



SIMPLY HEALTHY

HEALTHY COOKING ON A BUDGET

**COMPILED BY KELSEY BONNER & ANALIESA
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Introduction

This project arose because two Girl Scouts wanted to make a lasting difference in their immediate community, helping others, and showing that it can be as simple as pulling together recipes offline or from family cookbooks. When we visited the Boca Helping Hands organization, the facility with which this project is in partnership with, we helped package the fresh produce bags. From that task, we started to put together ideas based on what simple recipes could be made from the ingredients. Tomatoes and mushrooms could make spaghetti sauce, parsley and cabbage could go into a salad and blueberries into a shake. It was with this mentality that the project came about. A simple yet extensively beneficial project. A project that not only clients of the food shelter could use, but that anyone who needed it could use. A recipe book! Recipes that were gathered with food pantries in mind. Everyone has a right to a healthy meal and sometimes, when ingredients are laid before us, it can be difficult to put the puzzle pieces together. How can I make this into a healthy meal for my kids? How can this be a nutritious breakfast for my partner? For myself? Well that is exactly what this recipe book is for. It's for you! They were gathered with just you and your ingredients and your time in mind! So, use them! You can use this book as a starting point for your healthy food endeavors and maybe find your own recipes that are perfect for what you need. Who knows, maybe you will find your new favorite food amongst these simple meals. Some of these were taken from online sources and those links have been given under those as well as videos. You can use these to also help you. So, get cooking and enjoy!

- Kelsey Bonner and Analiesa Chavez

Conversion Chart/ Cooking Terms

Cups	Tablespoons	Teaspoon
1 cup	16 tbsp	48 tsp
$\frac{3}{4}$ cup	12 tbsp	36 tsp
$\frac{2}{3}$ cup	10 tbsp + 2 tsp	32 tsp
$\frac{1}{2}$ cup	8 Tbl	24 tsp
$\frac{1}{3}$ cup	5 tbsp + 1 tsp	16 tsp
$\frac{1}{4}$ cup	4 tbsp	12 tsp
$\frac{1}{8}$ cup	2 tbsp	6 tsp
$\frac{1}{16}$ cup	1 tbsp	3 tsp

1 gallon = 4 quarts = 8 pints = 16 cups = 128 oz

1 quart = 2 pints = 4 cups = 32 oz

1 pint = 2 cups = 16 oz

1 cup = 8 oz

Cooking Terms

Boil:

Heat a liquid on the stove over high heat until it bubbles.

Grease:

To grease a baking pan or dish, hold a small piece of butter in a bit of paper towel or wax paper and rub the butter all over the inside of the pan or dish.

Poach:

To cook in a hot liquid that is kept just below the boiling point.

Preheat:

Turn on the oven to the degree given in the recipe. Let the oven reach this temperature until you bake.

Simmer:

Cook a mixture just below the boiling point. A few bubbles will form slowly and burst before they come to the top.

Meat

Thai Chicken with Basil

Ingredients:

- 4 skinless boneless chicken breast halves (about 1 pound)
- 2 tablespoons vegetable oil
- 3 cloves garlic, finely chopped
- 2 red or green jalapeno chilies, seeded and finely chopped
- 1 tablespoon fish sauce
- 1 teaspoon sugar
- ¼ cup chopped fresh basil leaves
- 1 tablespoon chopped fresh mint leaves

Directions:

1. Cut each chicken breast half into 4 pieces.
2. Heat oil in wok or 12-inch skillet over medium-high heat. Cook garlic and chilies in oil, stirring constantly, until garlic is golden brown.
3. Add chicken; stir-fry 8 to 10 minutes or until chicken is no longer pink in center. Stir in fish sauce and sugar. Sprinkle with basil and mint.

Recipe Link:

<https://www.bettycrocker.com/recipes/thai-chicken-with-basil/7a8e9e42-7151-4bd8-aa13-9ad814494dc2>

Chicken Fried Steak

Ingredients:

- 2 lbs. Beef bottom round, trimmed of excess fat
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 cup all-purpose flour
- 3 whole eggs, beaten
- ¼ cup vegetable oil
- 2 cups chicken broth
- ½ cup whole milk
- ½ teaspoon fresh thyme leaves

Directions:

1. Preheat oven to 250 degrees F.
2. Cut the meat with the grain into 1/2-inch thick slices. Season each piece on both sides with the salt and pepper. Place the flour into a pie pan. Place the eggs into a separate pie pan. Dredge the meat on both sides in the flour. Tenderize the meat, using a needling device, until each slice is 1/4-inch thick. Once tenderized, dredge the meat again in the flour, followed by the egg and finally in the flour again. Repeat with all the pieces of meat. Place the meat onto a plate and allow it to sit for 10 to 15 minutes before cooking.
3. Place enough of the vegetable oil to cover the bottom of a 12-inch slope-sided skillet and set over medium-high heat. Once the oil begins to shimmer, add the meat in batches, being careful not to overcrowd the pan. Cook each piece on both sides until golden brown, approximately 4 minutes per side. Remove the steaks to a wire rack set in a half sheet pan and place into the oven. Repeat until all the meat is browned.
4. Add the remaining vegetable oil, or at least 1 tablespoon, to the pan. Whisk in 3 tablespoons of the flour left over from the dredging. Add the chicken broth and deglaze the pan. Whisk until the gravy comes to a boil and begins to thicken. Add the milk and thyme and whisk until the gravy coats the back of a spoon, approximately 5 to 10 minutes. Season to taste, with more salt and pepper, if needed. Serve the gravy over the steaks.

Recipe Link:

<https://www.foodnetwork.com/recipes/alton-brown/chicken-fried-steak-recipe-1917219>

Video Link:

<https://www.youtube.com/watch?v=NEu1tnumPD>

Creamy Ranch Pork Chops and Rice

Ingredients:

- 1 tablespoon vegetable oil
- 4 boneless pork chops, 3/4-inch thick
- 1 (10.75 ounce) can cream of mushroom soup
- ½ (10.75 ounce) can milk
- 1 (1 ounce) package ranch salad dressing mix
- Paprika
- Ranch-Style Rice

Directions:

1. Heat oil in skillet. Add chops and cook until browned.
2. Add soup, milk and 1/2 package salad dressing mix. Heat to a boil. Cover and cook over low heat 10 minutes or until done. Sprinkle with paprika.
3. Serve with Ranch-Style Rice.

Mushroom Pork Chops

Ingredients:

- 2 pounds thick pork chops
- Salt and pepper (to taste)
- ⅓ cup seasoned breadcrumbs
- ⅓ cup seasoned breadcrumbs
- 2 tablespoons parsley divided
- 1 teaspoon garlic powder
- 2 eggs beaten
- 1 tablespoon oil for browning
- 8 ounces mushrooms
- 2 cans condensed mushroom soup (10.5 oz each)

Directions:

1. Preheat oven to 350°F
2. Check pork chops for bits of bone or debris. Season with salt & pepper.
3. Combine panko breadcrumbs, seasoned breadcrumbs, 1 ½ teaspoon of parsley and garlic powder.
4. Dip pork chops in beaten eggs and then in bread crumb mixture.
5. Heat 1 tablespoon oil a large skillet and add pork chops. Brown on both sides, about 3 minutes per side. Repeat with remaining pork chops adding more oil if needed.
6. Place pork chops in a large baking dish. Top with sliced mushrooms and mushroom soup. Cover with foil.
7. Bake 1 ½ to 2 hours, pull back the corner and check one of the pork chops. It should be fork tender. If not, bake 20-30 minutes more.
8. Garnish with parsley and serve over mashed potatoes.

