

Vancouver Native Health Youth Initiative

# Recipe Book

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# 1. Fabulous Chicken Fajitas and Salad

## Ingredients

### Fajitas:

- 20-30 whole wheat tortillas
- 3 cans black beans
- 1 head garlic
- 4 large white onions (1 for beans, 3 for pepper mixture)
- 6 bell peppers (mix of red/yellow/green)
- 1 can tomato sauce (for ground beef/ chicken)
- ~2-3 lbs chicken breast or thighs sliced into pieces
- Cheddar cheese (can buy pre-grated to save time)
- 1 jar salsa
- 1 container sour cream
- Cumin
- Taco seasoning
- Salt

### Salad:

- Romaine lettuce
- Croutons
- Caesar dressing
- 1 container cherry tomatoes
- 1 cucumber, sliced

## Directions

1. Sautee 1 chopped onion and a few cloves of garlic
2. Add the sliced chicken and tomato sauce and sauté. Then add taco seasoning and salt to taste. Continue to sauté until the chicken is completely cooked.
3. While doing the chicken also sliced the onion, garlic and peppers and sauté the veggies in a separate pan. Add taco seasoning, salt, and pepper to the veggie mix to taste.
4. You can heat up the beans on the stove with seasoning, or just microwave them depending on the number of working elements.
5. Grate cheese if it is not pre-grated.
6. Assemble the salad, being careful not to “soak” with dressing.
7. Assemble fajitas with beans, meat, and veggies plus some grated cheese, salsa, and sour cream on the side. Assemble without chicken for a vegetarian option. Plate with salad and serve!

## 2. Revolutionary Roasted Carrot and Quinoa Salad

### Ingredients

- 2 bags large carrots, sliced into small chunks
- 2 white onion, sliced into small chunks
- 7 tablespoons extra-virgin olive oil
- 1 cup chopped walnuts
- 8 cups quinoa (w 16 cups water)
- 2 fresh lemons
- 1 large bag baby spinach
- 1 cup dried cranberries
- ½ cup chopped flat-leaf parsley
- Fresh ginger
- 2 packages of chicken breast
- 1 can chickpeas as vegetarian supplement

### Seasonings:

- 5 teaspoons sweet paprika
  - 1 teaspoon ground turmeric
  - 5 teaspoons ground cumin
  - 2 teaspoons ground ginger
  - 5 teaspoons ground cinnamon
  - 1 teaspoon cayenne pepper
  - Salt
  - Freshly ground black pepper
- \*\*You can mix the spices at home and bring them in ready to go

### Directions

1. Slice the chicken into bite-sized pieces and fry with oil, lemon, and salt and pepper to taste.
2. Preheat the oven to 400°. In a small bowl, whisk the paprika with the turmeric, cumin, ginger, coriander, cinnamon, cayenne, cardamom and 1 teaspoon each of salt and black pepper.
3. In a medium bowl, toss the carrots with the onion and 2 tablespoons of the oil. Add 1 tablespoon of the spice mix and toss to coat. Spread the vegetables on a rimmed baking sheet and roast for 20 to 25 minutes, stirring once or twice, until tender.
4. In a medium saucepan, combine the quinoa with 2 teaspoons of the spice mix and the water and bring to a boil. Cover and simmer over low heat until the water is absorbed and the quinoa is tender, about 17 minutes. Uncover, fluff with a fork and let cool slightly.
5. In a large bowl, whisk 2 tablespoons of the oil with 1 tablespoon of the lemon juice and season with salt and black pepper. Add the salad greens and toss to coat.
6. In a different bowl, whisk the remaining 3 tablespoons of oil with the remaining 1 tablespoon of lemon juice and 1 teaspoon of the spice mix; season with salt. Add the quinoa, walnuts, cranberries, parsley, roasted vegetables, and chicken and toss well (remove some before adding the chicken for the vegetarian option with chickpeas).
7. Spoon the quinoa mix beside the greens and serve.

### 3. Homemade Veggie Pizza & Salad

#### Ingredients

##### Pizzas:

- 3-4 packages of pre-made pizza dough depending on number of youth expected (can buy a large pack of very tasty pre-made dough from whole foods for ~\$3 per pack)
- ~500mL pizza sauce (can buy in most grocery stores)
- 3 bags of pre-grated mozzarella cheese
- 2 large red onions
- 6 peppers (green, orange, red, yellow)
- 1 lb. grape tomatoes
- 1 bunch kale
- Any other veggies that would be good for pizza toppings are great options (note: many of the youth do not like mushrooms). You can also use meat, but the youth enjoy pizza so it is a great opportunity to sneak in some veggies.

