



THE LUMBERJACK COOKBOOK

Flex your cooking skills from
the dorm room to the kitchen

This cookbook features recipes that are easy, fun, and tasty. Most of the recipes are \$10 or less and include modifications or alternative instructions as needed. The recipes are organized by how much equipment is needed, starting with a cutting board and knife, all the way up to a full kitchen. Don't be afraid to experiment change recipes to meet your dietary needs or to fit what you have on hand. And above all, have fun!

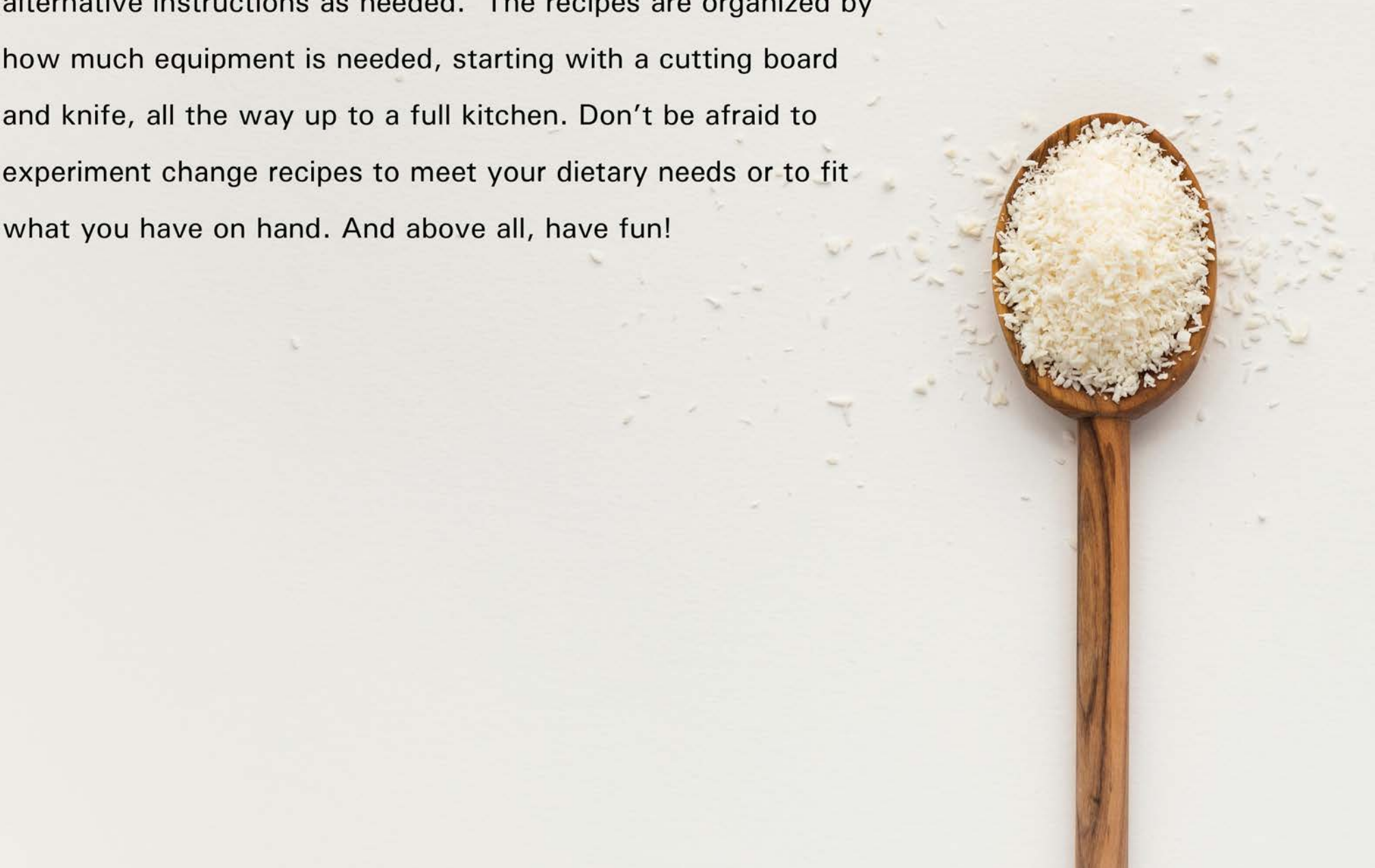


TABLE OF CONTENTS

CUT AND STIR RECIPES

Chicken Salad Boats	6
Creamy Berry and Chocolate Bowl	6
Greek Salad	7
★ Overnight Oats	7
Kale Apple Slaw	8
★ Pumpkin Spice Energy Bites	8
Orange and Avocado Salad	9
★ White Bean Bruschetta	9
Sunflower Seed Energy Bites	10
★ Three Bean Salad	11
★ Banana Oatmeal Cookies	11
★ Peanut Butter Energy Balls	12
★ Black Bean & Corn Salsa	12
★ Chickpea Salad Sandwich	13

BLENDER RECIPES

Lemony Hummus	16
Pumpkin Pie Smoothie	17
Strawberry Banana Smoothie	17
★ Classic Hummus	18
Simple Smoothie	19

MICROWAVE RECIPES

★ Green Bean Casserole	22
★ Microwave Apple Delights	22
Mediterranean Spaghetti Squash	23
No Bake Sweet Potato Cake	24
Quinoa and Tangerine Salad	25
Southwestern Stuffed Sweet Potato	26

SLOW COOKER RECIPES

★ Black Bean and Rice Bowl	30
Easy Minestrone	31
Pork Posole	32
Quinoa Sweet Potato Chile	33
Slow Cooker Charro Beans	34
★ Slow Vegetable Bean Soup	35

FULL KITCHEN RECIPES

★ Black Bean Burger	38
Cauliflower Fried Rice	39
Chicken Quinoa Bowl	40
Chipotle-Lime Cauliflower Tacos	41
Beef and Bean Enchiladas	42
MALTs	43
★ Mediterranean Tuna Pasta	44
Coconut Curry Pumpkin Soup	45
Chicken Veggie Ramen	46
Southwest Zucchini Noodles	47
Turkey Carrot Goulash	48
Vegetable Migas	49
Whole Grain Waffles	50
★ Freezer-Ready Mini Pizzas	51
★ Hearty Black Bean Quesadillas	52
★ No Egg Fried Rice	53



CUT AND STIR RECIPES

Recipes that only require a bowl, cutting board, and knife.

CHICKEN SALAD BOATS

Ingredients:

- 1 4 oz. can chicken packed in water, well drained
- ¼ ripe avocado or ¼ cup plain Greek yogurt
- 2 Tbsp. diced red onion
- ¼ cup dried cranberries
- 1 cucumber, halved lengthwise and cut into thirds with the seeds scooped out
- Salt and pepper to taste

Directions:

1. In a small bowl, combine tuna, avocado, onion, cranberries, and salt and pepper. Stir well to combine.
2. Scoop the tuna into your boats and enjoy!

CREAMY BERRY AND CHOCOLATE BOWL

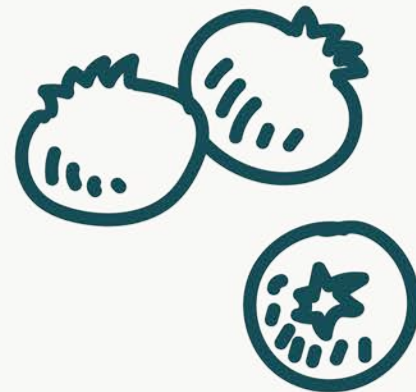
Makes 2 servings

Ingredients:

- 1 cup 2% cottage cheese
- ½ cup 2% Greek yogurt
- Fresh berries (assortment of your choice)
- chocolate chips
- coconut chips
- honey

Directions:

1. In a small bowl, combine the cottage cheese with yogurt making one layer of cottage cheese and another of yogurt. Spoon equally into two serving bowls.
2. Top with fresh berries, chocolate chips, coconut, and drizzle with honey.