Recipe Link:

<https://www.spendwithpennies.com/mushroom-pork-chops/>

Savory Meatloaf

Ingredients:

- 1 ½ lbs. Ground beef
- 1 can (10 ¾ oz.) condensed tomato soup
- ½ cup dry breadcrumbs
- 1 egg, beaten
- 1 small onion, finely chopped
- 1 tablespoon Worcestershire sauce
- ⅛ teaspoon ground black pepper
- ¼ cup water

Directions:

1. Thoroughly mix the beef, ½ cup soup, breadcrumbs, egg, onion, Worcestershire sauce, and black pepper in a large bowl. Place the beef mixture into a shallow 3-quart baking pan and shape firmly into a loaf.
2. Bake at 350°F for 1 hour or until the meatloaf is cooked through. Let the meatloaf stand for 10 minutes before slicing.
3. Heat 2 tablespoons of pan drippings, remaining soup and water in a 1-quart saucepan over medium-high heat until the mixture is hot and bubbling. Serve the soup mixture with the meatloaf.

Slow-Cooked Chili

Ingredients:

- 1 ½ lbs. Boneless beef round steak, cut 1-inch thick
- 1 tablespoon vegetable oil
- 2, 15 oz. cans pinto or black beans, rinsed and drained
- 1 ½ cups sliced onions
- 2 tablespoons chili powder
- 1 tablespoon dried basil, crushed
- 3, 14 ½ oz. cans diced tomatoes with chili peppers
- 1, 6 oz. can tomato paste with garlic

Directions:

1. Cut beef into 1-inch pieces. In large skillet, cook half the beef in hot oil over medium-high heat until browned, stirring occasionally. Remove from skillet. Repeat with remaining beef.
2. In a 4- to 6-quart crockery cooker, layer meat, beans, and onions. Sprinkle with chili powder and basil.
3. In a large mixing bowl, stir together undrained tomatoes and tomato paste. Pour over mixture in the crockery cooker. Cover cook on low heat setting for 7 to 9 hours or until beef is tender.

Spicy Chicken Chili

Ingredients:

- 4 skinless, boneless chicken breast halves (about 1 pound), cut into $\frac{3}{4}$ -inch pieces
- 1 can (14 $\frac{1}{2}$ ounces) salsa-style chunky tomatoes, undrained
- 1 can (15 ounces) spicy chili beans
- $\frac{1}{2}$ cup shredded Cheddar cheese (2 ounces)

Directions:

1. Spray 12-inch nonstick skillet with nonstick cooking spray; heat over medium high heat. Cook chicken in skillet 3 to 5 minutes, stirring frequently until light brown.²
2. Stir in tomatoes and beans; reduce heat to medium-low. Cook uncovered 8 to 10 minutes, stirring frequently, until chicken is no longer pink in the center. Sprinkle each serving with cheese.

Recipe Link:

<https://www.bettycrocker.com/recipes/spicy-chicken-chili/713e1d00-7a30-4a52-a075-afd2c3411ec9>

Stuffed Peppers

Ingredients:

- 2-4 Bell Peppers (amount of your choice)
- 1 lb Ground beef
- Half of a small onion (about half a cup)
- 1 cup of cooked rice
- 1 teaspoon salt
- 1 clove of finely chopped garlic
- 1 can of tomato sauce
- $\frac{3}{4}$ cup of shredded cheese (of your choice)

Steps:

1. Heat oven to 350 °F.
2. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers.
3. In a large, heavy pot with a lid (Dutch oven) add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.
4. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.
5. Stuff peppers with beef mixture. Pour remaining tomato sauce over peppers.
6. Cover tightly with foil. Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

Recipe link: <https://www.bettycrocker.com/recipes/stuffed-peppers/63e29e18-903e-467c-aec5-fba4ce3a138f>

Southwest Chicken

Ingredients:

- 1 tablespoon vegetable oil
- 2-4 skinless, boneless chicken breast halves
- 1 can diced tomatoes with green chile peppers
- 1 can black beans, rinsed and drained
- 1 can whole kernel corn, drained
- 1 pinch ground cumin

Steps:

1. In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides.
2. Add tomatoes with green chile peppers, beans and corn. Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear. Add a dash of cumin and serve.

Recipe link: <https://www.allrecipes.com/recipe/15302/southwest-chicken/>

Video link: <https://www.allrecipes.com/video/3037/southwest-chicken/>

Black Pepper Beef and Cabbage Stir Fry

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic, chopped
- ½ pound ground beef
- ½ small head cabbage, shredded
- 1 red bell pepper, cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- ½ cup cold water
- 1 teaspoon ground black pepper, or to taste
- 1 pinch salt, to taste

Steps:

1. Heat a wok or large skillet over medium-high heat and add oil.
2. Sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown, 5 to 7 minutes; drain excess fat.
3. Stir in cabbage and pepper and cook until vegetables are tender, and beef is fully cooked. Stir in soy sauce.
4. Mix cornstarch and water, and stir in. Season with pepper; add salt to taste. Cook, stirring, until sauce has thickened. Serve

Recipe link: <https://www.allrecipes.com/recipe/50233/black-pepper-beef-and-cabbage-stir-fry/>

Video link: <https://www.allrecipes.com/video/8396/black-pepper-beef-and-cabbage-stir-fry/>

Black Bean Chilaquiles

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 4 cups tortilla chips
- 6 large eggs
- 1 (15 ounce) can black beans, rinsed and drained
- 2 cups chipotle salsa
- ½ cup crumbled queso fresco
- ¼ cup diced red onion
- 1 avocado, sliced
- 2 tablespoons chopped fresh cilantro

Steps:

1. Heat oil in a large skillet over medium-high heat until it shimmers. Add chopped onion and cook until it softens slightly, about 5 minutes.
2. Add tortilla chips. Add eggs to the pan and stir around with the chips until almost set, 3 to 4 minutes. Pour in black beans and salsa. Stir to combine and heat through, about 5 minutes.
3. Top chilaquiles with queso fresco, red onion, avocado, and cilantro. Serve

Recipe link: <https://www.allrecipes.com/recipe/279777/quick-black-bean-chilaquiles/>

Video link: <https://www.youtube.com/watch?v=KnzE0AUU4iI>

Skillet Nacho Chili

Ingredients:

- 1lb lean (at least 80%) ground beef
- 1 medium onion, chopped (½ cup)
- 1 can (19 oz.) hearty tomato soup
- 1 can (15 oz.) spicy chili beans in sauce, undrained
- 1 can (4.5 oz.) chopped green chiles, undrained
- 1 cup frozen whole kernel corn
- 1 cup shredded cheddar cheese (4 oz.)
- 2 cups corn chips

Directions:

1. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef and onion in skillet 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked, and onion is tender; drain.
2. Stir soup, chili beans, green chiles and corn into beef mixture. Heat to boiling; reduce heat to medium. Cook 8 to 10 minutes, stirring occasionally, until sauce is slightly thickened, and corn is cooked.
3. Sprinkle each serving with cheese. Serve with corn chips.

Recipe Link:

<https://www.bettycrocker.com/recipes/skillet-nacho-chili/28be2c98-98cc-46d4-94e2-a6dedba783e5>

Salsa Chicken Sandwiches

Ingredients:

- 1 package (10 ½ ounces) frozen breaded chicken breast patties
- 4 whole wheat sandwich buns, split
- 8 teaspoons purchased black bean dip
- ¼ cup thick-and-chunky salsa
- ½ cup shredded lettuce

Directions:

1. Cook chicken in oven as directed on package, adding buns, cut side up, the last 3 to 4 minutes of the cooking time until lightly toasted.
2. Spread bottom half of each bun with 2 teaspoons dip. Top each with chicken patty; spread with 1 tablespoon salsa. Top each with 2 tablespoons lettuce and top of bun.