##### Salad:

- 2 boxes mixed greens
- 1-2 cucumbers
- Pre-chopped carrots (can buy whole carrots and chop them yourself, but pre-chopped saves time)
- Olive oil, lemon, salt and pepper for dressing

#### Directions

1. Pre-heat oven to ~425 F
2. Slice up the onions and pepper. Tear kale into bite-sized pieces and toss lightly in olive oil. Halve cherry tomatoes.
3. Spread the pizza dough onto baking sheets in a large square shape (I find spreading onto lightly oiled parchment paper in the best to avoid sticking). Top pizzas with a light layer of pizza sauce, a layer of mozzarella cheese, and then spread the veggies evenly over the pizzas as you see fit (note: cherry tomatoes can make pizzas soggy so try not to use too many on each pizza). Bake pizzas in the oven for ~25 minutes each, or until they look done!
4. Assemble the salad with mixed greens, chopped cucumber and carrots. Any extra veggies than were not used for the pizza can be added to the salad! Top with the dressing or use another dressing of your choice.

## 4. Sensational Spaghetti and Garlic Bread plus Veggie Platter

### Ingredients

#### Spaghetti:

- 2 yellow onions, finely chopped
- 6 celery sticks, finely chopped
- 1 green pepper, finely chopped
- 8 cloves of garlic, minced
- Olive oil
- ~2 lbs lean ground beef
- 2 large cans of tomato sauce
- 2 tsp chili powder
- 2 tsp oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- Salt to taste
- Pepper to taste
- 1 package of 2 kg of spaghetti noodles
- 1 package of cheese (700 g), grated

#### Garlic Bread:

- 1/2 cup salted butter
- A few cloves of garlic, minced
- 2 large loaves of bread

#### Veggie Platter:

- 3 small cartons of cherry tomatoes
- A pack of baby carrots
- 1 cucumber, cut into smaller chunks
- 4 celery sticks cut into smaller sticks

### Spaghetti Directions

1. Sautee the onions, celery, green peppers, and garlic in a bit of olive oil until they are soft and the onions are clear. Add the spices and tomato sauce and simmer.
2. Boil a pot of water for the noodles. Once the water is boiled, add the noodles and cook them until they are reasonably soft (~10-15 min). Drain in a colander in the sink and toss in a small amount of the oil so it does not stick together.
3. Fry the ground beef in a separate pan, season to taste with salt and pepper.
4. Remove a portion of the pasta sauce for the vegetarian option before adding the ground beef to the sauce.
5. Continue cooking the sauce as long as possible to allow time for the spices to add flavour.
6. Serve the sauce over the noodles; add the cheese on top if desired.

### Garlic Bread Directions

1. Preheat oven to 400 degrees F.
2. Mix the butter and the minced garlic together.
3. Cut the loaves of bread lengthwise in half and spread the garlic butter on top.
4. Put the bread face up in the oven on a pan and cook for ~5-10 min. When ready to serve, slice the loaves into individual serving pieces.

### Veggie Directions

1. Wash and cut the veggies as necessary. Place nicely on a platter! :)

## 5. Gregarious Garlic Sage Pasta with Chicken and Vegetables

### Ingredients

#### Chicken:

- 2 kg (~10 each) chicken breasts, cut into bite size pieces
- 2 heads garlic, minced
- ½ cup butter, melted
- Salt to taste
- Black pepper to taste
- Chilli flakes to taste

#### Vegetables (choose a mix or all of):

- 1/4 cup butter
- 2 red onions, sliced into half rings
- 2 carrots, julienne
- 3 eggplants, 1 cm cubes
- 5 red bell peppers, thin strips
- Salt to taste
- Black pepper to taste

#### Garlic Sage Sauce: (*Yield ~4 L of sauce*)

- 8 heads garlic, roasted (you can roast them at home the night before, instructions below)
- 2 cups butter
- 2 yellow onions, diced
- 2 cups flour
- 5 L whole milk
- 1 bundle sage sprigs, chopped
- Salt and pepper to taste

#### Pasta

- 3 x 400g penne pasta
- \*Could try whole grain pasta for added fibre

### Directions

#### Pasta:

1. Cook according to package directions, strain in large colander.

#### Chicken:

1. Season chicken pieces with salt, pepper and chilli flakes.
2. Melt butter in pan and toast garlic until golden brown.
3. Add chicken and sauté on one side (about 6 mins on medium heat).
4. Flip chicken and cook until soft and all sides are fully cooked.
5. Add additional salt, pepper and chilli flakes to taste, if needed.



