

# Packable Lunches II: Better Than Sandwiches

I'm sure you'll agree that sandwiches are old-school but we do have to admit they are quite packable. So, when searching for plant-based options, why not look for veggies that can still hold your favorite sandwich fillings? I think these gorgeous peppers are even more appealing anyway!

Bags of organic peppers are plentiful this fall and their bright colors and crisp sweet taste make them attractive to all ages. Above and beyond those attributes, they also happen to make perfect holders for your favorite plant-based spread. Whether you want to DIY it with one of my recipes below or you are short on time and want to opt-out for a store-bought spread, you are on your way to a fantastic packable lunch.

The prep work on these is super simple and just includes a light wash, cutting off the top stem portion, removing what few seeds exist, and slicing lengthwise. All set and ready for filling!

Here are two Hubele Family approved spread recipes that you will want to add to your collection.

## **Lauren's 5 Minute White Bean Spread**

### **Ingredients:**

- 1 can organic cannellini or white beans, rinsed and drained
- 1 tbsp Herbs de Provence
- 1 finely minced shallot
- Juice from 1/2 lemon
- 2 tbsp parsley, fresh finely chopped
- 3 tbsp Braggs or coconut aminos
- 2 tbsp olive oil
- 1-3 tbsp water
- Salt and Pepper to taste

This is where an immersion blender is totally worth the investment and shelf space it occupies in your kitchen. All the above ingredients can simply be put right inside a wide mouth jar used for both blending and storage. Just be sure your immersion blender can fit inside the opening! Blend ingredients until smooth, adjust seasonings, and thin to the desired consistency. Now you are ready to fill some sweet peppers.

### **Herbed Cashew Cheese**

While there are countless versions of spreadable cashew cheese recipes, this one from the In Vegetables We Trust blog offers a good basic list of ingredients with straightforward preparation to get you started. Once you get the hang of it you can enjoy customizing it as I do with sundried tomatoes, garden fresh basil, or whatever else inspires me at the moment.

#### **Ingredients:**

- 1 1/2 cups raw cashews (chopped in half if whole cashews)
- 4 tbsp apple cider vinegar
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 3 tbsp water, plus water to soak the cashews
- 3 spring onions, diced
- 2 tbsp chopped chives
- 3 tbsp chopped flat leaf parsley
- A good pinch of sea salt
- A good pinch of fresh ground black pepper

[Full Instructions Here](#)

No time for making your own spread this time around? I suggest one of the following: an organic ready prepared hummus or plant-based cheese spread. In Austin, our hands-down favorite hummus is Grandma's by Mediterranean Chef. Plant-based ready prepared cheese spreads also make yummy fillings. Just be sure to read those ingredients lists carefully as some of the

larger commercial brands add all sorts of items that should be avoided such as soy and stabilizers you can't pronounce. Our favorite is produced by Treeline.