Honey Mustard Ham

Ingredients:

- 1 pound fully cooked ham slice, about 1-inch thick
- ¼ cup water
- 3 tablespoons honey mustard
- ½ cup sour cream
- 1 medium green onion, sliced (2 tablespoons)

Directions:

1. Cut ham into 4 serving pieces. Mix water and honey mustard in 10-inch skillet. Add ham.
2. Cover and heat to boiling; reduce heat to low. Simmer about 10 minutes, turning ham once, until ham is hot. Remove ham from skillet; keep warm.
3. Stir sour cream into mixture in skillet; heat 1 minute (do not boil). Pour over ham. Sprinkle with onion.

Recipe Link:

<https://www.bettycrocker.com/recipes/honey-mustard-ham/6f91db33-1ef3-44cf-9599-19af73ff2521>

Chicken, Broccoli, and Rice Casserole

Ingredients:

- 1 cup of rice (any variety)
- 1 tablespoon olive oil
- 1 small onion, finely chopped (about 1 cup)
- 8 ounces mushrooms, sliced
- 8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces (substitute: chicken breasts or ground beef)
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 (12-ounce) bag microwave-in-bag fresh broccoli florets (substitute: cauliflower, spinach, peas, carrots, green beans, fresh ok)
- 1 $\frac{1}{2}$ cup milk
- 3 tablespoons all-purpose flour
- 3 ounces sharp cheddar cheese, shredded (about $\frac{3}{4}$ cup)

Steps:

1. Preheat broiler to high. Cook rice according to package directions; drain.
2. While rice cooks, heat a large 12-inch ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, mushrooms, and chicken; sprinkle with $\frac{1}{4}$ teaspoon salt and pepper. Sauté 6 minutes or until chicken and onion are done.
3. Cook broccoli in microwave according to package directions for 3 minutes. Open package to release steam.
4. Combine milk and flour, stirring with a whisk or fork until smooth.
5. Stir milk mixture into chicken mixture in skillet.
6. Cook 2 minutes or until bubbly and thick, stirring frequently.
7. Stir in remaining $\frac{1}{2}$ teaspoon salt, rice, and broccoli. Sprinkle with cheese
8. Broil 1 minute or until cheese melts and just begins to brown.

Recipe link: <https://www.myrecipes.com/recipe/chicken-broccoli-brown-rice-casserole>

Slow Cooker Lemony Chicken Breasts with Rice

Ingredients:

- 4 tablespoons unsalted butter
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 4 boneless chicken breast halves
- Salt and pepper
- 4 cups canned low-sodium chicken broth
- ¼ cup lemon juice
- 2 cups long-grain rice
- ¼ cup finely chopped fresh parsley

Steps:

1. Melt 2 Tbsp. butter in a large skillet over medium high heat. Add onion and cook until softened, stirring occasionally, 4 to 5 minutes. Add garlic and cook 1 minute longer. Scrape into slow cooker.
2. Sprinkle chicken with salt. Melt remaining 2 Tbsp. butter in skillet over medium high heat until foaming. Add chicken breast halves and cook until browned, about 2 minutes per side. Transfer to slow cooker.
3. Add 1 cup broth and lemon juice to skillet and bring to a boil, scraping browned bits from bottom of pan. Add to the slow cooker, along with remaining broth, rice and 1 tsp. salt. Stir, cover and cook on low until chicken is cooked through and rice is tender, 2 to 3 hours. Remove chicken, stir parsley into rice and season with salt and pepper. Divide rice onto 4 plates and top each with a piece of chicken; serve immediately.

Recipe link: <https://www.myrecipes.com/recipe/lemony-chicken-breasts-with-rice>

Slow Cooker Short Ribs

Ingredients:

- 4 pounds beef short ribs (bone-in)
- 1 tablespoon olive oil
- 1 large carrot peeled & small diced
- 1 medium onion, small diced
- 1 bottle red wine, whatever you like
- 6 cloves garlic minced
- 6 sprigs fresh thyme
- 1 tablespoon Worcestershire sauce
- 3 tablespoons tomato paste
- 1 tablespoon brown sugar
- 1 tablespoon smoked paprika
- 1 Tablespoon Italian seasoning
- Salt & pepper to taste

Steps:

1. Add olive oil to a large, heavy skillet over medium heat. Season the short ribs with salt & pepper.
2. Once the oil is hot, add the short ribs. You'll likely need to do two batches. Don't crowd the pan. Sear for 3-4 minutes per side.
3. Add all the other ingredients to the Crockpot. Give it a stir. Add the short ribs in as even of a layer as possible. Cook on high for 5-6 hours or low for 7-8 hours.
4. Salt and Pepper to taste.

Mom's Meatloaf

Ingredients:

- 1lb ground beef or ground turkey
- 1 cup breadcrumbs
- 1 egg
- 1 diced onion
- ½ cup milk
- Salt & pepper to taste
- Additional seasonings if desired (garlic powder, parsley, sage, etc.)
- 1 8 oz can tomato sauce
- 1 tablespoon Worcestershire sauce
- 3 tablespoons tomato paste
- 1 tablespoon ketchup

Steps:

1. Heat oven to 350 degrees. In a bowl, combine thoroughly beef (or turkey) with breadcrumbs, egg, onion, milk and spices. Place mixture into a loaf pan and bake for 45 minutes.
2. While meat is cooking, stir together topping sauce ingredients. When 45 minutes has passed, remove meat from oven and drain any fat that has accumulated. Add topping sauce and bake for an additional 10-15 minutes.

Sheet Pan Honey Mustard Chicken Thighs

Ingredients:

- 4-8 chicken thighs (bone-in, with skin or without)
- 3 tablespoons Dijon mustard
- 4 tablespoons olive oil
- 1 tablespoon honey
- 12 ounces baby potatoes
- 8 carrots (peeled and halved crosswise – quartered if thick)
- 1 large red onion (or 2 small)
- 1 tablespoon thyme

Steps:

1. Heat oven to 400 degrees. Combine mustard, honey, and 2 tablespoons of olive oil in a small bowl and brush all over the chicken thighs. Season with salt and pepper to taste.
2. In a separate bowl, combine the carrots, potatoes and onion, and toss with the remaining 2 tablespoons of olive oil and thyme. Season with salt and pepper.
3. Place chicken thighs, carrots and potatoes on a baking sheet (2 sheets may be needed depending on how many thighs you have). Bake in oven for 45 minutes.

