



Vegan French Onion Soup

Calories: 210 | Protein: 6g | Carbs: 32g | Fat: 6g

Ingredients:

- 4 large yellow onions, sliced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp flour
- 6 cups vegetable broth
- Thyme, salt, pepper
- Baguette slices
- Vegan gruyère cheese

Instructions:

1. Caramelize onions for 30 minutes.
2. Add vinegar and flour. Stir.
3. Add broth and seasonings. Simmer 20 minutes.
4. Top with baguette and cheese, then broil until bubbly.



Mushroom Bourguignon

Calories: 520 | Protein: 20g | Carbs: 50g | Fat: 24g

Ingredients:

- 1 tbsp olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 cups cremini mushrooms, halved
- 1 cup carrots, sliced
- 1 cup pearl onions, peeled
- 1 tbsp tomato paste
- 1 cup red wine
- 2 cups vegetable broth
- 2 tbsp soy sauce
- 1 tsp thyme
- 2 tbsp flour or cornstarch
- Mashed potatoes, for serving

Instructions:

1. Sauté onion and garlic until soft.
2. Add mushrooms, carrots, pearl onions. Cook until tender.
3. Stir in tomato paste and cook briefly.
4. Add wine, broth, soy sauce, thyme. Simmer 30 mins.
5. Whisk in flour/cornstarch to thicken. Serve over mash.



Haricots Verts Almondine

Calories: 120 | Protein: 5g | Carbs: 10g | Fat: 8g

Ingredients:

- 1 lb haricots verts (thin green beans), trimmed
- 2 tbsp vegan butter
- 2 garlic cloves, minced
- 1/4 cup slivered almonds
- Juice of 1/2 lemon
- Salt and pepper, to taste

Instructions:

1. Blanch beans 2-3 minutes, drain and set aside.
2. Sauté garlic in vegan butter.
3. Add almonds and toast lightly.
4. Toss in beans, lemon juice, season and heat through.



Vegan Tarte aux Fruits

Calories: 310 | Protein: 4g | Carbs: 38g | Fat: 16g

Ingredients:

- 1 pre-made vegan tart crust
- 1 1/2 cups plant-based milk
- 1/4 cup cornstarch
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- Fresh fruit (berries, peaches, kiwi, etc.)

Instructions:

1. Bake tart crust, let cool.
2. Cook milk, cornstarch, syrup, vanilla until thick.
3. Pour custard into crust and chill 1 hour.
4. Top with fresh fruit before serving.



Picnic & Celebration Tips

Picnic Basket Essentials:

- Checkered blanket, reusable tableware
- Vegan cheese, fruit, wine, lemonade
- Portable speaker for French music

Décor Ideas:

- Mini French flags, lavender jars
- Red/white/blue balloons or candles

Fun Activities:

- Bocce ball, trivia, film screening
- Teach guests 'Joyeux 14 Juillet!'