

Trader Joe's Meal Hacks

***A Cup of Jo* Community Project**

Compiled by Alisa Snyder from *Cup of Jo* comments

March 24, 2022

Table of Contents

Appetizers	Page 3
Tacos	Page 5
Mains	Page 8
Flat Breads, Sandwiches, and Pizza	Page 12
Pasta	Page 14
Salads	Page 18
Soups	Page 22
Dessert	Page 25

Appetizers

Chimichurri Bean Dip by Dolly

A bag of Chimichurri rice
A can of Cuban black beans
1/2 cup frozen corn

Place in a saute pan until hot. Grate cheese on the top and serve with salsa

Lentil Dip by Hillary

1 package of pre-cooked lentils
1 container of their bruschetta mix
1 container of crumbled feta

Mix together in a bowl and serve with crackers or pita chips!

Jalapeño Artichoke Dip by Jen

1 pack of TJ jalapeño artichoke dip
1/4 bag of TJ roasted corn (from the freezer section)
Mozzarella cheese

Combine and serve with tortilla chips!

Slow Cooker Cranberry Orange Meatballs by Alisa

28oz bag of TJs frozen meatballs (turkey or beef)
½ cup TJs orange juice
Can of whole berry cranberry sauce
Bottle of TJs chili sauce

Combine all ingredients in a crockpot, stirring together to evenly coat. Cook on high for 2 hours or until meatballs are tender and hot throughout, turn heat to low to keep warm during servings.

Lentil Dip by Amy

TJ Cooked lentils
Jar of bruschetta mix
One burrata ball
Arugula
Lemon Juice
S/P
Olive oil

Mix their lentils (refrigerator vegetable section) with their jar of bruschetta mix (find near the tomato sauce) and the plop a ball of burrata (right near the mozzarella cheese section) on top of

the mix. Drizzle with olive oil. Then toss a little arugula salad with a lite vinaigrette of lemon juice, salt & pepper, and olive oil. Put the salad on top of the burrata. Enjoy! Eat with crackers or delicious by itself!

Tapenade Mascarpone Dip by Mindi

TJs olive tapenade (*from the refrigerated section, in the plastic tub. Not to be confused with the slightly less good version in the jar*)

Tub of mascarpone cheese

Box of water crackers

Scoop the cheese out of the tub into a bowl or onto a plate. Top with the tapenade. Serve with the crackers. (Tip: don't mix the two together fully!)

Tacos

Pulled Pork Tacos from Linsey

TJ BBQ Pulled Pork
TJ Tortillas
TJ Mango Salsa
TJ Shredded Mexican Blend Cheese
Avocado

Heat up the pulled pork. Then pile on the tortilla with mango salsa, cheese and avocado. That's it!

Veggie Breakfast Tacos by Kendra

TJ's tortillas
TJ's chopped veggie mix (the one with cabbage)
TJ's taco seasoning
Eggs
Avocado
TJ's salsa of choice and sour cream.

Saute the veggie mix with the taco seasoning. Make scrambled eggs. Then just make a taco!

Coconut Shrimp Tacos by Linsey

TJ Coconut Shrimp
TJ Shredded Green & Red Cabbage
TJ Green Goddess Salad Dressing
TJ Flour Tortillas
TJ Island Salsa
Optional:
Sliced avocado
Lime
Cilantro

Bake the coconut shrimp according to instructions. Remove tails. Toss cabbage slaw with Green Goddess dressing. In a warmed tortilla, add two or three shrimp, a sprinkle of the dressed slaw and a scoop of salsa. If you'd like, you can also add two slices of avocado, a squeeze of lime and a few leaves of cilantro.

Green Chile Pork Tacos by Monica

1 package Traditional Pork Carnitas
1 jar green chile salsa
1 can diced green chiles
1 package tortillas (Recommend corn for this recipe)

Onion diced

Chop pork carnitas into 2" cubes. Sauté onion, pork cubes until onion is translucent stirring occasionally. Add can of diced green chile and sauté for about a minute. Add jar of green chile salsa plus water. (Add a little water to the chile jar, about half a cup of water, replace lid, shake and pour this into pan.) Stir and simmer over medium heat for about 10 minutes. If mixture starts to dry up, add a little more water. After 10 minutes, I take a wooden spoon and break up the meat cubes. Stir until mixed. Serve over warmed tortillas. Garnish with sour cream, avocado and or shredded Mexican blend cheese. Enjoy!