GREEK SALAD

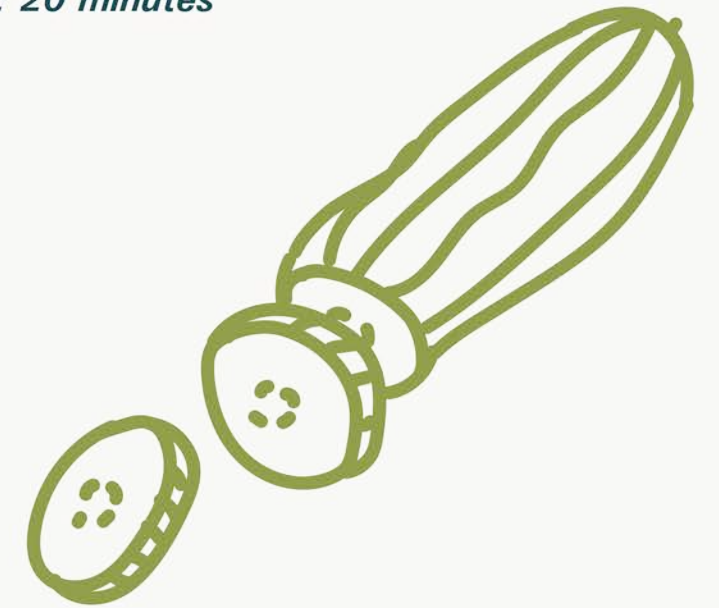
Makes 4 servings | Total Prep Time: 20 minutes

Ingredients:

- 3 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 tbsp. red wine vinegar
- 1 tsp. dried oregano
- 2 medium tomatoes, cut into cubes
- 1 cucumber, cut into cubes
- 1 green bell pepper, cut into 3/4 in. pieces
- ⅓ cup sliced red onion
- ¼ cup pitted Kalamata olives, quartered
- ½ cup feta cheese
- Salt and pepper to taste

Directions:

1. Whisk oil, lemon juice, vinegar, oregano, and salt and pepper in a small bowl.
2. In a large bowl, combine the tomato, cucumber, onion, pepper, olives, and feta cheese. Drizzle the oil mixture over the mixture and toss to combine.



★ OVERNIGHT OATS

Makes 1 serving | Total Prep Time: 10 minutes + overnight in fridge

Ingredients:

- ½ cup rolled oats
- 1 cup 1% milk (or plant milk)
- 1 small pinch of salt
- 2 tsp s. Honey
- 2 tbsp. nut butter (peanut, almond, cashew, or sunflower seed)
- ½ cup fresh or frozen fruit (be sure to thaw the frozen fruit before adding it in)

Directions:

1. In a small Tupperware, combine the oats, milk, salt, honey, and nut butter. Stir well, cover, and refrigerate overnight.
2. Just before eating, stir thoroughly. If oats are too thick, add 1-2 Tbsp. milk to thin to desired texture. Add the fruit, and enjoy!

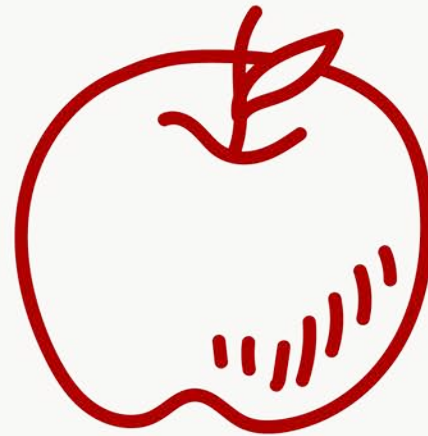
KALE APPLE SLAW

Ingredients: *Makes 4-6 servings | Total Prep Time: 15 minutes*

- 1 cup plain Greek yogurt
- 1.5 tbsp. honey
- 2 cups thinly sliced green cabbage
- 2 kale leaves
- 1 apple (Honey-crisp preferred)
- ¼ cup golden raisins or c raisins
- ¼ cup pumpkin seeds
- Salt and pepper to taste

Directions:

1. In a small bowl, combine the yogurt, honey, salt, and pepper. Set aside.
2. In a large bowl, combine the remaining ingredients. Mix well.
3. Fold in the yogurt mixture. Serve.



★ PUMPKIN SPICE ENERGY BITES

Makes 15 servings | Total Prep Time: 5 minutes + time to chill

Ingredients:

- 1.5 - 2 cups of old fashioned oats
- ½ cup all-natural peanut butter
- ½ cup pumpkin puree
- ¼ cup honey
- 1 tsp. vanilla extract
- ½ tsp. cinnamon
- ½ cup dried cranberries
- ¼ cup pumpkin seeds or chia

Directions:

1. Combine all ingredients in a large bowl (starting with 1.5 cups of oats). Mix well with a rubber spatula.
2. If mixture seems too wet, add an additional 1/2 cup of oats.
3. Using hands, shape into 15 balls. Place on a cookie sheet with wax paper and refrigerate for at least 1 hour.

ORANGE AND AVOCADO SALAD

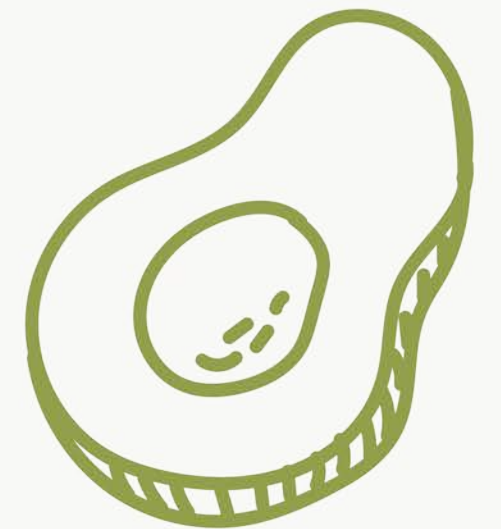
Makes 4 servings | Total Prep Time: 25 minutes

Ingredients:

- 2 large oranges
- 8 spinach or mixed greens
- 1 avocado, diced
- ¼ cup sliced red onion
- 1 cup of cilantro, packed
- ½ cup extra-virgin olive oil
- ¼ lime juice
- ¼ cup orange juice
- ½ tsp. salt
- ½ tsp. pepper
- pinch of minced garlic

Directions:

1. Vinaigrette: Puree cilantro, olive oil, orange juice, lime juice, salt, pepper, and garlic in a food processor or blender until smooth.
2. Salad: Peel and slice oranges into wedges. Remove the membranes of each orange slice. In a bowl, add the greens, orange slices, diced avocado, sliced onion, and vinaigrette



★ WHITE BEAN BRUSCHETTA

Makes 4-6 servings | Total Prep Time: 15 minutes

Ingredients:

- 1 14-oz. can white beans, rinsed and drained
- 1 14-oz. can diced tomatoes, drained
- ¼ cup minced red onion
- 2 tbsp. chopped, pitted green olives (optional)
- 2 tbsp. olive oil
- 1 tbsp. dried basil
- 1 clove garlic
- salt and pepper to taste
- toasted bread slices or pita chips

Directions:

1. Combine all ingredients (except the bread/pita chips) in a bowl. Stir to combine, and let sit 10-15 minutes.
2. Serve on top of toasted bread or with pita chips.

