

Lebanese meal prep





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LEBANESE INSPIRED VEGAN MEAL PREP

Today's meal prep blog features 5 delicious **Lebanese-inspired vegan recipes** that are outrageously tasty and easy to make! Make sure to watch the video below for visual references and don't forget to scroll down for the written recipes OR grab the **FREE printable PDF version!**

Watch the video on my YouTube channel here! → <https://youtu.be/CYRDsJh8jgA>



WHY LEBANESE-INSPIRED?

In one of my latest Community Post polls on **YouTube** I asked you, my audience, what kind of meal prep videos you wanted to see next on the channel this fall, and many of you voted for Lebanese... so here you go! And because I enjoy Lebanese and middle eastern food so much I thought why not share some Lebanese-inspired recipes in this vegan meal prep?

Today, we're making a full spread of Lebanese dishes, from **creamy classic hummus** to **hearty mujadara** and a **refreshing cabbage salad**.



WHY SHOULD YOU MEAL PREP?

Meal prepping is a great way to help you save time cooking in the kitchen during the week, it can save you money and prevent you from ordering take out 8 times in a week— which can help your wallet and also with weight loss! Cooking nutritious, balanced meals at home means you know exactly what's going into your food, and you're more likely to eat food that you've lovingly prepared instead of letting it go to waste.

Also, if you're new to eating plant-based, meal-prepping can help you stick to a plant-based diet! If you're looking to stay healthy, energized, and excited about your meals, this Lebanese-inspired vegan meal prep will be a game-changer. From crunchy and tangy **malfouf cabbage salad** to savoury **mujadara**, this spread will bring the taste of the Mediterranean right to your kitchen—perfect for those wanting to keep meals high-protein, plant-based, and easy to prepare!

WHAT'S ON THE MENU?

Here's a quick rundown of the wholesome recipes you'll be prepping:

- **Mujadara (One-Pot Lentils & Rice):** This one-pot wonder is packed with protein and flavour, thanks to melt-in-your-mouth caramelized onions and warm spices. It's hearty enough to be a main dish but also works as a side.
- **Lebanese Moussaka (Maghmour):** Unlike the Greek layered moussaka, this Lebanese version is a rich, comforting eggplant and chickpea stew in a spiced tomato sauce. Even if you're not a big fan of eggplant, this dish will convert you!
- **Falafels:** This baked falafel recipe is a quick, easy, and healthy twist on a Lebanese classic. Using canned chickpeas and baking instead of frying, these falafels are crispy, flavourful, and calorie-friendly.
- **Hummus:** You can't have a Lebanese spread without this creamy chickpea dip. Great as a snack or paired with any of the recipes here, and it's easy to make with canned chickpeas.
- **Malfouf (Cabbage Salad):** A crunchy, zesty cabbage slaw with fresh herbs and a lemony dressing. I've cut the oil here by swapping some with silken tofu, so it's creamy yet light. This salad is perfect with falafel or as a fresh side to the main meal.

SHOPPING LIST

You'll need a blend of fresh produce, pantry staples, and plant-based protein sources to pull this off. Here's your complete shopping list:



- **Proteins:** 1 block silken tofu, 4 x 15-oz cans of chickpeas, 1½ cups brown/green lentils
- **Fresh Produce:** 2 to 3 lemons, 2 heads garlic, 2 spring onions, 2 roma tomatoes, fresh parsley, cilantro & mint, 1 red onion, 5 yellow onion, 2 large eggplants
- **Canned Goods:** 1 x 28-oz can diced tomatoes, tomato paste
- **Grains:** 1 cup basmati/jasmine rice
- **Pantry Staples:** breadcrumbs (GF if needed), raisins, sugar/sweetener
- **Spices:** sumac or za'atar, red chili flakes, ground cumin, ground coriander, cumin seeds, allspice, bay leaves, cinnamon, ground ginger

ORDER OF PREP

1. **Mujadara:** Caramelize the onions, cook lentils and rice with spice, then stir in caramelized onions.
2. **Moussaka Maghmour:** Roast the eggplants, prepare the tomato sauce with spices, then combine eggplant and chickpeas in the sauce to simmer.
3. **Falafels:** Blend ingredients in a food processor, shape the patties, coat in breadcrumbs, and bake until golden and crispy.
4. **Hummus:** Blend chickpeas, garlic, tahini, lemon juice, and ice cubes until creamy.
5. **Malfouf Cabbage Salad:** Prepare dressing with tofu, lemon, and seasonings, then slice the cabbage and combine with tomatoes, herbs, and dressing.

