	Pasta
04 Creamy Coconut Mac & Cheese with Broccoli	Pasta
05 Cheeseburger Pasta	Pasta
06 Alfredo with Peas	Pasta
07 Creamy Garlic Pasta with Roasted Tomatoes	Pasta
08 Pasta e Fagioli	Pasta
09 Beyond Meatballs with Zoodles	Pasta
10 Crispy Gnocchi with Sausage and Peas	Pasta
11 Mushroom Risotto with Chickpeas	Rice
12 Moroccan Chickpea & Sweet Potato Stew	Stew
13 Tomato, Eggplant & Chickpea Stew	Stew
14 Lentil, Potato & Sausage Stew	Stew
15 Curried Lentil Soup	Soup
16 Potato Chowder	Soup
17 Gumbo with Okra and Lentils	Soup
18 Black Eyed Peas, Smoky Collards & Cheesy Grits	Southern
19 Mango Coconut Curry with Cashews	Curry
20 Roasted Eggplant Curry with Chickpeas	Curry
21 Apple-Sage Sausage Skillet with Farro	Skillet

22 Smoky Sausage & Brussels Sprouts Hash	Skillet
23 Sausage and Couscous	Skillet
24 Ropa Vieja	Global
25 Mediterranean Baked Sweet Potatoes	Global

Marry Me Chickpeas

Creamy sun-dried tomato chickpeas with herbs and garlic. One bite and you'll understand the name.

4

SERVINGS

30 min

TOTAL

~678

CAL/SERVING

~27g

PROTEIN

Ingredients

2 tbsp olive oil

1 yellow onion, diced

5 cloves garlic, minced

½ cup sun-dried tomatoes in oil, chopped

1 tsp dried oregano

1 tsp smoked paprika

½ tsp red pepper flakes

2 cans (15 oz) chickpeas, drained

1 can (13.5 oz) full-fat coconut milk

2 tbsp nutritional yeast

2 cups fresh spinach

Salt & black pepper

Cooked rice or crusty bread, to serve

Method

1. Heat the oil in a large skillet over medium. Cook the onion 4–5 minutes until soft, then add garlic, sun-dried tomatoes, oregano, paprika, and pepper flakes. Cook 1 minute until fragrant.
2. Add the chickpeas and stir to coat in the spiced oil. Let them sizzle 2–3 minutes to pick up flavor.
3. Pour in the coconut milk and nutritional yeast. Simmer gently 10–12 minutes until the sauce thickens and clings to the chickpeas.
4. Stir in the spinach until wilted. Season generously with salt and pepper.
5. Serve over rice or with bread for dragging through the sauce — that's the whole point.

Jonas' tip: Use the oil from the sun-dried tomato jar as part of your cooking oil. It's free flavor.

World Famous Vegan Burrito

*Seasoned plant-based beef in tomato sauce with avocado and cheddar in a warm flour tortilla.
The legend.*

4

SERVINGS

25 min

TOTAL

~504

CAL/SERVING

~12g

PROTEIN

Ingredients

1 tbsp olive oil

1 lb plant-based ground beef

1 small onion, finely diced

2 cloves garlic, minced

1 tbsp chili powder

1 tsp cumin

1 cup tomato sauce

4 large flour tortillas

1 cup shredded plant-based cheddar

1 ripe avocado, sliced

Salt to taste

Optional: rice, beans, hot sauce

Method

1. Heat oil in a skillet over medium-high. Brown the plant-based beef with the onion, breaking it up, 5–6 minutes.
2. Add garlic, chili powder, and cumin; cook 1 minute. Pour in tomato sauce and simmer 5 minutes until thick. Season with salt.
3. Warm tortillas in a dry pan or directly over a low flame until soft and lightly charred.
4. Layer each tortilla with the beef mixture, cheddar, and avocado. Fold in the sides, then roll tight from the bottom.
5. For the full effect, sear the finished burrito seam-side down in the hot pan 1–2 minutes per side until golden and the cheese melts.