SUNFLOWER SEED ENERGY BITES

Makes 16 servings | Total Prep Time: 10 minutes + time to set

Ingredients:

- 1.5 cups rolled oats
- ½ cup vanilla protein powder
- ½ tsp. cinnamon
- 1 chi a seeds
- ½ cup sunflower seed butter
- 2 tbsp. honey or maple syrup
- 1 tsp. vanilla extract
- ¼ cup dried cranberries
- 2-4 tbsp. almond milk or water
- 2 tbsp. sunflower seeds (optional)

Directions:

1. In a medium bowl, mix the oats, protein powder, cinnamon, and chi a seeds together.
2. Add the sunflower seed butter, honey, vanilla, and dried cranberries. Mix until well combined.
3. Slowly add in the liquid 1 tablespoon at a time until the mixture comes together in a ball.
4. Roll into 16 servings and place on refrigerator. If desired, roll each ball into the additional sunflower seeds to coat.
5. Loosely cover and set in the fridge for at least 30 minutes.



★ 3 BEAN SALAD

Makes 4-6 servings

Ingredients:

- 3 cans of beans, drained: Choose any 3 - green beans, kidney beans, garbanzo beans, black beans, cannelloni beans
- ½ a red onion, diced
- 2 celery stalks, diced
- ¼ cup oil (olive or canola)
- ⅓ cup vinegar (white or apple cider)
- ¼ cup sugar
- salt and pepper to taste

Directions:

1. Mix beans, onion, and celery in a bowl.
2. Make the dressing in a separate container. Combine vinegar, sugar, salt and pepper, stir constantly while slowly pouring in oil.
3. Pour dressing over salad and chill for at least 4 hours or overnight.

★ BANANA OATMEAL COOKIES

Makes 5 cookies | Total Prep Time: 10 minutes

Ingredients:

- 1 medium ripened banana
- 1 cup of quick or instant oats
- (Optional): dried fruit, nuts, and spices

Directions:

- 1 Mash 1 banana in a mixing bowl.
2. Stir in 1 cup of quick or instant rolled oats and other optional ingredients. Mix together.
3. Form a ball and flatten to make a cookie. Can be eaten right away.
Also can be cooked in the oven till desired texture. Can even be placed in the refrigerator.
4. Enjoy!

Adapted from <http://www.northeastiowafoodbank.org/wp-content/uploads/2015/06/The-Food-Pantry-Cookbook.pdf>

★ PEANUT BUTTER ENERGY BALLS

Makes 12 balls | Total Prep Time: 30 minutes

Ingredients:

- ¾ cup Meddlesome dates, chopped (or other dried fruits)
- ½ cup rolled oats
- ¼ cup creamy peanut butter
- chi a seeds to garnish

Directions:

1. Soak the dates in a small bowl with warm water for 5 to 10 minutes.
2. Combine the dates, peanut butter, and oats in a food processor or blender and blend until the mixture is very finely chopped.
3. Garnish with chi a seeds and refrigerate for 15 minutes and up to one week.

★ BLACK BEAN & CORN SALSA

Makes 12 servings | Total Prep Time: 10 minutes

Ingredients:

- 1 14.5 oz. diced tomatoes, well drained
- 1 8.75 oz. whole kernel corn, well drained
- 1 cup canned black beans, drained and rinsed
- 2 tbsp. chopped red onion
- 2 tbsp. fresh lime juice
- 1 tbsp. olive oil
- 1 tsp. chili pepper
- ¼ tsp. salt
- 1 tbsp. chopped fresh cilantro (optional)

Directions:

1. Mix 1 can of diced tomatoes (drained), 1 can of corn (drained), 1 cup of black beans (drained and rinsed), 2 tbsp s. of chopped red onion, 2 tbsp s. of fresh lime juice, 1 tbsp. olive oil, 1 tsp. chili pepper, ¼ tsp. of salt, and (optional) 1 tbsp. of chopped cilantro together.
2. Refrigerate 30 minutes. Serve with tortilla chips. Enjoy!

Adapted from <http://shewearsmanyhats.com/black-bean-corn-salsa-recipe/>

★ CHICKPEA SALAD SANDWICH

Makes 2 Servings | Total Prep Time: 10 minutes

Ingredients:

- 1 can Chickpeas drained and rinsed
- ¼ cup Dill Pickles finely chopped
- ¼ cup Purple Onion finely chopped (about ½ an onion)
- 2 tbsp. Just Mayo or Vegetative or mayo of choice
- 2.5 tsp. Mustard
- 1.5 tsp. Apple Cider Vinegar
- ¼ tsp. Salt
- 2 tsp. Dill
- ¼ tsp. Black Pepper
- Bread of choice
- Top mixture with Shredded Carrots, Lettuce, and Sliced Tomato

Directions:

1. Using a potato masher or fork, mash the chickpeas until most are smashed. Add the ¼ cup of finely chopped Dill pickle, ¼ cup of finely chopped onion, 2 tbsp. mayo, 2 ½ tsp. mustard, 1 ½ tsp. vinegar, ¼ tsp. salt, 2 tsp. dill, and ¼ tsp. black pepper. Mix well. Taste for seasoning adjustment.
2. Put mixture onto slices of bread of choice. Top mixture with lettuce, tomato slices, and shredded carrots before putting sandwich together.
3. Enjoy!

*Store in a container for up to two days. Delicious alone or piled high on bread with veggies.

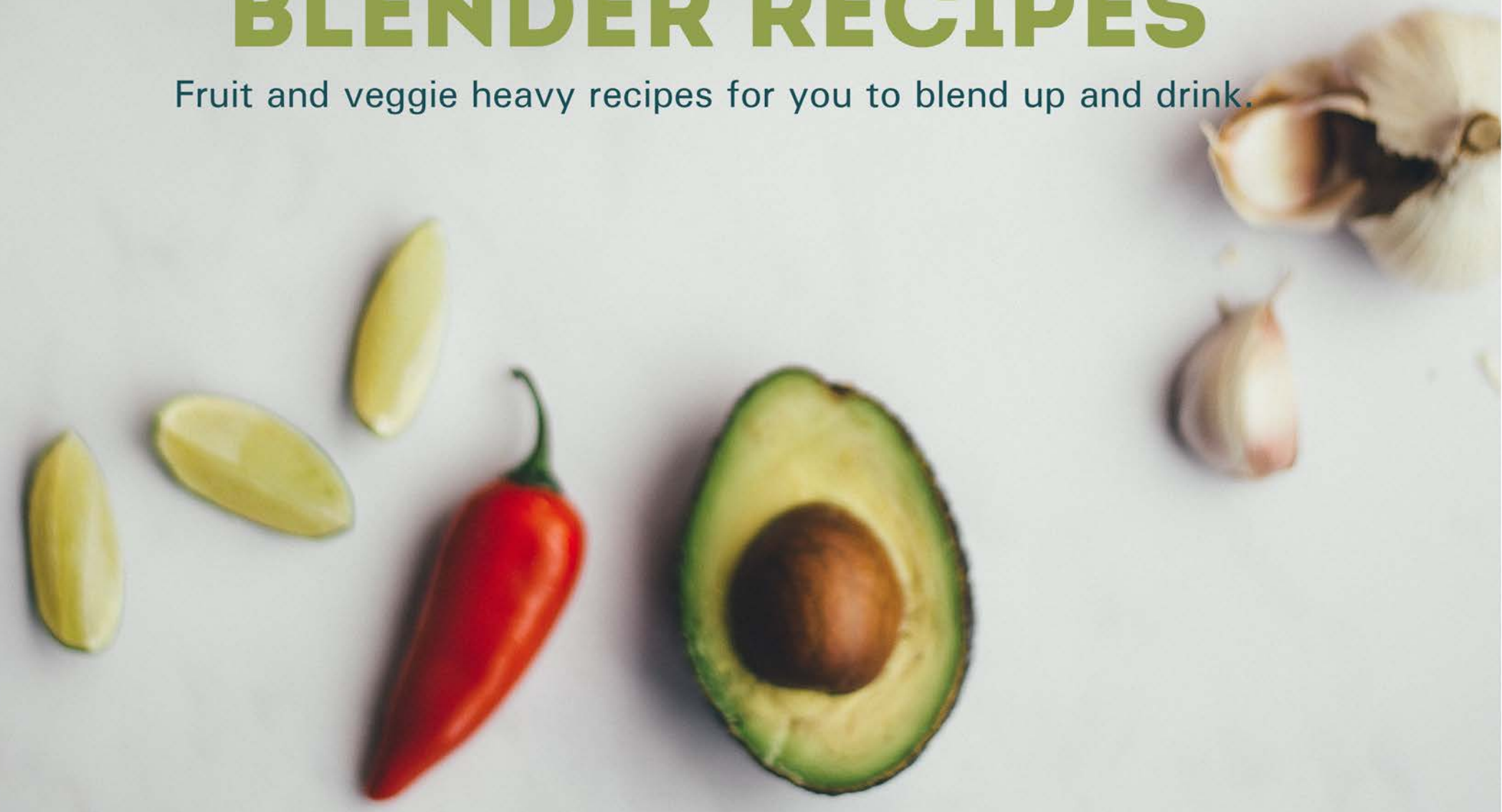
Adapted from <https://vanillaandbean.com/smashed-chickpea-salad-sandwich/>





BLENDER RECIPES

Fruit and veggie heavy recipes for you to blend up and drink.



