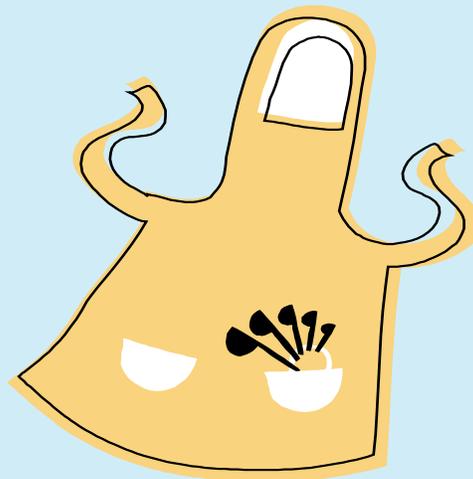


FIFTY THRIFTY RECIPES

LOAVES AND FISHES

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## Meet the Authors

Hello! We are Vivian Garcia and Aria Gupta! This past semester, we volunteered at Loaves and Fishes through our Community Engagement Course taught by Kate Stephenson at the University of Virginia. Throughout our volunteer experience, we found it concerning when a client turned down a strange food item because of their lack of culinary knowledge. We encourage clients to learn about food education by using the ingredients offered at the pantry. In fact, a traditional recipe book was well past overdue for Loaves and Fishes. The recipes found in our cookbook have been hidden away in the pantry's office, collected by their volunteer nutritionist, Monica Davis. We saw the lack of an organizational system for these recipes, which affected the distribution process to the clients, and were more than happy to step in! We created this cookbook, in order to cater to the needs of the Loaves and Fishes community. We hope you all enjoy these *Fifty Thrifty Recipes!*

INTRODUCTION



## BAKED MEATBALLS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1-pound ground turkey (or other ground meat)</li><li>• ½ small onion, grated (or very finely chopped)</li><li>• 1 clove garlic; minced (or ¼ tsp garlic powder)</li><li>• 1 egg</li><li>• 1 tsp Worcestershire sauce</li><li>• 1/3 cup grated Parmesan cheese (optional)</li><li>• 2/3 cup fresh bread crumbs</li><li>• 1 tsp Italian seasoning (may substitute ½ tsp oregano and ½ tsp dried basil)</li><li>• ½ tsp salt</li><li>• ¼ tsp black pepper</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 400.</li><li>2. Line a baking sheet with aluminum foil</li><li>3. Mix all ingredients together in a large bowl until combined. Be careful not to over mix. (fork or hands)</li><li>4. Shape into 1 inch round meatballs and place on baking sheet</li><li>5. Bake for 20-22 minutes , until done. May be frozen after cooled</li></ol>

## GUACAMOLE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 3 ripe avocados</li><li>• 3 tomatoes</li><li>• ¼ red onion</li><li>• 1 clove garlic</li><li>• 1 small lime</li><li>• ¼ bunch cilantro</li><li>• 1 whole or less jalapeno (for flavor)</li><li>• ¼ teaspoon salt</li><li>• About 10 cranks of ground black pepper</li><li>• 1 tablespoon olive oil</li></ul>	<ol style="list-style-type: none"><li>1. Dice the tomatoes, jalapeno, onion, garlic and cilantro and place them in a bowl.</li><li>2. Dice the avocado slightly larger, but slice it last to save it from browning too fast.</li><li>3. In another bowl, combine the olive oil, juice and zest from the lime, salt, and pepper.</li><li>4. Combine the avocados to the other mixed ingredients, then pour this dressing over the diced vegetables.</li></ol> <p>**From BudgetBytes.com</p>

## APPETIZERS

## MEATLOAF IN MUFFIN TINS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 # lean ground meat (beef, venison, turkey, chicken)</li><li>• 1/3 cup diced onion (2 T dehydrated onion flakes)</li><li>• ½ cup bread crumbs (may use oatmeal, or crushed saltines)</li><li>• 1 egg, beaten</li><li>• 2/3 cup tomato sauce or ketchup or BBQ sauce—divided (some used for topping)</li><li>• 1 Tbsp prepared mustard</li><li>• 1 tsp Worcestershire sauce</li><li>• ¾ tsp salt (or to taste)</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees.</li><li>2. Gently mix all ingredients in medium bowl.</li><li>3. Spoon into 6 greased muffin tins or 24 mini tins.</li><li>4. Top with a little tomato sauce (ketchup or BBQ sauce if desired)</li><li>5. Bake 20 minutes or until internal temp is 160 degrees.</li></ol>

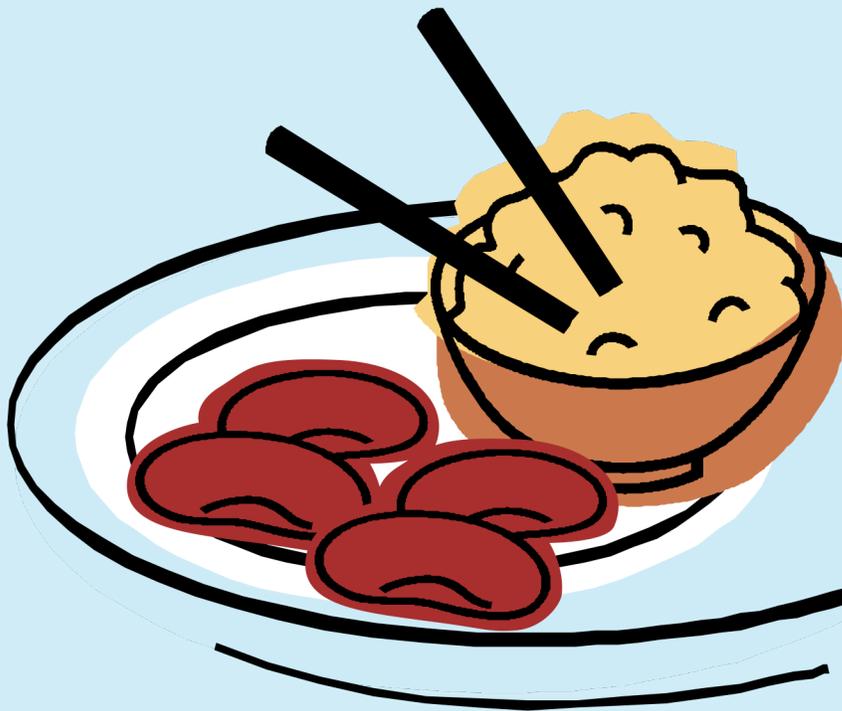
## WHITE BEAN DIP WITH PITA

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 (15-ounce) can <u>cannellini beans</u>, drained and rinsed</li><li>• 2 cloves garlic</li><li>• 2 tablespoons fresh lemon juice</li><li>• 1/3 cup olive oil, plus 4 tablespoons</li><li>• 1/4 cup (loosely packed) fresh <u>Italian parsley leaves</u></li><li>• Salt</li><li>• Freshly ground black pepper</li><li>• 6 pitas</li><li>• 1 teaspoon dried oregano</li></ul>	<ol style="list-style-type: none"><li>1. Preheat the oven to 400 degrees.</li><li>2. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor.</li><li>3. Pulse until the mixture is coarsely chopped.</li><li>4. Season with salt and pepper, to taste.</li><li>5. Transfer the bean puree to a small bowl.</li><li>6. Cut each pita in half and then into 8 wedges.</li><li>7. Arrange the pita wedges on a large baking sheet.</li><li>8. Pour the remaining oil over the pitas.</li><li>9. Toss and spread out the wedges evenly.</li><li>10. Sprinkle with the oregano, salt, and pepper.</li><li>11. Bake for 8 to 12 minutes, or until toasted and golden in color.</li><li>12. Serve the pita toasts warm or at room temperature alongside the bean puree.</li></ol>