Vegetables:

1. Melt butter in pan.
2. Sauté red onions until slightly translucent.
3. Add julienned carrots and sauté with onions until just before fork tender.
4. Add eggplant and red peppers and cook until tender.

Garlic Sage Sauce:

1. Roast 6 heads of garlic at home the night before. To do this, cut off the tip of the head (the non-rooty end) drizzle with olive oil and wrap in tin foil, bake at 350 for 45 mins. Squeeze out the roasted cloves keep refrigerated until ready to use.
2. In a large pot, fill with water and lightly salt. Heat to a rolling boil. Add pasta of choice and cook according to package instructions. Drain and set aside.
3. In another large pot, using a little bit of butter and sauté diced onions until translucent and slightly brown.
4. Melt in rest of butter and then whisk in flour to make a paste (this is called a “roux”). Mash in the soft roasted garlic cloves. Cook this paste until lightly golden, until raw flour taste is gone.
5. Whisk in milk and bring to a gentle simmer. The sauce will reduce and thicken.
6. Add sage leaves, and salt and pepper to taste.
7. Add vegetables to sauce and toss pasta with this sauce. Top with chicken (omit if vegetarian) and serve with a salad on the side.

## 6. Going Greek – Chicken Souvlaki, Roasted Potatoes and Cucumber Feta Salad with Homemade Tzatziki

### Chicken Souvlaki Pitas

#### Ingredients:

- 12 chicken breasts, sliced length-wise and in thirds
- ½ cup olive oil
- 2 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 6-8 cloves garlic, crushed
- Juice of one lemon
- 5 x 6-pack pitas
- 1 head romaine lettuce, shredded

#### Directions:

1. Preheat oven to 400.
2. Toss chicken breasts with olive oil, salt, pepper, oregano, lemon juice and crushed garlic cloves and baked in a glass or ceramic dish.
3. Oil one side of parchment paper and place over the chicken, creating a snugly cover to keep those juices in. Bake for 30 – 40 minutes.
4. There is the option to toast the pitas in a pan to warm them up, if time allows.
5. Shred the romaine lettuce.
6. Assembly – spread tzatziki (see below) onto the toasted pita pocket, top with some shredded lettuce and chicken souvlaki. Serve with a side of salad and a couple pieces of lemon potatoes (see below).

### Lemon Roasted Potatoes

#### Ingredients:

- 1 x 5-kg bag small potatoes
- 2 lemons
- 1/2 cup olive oil
- 4 cloves garlic, crushed
- 2 teaspoons oregano
- Salt & pepper to taste

#### Directions:

1. Preheat oven to 375.
2. In a bowl, toss together oil, salt, pepper, oregano, lemon juice and crushed garlic cloves.
3. Line a baking sheet with aluminum foil and spread out the seasoned potatoes.
4. Bake for 20 minutes then turn them over and continue to bake for 10-25 more minutes.

### Greek Salad

#### Ingredients:

- 1 block feta cheese, crumbled
- 2 cucumbers, cubed
- 4 tomatoes, diced
- 2 yellow peppers, diced
- 1 red onion, diced
- ½ cup olive oil
- ¼ cup balsamic vinegar
- 2 teaspoons oregano
- Salt & pepper to taste

Directions:

1. Chop cucumbers into cubes and dice the tomatoes, onion and peppers. Crumble the feta cheese.
2. In a bowl, whisk together olive oil, balsamic vinegar, and oregano. Add salt and pepper according to taste.
3. Pour dressing over salad. Toss to evenly coat.

**Tzatziki Sauce** (homemade, optional if within budget, can make at home the night before to save time)

*Yield ~ 3 cups*

Ingredients:

- 2 cups plain yogurt (Greek yogurt preferable)
- 2 cucumbers, grated (drain excess liquid)
- 4 tablespoons dill, chopped
- Lemon, juice and zest
- Salt and pepper to taste

Directions:

1. Grate and drain the cucumber shreds.
2. Mix in cucumber, dill and lemon juice/zest into the yogurt.
3. Salt and pepper to taste – serve with chicken souvlaki and lemon potatoes.