(Sometimes we mix it up and add the TJ red enchilada sauce to the pork and onion sauté instead of the can of diced green Chile's and jar of green chile salsa. We prefer flour tortillas with the "red" version.)

Easy Tacos! by Stephanie

2 lbs. ground turkey

2 cans black beans

TJ's frozen roasted corn

Packet of TJs taco seasoning

Optional:

Brown rice or quinoa or tortillas

Shredded Cheese

Avocado

Salsa

Cilantro

Two packs of ground turkey, saute, add two cans of black beans (drained and rinsed) and a bunch of TJ's frozen roasted corn, then add about a packet of TJ's taco seasoning. Serve over frozen brown rice or quinoa, or with TJ's tortillas, top with various taco toppings like shredded cheese, avocado, salsa, cilantro.

Slow Cooker Tacos by Several

Bag of frozen chicken

TJ Salsa of your choice

Optional:

Cowboy Caviar

Lime

Chili powder

S/p

Cook accordingly, make into quesadillas, taco, serve over rice or salad, and top with all your favorite fixings.... Yum!

Carnitas or Carne Asada Tacos by Rachel

1 container of TJs pre-cooked carnitas or prepared carne asada

½ can mild green chilis or 3-4 tbls of salsa verde

Optional:

Pico de gallo

Cheese

Tortillas

Can of black beans

Cook the meat in the microwave with half a can of mild green chiles for a couple minutes. Shred, and put it on the best tacos of your life. Add pico de gallo, cheese, and any other toppings.

Beer-lime Cauliflower Tacos by Jen

1 bag cut up cauliflower

1 bag shredded cabbage

Beer

Hot sauce of choice

Lime

Chili powder

Cumin

Paprika

Olive oil

Rice wine vinegar

Corn tortillas

Optional:

Advocado

Salsa

Cilantro

Cut the cauliflower chunks in half (they'll cook faster) and throw in a pan with beer, hot sauce, lime juice for 5 minutes. Toss with chilli powder, cumin, paprika, then roast for 15 minutes at 400. While waiting, toss the cabbage mix with some lime juice, olive oil, and rice wine vinegar. Let marinate while cauliflower roasts. Then just dump it all on a tortilla! Top with toppings of choice.

Fish Tacos by Kathleen

TJs breaded tilapia

TJs shredded cabbage (+lime+salt+pepper)

TJs tortillas

TJs green dragon salsa

(+ homemade pickled onions if we have them in the fridge)

Assemble and enjoy!

Mains

Chili and Cornbread by Blair

Cornbread box mix
2 cans chili
Shredded cheddar cheese
Optional:
Sour cream

Bake cornbread according to box directions. Add chili, top with shredded cheese, and bake until bubbling. (A dollop of sour cream is a nice addition when serving.)

Gruyere Quiche by Sam

Tjs pie crust
Tjs Shredded gruyere/swiss blend
6 eggs
1/2 C cream or milk
Whatever green veg you have

*Mix the cheese, eggs, cream or milk and cut veggies, pour into pie crust. (Blind bake or not!)
Bake at 350 til set and you have a perfect quiche!*

Egg Bowls by Nicole

Mini sourdough loaves
Quattro formagi cheese
Eggs (2)
Veggies of choice

Sauté veggies of your choice (I like kale, red peppers in a jar, onions and garlic. Scoop bread out so that it's a bowl, toast for 5 mins. Then add veggies, eggs and cheese. Layer ingredients and bake at 350 degrees until egg is cooked.

Stirfry by Thaomy

1 package of firm organic tofu
1 lb of veggie ground beef or real ground beef
1/4 cup of diced onions
1 cup of frozen peas (or whatever veggie you have on hand)
Soy sauce
Pepper
Optional:
Rice

*Sauté onions in pan until translucent. Stir in package of ground beef. Cook until heated if vegetarian version or if raw, cook until browned (drain fat). Stir in cubed tofu. Season with soy sauce and pepper to taste. Add peas (or a handful of spinach is good too).
Serve over bed of warm rice. Enjoy!*

Orange Chicken Over Rice by Liz

1 bag frozen vegetable fried rice
1-2 eggs
Black pepper
TJ mandarin orange chicken

Cook the rice and toss with a scrambled egg or two, a generous twist of black pepper and the oven baked TJ mandarin orange chicken (with or without the sauce).