Jonas' tip: The pan-sear at the end is non-negotiable. It turns a wrap into a burrito.

Sundried Tomato Penne with Broccoli

Al dente penne in a creamy oat-and-coconut sauce with sun-dried tomatoes and tender broccoli.

4	30 min	~364	~9g
SERVINGS	TOTAL	CAL/SERVING	PROTEIN

Ingredients

12 oz penne

1 large head broccoli, cut in florets

2 tbsp olive oil

4 cloves garlic, minced

½ cup sun-dried tomatoes, sliced

1 cup unsweetened oat milk

½ cup coconut cream

3 tbsp nutritional yeast

½ cup shredded plant-based cheese

1 tsp Italian seasoning

Salt & black pepper

Method

1. Cook penne in salted water. Add the broccoli to the same pot for the last 3 minutes. Reserve ½ cup pasta water, then drain.
2. Meanwhile, warm the oil in a large skillet over medium. Cook garlic and sun-dried tomatoes 2 minutes.
3. Add oat milk, coconut cream, nutritional yeast, and Italian seasoning. Simmer 4–5 minutes until slightly thickened, then stir in the cheese until melted.
4. Toss in the penne and broccoli, loosening with pasta water as needed until the sauce coats everything. Season and serve.

Jonas' tip: Don't skip salting the pasta water — it's the only chance to season the pasta itself.

Creamy Coconut Mac & Cheese with Broccoli

Rich, creamy coconut-based mac and cheese with tender broccoli. Comfort at its best.

4

SERVINGS

30 min

TOTAL

~522

CAL/SERVING

~20g

PROTEIN

Ingredients

12 oz elbow macaroni

1 head broccoli, small florets

1 can (13.5 oz) coconut milk

½ cup nutritional yeast

2 tbsp white miso paste

1 tsp garlic powder

1 tsp onion powder

½ tsp turmeric (for color)

1½ cups shredded plant-based cheddar

1 tsp Dijon mustard

Salt & pepper

Method

1. Cook macaroni in salted water; add broccoli for the last 3 minutes. Drain.
2. In the same pot, warm the coconut milk over medium-low. Whisk in nutritional yeast, miso, garlic powder, onion powder, turmeric, and Dijon.
3. Add the cheddar a handful at a time, whisking until smooth and glossy.
4. Fold the pasta and broccoli back in. The sauce will tighten as it sits — add a splash of water if needed. Season and serve hot.

Jonas' tip: Miso is the secret to "cheesy" depth without dairy. Keep a tub in the fridge — it lasts months.

Cheeseburger Pasta

All the flavors of a cheeseburger in a creamy pasta. Comfort food done vegan.

4

SERVINGS

30 min

TOTAL

~567

CAL/SERVING

~11g

PROTEIN

Ingredients

12 oz shells or rotini

1 tbsp olive oil

1 lb plant-based ground beef

1 onion, diced

2 cloves garlic, minced

2 tbsp tomato paste

1 tbsp yellow mustard

1 tbsp ketchup

1 cup unsweetened oat milk

1½ cups plant-based cheddar shreds

Dill pickles, chopped, to top

Salt & pepper

Method

1. Cook the pasta in salted water; reserve ½ cup water and drain.
2. Brown the plant-based beef and onion in oil over medium-high, 5–6 minutes. Add garlic and tomato paste; cook 1 minute.
3. Stir in mustard, ketchup, and oat milk. Simmer 3 minutes, then melt in the cheddar.
4. Toss with the pasta, loosening with pasta water to a silky sauce. Top with chopped pickles — trust the pickles.

Jonas' tip: The pickle on top isn't a garnish, it's the point. Sharp + creamy = burger in a bowl.

Alfredo with Peas

Creamy plant-based alfredo with sweet peas. Rich without the dairy.