Stir Fry

Ingredients:

- 1 pound (or more) of chicken, steak, pork or shrimp – cut into one-inch pieces (except for shrimp – devein and remove tails)
 - 2 tablespoons olive oil (or canola/vegetable oil)
 - ½ cup chicken or vegetable broth
 - 1/3 cup soy sauce
 - 2 tablespoons honey
 - 2 teaspoons sesame oil (olive oil or canola/vegetable oil can be used instead)
 - 2 tablespoons minced fresh ginger (or 1 teaspoon ground ginger)
 - 3 cloves garlic, minced
 - 1 tablespoon cornstarch
 - Crushed red pepper, siracha, or sweet chili sauce to taste - optional
 - Vegetables of your choice (bell peppers, zucchini, broccoli, green beans, onions, etc.)
 - 1 or 2 cups of rice
- * Store-bought stir fry sauce in a bottle may also be used instead of homemade sauce

Steps:

1. Cook rice according to package directions. While rice is cooking, in a bowl combine broth, soy sauce, honey, oil, ginger, garlic, cornstarch, and pepper (or hot sauce). Wash and chop vegetables. Heat 1 tablespoon of olive oil in a frying/sauté pan on medium-high heat. Add 1 clove of minced garlic and cook for 30 seconds (optional). Add vegetables and cook until slightly softened. Remove vegetables from pan and set aside. Wipe out pan and heat 1 tablespoon of olive oil.
2. Add meat to pan and cook on medium-high heat until no longer pink inside. Season with salt and pepper to taste. If using shrimp, cook until pink. Add sauce and bring to a boil. Remove from pan and serve with vegetables and rice.

Sautéed Chicken Breasts or Pork Chops with Pan Sauce

Ingredients:

- 1 lb chicken breasts or pork chops
- Salt
- Pepper
- Additional seasonings if desired (onion powder, garlic powder, paprika, etc.)
- ¼ cup flour
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 shallots, minced (or 1 small onion)
- 2 cloves garlic, minced
- 1 cup chicken broth
- 1 cup heavy cream
- ¼ teaspoon Italian seasoning
- 1/3 cup grated parmesan cheese

Steps:

1. Season chicken or pork with salt, pepper, and any additional seasonings desired. Dredge in the flour to coat, shaking off excess. Heat 1 tablespoon of olive oil on medium high heat until hot. Add butter. Cook chicken or pork 3-5 minutes per side, until no longer pink.
2. Remove from pan and set aside. Add a drizzle of oil to the pan and cook shallots for 2-3 minutes. Then add garlic and cook for 30 seconds. Pour in chicken broth, scraping up any bits stuck to the pan. Pour in heavy cream and stir to combine. Cook until slightly thickened.
3. Add pepper, Italian seasoning, and parmesan cheese. Put meat back in pan and heat. Add a teaspoon of flour or cornstarch to thicken sauce if necessary. Serve immediately.

Roasted Pork Tenderloin with Mushroom Cream Sauce

Ingredients:

- 1 half of a whole pork tenderloin
- 1 cup mushrooms, whole or sliced
- 2 tablespoons butter
- 1/3 cup heavy cream
- 3 cloves garlic, minced.
- ½ teaspoon dried thyme
- 2 tablespoons parmesan cheese

Steps:

1. Heat oven to 450 degrees. Remove silver skin layer from pork tenderloin. Place on baking sheet and bake for 30 minutes.
2. While pork is cooking, wash and dry mushrooms. Slice mushrooms if not already sliced. Melt butter in a large skillet over medium heat. Add garlic and mushrooms and cook 5-6 minutes, stirring occasionally.
3. Stir in heavy cream and thyme, season with salt and pepper. Bring to a boil, reduce heat and simmer until sauce is reduced and thickened, about 5-6 minutes. Stir in parmesan cheese. Remove pork from oven after 30 minutes and let rest 5-10 minutes. Slice and serve with mushroom sauce.

Recipe Link: : <https://damndelicious.net/2015/01/02/easy-creamy-mushrooms/>

Chili

Ingredients:

- 1 ½ lbs ground beef or turkey
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 garlic cloves, chopped
- 1 or 2 cans (16 oz) red kidney beans
- 1 or 2 cans (16 oz) diced tomatoes
- 2-3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

Steps:

1. Cook the first 4 ingredients in a skillet and cook until meat is no longer pink.
2. Place mixture into a slow cooker and add beans and remaining ingredients. Cook on high 3-4 hours or on low 5-6 hours.
3. Serve with cheese, crackers, and cornbread.

Shepard's Pie

Ingredients:

- 1lb ground beef or ground turkey
- 1 onion, diced
- 1-2 cups peas and carrots (canned, frozen, or fresh)
- ½ cup beef broth
- 1 teaspoon Worcestershire sauce
- 1-5 tablespoons butter
- Salt, pepper or other seasonings to taste
- 3 large potatoes, peeled and cut in quarters (instant or packaged mashed potatoes may be used instead)
- Shredded cheese (optional)

Steps:

1. Preheat oven to 400 degrees.
2. If using fresh potatoes, bring a large pot of water to a boil. Add ½ teaspoon of salt and potatoes and boil gently for 20 minutes. When done, drain water and set potatoes aside.
3. Heat 1 tablespoon of butter in a skillet. Add onion and cook until soft. If using fresh vegetables, add them and cook until slightly soft.
4. Add ground beef to pan and cook until no longer pink. Drain any fat from pan when done. If using canned or frozen vegetables, add them now.
5. Add the Worcestershire sauce and beef broth and bring to a boil. Add salt, pepper and any other seasonings to taste. Simmer uncovered for 10 minutes. Add additional broth if beef dries out.
6. While beef is simmering, mash the potatoes with 4 tablespoons of butter. Season with salt and pepper. Or, if using instant or packages potatoes, prepare according to package directions.
7. Place beef mixture in an oven proof casserole or baking dish. Top with mashed potatoes. Sprinkle with shredded cheese (optional). Bake for 20-30 minutes.

Sloppy Joe's

Ingredients:

- 1 lb ground beef or ground turkey
- 1/8 cup brown sugar
- 1/8 cup mustard
- 1/2 cup ketchup
- Hamburger buns

Steps:

1. Using a skillet, cook the beef until no longer pink over medium-high heat. Drain any fat.
2. Add brown sugar, mustard, and ketchup. Stir to combine. (You may also use diced onion, diced bell pepper, and other seasonings to taste)
3. Simmer for 5 minutes. Serve on buns.

Source: <https://www.eatingonadime.com/sloppy-joes-recipe/>

Salisbury Steak

Ingredients:

- 1 lb ground beef
- 1 15oz can condensed French onion soup
- ½ cup breadcrumbs
- 1 egg
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon flour
- ¼ cup ketchup
- ¼ cup water
- 1 tablespoon Worcestershire sauce
- ½ teaspoon mustard powder

Steps:

1. In a bowl, combine the beef, 1/3 cup of the French onion soup, breadcrumbs, egg, salt, and pepper. Shape into 4-6 oval patties.
2. In a large skillet, over medium-high heat, brown both sides of patties. Drain and excess fat.
3. In a small bowl, combine flour and the rest of soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover and cook on low for 2 minutes, stirring occasionally.

Source: Allrecipes.com

Beans

Black Bean Quesadillas

Ingredients:

- 1 15oz can black beans
- 1 cup frozen corn
- ½ red onion, diced
- 1 clove garlic, minced
- ½ bunch cilantro, chopped
- 2 cups shredded cheese
- 1 package of taco seasoning
- 10 medium or large flour tortillas

Instructions:

1. Drain the beans and rinse.
2. In a bowl, mix beans with corn, onion, garlic, cilantro, cheese, and taco seasoning.
3. On a skillet, heat tortilla and add ½ cup of bean mixture. Fold over and flip. Cook until warm and cheese is melted.