A NOTE ON OIL

Using a **high-quality extra virgin olive oil** for this meal prep is ideal, however if the price of olive oil is as expensive for you as it is for me where I live, any neutral-tasting oil like grape seed, avocado or sunflower oil is fine.

RECIPE #1: MUJADARA (ONE-POT LENTILS & RICE)

This one-pot wonder is packed with protein and flavour, thanks to melt-in-your-mouth caramelized onions and warm spices. It's hearty enough to be a main dish but also works as a side.



Ingredients:

Cumin Caramelized Onions

- 1½ tbsp extra virgin oil
- 2 tbsp cumin seeds
- 1 pound yellow onions, thinly sliced (3 to 4)

Mujadara

- 1½ tbsp extra virgin oil
- 1 yellow onion, finely diced
- 4 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground allspice
- ½ tsp cinnamon



- ½ tsp ground ginger
- 1½ cup green or brown lentils
- 2 tsp sea salt
- 1 cup basmati or jasmine rice
- 1 cup raisins
- 2 bay leaves
- 5½ cups water

Instructions:

1. **Make the caramelized onions:** Heat the oil in a medium saucepan over medium heat. Add the cumin seeds, gently stirring as they sizzle briefly. Add the onions and salt. Slow cook, stirring frequently, until browned, about 20 minutes or so. Reduce the heat occasionally to prevent burning. Transfer to a plate and reserve for later.
2. **Make the mujadara:** Warm the oil in a large saucepan over medium heat. Add the onion and cook until soft and translucent, about 5 minutes. Stir in the garlic, cumin, coriander, allspice, cinnamon and ginger and cook for 1 minute to release their flavour. Add the lentils, water, bay leaves and salt. Bring to a boil, reduce heat to a simmer, cover tightly and cook for 12 minutes.
3. Stir in the rice and raisins, cover and continue cooking until the rice is tender and fluffy, about 20 minutes or so. Then remove from the heat, still covered and let stand for 10 minutes.
4. Remove the bay leaves and stir in half of the caramelized onions. Serve with a few spoonfuls of the onions and fresh chopped parsley or cilantro.

RECIPE #2: LEBANESE MOUSSAKA (MAGHMOUR)

Unlike the Greek layered moussaka, this Lebanese version is a rich, comforting eggplant and chickpea stew in a spiced tomato sauce. Even if you're not a big fan of eggplant, this dish will convert you!



Ingredients:

- 1 yellow onion, diced
- 5 garlic cloves, minced
- 1-28 oz can diced tomatoes
- 2 tbsp tomato paste
- 2 tsp allspice
- 1 tsp cinnamon
- 1 tsp salt
- 2 tsp coconut sugar
- 1 tbsp lemon juice
- 1 cup water
- Finely chopped parsley or mint for garnish

Instructions:



1. **Prepare the eggplants:** Preheat the oven to 400° F and line a large baking sheet with parchment paper. Peel the eggplants in a 'zebra' pattern, then chop them into 1" cubes. Brush them with olive oil using a pastry brush and place them on the baking sheet.
2. Bake them for 35 to 40 minutes or until they are slightly softened and golden. Remove the eggplants from the oven and set them aside until the tomato stew is ready.
3. Heat a heavy-bottomed pot over medium heat. Cook the onion in 1½ tbsp olive oil until softened, stirring often, for about 5 minutes. Add the tomato paste, garlic, allspice, cinnamon and a little salt and pepper. Cook for 1 minute, stirring constantly, then add the canned tomatoes, coconut sugar and ½ cup water. Mix well, bring to a boil and leave to simmer, covered, for 10-15 minutes to allow the flavours to meld.
4. Add the lemon juice, roasted eggplant and canned chickpeas. Continue to cook, covered, until the eggplant is completely soft, another 10-20 minutes. Taste for seasoning, adding more salt, pepper, sugar or lemon juice to taste.
5. Serve and garnish with finely chopped parsley.