LEMONY HUMMUS

Total Prep Time: 15 minutes

Ingredients:

- 1 can Chickpeas, rinsed and drained (reserve 1/4 cup of canning liquid)
- 2 cloves garlic
- 2-3 tbsp. olive oil
- 3 tbsp. Tahini (Optional-if not using increase olive oil by 1-2 tbsp.)
- juice from 1 lemon
- salt & Pepper to taste
- vegetables for dipping

Directions:

1. Place the chickpeas, garlic, and olive oil in the food processor and process for 30 seconds.
2. Add the remaining ingredients and pulse until smooth (at least 2 full minutes).
3. Serve with your favorite vegetables for dipping.

Add the following ingredients to mix up the flavor:

- 1/2 cup cilantro, stems removed + 1/2 jalapeno (seeds optional)
- 1/2 cup roasted red peppers or sundried tomatoes + 1 tsp. red pepper flakes



PUMPKIN PIE SMOOTHIE

Makes 2 servings | Total Prep Time: 5 minutes

Ingredients:

- 1 cup Pumpkin Puree
- 1 cup Coconut Milk
- 1/2 cup Apple Juice
- 1 whole Banana (or half an orange)
- 1 teaspoon Pumpkin Pie Spice
- 1 cup of Ice Cubes
- handful of Crushed Pecans for topping

Directions:

1. Combine all of the above ingredients in order into your blender or anything that can make smoothies.
2. Run until your smoothie is of a smooth consistency.
3. Transfer to your serving glass and sprinkle with crushed pecans.
4. Enjoy!

STRAWBERRY BANANA SMOOTHIE

Makes 2 servings | Total Prep Time: 5 minutes

Ingredients:

- 2 bananas, cut up
- 1/2 cup Frozen Strawberries
- 1.5 cups milk (or nut milk)
- 2 handfuls spinach

Directions:

1. Combine all of the above ingredients in order into your blender or anything that can make smoothies.
2. Run until your smoothie is of a smooth consistency.
3. Transfer to your serving glass.
4. Enjoy!

*Greek yogurt, milk, or milk substitute can be added to any of the smoothies to increase the protein & nutrient content.



★ CLASSIC HUMMUS

Makes 1 batch | Total Prep Time: 10 minutes

Ingredients:

- 1 can of chickpeas
- 2 cloves of fresh garlic
- tahini paste
- fresh lemon juice
- ground cumin
- salt
- olive oil
- cold water
- (optional toppings): roasted red peppers, olives, pine nuts, etc.

Directions:

1. Add tahini and fresh lemon juice first into the food processor/blender or bullet. Let the processor run for about a minute.
2. As you add all of the other ingredients (2 cloves of fresh garlic, ground cumin, salt, and olive oil) let the processor run for about a 45 seconds or so.
3. Next, add in the can of chickpeas after rinsing in warm water and draining. Puree for 3-4 minutes, or until smooth, stopping to scape the sides down every once in awhile. Add in a really tiny drizzle of cold water while the food processor is going with the chickpeas, and this will allow the smooth mixture into a fluffy dip.
4. Give the hummus extra taste (if needed), and add in extra salt, cumin and/or lemon juice.
5. Transfer to a serving bowl, add on any toppings (roasted red peppers, olives, pine nuts, etc.), and enjoy!

SIMPLE SMOOTHIE

Total Prep Time: 10 minutes

Ingredients:

- 1 cup milk (or milk substitute)
- 2 cups leafy greens
- ½ cup grated carrots
- 1 1 cup frozen fruit
- For fat:
 - 1 tbsp. chia seeds or 1/4 ripe avocado
- For protein:
 - 1 serving protein powder or 2 Tbsp. nut butter
- For extra flavor:
 - try lime juice, cinnamon, vanilla, or ginger

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. If your blender is older, try blending the liquid base with the vegetables first to break them down, then add the frozen fruit.
3. Flavor Combos (Add the following to the vegetables):
 - PB & J: Nut butter, frozen berries, and chia seeds
 - Tropical: Mango, banana, pineapple, avocado, and lime juice





MICROWAVE RECIPES

Recipes adapted for students without access to an oven or stove.



★ MICROWAVE GREEN BEAN CASSEROLE

Ingredients:

- 2 cans low sodium cream of mushroom soup
- 1 cup of low-fat milk (skim or 1 %)
- 2 tsp. soy sauce
- ¼ tsp. ground black pepper
- 8 cups canned green beans (or preboiled/blanched green beans)
- 2.5 cups of fried onions

Directions:

1. Stir the soup, milk, soy sauce, black pepper, beans and 1 1/3 cups onions in a 3-quart casserole.
2. Heat in microwave for 6 to 8 minutes, or until heated through.
3. Sprinkle with remaining onions. Heat for 10 more seconds to warm onion topping.

Recipe from Delish.com at: delish.com/cooking/g3005/green-beans/

★ MICROWAVED APPLE DELIGHTS

Makes 1 serving | Total Prep Time: 5 minutes

Ingredients:

- 1 apple
- ¼ cup of water
- 1 tbsp. of cinnamon

Directions:

1. Slice 1 apple and then place the slices into a microwave safe bowl.
2. Drizzle ¼ cup of water over the apple slices.
3. Cover and microwave for 2 minutes.
4. Pour out the remaining water and place slices on a plate.
5. Sprinkle the warm slices with cinnamon and enjoy!



MEDITERRANEAN SPAGHETTI SQUASH

Makes 4 servings | Total Prep Time: 45 minutes

Ingredients:

- 1 medium spaghetti squash
- 1 tbsp. vegetable or olive oil
- 1 lb lean ground turkey
- 1 onion, chopped
- 2-3 cloves garlic
- 1 14 oz. can diced tomatoes
- ¾ cup feta cheese
- 2 tbsp. sliced black olives
- 2 tbsp. chopped fresh basil

Directions:

1. Pierce the skin of the squash with a knife several times. Place on a plate in the microwave. Microwave at 75% power in 5 minute increments, rotating frequently, until the squash feels soft. Carefully remove the squash from the microwave and cool at least 10 minutes.
2. While the squash is cooling, heat the oil in a large pan over medium heat. Add the garlic, onion, and turkey and cook until the meat is cooked through, about 5 minutes. Stir in the canned tomatoes and simmer on low for 5 minutes.
3. Cut the squash in half. Remove the seeds and pulp from the center and discard.
4. Scoop the stringy squash flesh and add to pan the pan with the turkey and tomatoes. Mix well to combine.
5. Add the fresh basil, feta cheese, and olives. Mix well and serve.