Source: <https://www.budgetbytes.com/hearty-black-bean-quesadillas/>

Cheesy White Bean Tomato Bake

Ingredients:

- ¼ cup olive oil
- 3 garlic cloves, thinly sliced
- 3 tablespoons tomato paste
- 2 15 oz cans of white beans (Great Northern, Cannellini, or Chickpeas), drained and rinsed
- ½ cup boiling water
- Salt and pepper
- ½ cups mozzarella cheese

Steps:

1. Add olive oil to an oven-proof skillet (or regular skillet if you don't have an oven proof skillet) and cook garlic for 1 minute over medium high heat. Add tomato paste (reduce heat if necessary, to prevent splattering) and cook for 30 seconds.
2. Add the beans, water, and pinches of salt and pepper (use a baking dish if you don't have an oven proof skillet).
3. Sprinkle the cheese over the top and bake 5-10 minutes until cheese is brown in spots. Remove from oven and serve immediately.

Source: NYT Cooking

Cheesy, Spicy Black Bean Bake

Ingredients:

- 3 tablespoons olive oil
- 5 garlic cloves, sliced
- ¼ cup tomato paste
- 1 ½ teaspoons smoked paprika
- ¼ teaspoon red pepper flakes
- 1 teaspoon ground cumin
- 2 14 oz cans of black beans, drained and rinsed
- ½ cup boiling water
- Salt and pepper
- 1 ½ cups grated or shredded cheddar cheese

Steps:

1. Heat oven to 475 degrees. Heat the olive oil in an oven proof skillet (or a regular skillet if you don't have an oven proof skillet). Cook the garlic for 1 minute over medium-high heat.
2. Add the tomato paste, paprika, red pepper flakes, and cumin and cook for another 30 seconds, reducing heat if necessary, to prevent splattering. Then add the beans, water, pinches of salt and pepper, and stir to combine. If you are not using an oven proof skillet, transfer to a greased baking dish and sprinkle evenly with cheese on top.
3. Bake until the cheese has melted, about 5-10 minutes. Serve immediately.

Red Beans and Rice

Ingredients:

- 1-pound dry kidney beans
- ¼ cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- ½ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- ¼ teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 1 pound of any sausage, sliced
- 4 cups water
- 2 cups long grain white rice

Steps:

1. Rinse beans, and then soak in a large pot of water
2. In a skillet, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.
3. Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning. Bring to a boil, and then reduce heat to medium-low. Simmer for 2 1/2 hours.
4. Stir sausage into beans and continue to simmer for 30 minutes.
5. Meanwhile, prepare the rice. In a saucepan, bring water and rice to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve beans over steamed white rice.

Recipe link: <https://www.allrecipes.com/recipe/58211/authentic-louisiana-red-beans-and-rice/>

Video link: <https://www.youtube.com/watch?v=spva2KRGWPA>

Soups and Stews

Garlic White Bean Soup

Ingredients:

- 2 Heads of Roasted Garlic
- 3 Tablespoons Salted Butter
- 1 White Onion, Small Diced
- 3 Carrots, Peeled & Small Diced
- 4 Celery Stalks, Small Diced
- 1 teaspoon chopped fresh sage leaf
- 2 15.5oz Can Cannellini Beans, Drained
- 4 cups Chicken or Vegetable Broth
- 2 Cups Heavy Cream
- 1/2 teaspoon freshly ground black pepper
- Sea salt to taste

Steps:

1. For the Garlic: Preheat the oven to 400 degrees. Cut the top off a head of garlic, so the top of each garlic clove is visible. Drizzle on a little olive oil (~1/2-1 teaspoon) and rub in with your fingers. Wrap in foil and bake for 50 minutes-1 hour, until golden.
2. Heat the olive oil in a large soup pot or dutch oven over medium heat. Add the onion and a small pinch of salt, and cook, stirring frequently, until softened (about 3 minutes). Stir in the carrots, celery and sage, and cook for 5-7 minutes, until the vegetables are tender.
3. Pour in 4 cups of the broth (reserving 1/2 cup for later), along with the cream, pepper and beans. Bring to a boil and turn down to a simmer. Simmer for 30 minutes.
4. Once the Beans and Vegetables are tender, transfer one cup of the soup to a blender along with 1/2 cup of broth from the pot and add roasted garlic, and blend until smooth. Stir the blended soup back into the pot. Taste and add salt as needed to taste.

Fridge Soup

Ingredients:

- Any vegetables that need to be used before going bad (Celery, broccoli, tomatoes, cauliflower, asparagus, carrots, spinach, mushrooms, etc.)
- 3-4 cups water or broth
- Pasta, grits, oatmeal, beans, meat, or other items to thicken the soup

Steps:

1. Bring water or broth to a boil. Wash and remove any wilted or bad parts of the vegetables. Add vegetables to boiling water.
2. Return to a boil and cook for 20-30 minutes. Add any other items to thicken the soup. Return to a boil for another 5 minutes. Add salt and pepper to taste. Serve immediately.

Recipe link: Jacques Pepin Foundation <https://jp.foundation/video/fridge-soup-2>

Potato Lentil Stew

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 3 clove garlic minced
- 1 medium yellow onion chopped
- 2 potatoes cut into 2cm cubes
- 2 carrots peeled and chopped
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- ¼ teaspoon ground cumin
- ¼ teaspoon ground paprika
- Sea salt and pepper
- 3 cups water
- 1 tablespoon tomato paste
- 2 low sodium vegetable bouillon cubes
- 1 cup dried green lentils
- 2 cups lightly packed chopped curly kale

Steps:

1. In a large pot, heat the olive oil over medium heat. Add the garlic and onions and sauté for about 1 minute until fragrant.
2. Add the carrots, potatoes, rosemary, thyme, cumin, paprika and a good pinch of sea salt and pepper. Stir and cook for about 4 minutes.
3. Pour in the water, add the tomato paste, bouillon cubes and lentils. Stir and bring to a boil. Lower the heat and simmer for 25 minutes, covered partially in order to allow for steam to escape. Stir the stew occasionally while cooking.
4. Stir in the chopped kale, cover and cook for another 5 to 10 minutes, until potatoes are fork tender and liquid thicken.
5. Serve hot with your favorite crusty bread. Store any leftovers in an airtight container in the fridge for up to 5 days.

Recipe link: <https://www.healthnutnutrition.ca/2018/10/15/lentil-potato-stew/>

Pastas

Pasta with Sausage and Broccoli

Ingredients:

- 1 lb Italian sausage – sweet or spicy (remove from casing)
- 1 lb pasta of choice (orecchiette, penne, rotini, rigatoni, macaroni, etc.)
- 2 cups Broccoli florets – frozen or fresh
- 1 cup chicken broth
- 3 garlic cloves, minced
- 3 tablespoons butter
- 5 tablespoons olive oil, divided
- ½ teaspoon salt
- ½ cup grated Romano or Parmesan cheese
- Red pepper flakes – optional

Steps:

1. Cook pasta according to package instructions.
2. While pasta is cooking, heat 1 tablespoon of olive oil over medium high heat in a pan. Crumble the sausage into the pan and cook, breaking into smaller pieces as it cooks, for about 5-6 minutes. Reduce the heat to medium, add garlic and cook for another minute.
3. Add the remaining olive oil, chicken broth, broccoli, salt, and red pepper flakes. Cook, stirring frequently for 3-4 minutes. Stir in the butter until melted and simmer for a few minutes.
4. Drain the pasta and place back in the pot. Stir in the sausage mixture with half of the cheese and toss. Serve with remaining cheese on top.