4

SERVINGS

25 min

TOTAL

~412

CAL/SERVING

~12g

PROTEIN

Ingredients

12 oz fettuccine

1 cup raw cashews, soaked 15 min in hot water

1¼ cups unsweetened oat milk

3 tbsp nutritional yeast

2 cloves garlic

1 tbsp lemon juice

½ tsp salt

1 cup frozen peas

2 tbsp vegan butter

Black pepper & parsley

Method

1. Cook fettuccine in salted water; add peas for the last 2 minutes. Reserve ½ cup water, drain.
2. Blend the drained cashews with oat milk, nutritional yeast, garlic, lemon juice, and salt until completely smooth — a full 60 seconds.
3. Melt the butter in the pasta pot, pour in the sauce, and warm gently 2–3 minutes until it thickens. Don't boil.
4. Toss with pasta and peas, adjusting with pasta water. Finish with lots of black pepper and parsley.

Jonas' tip: If your blender struggles, soak the cashews longer. Smooth sauce is everything here.

Creamy Garlic Pasta with Roasted Tomatoes

Silky garlic cream sauce over pasta with burst roasted tomatoes. Restaurant-quality on a weeknight.

4

SERVINGS

35 min

TOTAL

~379

CAL/SERVING

~11g

PROTEIN

Ingredients

12 oz spaghetti or linguine

 2 pints cherry tomatoes

 3 tbsp olive oil, divided

 8 cloves garlic, thinly sliced

 ½ tsp red pepper flakes

 1 cup coconut cream or cashew cream

 3 tbsp nutritional yeast

 1 tsp lemon zest

 Fresh basil

 Salt & pepper

Method

1. Roast the tomatoes with 1 tbsp oil and a pinch of salt at 425°F for 18–20 minutes until they burst and blister.
2. Cook the pasta in salted water; reserve 1 cup water, drain.
3. Gently cook the sliced garlic in the remaining oil over medium-low until golden — 3–4 minutes, don't rush or burn it. Add pepper flakes.
4. Stir in the cream and nutritional yeast; simmer 3 minutes. Toss with pasta, loosening with pasta water.
5. Fold in the roasted tomatoes and their juices. Finish with lemon zest, basil, and black pepper.

Jonas' tip: Golden garlic is sweet; brown garlic is bitter. Low heat, patience.

Pasta e Fagioli

The hearty Italian classic — pasta, cannellini beans, and tomatoes in a fragrant herb broth.

4

SERVINGS

40 min

TOTAL

~318

CAL/SERVING

~13g

PROTEIN

Ingredients

2 tbsp olive oil

1 onion, diced

2 carrots, diced

2 celery stalks, diced

4 cloves garlic, minced

1 can (15 oz) crushed tomatoes

2 cans (15 oz) cannellini beans, one
mashed

4 cups vegetable broth

1 tsp dried rosemary + 1 tsp oregano

1 bay leaf

1 cup ditalini or small shells

Salt & pepper, olive oil to finish

Method

1. Cook onion, carrot, and celery in oil over medium heat until soft, 6–8 minutes. Add garlic; cook 1 minute.
2. Add tomatoes, both cans of beans (one mashed for body), broth, herbs, and bay leaf. Simmer 15 minutes.
3. Add the pasta straight to the pot and cook until al dente, stirring so it doesn't stick.
4. Discard the bay leaf. Season boldly, ladle into bowls, and finish with a drizzle of good olive oil.

Jonas' tip: Mashing one can of beans is what makes the broth creamy without any cream.

Beyond Meatballs with Zoodles

Plant-based meatballs over zucchini noodles in rich marinara. All the comfort, none of the meat.

4

SERVINGS

40 min

TOTAL

~234

CAL/SERVING

~7g

PROTEIN

Ingredients

1 lb plant-based ground beef

1/3 cup breadcrumbs

2 tbsp ground flax + 5 tbsp water

1 tsp Italian seasoning

1/2 tsp garlic powder

2 tbsp olive oil

3 cups marinara sauce

4 medium zucchini, spiralized

Fresh basil

Salt & pepper

Method

1. Mix flax and water; rest 5 minutes to gel. Combine with plant-based beef, breadcrumbs, Italian seasoning, garlic powder, salt, and pepper. Roll into 16 balls.
2. Brown the meatballs in oil over medium heat, turning gently, about 8 minutes total.
3. Add marinara, cover, and simmer 10 minutes so the meatballs cook through and drink up the sauce.
4. Toss the zoodles in a hot dry skillet 2 minutes only — just to warm, not to weep. Top with meatballs, sauce, and basil.

