

# A Month of Meals

*\*Suggested by the participants in the Making the Most of Meat workshop at the Food for a Greener Future Conference, 8/2/2014*

Meals that can use either less meat, a taste of meat or no meat at all, and be varied according to seasonal ingredients

Pizza  
Risotto  
Tagine  
Quiche  
Cassoulet  
Lasagne  
Stew  
Frittata  
Omelette  
Hotpot - casserole with sliced potatoes on top  
Shepherd's Pie  
Pancakes / Crepes  
Curry  
Jacket potato with filling  
Stuffed vegetables (aubergines, peppers, courgettes, squash etc)  
Moussaka  
Stir fry  
Chilli (con poco carne or sin carne!)  
Kebabs  
Couscous  
Ravioli  
Goulash  
Pasta and sauce  
Wraps /Sandwiches  
Casserole  
Souffle  
Pate or nut/vegetable roast  
Paella\*  
Noodles  
Pasty  
Pie  
Potato bake - sliced potatoes baked in a casserole with vegetables in sauce, often leeks

Total - 32 different meals

\* although the Spanish would not approve! You may choose to leave this out as it is very much like risotto