



ECALA COLLECTIVE KITCHEN HANDBOOK



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TABLE OF CONTENTS



Acknowledgments.....	i
<i>Chapter 1: Learning by Cooking.....</i>	<i>1</i>
Overview	2
Linking Literacy and Collective Kitchens	3
Who Can Participate in a Collective Kitchen?	8
Why Participate in a Collective Kitchen?	9
Chapter 1 Snapshot	10
<i>Chapter 2: Getting Started.....</i>	<i>11</i>
Overview	12
Facilitating a Collective Kitchen	13
Location, Location, Location!	21
Finding Participants	22
Your First Session.....	23
Chapter 2 Snapshot	26
<i>Chapter 3: Health and Safety In Your Kitchen</i>	<i>27</i>
Overview	28
Basic Food Safety Training	29
Personal Hygiene	29

Food Safety	30
Chapter 3 Snapshot	40
Chapter 4 Funding and Evaluating Your Kitchen	41
Overview	42
ECALA	43
Funding Requests	46
Evaluate Your Kitchen	47
Chapter 4 Snapshot	50
Chapter 5: Kitchen Toolbox	51
Overview	52
Measuring Ingredients	61
Kitchen Preparation Terminology	65
Chapter 5 Snapshot	68
Chapter 6: Making Healthy Choices	69
Overview	70
Reading Labels	71
Following Canada’s Food Guide	75
Food Worksheets	78

Cooking Smart.....	95
Chapter 7: Recipes.....	101
About The Recipes	102
SIDE DISHES.....	103
Bacon, Onion, Pea Rice.....	104
Bannock—Fried.....	105
Bannock—Oven.....	106
Cheddar Cheese Biscuits.....	107
Chicken Broccoli Couscous	108
Cornbread Pancakes.....	109
Creamed Peas.....	110
Dill Mashed Potatoes.....	111
Drop Biscuits with Garlic	112
Easy Microwave Pizza-Tatoes	113
Flat Bread.....	114
Garlic Mashed Potatoes	115
Hambasha Bread	116
Ham & Cheese Biscuits	117

Homestyle Tomato Sauce	118
Rice	119
Roasted Rutabaga	120
Samosas.....	121
Tuna Pasta.....	122
<i>SOUPS AND SALADS</i>	123
Barb’s Gumbo	124
Beef Barley Soup	125
Broccoli Cheese Soup	126
Broccoli Salad	127
Chicken Noodle Soup	128
Chicken Salad.....	129
Chicken Tortellini Soup	130
Chopped Vegetable Salad	131
Chickpea Summer Salad	132
Coleslaw Pasta Salad.....	133
Corn Chowder	134
Crockpot Chicken Soup.....	135
Crockpot Chicken Stew.....	136

Dill Pickle Soup	137
Green Salad (Small)	138
Green Salad (Large)	139
Hamburger Soup	140
Italian Basil Soup	141
Lemon Orzo Garlic Soup	142
Lemony Lentil Soup	143
Macaroni Salad	144
Mexican Corn Salad	145
Neck Bone Soup	146
Pesto Pasta Salad	147
Potato Salad	148
Ranch Pasta Salad	149
Sauerkraut Soup	150
Shrimp Pasta Salad	151
Southwest Salad	152
Spaghetti Salad	153
Summer Orzo Salad	154
Summer Stew	155
Tomato Salad	156

Tabouli Salad.....	157
Tomato Vegetable Soup	158
<i>MAIN DISHES</i>	159
30 Minute Veggie Chili	160
Mac & Cheese	161
5 Ingredient Chili	162
Bacon Wrapped Chicken	163
Baked Lemon Pepper Chicken	164
Baked Penne Rigate.....	165
Baked Spaghetti	166
B.B.Q Chicken	167
Beef & Broccoli.....	168
Beef & Broccoli Casserole	169
Beef Empanadas	170
Beef Stroganoff	171
Beef Tips	172
Breakfast Sandwich	173
Baked Spaghetti	174
Cabbage Roll Casserole	175

Chicken Enchiladas	176
Chicken Chow Mein.....	177
Chili Con Carne.....	178
Chinese Pork Meatballs	179
Cola Chicken	180
Crazy Good Noodles	181
Creamy Chicken Pasta	182
Creamy Gnocchi	183
Crockpot Breakfast	184
Crockpot Lazy Lasagna	185
Crockpot Sausage, Beans and Rice	186
Easy Meatballs.....	187
Easy Orange Chicken	188
Fried Rice	189
Garlic and Paprika Chicken Legs	190
Garlic Pasta	191
Goat Meat.....	192
Homemade Hamburger Patties.....	193
Italian Sausage and Peppers.....	194

Jolean’s Potato Sausage Casserole	195
Kraft Dinner (KD) Casserole	196
Lazy Cabbage Rolls	197
Lazy Lasagna.....	198
Easy Mac n’ Cheese	199
Magical Moist Chicken.....	200
Maple Chicken Recipe	201
Meatball Wraps	202
Indian Tacos	203
Moose Stew	204
One Pot Garlic Pasta	205
Paneer Peas	206
Mediterranean Pasta.....	207
Pizza Roll Ups	208
Quick Pasta	209
Ranch Chicken	210
Salisbury Steak	211
Salsa Mac n’ Cheese	212
Sausage Tacquitos	213

Sausage Tortellini with Spinach	214
Scallion Pancakes	215
Shepherd’s Pie	216
Spaghetti and Meatballs	217
Spinach Mushroom Lasagna.....	218
Spinach Roll Ups	219
Stir Fry	220
Sushi Bowl	221
Taco Spaghetti	222
Taco Stuffed Peppers	223
Tater Tot Casserole	224
Tuna Broccoli Bake	225
Tuna Pie	226
Veggie Wraps	227
DESSERTS	229
Apple & Cherry Cobbler	230
Blackforest Cheesecake Minis	231
No-Bake Chocolate Peanut Bars	232
Cranberry Lemon Biscuits	233

Cranberry Orange Muffins.....	234
Cream Puffs.....	235
Lemon Loaf	236
Microwave Mug Brownie.....	237
Oatmeal Energy Bites	238
Oreo Brownies	239
Pumpkin Pie Tarts	240
S'mores Snack Care.....	241

Icon Guide

This handbook uses icons to show which literacy skills are developed through different activities. Look for these icons to see how Collective Kitchens enhance literacy.

	<i>Financial Literacy</i>
	<i>Numeracy</i>
	<i>Literacy</i>
	<i>English Language</i>
	<i>Foundational Life Skills (FLS)</i>





LEARNING BY COOKING



Overview



A Collective Kitchen is a small group of participants who come together to prepare affordable, healthy, and delicious food to share. Collective Kitchens are a great way to develop numeracy and literacy skills in a supportive and fun environment. Participants learn from one another by sharing cooking tips, cultural recipes, and expertise.

Collective Kitchens funded by ECALA have a strong focus on developing literacy, numeracy, and financial literacy. Kitchen participants improve their skills by reading recipes, changing recipe quantities, budgeting, and cooking as a group. By developing these skills, participants learn practices that can easily be applied at home.

This chapter is designed to give you an idea of how Collective Kitchens improve literacy outcomes for Albertans. These outcomes will be described in greater detail in the following pages.

Linking Literacy and Collective Kitchens



Foundational Life Skills (FLS) are fundamental for adults so they can meet the demands of everyday life on an independent basis. Collective Kitchens are designed to make everyone feel welcome and have opportunities to meet new people, share recipes and cooking skills, and practice their new skills. Collective Kitchen participants have shared that being part of a Collective Kitchen reduced their isolation, increased their self-confidence, and reduced their monthly food costs. Whether it's reading an ingredients list, measuring out a cup of flour, or calculating unit costs for a shopping trip, Collective Kitchens provide participants with many opportunities to develop and practice their skills.

Participation in a Collective Kitchen requires the use of:

- Oral communication skills.
- Personal and interpersonal skills.
- Decision-making and problem-solving skills.
- Creative thinking and critical thinking.
- Self-awareness and self-assessment.

ECALA Collective Kitchens are accessible to all adults, but are primarily aimed at participants who may:

- Be unable to engage in learning opportunities without first improving their foundational life skills.
- Face one or more social/economic barriers that impact their ability to learn, including:
 - Being part of a marginalized population.
 - Experiencing trauma.
 - Having negative encounters with the justice system.
 - Having mental illness and/or addictions.
 - Being unable to manage social contexts.
 - Being unable to accomplish daily tasks.
 - Having limited or interrupted formal education.
 - Being very isolated.

Often Collective Kitchen participants do not recognize that improving their literacy and foundational life skills is the path to meet their goals.

Literacy at a Glance in Canada



Financial Literacy

Many adults struggle with low-level financial literacy. For very low income individuals, this might mean choosing between a roof over their head or food in their bellies.

Numeracy

One in two adults (1/2 or 50%) has low-level math skills. These adults do not have the necessary math skills to meet the demands of daily living.