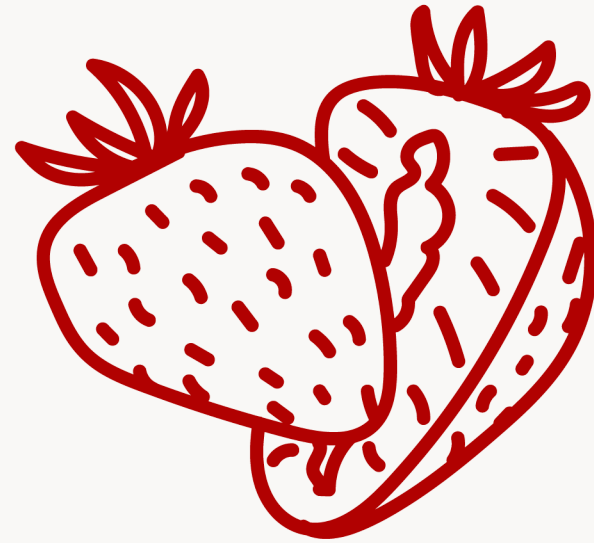
Adapted from www.allrecipes.com

NO BAKE SWEET POTATO CAKE

Makes 2 servings | Total Prep Time: 15 minutes

Ingredients:

- 1 medium sweet potato (should yield about 2/3 cup mashed)
- 2 tbsp. maple syrup
- 1/3 cup cocoa powder
- 1/2 tsp. vanilla
- pinch of cinnamon
- optional: diced strawberries or pomegranate seeds to top



Directions:

1. Poke holes in sweet potato with a fork and microwave using the Potato button (about 6-7 minutes). The potato should be soft and the consistency of a baked potato.
2. Carefully cut the potato in half. Scoop out the potato and mash in a large bowl with a fork.
3. Add the remaining ingredients and mix well with a rubber spatula.
4. Divide between two cupcake tins and let sit 5-10 minutes in the fridge.
5. Top with fruit and enjoy!

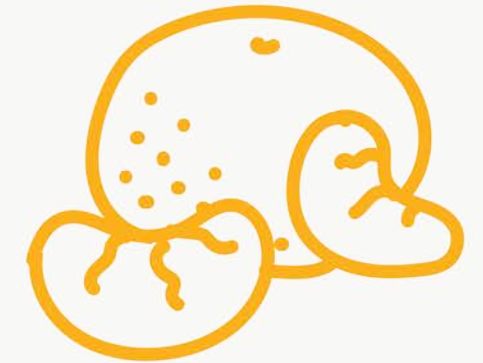
Adapted from <http://greenevi.com/no-bake-sweet-potato-cake/>

QUINOA AND TANGERINE SALAD

Makes 3 one cup servings | Total Prep Time: 25 minutes

Ingredients:

- 3/4 cup uncooked quinoa, rinsed
- 1.5 cups water
- 2 tsp. olive oil
- 1 tbsp. lower sodium soy sauce
- 2 tsp. honey
- 1 tsp. minced fresh ginger
- 1 garlic clove, minced
- 2 cups chopped kale
- 1 cup drained mandarin oranges
- 1/4 cup almond slivers
- salt and pepper to taste



Directions:

1. Combine the quinoa and water in a microwave safe bowl. Cover and microwave for 6 minutes. Stir, tightly recover, and cook an additional 2-3 minutes. Leave covered and let sit for 5-10 minutes, until all of the water is absorbed.
2. Once the quinoa is fully cooked, cool 10-15 minutes.
3. While the quinoa cools, in a small bowl, mix the olive oil, soy sauce, honey, ginger, and garlic.
4. Combine the quinoa, kale, oranges, and dressing in a large bowl.
5. Season to taste with salt and pepper. Add almond slices just before serving. Stir well and enjoy!

SOUTHWESTERN STUFFED SWEET POTATO

Makes 4 servings | Total Prep Time: 20 minutes

Ingredients:

- 4 sweet potatoes about 5 inches long
- 1 tsp oil
- ½ cup onion chopped
- ¾ cups black beans
- ¾ cups frozen corn
- 1 cup cherry tomatoes cut in half
- 1 tsp cumin
- 1 tsp chili powder
- 2 tbsp. chopped cilantro plus more for garnish
- 1 lime, juiced
- 4 tbsp. mexican blend shredded cheese I used 2%
- 4 tbsp. Greek yogurt for garnish if desired

Directions:

1. Clean all potatoes, and poke holes throughout with a fork. Place potatoes in microwave safe dish, and cook on HIGH for 8-10 minutes, or until tender. Remove and set aside.
2. While the potatoes are cooking, add oil to a skillet, and add onion; sauté for 3-4 minutes. Add cumin and chili pepper; stir. Add beans, corn, and tomatoes and sauté for 2 minutes. Add lime and cilantro; stir and cook for 1 minute. Remove from skillet and set aside.
3. Working one potato at a time, cut potato in half lengthwise, and scoop out a bit of the filling (save to eat later!), making a little opening for the filling. Add about 1/4 cup of filling into each potato. Add 1/2 tbsp. cheese on top of each, then 1/2 tbsp. Greek yogurt, and additional cilantro if desired. Repeat for all potatoes.





SLOW COOKER RECIPES

Recipes to start in the morning that will be ready by dinner.

★BLACK BEAN + RICE BOWL

Ingredients:

- ¾ cup short grain brown rice
- 2¼ cup water
- 2 cans black beans, rinsed and drained
- ½ tsp. ground cumin
- ½ tsp. chili pepper
- 1 can corn, rinsed and drained (or ¾ cup frozen corn)
- ½ cup plain Greek yogurt
- ½ cup chopped cilantro
- 1 red bell pepper, diced
- 2 tbsp. roasted green chilies (optional)
- juice from 1 lime (about 2 Tbsp.)
- salt and pepper to taste



Directions:

1. Combine the rice, water, beans, spices, and corn in a rice cooker. Turn on and cook until all of the water is absorbed and the rice is tender (30-45 minutes).
2. Meanwhile, combine the Greek yogurt, lime juice, and cilantro. Season with salt and pepper to taste and set aside.
3. When the rice is finished cooking, stir in the bell pepper and green chili.
4. Divide between 4 bowls. Top with the Greek yogurt dressing and enjoy!

EASY MINESTRONE

Total Prep Time: 45 minutes

Ingredients:

- 1 tbsp. olive oil
- 2 medium carrots, peeled and sliced
- ½ onion, diced
- 2 stalks celery, sliced
- 3-4 cloves garlic
- 1 tbsp. Italian seasoning
- 4 cups low-sodium vegetable broth
- 1 14.5 oz. can diced tomatoes
- 2 cups frozen green beans
- 1 14.5 oz. can red beans, drained and rinsed
- 1 cup whole wheat elbow pasta
- salt and pepper to taste



Directions:

1. Heat the oil in a large pot over medium high heat. Add the carrots, onion, celery, and garlic. Season with salt and pepper and saute for 3-4 minutes.
2. Add the dried spices and cook another 1-2 minutes.
3. Add the broth and bring to a boil. Reduce heat to low and simmer for at least 20 minutes.
4. Add the frozen green beans, red beans, and pasta. Cook another 10 minutes until the pasta is al dente.
5. Serve with a sprinkle of freshly grated parmesan cheese. If you prefer, place the vegetables, seasoning, and stock in a crock pot. Cook on low all day, and add the frozen green beans, red beans, and pasta about 10-15 minutes before serving.