## APPETIZERS

## CLASSIC BRUSCHETTA

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 Heirloom Tomatoes, chopped</li><li>• 3 Tablespoons Basil, chopped</li><li>• 1/4 Cup High Quality Olive Oil</li><li>• 2 Teaspoons White Wine Vinegar or Balsamic Vinegar</li><li>• Crackers or French baguette for serving</li><li>• Sea salt for finishing</li></ul>	<ol style="list-style-type: none"><li>1. Place the tomatoes, basil and olive oil, vinegar in a bowl and toss to coat.</li><li>2. Spoon a little tomato onto each cracker or bread or serve family style.</li><li>3. Finish with a little salt and enjoy.</li></ol> <p>Serves 4-6 **Recipe from Oh, Sweet Basil</p>



APPETIZERS

## CLASSIC MACARONI SALAD

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 cups uncooked elbow macaroni</li><li>• 1 cup mayonnaise</li><li>• 2 tablespoons distilled white vinegar</li><li>• 1/4 cup white sugar</li><li>• 2 tablespoons prepared yellow mustard or Dijon mustard</li><li>• 1 1/2 teaspoons salt</li><li>• 1/2 teaspoon ground black pepper</li><li>• 1 medium onion, chopped</li><li>• 2 stalks celery, chopped</li><li>• 1 green or red bell pepper, seeded and chopped</li><li>• 1/4 cup grated carrot (optional)</li><li>• 2 tablespoons chopped pimento peppers (optional)</li><li>• Any additional vegetables desired (broccoli, cauliflower, tomatoes, peas)</li></ul>	<ol style="list-style-type: none"><li>1. Bring a large pot of lightly salted water to a boil.</li><li>2. Add the macaroni, and cook until tender, about 8 minutes.</li><li>3. Rinse under cold water and drain.</li><li>4. In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper.</li><li>5. Stir in the onion, celery, green pepper, carrot, pimentos and macaroni.</li><li>6. Refrigerate for at least 4 hours before serving, but preferably overnight.</li></ol> <p>Serves 8 **Adapted from All Recipes</p>

## SPAGHETTI SAUCE WITH GROUND BEEF

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 pound ground beef</li><li>• 1 onion, chopped</li><li>• 4 cloves garlic, minced</li><li>• 1 small green bell pepper, diced</li><li>• 1 (28 ounce) can diced tomatoes</li><li>• 1 (16 ounce) can tomato sauce</li><li>• 1 (6 ounce) can tomato paste</li><li>• 2 teaspoons dried oregano</li><li>• 2 teaspoons dried basil</li><li>• 1 teaspoon salt</li><li>• 1/2 teaspoon black pepper</li></ul>	<ol style="list-style-type: none"><li>1. Combine ground beef, onion, garlic, and green pepper in a large saucepan.</li><li>2. Cook and stir until meat is brown and vegetables are tender.</li><li>3. Drain grease.</li><li>4. Stir diced tomatoes, tomato sauce, and tomato paste into the pan.</li><li>5. Season with oregano, basil, salt, and pepper.</li><li>6. Simmer spaghetti sauce for 1 hour, stirring occasionally.</li></ol> <p>**Adapted from All Recipes</p>

PASTA

## ONE POT PENNE PASTA RECIPE

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 pound smoked sausage cut into bite sized slices</li> <li>• 1/2 medium onion diced</li> <li>• 2 cloves garlic minced</li> <li>• 1 cup sliced mushrooms</li> <li>• 3 cups penne pasta uncooked</li> <li>• 2 cups chicken stock</li> <li>• 1 (10-ounce) jar roasted red peppers undrained</li> <li>• 2 cups Monterey Jack cheese</li> <li>• 1/2 cup Parmesan cheese</li> <li>• 2 cups fresh spinach</li> </ul>	<ol style="list-style-type: none"> <li>1. Add sausage, onions, garlic, and mushrooms to a medium pot over medium heat.</li> <li>2. Cook until onions are slightly tender, stirring often.</li> <li>3. Add in penne pasta, chicken stock, roasted red peppers, along with the liquid from the jar.</li> <li>4. Stir to combine and cover for about 5-8 minutes.</li> <li>5. Remove lid, stir and continue to cook until penne pasta is al dente or at the amount of tenderness you prefer.</li> <li>6. Stir in the cheeses and fresh spinach until well combined and the spinach is tender. Serve.</li> </ol> <p style="text-align: right;">**Adapted from Add a Pinch</p>

## PASTA WITH FRESH VEGETABLES

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 8 ounces uncooked penne pasta</li> <li>• 1 cup sliced fresh carrots</li> <li>• 1 tablespoon olive oil</li> <li>• 1/2 teaspoon minced garlic</li> <li>• 1 cup fresh broccoli florets</li> <li>• 1 cup sliced yellow summer squash</li> <li>• 1 cup chopped green pepper</li> <li>• 1 tablespoon minced fresh basil or 1 teaspoon dried basil</li> <li>• 1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme</li> <li>• 1 teaspoon minced fresh oregano or 1/4 teaspoon dried oregano</li> <li>• 1/2 teaspoon salt</li> <li>• 1/4 teaspoon pepper</li> <li>• 3 cups chopped fresh plum tomatoes</li> <li>• 5 teaspoons grated Parmesan cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Cook pasta according to package directions; drain.</li> <li>2. Meanwhile, in a large nonstick skillet, saute the carrots in oil until crisp-tender.</li> <li>3. Add the garlic; cook for 1-2 minutes or until garlic is tender.</li> <li>4. Stir in the tomatoes, broccoli, squash, green pepper and seasonings.</li> <li>5. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until vegetables are tender.</li> <li>6. Stir in pasta; sprinkle with cheese.</li> </ol> <p style="text-align: right;">**Adapted from Taste of Home</p>

PASTA

## BAKED SPAGHETTI WITH HOMEMADE SPAGHETTI SAUCE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 lb thin spaghetti (whole grain spaghetti, if you like)</li><li>• 3 eggs</li><li>• 1 cup part-skim ricotta (I used this one)</li><li>• 1/2 cup grated Parmesan cheese</li><li>• 1 to 1 1/2 cup shredded mozzarella (non-fat, if possible), more to your liking</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 375 degrees F.</li><li>2. Make the sauce. Heat the olive oil in a pan over medium until just shimmering.</li><li>3. Add the onions. Cook for 4 to 5 minutes, stirring regularly.</li><li>4. Add the garlic and carrots and cook for another 3 minutes, stirring regularly.</li><li>5. Now add the crushed tomatoes, water, a generous pinch of salt and pepper, oregano, and paprika.</li><li>6. Bring the sauce to a boil, stirring regularly. Turn heat down to low, cover and let simmer for 15 to 20 minutes (occasionally check and give the sauce a stir).</li><li>7. While sauce is simmering, cook the pasta to al dente according to package. Drain and rinse.</li><li>8. When sauce is ready, uncover and add the cooked pasta. Stir until pasta is well-coated.</li><li>9. In a mixing bowl, whisk together the eggs, ricotta and grated Parmesan. Add the mixture to the spaghetti. Stir until well-combined.</li><li>10. Top the pasta with shredded mozzarella. Transfer to oven, uncovered.</li><li>11. Bake in 375 degrees F heated-oven for 15 to 20 minutes or until the cheese is melty and bubbly. If you like to give the top of the baked spaghetti some color and crunch, simply switch to broil briefly (watch carefully).</li><li>12. Remove from oven and garnish with fresh basil and parsley. Add crushed peppers, if you like. Enjoy!</li></ol> <p data-bbox="607 1203 976 1230">**Recipe from The Mediterranean Dish</p>