Jonas' tip: Overcooked zoodles turn to water. Two minutes, then off the heat. If you'd rather have real spaghetti — use real spaghetti.

Crispy Gnocchi with Sausage and Peas

Pan-crisped gnocchi with plant-based sausage and sweet peas in a light herb sauce.

4

SERVINGS

25 min

TOTAL

~362

CAL/SERVING

~6g

PROTEIN

Ingredients

1 lb shelf-stable gnocchi

3 tbsp olive oil, divided

3 plant-based Italian sausages, sliced

3 cloves garlic, minced

1 cup frozen peas

½ cup vegetable broth

1 tbsp vegan butter

1 tsp lemon juice

Fresh sage or thyme

Salt & pepper

Method

1. Skip boiling. Pan-fry the gnocchi straight from the package in 2 tbsp oil over medium-high, undisturbed 3–4 minutes per side, until golden and crisp. Remove.
2. Brown the sausage slices in the remaining oil, 4–5 minutes. Add garlic; cook 1 minute.
3. Add peas and broth; simmer 2 minutes. Swirl in the butter and lemon juice.
4. Return the gnocchi, toss with herbs, season, and serve immediately while the edges are still crisp.

Jonas' tip: Crispy-outside, chewy-inside gnocchi will ruin boiled gnocchi for you forever. You've been warned.

Mushroom Risotto with Chickpeas

Creamy risotto with sautéed mushrooms and hearty chickpeas. Comfort food that earns the stirring.

4

SERVINGS

45 min

TOTAL

~322

CAL/SERVING

~9g

PROTEIN

Ingredients

3 tbsp olive oil, divided

1 lb cremini mushrooms, sliced

1 onion, finely diced

3 cloves garlic, minced

1½ cups arborio rice

½ cup dry white wine (optional)

5–6 cups warm vegetable broth

1 can (15 oz) chickpeas, drained

3 tbsp nutritional yeast

1 tbsp vegan butter

Fresh thyme, salt & pepper

Method

1. Sear the mushrooms in 2 tbsp oil over medium-high until deeply browned, 6–8 minutes. Season and set aside.
2. In the same pot, soften the onion in the remaining oil. Add garlic, then the rice; toast 2 minutes until the edges turn translucent.
3. Add wine if using; let it absorb. Then add warm broth one ladle at a time, stirring, waiting until absorbed before the next — about 20 minutes to al dente.
4. Fold in the chickpeas, mushrooms, nutritional yeast, and butter. The texture should flow, not stand. Season and top with thyme.

Jonas' tip: Warm broth is the rule — cold broth shocks the rice and doubles your cooking time.

Moroccan Chickpea & Sweet Potato Stew

Hearty and satisfying: chickpeas, sweet potatoes, and a cozy blend of Moroccan spices.

4 SERVINGS	40 min TOTAL	~369 CAL/SERVING	~13g PROTEIN
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Ingredients

2 tbsp olive oil

1 onion, diced

3 cloves garlic, minced

1 tbsp grated ginger

2 tsp cumin + 2 tsp coriander

1 tsp cinnamon + 1 tsp paprika

2 sweet potatoes, 1-inch cubes

2 cans (15 oz) chickpeas, drained

1 can (28 oz) diced tomatoes

2 cups vegetable broth

¼ cup raisins or chopped dates

Cilantro & lemon, couscous to serve

Method

1. Soften the onion in oil, 5 minutes. Add garlic, ginger, and all the spices; cook 1 minute until the kitchen smells like a spice market.
2. Add sweet potatoes, chickpeas, tomatoes, broth, and raisins. Bring to a boil, then simmer 25 minutes until the sweet potatoes are tender.
3. Mash a few sweet potato cubes against the pot wall to thicken the stew.
4. Season, then finish with cilantro and a hard squeeze of lemon. Serve over couscous.