Recipe link: <https://www.onceuponachef.com/recipes/orecchiette-sausage-broccoli.html>

Pantry Puttanesca

Ingredients:

- ½ cup olive oil
- 3 cloves garlic, minced
- ¼ teaspoon crushed red pepper flakes, or to taste
- 1 teaspoon dried oregano
- 3 anchovy fillets, chopped, or more to taste
- 2 (15 ounce) cans diced tomatoes, drained.
- 1 (8 ounce) package spaghetti
- ½ cup chopped pitted kalamata olives
- ¼ cup capers, chopped

Steps:

1. Fill a large pot with water. Bring to a rolling boil over high heat.
2. As the water heats, pour the olive oil into a cold skillet and stir in the garlic. Turn heat to medium-low and cook and stir until the garlic is fragrant and begins to turn a golden color, 1 to 2 minutes. Stir in the red pepper flakes, oregano, and anchovies. Cook until anchovies begin to break down, about 2 minutes.
3. Pour tomatoes into skillet, turn heat to medium-high, and bring sauce to a simmer. Use the back of a spoon to break down tomatoes as they cook. Simmer until sauce is reduced and combined, about 10 minutes.
4. Meanwhile, cook the pasta in the boiling water. Drain when still very firm to the bite, about 9 minutes. Reserve 1/2 cup pasta water.
5. Stir the olives and capers into the sauce; add pasta and toss to combine.
6. Toss pasta in sauce until pasta is cooked through and well coated with sauce, about 1 minute. If sauce becomes too thick, stir in some of the reserved pasta water to thin.

Recipe link: <https://www.allrecipes.com/recipe/219670/pantry-puttanesca/>

Video link: <https://www.youtube.com/watch?v=spva2KRGWPA>

Pasta Primavera

Ingredients:

- Penne pasta
- Salt
- Olive oil
- Fresh veggies including red onion, carrot, broccoli, bell pepper, yellow squash, zucchini, tomatoes and garlic
- 2 tsp dried Italian seasoning
- 2 Tbsp fresh lemon juice
- 2 Tbsp chopped fresh parsley
- 1/2 cup shredded parmigiana, divided

Steps:

1. First, you'll bring a large pot of water to a boil, add salt, then cook pasta according to package directions. Reserve 1/2 cup pasta water before draining.
2. While the pasta is boiling cook the veggies so they will finish at the same time as the pasta. To do so, heat olive oil in a 12-inch (and deep) skillet over medium-high heat. Add red onion and carrot and sauté 2 minutes. Add broccoli and bell pepper then sauté 2 minutes. Add squash and zucchini then sauté 2 – 3 minutes or until veggies have nearly softened. Add garlic tomatoes, and Italian seasoning and sauté 2 minutes longer.
3. Pour veggies into now empty pasta pot or a serving bowl, add drained pasta, drizzle in lemon juice, season with a little more salt as needed and toss while adding in pasta water to loosen as desired. Toss in 1/4 cup parmigiana and parsley then serve with remaining parmesan on top.

Recipe link: <https://www.cookingclassy.com/pasta-primavera/>

Penne with Sausage and Peppers

Ingredients:

- 1 lb. sausage cut into 1" chunks
- 1 medium green pepper, seeded and cut into strips
- 1 medium onion, sliced
- 1 tsp. dried oregano leaves, crushed
- 2 cans (10 ½ oz. each) of pork gravy
- 4 cups hot cooked penne pasta
- Parmesan cheese

Directions:

1. Cook sausage in a large skillet until browned. Add pepper, onion, and oregano and cook until tender.
2. Add gravy and heat to a boil. Cook over low heat 5 min. Or until sausage is done.
3. Add pasta and toss to coat. Serve with cheese.

Recipe Link:

<https://www.campbells.com/kitchen/recipes/penne-with-sausage-peppers/>

Chicken and Broccoli Alfredo

Ingredients:

- ½ package of linguine (16 Oz.)
- 1 cup fresh or frozen broccoli flowerets
- 2 tablespoons butter
- 1 lb. skinless, boneless chicken breasts, cut into cubes
- 1 can (10 ¾) condensed cream of mushroom soup
- ½ cup milk
- ½ cup parmesan cheese
- ¼ teaspoon ground black pepper

Directions:

1. Cook linguine according to packaging. Add broccoli for the last 4 min. of cooking time then drain.
2. Heat butter in skillet. Cook chicken until browned, stirring often.
3. Add soup, milk, cheese, black pepper and linguine mixture and heat through. Serve with additional parmesan cheese (optional).

Recipe Link:

<https://www.myrecipes.com/recipe/campbells-chicken-broccoli-alfredo>

Beef Stroganoff

Ingredients:

- 1 lb. lean ground beef
- 1 (12 oz.) jar of savory beef gravy
- 1 (7 oz.) can mushrooms, drained
- ½ cup sour cream
- 4-6 cups cooked egg noodles

Directions:

1. Cook ground beef in a medium skillet over medium high heat until thoroughly cooked; drain.
2. Combine cooked beef, gravy, and mushrooms in the same skillet.
3. Simmer for 1 minute stirring occasionally. Stir in sour cream. Serve immediately over noodles.

Recipe Link:

<https://www.myfoodandfamily.com/recipe/200836/ground-beef-stroganoff-recipe>

Sides

Seasoned Canned Green Beans

Ingredients:

- 1 can cut green beans
- ½ teaspoon onion powder
- 1 tablespoon butter
- ¼ teaspoon salt
- ¼ teaspoon pepper

Steps:

1. Drain half the liquid out of the can of green beans. Pour green beans and remaining liquid into a skillet. Add butter, onion powder, salt and pepper.
2. Simmer, stirring occasionally until most of the liquid has evaporated. Serve immediately.

Recipe link: <https://longbournfarm.com/easy-canned-green-bean-recipe/>

Sautéed Kale

Ingredients:

- 1 bunch kale, chopped
- 2 cloves garlic, chopped
- Olive oil for drizzling
- Red pepper flakes (optional)
- ½ cup water

Steps:

1. In a large skillet, heat a drizzle of olive oil over medium-high heat.
2. Add the kale and cook until slightly wilted, 3-4 minutes. Add the garlic (and red pepper flakes), and season with salt and pepper. Cook 30 seconds to one minute.
3. Add ½ a cup of water. Cook, stirring frequently for 3-4 minutes, or until the kale is wilted and the water has evaporated. Serve immediately.

Sweet Potatoes - Four Ways

Ingredients:

- Sweet potatoes (as many as needed)
- Butter
- Milk
- Salt and pepper to taste
- Olive oil

Styles:

Mashed

Bring a pot of water to a boil. Wash and peel potatoes. Cut into quarters. Boil for 20-30 minutes, or until soft enough to pierce with a fork. Drain water. Mash sweet potatoes with a fork or masher. Add milk, butter, salt and pepper to taste.

Baked

Heat oven to 425 degrees. Wash potatoes and poke small holes in it with a fork. Place potatoes on a baking sheet and cook for 40-50 minutes, or until they can be pierced with a fork. Slice down the middle and serve with butter or other toppings.

Thick Sliced

Heat oven to 450 degrees. Wash and dry potatoes. Slice lengthwise into 1-inch size wedges. Place on baking sheet and drizzle with olive oil and season with salt and pepper. Bake for 28-30 minutes.

Thin Sliced

Heat oven to 450 degrees. Wash and dry the potatoes. Cut into ½ inch thick rounds and place on a baking sheet. Drizzle with olive oil and season with salt and pepper. Bake for 19-21 minutes.

Oven Roasted Eggplant

Ingredients:

- 1 or 2 eggplants
- ¼ cup olive oil
- Salt
- Additional seasonings of your choice

Steps:

1. Heat oven to 425 degrees. Wash and dry the eggplant. Cut into 1-inch diced pieces, rounds, or oblong slices. Toss with olive oil and salt.
2. Roast for 30-35 minutes. Serve as a side dish or add it to pasta with marinara or other sauce.