PORK POSOLE

Total Prep Time: 45 minutes

Ingredients:

- 1 1 Tbsp. Olive oil
- 1.5 pounds boneless pork loin chops, excess fat trimmed and cut into 1" cubes
- 1 cup chopped onion
- 3 cloves garlic, minced
- 1 tbsp. ground cumin
- 1 tbsp. dried Mexican oregano
- 2 4 oz. cans green chiles, diced
- 2 15 oz. cans hominy, rinsed and drained
- 2 cups water
- 1 14 oz. can low sodium chicken broth
- salt and Pepper to taste

Garnishes:

- ½ head cabbage, thinly sliced
- 2 jalapenos, sliced
- 2 limes, cut in to wedges
- 1 cup chopped cilantro

Directions:

1. In a large pot, heat the olive oil over medium-high heat. Add the pork, and cook just till the outside is brown. Remove the pork from the pan.
2. Add the onion and the garlic. Cook 2-3 minutes until fragrant and beginning to soften. Add the cumin and oregano and cook an additional 1 minute until fragrant.
3. Transfer all cooked ingredients to a slow cooker and cook at least 30 minutes on medium heat.
4. Serve with side garnishes-Be sure to add at least ½ cup cabbage to each bowl to get a serving of vegetables!



QUINOA SWEET POTATO CHILI

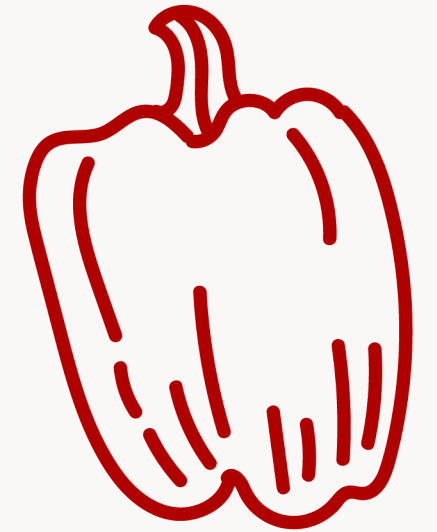
Total Prep Time: 30+ minutes

Ingredients:

- 1 small onion, diced
- 2 stalks celery, sliced
- 1 bell pepper, diced
- 2 sweet potatoes, diced 1/4" to 1/2"
- 1 tbsp. olive oil
- 1.5 tbsp. cumin
- 2 tsp. paprika
- 1 tsp. cayenne pepper
- 1 28 oz. can diced tomatoes
- 2 cans beans, rinsed and drained
- 1 cup quinoa

Directions:

1. Heat the oil in a pan over medium heat. Add the vegetables and sauté 4-5 minutes.
2. Add the spices and sauté 1 minute more.
3. Transfer the ingredients to a slow cooker, and add the tomatoes and beans. Cook on low for at least 30 minutes.
4. Add the quinoa in the last 20 minutes of cooking.
5. Garnish with avocado, green onion, cilantro, and/or fritos.



SLOW COOKER CHARRO BEANS

Makes 8 Servings

Ingredients:

- 1 lb dried pinto beans
- 8 cups water
- ½ ½ onion, chopped
- 2 cloves garlic, chopped
- 6 strips turkey bacon, cooked and chopped
- 3 seeded and chopped Serrano chiles
- 1 14.5 oz can fire-roasted tomatoes with juices
- ½ bunch cilantro, chopped
- salt and pepper to taste

Directions:

1. Rinse pinto beans in a colander. Remove any stones or dirt. Place dried beans in a medium pot with 8 cups of water. Bring to a boil.
2. Once beans are boiling, transfer beans and water into a slow-cooker. Add onion, garlic, salt, and pepper. Cook on high for approximately 6 hours, or until tender.
3. When beans are tender, reduce heat to low. Add tomatoes, salt, Serrano peppers, and cooked turkey bacon. Let cook for another 30 minutes.
4. Stir in cilantro just before serving.

★ SLOW COOKER VEGETABLE BEAN SOUP

Makes 6–8 Servings | Total Prep Time: 10 minutes + 3–4 cook time

Ingredients:

- 4 cans of Great Northern beans, drained & rinsed
- 3 carrots, diced (about 1 ½ cups)
- 2 stalks celery, diced (about 1 cup)
- 1 onion, diced (about 1 ½ cups)
- 3 cloves garlic, minced
- 4 cups of vegetable broth
- 2 cups of water
- salt and pepper to taste

Directions:

1. Drain and rinse beans in a colander.
2. Place soaked beans, carrots, celery, onion, and garlic in the slow cooker.
3. Cover with broth and water.
4. Cover with lid and cook on HIGH for about 3-4 hours (the longer it cooks, the creamier the soup gets).
5. Taste soup. Add salt and pepper to taste.
6. Enjoy!

Adapted from <https://www.onelovelylife.com/slow-cooker-vegetable-bean-soup-gf-df-v/>



FULL KITCHEN RECIPES

Meals that utilize the oven and/or stove.

★ BLACK BEAN BURGERS

Total Prep Time: 30 minutes

Ingredients:

- 1 large egg
- 1 16-oz. can beans (black beans or garbanzo beans)
- ½ cup cooked brown rice or quinoa
- ½ cup diced onion
- 2 tablespoons cilantro
- 1 clove garlic
- ¼ tsp. ground cumin
- salt and pepper

Directions:

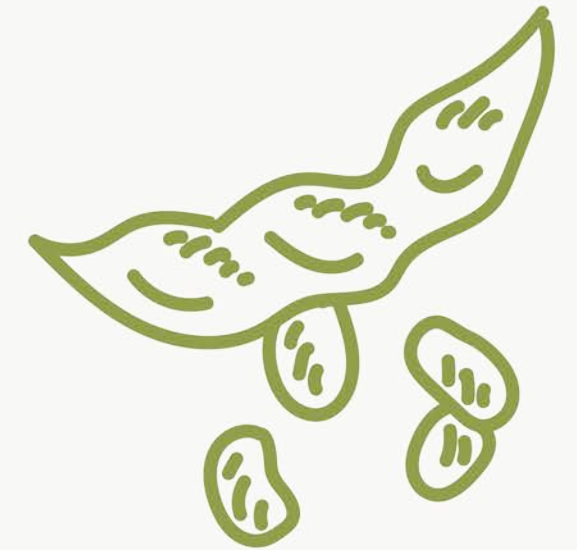
1. Crack the egg into a bowl and mix with a fork.
2. Add the beans and mash until chunky.
3. Add the remaining ingredients and mix until well combined.
4. Divide the mixture into four, 3/4" thick patties.
5. Heat a medium skillet on high with pan spray or olive oil. Add the burgers and cook until heated through-about 4-5 minutes on each side.

CAULIFLOWER FRIED "RICE"

Total Prep Time: 20 minutes

Ingredients:

- 1 medium head of cauliflower
- 2 tsp. olive oil or sesame oil
- 2 cloves garlic, minced
- 4 green onions, sliced, with white and green parts divided
- 1 cup finely diced zucchini
- 1 cup frozen edamame
- 2 tbsp. lower sodium soy sauce



1. Grate the cauliflower on a box grater, or finely chop using a knife or food processor.
2. Heat the oil in a non-stick sauté pan over medium-high heat.
3. Add the garlic and white parts of the onion. Cook 1-2 minutes, until fragrant.
4. Add the cauliflower, zucchini, and edamame to the pan. Cook an additional 3-5 minutes, until the vegetables start to get soft.
5. Add the soy sauce and cook 1-2 minutes more. Mix in the green parts of the onion and serve.

CHICKEN QUINOA BOWLS WITH MANGO & BEANS

Total Prep Time: 25 minutes

Ingredients:

- 1 cup quinoa
- 1 boneless chicken breast, cut into small pieces
- Kale, stalks removed and finely chopped
- 1 14oz. can of black beans, drained and rinsed
- 1 lime, cut into wedges
- 2 avocados, pitted & sliced
- 1 bunch of cilantro, chopped
- 1 ripe mango, pitted and sliced
- ½ tsp chili powder
- ½ tsp salt

1. Cook quinoa as per package instructions.
2. Preheat large skillet med/high heat, swirl oil to coat, add chopped chicken, chili powder and salt, cook until cooked through.
3. Chop veggies/fruits.
4. Mix everything in with cooked quinoa and add black beans.
5. Add dressing of choice and enjoy!

