

🍲 What I cook when there's "nothing" in the house. Not recipes—just a simple rhythm that makes dinner easier every time. 📧 Forwarded this? Subscribe below to get it straight to your inbox!

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Hi ,

You know those days when you open the pantry and think... there's nothing here?

Two weeks ago, I shared the meals I make when I don't feel like cooking. The truth is—those aren't really recipes. They're the kind of dinners that came together without much thought.

Jeff has teased me about this for years: *"Enjoy it now... because she'll never be able to duplicate it."*

And honestly? He wasn't wrong.

So I started writing things down—and realized I'd been following the same simple pattern all along.

My One-Pot Formula

Grain + Legume + Vegetable + Liquid + Flavor

That's it.

Something healthy and hearty, something cozy or brothy, something fresh... and something that makes it taste like you tried a lot harder than you did.

👉 **See the full formula + how to use it [here](#).**

(Here's a quick visual of how it comes together 📌)

The Anatomy of a One-Pot Meal



The 'Nothing in the House' Pantry

No matter how big (or small) a pantry is, a few staples can completely change how you feel at dinnertime:

- **Grains:** rice, farro, quinoa, pasta
- **Legumes:** lentils, chickpeas, beans
- **Vegetables:** onions, garlic, carrots, greens
- **Liquids:** broth, tomatoes, plant milk
- **Flavor Builders:** Garlic, onion, dried Italian herbs, oregano, thyme, cumin, smoked paprika, chili flakes, lemon zest/juice, vinegars

With just these, dinner is always 20–40 minutes away (depending on the chosen grain).

This isn't about getting it "right."

It's about knowing you can walk into your kitchen, look around, and make something warm, nourishing, and completely satisfying... without a plan.

👉 **I walk you through the ratio, timing, a few easy combos, and *more ideas* [here](#).**

If you try this, I'd love to hear what combinations you come up with. Those are always my favorite messages to read. So hit **reply** or leave a **comment!**

With love from my kitchen to yours,

~ Donna

PLANTifull Fare

P.S. If you enjoyed this recipe, 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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