Stuffed Red Peppers by Joanna's mom

Half bag of TJ Harvest Grains
Half can of TJ Cowboy Caviar
4 red peppers
Sour cream

Make half the bag of harvest grains. Then mix in half the can of Cowboy Caviar (or more if you'd like it spicier). Cut off the top of the red peppers and pull out any seeds or ribs. Fill peppers with mixture. Put in a baking pan covered with foil in a 375 degree oven for 30 minutes. Serve with sour cream or yogurt.

Eggplant Parmesan by Lynn

TJ's frozen breaded eggplant
1 jar of marinara
Shredded mozzarella

Cover the bottom of a casserole dish with marinara. Add a layer of eggplant medallions (about half), then cover with marina and a layer of mozzarella. Repeat, ending with cheese on top. Bake about 45 minutes.

Lentil Bowl by Gretchen

1 package TJs prepared lentils
1 jar TJs bruschetta
Goat Cheese
Grape tomatoes

Mix together and top with crumbled goat cheese and halved grape tomatoes. Makes enough for 3-4 days!

Crockpot Jackfruit by Michelle

1 can of Jackfruit
1 jar of thai green chili sauce
1 bag of frozen rice

Throw the jackfruit and sauce in the crockpot. Once cooked, combine the mix with cooked veggies and rice.

Chicken Tikka Masala by Claire

TJ Chicken Tikka Masala simmer sauce
Frozen peas
Chicken breast
Basmati Rice
Garlic Naan

Simmer sauce with peas, serve with cooked chicken, rice and naan!

Cowboy Caviar Hash by Brier

1lb TJ ground turkey
Jar of Cowboy Caviar
Riced cauliflower
Goat cheese

Brown the ground turkey and mixed with cowboy caviar. Serve on top of riced cauliflower and sprinkle on some goat cheese.

Chicken Medallions in Red Coconut Curry by Crystal

Chicken medallions in red coconut curry sauce
1 bag TJ's frozen stir fried veggies
Red sprouted rice

Steam the veggies and mix with the chicken medallions and serve over a pack of the TJ microwave frozen red sprouted rice.

Vegetarian Casserole by Ashley

TJ Enchilada Sauce
TJ Shredded Mexican Blend Cheese
TJ Corn Tortilla's
TJ Cowboy Caviar
TJ Fire Roasted Bell Peppers and Onions
1-2 tblsp TJ Taco Seasoning Mix

Heat up the veggies and season with a little of the taco seasoning mix (probably only a tablespoon) then I layer it like a lasagna. The enchilada sauce, corn tortillas, the cheese the

*cowboy caviar, and the veggies until I get to the top. Bake at 350 until the cheese bubbles.
Option: you can of course add a meat of your choice!*

Carnitas Quinoa Bowls by Colleen

Frozen quinoa

Carnitas package

Cuban Black Bean

Cumin

Chili powder

Salsa

Optional:

Avocado

Pickled jalapeno

Cheese

Microwave a bag of the frozen quinoa, one package of the premade TJ's Carnitas, and combine with a can of TJ's Cuban Black Beans sprinkled with extra cumin and chili powder. Once everything is heated through, top with a scoop of salsa, half a sliced avocado, some pickled jalapenos and a sprinkle of whatever cheese we have in the drawer.

Flat Breads, Sandwiches and Pizza

Easy Veggie Flat Bread by Shauna

TJ garlic naan bread (found with bread, not frozen)
TJ garlic hummus
TJ cherry tomatoes and arugula (or really any veggies you like)
TJ crumbled feta

Spread a generous amount of hummus on naan bread. Top with diced tomatoes and a little arugula. Sprinkle feta and pop it in the oven to broil until the bread is a little crispy and it's warm. Done in 10 minutes or so! And you can easily add a salad on the side to make it more of a meal.

Easy TJ's Panini Sandwiches by Deb

Boursin cheese
Baby spinach
Deli turkey
Sourdough bread
Mayo or spreadable butter

Spread Boursin on 2 slices of sourdough bread. Use as much as you want – more is good. Add raw baby spinach and slices of deli turkey meat. Put bread slices together, and spread either mayo or margarine on the outer sides of bread. Heat in a cast iron skillet or on a panini press until the cheese is melted. Slice in half and enjoy!