Jonas' tip: The raisins aren't optional — that little hit of sweet against the spice is what makes it Moroccan.

Tomato, Eggplant & Chickpea Stew

A quick, hearty stew with roasted eggplant, tomatoes, and chickpeas — simple done right.

4 SERVINGS	45 min TOTAL	~127 CAL/SERVING	~4g PROTEIN
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Ingredients

1 large eggplant, 1-inch cubes

 4 tbsp olive oil, divided

 1 onion, diced

 4 cloves garlic, minced

 1 tsp smoked paprika

 ½ tsp cumin

 1 can (28 oz) crushed tomatoes

 1 can (15 oz) chickpeas, drained

 1 cup vegetable broth

 1 tsp sugar

 Fresh parsley, salt & pepper

Method

1. Toss the eggplant with 2 tbsp oil and salt; roast at 425°F for 25 minutes until golden and collapsed.
2. Meanwhile, soften the onion in the remaining oil. Add garlic, paprika, and cumin; cook 1 minute.
3. Add tomatoes, chickpeas, broth, and sugar. Simmer 15 minutes.
4. Fold in the roasted eggplant gently and simmer 5 more minutes. Season, shower with parsley, and serve with bread or rice.

Jonas' tip: Roasting the eggplant separately keeps it silky instead of slimy. Never stew raw eggplant.

Lentil, Potato & Sausage Stew

Creamy lentils and tender potatoes with plant-based sausage in a rich, warming broth.

4

SERVINGS

50 min

TOTAL

~310

CAL/SERVING

~16g

PROTEIN

Ingredients

2 tbsp olive oil

3 plant-based sausages, sliced

1 onion, diced

2 carrots, diced

3 cloves garlic, minced

1 tsp smoked paprika

1 cup brown or green lentils, rinsed

1 lb baby potatoes, halved

6 cups vegetable broth

1 bay leaf

2 cups chopped kale

Salt & pepper

Method

1. Brown the sausage in oil; set aside. Soften onion and carrot in the same pot, 5 minutes. Add garlic and paprika.
2. Add lentils, potatoes, broth, and bay leaf. Simmer 30–35 minutes until lentils are creamy and potatoes are tender.
3. Return the sausage, stir in the kale, and simmer 5 minutes.
4. Discard the bay leaf, season well, and serve steaming.

Jonas' tip: This one's even better tomorrow. Make a double batch — it freezes for 3 months.

Curried Lentil Soup

A cozy, warming lentil soup with fragrant curry spices. Simple, filling, and deeply satisfying.

4

SERVINGS

40 min

TOTAL

~315

CAL/SERVING

~14g

PROTEIN

Ingredients

2 tbsp coconut oil

1 onion, diced

3 cloves garlic, minced

1 tbsp grated ginger

2 tbsp curry powder

1½ cups red lentils, rinsed

1 can (13.5 oz) coconut milk

4 cups vegetable broth

1 can (14 oz) diced tomatoes

Juice of 1 lime

Cilantro, salt & pepper

Method

1. Soften the onion in coconut oil, 5 minutes. Add garlic, ginger, and curry powder; bloom 1 minute.
2. Add lentils, coconut milk, broth, and tomatoes. Simmer 25 minutes, stirring now and then — red lentils melt into creaminess on their own.
3. Blend half the soup for extra body if you like it velvety, or leave it rustic.
4. Finish with lime juice — it wakes the whole pot up — and top with cilantro.

Jonas' tip: Always bloom curry powder in fat before liquid hits the pot. Raw curry powder tastes dusty; bloomed tastes deep.

Potato Chowder

Creamy, hearty potato chowder loaded with vegetables. Soup that eats like a meal.