*Additional Supplies:*

- Parchment paper (for chicken)
- Aluminum foil (for potatoes)

## 7. Swanky Sausage And Tomato Pasta

### Ingredients

#### Pasta:

- 3 x 400g bags fusilli pasta  
\*Could try whole grain pasta for added fibre
- 3 large yellow onions, chopped
- 1 head garlic
- ~1 jar sundried tomatoes, roughly chopped (save oil from the jar)
- 3-5 tablespoons vegetable / olive oil
- 9-10 large mild Italian sausages (in casing), with meat uncased
- 6 fresh medium-sized vine tomatoes, diced (alternatively: 1 large can diced tomatoes)
- 4-6 bell peppers (assorted colours)
- 3 zucchinis, 1-inch cubes
- 3 tablespoons garlic powder
- 1 bundle fresh basil, chopped
- 2 cans tomato sauce
- Black pepper to taste
- Salt to taste
- Parmesan cheese to taste (when serving, optional garnish)
- Additional chopped basil (optional garnish, if leftover from sauce)

#### Salad:

- 2 bags sweet Kale salad mix (Costco)
- 1 box spring mix salad (Costco)
- 1 bottle ranch dressing, as needed

#### Garlic bread:

- 3 loaves of Safeway brand pre-made garlic bread

### Directions

1. Fill a large pot with water and heat to a rolling boil. Add fusilli pasta and cook according to pasta package instructions until al dente. Drain and set aside.
2. Remove sausage casings and sauté the ground meat in a separate pan, until the meat turns golden and starts browning. Dab excess fats released with a paper towel. Set to the side.
3. On medium heat, sauté garlic and onions until brown in sundried tomato oil, and add olive/vegetable oil as needed.
4. Add bell peppers, fresh or canned diced tomatoes, sundried tomatoes, and zucchini to the onions and garlic.
5. Add the salt, black pepper, and garlic powder to the veggie mixture – adjust accordingly to taste.
6. Simmer the sauce on medium heat for 20-30 minutes and allow it to reduce a bit.
7. Finish the sauce by adding the 2 cans of tomato sauce, and fresh basil. Taste again and adjust seasoning as needed.
8. Separate out the vegetarian portion (keep in a lidded pot over low heat). Add the sausage to the swanky sauce.

9. Prepare and bake garlic bread according to package instructions
10. Wash and drain salad mixes. Toss with ranch dressing 10 minutes before serving to avoid sogginess and bruising of the leaves.
11. Toss and coat pasta well in the sauce. Garnish with remaining basil and sprinkle Parmesan as desired. Serve with sides of garlic bread and salad.

## 8. Succulent Sweet Soya Stir-Fry with Fruit Platter

### Ingredients

#### Stir Fry

- 7 cups of brown or wild rice
- 12 eggs
- Yellow onions, sliced
- Bell peppers, mixed red/yellow/green, sliced
- 2 heads of broccoli (can buy bags of pre-chopped broccoli heads to increase efficiency)
- 2 carrots, thinly sliced length-wise (can buy bags of pre-julienned carrots to increase efficiency)
- 2 heads of garlic
- 1 piece of ginger (about the size of the palm of your hand)
- ~1 cup of low sodium soya sauce
- 6 tbsp brown sugar
- Chili flakes to taste
- Black pepper to taste
- 2 large packages of chicken thighs, de-boned and de-skinned (~\$25 worth?)

#### Fruit platter (can modify based on fruits that are in season/on special):

- 3 lbs of apples
- 3 lbs of oranges
- 2 bunches of bananas

### Directions

#### Stir Fry

##### Rice

1. Boil ~14 cups of water in a pot for the rice with a splash of vegetable oil to prevent sticking.
2. Rinse the rice.
3. Add rice to the boiling water and turn heat low/medium.
4. Cook for ~20 minutes.

##### Eggs

1. Whisk eggs in a bowl.
2. Cook eggs in frying pan on medium/high heat to make scrambled eggs. Set aside.

##### Veggies

1. Chop up all of the veggies as directed.
2. Peel and mince both the garlic and ginger.
3. Heat vegetable oil in a frying pan on medium high heat. Add the onions, as well as ~2/3 of the minced garlic and ginger.
4. Once the onions start to become clear, add the peppers, broccoli and carrots. Add 1/2 cup of soy sauce, 3 tbsp brown sugar, and chili flakes and pepper to taste. Cook until the veggies are soft but not mushy, and the sauce has thickened to evenly coat veggies.

##### Chicken

1. Slice chicken into bite-sized chunks.
2. Cook chicken on medium/high heat with ~1/2 cup of soya sauce and the rest of the ginger and garlic. Add chili flakes and pepper to taste.

#### Assemble

1. Scoop rice onto a plate and top with a mixture of veggies, chicken, and scrambled eggs. Depending on dietary preferences, can omit chicken and/or eggs.