Meatball Subs by Alissa

TJ frozen turkey meatballs
TJ pizza sauce
TJ whole wheat hotdog buns
TJ sliced provolone

Brown the outside of the meatballs briefly in a pan, then add the sauce and let the meatballs simmer for a bit (breaking them in half-ish with a spoon once they're warm enough). Serve on top of toasted (and buttered if you want!) buns with provolone. Put assembled sandwiches in the oven for a few minutes to melt the cheese and crisp the buns. Serve with extra pan sauce!

Zucchini Pizza by Amy

TJ's prepared pizza dough
Whole milk ricotta
Zucchini
Shredded mozzarella
S*p
Garlic cloves or powder
Lemon

Onion powder
Red pepper flakes

Preheat the oven to 500. Cover a baking sheet in parchment paper and spray some oil. Stretch out the pizza dough. Mix the ricotta with salt and garlic powder (or minced garlic cloves if you have time). I add some onion powder and a squeeze of lemon. In another bowl, shred the zucchini and squeeze out the water. Add two cups of mozzarella. Spread the ricotta mix on top of the pizza dough. Top with the shredded zucchini/cheese mix. Sprinkle with salt and red pepper flakes. Reduce oven temp to 450 and bake for 12 minutes.

Artichoke Pizza by Meaghan

TJs Artichoke bruchetta
TJs focaccia pizza crust
TJs Italian cheese mix
Salami

Put artichoke mix on pizza crust, top with cheese and salami and cook as directed on crust packaging.

Pasta

The Famous Boursin and Pea Ravioli by Lucy

Any kind of TJ Ravioli (about ½ pound preferred)
1/2 container of Boursin cheese (which Trader Joe's sells CHEAP)
Dash of olive oil
1/2 cup TJ frozen peas
1/2 pack of TJ Organic Baby Spinach (optional)
Pepper

*Make the ravioli and peas separately. Then mix together, and stir in Boursin and olive oil. If you'd like, stir in baby spinach, which will wilt when mixed with the warm pasta. Add pepper to taste. *Optional: add prosciutto! **Extra tasty with their lobster ravioli*

Red Lentil Hummus Pasta by Mary

TJs red lentil pasta
TJs tomato basil hummus
Arugula

Combine!

Pesto Pasta by Kendra

TJ's spinach & chive linguine pasta
TJ's kale and cashew pesto
broccoli and mushrooms
TJ's burrata (also cheap)

Cook the pasta and saute the veggies. Add some of the pesto and a little pasta water. Add that to the drained pasta and more pesto to taste. Serve and add burrata on top.

Roasted Veggie Ravioli by Emily

TJ cauliflower ravioli
Any TJs roasted vegetables

Add the veggies on top or on the side! Optional: serve with arugula!

Gnocchi alla Sorrentina by JLW

TJ Gnocchi alla Sorrentina
TJ Italian Style Chicken Sausage

Combine and make an arugula salad on the side.

Arrabiata Pasta by Stephanie Johnson

One container of TJ refrigerated olive tapenade

1 tin of anchovies, drained
2-4 cubes of the frozen garlic
1 jar of TJ arrabbiata sauce
1 bag of the rotini of your choice (I like their brown rice and lentil pasta corkscrews but they also have the regular kind)
1 jar of capers
Optional:
Parsley
Parmesan

Sauté the olive tapenade with the anchovies until the anchovies disintegrate then add garlic and the sauce. Simmer until the pasta is ready! Add 1-2 tbsp capers and some chopped fresh parsley to the top and some grated parmesan!

Salmon Pasta by Carey Rudell

2 cans wild sockeye salmon
Dill – dried or fresh
Juice of 1 lemon
Olive oil
Any TJ's pasta
Frozen green peas

Puree the salmon, dill, lemon juice, and olive oil, along with a little ground pepper, in the food processor until smooth. Boil the noodles. Heat the green peas. Then, mix the salmon sauce, green peas, and noodles together.

Spaghetti with Clams by Leigh

Minced garlic cloves
Olive oil
Pepper/Salt
1 lb pasta of your choosing (recommend spaghetti/linguini)
2 boxes TJ's frozen steamer clams
2-3 tbs white wine
Parsley

Saute couple cloves minced garlic in couple tbs. olive oil with pinch of red pepper. Add 2 boxes TJ's frozen steamer clams to garlic mixture. Add 2-3 tbs white wine. Cover until clams have defrosted. Season accordingly. Add to cooked pasta and top with fresh chopped parsley.