PASTA



## BLACK BEAN, CORN AND TOMATO SALSA/SALAD

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 can corn, drained</li><li>• 1 can black beans, drained</li><li>• 1 can diced tomatoes, drained</li><li>• 3 Tablespoons diced onion</li><li>• 1 clove of garlic, minced</li><li>• ½ cup chopped fresh cilantro</li><li>• ¼ cup lime juice</li><li>• 2 Tablespoons olive oil</li></ul>	<ol style="list-style-type: none"><li>1. Mix all ingredients together in a medium bowl.</li><li>2. Chill for a couple of hours or overnight to blend flavors.</li><li>3. Serve with tortilla chips or as a side salad.</li></ol>

## WALDORF SALAD

Ingredients	Directions
<ul style="list-style-type: none"><li>• ½ cup mayonnaise (light okay)</li><li>• 1 Tbsp sugar</li><li>• 1 teaspoon lemon juice or vinegar</li><li>• 1/8 tsp salt</li><li>• 3 apples—cored and chopped</li><li>• 1 cup thinly sliced celery</li><li>• ½ cup chopped walnuts</li><li>• ½ cup raisins (optional)</li></ul>	<ol style="list-style-type: none"><li>1. In medium bowl, whisk together the mayonnaise, sugar, lemon juice, and salt.</li><li>2. Stir in the apples, celery, walnuts, and raisins.</li><li>3. Chill until ready to serve.</li></ol>

SALADS

## SALMON SALAD

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 cans pink salmon, drained</li><li>• ½ cup sliced green onions</li><li>• ½ cup chopped celery</li><li>• ¼ cup mayonnaise</li><li>• ¾ teaspoon lemon juice</li><li>• ¾ teaspoon dried dill</li><li>• ¾ teaspoon seasoned salt</li></ul>	<ol style="list-style-type: none"><li>1. In a bowl, combine salmon, green onions, celery, mayonnaise, and lemon juice.</li><li>2. Season with dill and salt.</li><li>3. Mix well.</li></ol> <p>**From Allrecipes.com</p>

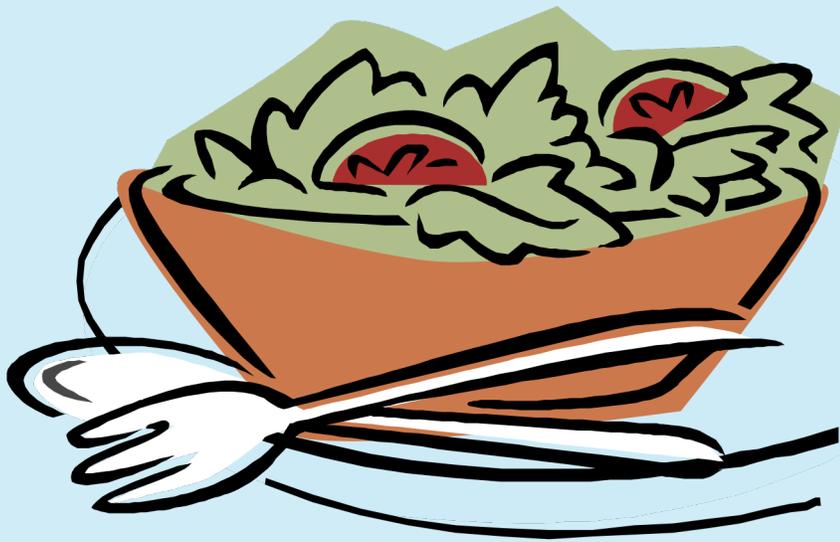
## SOUTHWEST THREE BEAN SALAD

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 (15 oz) can pinto beans, drained and rinsed</li><li>• 1 (15 oz) can kidney beans, drained and rinsed</li><li>• 1 (15 oz) can green beans, drained and rinsed</li><li>• 1 (15 oz) can corn, drained</li><li>• ½ large green bell pepper, chopped</li><li>• ½ large red bell pepper, chopped</li><li>• 1 cup red onion, chopped</li><li>• ¼ cup cilantro, chopped</li><li>• ¼ cup olive oil</li><li>• ¼ cup red wine vinegar</li><li>• 2 TB fresh lime or lemon juice</li><li>• 1 TB granulated sugar</li><li>• ½ TB salt</li><li>• 1 clove garlic, minced or ¼ tsp garlic powder</li><li>• 1½ tsp ground cumin</li><li>• 1 teaspoon chili powder</li><li>• fresh ground black pepper, to taste</li><li>• avocado, diced (optional)</li></ul>	<ol style="list-style-type: none"><li>1. In a large bowl, combine beans, corn, bell peppers, red onion, and cilantro.</li><li>2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, sugar, salt, garlic, cumin, chili powder, and pepper.</li><li>3. Pour dressing over beans and veggies, and mix well.</li><li>4. Chill for at least 3-4 hours before serving.</li><li>5. Add in diced avocado, if desired right before serving.</li></ol> <p>**Adapted from Belle of the Kitchen</p>

## SALADS

## THREE BEAN SALAD

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 can green beans, drained</li><li>• 1 can kidney beans, drained</li><li>• 1 can black eyed peas or other bean, drained</li><li>• 3 Tbsp diced onion</li><li>• ¼ cup chopped green or colored pepper</li><li>• ¼ cup cider vinegar</li><li>• ¼ cup canola oil</li><li>• 1/3 cup sugar</li><li>• 1 tsp salt</li></ul>	<ol style="list-style-type: none"><li>1. Mix the beans, onion and pepper in a medium bowl.</li><li>2. In a small bowl, stir together the vinegar, oil, sugar and salt.</li><li>3. Pour over the bean mixture.</li><li>4. Stir and refrigerate a couple hours or overnight.</li><li>5. Flavors improves at it sits.</li></ol> <p>Serves 6-8</p>



SALADS

## BEST-EVER APPLE CRISP

Ingredients	Directions
<ul style="list-style-type: none"><li>• CRISPS</li><li>• 4 cups thickly sliced apples (peeled or unpeeled)</li><li>• 2 Tbsp lemon juice</li><li>• ¼ cup water</li><li>• Cinnamon, nutmeg</li><li>• SPREAD (OPTIONAL)</li><li>• ¾ cup oatmeal (quick or old-fashioned)</li><li>• ¼ cup flour</li><li>• ½ cup brown sugar</li><li>• ½ cup white sugar</li><li>• ¼ cup butter (1/2 stick)</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees</li><li>2. Spread apples in buttered, shallow 1 ½ quart baking dish.</li><li>3. Combine lemon juice and water, and pour over apples.</li><li>4. Sprinkle generously with cinnamon and lightly with nutmeg.</li><li>5. Work together above ingredients with fingers or 2 knives until crumbly.</li><li>6. Spread over apples.</li><li>7. Bake 50-60 minutes, or until apples are tender and topping is crisply brown.</li></ol> <p>Serves: 6</p>

