

Naturally Makayla
Wedding Recipe Packet

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Set-up of meals

This list outlines how I layed out the meals and snacks at the wedding.

Cocktail hour

- Gazpacho
 - 50-75 compostable cups with $\frac{1}{2}$ - $\frac{3}{4}$ cup of soup in each
 - Placed on table with compostable spoons
 - Topped with purple micro basil, as garnish
- Chips
 - In a large bowl with tongs
- Pretzels
 - In a large bowl with tongs
- Popcorn
 - In a large bowl with large spoon

Dinner Buffet

- Soft taco shells (flour), heated slightly before going out (in microwave)
- Hard taco shells (corn), heated slightly before going out (in oven)
- Corn chips, in large bowl
- In $\frac{1}{2}$ pans in chafers
 - Lentil filling
 - Sweet potatoes
 - Black beans
 - Spanish rice
- Toppings:
 - Pickled onions, in medium bowl
 - Salsa, in medium bowl
 - Cabbage and carrot slaw, in large bowl
 - Lettuce, in large bowl
 - Lime wedges, in small bowl
- Sauces:
 - Various hot sauces
 - Cashew queso
 - Burrito sauce
 - Green herb dressing

Dessert

- Coffee, in large urn
 - Plant-based creamer, oat milk, sugar
- Hot water (for tea), in large urn with various tea bags (black, earl grey, peppermint, ginger, chai)
- Wedding cake, cut and serve on small plates placed out with spoons on side
- Various plant-based PC desserts, cut and serve on small plates placed out with spoons on side
- Gluten-free dessert, label as GF and put on side
- Donuts, in boxes
- Speculaas cookies, on tray

Late Night Snack

- Charcuterie boards with an assortment of:
 - Pickles
 - Olives
 - Various crackers
 - Gluten-free crackers on separate tray, labelled
 - Hummus, with spoon
 - Veggie sticks
 - Plant-based deli meats and cheeses
 - Fruit (grapes, etc.)

Gazpacho

Notes

- Family recipe – makes ~49 cups.
- Can make ahead and store in large mason jars.
- Serve in approximately ½ cup in each compostable bowl, topped with purple micro basil.
- Have compostable spoons out.

Ingredients

- 7 can San Marzano tomatoes (including reserve liquid)
- 49 mini cucumbers, unpeeled, coarsely chopped
- 7 red pepper, seeded and coarsely chopped
- 14 cloves garlic, peeled, coarsely chopped
- 3 1/2 tablespoon coarse sea salt
- 14 teaspoons freshly ground black pepper
- 1 3/4 (or more) teaspoon cayenne pepper
- 3 1/2 cup extra virgin olive oil

Instructions

1. Place all the ingredients in a food processor and process until pureed.
2. Chill.

Lentils

Notes

- Can make ahead if needed and re-heat in slow cookers on wedding day.
- Can fit into 3 4-cup crockpots. 4 quarts = 16 cups.
- [Original recipe](#)

Ingredients

- 9 cups green or brown dry lentils, picked over and rinsed
- 18 cups vegetable broth (low sodium if possible)
- 3 cups finely chopped onion
- 7 1/2 cups salsa
- 6 tbsp olive or avocado oil
- 6 tbsp ground cumin
- 2 tbsp dried oregano
- 2 tbsp paprika
- 6 tbsp dried parsley
- 6 tbsp apple cider vinegar
- 6 tbsp tamari

Instructions

1. Combine ingredients in your slow cooker. Stir a few times and cover.
2. Cook on HIGH for 3-4 hours or on LOW for 7-8 hours. Each slow cooker cooks a little differently, so exact time will depend on your unique slow cooker or crockpot. Cook until lentils are tender and most of the liquid has cooked off.
3. Let leftovers cool and store in air-tight container in fridge for up to 3 days.

Coleslaw

Notes:

- Can make ahead of time (1-2 days)
- [Original recipe](#)

Ingredients

Slaw

- 50 – 60 cups green cabbage, shredded
- 20 cups red cabbage, shredded
- 10 cups carrots, shredded or julienned

Coleslaw Dressing

- 6 2/3 cups vegan mayo
- 2/3 cup dijon mustard
- 1 1/4 cup apple cider vinegar
- 2/3 cup sugar
- 5-10 teaspoon celery seed powder, optional
- salt & pepper, to taste

Directions

1. Dressing: In a small bowl, whisk the mayo, apple cider vinegar, mustard, sugar, salt, and pepper.
2. Assemble: Add the cabbage and carrots in a very large mixing bowl, the larger the better. Pour the dressing all over the cabbage, and toss well to combine. Finish with salt & pepper to taste.
3. Serve right away, or let the coleslaw rest in the fridge for at least 30 minutes before serving.
4. Store leftovers in the refrigerator in an airtight container for up to 5 days, but it's best within 3 days.