#### Fruit platter

1. Slice fruits and serve as side.

## 9. Banana Pancake Breakfast Bonanza

### Ingredients

- 1.5x 905g boxes Pancake Mix
- 4x 18 large egg trays
- 1-2 kg of turkey breakfast sausages
- 6 bananas (very ripe if possible)
- 4 L container of 1% milk
- Large selection of seasonal fruit, for example, 3-4 of: apples, oranges, bananas, strawberries, mangos, pineapple, etc.
- Maple syrup
- Butter
- Optional: jams, peanut butter, whip cream, other pancake toppings.

### Directions

#### Banana pancakes:

1. Mix pancake mix, eggs, and milk in a bowl according to package directions. For every ~1 cup of pancake mix, add 1 mashed ripe banana to the mix. This will make the pancakes very tasty and moist, with some added fiber.
2. Heat a large skillet with a very light amount of vegetable oil over medium heat. Heat the oven to 200 degrees.
3. Cook pancakes on the skillet; when bubbles appear on pancakes, flip and cook other side. This should take only a couple minutes per side. When pancakes are cooked, place on a baking sheet in the oven to keep warm until serving time!

#### Everything else:

1. Whisk remaining eggs together in a bowl, and cook in a lightly oiled skillet over medium high heat to make scrambled eggs.
2. Cook the breakfast sausages in a separate skillet, dabbing with a paper towel to remove excess oil. You do not need to add oil to this skillet prior to cooking the sausages.
3. Slice fruits.
4. To serve, plate 3 pancakes, a scoop of scrambled eggs, 1-2 breakfast sausages, and an assortment of fruits. You can leave syrup, and any extra toppings purchased, on the table in the dining area so the dinner attendees can top pancakes as desired.



## 10. Rose Chicken Pasta with Spinach Summer Salad

### Ingredients

#### Pasta:

- 3x 400g of fettuccine pasta
  - \*Could try whole grain pasta for added fibre
- 3x large packages of skinless/boneless chicken thighs, cubed
- 4 yellow onions, diced
- 2 large cans of diced tomatoes, drained
- 1 head of garlic, minced
- 2 cans of tomato sauce
- 5 cups of half and half cream
- Salt to taste
- Pepper to taste
- 1 large bunch basil
- 1 container of parmesan cheese

#### Salad:

- 2 large containers of spinach
- 2-3 cucumbers, cubed
- 1-2 red onions, sliced
- 1-2 boxes of strawberries, with stems removed and sliced
- 1 package of goat cheese, crumbled
- 4 cups of pecans
- Balsamic vinegar
- Olive oil

### Pasta Directions

1. Cook the pasta according to package directions in the largest pot available, stirring regularly to ensure no pasta burns on the bottom. Strain in a colander in the sink and set aside.
2. Heat several tablespoons of oil in a large skillet and add the chicken, with salt and pepper to taste. Once chicken is cooked through, set aside.
3. Heat several tablespoons of vegetable oil in a large skillet on medium. Add the diced onions and minced garlic, and cook until the garlic is aromatic and the onions are clear.
4. Add the strained tomatoes, tomato sauce, and cream. Stir and reduce to a desire thickness over low-medium heat. If too thick, water can be added to thin the sauce. Add salt and pepper to taste.
5. Chop ½ of the basil into thin strips (I find a clean pair of scissors is a very easy way to quickly cut basil). Add to the sauce and simmer.
6. Mix the pasta and rose sauce together in a large pot. For non-vegetarians, mix in the chicken as well. Serve topped with Parmesan and remaining basil.

### Salad Directions

1. If there is time, spread the pecans on a baking tray and roast at 375 degrees for 20 minutes.
2. Combine the spinach, cucumbers, strawberries, and goat cheese in a large bowl.

3. Combine half and half olive oil and balsamic in a closed contained, and shake well to create the dressing.
4. Add an appropriate amount of dressing to lightly coat the salad, then toss, and serve alongside the pasta!