## DOWN TO EARTH GRANOLA

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 cups old fashioned oats</li><li>• 1 ½ cups peanuts or nuts</li><li>• ½ cup brown sugar</li><li>• ½ tsp cinnamon</li><li>• ¼ cup cooking oil</li><li>• ¼ cup honey</li><li>• 1 tsp vanilla</li><li>• 1 ½ cup raisins or craisins or dried fruit (added at the end)</li></ul>	<ol style="list-style-type: none"><li>1. Mix dry ingredients together</li><li>2. Heat oil, honey, vanilla in microwave until very warm.</li><li>3. Mix wet with dry ingredients.</li><li>4. Put in baking dish.</li><li>5. Bake at 300 degrees for 45 minutes – stir every 15 minutes .</li><li>6. Add dried fruit.</li><li>7. Cool and store in air-tight container. May be frozen.</li></ol> <p>Makes 7 or 8 cups</p>

SNACKS

## MICROWAVE APPLESAUCE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 cups peeled and chopped apples</li><li>• 2 Tablespoons water</li></ul>	<ol style="list-style-type: none"><li>1. Put the apples and in a microwave safe dish.</li><li>2. Cover with plastic wrap or vented lid.</li><li>3. Microwave on high for 6 minutes.</li><li>4. Stir.</li><li>5. Microwave on high for 6 more minutes. Dish will be hot. Carefully remove lid.</li><li>6. Mash with wooden spoon or potato masher.</li><li>7. Add ½ cinnamon and 2 T sugar if desired.</li></ol> <p>Serves 4</p>

## CRISPY KALE CHIPS WITH LEMON

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 bunches fresh kale, stem removed</li><li>• Extra virgin olive oil</li><li>• Salt</li><li>• Crushed red pepper flakes</li><li>• 1 lemon, squeezed</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees.</li><li>2. Place kale in a large bowl and dress lightly with olive oil so the leaves are just barely coated.</li><li>3. Season with salt.</li><li>4. Spread the leaves out across 2 baking sheets so the leaves are not touching each other too much.</li><li>5. Roast in the oven until crispy but still green for 12-15 minutes.</li><li>6. Remove from the oven and dress with a squeeze of lemon juice and a touch of crushed red pepper flakes.</li></ol> <p>Serves 4 **From Local Food Hub</p>

SNACKS

## THICK AND CHEWY GRANOLA BARS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 cups old-fashioned oats</li><li>• ½ cup oat flour ½ cup whole-wheat flour</li><li>• 3 tablespoons ground flaxseed</li><li>• ½ teaspoon salt</li><li>• ½ teaspoon cinnamon</li><li>• 2 tablespoon unsalted butter, melted</li><li>• ½ cup but butter</li><li>• ½ cup applesauce</li><li>• ¼ cup honey</li><li>• 1 teaspoon pure vanilla extract</li><li>• 1 ½ - 2 cups dried fruit, nuts, seeds, dark chocolate, etc.</li></ul>	<ol style="list-style-type: none"><li>1. Line a square pan with foil or parchment, letting it hang over the dges on two opposite sides.</li><li>2. Lightly spray the foil with cooking spray.</li><li>3. Preheat oven to 350 degrees.</li><li>4. In a large bowl, stir together the oats, oat flour.</li><li>5. In a medium, bowl whisk together the melted butter, nut butter, applesauce, honey, and vanilla until well combined.</li><li>6. Add the wet mixture to the bowl with the oat mixture and stir until well mixed.</li><li>7. Stir in the dried fruit, nuts, chocolate, etc.</li><li>8. Scoop the mixture into the prepared pan and use your hand to press it down into an even layer.</li><li>9. Bake for 25-35 minutes, until the edges begin to brown.</li><li>10. Place the pan on a wire rack and cool completely.</li><li>11. Refrigerate the bars in the pan for at least 30 minutes before cutting into bars.</li></ol> <p>Serves 12</p>



SNACKS

## 6 CAN SOUP

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 15 oz can beans, drained</li><li>• 1 15 oz can diced tomatoes</li><li>• 1-15 oz can green beans (or peas), drained</li><li>• 1-15 oz can corn, drained</li><li>• 2- 10 oz cans of condensed soup</li><li>• 3 cups water or broth</li><li>• Salt to taste</li></ul>	<ol style="list-style-type: none"><li>1. Combine all ingredients in large saucepan.</li><li>2. Heat</li><li>3. Season to taste.</li></ol> <p>Serves 8 *Adapted from Weight Watchers</p>

## BECCA'S TACO SOUP

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 pound ground beef</li><li>• 1 onion, chopped</li><li>• 4 cups tomato juice</li><li>• 1 can whole kernel corn, drained</li><li>• 1 can kidney beans</li><li>• 1 can tomato sauce</li><li>• ½ package taco seasoning mix</li></ul>	<ol style="list-style-type: none"><li>1. In a large pot over medium high heat, combine the ground beef and onion.</li><li>2. Saute for about 5 minutes.</li><li>3. Add the tomato juice, corn, beans, tomato sauce and taco seasoning.</li><li>4. Stir well and heat throughout.</li></ol> <p>**From All Recipes</p>

SOUPS

## SPINACH TORTELLINI

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 tablespoon olive oil</li><li>• 1 small yellow onion</li><li>• 4 cloves garlic</li><li>• 1 can tomato sauce</li><li>• 1 can diced tomato</li><li>• 28 oz. water</li><li>• 1 teaspoon dried basil</li><li>• 1 teaspoon dried oregano</li><li>• 15-20 cranks fresh cracked pepper</li><li>• 1 package frozen cheese tortellini</li><li>• 1 box frozen spinach</li><li>• 2 teaspoon salt</li></ul>	<ol style="list-style-type: none"><li>1. Dice the onion and mince the garlic.</li><li>2. Cook both in a large pot along with the olive oil over medium-low heat until they are soft and transparent.</li><li>3. Add the can of tomato sauce, the can of diced tomatoes, and one can full of water to the pot.</li><li>4. Add the basil, oregano, a healthy dose of freshly cracked pepper, and stir to combine. Increase the heat to medium-high and bring up to a simmer.</li><li>5. Add the frozen tortellini and frozen spinach.</li><li>6. Cook over medium-high heat, stirring occasionally to break up the frozen spinach.</li><li>7. Cook until the heated through, the spinach has completely incorporated, and the tortellini is tender.</li><li>8. Season to taste with salt.</li></ol>

\*\*From Budget Bytes

## TOMATO SOUP BARBECUE SAUCE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 can Campbell's condensed tomato soup</li><li>• 1/3 cup Worcestershire sauce</li><li>• 3 tablespoons vinegar</li><li>• 2 tbsp. packed brown sugar</li><li>• 1 small onion, chopped</li></ul>	<ol style="list-style-type: none"><li>1. In one quart saucepan, combine soup, Worcestershire sauce, vinegar, sugar and onion over medium heat.</li><li>2. Heat to boiling.</li><li>3. Reduce heat to low.</li><li>4. Cook 10 minutes.</li><li>5. Use to baste beef or chicken during broiling or grilling.</li></ol>