English Language

Twenty eight percent (28%) of adults who are immigrants to Canada have low-level literacy skills. There is no difference between low-level literacy in established immigrants, who have lived in Canada over 10 years, and new immigrants.

Literacy

1 in 3 adults (1/3 or 33 percent) has low-level literacy skills. These adults do not have the skills required to meet the demands of daily living.

Foundational Life Skills (FLS)

Foundational life skills are abilities that are required for adults to actively participate in the activities of daily life. FLS include oral communication skills, personal and interpersonal skills, decision-making and problem-solving skills, creative and critical thinking, and self-awareness and self-assessment.

Financial Literacy

Financial literacy can be incorporated into your Collective Kitchen by engaging participants in discussions and activities before, during, or after preparing recipes. You can help your participants gain a clearer understanding of financial literacy concepts by encouraging them to:

- **Make a grocery list:** Encourage your participants to make a shopping list before heading out the door. This curbs impulse shopping and makes sure they buy only what they need. Remind your participants to avoid shopping while hungry as shopping while hungry is also linked to impulse shopping. Make sure your participants understand the difference between wanting and needing an item.
- **Shop their pantry:** Grocery shopping starts at home. Ask each of your participants to check their freezer, fridge, and pantry for ingredients before they go shopping. Participants will save money by not buying common items they have already.
- **Look up:** Did you know that the most expensive items in the grocery store are usually placed at eye level? Encourage your participants to check the top and bottom shelves while shopping to get better deals.
- **Go meatless:** Meat is expensive. Your participants can save money by substituting meat alternatives, such as canned beans, lentils, and peas wherever possible.
- **Skip ready-made items:** Did you know that block cheese is typically less expensive than shredded cheese? Certain items are made to be convenient by being prepared and packaged differently. Tell your participants to save money by doing the work themselves.
- **Say no to brand names:** Remember that brand names are often more expensive than no name or store brands. Encourage your participants to avoid buying brand name items.
- **Get extreme about couponing:** Remind your participants to check out grocery store flyers for coupons, which can be a great source of savings.
- **Look for seasonal sales and discounts:** Tell your participants to be on the lookout for seasonal sales that can greatly reduce their grocery bills.
- **Crunch the numbers:** Teach your participants how to calculate the per unit cost for items. Determining which brands offer the best unit price can help them save money.

- **Shop bulk and save:** A trip to your local wholesale can save money, but not always. It is important to teach your participants to determine the unit cost of an item in order to tell if they are actually saving money by buying more.
- **Adjust prices:** Some grocers offer price adjustments on items if you can prove another store is selling an item for less money. You will need to bring a flyer (either print or electronic) as proof of the price difference.

Teaching your participants to stretch their dollars helps improve their day-to-day lives. An increased awareness of finances is especially helpful for low income individuals living paycheck to paycheck



Literacy Activities



Collective Kitchens help participants develop their skills by engaging them in the following literacy activities:

- **Reading:** Reading recipes helps participants develop a broader vocabulary by connecting words and kitchen processes, such as “boiling”, “chopping”, “baking”, and more. Reading recipes also teaches participants new words for ingredients and tools they may not have seen before. Repeated exposure to recipes helps to expand vocabulary, reading comprehension, and cooking skills. Following recipes helps develop critical thinking skills and document use as participants must carefully follow the steps to achieve the desired results.
- **Writing:** Writing recipes, making grocery lists, keeping a cooking journal, and making recipe notes are examples of how Collective Kitchens help participants develop their writing skills.
- **Speaking and Listening:** Working collaboratively with one another helps participants learn to work with diverse groups and develop their speaking and listening skills. English language learners benefit from conversing in English during Collective Kitchen sessions.
- **Vocabulary:** Collective Kitchens provide opportunities for English language learners to learn new words and develop a broader vocabulary. The expanded vocabulary is helpful when ordering food from a menu in a restaurant or while grocery shopping.
- **Math:** Basic math is essential for cooking. Increasing or decreasing the number of servings in a recipe helps participants to develop their math skills by using multiplication, division, and working with ratios.
- **Financial Literacy:** Participants gain financial literacy skills when calculating unit costs, shopping for sales, couponing, and employing other financial literacy best practices.



Who can Participate in a Collective Kitchen?

ECALA-funded Collective Kitchens are primarily for adult foundational learners who may be facing social or economic barriers and who require support in meeting the demands of everyday life in Edmonton. Collective Kitchens are usually comprised of 4-6 participants and led by a facilitator who provides guidance and support based on participants' needs. Collective Kitchens provide a safe and supportive environment where students feel welcomed and are active participants in the learning process.

ECALA Collective Kitchens are focused on helping participants to achieve success in their lives by learning new skills.

Reducing Barriers

Adults face a broad range of barriers to learning. There are strategies that Collective Kitchen practitioners can use to help adult learners lessen or overcome their barriers. Some common barriers and strategies to reduce them include:

- **Learning barriers:** Some participants may have had negative experiences with traditional learning models – such as residential school survivors, individuals with disabilities. These individuals may need assistance building foundational life skills. It is important to provide a safe and judgment free learning environment within your Collective Kitchen.
- **Financial barriers:** Some participants may be facing financial stress or experiencing poverty or homelessness. Facilitators can help participants with financial barriers by providing shopping best practices and strategies.
- **Child-minding barriers:** Many Collective Kitchen participants have children. Consider providing staff to care for children so parents and caregivers can participate in the Collective Kitchen. Child minders can include Collective Kitchen themes in the activities they do with the children.
- **Travel barriers:** Individuals with mobility concerns (such as disabled, or elderly persons), or people without access to reliable transportation might have difficulty travelling. It is important to consider transportation and accessibility when picking the location.
- **Social barriers:** Older adults and new immigrants are at risk for social isolation. Being involved in a Collective Kitchen and making new friends can provide new social supports for isolated individuals.

Why Participate in a Collective Kitchen?

Participating in a Collective Kitchen has many benefits. Not only do ECALA-funded Collective Kitchens provide literacy and foundational life skills development, they also offer a way for participants to connect to their communities and expand their cooking skills through information sharing. Benefits of starting and participating in a Collective Kitchen include:

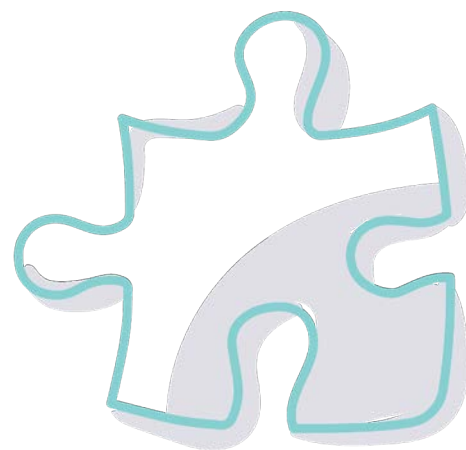
- Building literacy skills (numeracy, reading, writing, etc.).
- Having fun!
- Meeting new people.
- Connecting with others who enjoy cooking.
- Trying new foods.
- Saving money on groceries.
- Making meals to take home and share with your family.
- Sharing cooking skills and recipes with others.
- Cooking healthy, low-cost meals for your family.



Chapter 1 Snapshot

1

Low literacy levels are a national concern. ECALA Collective Kitchens focus on improving the three main literacies – literacy, numeracy, and financial literacy – while also developing Foundational Life Skills.



2

The activities you facilitate in your Collective Kitchen can help your participants with reading, writing, speaking and listening, vocabulary development, performing basic math, and understanding finances.

3

Each of your participants face unique barriers to learning. Collective Kitchens can provide supports to participants that may help them overcome their barriers and participate fully in everyday life.





GETTING STARTED



Overview

This chapter reviews what it takes to facilitate a Collective Kitchen and how to work with different types of participants. Chapter Two explores how to engage adult learners by employing a strength-based approach that respects each participant's unique abilities and perspectives.

This section also looks at how to adapt to the unique needs of different types of participants. ECALA Collective Kitchens are diverse and it is therefore important to develop and conduct each session using respectful and culturally sensitive practices.

In this chapter you will find logistical tips on starting a Collective Kitchen, including how to find participants and locate a venue to use for your sessions.

Finally, this chapter provides an overview of how to structure your Collective Kitchen and tips and tricks to make your Collective Kitchen sessions as successful as possible.



Facilitating a Collective Kitchen



Facilitators play an important role in organizing Collective Kitchens. Being a facilitator can be a rewarding experience and an opportunity to learn from the participants. Adult learners bring a wealth of experience and prior knowledge with them into the session and can be valuable sources of information. As a facilitator, it is important to acknowledge the things participants can do (**strength-based approach**) and avoid focusing on the things they cannot (**deficit-based approach**). This helps foster each participant's sense of confidence.

Facilitators should consider the principles of adult learning and stages of learning when facilitating a Collective Kitchen. There are a number of different principles that apply to adult learning. Below are four principles that can help you work with adult learners. These principles recognize the independence of adults and help facilitators actively engage participants in their learning opportunities.