## 11. Perogies with a Penchant for Panache

### Ingredients

#### Perogies:

- 7 bags of frozen cheddar perogies
- 2 large packs of bacon cut into 1 cm x 1 cm cubes (try to buy thick, good quality bacon for this recipe – the rest of the recipe is quite cheap, and it makes a big difference in terms of taste)
- 6 small yellow onions, chopped
- 2 large containers of 0% fat plain Greek yogurt (tastes the same as sour cream)
- 1 large block of cheddar cheese, grated (or can buy pre-grated cheese)
- 2 bunches of green onions, finely chopped

#### Sides:

- 2 large boxes of mixed greens
- 6-8 large carrots, grated (you can buy pre-grated carrots at most grocery stores to save time)
- 6 large beets, grated (you can buy pre-grated beets at some grocery stores)
- 3-4 cucumbers, sliced

#### Preparation:

1. Heat a large skillet over medium heat and add the cubed bacon pieces. Cook until medium-crispy. When finished cooking, scoop the bacons out of the oil and place on a plate covered with paper towel to avoid excess oil.
2. Heat another large skillet with several tablespoons of vegetable oil over medium heat, and add the chopped yellow onions. Season with salt and pepper to taste, and cook until onions are clear.
3. Heat a large pot of water on high heat until boiling. Add perogies, and cook until they start floating. Strain in a colander. (Note: because perogies cook so quickly, it is better to do them in batches rather than all at once, to avoid them sticking together).
4. Add the cooked perogies to the onion pan and mix together over heat. Ensure there is still some oil in the pan or the perogies will stick to the hot pan.
5. Plate the perogies-onion mix and top with chopped green onion, grated cheddar cheese, and bacon bits (omit if vegetarian). Serve a dollop of the plain yogurt on the side.
6. On the other half of the plate, plate mixed greens topped with grated carrots, grated beets and cucumber slices for a colourful salad!

## 12. Courageous Chili

### Recipe notes:

- If the budget is restricted, youth will generally still eat chili if it is vegetarian, especially when there are toppings! Firm tofu could even be substituted for the beef for added proteins.

### Ingredients

#### Chilli:

- ~6 pounds extra lean ground beef
- 4 large yellow onions, finely chopped
- 4 bell peppers, mixed red/green/yellow, finely chopped
  - Note: if there is time, peppers can be roasted for ~20 mins at very high heat (broil setting) in the oven on an oiled tray prior to cooking the chilli. This will add sweetness and flavour
- 4 cans mixed beans (black beans, kidney beans, white beans, etc.)
- 1 full head of garlic, finely chopped
- 2 large cans of diced tomatoes, un-drained
- 4 cans of tomato sauce
- 1 large bunch of kale, finely chopped
- 1 can tomato paste
- 7 tablespoons chilli powder
- 6 tablespoons cumin
- Salt and pepper to taste

#### Toppings/sides (if budget allows):

- 1 block of aged cheddar cheese, grated
- 1 large container of 0% fat Greek yogurt
- 1 bunch of scallions, finely chopped
- 2-3 loaves of fresh bread, cut into individual pieces

### Directions

1. Chop all of the vegetables, and open the cans of tomatoes and beans.
2. Heat a large skillet on medium-high temperature, with a very small amount of vegetable oil. Add the lean ground beef, with salt and pepper to taste. Cook until the meat is entirely browned, and set to the side.
3. Heat another large skillet over medium heat. Add the chopped garlic and onions, and cook until the garlic is aromatic and the onions starting to become clear. Add the chilli powder, cumin, plus salt and pepper to taste. Add the bell peppers and continue to sauté the vegetables with the spices for 5-10 minutes.
4. Transfer the sautéed vegetables from the frying pan into a large pot, and place this pot over medium-high heat. Add the chopped kale, tomato sauce, tomato paste, beans, and canned diced tomatoes. Add the diced tomatoes last – those cans are full of juice, and you can titrate how much juice you add in with the tomatoes to achieve your desired chilli thickness.
5. Bring the pot to a boil (stir regularly to ensure the bottom contents of the pot don't burn), and then reduce the chilli to medium-low heat and let simmer, covered, for about 30 minutes (if time allows).

6. Separate some of the chilli into a smaller pot and keep this covered over low heat, for the vegetarian option. Add the ground beef to the large pot and let simmer over low heat until serving time.
7. Serve the chilli in a bowl topped with grated cheddar cheese, chopped scallions, and a dollop of Greek yogurt. Serve with bread on the side.

## 13. The Very Best Burrito Bowls

### Ingredients

#### Chicken

- 2-3 family-sized packages of skinless boneless chicken thighs
- 1 container chicken broth
- 1 can of tomato sauce
- 4 tablespoons chili powder
- 3 tablespoons cumin
- 2 tablespoons garlic powder
- 2 tablespoons onion powder

#### Bowls

- 4 cans of plain kernels of corn
- 3 cans of black beans
- 6 cups of brown rice
- 1 large box of mixed greens
- 3 bunches of fresh cilantro, chopped
- Ripe avocados (if available, as many as the budget will allow)
- 1 large bag grated cheddar cheese
- 1 large container 0% fat Greek yogurt
- 1 large container mild salsa
  - Note: can instead make fresh Pico de Gallo if extremely keen using diced tomatoes, red onion, cilantro, and lime juice.