\*\*From Nancy's Kitchen

## SOUPS

## CONTEST-WINNING STUFFED PEPPER SOUP

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 package (8.8 ounces) ready-to-serve long grain and wild rice</li><li>• 1 pound ground beef</li><li>• 2 cups chopped green pepper</li><li>• 1 cup chopped onion</li><li>• 1 jar (26 ounces) chunky tomato pasta sauce</li><li>• 1 can (14-1/2 ounces) Italian diced tomatoes, undrained</li><li>• 1 can (14 ounces) beef broth</li></ul>	<ol style="list-style-type: none"><li>1. Prepare rice according to package directions.</li><li>2. Meanwhile, in a large saucepan, cook the beef, green peppers and onion until meat is no longer pink; drain.</li><li>3. Stir in the pasta sauce, tomatoes, broth and prepared rice; heat through.</li></ol> <p>**Adapted from Taste of Home</p>



SOUPS

## STRAWBERRY OATMEAL BREAKFAST SMOOTHIE

Ingredients	Directions
<ul style="list-style-type: none"><li>• ½ cup oatmeal</li><li>• 1 cup of soy milk or regular milk</li><li>• 1 banana, broken into chunks</li><li>• 14 frozen strawberries</li><li>• 1 1/2 teaspoons honey</li></ul>	<ol style="list-style-type: none"><li>1. Blend the oatmeal in blender until well ground.</li><li>2. Add soy milk, banana and strawberries.</li><li>3. Add honey.</li><li>4. Blend until smooth.</li><li>5. Pour into glasses and serve.</li></ol>

## BRAN MUFFINS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 cups All-Bran</li><li>• 2 cups boiling water (pour over bran cereal) Set aside</li><li>• CREAM</li><li>• 1 cup shortening</li><li>• 3 cups sugar</li></ul>	<ol style="list-style-type: none"><li>1. Add: 4 eggs beaten, 1 qt buttermilk, 5 cups flour, 5 tsp soda</li><li>2. Add the bran mix last. Add any fruit you want when you bake them.</li><li>3. Store batter in refrigerator. May be kept as long as 2 weeks.</li><li>4. Scoop as needed into muffin tins.</li><li>5. Bake 15 minutes at 400 degrees</li></ol>

BREAKFAST

## FRENCH TOAST

Ingredients	Directions
<ul style="list-style-type: none"><li>• 6 thick slices bread – day old or stale is best</li><li>• 2 eggs</li><li>• 2/3 cup milk (may use almond or soy milk)</li><li>• ¼ tsp cinnamon (optional)</li><li>• ¼ tsp ground nutmeg (optional)</li><li>• 1 teaspoon vanilla extract (optional)</li><li>• Salt to taste</li></ul>	<ol style="list-style-type: none"><li>1. Beat together egg, milk, salt and desired spices and vanilla</li><li>2. Heat a lightly oiled griddle or skillet over medium-high heat.</li><li>3. Dunk each slice of bread in egg mixture, soaking both sides.</li><li>4. Place in pan, and cook on both sides until golden.</li><li>5. Serve hot.</li></ol>

## OATMEAL RAISIN ENERGY BALLS

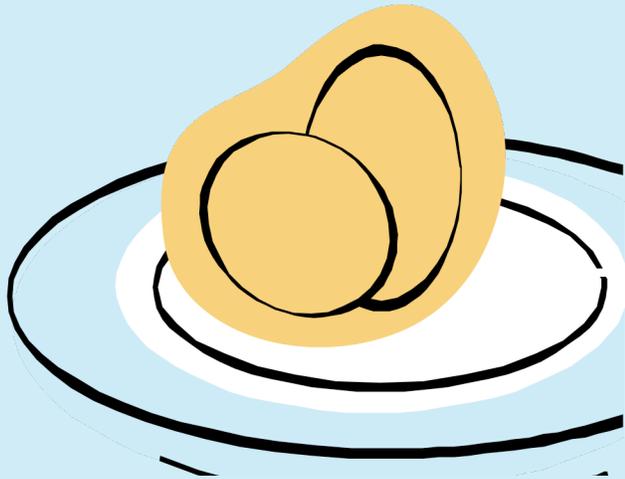
Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 ½ cups quick or old-fashioned oats</li><li>• ¾ cup creamy peanut butter</li><li>• ½ cup raisins*</li><li>• 2 Tablespoons honey</li></ul>	<ol style="list-style-type: none"><li>1. Mix all ingredients together.</li><li>2. Form into small balls.</li><li>3. Refrigerate for 30 minutes. Serve.</li></ol> <p>*may trade for ½ cup chocolate chips or chopped walnuts</p>

BREAKFAST

## CHOCOLATE CHIP ZUCCHINI BREAD BREAKFAST COOKIES

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 medium zucchini</li><li>• 2 cups old-fashioned oats</li><li>• 1 cup whole wheat flour</li><li>• ½ cup ground flaxseed</li><li>• 1 teaspoon cinnamon</li><li>• ½ teaspoon baking soda</li><li>• ½ teaspoon salt</li><li>• ¼ cup (4 tablespoons) unsalted butter, melted and cooled slightly</li><li>• 1 large ripe banana, mashed</li><li>• 1/3 cup honey</li><li>• 1 large egg</li><li>• 2 teaspoons vanilla</li><li>• ½ cup dark chocolate chips</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees F.</li><li>2. Line a baking sheet with parchment paper</li><li>3. Grate the zucchini (I used my box grater). You want 1 cup of zucchini</li><li>4. Place the zucchini in a clean kitchen towel, hold over a bowl, and squeeze out the excess liquid. Set aside.</li><li>5. In a medium bowl stir together the oats, whole wheat flour, flaxseed, cinnamon, baking soda, and salt</li><li>6. In a large bowl. Whisk together the melted butter, mashed banana, honey, egg, and vanilla.</li><li>7. Pour the dry ingredients into the bowl with the wet and stir until just combined.</li><li>8. Fold in the grated zucchini and chocolate chips.</li><li>9. Scoop rounded ¼ cup portions of dough onto the prepared baking sheet, using your hands to shape the dough into uniform balls as needed.</li><li>10. Gently flatten each cookie a bit as they won't flatten on their own during baking.</li><li>11. Bake cookies for 11-14 minutes, until set and lightly golden.</li></ol> <p>**Once completely cooled, cookies can be stored in an airtight container in the freezer for up to 2 months.</p>