4 SERVINGS	40 min TOTAL	~389 CAL/SERVING	~18g PROTEIN
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Ingredients

2 tbsp vegan butter

1 onion, diced

2 celery stalks, diced

2 carrots, diced

3 cloves garlic, minced

2 lbs Yukon Gold potatoes, cubed

4 cups vegetable broth

1 cup raw cashews, soaked, blended
with 1 cup water

1 tsp dried thyme

½ cup corn kernels

2 green onions, sliced

Smoked paprika, salt & pepper

Method

1. Soften onion, celery, and carrot in butter, 6 minutes. Add garlic and thyme.
2. Add potatoes and broth; simmer 15–18 minutes until fork-tender.
3. Mash about a third of the potatoes right in the pot, then stir in the cashew cream and corn. Simmer 5 minutes until thick and velvety.
4. Season generously. Serve topped with green onions and a dust of smoked paprika.

Jonas' tip: Yukon Golds make it creamy; russets make it fluffy. Either works — starchy is the key.

Gumbo with Okra and Lentils

A rich, smoky plant-based gumbo with okra, lentils, and the Holy Trinity. Served over rice.

4

SERVINGS

55 min

TOTAL

~356

CAL/SERVING

~20g

PROTEIN

Ingredients

⅓ cup neutral oil

⅓ cup flour

1 onion, diced

1 green bell pepper, diced

2 celery stalks, diced

4 cloves garlic, minced

2 tsp smoked paprika + 1 tsp thyme

¼ tsp cayenne (or more)

1 cup brown lentils, rinsed

2 cups sliced okra (frozen is fine)

6 cups vegetable broth

1 can (14 oz) diced tomatoes

Cooked rice, green onions, hot sauce

Method

1. Make the roux: whisk oil and flour in a heavy pot over medium-low, stirring constantly 10–15 minutes until it's the color of peanut butter. Do not walk away.
2. Add the Holy Trinity — onion, bell pepper, celery — and cook 5 minutes. Add garlic and spices.
3. Add lentils, okra, broth, and tomatoes. Simmer 30 minutes until the lentils are tender and the gumbo has thickened.
4. Serve over rice with green onions and hot sauce on the table.

Jonas' tip: The roux is the soul of gumbo. Darker roux = deeper flavor, but one burnt speck and you start over.

Black Eyed Peas, Smoky Collards & Cheesy Grits

Collard greens and black eyed peas over cheesy grits — a tradition turned everyday dinner.

4	45 min	~530	~25g
SERVINGS	TOTAL	CAL/SERVING	PROTEIN

Ingredients

2 tbsp olive oil

1 onion, diced

4 cloves garlic, minced

1 large bunch collards, stemmed & sliced

2 tsp smoked paprika

1 tbsp apple cider vinegar

2 cans (15 oz) black eyed peas, drained

1 cup vegetable broth

1 cup stone-ground grits

4 cups water or unsweetened oat milk

½ cup nutritional yeast

½ cup plant-based cheddar shreds

Salt, pepper & hot sauce

Method

1. Start the grits: bring water/oat milk to a boil with salt, whisk in grits, drop to low, and stir often for 20–25 minutes.
2. Meanwhile, soften the onion in oil. Add garlic, collards, and smoked paprika; cook until the greens wilt down, 5 minutes.
3. Add black eyed peas, broth, and vinegar. Simmer 15 minutes until the greens are silky.
4. Finish the grits with nutritional yeast and cheddar. Serve the peas and greens over the grits with hot sauce.

Jonas' tip: The splash of vinegar in the greens is a Southern non-negotiable. It cuts the richness and brightens everything.

Mango Coconut Curry with Cashews

Creamy coconut and mango curry loaded with chickpeas, cashews, and vegetables. Sweet heat.

4	35 min	~471	~19g
SERVINGS	TOTAL	CAL/SERVING	PROTEIN

Ingredients

2 tbsp coconut oil

1 onion, sliced

3 cloves garlic, minced

1 tbsp grated ginger

2 tbsp red curry paste

1 can (13.5 oz) coconut milk

1 cup mango chunks (frozen works)

1 can (15 oz) chickpeas, drained

2 carrots, sliced thin

3 cups fresh spinach

½ cup roasted cashews

Lime, cilantro, jasmine rice

Method

1. Soften the onion in coconut oil. Add garlic, ginger, and curry paste; fry 1–2 minutes until fragrant and brick-red.
2. Blend the mango with half the coconut milk until smooth; add to the pot with the rest of the can.
3. Add chickpeas and carrots; simmer 12–15 minutes until the carrots are tender and the sauce has body.
4. Wilt in the spinach, then fold in the cashews. Finish with lime juice and cilantro over jasmine rice.

Jonas' tip: Blending the mango into the sauce instead of just dropping in chunks is what makes this one silky instead of chunky-sweet.

Roasted Eggplant Curry with Chickpeas

Smoky roasted eggplant and chickpeas in a fragrant, warming curry over rice.

4

SERVINGS

50 min

TOTAL

~445

CAL/SERVING

~9g

PROTEIN

Ingredients

2 medium eggplants, 1-inch cubes

4 tbsp oil, divided

1 onion, diced

4 cloves garlic, minced

1 tbsp grated ginger

2 tsp garam masala + 1 tsp turmeric +

1 tsp cumin

1 can (14 oz) diced tomatoes

1 can (13.5 oz) coconut milk

1 can (15 oz) chickpeas, drained

Cilantro, basmati rice, naan

Method

1. Roast the eggplant with 2 tbsp oil and salt at 425°F for 25 minutes until deeply golden.
2. Soften the onion in the remaining oil. Add garlic, ginger, and spices; bloom 1 minute.
3. Add tomatoes and cook down 5 minutes. Stir in coconut milk and chickpeas; simmer 10 minutes.
4. Fold in the roasted eggplant and simmer 5 minutes more. Finish with cilantro; serve with rice or naan.

Jonas' tip: Salt the eggplant cubes 10 minutes before roasting and pat dry — better browning, better texture.

Apple-Sage Sausage Skillet with Farro

A sweet-and-savory skillet with caramelized apples, spinach, and chewy farro. Chock-full of good.

4

SERVINGS

40 min

TOTAL

~611

CAL/SERVING

~20g

PROTEIN

Ingredients

1 cup farro, rinsed

 2 tbsp olive oil

 4 plant-based sausages, sliced

 2 crisp apples, sliced

 1 red onion, sliced

 2 cloves garlic, minced

 1 tbsp fresh sage, chopped (or 1 tsp dried)

 1 tbsp maple syrup

 1 tbsp apple cider vinegar

 4 cups fresh spinach

 Salt & pepper

Method

1. Simmer the farro in salted water 25–30 minutes until chewy-tender; drain.
2. Brown the sausage in oil over medium-high; set aside. In the same pan, cook the apples and onion until caramelized at the edges, 6–8 minutes.
3. Add garlic and sage; cook 1 minute. Deglaze with maple syrup and vinegar.
4. Return the sausage, add the farro and spinach, and toss until the spinach wilts. Season and serve from the skillet.

Jonas' tip: Firm, tart apples (Honeycrisp, Granny Smith) hold their shape. Soft apples turn to sauce.

Smoky Sausage & Brussels Sprouts Hash

Crispy Brussels sprouts, sweet potatoes, and smoky sausage finished with maple-chipotle crema.

4

SERVINGS

40 min

TOTAL

~506

CAL/SERVING

~18g

PROTEIN

Ingredients

1 lb Brussels sprouts, halved

2 sweet potatoes, ½-inch cubes

3 tbsp olive oil

4 plant-based sausages, sliced

1 red onion, sliced

1 tsp smoked paprika

Crema: ½ cup vegan mayo or cashew cream

1 tbsp maple syrup

1–2 tsp minced chipotle in adobo

1 tsp lime juice

Salt & pepper

Method

1. Toss sprouts and sweet potatoes with oil, paprika, salt, and pepper. Roast at 425°F for 25–30 minutes, flipping once, until crispy-edged.
2. Meanwhile, brown the sausage and onion in a skillet, 6–8 minutes.
3. Whisk the crema: mayo, maple, chipotle, lime, pinch of salt.
4. Combine the roasted vegetables and sausage on a platter and drizzle the crema over everything while it's hot.

Jonas' tip: Cut-side down on the sheet pan is how Brussels sprouts get those deep golden faces.

Sausage and Couscous

Plant-based sausage with fluffy couscous and roasted vegetables — quick and satisfying.

4

SERVINGS

30 min

TOTAL

~384

CAL/SERVING

~19g

PROTEIN

Ingredients

1½ cups pearl couscous

2 cups vegetable broth

3 tbsp olive oil, divided

4 plant-based sausages, sliced

1 zucchini, diced

1 red bell pepper, diced

1 small red onion, diced

2 cloves garlic, minced

1 tsp oregano + ½ tsp smoked paprika

Juice of ½ lemon

Fresh parsley, salt & pepper

Method

1. Toast the couscous in 1 tbsp oil for 2 minutes, then add broth, cover, and simmer 8–10 minutes until tender.
2. Brown the sausage in a large skillet; set aside. Sauté zucchini, pepper, and onion in the remaining oil until charred at the edges, 6 minutes.
3. Add garlic, oregano, and paprika; cook 1 minute.
4. Toss everything together with lemon juice and parsley. Season and serve warm or at room temp — it holds beautifully for lunches.

Jonas' tip: Toasting couscous before the liquid goes in adds a nutty flavor most people can't name but everyone notices.

Ropa Vieja

Shredded soy curls in a spicy tomato sauce with green olives and fresh cilantro. Cuba, plant-based.

4

SERVINGS

40 min

TOTAL

~386

CAL/SERVING

~21g

PROTEIN

Ingredients

4 oz soy curls (about 3 cups dry)

2 tbsp olive oil

1 onion, sliced

1 red + 1 green bell pepper, sliced

4 cloves garlic, minced

2 tsp cumin + 1 tsp oregano + 1 tsp
smoked paprika

1 can (14 oz) crushed tomatoes

½ cup vegetable broth

½ cup green olives, sliced

1 tbsp capers (optional)

Cilantro, lime, rice & black beans

Method

1. Soak the soy curls in warm broth or water 10 minutes; squeeze dry and shred roughly.
2. Sear the soy curls in oil over medium-high until browned at the edges, 5 minutes. Set aside.
3. Cook the onion and peppers until soft and sweet, 8 minutes. Add garlic and spices; cook 1 minute.
4. Add tomatoes, broth, olives, capers, and the soy curls. Simmer 15 minutes until thick and glossy. Finish with cilantro and lime over rice and beans.

Jonas' tip: Squeeze the soy curls hard after soaking — dry curls sear and soak up sauce; wet ones steam.

Mediterranean Baked Sweet Potatoes

Sweet potatoes loaded with Mediterranean toppings — chickpeas, herbs, and lemony tahini.

4

SERVINGS

55 min

TOTAL

~308

CAL/SERVING

~11g

PROTEIN

Ingredients

4 medium sweet potatoes

1 can (15 oz) chickpeas, drained & dried

2 tbsp olive oil

1 tsp cumin + 1 tsp smoked paprika

Tahini sauce: ¼ cup tahini

Juice of 1 lemon

1 clove garlic, grated

3–4 tbsp cold water

Cherry tomatoes, cucumber, red onion, diced

Fresh parsley & mint

Salt & pepper

Method

1. Bake the sweet potatoes at 400°F for 45–55 minutes until completely tender.
2. Toss the chickpeas with oil, cumin, and paprika; roast alongside for the last 25 minutes until crispy.
3. Whisk tahini, lemon, garlic, salt, and cold water until pourable and pale.
4. Split the potatoes, fluff the flesh, and load with crispy chickpeas, tomato-cucumber-onion salad, herbs, and a heavy drizzle of tahini.

Jonas' tip: Cold water is the trick to tahini sauce — it seizes first, then turns creamy. Keep whisking.

Some weeks, let me do the cooking.

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