### Directions

#### Chicken

1. First thing after starting the rice, get started on the slow cooked chicken. Add the chicken thighs to a bowl with several tablespoons of vegetable oil, as well as the chili powder, cumin, onion powder, garlic powder, and salt and pepper to taste. Mix together so the thighs are coated.
2. Heat a skillet coated in vegetable oil over medium high heat. Add the chicken thighs to the hot pan and sear for 1-2 minutes on both sides. Then, add the container of chicken broth and the tomato sauce to the chicken.
3. Continue to heat until the mixture is boiling, and then reduce to a simmer on low and cover for 40 minutes, or until ready to serve.
4. Before serving, pour off the excess liquid (can scoop it out using a ladle if the pan is too heavy). Pull the chicken apart with two forks – it should easily separate into tender “pulled” chicken.

#### Bowls:

1. Before starting cooking the chicken, add the rice to 12 cups of boiling water. Add two tablespoons of oil to prevent sticking. Reduce to a simmer and cover.
2. Open the cans of beans, rinse them, and combine them in a bowl with a serving spoon. Do the same with the cans of corn.
3. If there are avocados, slice them into cubes. Chop the cilantro.

4. When ready to serve, scoop several large spoonfuls of rice into a bowl. Top with the chicken, beans, corn, avocado, and greens. Garnish with chopped cilantro, a sprinkle of cheese, and a small dollop each of salsa and sour cream.

## 14. Classy Chicken with Roasted Vegetables

### Ingredients

#### Chicken:

- X2 family-sized packs of chicken thighs and X2 family-sized packs of chicken legs, with skin on
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 2 tbsp chili powder
- 2 tbsp turmeric
- 1 tbsp paprika
- 1 tbsp cumin
- Salt and pepper to taste

#### Roasted veggies:

- 5 heads of broccoli, chopped (or 1 large bag pre-chopped)
- 10 carrots, peeled and sliced (or several bags of baby carrots)
- 2 lbs brussel sprouts, cleaned and halved
- 3-4 large yams, peeled and sliced into bite-sized chunks
- ¼ cup balsamic or red wine vinegar
- 2 tbsp brown sugar

#### Mashed potatoes:

- 12 large russet potatoes, peeled and sliced into large chunks
- ½ cup cream
- 5 tbsp unsalted butter
- 3-4 packets of chicken gravy mix

### Directions

#### Chicken:

1. Heat one of the ovens to 400 degrees Fahrenheit.
2. Spread parchment paper over 2 large baking sheets.
3. Combine the onion powder, garlic powder, chili powder, turmeric, paprika, and cumin in a large bowl. Add salt and pepper to taste. Add 5 tbsp of vegetable oil.
4. Add all of the chicken to the spices and oil, and mix together.
5. Spread evenly over two parchment-covered baking sheets. Place in the 400-degree oven for one hour.

#### Veggies:

1. Heat the other oven to 375 degrees Fahrenheit.
2. Spread parchment paper over 2 large baking sheets.
3. Combine the chopped yams, carrots, broccoli, and brussel sprouts in a large bowl.
4. Lightly coat them in vegetable oil, and then add the vinegar and brown sugar. Add salt and pepper to taste.
5. Spread out the veggies evenly on the remaining parchment-covered baking sheets, and place in the 375-degree oven for one hour.



Mashed potatoes:

1. Heat a large pot of salted water to boil on high over the stovetop.
2. When the water is boiling, add the peeled and cubed russet potatoes. Boil until they are very soft (this will make your mashing job easier).
3. Strain the potatoes in a colander in the sink, and then put them back in the pot with the cream and butter added.
4. Mash them!!!
5. Cook the packets of gravy on the stovetop per the package directions. There is the (recommended) option of adding the drippings from the chicken for added flavour, once the chicken is done cooking.

Plating: Serve a chicken thigh with a drumstick, a large scoop of mashed potatoes, and a large scoop of veggies. Top with gravy if requested (gravy is very popular).