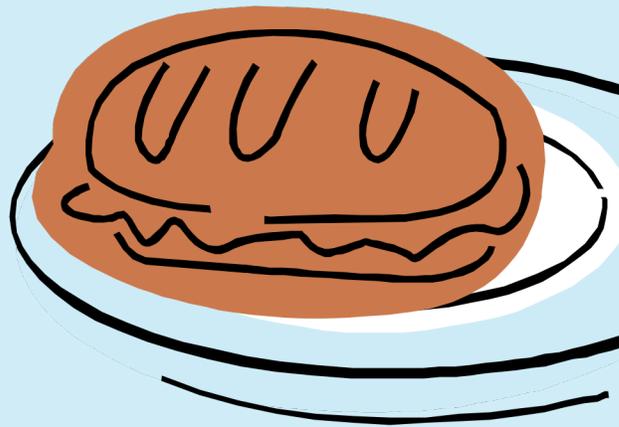
BREAKFAST



## BAKED BEEF AND BEAN TACOS

Ingredients	Directions
<ul style="list-style-type: none"> <li>• TACO SEASONING</li> <li>• 1 Tbsp chili powder</li> <li>• 1 tsp smoked paprika</li> <li>• 1 tsp cumin</li> <li>• 1/2 tsp oregano</li> <li>• 1/4 tsp cayenne</li> <li>• 1/2 tsp salt</li> <li>• Freshly cracked pepper</li> <li>• TACOS</li> <li>• 1 Tbsp cooking oil</li> <li>• ½ cup chopped onion or 3 T dehydrated onion</li> <li>• 2 cloves garlic or ¼ tsp garlic powder</li> <li>• 1/2 lb lean ground beef or other ground meat (turkey, venison, chicken)</li> <li>• 15 oz can beans (black bean, pinto bean)</li> <li>• 1 box 10 hard taco shells</li> <li>• 1 cup (4oz.) shredded cheddar</li> <li>• 1 tomato</li> <li>• 1 jalapeño (optional)</li> <li>• Handful fresh cilantro</li> </ul>	<ul style="list-style-type: none"> <li>• In a small bowl, combine the ingredients for the taco seasoning and set it aside (or use one envelope of store-bought taco seasoning).</li> <li>• Dice the onion and mince the garlic.</li> <li>• Add the onion, garlic, and cooking oil to a large skillet.</li> <li>• Sauté the onion and garlic over medium heat until the onion is soft and transparent (about 5 minutes).</li> <li>• Add the ground beef and prepared taco seasoning and continue to sauté until the beef is cooked through (another 5 minutes).</li> <li>• Drain the can of beans and then stir them into the seasoned beef.</li> <li>• Preheat the oven to 400°F.</li> <li>• Arrange the taco shells in a casserole dish so they are all standing upright.</li> <li>• If you do not have a dish that fits them snugly enough to hold them up, use balled up aluminum foil to act as "book ends" to help hold the line of tacos upright.</li> <li>• Fill the tacos with the beef and bean mixture.</li> <li>• Sprinkle the shredded cheese over top.</li> <li>• Bake the tacos in the preheated oven for 7-10 minutes, or until the cheese is melted and the taco shells are golden brown on the edges.</li> </ul> <p>5 servings Adapted from budgetbytes.com</p>

LUNCH



## MEAT LOAF IN MUFFIN TINS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 lean ground meat (beef, venison, turkey, chicken)</li><li>• 1/3 cup diced onion (2 T dehydrated onion flakes)</li><li>• ½ cup bread crumbs (may use oatmeal, or crushed saltines)</li><li>• 1 egg, beaten</li><li>• 2/3 cup tomato sauce or ketchup or BBQ sauce—divided (some used for topping)</li><li>• 1 Tbsp prepared mustard</li><li>• 1 tsp Worcestershire sauce</li><li>• ¾ tsp salt (or to taste)</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees.</li><li>2. Gently mix all ingredients in medium bowl.</li><li>3. Spoon into 6 greased muffin tins or 24 mini tins.</li><li>4. Top with a little tomato sauce (ketchup or BBQ sauce if desired)</li><li>5. Bake 20 minutes or until internal temp is 160 degrees.</li></ol>

## SLOPPY JOES

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 pound ground beef</li><li>• 1 cup ketchup</li><li>• 1/4 cup water</li><li>• 2 tablespoons brown sugar</li><li>• 2 teaspoons Worcestershire sauce</li><li>• 2 teaspoons prepared mustard</li><li>• 1/2 teaspoon garlic powder</li><li>• 1/2 teaspoon onion powder</li><li>• 1/2 teaspoon salt</li><li>• 4 hamburger buns, split</li></ul>	<ol style="list-style-type: none"><li>1. In a saucepan, cook beef over medium heat until no longer pink; drain.</li><li>2. Stir in the ketchup, water, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder and salt.</li><li>3. Bring to a boil. Reduce heat; cover and simmer for 30-40 minutes. Serve on buns.</li></ol> <p>**From All Recipes</p>

LUNCH

## TEXAS HASH CASSEROLE

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 ½ pound cooked ground meat (pork, beef, chicken, turkey, venison)</li> <li>• 1 large onion, chopped</li> <li>• 1 large green pepper, chopped</li> <li>• ½ cup rice, uncooked</li> <li>• 2 teaspoons chili powder</li> <li>• 1-15 oz can diced tomatoes</li> <li>• ½ cup water</li> <li>• 1 teaspoons salt</li> <li>• ½ teaspoon black pepper</li> </ul>	<ol style="list-style-type: none"> <li>1. Brown onion, and green pepper with the cooked ground meat; Mix in remaining ingredients.</li> <li>2. Pour into casserole dish.</li> <li>3. Cover and bake 1 hour at 350 degrees. (may add canned corn and/or beans).</li> </ol> <p>Serves 6</p>

## BLACK BEAN AND COUSCOUS SALAD

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 cup uncooked couscous</li> <li>• 1 ¼ cups chicken broth</li> <li>• 3 tablespoons extra virgin olive oil</li> <li>• 2 tablespoons fresh lime juice</li> <li>• ½ teaspoon ground cumin</li> <li>• 8 green onions, chopped</li> <li>• 1 red bell pepper, seeded and chopped</li> <li>• ¼ cup chopped fresh cilantro</li> <li>• 1 cup frozen corn kernels, thawed</li> <li>• 2 (15 ounce) cans black beans, drained</li> <li>• Salt and pepper to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. Bring chicken broth to a boil in a 2 quart or larger sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.</li> <li>2. In a large bowl, whisk together the olive oil, lime juice, and cumin.</li> <li>3. Add green onions, red pepper, cilantro, corn and beans and toss to coat.</li> <li>4. Fluff the couscous well, breaking up any chunks.</li> <li>5. Add to the bowl with the vegetables and mix well.</li> <li>6. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.</li> </ol> <p>**Adapted from All Recipes</p>

LUNCH

## ONE POT CHILI MAC

Ingredients	Directions
<ul style="list-style-type: none"> <li>• ½ pound ground beef (may use ground pork, chicken, or turkey)</li> <li>• 2 Tablespoons Chili powder (more or less to taste)</li> <li>• 1 medium onion, diced (may substitute 2 Tbsp dehydrated onions)</li> <li>• 2 cloves garlic, minced (may substitute ¼ tsp garlic powder)</li> <li>• 1 (15 oz) can tomato sauce</li> <li>• 1 (15 oz) can diced tomatoes</li> <li>• 1 (15 oz) can black beans</li> <li>• 1 (15 oz) can kidney beans</li> <li>• 1 (15 oz) can corn (may substitute 1 cup frozen corn)</li> <li>• 2 cups <b>uncooked</b> whole wheat macaroni</li> <li>• 2 cups beef broth (may substitute chicken broth or vegetable broth)*</li> <li>• 1 cup shredded cheese (optional)</li> </ul>	<ol style="list-style-type: none"> <li>1. Brown the meat in a large pot over medium heat.</li> <li>2. If using a high fat ground meat, drain off the excessive fat after it is browned.</li> <li>3. Add the chili powder, and the fresh or dried onion and garlic</li> <li>4. Drain and rinse the black and kidney beans.</li> <li>5. Add the beans, tomato sauce, diced tomato, and the drained corn to the pot. Stir well.</li> <li>6. Add the dry macaroni and two cups of broth to the pot and stir to combine.</li> <li>7. Place a lid on the top, turn the heat up to high, and let the pot come to a boil.</li> <li>8. Once it reaches a boil, give it a quick stir to loosen any pasta stuck to the bottom of the pot, replace the lid, and turn the heat down to medium-low.</li> <li>9. Let the pot simmer on medium-low for about 15 minutes, or until the pasta is soft and has absorbed most of the liquid.</li> <li>10. Stir the pot one or two times during the 15 minutes to loosen the pasta stuck to the bottom.</li> <li>11. Once the pasta is fully cooked, turn the heat off and add the cheese (if using).</li> <li>12. Stir the cheese into the pasta until it has melted in and become slightly creamy. Serve hot.</li> </ol> <p style="text-align: right; margin-top: 10px;">**From Budget Bytes</p>