CHIPOTLE-LIME CAULIFLOWER TACOS

Total Prep Time: 40 minutes

Ingredients:

- ¼ cup lime juice, about two limes
 - 1-2 tbsp. chopped chipotle peppers in adobo sauce
 - 1 tbsp. honey
 - 2 cloves of garlic, minced
 - ½ tsp. salt
 - 1 small head of cauliflower, cut into florets
 - 1 small red onion, halved and thinly sliced
 - 1 15 oz. can of refried black beans, warmed
 - 8 corn tortillas, warmed
- Garnish with guacamole, cabbage, and salsa

Directions:

1. Preheat oven to 450°F and line a large, rimmed baking with foil.
2. Combine lime juice, chipotle peppers to taste, garlic, honey, and salt in a blender and blend until mostly smooth.
3. Place cauliflower into a large bowl and combine with sauce until evenly coated. Place cauliflower mixture onto the lined baking sheet.
4. Stirring once, roast the cauliflower until lightly brown and tender, between 18 and 20 minutes.
5. Serve the cauliflower and warmed beans on the tortillas and garnish with any selection of toppings.
Tip: Chipotle peppers in adobo sauce can be found in most supermarkets near the other Mexican food.

Adapted from: <http://www.eatingwell.com/recipe/257781/chipotle-lime-cauliflower-tacos/>



BEEF & BEAN ENCHILADAS WITH ZUCCHINI

Total Prep Time: 40 minutes

Ingredients:

- ½ lb ground beef
- 1 onion, chopped
- 1 can pinto beans, rinsed
- 2 cups grated Cheddar
- 2 tablespoons canola oil
- 2 cups enchilada sauce
- 8 corn tortillas
- 2 zucchini, thinly sliced
- sour cream & salsa for serving

Directions:

1. Heat oven to 400 degrees. Heat 1 tbsp. of oil in a skillet over medium-high heat. Add onion and cook until softened, 3-5 minutes. Add beef and cook, breaking up with a spoon until browned. Mix in the beans and 1 cup of Cheddar.
2. Spread 1 cup of the enchilada sauce in the bottom of a baking dish. Roll up beef mixture in the tortillas and place the rolls seam-side down in the dish. Top with the remaining cup of enchilada sauce and cup of Cheddar. Bake until Cheddar is brown in spots, 10-15 minutes.
3. Meanwhile, wipe out the skillet and heat the remaining tbsp. of oil over medium-high heat. Add the zucchini, season with salt and cook, tossing occasionally. Cook until tender and golden, 8-10 minutes.
4. Top with sour cream & salsa, enjoy!

Recipe from: <https://www.realsimple.com/food-recipes/browse-all-recipes/beef-bean-enchiladas>

MUSHROOM, AVOCADO, LETTUCE, AND TOMATO SANDWICHES (MALTS)

Ingredients:

- 1 tbsp olive oil
- 2 tbsp reduced sodium soy sauce
- 8 oz. whole shiitake mushrooms, stems removed
- 8 slices whole grain bread
- ½ tsp garlic, minced
- 4 tbsp vegan mayo (or regular if preferred)
- 1 avocado, halved and sliced
- 8 thin slices of tomato
- 4 romaine lettuce leaves

Directions:

1. Preheat oven to 350°F.
2. Combine olive oil and soy sauce in a bowl. Add mushrooms and stir until liquid is absorbed. Place on baking sheet and roast until golden brown, about 30 minutes. Flip mushrooms once.
3. Toast the bread. While toasting, mix the mayo and minced garlic in a bowl.
4. Spread 1 tbsp of the mayo mixture onto half of the toasts. Equally divide the avocado, tomato, lettuce, and mushrooms onto the toasts. Top the sandwich with remaining toasts.

★ MEDITERRANEAN TUNA PASTA

Total Prep Time: 30 minutes

Ingredients:

- 2 5 oz. cans of albacore tuna
- 1 tomato, chopped
- ¼ cup pitted, kalamata olives, coarsely chopped
- ¼ cup chopped red onion
- 2 tbsp chopped parsley
- 2 teaspoons lemon juice
- 2 tbsp olive oil
- ¾ pound fusilli pasta, dry
- 1 cup grated Mozzarella cheese

Directions:

1. Put pasta water on to boil: Heat 2 quarts of salted water to a boil. While heating the pasta water, prep the ingredients.
2. Stir drained tuna with tomato, olives, onion, parsley, capers, lemon juice, olive oil, salt, pepper: Place drained tuna in a medium bowl. Stir with a fork to break up the largest chunks of tuna. Add the tomato, olives, red onion, parsley, capers, lemon juice, olive oil, salt and pepper. Stir to combine.
3. Boil pasta until al dente: When the pasta water comes to a boil, add the pasta and boil, uncovered, on a rolling boil until al dente (cooked through, but still a little firm to the bite). Reserve 1/4 cup of the pasta water.
4. Add pasta to tuna mixture, sprinkle with Mozzarella cheese: Drain the pasta and immediately add the pasta to the tuna mixture. Sprinkle with the grated Mozzarella cheese and stir until everything is well combined.



Recipe from: http://www.simplyrecipes.com/recipes/mediterranean_tuna_pasta/#ixzz4uesSUqfq

COCONUT CURRY PUMPKIN SOUP

Total Prep Time: 30 minutes

Ingredients:

- 2 tbsp. olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tsp. fresh ginger, grated
- 2 tsp. curry powder
- 1.5 tsp. cinnamon
- 1 tsp. nutmeg
- 3 cups pumpkin puree
- 4 cups low-sodium vegetable stock
- 1 14 oz. can coconut milk
- salt + pepper to taste
- Cilantro and pumpkin seeds for garnish

Directions:

1. Heat the oil in a large pot over medium heat. Add the onion and cook until tender (4-5 minutes). Add the ginger and garlic and cook about 1 minute longer. Stir in the curry, cinnamon, and nutmeg. Season with salt and pepper.
2. Stir in the pumpkin puree and whisk in vegetable stock. Bring to a boil and simmer about 15 minutes. Add the coconut milk and cook an addition 5-10 minutes. Season with salt and pepper.
3. Serve in bowls and garnish with pumpkin seeds and cilantro.

Adapted from

<http://www.delish.com/cooking/recipe-ideas/recipes/a44147/coconut-currypumpkin-soup-recipe/>



CHICKEN VEGGIE RAMEN

Total Prep Time: 45 minutes

Ingredients:

- 2 cups chicken stock (low sodium)
- 2 chicken breasts (cut up)
- 1 cup of bok choy
- ½ cup snow peas
- 1 cup of broccoli
- 1 tbsp. ginger paste
- 1 tbsp. garlic paste
- 1 tbsp. soy sauce
- 1 packet of ramen noodles
- 1 scallion bunch

Directions:

1. Heat oil in a large/deep pan.
2. Add cut up chicken, season with salt & pepper.
3. Let chicken cook, flipping pieces every 3-4 minutes then adding cut up broccoli to pan.
4. Let chicken and broccoli sauté 2 more minutes, add garlic paste, ginger paste, white part of scallions.
5. Add chicken stock and soy sauce to mix and a cup of water if necessary.
6. Add noodles and cook for about 4 minutes until they start to soften.
7. Add snow peas, bok choy and cook until tender (2 minutes).
8. Stir in green part of scallions and serve, add seasoning as needed to taste.

SOUTHWEST ZUCCHINI NOODLES

Total Prep Time: 30 minutes

Ingredients:

- 2 ripe avocados, halved, seeded, and peeled
- ½ cup fresh cilantro
- 2 cloves garlic
- ¼ cup olive oil
- 1 zucchini, spiralized
- 1 cup cherry tomatoes, halved
- 1 can black beans, rinsed and drained
- 1 cup corn kernels
- 1 tbsp. olive oil
- ¼ cup Cotija cheese (optional)
- juice from 1 lime
- salt + Pepper to taste

Directions:

1. In a food processor, blend together avocado, cilantro, garlic, and lime. Slowly stream in olive oil and blend until combined. Set aside.
2. Heat the remaining 1 Tbsp. olive oil in a large saute pan over medium heat. Add the zucchini, tomatoes, beans, and corn. Saute until the vegetables begin to soften, about 5 minutes.
3. Remove the pan from heat and add the avocado sauce. Stir until just combined.
4. If desired, top with 1-2 Tbsp. Cotija Cheese. Serve.