## 15. Shameless Shepard's Pie

### Ingredients

- 2.5 kg ground beef
- 2 onions, chopped
- 1 bunch of garlic, peeled and chopped
- 1 (14 ounce) can of tomato sauce
- (6 ounce) cans of tomato paste
- 1/4 cup Worcestershire sauce
- 2 tbsp chili powder
- 2 teaspoons salt (or to taste)
- 1 teaspoon pepper (or to taste)
- 1 lbs various frozen vegetables: peas, carrots, beans etc. (use more or less as you prefer)
- 8 large russet potatoes, peeled and cut into large chunks
- 3 tbsp unsalted butter
- ¼ cup cream or milk, plus more to thin
- Lots of shredded cheese (mix of cheddar and other kinds)

### Directions

1. Start water boiling for mashed potatoes. When the water is boiling, add the potatoes and boil until they are very soft. Strain out the water and add the butter and milk, then mash together.
2. In a pan lightly brown ground beef until grease is released.
3. Add onion and garlic to the ground beef, and sauté until the onions soften.
4. Add salt, spices, tomato sauce, tomato paste, and Worcestershire sauce.
5. Simmer for 15- 20 minutes.
6. Pour into large lasagna pan.
7. Add a layer of frozen vegetables on top of the meat.
8. Cover with mashed potatoes that have been thinned with milk enough to spread easily.
9. Cover with cheddar cheese.
10. Bake the ensemble for 20 minutes at 400, or until the cheese is melted and the veggies are warm. If you like, turn on the broiler for 5 minutes at the end until the cheese gets brown and crunchy.
11. Serve alongside a large portion of salad!

## 16. Simple Curry Chicken

### Ingredients

- 6-8 lbs bone-in chicken thighs
- 6 tbsp canola oil
- 4 large yellow onions sliced very thin
- 3 cloves garlic, minced
- 1 stalk of fresh ginger, peeled and minced
- 6 tbsp curry powder
- 2 tbsp chili powder
- 2 mild green chilies or green peppers, seeded and diced
- 4 cups coconut milk
- 3 cups homo milk
- 6 yellow potatoes, cubed
- 4 medium size yams, peeled and cubed
- 1-2 cups fresh green beans, cut in half
- Salt and pepper to taste
- Fresh cilantro
- 8 cups of brown or wild rice

### Directions

1. Cook rice according to package directions (add oil or butter to boiling water to avoid sticking, and stir frequently).
2. In a large, thick bottom pot heat the oil on medium heat, then add the onions and cook slowly until they start to become clear. Then add the garlic and ginger. Stir frequently to prevent burning.
3. Add the curry and chili powder and continue stirring for 4-5 minutes.
4. Add the diced chilies /green peppers and cook until they have softened.
5. Add the chicken thighs and cook through.
6. Add the coconut and homo milk, diced potatoes, sweet potatoes and beans.
7. Reduce the heat and simmer with the lid on for about 45 minutes.
8. Season with salt and pepper if desired. Serve over rice, topped with chopped fresh cilantro.

## 17. Very Vegetarian Lasagna

### Ingredients

#### Veggie Lasagna

- 2 packs of lasagna noodles
- 2 large containers of ricotta cheese
- Lots of mozzarella cheese
- 2 large yellow onions, sliced
- 3 zucchinis, sliced and then quartered
- 2 large butternut squash, sliced into small pieces
- 2 cans of diced tomatoes, drained
- 2 cans of tomato sauce
- 1 tbsp garlic powder
- 1 tbsp chili powder
- Salt and pepper to taste

#### Kale Walnut Salad

- 3 heads of kale, chopped.
- 3 red apples, sliced into bite-sized pieces
- 1 large pack of walnuts, roughly chopped
- 1 cup of Craisins
- 1 package of goat cheese, crumbled

### Directions

#### Veggie Lasagna:

1. Boil a pot of salted water with oil. Add the lasagna noodles a few at a time, and cook for ~5 minutes until al dente. Remove and place on a plate with vegetable oil so they don't stick together.
2. While the water is boiling, chop the vegetables. Combine the onions, squash, garlic powder, and chili powder with vegetable oil in a pan over medium heat. Cook until soft, then add the zucchini, diced tomatoes, and tomato sauce, and simmer.
3. Oil as many lasagna trays as you plan to use (you can purchase cheap aluminum trays from any dollar store). Add a layer of noodles to the bottom of the tray. Spread the veggie mixture over the noodles. Cover with a layer of ricotta cheese, then noodles, and then grated mozzarella cheese.
4. Continue in this fashion until the pan is full. Make sure to finish with a layer of noodles then mozzarella cheese.
5. Bake in the oven at 375 degrees until cheese is hot and melted.

#### Kale Walnut Salad:

1. Add chopped kale to a large bowl. Add slices of apples, walnuts, and Craisins and mix together.
2. Crumble goat cheese over the top.
3. Serve alongside a piece of lasagna.