DINNER



## ONE PAN ITALIAN CHICKEN AND RICE BAKE

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 3 ½ # bone-in chicken pieces (approx. 6-8 pieces)</li> <li>• 1 cup white rice, uncooked</li> <li>• 1 14 oz can diced tomatoes</li> <li>• 1 2/3 cup water or broth (may use diced tomato can to measure)</li> <li>• 1 small onion cut into large pieces</li> <li>• 1 tsp garlic salt (or regular salt)</li> <li>• 1 tsp dried basil</li> <li>• 1 tsp dried oregano</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees.</li> <li>2. In 13x9" pan, put rice, water (broth), undrained diced tomatoes, onion and seasonings.</li> <li>3. Mix together.</li> <li>4. Lay chicken pieces on top of rice mixture.</li> <li>5. Cover securely with foil.</li> <li>6. Bake 1 hour and 15 minutes or until chicken is at least 165 degrees and rice is tender.</li> </ol> <p>Serves 4</p>

## RICH MAN'S BURRITO BOWLS

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 6 cups cooked rice</li> <li>• 2 cups black beans</li> <li>• ½ teaspoon cumin</li> <li>• ¼ teaspoon garlic powder</li> <li>• Salt to taste</li> <li>• 2 cups salsa</li> <li>• 6 oz. shredded cheese</li> <li>• 1 bunch green onions</li> </ul>	<ol style="list-style-type: none"> <li>1. Cook the rice according to the package directions</li> <li>2. While the rice is cooking, heat the black beans (undrained) in a small sauce pot, along with the cumin, garlic powder, and salt to taste (if needed)</li> <li>3. Slice the green onions and shred the cheese (if not pre-shredded).</li> <li>4. Once the rice is cooked, build the bowls.</li> <li>5. Begin with one cup cooked rice, 1/3 cup warm black beans, 1/3 cup salsa, and 1 oz. shredded cheese. Top with a few sliced green onions and serve.</li> </ol> <p>** I used black beans that I had cooked from dry. If using canned beans, you can sometimes get them pre-seasoned, so no need for the cumin, garlic powder, and salt</p> <p>Recipe by Budget Bytes</p>

DINNER

## PULLED TURKEY

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 turkey wings</li><li>• 3 cups water</li><li>• 1 tablespoon onion powder</li><li>• 1 tablespoon garlic powder</li><li>• 1 tablespoon italian seasoning</li><li>• Salt/pepper to taste</li><li>• 2 tablespoons brown sugar</li><li>• ¼ cup vinegar</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 325 degrees.</li><li>2. Put turkey and water in baking dish.</li><li>3. Sprinkle onion, garlic, salt/pepper, and seasoning on top of turkey.</li><li>4. Cover with foil and bake for about 3 hours 30 minutes, checking halfway to make sure there is still liquid.</li><li>5. When bone can be pulled off with no resistance, take out and cool until you can work it with your hands.</li><li>6. Pull meat off bones and place in pot.</li><li>7. Put vinegar, sugar, and ½ of liquid from pan into pot.</li><li>8. Cook over low heat until liquid and meat comes together.</li><li>9. Season to taste and serve with BBQ sauce.</li></ol>

## MONICA'S SIMPLE CHILI

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 Tbsp vegetable oil</li><li>• ½ cup chopped onion</li><li>• 1 pound ground meat (beef, venison, or pork)</li><li>• 1-15oz can diced tomatoes</li><li>• 1-15oz can tomato sauce</li><li>• 1-15oz can kidney beans, drained and rinsed</li><li>• ½ tsp garlic powder or 2 cloves minced fresh garlic</li><li>• 1 tsp cumin (more or less to taste)</li><li>• 1 Tbsp chili powder (more or less to taste)</li><li>• Salt to taste (I use 1 tsp salt if the tomatoes and sauce are low sodium)</li></ul>	<ol style="list-style-type: none"><li>1. In a medium pot, sauté chopped onion in vegetable oil.</li><li>2. Add ground meat and cook until the meat is cooked (adding water if too dry).</li><li>3. Add can of diced tomatoes, tomato sauce, and kidney beans.</li><li>4. Add spices.</li><li>5. Stir until blended and cook on medium heat for 30 minutes.</li></ol> <p>Serves 4</p>

DINNER

## SAUTÉED SUMMER SQUASH

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 medium summer squash (zucchini, or yellow), cut into 1/4 inch coins</li><li>• 1 medium onion, sliced thinly</li><li>• 2 Tbsp olive oil</li><li>• 1 tsp dried basil</li><li>• 1 tsp dried oregano</li><li>• ½ tsp garlic powder</li><li>• Salt and pepper to taste</li></ul>	<ol style="list-style-type: none"><li>1. Put all the ingredients in a bowl.</li><li>2. Mix with your hands or a spoon to combine the ingredients.</li><li>3. Heat a large skillet to medium high heat.</li><li>4. Dump the squash mixture into pan and stir frequently while cooking until the squash and onions are tender—about 10 minutes.</li><li>5. Pass the parmesan if you like.</li></ol> <p>Serves 4-6</p>

## SPANISH RICE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 3 Tablespoons diced onion</li><li>• 2 Tablespoons oil</li><li>• 1 cup rice</li><li>• 2 cups tomato juice</li><li>• ½ cup water</li><li>• ½ teaspoon salt</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in medium saucepan; add the onion and sauté 2-3 minutes on medium heat.</li><li>2. Add the rice and stir to coat. Stir over medium heat for 2 more minutes.</li><li>3. Add the tomato juice, water and salt.</li><li>4. Bring to a boil, reduce the heat to low, cover the saucepan and continue cooking for 15-20 minutes.</li></ol>

VEGETARIAN

## SPAGHETTI SQUASH

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 spaghetti squash, halved lengthwise and seeded</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.</li><li>2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance.</li><li>3. Remove squash from oven and set aside to cool enough to be easily handled.</li><li>4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl.</li><li>5. Toss with your choice of sauce. Serve warm.</li></ol>