Tuna Mac by Mimi

TJ GF mac n cheese (boxed mix)
1 can tuna in oil or in water (if water, drain fully; if oil, drain partially)
1/3-1/2 bag frozen peas or broccoli
butter + milk for "cheese sauce"

Make mac n cheese per box directions. Add frozen veggie to noodle pan per cooking instructions (noodles take about 12 minutes, usually I add the veggies at about 6 minutes). Drain, add in butter and milk/cheese mixture, then add tuna. Serve as is or topped with sriracha.

Chili Mac by Crystal

1 pack of TJs gluten free pasta (macaroni or rigatoni)
1 container of TJs pub cheese
1 small can of tomato paste
1 can of chili (any of the TJ chilis are good, I usually use the beef)
1 jar of Cowboy Caviar

Cook the pasta as instructed, then combine with the rest of the ingredients over low heat till creamy & blended!

Gluten Free Pesto Pasta by Anna Maria

TJs Organic Brown Rice Fusili Pasta
TJs Pesto
TJs Julienned Sun-dried Tomatoes in Oil
TJs Goat Cheese
TJs pine nuts

Boil the pasta. Toast the pine nuts. Mix together warm pasta, pesto, sun-dried tomatoes (with some of their oil), goat cheese & toasted pine nuts.

Sweet Potato Gnocchi by Maddie

Sweet Potato Gnocchi (Frozen)
Arugula
Spicy Chicken Sausage
Onions
Mushrooms
Tomatoes

Cook the gnocchi, cook the sausage with onions, mushroom and tomatoes. Serve over arugula!

Pizza Pasta by Crystal

1 pack of Italian bacon and chopped italian sausage
Sliced mushrooms
Small can of black olives
Pack of the frozen roasted peppers
Olive oil
21 Solute Seasoning
Salt
Pasta of your choice

Tomato Basil pasta sauce
Shredded cheese
Optional:
Pepperoni slices

Fry up the Italian bacon and chopped Italian sausage with the sliced mushrooms. Add in the sliced black olives and the frozen roasted peppers – all in the T.J.'s garlic infused olive oil and season with the 21 solute and sea salt. Cook the pasta and combine everything with Tomato Basil pasta sauce. Then I add a layer of shredded cheese to the top and a layer of pepperoni slices on top of that and put it under the broiler for a few minutes.

Tuna Caper Pasta by Megan

TJ's Lemon pepper pasta
1 can tuna in oil
Capers

Cook pasta al dente, drain, throw in tuna and oil, capers to taste, mix up! Good both hot AND cold!

Grecian Eggplant Pasta by Susan

Grecian Eggplant
Jar of T.J.'s fire roasted red peppers
T.J.'s Kalamata olives
Feta cheese
Pasta of your choice
Pine nuts

Chop up Grecian Eggplant and heat up with the fire roasted red peppers (rinsed, patted dry and also chopped), and add some chopped T.J.'s Kalamata olives. Sprinkle in T.J.'s feta and serve over T.J.'s organic whole wheat pasta topped with their toasted pine nuts.

Mexican Mac n Cheese by Candace

TJ's Mac n Cheese (frozen or boxed)
TJ's Diced and fire roasted tomatoes
TJ's Black Beans
TJ's Jarred Salsa Verde
TJ's Power Greens (if you're feeling the need for health)
TJ's New Zealand sharp cheddar (for extra yum)

Cook mac n cheese according to instructions (leave a bit al dente). Once cheesy and delicious, dump in black beans (drained), tomatoes, and as much of the salsa as you'd like. Heat over medium, stirring frequently until heated through. Either mix in a handful of power greens at this point so they wilt, or fill bowl with power greens and top with mac n cheese mix. (Sprinkle liberally with shredded cheese for extra indulgence.)

Salads

A Stunner of a Salad by Alysha

TJs pre-cooked lentils

TJs pre-cooked beets (these and the lentils are usually near each other in the refrigerated produce section), cut into bit-sized slices

Arugula

I used to toss with a small amount of the Champagne Pear Gorgonzola vinaigrette (RIP) but any off-the-shelf dressing with some acidity works!

Crowd Pleaser Salad by Shrane

TJ lentils

TJ beets

Chopped scallions

Crumbled goat cheese

Toss with vinaigrette made with TJ white balsamic vinegar and TJ extra virgin olive oil, s & p.

