



Dei Fratelli



CHEF'S TIPS

HOW TO BE VEGGIE FORWARD



BEAN BANAZA

- Make black bean "meatballs" for your pasta for added protein and flavor!
- Substitute black beans, chickpeas, or lentils in your chili to replace beef or chicken
- Embrace BBQ with Black Bean Burgers and your favorite summer side.

VEGGIE FOCUS

- Add peppers, onions, and sautéed mushrooms for added flavor in your favorite Mexican dishes!
- Load your pizza up with your favorite veggies for a loaded plant-based pizza
- Substitute breaded cauliflower for chicken in Asian-inspired dishes and as a substitute for chicken wings!

FEATURED RECIPES

- Black Bean Burger
- Vegetarian Chili Cheese Dip
- Black Bean "Meatballs" with Spaghetti Squash
- Super Nacho Bowl
- Simple Lasagna
- Sloppy Joe Biscuit Bites

MAKE IT PLANT-BASED

- Substitute almond or coconut milk in soups for a new twist
- Use your favorite plant-based cheese to top a pizza or pasta!
- Mix plant-based cream cheese with some almond milk for a sour cream to top your tacos and nachos!



FIND ALL OF OUR VEGETARIAN RECIPES AT DEIFRATELLI.COM