- **Learning to know:** Provide the tools required to understand the world and its complexities and provide an appropriate and adequate foundation for learning.
- **Learning to do:** Provide the skills that would enable participants to effectively participate in society and the global economy.
- **Learning to be:** Provide self-awareness and social skills to enable participants to develop their fullest potential.
- **Learning to live together:** Expose participants to the values that promote understanding, respect, cultural awareness, and harmony within all levels of society.

Collective Kitchens take a **learner-centered** approach to working with adult learners. This means that facilitators build the program around participants' interests and needs and give them choices. Conversations about the needs of the group help involve participants in the planning, preparation, activities, execution, and the way the kitchen runs. Facilitators help participants make decisions in a respectful and welcoming manner. If participants choose a practice that is unsafe or puts the others at risk, it is important to deal with the problem immediately in a way that does not shame or humiliate the learner.



Adult learners look for practical and relevant learning opportunities that focus on what they want to learn. They want to be actively involved in learning but don't necessarily realize they are developing their literacy skills when they write out a list of ingredients or double a recipe to feed everyone participating in the Collective Kitchen. It is not necessary to point out literacy building activities as they happen, but it is important to continually build them into Collective Kitchen sessions.

Initially, participants may not feel confident enough to take part in the activities of the kitchen and may need more time and direction. As time goes on and as a participant's confidence increases, they may step up to lead in an activity.

An important part of running a successful kitchen is making the learner feel welcomed and acknowledging that they are an active participant at whatever level they participate during the session. They may sit back and watch but later talk about something they learned during the session.

Non-traditional learning environments, like Collective Kitchens, provide adults with an alternative and relevant learner-centered experience.

Facilitator Expectations

1. Contact ECALA in order to get started. Inform ECALA of your intent to become a facilitator and ECALA will put you in touch with the proper resources.
2. Read this handbook in its entirety to get a better idea of what all is involved in facilitating a Collective Kitchen in your community.
3. Acquire certification by completing the Basic Food Safety Course. This is an online course provided by Alberta Health Services (AHS). It may be found under Education Courses Alberta AHS. After passing the test, you will be able to save and print a copy of the certificate. A copy of this certificate must be provided to the Collective Kitchen Coordinator, AHS. An equivalent course approved by the Collective Kitchen Coordinator, AHS may be accepted in lieu of this course.
4. Pick-up the necessary groceries for each class and contact participants to remind them of the class.
5. Ensure participants follow food handling and safety procedures including aprons, gloves, hair, storage, immediate refrigeration and freezing.
6. Ensure that food is prepared on site and that each participant is involved in the preparation of the meals.
7. If a class needs to be cancelled, you are responsible to contact the participants and advise the Collective Kitchens Coordinator.
8. Connect with Alberta Health Services to receive your Food Bank access code. Use the contact number provided to call in your grocery needs. The Food Bank requires 2 weeks advance notice for supplies.

Working with Diverse Groups

Collective Kitchens designed for Indigenous participants and English language learners should model the sharing of cultural knowledge and practices. Some tips for interacting with these learner groups are outlined below.

Indigenous Participants

Learners from different cultural backgrounds provide a wealth of experience that add value to your Collective Kitchen. Cultural knowledge exchange can make your kitchens more dynamic and relevant to your participants. If you have Indigenous participants in your Collective Kitchen, remember to respect and appreciate the unique cultural knowledge offered by these participants. For example, food and community are paramount in Indigenous communities; therefore, it is important to note the unique styles of learning and teachings that these communities have to offer. Oral tradition and the transmission of knowledge passed on by word of mouth is a traditional method of teaching that many Indigenous people still value today.

It is not uncommon to see Indigenous participants who can measure flour using their hands instead of measuring cups when whipping up a batch of bannock because this teaching was passed down from their Kookum (grandmother), Mother, Aunty, and so on.

Viewing your group of participants as a collective can bring value to your kitchen in terms of finding creative ways to incorporate food and recipe ideas. Learning from one another is a key benefit of Collective Kitchens.

It is important to keep in mind that many Indigenous participants may have had negative experiences with traditional learning models, making Collective Kitchens a particularly useful vehicle for culturally sensitive and interactive learning.





• *Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.*

• *- First Peoples Principles of Learning*

Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations.

-First Peoples Principles of Learning

• An example of a successful Indigenous Collective Kitchen is the program run by the Edmonton Native Healing Center (ENHC). This Collective Kitchen promotes self-sustainability and cost-effective practices. Some ENHC activities include the incorporation of gardening techniques and other innovative practices to produce cost-efficient recipes while keeping a community focus.

The ENHC combines traditional and contemporary methods by finding unique ways to use every ingredient that is provided to them by their garden or food bank and makes use of ingredients that often go by the wayside, such as dried breads, beans, and out of season fruits and vegetables. Central to the ENHC program is the integration of Indigenous cultural practice and protocols. Some of these practices include pipe ceremonies that align with the summer and winter solstices and harvesting fruits and vegetables according to the season.

Learning recognizes the role of indigenous knowledge.

-First Peoples Principles of Learning

A cultural practice common to many First Peoples is smudging. Smudging involves the burning of one or more sacred medicines gathered from the earth. There are various sacred medicines that are used in different communities like tobacco, cedar, sweetgrass, a variety of sages, lavender and many others.

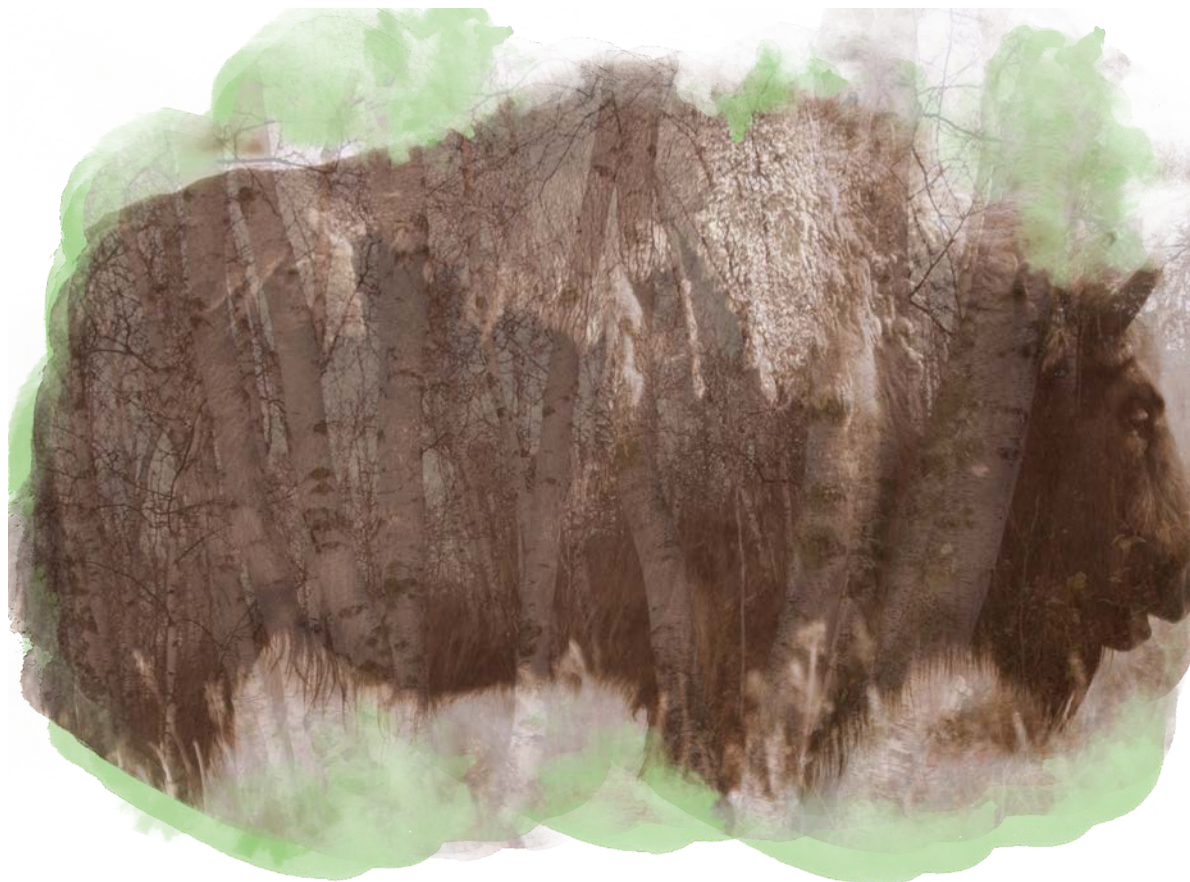
Smudging allows people to clear their mind, slow down, and become mindful and centred in the present. It helps people to remember the past, connect with the present, and be grounded in the moment or task at hand.

Smudging also helps people let go of negative energy. The release of negativity is achieved through an atmosphere of respect, compassion, understanding, and inclusivity within a smudge circle.