TURKEY-CARROT GOULASH

Total Prep Time: 40 minutes

Ingredients:

- 6 oz. of elbow macaroni
- 1 pound carrots, peeled
- 2 tbsp. extra virgin olive oil
- 1 lb. ground turkey
- 1 large onion, chopped
- 6 cloves garlic, minced
- 1 tsp. paprika
- 2 8 oz. cans of tomato sauce
- 1 cup water
- salt and pepper to taste
- sour cream (optional)



Directions:

1. Cook the pasta according to instructions on package and set aside. Meanwhile, peel or slice the carrots into long ribbons. Heat 1 tbsp. olive oil in a large skillet on medium-high heat. Add turkey and cook until no longer pink. Remove turkey from skillet and set aside. Add the remaining olive oil to the skillet and add the onion, carrots, garlic, paprika, salt, and pepper. Cook until the carrots are just tender, about 4 minutes.
2. Add the cooked pasta, turkey, tomato sauce, and water. Cook and stir over medium heat until heated all the way through. Serve with sour cream and parsley (optional).

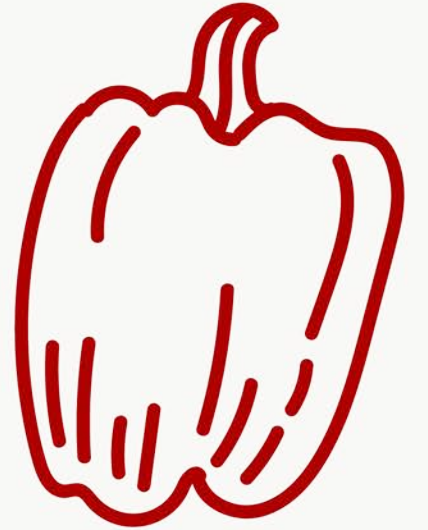
Adapted from: <https://www.bhg.com/recipe/turkey-carrot-goulash/>

VEGETABLE MIGAS

Total Prep Time: 20 minutes

Ingredients:

- 2 tsp. olive or canola oil
- ½ small red onion, diced
- ½ red bell pepper, diced
- ½ cup diced zucchini
- 1 jalapeno, minced
- 4 large eggs
- ¾ cup corn tortilla strips
- salt + Pepper to taste



Directions:

1. Whisk the eggs together in a small bowl and set aside.
2. In a medium pan (nonstick if you have one), heat the oil over medium heat. Add the vegetables and cook 3-5 minutes, or until the vegetables start to soften.
3. Add the eggs and cook 2-3 minutes, or until the eggs start to set. Remove from the heat and stir in the corn tortilla strips.
4. If desired, top with avocado or your favorite hot sauce or salsa.

WHOLE GRAIN WAFFLES

Total Prep Time: 30 minutes

Ingredients:

- 3 tbsp. unsalted butter
- ½ cup all purpose flour
- ½ cup whole wheat flour
- ½ tbsp. sugar
- ½ tsp. baking powder
- ½ tsp. sea salt
- ¼ tsp. baking soda
- ½ cup plain Greek yogurt
- ½ cup milk
- 2 large eggs

Directions:

1. Melt the butter in the microwave and set aside.
2. In a large bowl, mix the flours, sugar, baking powder, salt, and baking soda. In a separate bowl, mix the melted butter, yogurt, milk, and eggs. Fold the wet ingredients into the dry.
3. Add 1/2 cup batter to your waffle iron and cook until golden and crisp. Top with one of the topping ideas below:
 - Nut Butter + Fruit
 - Egg + Sautéed Spinach
 - Avocado + Tomato Slices

Adapted from www.nytimes.com



FREEZER-READY MINI PIZZAS

Makes 12 Servings | Total Prep Time: 15 minutes + 8 hours freezer time

Ingredients:

- 6 English Muffins
- ¾ cup tomato sauce
- 1 cup shredded mozzarella or cheese alternative
- tomato slices
- black olives
- mushrooms
- onion

Directions:

1. Line two small baking sheets with foil or parchment paper.
2. Open the English muffins and line them up on the baking sheets with cut sides facing up.
3. Spread about 1 Tbsp. of pizza sauce over the surface of each muffin and top with shredded mozzarella or cheese alternative.
4. Chop the vegetables into very small pieces, and divide evenly among the mini pizzas. Once done, press down light on each pizza to help them compact the toppings into place before putting into the freezer.
5. Leave in freezer for about 8 hours or until the pizzas are solid. Transfer them into a gallon sized freezer bag for storage in the freezer, up to 3 months.
6. To bake the pizza, place on a baking sheet, let them thaw a little while preheating the oven, and cook at 400°F for 15 minutes, or until the edges are golden brown and cheese is melted.

Adapted from <https://www.budgetbytes.com/freezer-ready-mini-pizzas/>

HEARTY BLACK BEAN QUESADILLAS

Makes 10 Servings | Total Prep Time: 15 minutes

Ingredients:

- 10 10 tortillas
- 2 8 oz. cans of black beans
- 1 cup of canned corn
- ½ of a small red onion
- 1 clove of garlic
- 2 cups shredded cheese or cheese substitute
- 1 batch of taco seasoning, or you can use the following to make your own taco seasoning: chili powder, smoked paprika, cumin, cayenne pepper, oregano, salt, and pepper (optional)

Directions:

1. Drain the beans and corn and rinse them lightly. Place the drained beans and corn in a large bowl.
2. Chop the onion and garlic. Add the onion, garlic, and shredded cheese (or cheese substitute) to the bowl with the beans and corn.
3. Add in the taco seasoning (optional) and add to the bowl of ingredients. Stir everything together.
4. Scoop up a half cup of the bowl ingredients and spread out onto one side of a tortilla and fold it over.
5. On medium heat, cook in a skillet on both sides until crispy and the cheese has melted.
6. Enjoy with your favorite hot sauce!

***To freeze the quesadillas, place on a baking sheet lined with parchment paper. Place in the freezer for one hour so the quesadillas hold their shape. When done, transfer to a freezer bag. To reheat either microwave them or cook them on a skillet on low heat (so that the filling has time to thaw before the outside burns).*

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

NO EGG FRIED RICE

Makes 2 Servings | Total Prep Time: 30 minutes

Ingredients:

- 1 cup of rice
- ½ cup of corn (canned works)
- ½ cup of peas
- 1 carrot (can get canned peas/carrots instead)
- 1-2 tbsp. olive oil
- 2 cloves of garlic
- ½ onion
- 2 tbsp. soy sauce (try low sodium if possible)
- ½ cup of shelled edamame (Optional)

Directions:

1. Cook 1 cup of rice according to package directions. (If you have 1-day-old rice, this is a great option to use instead, because the old rice will not be moist and holds together better.)
2. If you use fresh or frozen peas, corn kernels and shelled edamame, cook them according to package directions. If you use canned, skip this step.
3. Heat 1-2 Tbsp. of olive oil in a skillet. Add 2 cloves of chopped garlic, ½ a chopped onion and the diced carrots. Cook them over medium-high heat for about 2 minutes. Add ½ cup of peas, ½ cup of corn kernels, and ½ cup of shelled edamame. Cook for 2 minutes.
4. Add the rice and 2 tbsp. of soy sauce to the mixture. Cook for 2-3 minutes or until rice is hot.

Adapted from <https://simpleveganblog.com/vegan-fried-rice/>