Roasted Sweet Potatoes

Notes:

- Can peel & cut sweet potatoes 1 day prior and keep in water, roast in foil pans at venue day of
- Another other is to pre-cook the sweet potatoes 1 day prior
- Can make spice mix ahead of time
- [Original recipe](#)

Ingredients

- 30 large sweet potatoes
- 30 tbsp (or 1 $\frac{7}{8}$ cups) olive oil
- 5 tbsp salt
- 7 1/2 tsp ground pepper
- 5 tbsp ground cumin
- 7 1/2 tsp ground oregano
- 5 tbsp paprika
- 5 tbsp garlic powder
- 5 tsp cayenne powder

Directions

1. Preheat oven to 400 degrees F.
2. Wash and scrub the sweet potatoes well. Peel and dice the sweet potatoes.
3. In a small bowl, add the sweet potatoes. Add the oil and spices and toss to coat.
4. Brush oil on the baking sheet.
5. Spread the sweet potatoes out evenly on a baking sheet and bake for 15 minutes (or more, due to amount).
6. Flip and bake for an additional 10 minutes (or more, due to amount). Serve.

Spanish Rice

Notes:

- **Make x4**
- Each recipe is good for one Instapot (have 2, make 2 batches in each)
- Makes 12 cups rice per batch
- Will have Minute Rice on hand to make if more rice is needed
- [Original recipe](#)

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, chopped small
- 4 cloves garlic, minced
- 4 cups uncooked brown rice
- 28 ounces canned diced tomatoes (or Rotel diced tomatoes and green chilies)
- 2 teaspoons salt, or more to taste
- 4 1/2 cups water (or vegetable broth)

Directions

1. Using the Saute function on Instant Pot, saute onion, garlic, and rice in the olive oil for 1-2 minutes, until fragrant.
2. Add the Rotel, salt and water (or vegetable broth). Stir together. Now, seal Instant Pot and cook on high pressure for 24 minutes. Once complete, allow the pressure to come down naturally.
3. Fluff with a fork and serve.

Seasoned Black Beans

Notes:

- Make all together in large roasting pan
- Serve with a large slotted spoon

Ingredients:

- 17 19oz cans of black beans (not low sodium)
- Approximately 2 cups taco seasoning (32 tbsp or 2 tbsp per can)

Directions:

1. Add cans of beans (with liquid) to large roasting pan.
2. Add approximately 2 cups taco seasoning (start with 1 cup, taste for flavour, and add more if needed).
3. Heat through then add to ½ pan in chafing dish on buffet with slotted spoon. Refill in chafing dish as needed.

Cashew Queso

Notes:

- Make ahead of time
- This recipe makes 54x ¼ cup servings (or 13.5 cups)
- Keeps for 1 week in fridge
- [Original recipe](#)

Ingredients:

- 6.75 – 9 cups hot water
- 9 cups raw cashews
- 9 clove garlic, chopped
- 1 cup + 2 tbsp nutritional yeast
- 4.5 tsp ground cumin
- 9 tsp chili powder
- 4.5 tsp salt, plus more to taste
- 4 chipotle pepper in adobo sauce

Directions:

1. Add all ingredients to a blender (starting with the lesser amount of water) and blend until creamy, adding more water as needed to blend until creamy and smooth.
2. Add just enough water to achieve a creamy, pourable queso. If it gets too thin, thicken with additional raw cashews.

Burrito Sauce

Notes:

- Make ahead of time
- This recipe makes 12+ cups
- [Original recipe](#)

Ingredients:

- 10 cups mayo
- 1 ¼ cups water
- 7 tsp lime juice (to taste)
- 2 1/2 tsp salt, more to taste
- 10 tsp chili powder
- 20 tsp smoked paprika

Directions:

1. Place all ingredients in a small bowl. Taste, adjust heat and spices, adding more spices if you like.
2. Store in a small jar in the fridge, or in a squirt bottle for easy use.
3. Keeps up to 2 weeks.

Green Herb Dressing

Notes:

- Make ahead of time
- This recipe makes ~10 cups
- [Original recipe](#)

Ingredients:

- 8 cups parsley, packed
- 4 cups mixed other fresh herbs (coriander, thyme, basil, mint, sage...), packed
- 6 cups olive oil
- 1 cup apple cider vinegar
- 1 cup maple syrup
- 5 tbsp dijon or wholegrain mustard
- 2 tsp salt

Directions:

1. Combine all ingredients in a tall container fit for a stick blender (immersion blender). Blend it until smooth.
2. Taste and add in more salt, acid or sweetener if needed.
3. Store in an airtight jar in the fridge for up to two weeks. The herbs will settle to the bottom as it sits. Shake it up again before serving.
4. When the dressing has been stored in the fridge for a while, it may thicken. Let it come to room temperature before serving.