Learning is embedded in memory, history, and story.

As a facilitator, smudging is one common cultural practice to be aware of, but there are more. When facilitating your kitchen, be open and receptive to the cultural practices of your participants.

- First Peoples Principles of Learning



English Language Learners



Learning a new language can be a fun experience in a Collective Kitchen session. In a Collective Kitchen, English language learners can learn basic language skills by familiarizing themselves with food and cooking terms and definitions. If language barriers exist in your kitchen, you can try communicating by employing the following methods.

Use plenty of visuals, such as photos or illustrations, when instructing participants who are learning English.

- As you go through the cooking process, make sure to explain each step to your participants. For example, verbally go through the steps. If you are chopping up an onion, explain “now I’m **chopping** this onion.”
- Use pictures, drawings, and diagrams to help participants visualize what you are talking about or doing.
- Explain processes in simple, plain language.
- Make sure to emphasize the importance of Canadian food safety standards.
- If possible, you may want to hire a volunteer who is fluent in both languages and can act as a translator.



Making Learning Fun



Cooking with your participants is one component of facilitating a Collective Kitchen, however, the sessions also provide an opportunity to organize group activities and field trips. This handbook includes a helpful appendix of worksheets and activities – such as kitchen bingo – to help incorporate further learning opportunities into your Collective Kitchen sessions.

Incorporate a wide range of activities in your Collective Kitchen to keep your participants engaged in the learning process.

Additionally, field trips to the grocery store can add a practical, hands-on learning element. For example, you might want to host a “savvy shopper” game by breaking your Collective Kitchen into 2 teams, and challenging each team to buy the same grocery list for the lowest possible cost. The team with the lowest grocery bill would be the winner.

Another hands-on activity is a “chopped” challenge where you split participants into teams and ask them to create a dish from scratch. As the facilitator, you can assign volunteer judges to award points in categories of taste, smell, creativity, and presentation to determine a winner.

These types of activities are fun, participatory, and challenge participants to work together.



Location, Location, Location!

Before you get cooking, you will need to find an appropriate space. This is not always an easy task, however, your local church, school, or community league are good places to start. Certain commercial kitchen sites are also available to rent.

Some things to consider when looking at a space include:

- **Accessibility:** Does the facility have free parking? Is it easy to find? Is it wheelchair accessible? Remember that each of your participants will have different needs concerning accessibility and it is important to find a location that works for everyone.
- **Rent:** To potentially reduce costs, look at partnering with a local community group.
- **Schedule:** Poll your participants about which days of the week and times work best in order to encourage regular attendance. Is the kitchen easily accessible during these dates and times? Make sure to coordinate between your participants and the kitchen manager to make sure the session times are agreeable for everyone.
- **Amenities, Equipment, and Tools:** Does your kitchen have the tools and equipment you will need to cook comfortably and safely? Ensure the space is equipped with a stove, microwave, oven, fridge, freezer, handwashing sink, basic cooking tools, and two or three compartment sink. Ample storage space is a nice addition to any Collective Kitchen space.
- **Cleanliness:** Is the kitchen cleaned and sanitized after each use? Make sure that the kitchen manager upholds a high standard for cleanliness, so you don't have to clean up someone else's mess before your session.
- **Insurance:** Look for a facility that is insured and make sure you arrange for your own insurance with a minimum of \$2 million liability.
- **Child-minding space:** Does the facility have a space suitable for child-minding? This is an important consideration for parents who cannot access daycare.



Finding Participants

If you receive ECALA funding for your Collective Kitchen, you most likely will have a wait list with contact information of adults who want to attend. Participants from previous Collective Kitchens may want to return and may also know of friends, family, and neighbours who want to attend as well.

Online community newsletters and social media groups are a good, free method of advertising. Other low-cost advertising ideas include distributing posters and flyers to hubs in your neighbourhood, such as libraries, grocery stores, schools, churches, or community leagues. Some paid options include radio, television, and newspaper advertisements. These traditional advertising options get expensive quickly, although it is worth noting that some media groups offer discounts to non-profit and community groups.





Your First Session

Your first Collective Kitchen session is a good time to get to know your participants, establish a schedule and group rules, and choose recipes. You will also have to decide if you plan to charge participants a fee for participating, or preparing additional meals so all family members have a meal to share. Charging a small fee—even as little as \$2 per participant—is a good way to ensure you have the funds to buy groceries and divide food evenly. If participants pay a small amount, they will take ownership of their role in the kitchen and be active participants.

The following list outlines all of the items you should address in your first session.

- **Schedule**
 - Confirm number of sessions and times and dates with participants.
- **Fees**
 - Are there fees?
 - What are the fees?
 - What does the fee cover?
 - When are fees due?
 - What if participants cannot pay the fee?

- **Choosing recipes**

- Do any of your participants have allergies?
- Do any of your participants have food restrictions? Dietary limitations? For example, “no sodium”, “low carb”, “celiac”, or other?
- Are your participants open to trying new foods?
- Do your participants want to have themed sessions? For example, a “Mexican fiesta” or a “Greek feast”?



Preparing for a Session

As the facilitator, it is a good idea to arrive early to check out the kitchen and make sure it is clean, stocked up with utensils, and ready to go! Here are a few tips for your first cooking session:

- Coordinate your food bank order using your access code.
- Consider starting the session with an informal icebreaker or game.
- Review foods safety rules.
- Give out aprons and hair nets.
- Determine recipes for the next session.
- Let your participants choose their partner and recipe. Allowing participants to have input helps them to feel involved and engaged in the learning process.
- Don't forget to clean! After the cooking is completed, divide your participants into cleaning teams to thoroughly clean the kitchen using the cleaning tips described in Chapter 3 of this handbook.

- Remember that dividing the food up can be an activity that causes conflicts. Make sure you establish how the food is getting divided and that all your participants receive equal amounts of food. Sometimes a participant might not arrive to the session until the cooking is over. Depending on the amount of time left in the session, you can assign latecomers a larger share of the cleaning duties so that they still can take home food.

Planning For Your Next Session

Maintain open lines of communication between you and your participants to keep on the same page. It is important to debrief with your participants to determine what went well and what can be improved. Ask participants about what they would like to see happen at the next session. Ask participants what they liked and did not like about the session.

If you received constructive criticism, consider implementing your participants' feedback into future sessions. Your participants will feel more engaged if they see you are receptive to input.



Chapter 2 Snapshot

1

Teaching adults requires a mutual respect and understanding of each other. Your role as a facilitator is to help diverse groups of participants to work together, make decisions, solve everyday problems, and build skills through constructive hands-on learning activities.



2

The success of your Collective Kitchen depends on your research. Knowing your options will help you to provide the best location and amenities for your participants, and will increase your chance of success. Your kitchen should be a safe and welcoming space for everyone.

3

Make learning a comfortable experience for all your participants. You can do this by holding open discussions in your kitchen to get feedback on what's working for participants and what's not. By listening to your participants, you can provide a positive learning environment.



3

HEALTH AND SAFETY IN YOUR KITCHEN



Overview

Hand washing, disinfecting countertops, and using different preparation surfaces for meats and vegetables are all examples of food safety measures. As a facilitator, it is important to make sure that your kitchen stays clean for health and safety purposes. Ensure that all your participants stay healthy by following the health and safety guidelines outlined in this chapter.

Keeping a sanitary kitchen is an ongoing and extremely important exercise as it greatly reduces the chances of foodborne illness. Remember—a clean kitchen is a healthy kitchen!



Basic Food Safety Training

All Collective Kitchen facilitators must complete the Basic Food Safety course offered by Alberta Health Services. After completing the course and passing the test, you will be able to save and print a copy of the course certificate. A copy of this certificate must be provided to the Alberta Health Services Collective Kitchen Coordinator. An equivalent course approved by the AHS Collective Kitchen Coordinator may be accepted in lieu of the Basic Food Safety course.



Personal Hygiene

Facilitators should model good personal hygiene. It is important to remember that participants in your kitchen, depending on their circumstances, might need special attention when it comes to hygiene. You will need to ensure that hygiene items are available and used at each session.

To maintain a high standard of personal hygiene, you need to:

- Wash your hands often.
- Wash your hands before handling food.
- Wash your hands after coughing or sneezing.
- Always cough or sneeze into your sleeve and not your hands.
- Wash your hands after touching raw meat, fish, or eggs.
- Wash your hands after using the washroom.
- Tie your hair back or wear a hair net.
- Wear a beard net (for participants with beards).
- Wear an apron.
- Wear closed toe shoes.