Mediterranean Salad by Maddie

Mediterranean-spiced Feta

cucumbers, tomatoes, and onions

1 can chickpeas

Lemon juice

Salt & pepper

Dice and combine cucumbers, tomatoes, and onions. Combine with the chickpeas and serve with feta and seasonings.

Thai-style Salad by Adrienne

Package of whole wheat spaghetti noodles (cooked, drained)

Package of raw cruciferous crunch

TJ spicy peanut dressing (to taste)

Sesame seeds or crushed peanuts

Optional protein:

Chicken, tofu, or shrimp

Cook the noodles, drain, and combine with the rest of the ingredients!

Beet Salad by Heather

(Makes 2 servings)

1 pack baby beets

1 pack fresh mint

1 goat cheese medallion (it comes in a package of about 5 medallions)
Balsamic vinaigrette
Toasted pecan pieces (or your nut of choice)
1 orange

Chop up the beets and orange, divide into 2 bowls. Cut or use fingers to split goat cheese into pieces. Drop half onto each salad. Sprinkle each salad with pecans. Garnish with torn pieces of mint. Drizzle in balsamic vinaigrette!

Warm Lentil Salad by Karen

Pancetta Cubes
Olive Oil
Mirepoix
Lentils
Chicken Broth
S&P
Thyme
1 bay leaf
Sherry vinegar
Optional:
Roasted zucchini or cauliflower

Saute pancetta cubes (you can buy them already cubed at TJs) in a bit of oil, add in TJ's mirepoix, add TJ's ready to eat lentils, top with a bit of chicken broth, salt, pepper, fresh or dried thyme and 1 bay leaf. Let simmer for about 15 minutes. After removing from the heat, add 1 tbsp sherry vinegar (this is key for flavor). Mix and serve. Add oven roasted zucchini and/or cauliflower on top so it feels like a complete meal.

Chicken, Egg, & Potato Salad by Crystal

Potato
3 eggs
1 can chicken in broth
Mayonaise
Miripoix
Ready to eat edamame
21 Solute seasoning
S&P
Garlic
Turmeric

Boil the potato and eggs, and mash with a can of TJ's chicken in broth. Add mayo to your desired creaminess, then add a pack of the TJs chopped Miripoix mix of onions, carrots, and celery, and a pack of TJs peeled and ready to eat edamame, season with TJ's 21 Solute and

sea salt, and optional pepper, garlic & turmeric and mix thoroughly. Serve as lettuce wraps with the romaine hearts, or its good for sandwiches or toast or crackers or wraps.

Marinated Veggie Salad by Hillary

Olive oil
Champagne vinegar
Dijon mustard
S/p
Honey to taste
TJs Healthy 8 Veggie Mix

In a large bowl, make a quick dressing of olive oil, champagne vinegar, dijon mustard, s/p and maybe a little bit of honey. Dump in a container of Healthy 8 Veggie Mix and let it marinate overnight. Optional: Throw over greens with some chickpeas and feta or goat cheese.

Roast Potato Salad by Sam

TJs teeny tiny potatoes
Olive oil
S&p
Arugula
Balsamic glaze
Fresh berries

Roast the TJs teeny tiny potatoes with olive oil and s&p and toss with a bag of the prewashed arugula. Top with TJs balsamic glaze and olive oil. Add some fresh berries if you want!

Farro Salad by Jess

TJs 10 minute farro
Arugula
Zucchini
Burrata
Balsamic glaze
Olive oil
S&p
Optional:
Tomatoes
Meat of choice

Mix the TJs 10 minute farro, room temp or chilled, with arugula, add chopped and cooked zucchini and top with burrata. Drizzle balsamic glaze, olive oil, salt and pepper on top. Add tomatoes and chicken if you want!

Cranberry Pistachio Chicken Salad by Elizabeth

Mayo

Greek yogurt
Canned premium chunk white chicken
Dried cranberries
Chopped pistachios
S&p
Lemon

Combine and add a squeeze of lemon juice, salt and pepper to taste. Serve with crackers or on bread!

Soups

Masala Red Pepper Soup by Katie N

2/3 of one carton of the roasted red pepper tomato soup
TJ frozen Chana Masala (seasoned chickpea) entrees
Roasted cauliflower
Optional:
Can of chickpeas

Combine Serve with their garlic naan!