Cornbread with Honey Butter

Ingredients:

- 2- 8.5oz boxes Jiffy Corn Muffin Mix
- 2/3 cup Milk
- 2 large Eggs
- 1 cup Sour Cream
- 1/2 cup Avocado Oil
- 2 Tablespoons Honey

Steps:

1. Preheat the oven to 400 degrees F.
2. Prepare a 9x13 inch baking pan and spray with non-stick cooking spray.
3. In a large bowl, combine all ingredients and stir by hand until well combined. Batter may be slightly lumpy.
4. Pour batter into pan and bake for approximately 25 minutes, or until a toothpick inserted into the center comes out clean.

HONEY BUTTER: I soften 2 sticks of Salted Butter, add a huge dollop of honey, teaspoon of vanilla and whip with hand beaters till fluffy.

Parmesan Polenta

Ingredients:

- 1 cup Polenta
- 6 cups chicken broth
- 1 cup grated Parmesan cheese
- Salt and Pepper to taste

Steps:

1. Start by bringing 3 cups of the broth to a boil.
2. Gradually pour in the polenta, whisking continuously
3. The liquid will absorb quickly. Add another cup of stock, then reduce heat to a simmer.
4. Cook for about three minutes, continuing to add another 1 to 2 cups of liquid as it is absorbed.
5. Add the grated Parmesan cheese and whisk thoroughly.
6. Once the parmesan is incorporated, take off the heat, let sit a couple minutes and serve!

Roasted Vegetables

Ingredients:

- Vegetable of your choice (Brussel sprouts, cauliflower, carrots, asparagus, green beans, broccoli, etc.)
- 1 tablespoon olive oil
- Salt
- Pepper
- Additional seasonings may also be used if desired (garlic powder, onion powder, thyme, rosemary, etc.)

Steps:

1. Heat oven to 425 degrees. Wash and chop vegetables.
2. Toss with olive oil, salt and pepper. Place on baking sheet and cook for 20-25 minutes. Remove from oven and serve immediately.

Brussels Sprouts with Bacon

Ingredients:

- ¼ lbs bacon, chopped
- 2 tablespoons olive oil
- 1 large sweet onion, sliced
- 2 cloves garlic, smashed
- Salt and ground pepper to taste
- 1 lb brussels sprouts, ends trimmed
- ½ cup low sodium chicken stock

Directions:

1. In medium Dutch oven or sauté' pan over medium heat, add bacon and olive oil. Cook for 10 minutes or until bacon begins to crisp and fat renders.
2. Add the onion and garlic and season with salt and pepper.
3. After 5 minutes, add the brussels sprouts and chicken stock and cover the pot with a lid. Continue to cook another 15 minutes or until sprouts can be pierced with a fork. Serve immediately.

Baked Beans

Ingredients:

- 31 oz. can pork and beans (with juice)
- 1 medium onion, chopped
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{3}$ cup molasses
- $\frac{2}{3}$ bottle chili sauce
- 3 teaspoons mustard
- 1 $\frac{1}{2}$ teaspoons horseradish

Directions:

1. Mix all together and place in a casserole dish
2. Bake at 250* for 2-3 hours

Tuna Cakes

Ingredients:

- 1 large potato, peeled and cubed
- 2-4 cans tuna, drained
- 1 egg
- ¼ cup chopped onion
- 1 tablespoon Dijon mustard
- 1 tablespoon dry breadcrumbs, or as needed
- 1 ½ teaspoons garlic powder
- 1 teaspoon Italian seasoning
- ¼ teaspoon cayenne pepper
- salt and ground black pepper to taste
- 1 tablespoon olive oil

Steps:

1. Place the potato into a small pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two, then mash the potato with a potato masher or fork in a large bowl.
2. Mix the tuna, egg, onion, Dijon mustard, breadcrumbs, garlic powder, Italian seasoning, cayenne pepper, salt, and pepper into the mashed potato until well-blended. Divide the tuna mixture into 8 equal portions and shape into patties.
3. Heat the olive oil in a skillet over medium heat. Pan fry the tuna patties until browned and crisp, about 3 minutes on each side.

Recipe link: <https://www.allrecipes.com/recipe/215012/spicy-tuna-fish-cakes/>

Video link: <https://www.youtube.com/watch?v=KnzE0AUU4iI>

Vegetable Patch Pita Sandwiches

Ingredients:

- 3 cups bite-size pieces assorted fresh vegetables (such as broccoli, carrots, cauliflower, bell peppers, green onions, cherry tomatoes and zucchini)
- ½ cup shredded Cheddar cheese (2 ounces)
- ½ cup creamy dressing (any flavor)
- 4 pita breads (6 inch in diameter), cut crosswise in half

Directions:

1. Mix vegetables, cheese and dressing and mix.
2. Spoon about ½ cup vegetable mixture into each pita bread pocket

Bowls and Burritos

Burrito Bowls

Ingredients:

- Lean hamburger or chicken
- Shredded pepper jack cheese
- Jasmine rice, uncooked
- Black or pinto beans
- Diced tomatoes and chunky salsa
- Red bell peppers
- sweet onions
- corn
- diced green chiles
- Chili powder, taco seasoning
- salt and pepper to taste
- chicken stock or vegetable broth

Steps:

1. In a large pan over medium heat, heat the olive oil. Sauté onions and red peppers, then add in hamburger and cook until browned. Drain any excess grease.
2. Stir in salsa, black beans, corn, tomatoes, green chiles, jasmine rice, taco seasoning and chili powder. Pour in chicken stock and bring to light bowl.
3. Cover the pan and reduce heat to low. Cook until rice is all the way cooked, about 15 to 20 minutes. Once done, S&P to taste.
4. Top with favorite toppings and serve over lettuce in a salad bowl.

Recipe link: <https://www.iheartnaptime.net/burrito-bowls/>

Rice Burritos

Ingredients:

- 1 cup white rice
- 2 cups water
- 1 tablespoon butter
- ½ sweet yellow onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon butter
- 1 tablespoon chili powder(optional), or more to taste
- 1 tablespoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon freshly cracked black pepper
- 1 teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ¼ teaspoon freshly ground nutmeg(optional)
- 1 (15 ounce) can black beans, drained
- 1 (8 ounce) can tomato sauce
- 8 large flour tortillas, warmed
- 2 tablespoons chopped fresh cilantro

Steps:

1. Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
2. Melt 1 tablespoon butter in a large skillet over medium heat. Cook and stir onion and garlic in hot butter until onion is translucent, 5 to 6 minutes. Melt 1 more tablespoon butter with onions and garlic; stir chili powder, paprika, cumin, black pepper, cayenne pepper, cloves, and nutmeg into mixture. Cook, stirring often, for 2 minutes.
3. Stir black beans and tomato sauce into contents of skillet; bring to a simmer, reduce heat to low, and cook until flavors blend, about 10 minutes. Remove from heat, stir cilantro into the sauce, and let cilantro wilt, about 5 more minutes.
4. Fill each tortilla with 1/2 cup cooked rice and 1/3 cup bean mixture.