Food Safety

Whether you are walking down the aisles at your grocery store, or preparing a meal with your participants, it's important to follow food safety guidelines. Setting a high standard for food safety will make sure that you (and your participants) stay fit and healthy. Bacteria and germs can be avoided by following these simple steps:

- **Keep it clean**
- **Keep it separated**
- **Keep it chilled**
- **Keep it sanitized**
- **Keep it safe**
- **Keep it at the right temperature**
- **Keep a healthy pantry**



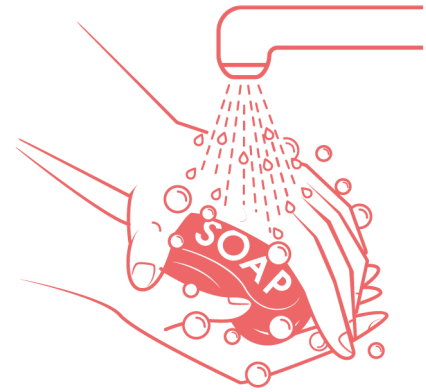
Keep it Clean

Different types of surfaces have different cleaning needs. In this section, we will discuss how to keep your hands and kitchen surfaces clean.

- **Hands**
 - Wash your hands with soap and warm water for 20 seconds or longer.
 - Wash hands before and after touching food.
 - Wash hands after using the bathroom.
 - Wash hands after changing diapers.
 - Wash hands after touching pets.
 - Wash hands after coughing/sneezing into hands or blowing nose.
 - Wash hands after touching your hair.

- **Surfaces**

- Wash cutting boards and countertops with hot soapy water and sanitize with bleach sanitizer before and after preparing food.
- Keep 2 cutting boards (wood or plastic is acceptable)—1 for meat/poultry/seafood and 1 for produce.
- Don't forget to wash the faucet, fridge handles, stove handles, and small appliances with hot soapy water.
- Wash the tops of cans before opening.
- Clean can openers, blenders, and mixer blades before and after each use.
- Wash and sanitize the fridge and microwave before and after each use.
- Wash and sanitize the fridge and microwave oven regularly.
- Wash and sanitize your sink regularly.
- If you use gloves while cooking, make sure to change your gloves for each activity. For example, wear different gloves when handling meat and vegetables.
- Do not wear gloves when frying meat and remember that disposable gloves are NOT oven gloves. Use appropriate oven gloves when handling hot pans.



Always make sure your participants wash their hands before cooking. Handwashing is an important safety measure to keep bacteria at bay.

- **Cloths**

- Use a clean cloth in your kitchen every day.
- Do not use sponges—they are hard to keep clean.
- Wash your vegetable brush, kitchen scissors, or scouring pad in the dishwasher, or in bleach sanitizer every day.

- **Food**

- Wash fresh fruit and vegetables under cold running water.
- Wash fruit and vegetables, even if you don't plan on eating the skin.
- Use a vegetable brush to rub firm fruits and vegetables under running water.

- **Kitchen Utensils**

- Wash and sanitize knives, spoons, and bowls.
- Use different knives for meats and vegetables, or sanitize knives between use.



Keep it Separated

In addition to keeping surfaces clean, avoid cross contamination by keeping raw and cooked foods separated.

- Never let cooked food touch raw food.
- Use different cutting boards for raw meat and fruits/vegetables. Never use the same cutting board for meat and produce.
- Never put cooked food on an unwashed plate.

Keep it Chilled

Always keep perishable food chilled in the refrigerator to keep it safe and limit bacteria growth. The following are best practices for food storage.

- Put food in the fridge right after preparing or eating.
- Keep food cold. The cold temperature in your fridge prevents bacteria from growing.
- Put raw, leftover, and prepared foods in the fridge or freezer within 2 hours.

- Food left out longer than 2 hours should be thrown out.
- Do not defrost food at room temperature. Instead, defrost food in the fridge.
- Put leftovers in small, shallow containers to cool faster.
- Marinate meats in the fridge.

Keep it Sanitized

You can make your own bleach sanitizer to clean the surfaces of your kitchen. It's easy! Just follow these simple steps:

1. Combine 1 tsp (5 ml) of bleach and 3 cups (750 ml) of water in a spray bottle. Label it "sanitizer".
2. Spray this sanitizer on surfaces that need to be cleaned. Let the sanitizer sit for 1-2 minutes and then let it air dry.
3. Throw out unused sanitizer every day and make a new batch.



Keep it Safe

Food safety starts at the grocery store and continues as you prepare food in your kitchen. Here are some shopping tips to keep you and your participants safe:

- Place meats, poultry, and seafood into plastic bags before adding them to your cart. This prevents the spread of meat juice, which can contaminate your other food items.
- Open egg cartons to make sure that eggs are clean and unbroken. Inspect eggs again once you get home and discard any eggs that have been damaged during transportation.
- Carefully inspect food packaging. Meat and poultry should be tightly wrapped, and fresh cut vegetables should be in sealed packages. Avoid canned foods that are dented, rusted, or bulged. Squeeze frozen foods to ensure they are frozen solid.

Keep it at the Right Temperature

Thawing food correctly greatly reduces the growth of harmful bacteria. Depending on how quickly you need to thaw food, you have a few options:

- **Slow and sure:** Thawing in the fridge is the safest method of defrosting food. It takes about 12 hours to thaw 1 pound of steak, ground beef, pork, chicken, or shrimp.
- **Faster:** Thaw 1 pound food portions in cold water. This takes about 2 hours. To do so, place the food in a watertight plastic bag and submerge in cold water, changing the water every 30 minutes until the food is thawed. Food thawed in cold water should be cooked immediately.
- **Fastest:** Thaw food in the microwave, following manufacturer directions. The thawing time will depend on the amount of food and the wattage of your microwave. Food thawed in the microwave should be cooked immediately.

Different types of food need to be heated to a minimum temperature to be safe for consumption. To measure food temperature, use an instant-read thermometer. Stick the thermometer into the centre of the food (avoiding the bone in roasts or poultry). Wash the stem of the thermometer with hot, soapy water after each use.

Meat Type	Minimum Safe Temperature
Ground beef, pork, and lamb	160°F
Beef and lamb steaks, chops, or roasts	145°F (medium) OR 160°F (well done)
Pork chops or roast	160°F
Fresh ham	160°F
Fully cooked ham (to reheat)	140°F
Chicken or turkey, whole, parts, or ground	165°F
Egg dishes	160°F
Leftovers and casseroles	165°F



Keep a Healthy Pantry

All food items have different storage requirements and stay safe for different amounts of time. Fresh shrimp, for example, keep for 1-2 days in the fridge while uncooked whole wheat pasta can be stored at room temperature for up to 1 year. The table below gives you storage information for some frequently used foods.

SHELF STAPLES		
Food	Storage Time	Storage Tips
Canned tuna and salmon	Unopened: 1 year Opened: 2 days refrigerated	After opening, immediately transfer to an air-tight container to refrigerate.
Canned beans	Unopened: 1 year Opened: 3 days refrigerated	After opening, refrigerate in an airtight container. Do not keep in the original can.
Brown rice	6 months (uncooked)	Brown rice still has its nutritious bran layer intact. The oil in brown rice means it won't keep as long as white rice.
Whole wheat pasta	1 year (uncooked)	Keep in the original packaging and store in a cool, dry place.
Barley	6 months (uncooked)	For longer storage, store in an air-tight container in the fridge for up to 1 year.
Oats	6 months (uncooked)	Store in the original packaging in a cool, dark place.
Whole wheat couscous	6 months (uncooked)	If you live in a humid climate, store in an air-tight container.

Dried beans and lentils	1 year (uncooked)	Store in the original plastic bag. Never store in the fridge. Beans can absorb moisture and spoil.
Honey, maple syrup, molasses	2 years	If sugar crystals form, place the container in warm water and stir until the crystals dissolve.
All-purpose flour	Room temperature: 1 year Frozen: 2 years	Store in a cool, dry place.
Whole wheat flour	Room temperature: 1-3 months Refrigerated: 6 months Frozen: 1 year	Transfer to an airtight container to preserve moisture content.
Granulated and confectioner's sugar	2 years	To protect against humidity, store in an air-tight container.
Brown sugar	4-6 months	Brown sugar dries out quickly. Store in an air-tight container after opening.
Baking powder and baking soda	12-18 months	Tightly cover and store in a dry, cool place.
Unsweetened cocoa	1 year	Store at room temperature in the original container.
Chocolate chips and baking chocolate	1 year	Store chocolate in a cool, dry place. A white film will sometimes form on the chocolate's surface due to temperature fluctuations, but this doesn't affect quality.
Nuts	Unopened: 1 year Opened: 3 months	Store in an air-tight container.

FRIDGE STAPLES

Food	Storage Time	Storage Tips
Pickles, olives, capers	Unopened: 1 year Opened: 1-2 months (refrigerated)	Keep the jar tightly capped and discard if salt crystals form on top.
Salsa	Unopened: 1 year Opened: 1 month (refrigerated)	If mold forms around the edge of the salsa, discard the entire jar.
Mustard and ketchup	Unopened: 1 year Opened: 2 months (refrigerated)	These condiments contain acid and are less prone to spoilage. They can be stored in the door, which is the warmest part of a fridge.
Reduced-fat and fat-free mayonnaise	Unopened: 1 year Opened: 2 months (refrigerated)	For best quality and freshness, use before the “best before” date.
Reduced-sodium soy sauce	Unopened: 1 year Opened: 6 months (refrigerated)	Always store opened soy sauce in the fridge to preserve its flavour.
Worcestershire sauce	Unopened: 1 year Opened: 6 months (refrigerated)	Wipe the bottle off after each use to prevent drips inside the fridge.
Jellies and jams	Unopened: 1 year Opened: 6 months (refrigerated)	After using, wipe off the rim of the jar before replacing the lid to prevent sticky buildup
Whole wheat tortillas	2 months	After opening, store in a tightly sealed container in the fridge.

FREEZER STAPLES

Food	Storage Time	Storage Tips
Steaks and roasts	Refrigerated: 2-3 days Frozen: 6-8 months	Freeze on a zip-close plastic freezer bag to maintain freshness.
Ground beef	Refrigerated: 1-2 days Frozen: 6-8 months	Always label and date so you can eat the beef before it starts losing quality.
Pork chops	Refrigerated: 2-3 days Frozen: 3-4 months	Freeze in a zip-close plastic bag to maintain freshness.
Skinless, boneless chicken breasts	Refrigerated: 1-2 days Frozen: 9 months	Individually wrap chicken in heavy duty foil for easy thawing.
Skinless fish fillets	Refrigerated: 1 day Frozen: 3 months	Place in a sealed container to prevent juices from dripping on other foods. Freeze in a zip-close bag to preserve freshness.
Peeled shrimp	Refrigerated: 1-2 days Frozen: 3 months	Don't freeze fresh shrimp. They most likely have already been frozen and thawed for retail sale.
Frozen fruits and vegetables	9 months	Store in the original bag or box.

Chapter 3 Snapshot

1

As a Collective Kitchen facilitator, it is important to maintain and model a clean and healthy kitchen. Work with participants and partners to achieve this goal.



2

Cleanliness in the kitchen starts with you; make sure to model a high level of personal hygiene for your participants to follow. Make sure to keep surfaces clean using your own homemade bleach sanitizer.

3

Remember to cook food to the proper temperature and store it correctly. Improper food handling can lead to foodborne illnesses.



4

FUNDING AND EVALUATING YOUR KITCHEN



Overview

Now that you understand the basics of how to start a Collective Kitchen, it's time to learn how to fund your kitchen. There are various funding streams available for your Collective Kitchen, including funding from ECALA. This chapter will provide an overview of various types of funding and tips to secure funding for your organization.

Additionally, this chapter discusses evaluation tools for your Collective Kitchen program. As a facilitator, it is your job to document successes and areas of improvement in your Collective Kitchen. This chapter contains a rubric to give you an idea of what measures ECALA gathers from each funded program.



ECALA distributes money annually to nonprofit organizations to provide Community Adult Learning Program (CALP) opportunities for adult Edmontonians who face social and financial barriers to learning. To be considered for funding by ECALA, you must submit a proposal for your Collective Kitchen every year. The proposal must include a description of your Collective Kitchen and all proposed logistics. The proposal budget must outline any donations or other funding you have for your Collective Kitchen, as well as your anticipated expenses. ECALA contact information is available at www.ecala.org.

Funding Requirements

- 1. Planning with Participants:** As a facilitator, you are responsible for understanding your participants, assessing their skills and abilities, and developing a learning plan with them. It is important to work with each of your participants to understand their reasons for attending a Collective Kitchen.
- 2. Organizational Planning:** Ongoing planning and continuous evaluation of your Collective Kitchen's strengths, weaknesses, opportunities, and challenges will help you to create an impactful community learning program.
- 3. Collective Kitchen Needs Assessment:** All Collective Kitchens should be based on an unmet need in the community. Is there a community need for learning opportunities? Make sure to adjust your Collective Kitchen based on the needs of your community members.

CALP Logic Model Excerpts

1.1) Adult Learners Demonstrate Commitment to Learning:

CALP providers work with learners to identify their learning goals, assess skills and abilities, and develop a strategy to meet their learning goals (e.g. learning plan).

2.1) CALPs Know the Needs of their Communities:

CALP providers develop and plan programming based on needs assessments that determine unmet learning needs and gaps in the community.

4. **Collective Kitchen Evaluation:** It is important to evaluate the success of your Collective Kitchen by checking in with your participants. Do participants respond positively to the kitchen? Do they feel welcome and safe? Do they feel they learned new skills as a result of the kitchen?
5. **Engaging Community:** Engaging community partners, such as your local food bank, is a good way to stretch your food budget. Contact other Collective Kitchen facilitators in Edmonton or ECALA to learn about other community partners.
6. **Mapping Community:** Connect with other community services and make sure that your Collective Kitchen participants are aware of services provided by other organizations that will support them in meeting their goals.

CALP Model Excerpts

2.1) CALPs Know the Needs of their Communities:

CALP organizations evaluate the impact of their programs and services to inform future planning.

3.1) CALPs Build Community Support for Foundational Learning:

CALPS lead community-based initiatives to raise awareness and build relationships with community partners.

3.1) CALPs Build Community Support for Foundational Learning:

CALPs are aware of the services and supports that learners need and where/how these needs can be met.

7. **Safe and Welcoming Space:** Some of your participants might have had negative experiences in formal learning environments. Your Collective Kitchen must be designed to create a safe and welcoming space for all participants and volunteers.
8. **Relevant Programming:** All learning activities offered by your Collective Kitchen should be learner-centred. Make sure you are responding to your learner's needs based on the information they share with you. If the recipes and activities are not relevant to your participants, they will not return. Experienced participants can be asked to assist other participants who are new to cooking.
9. **Reducing Barriers:** Collective Kitchens provide great access to non-traditional learning, which can reduce barriers for your participants. Collective Kitchens should be designed to reduce barriers to learning.

CALP Model Excerpts

2.2) CALPs Develop and Deliver Foundational Learning that Meets Needs:

CALPs should keep track of the number and percentage of adult learners who felt that the CALP provided a safe, welcoming space.

2.2) CALPs Develop and Deliver Foundational Learning that Meets Needs:

CALPs should keep track of the number and percentage of adult learners who felt that the program was relevant to their needs and goals.

2.2) CALPs Develop and Deliver Foundational Learning that Meets Needs:

CALPs should keep track of the number and percentage of adults who had a barrier reduced (i.e. fees reduced, travel, childcare).



Funding Requests

Try leveraging multiple funding streams in order to maximize the spending amount you have available to fund your Collective Kitchen.

Learning to write a proposal will be your greatest asset in applying for all types of funding. A good proposal should include a comprehensive budget including facilitator wages, food supplies, kitchen rent, evaluation, grant administration, operational costs, and child-minding resources (staff, food, and space). Before diving into writing, it is important to do your research and make

sure you apply for the most appropriate funding opportunities. Make sure to research the funding organization, check out who they have funded in the past, learn the organization's official mandate, and ask about the proposal review process.

Listed below is an exhaustive list of places to ask about funding:

- Federal, provincial, or municipal governments
- Professional agencies
- Community organizations
- Non-profit organizations and local clubs
- Grocery stores or supermarkets
- Neighbourhood businesses
- Provincial food bank association
- Corporations
- Private foundations
- Church groups
- Food banks
- Banks or credit unions
- Food commodity groups



For support with writing a Collective Kitchen proposal, contact ECALA.



Evaluate Your Kitchen

As a Collective Kitchen funded by ECALA, you must report on your kitchen's progress. As the kitchen facilitator, it is your responsibility to collect information to create a final report of your program. In addition to providing your feedback, you must also allow ECALA to observe a class and interview participants and instructors during visits.

Evaluation is an important tool to see if your Collective Kitchen is keeping up with the goals set in your proposal.

To help you evaluate your kitchen, ECALA has provided two report templates – the Regular Program Final Report and the Financial Final Report. Templates for both of these reports are included in the appendices of this document and on the ECALA website. You can also pick up a copy of these templates at ECALA's office in Edmonton.

As you will see below, the CALP Logic Model relies on outputs and indicators in determining whether or not participants needs are met. Outputs look at numbers, such as the number of participants in your kitchen and the total hours of instruction time. Indicators look at participant outcomes, such as if participants felt they learned something new as a result of joining your Collective Kitchen. You can use the ECALA Measurement & Evaluation Table to track your participants’ progress. The chart below explains these criteria in greater detail. By reporting on and evaluating your kitchen, you will better understand the needs of your participants and provide a better overall experience.

Outputs	Indicators
Number of hours of instruction per course	Skills use – Did participants report using foundational skills as a result of the Collective Kitchen?
Total hours of instruction	Learner progress – Did participants report making progress or meeting a learning goal?
Number of times program delivered	Increased confidence – Did participants show an increase in self-confidence?
Number of adult participants registered	Program relevance – Did the participants view the program as relevant to their goals?
	Welcoming space – was the Collective Kitchen a safe and welcoming space?
	Reduced barriers – Did participants see a reduction in barriers i.e. reduced fees, travel, or child care?
	Referring organizations – How many different organizations referred participants to the Collective Kitchen?

In the financial report, you will need to submit a line by line list of expenses for both program financials and course financials. To give you an idea of what to include in this report, refer to the template included in the appendix of this document. You will need to compare your actual costs with your proposed costs from your original proposal.

Please note that your final reports are due in July. The below time table lists important dates you need to be aware of.

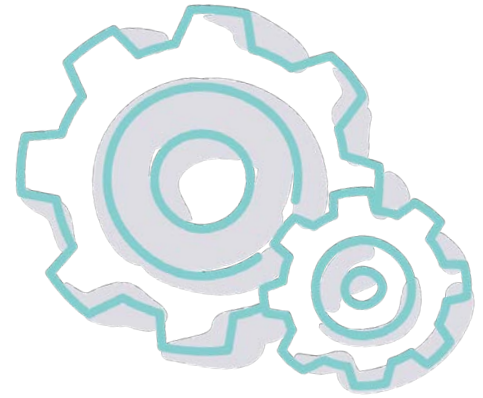
Month	Event
January	Deadline for project proposals
Mid to late June	Notification of funding decisions
July	Final Report due



Chapter 4 Snapshot

1

You need money for your kitchen to run but you have plenty of options. You can submit a proposal to ECALA or a number of other community organizations.



2

To receive ECALA funding, you need to ensure your kitchen provides planning with participants, organizational planning, a needs assessment, a kitchen evaluation, community engagement, community mapping, a safe and welcoming space, relevant programming, and reduces participant barriers.

3

To evaluate your kitchen, you need to keep track of data that shows how your Collective Kitchen is making a difference in your community.





KITCHEN TOOLBOX



Overview



Delicious meals start in a well-stocked kitchen. This chapter is designed to provide a guide to the tools of the trade you will need in your kitchen and provide an overview of the gadgets you and your participants are likely to encounter. From slicers and dicers to mashers and smashers, this chapter provides a comprehensive visual inventory of a well-stocked kitchen.

The worksheets contained in the following pages are for you to use in discussions with your participants. Linking pictures of common kitchen tools with their corresponding definition will help your participants get a better understanding of the kitchen tools at their disposal. Feel free to photocopy these pages for your participants. English language learners, or participants struggling with vocabulary will find these visual guides especially useful.

In this chapter, you will find worksheets outlining:

- Must have kitchen tools
- Nice-to-have kitchen tools
- Measurement tools
- Kitchen preparation terminology



Must Have Kitchen Tools



Box graters have sturdier handles on top and four sides to finely or coarsely grate or shred vegetables, cheeses, and citrus zest.



Can-openers are an essential tool for opening canned foods. The best designed can openers have a cushioned knob and handles for easy operation. Buy one with a blade that can cut stainless steel.



Colanders lets you separate liquids from solids. Use them for draining cooked pasta and vegetables, draining washed greens, or rinsing fresh berries.



Cooling racks allow air to circulate while baked goods cool. Round wire racks are good for cooling round cake layers. Large rectangular cooling racks are perfect for cooling large quantities of cookies or large cakes.



Cutting boards provide surfaces for chopping meat and vegetables, and prevent damage to your countertops. Choose a cutting board made of wood or plastic. Avoid ceramic as it does not absorb the impact of a knife blade.



Instant-read thermometers give a temperature reading in a matter of seconds. The thermometer is inserted in the center of the meat or poultry (avoiding the bone) to ensure that food is cooked to the minimum safe cooking temperature.



Kitchen shears are ideal for cutting paper to line cake pans, cutting up raw chicken, clipping kitchen string, and mincing chives. Choose shears made of stainless steel.



Kitchen timers are essential to make sure your foods are cooked to the correct doneness. Set the timer for the least amount of time to avoid overcooking.



Knives are essential. Paring knives (3-4 inches long) are used for peeling and slicing small foods. Chef's knives (8-9 inches long) are used for basic chopping, dicing, and slicing. Serrated knives are used for slicing bread.



Ladles are essential for serving soup or stew or adding broth to recipes without spilling.



Nesting measuring cups come in 1/4, 1/3, 1/2, and 1-cup sizes and are used to measure dry ingredients. To measure liquid ingredients use glass or plastic measuring cups with a spout. It is essential to have a 1-cup glass measure and is nice to have 2 and 4-cup measures.



Measuring spoons come in nesting sets of 1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, and 1 tablespoon.



Medium-size whisks are a must-have for whipping up egg whites, mixing salad dressings, producing smooth gravies and sauces, and mixing batter.



Nesting glass or stainless steel **mixing bowls** are an essential part of any kitchen. Plastic bowls are not recommended as they absorb both flavour and fat.



Pastry brushes are used for glazing breads and pastries, brushing syrup over warm cakes and muffins, or for basting meats and poultry.



Potato mashers make quick work of mashing potatoes and other root vegetables.



Rolling pins come with and without handles – both styles work well. The heavier the pin, the less effort it takes to roll out dough.



Salad spinners spin to remove most of the water from washed greens, herbs, or fresh berries. Salad spinners are available in several sizes.



Coarse-mesh **sieves** are used for sifting flour, cocoa, and confectioner's sugar. Fine-mesh sieves are used for straining stocks and separating fruit puree from their seeds. It's a good idea to have a few sizes.



Slotted spoons makes it easy to lift a piece of pasta or a vegetable from boiling water to test for doneness.



Spatulas come in different shapes for different tasks. A flat, wide metal spatula is good for turning fish. A rubber spatula is good for mixing batters. A silicone (heatproof) spatula has the flexibility of a rubber spatula and can withstand temperatures up to 800 degrees Fahrenheit.



Spring-loaded **tongs** are the best tool for lifting and moving food and can be locked shut for easy storage. Use silicone-tipped tongs to prevent scratching non-stick cookware.



Swivel-bladed **vegetable peelers** makes quick work of peeling fruits and vegetables without removing too much of the peel.



Have a few **wooden spoons** in your kitchen. They don't transfer heat, so your hand stays cool while stirring. Additionally, wooden spoons won't scratch your pots.

Pots and Pans



Pots and pans are used in a variety of kitchen tasks, such as preparing sauces and boiling vegetables. They come in different sizes ranging from small (1 litre), medium (2 litres), and large (2.5 litres)



Dutch ovens are used to make large batches of soups or stews. They are a favourite tool for whipping up one-pot meals.



Skillets are also called **frying pans**. Skillets are used to sauté or fry food on a stovetop and are available in different sizes.



Woks are used to mix and toss food for stir fry dishes.



Baking pans can be metal or glass. They can be square or rectangular with sides measuring a few inches high.



Cake pans are round and measure 8-9 inches around.



Cookie sheets are metal and either have a slight side or no side at all.



Loaf pans are made of glass or metal and are usually quite deep. Used for making loaves and quick breads.



Muffin trays are metal with 6, 12, or 24 cups in them. Used for making cupcakes, muffins, and meat loaves.



Pie pans are round and made of glass or metal. Used for baking pies.



Roasters are large pans. They are quite deep and have handles on both ends. They are usually made of metal and are designed to cook large meat items, such as beef roasts, turkeys, and ham.

Knives



Bread knives have a saw-like blade. This blade makes it easy to cut tough breads, cakes, and tomatoes.



Paring knives are used for peeling and cutting fruits and vegetables or other items.



Utility knives make it easy to slice sandwiches and other soft foods like fruit and cheese.

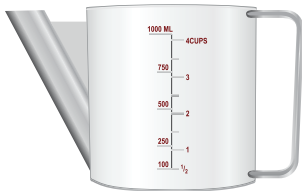


Chef's knives are one of the most frequently used knives. Used for chopping, slicing, and dicing food.

Nice-to-Have Tools



Electric food mixers are an electronic mixing tool used in place of a whisk. They have multiple speed settings and make mixing ingredients fast and easy. There are two kinds of electric mixers – stand mixers and hand mixers.



Fat separators have a sharply angled spout set at the base. Fat floats to the top of the separator so you can pour off the fat-free pan juices and leave the fat behind.



Hinged **garlic presses** are a tool that squeeze garlic bulbs into smaller pieces. This can also be achieved by mincing with a knife.



Also called vegetable-slicers, **mandolines** are a sharp-blade countertop tool that slice, cut, and julienne firm fruits and vegetables.



Pastry blenders are a classic baking tool that easily cut butter and vegetable shortening into dry ingredients for biscuits, scones, and pie crusts, ensuring a flaky result.

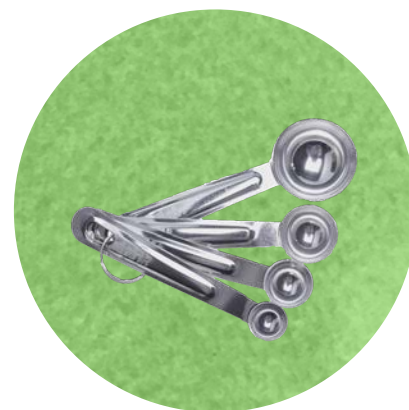


Rasp graters can be used for grating citrus zest, whole nutmeg, chocolate, and hard cheeses.

Measuring Ingredients

In order for your meals to turn out just right, it is important to carefully measure your ingredients. Measuring your ingredients will ensure that you get consistent results every time you cook or bake. Different ingredients have different methods of ensuring the correct amount. By teaching your participants how to measure ingredients, you are also helping them to develop their numeracy skills. Discussed below are different measurement techniques for ingredients.

- **Butter:** The wrapper butter comes in is pre-marked for tablespoons, 1/4 cup, 1/3 cup, and 1/2 cup increments. There is no need to use special tools to measure butter – simply follow the wrapper guide.
- **Dry Ingredients:** Use nesting measuring cups in 1/4, 1/3, 1/2, and 1-cup sizes to measure out dry ingredients. Always level off your measuring cups using the straight edge of a knife.
- **Liquids:** Use glass measuring cups with a spout to measure liquids. Bend down to check the liquid amount at eye level to ensure it is correct.
- **Solid Fats and Brown Sugar:** Use standard nesting measuring cups (the same as you would use for dry ingredients). Firmly pack the ingredient into the cup and level it off with the straight edge of a knife.
- **Spices, Herbs, Citrus Zest, and Extracts:** Use standard nesting measuring spoons that come in sets of 1/4, 1/2, and 1-teaspoon and 1 tablespoon. Fill the spoon with the desired ingredient and then level it off with the straight edge of a knife.
- **Yogurt and Sour Cream:** Use standard nesting measuring cups. Spoon the ingredients into the measuring cups and level it off with a rubber spatula.





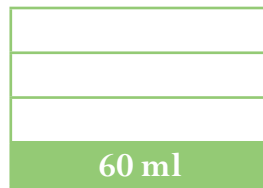
Measuring cups are used to measure the volume of liquids or bulk solid cooking ingredients such as flour and sugar. Remember to use the proper measuring cup for your ingredients. Use a measuring glass for liquids and a nesting measuring cup for solids.

Measuring Conversions



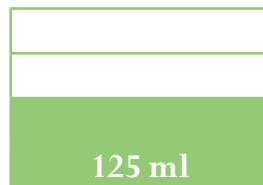
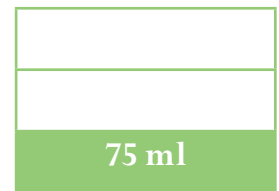
1 cup
3/4 cup
1/2 cup
1/4 cup

This section uses a rectangle to represent a glass measuring cup and shows conversions between cups and millilitres. A fully shaded rectangle equals a full cup (250 ml), a half shaded rectangle equals half a cup (125 ml), and so on.



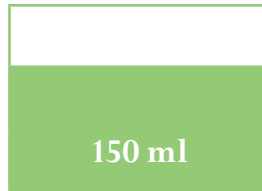
$1/4$ cup = 60 ml. To measure out $1/4$ in a liquid measuring cup, you would fill it a quarter.

$1/3$ cup = 75 ml. To measure out $1/3$ in a liquid measuring cup, you would fill it one third.



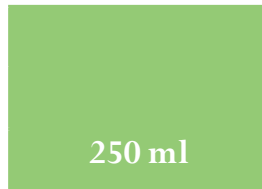
$1/2$ cup = 125 ml. To measure out $1/2$ in a liquid measuring cup, you would fill it halfway.

2/3 cup = 150 ml. To measure out 2/3 in a liquid measuring cup, you would fill it two thirds.



3/4 cup = 175 ml. To measure out 3/4 in a liquid measuring cup, you would fill it three quarters.

1 cup = 250 ml. To measure out 1 cup in a liquid measuring cup, you would fill it completely.



Teaspoon (tsp.), Tablespoons (tbsp.), and Millilitres (ml)

Small Measurement Conversions
1/8 tsp = 0.5 ml (or a pinch)
1/4 tsp = 1 ml
1/2 tsp = 2 ml
1 tsp = 5 ml
2 tsp = 10 ml
1 tbsp. = 15 ml

Metric Measurement

The units of measure in the metric system are the metre (m), litre (l), and gram (g).

Measures	Metric
Volume	Litre (l)
Mass/Weight	Gram (g)
Length	Metre (m)



Volume Measure (Litres)		Mass/Weight (Gram)	
10 millilitres (ml) =	1 centiliter (cl)	10 milligrams (mg) =	1 centigram (cg)
10 centiliters =	1 deciliter (dl)	10 centigrams =	1 decigram (dg)
10 deciliters =	1 liter (l)	10 decigrams =	1 gram (g)
10 liters =	1 dekaliter (dl)	10 grams =	1 dekagram (dag)
10 dekaliters =	1 hectoliter (hl)	10 dekagrams =	1 hectogram (hg)
10 hectoliters =	1 kiloliter (kl)	10 hectograms =	1 kilogram (kg)

Kitchen Preparation Terminology



When reading recipes, you will run into kitchen terms that describe processes for preparing food. These terms indicate how to prepare food properly. For example, “slicing” means cutting an item into long straight pieces, whereas “dicing” means cutting an item into small cubes. The below chart indicates some of the more common cooking terms. Helping your participants become familiar with cooking terms will help them to expand their cooking vocabulary and increase their confidence in the kitchen.

Teaching your participants new kitchen terms will increase their confidence in the kitchen. As your participants expand their vocabulary, they will become more comfortable navigating recipes.



Kitchen Preparation Terminology



Quartered:

Quartering a food means cutting it into 4 pieces.



Sliced:

Slicing a food means cutting it into long, narrow pieces.



Diced:

Dicing a food means cutting it into cubes.



Minced (finely chopped):

Mincing a food means cutting it into very fine pieces.



Simmer:

Simmering involves heating a liquid on the stovetop until you see bubbles and steam. To simmer, use a medium heat setting.



Boil:

Boiling involves heating a liquid on the stovetop until you see lots of bubbles and steam. To boil, use a high-maximum heat setting



Fry:

Frying food involves cooking the food in oil, butter, or margarine.

**Sautee:**

Sauteeing is similar to frying, except less oil/butter/margarine is used.

**Bake:**

Baking a food means cooking it in an oven. Baking normally refers to dessert-type foods like cakes, cookies, and muffins.

**Spread:**

Spreading a food means stretching it in a fine layer over a surface. You can use a spoon, knife, or spatula to spread.

**Grate:**

Grating a food means shredding it to small pieces.

**Stir (mix):**

Stirring means blending food ingredients together using a spoon, spatula, or another tool.

**Baste:**

Basting means scraping the juices or sauce up from the pan and spreading them over the food while it is still cooking.

**Roast:**

Roasting means to cook in an oven. You usually roast meats and vegetables. Cooking pastry, such as bread or cookies, is called baking.

Chapter 5 Snapshot

1

A well-stocked kitchen has many tools and utensils. This chapter outlined some of the more common items that may be useful in your kitchen. Use the worksheets in this chapter as a resource for your participants so they become more familiar with common kitchen items.

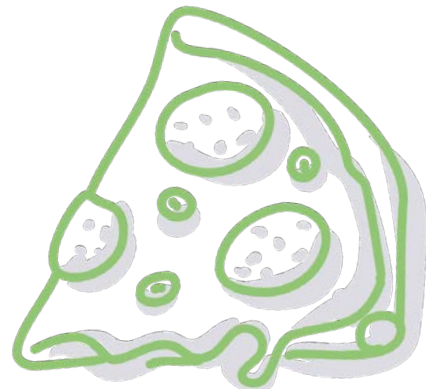


2

Making sure to use the proper measurements is essential to following recipes. This chapter included common measurement metrics and conversion charts that will help your participants when working with different recipes.

3

This chapter outlined some common kitchen terms to help participants better understand recipe instructions. With this knowledge, participants will know what it means to slice or dice the onions during sessions or when cooking at home.



6

MAKING HEALTHY CHOICES



Overview

In this section, we will be taking a look at what goes into making healthy choices. This includes developing an awareness of what is in your food by reading nutrition labels and understanding serving sizes. It is all too easy to go overboard when incorporating rich ingredients in your cooking. Sticking to the proper serving size indicated on the nutrition label will help reduce the total number of calories in your recipes.

Teaching your participants about healthy choices and how to choose ingredients that are better for them will help them make informed choices at the grocery store and in the kitchen.

Making healthy choices can include swapping unhealthy ingredients with healthy alternatives. For example, when having a “Mexican Fiesta” themed session, you may wish to inform your participants about substitutions such as using beans in tacos instead of ground beef to reduce unhealthy fats.



Reading Labels



Labels on packaged foods give you nutritional information.

Nutritional information on food labels:

- Helps you make informed food choices.
- Helps you follow Canada's Food Guide.
- Is required on most packaged foods.
- Is based on health Canada's regulations.



There are two important pieces of information on a food label:

Nutrition Facts	Ingredients
<ul style="list-style-type: none">• Provide information on serving size, based on Canada's Food Guide.• