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Hi ,

Most days, I love being in the kitchen.
I'll admit though... every now and then, I'd rather not.

No planning.
No chopping marathons.
No standing over the stove.

Sometimes, I just want something filling, nourishing, and already taken care of by the time I'm ready to eat.

That's where these meals come in.

You know the ones—the kind you can throw together in one pot (or your rice cooker or crockpot), walk away, and come back to something that smells like you've been cooking all day.

These dishes are perfect for busy days, when life gets a little full, or when you're just not feeling it.

All one pot.
All dairy-free.
All oil-free.

Super Easy Brown Rice & Black Beans

This is the one I could make in my sleep. Everything goes into the rice cooker, and it just... works. Simple, satisfying, and endlessly flexible.

→ [Get the recipe and make it your own](#)

Creamy Herby Farrotto

All the comfort of risotto, with a little more texture and a lot less effort.

→ [See how simple farrotto can be](#)

Lenticchie con Cavolo Nero (Braised Lentils and Kale)

A fresh, spring-forward dish that feels a little special—but couldn't be easier.

→ [Take a look at the step-by-step](#)

Creamy Corn & Potato Chowder

Cozy, creamy, and the kind of meal that feels like a hug at the end of the day.

→ [Grab the recipe here](#)

What I love most about meals like this is they don't ask much of you.

No complicated steps.
No long ingredient lists.

Just real food, coming together quietly while you go about your day.

Kitchen Tip: Build Once, Eat Twice

When you're making one-pot meals like these, double the batch—even if you don't think you need it.

They're not just leftovers... they're for *future you*.



- 👉 That extra rice and beans become tacos or burritos.
- 👉 The farrotto reheats beautifully with a splash of broth, and a handful of chopped vegetables can turn it into a cozy, effortless casserole.
- 👉 The lentils and kale can turn into a quick lentil vegetable soup with a few extra veggies—or a hearty topping for a baked sweet potato.
- 👉 The chowder can transform into a rustic pot pie—or, when lightly blended, a creamy pasta sauce with just enough texture.

This is one of the simplest ways to cook once—and take care of yourself tomorrow.

What's Next?

Lately, I've been spending time thinking about what really matters in a plant-based kitchen.

Not just recipes—but the *why* behind them. The patterns. The building blocks. The simple ways we can make this way of eating feel natural, sustainable, and actually enjoyable day to day.

I'm starting to shape these thoughts into what I'm calling my **pillars**—the foundation of how I cook and how I teach with a focus on Italian cuisine.

You'll start to see more of that woven into what I share moving forward.

But for now, start here:

One pot.
Simple ingredients.
Dinner, handled.

Peas n health,
~ Donna

PLANTifull Fare

***P.S.** If you enjoyed these recipes, feel free to share the newsletter with a friend who loves comforting plant-based food. Your support means the world to me!*

***P.P.S.** New here? You can [view past issues here](#), and [subscribe](#) so you never miss a recipe.*



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Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.

Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!

Cooking Class Interest

Tell me what classes you'd like to see

Free Salad Dressing Recipes

Oil- & dairy-free inspiration

Shop My Favorite California Balsamics

Add rich, tangy flavor to salads, roasted veggies, and desserts



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