RECIPE #3: FALAFEL BITES

This baked falafel recipe is a quick, easy, and healthy twist on a Lebanese classic. Using canned chickpeas instead of dried and baking instead of frying, these falafels are crispy, flavorful, and calorie-friendly.



Ingredients:

- 3 cloves garlic
- ½ cup red onion
- ½ tsp red chili flakes (optional)
- ⅓ cup fresh cilantro, packed
- ⅓ cup fresh parsley, packed
- 1-15 oz can chickpeas, drained and rinsed (2½ cups)
- ½ tbsp lemon juice
- 2 tbsp chickpea flour, if needed
- ½ tsp baking powder
- 2 tbsp ground flaxseed
- ¼ cup + 6 tbsp GF breadcrumbs (panko or regular)
- ½ tsp ground cumin
- ½ tsp ground coriander



½ tsp sea salt

Instructions:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. In a food processor, pulse the garlic until finely chopped. Add the red chili flakes, onion, cilantro and parsley and process until mixed. Add the lemon juice and canned chickpeas and process until the mixture forms a coarse dough and holds together when pressed between your fingers. If it's very moist and sticky add ½ tbsp of chickpea flour at a time until it firms up.
3. Transfer the mixture to a large bowl and stir in the baking powder, ground flaxseed, ¼ cup of the bread crumbs, cumin, coriander and salt until well combined.
4. Shape the mixture into small patties, about 1½ tbsp for each patty. One at a time roll the patties in the remaining 6 tbsp bread crumbs, pressing the crumbs into the patty with your hands. Place on the baking tray and repeat.
5. Flatten the falafels slightly with your hands, and optionally, give them each a little spritz of cooking oil to aid in crispiness, then bake the falafel until golden brown, about 35 to 40 minutes, turning them over halfway through cooking. Alternatively, you can air fry them at 425°F for 20 to 25 minutes until golden and crispy (the air fryer will render crispier results!)
6. Allow them to cool slightly before enjoying with hummus or in a pita, or on top of a salad or grain bowl. Keeps well in the fridge for 5 days.

RECIPE #4: HUMMUS

You can't have a Lebanese spread without this creamy chickpea dip. Great as a snack or paired with any of the recipes here, and it's easy to make with canned chickpeas.



Ingredients:

- 1 15oz can chickpeas, or about 2 cups cooked chickpeas
- 1-2 garlic cloves, crushed
- 4 tbsp drippy tahini
- Juice of 1 large lemon
- ½ tsp kosher salt
- ¼ tsp cumin
- 4-6 ice cubes

Instructions:

1. Add the drained and rinsed chickpeas to the food processor, plus the garlic, tahini, lemon juice and salt. Process on high speed until starting to form a paste; it will probably look a bit chunky or grainy at this point.
2. Continue blending and add the ice cubes one at a time. This will make the hummus fluffy and creamy.
3. Transfer to an airtight container or jar, keeps in the fridge for a week.

RECIPE #5: MALFOUF SALATET (CABBAGE SALAD)

A crunchy, zesty cabbage slaw with fresh herbs and a lemony dressing. I've cut the oil here by swapping some with silken tofu, so it's creamy yet light. This salad is perfect with falafel or as a fresh side to the main meal.



Ingredients:

- Half a large green cabbage
- ¼ cup silken tofu
- 2 tbsp extra virgin olive oil
- 1 Tablespoon lemon zest plus ¼ cup lemon juice (plus more to taste)
- 2 cloves garlic, minced
- 2 green onions, finely diced
- 1 cup diced roma tomatoes
- ¼ bunch fresh parsley, finely chopped
- ¼ bunch fresh mint or cilantro, finely chopped
- ½ teaspoon kosher salt, plus more to taste
- 1-2 teaspoons sumac or za'atar

Instructions:



1. Zest the lemon with a microplane, then in a small food processor, combine the silken tofu, oil, lemon juice and zest, garlic, salt, sugar and sumac until smooth and creamy.
2. Slice the cabbage and place in a large mixing bowl.
3. Add the tomatoes, green onions, parsley and mint.
4. Add the dressing and gently toss to combine. Serve immediately or store in the fridge for 3 to 4 days.