Super Easy Soup by Susan

1 box of TJ Latin Style Black Bean Soup
1 pkg prepared TJ Traditional Carnitas
1 bag frozen TJ Chimichurri Rice with vegetables

Heat the soup with the shredded carnitas and rice. Optional: top with a dollop of sour cream and/or chunks of avocado!

Red Pepper Black Bean Soup by Stefania

1 carton tomato roasted red pepper soup
1 can cuban style black beans (drained)
1/2 package frozen fire roasted corn
Any rice

Combine the soup, beans, and corn and heat long enough until the frozen corn is hot. Serve with rice!

Roast Beef and Vegetable Soup by Stephanie

1 container TJ's mirepoix
2 bags of frozen Roasted Vegetables in Balsamic Butter Sauce
Rosemary
Thyme
1 box beef broth
TJ's pre-cooked roast beef, diced
1 can fire roasted tomatoes
2-3 tablespoons of tomato paste

Sauté one container TJ's mirepoix in coconut oil. Add two bags of frozen Roasted Vegetables in Balsamic Butter Sauce. Sauté until warmed through. Add spices (I like rosemary and thyme, fresh or dried.) Add one box TJ's beef broth. Add one TJ's pre-cooked roast beef, diced. (Found in the prepared food refrigerated section near the ravioli.) Add one can fire roasted tomatoes and a few tablespoons of tomato paste.

Potsticker Soup! by Stephanie

1 bag of Gyoza
TJ's mirepoix
Coconut oil/Olive oil
Chicken Broth
Bag of spinach
Soy sauce
Sesame Oil
Optional:
Chinese Five Spice
Cilantro
Sriracha

Cook Gyoza (any flavor). Choose the pan fry method so that they're browned. Sauté TJ's mirepoix in some coconut oil. (Add Chinese 5 spice if desired) Add TJ's chicken broth. Add a bag of spinach, some soy sauce, and some sesame oil. Add Gyoza to the soup. Top with cilantro (optional) and Sriracha (not optional).

Vegetarian Soup by Jessica

2 cans Grecian style eggplant
1 package pre cooked lentils
1 bag spinach
Optional
cooked quinoa
Optional:
Heirloom tomatoes
Pine nuts

Heat eggplant and lentils together. Stir in spinach until wilted. Serve over quinoa. Top with tomatoes and pine nuts.

Chicken Tortilla Soup by Lauren

2 cans beans (I use black and pinto or kidney but any combo works)
1 carton chicken broth
1 container pico de gallo from refrigerated case
1 package pre-cooked plain chicken breast shredded
Frozen roasted corn

Dump ingredients in a big pot and heat through. Then top with avocado, sour cream (or Greek yogurt), shredded cheese and crushed tortilla chips.

Kale/Squash and White Bean Soup by Nicole

Pre-cut butternut squash

Two buck chuck – any white wine
Mirepoix (precut onion, carrots and celery)
Dorot frozen cubed basil
Peeled tomatoes in a can
Canned white beans
Bagged kale (not the organic Tuscan one)
Optional:
Tortellini
Parmesan, Asiago, Romano mix in the container – not the can
Olive oil
Italian seasoning
Better than bullion (not sold
At tjs but it's at every other store)
Garlic powder

Coat big soup pot with oil. Add mirepoix mix and sauté. After 3 minutes add squash and sauté for another two minutes. Add wine (a cup or two?), one tablespoon of better than bullion, a cup of water, peeled tomatoes, two cubes of basil, garlic powder and Italian seasoning to taste. Let sit for 15 mins. Add tortellini if desired. Cook for five more minutes. Add Kale and cheese before serving each time. (Do not add Kale until you want to eat it or it will get bitter.).

Dessert

Lemon Blueberry Cake by Sarah

1/2 cup of their lemon custard

Regular vanilla cake mix

1 stick of butter

1 package of their frozen organic blueberries

2 eggs

Bake it like a cake and it is amazing as a breakfast cake, or dessert!

Belgian Chocolate Mousse by Stephanie

TJ's Belgian Chocolate Pudding

Greek yogurt.

Mix and put into individual bowls. Chill. Top with whipped cream and chocolate shavings.

Mini Pavlova by C

TJ's Vanilla Meringues

Whipped cream

Fresh berries

Optional:

Lemon curd

Saw off the tops of the meringues with a bread knife to make them flat, top with whipped cream and fresh berries. Add lemon curd if you want! Serve immediately.