Recipe link: <https://www.allrecipes.com/recipe/230975/black-bean-and-rice-burritos>

Breakfasts

Basic Pancakes

Ingredients:

- 1 ½ cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground nutmeg
- 2 large eggs, at room temperature
- 1 ¼ cups milk, at room temperature
- ½ teaspoon pure vanilla extract
- 3 tablespoons unsalted butter (add more as needed)

1. Directions:

2. In a large bowl, whisk together the flour, sugar, baking powder, salt, and nutmeg.
3. In another bowl, beat the eggs and then whisk in the milk and vanilla.
4. Melt the butter in a large cast iron skillet over medium heat.
5. Whisk the butter into the milk mixture. Add the wet ingredients to the flour mixture, and whisk until a thick batter is just formed.
6. Keeping the skillet at medium heat, ladle about 1/4 cup of the batter onto the skillet, to make a pancake. Make 1 or 2 more pancakes, taking care to keep them evenly spaced apart. Cook, until bubbles break the surface of the pancakes, and the undersides are golden brown, about 2 minutes. Flip with a spatula and cook about 1 minute more on the second side. Serve immediately or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, adding more butter to the skillet as needed.

Banana Pancakes

Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 ripe bananas, mashed (blueberries may also be used)

Steps:

1. Combine flour, white sugar, baking powder and salt. In a separate bowl, mix egg, milk, vegetable oil and bananas.
2. Stir flour mixture into banana mixture; batter will be slightly lumpy.
3. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Recipe link: <https://www.allrecipes.com/recipe/20334/banana-pancakes-i/>

Vegetable Frittata

Ingredients:

- 6-8 large eggs
- ¼ cup milk
- 2 garlic cloves, minced
- ¼ teaspoon salt
- 1 tablespoon olive oil
- Pepper
- 1 cup shredded cheese (any variety)
- Vegetables of your choice (broccoli, bell peppers, mushrooms, spinach, tomatoes, zucchini, onion, etc.)
- Any additional seasonings of your choice

Steps:

1. Heat oven to 425 degrees. Mix eggs, milk, garlic and salt and pepper to taste, and half of cheese until well blended.
2. Wash and chop vegetables. Heat 1 tablespoon of olive oil in a skillet. Add vegetables and cook until slightly softened.
3. Add vegetables to egg mixture and pour into a greased baking dish (you can also cook in a cast iron skillet).
4. Top with remaining cheese. Put dish in the oven and bake for 10-15 minutes, or until center is no longer soft and jiggly.

Overnight Oats

Ingredients:

- 1/3 to 1/2 cup rolled oats
- 1/3 to 1/2 cup milk of your choice
- 1/3 to 1/2 cup yogurt (optional)
- 1/4 teaspoon cinnamon (optional)
- Drizzle of honey or maple syrup for sweetener
- 1 teaspoon chia seeds (optional)
- Toppings (fruit, nuts, granola, peanut butter, etc.)

Steps:

1. In a jar or glass, combine oats, milk, cinnamon, and chia seeds. Cover and put in refrigerator for 5 hours or overnight.
2. Once out of refrigerator, add any extra milk to get to desired consistency. Add toppings of choice.

Crepes

Ingredients:

- 1 cup flour
- 1 ½ cups milk
- 2 eggs
- 1 tablespoon canola or vegetable oil
- Fillings of your choice (fruits for sweet or eggs/meats & cheese for savory)

Steps:

1. In a bowl, combine milk, flour, eggs, oil, and ½ teaspoon salt. Beat with a rotary beater until well mixed.
2. Heat a lightly greased skillet. Spoon in 2 tablespoons of batter. Tilt the skillet to spread the batter. Brown on one side only. Remove from skillet when batter is set and no longer runny.
3. Place desired fillings in center and fold.

Fruit Smoothies

Ingredients:

- ½ cup milk
- 1/3 cup yogurt (plain or flavored)
- 1/3 cup fruit of your choice
- 4 ice cubes
- Sweetener to taste (optional),
- Additional ingredients such as peanut butter, protein powder, fruit juice, etc. may also be used.

Steps:

1. In a blender, combine all ingredients and blend until smooth, or desired consistency.
2. Pour into glasses and serve.

Desserts

Apple Crisp

Ingredients:

- 6 apples (pears may be used instead)
- 2 tablespoons granulated sugar
- 1 $\frac{3}{4}$ teaspoons ground cinnamon
- 1 $\frac{1}{2}$ teaspoons lemon juice
- 1 cup brown sugar
- $\frac{3}{4}$ cups old fashioned oats
- $\frac{3}{4}$ cups flour
- $\frac{1}{2}$ cup cold, unsalted butter diced into small cubes
- Pinch of salt

Steps:

1. Heat oven to 350 degrees. Grease a baking dish with butter or non-stick cooking spray
2. In a bowl, add apples, granulated sugar, $\frac{3}{4}$ teaspoons of the cinnamon and lemon juice. Stir to combine and then put mixture into the greased baking dish.
3. In a separate bowl, add the brown sugar, oats, flour, 1 teaspoon of cinnamon, salt, and diced cold butter. Using a fork mix the ingredients together until they are a crumb-like consistency. Spread over the apple mixture.
4. Bake 40-50 minutes.

Pear Cake

Ingredients:

- ¾ cup flour
- ¾ teaspoon baking powder
- 1 pinch salt
- 2 eggs
- ¾ cups sugar
- 1 teaspoon vanilla extract
- 8 tablespoons butter, melted
- 4 pears

Steps:

1. Heat oven to 350 degrees.
2. Mix flour, baking powder, and salt
3. Peel and core the pears; cut into slices
4. Beat eggs until foamy; whisk in sugar and vanilla. Stir in half of the melted butter.
5. Stir in the flour mixture, then the remaining butter.
6. Fold in the pears and mix until well coated in the batter. Pour into a greased cake pan; spread out evenly. Arrange some pear slices on top.
7. Bake for 50-60 minutes
8. Serve with whip cream or ice cream.

Source: <https://cookpad.com/us/recipes/356667-french-pear-cake>

Raspberry Gratin

Ingredients:

- 1 16oz bag frozen raspberries or 1-pint fresh raspberries (may also use blueberries or blackberries)
- Leftover pieces of pastries, cake, or croissants (about 2 cups)
- 3 tablespoons unsalted butter, melted
- ½ cup packed light brown sugar
- Whip cream or sour cream for serving

Steps:

1. Heat oven to 375 degrees. Place berries in a casserole or gratin dish.
2. Place the pastry pieces in a bowl. Add the melted butter and brown sugar and mix well. Sprinkle on top of the berries.
3. Bake for 25 minutes, until the gratin is browned on top. Serve with whip cream.

Source: Pepin, Jacques. *Quick & Simple: Simply Wonderful Meals with Surprisingly Little Effort*. Boston: Houghton Mifflin Harcourt, 2020.

Essential Pantry List

- Olive Oil (extra virgin)
- Canola or Vegetable Oil
- Salt
- Pepper
- Herbs & Spices (Dollar Tree)
 - Garlic Powder
 - Onion Powder
 - Thyme
 - Ginger
 - Rosemary
 - Paprika
 - Lemon Pepper
 - Cumin
 - Parsley
 - Oregano
 - Basil
 - Chili powder
 - Cinnamon
 - Nutmeg
- Flour
- Cornstarch
- Baking Powder
- Breadcrumbs
- White Sugar
- Brown Sugar
- Chicken, Beef or Vegetable Stock (or bouillon cubes)
- Tomato Sauce
- Tomato Paste
- Canned Diced Tomatoes
- Rice
- Beans (dry or canned)
- Pasta
- Mayonnaise
- Mustard (regular & Dijon)
- Honey
- Vanilla Extract

Essential Shopping List

- Milk
- Eggs
- Butter
- Plain yogurt (regular or Greek)
- Onions
- Garlic
- Cheeses (any)
- Sour Cream
- Cream or Half-n-Half
- Meats
- Fruits
- Vegetables