## STOVE-TOP MAC AND CHEESE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 box macaroni</li><li>• 3 large eggs, room temperature</li><li>• ½ cup grated parmesan cheese</li><li>• ¾ cup grated cheddar cheese</li><li>• 1 cup milk</li><li>• ½ tsp Dijon mustard</li></ul>	<ol style="list-style-type: none"><li>1. Cook pasta in a large pot of salted water according to package directions; Drain, but do not cool.</li><li>2. Meanwhile, whisk together eggs, cheeses, milk and mustard in a bowl.</li><li>3. Return drained pasta to pot and add egg mixture.</li><li>4. Cook over low heat, stirring until sauce has thickened and cheese has melted – around 3-4 minutes. Serve immediately.</li></ol> <p>**Serves 6-8</p>

VEGETARIAN

## SQUASH CASSEROLE

Ingredients	Directions
<p><b>Cheesy Grits</b></p> <ul style="list-style-type: none"> <li>• 3 cups water</li> <li>• 1-1/2 cups whole milk</li> <li>• 3 tablespoons butter</li> <li>• 1 teaspoon salt</li> <li>• 1 cup stone ground grits</li> <li>• 1 cup cheddar cheese</li> <li>• salt and pepper to taste</li> </ul> <p><b>Tomato Gravy</b></p> <ul style="list-style-type: none"> <li>• 1 tablespoon olive oil</li> <li>• 6 cloves garlic, minced</li> <li>• 1 teaspoon Cajun seasoning</li> <li>• 2-1/2 cups diced tomatoes (I used fire roasted canned tomatoes)</li> <li>• 1-1/2 cups water</li> <li>• 1/2 cup heavy cream</li> <li>• salt and pepper to taste</li> </ul> <p><b>Cajun Roasted Vegetables</b></p> <ul style="list-style-type: none"> <li>• 2 cups cauliflower florets</li> <li>• 2 cups parsnips, diced</li> <li>• 1 cup yellow onion, diced</li> <li>• 1 cup green bell pepper, diced</li> <li>• 1 cup red bell pepper, diced</li> <li>• 5-1/4 teaspoons Cajun seasoning</li> <li>• 7 teaspoons olive oil</li> </ul>	<p><b>Cheesy Grits</b></p> <ol style="list-style-type: none"> <li>1. In a large pot, combine water, milk, butter and salt and bring to a gentle boil.</li> <li>2. Add in grits, stir and reduce heat to a simmer.</li> <li>3. Stirring frequently, cook grits until they are tender. If need be, add more water to keep them creamy.</li> <li>4. Once grits are cooked, turn off the heat, and slowly add in grated cheddar.</li> <li>5. Season with salt and pepper to taste.</li> </ol> <p><b>Tomato Gravy</b></p> <ol style="list-style-type: none"> <li>6. In a wide sauce pan, heat oil over medium heat.</li> <li>7. Once the oil is hot, saute the garlic until golden.</li> <li>8. Add in the spice, tomatoes, water and cream and bring to a boil.</li> <li>9. Stirring often, cook the sauce until the tomatoes have broken down and the sauce has thickened.</li> <li>10. Season with salt and pepper to taste.</li> </ol> <p><b>Cajun Roasted Vegetables</b></p> <ol style="list-style-type: none"> <li>11. Preheat oven to 425F and line a sheet pan with foil.</li> <li>12. Combine oil and Cajun seasoning in small bowl or pitcher.</li> <li>13. One at a time, mix each vegetable in a bowl with a little of the spice and oil mixture.</li> <li>14. Place the vegetables on the prepared sheet pan, but don't mix the veggies together.</li> <li>15. Sprinkle all the veggies with salt.</li> <li>16. Bake until veggies are tender but still crisp. In my oven, onions took 7 minutes, peppers 12 and the parsnips and cauliflower took about 20 minutes.</li> <li>17. As each get done, remove them to a heatproof bowl and cover.</li> </ol>

VEGETARIAN



### PRIZE-WINNING APPLE CAKE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 cups sugar</li><li>• 1 ¼ cup vegetable oil</li><li>• 2 eggs</li><li>• 3 cups flour</li><li>• 1 tsp baking soda</li><li>• 1 tsp salt</li><li>• 2 tsp cinnamon</li><li>• 3 cups diced apples</li><li>• 1 cup chopped nuts</li><li>• 1 cup raisins (optional)</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees</li><li>2. Believe this or not! Put all ingredients into one large bowl.</li><li>3. Mix with your hands or as you would a meatloaf, gently but thoroughly; do not use a spoon or mixer!</li><li>4. Bake in an ungreased 9 x 13 pan for 1 hour.</li><li>5. Cool before cutting.</li></ol> <p>Note: I usually do use a wooden spoon; but do not over mix</p>

### CREAMY BROWN RICE PUDDING

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 cups cooked brown rice</li><li>• 1 ½ cup milk</li><li>• ¼ cup honey (or maple syrup)</li><li>• ½ cup raisin or dried cherries (optional)</li><li>• 1 tablespoon butter</li><li>• 1 teaspoon ground cinnamon (or nutmeg or allspice)</li></ul>	<ol style="list-style-type: none"><li>1. In a medium saucepan, combine rice, milk, honey, raisins and bring to boil.</li><li>2. Reduce heat and simmer for 20 minutes, stirring frequently.</li><li>3. Remove from heat and stir in butter and cinnamon.</li></ol> <p>**From Food.com</p>

## DESSERTS

## BANANA MUFFINS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2 cups flour</li><li>• ½ cup sugar</li><li>• 2 tsp baking powder</li><li>• ½ tsp soda</li><li>• ½ tsp salt</li><li>• ¼ tsp cinnamon1 medium banana, mashed</li><li>• 1 egg</li><li>• 1/2 cup milk</li><li>• 1/3 cup oil</li></ul>	<ol style="list-style-type: none"><li>6. Preheat oven to 375degrees.</li><li>7. In mixing bowl, combine flour, sugar, baking powder, soda, salt and cinnamon.</li><li>8. Make well in center.</li><li>9. Combine remaining ingredients; add all at once, mixing only until dry ingredients are moistened.</li><li>10. Spoon into greased muffin cups, filling 2/3 full.</li><li>11. Bake 15-20 minutes or until golden brown.</li></ol> <p>Makes 10-12 muffins</p>

## FRIED RIPE PLANTAINS

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 yellow plantains</li><li>• Vegetable oil</li><li>• Kosher salt</li></ul>	<ol style="list-style-type: none"><li>1. Cut the ends off the plantains and cut them into 2 pieces.</li><li>2. Peel them and slice them in half lengthwise.</li><li>3. In a large skillet over medium-high heat add ¼ cup oil and fry the plantains slowly until they are browned and caramelized for about 15 minutes.</li><li>4. Drain on paper towels.</li><li>5. Season with salt and eve.</li></ol>

## DESSERTS

## UPSIDE-DOWN APPLE PIE

Ingredients	Directions
<ul style="list-style-type: none"><li>• 6 cups peeled and sliced apples; sprinkled with 1 T sugar and ¼ tsp cinnamon</li><li>• 1 stick butter, melted and cooled</li><li>• 1 cup sugar (less if desired)</li><li>• 1 cup flour</li><li>• 1 egg</li></ul>	<ol style="list-style-type: none"><li>1. Pile sliced apples in a 9" pie plate.</li><li>2. Mix melted butter, sugar, flour and egg until just combined.</li><li>3. Spread over apples.</li><li>4. Bake at 350 degrees for 40-50 minutes.</li></ol> <p>Serves 8</p>



DESSERTS

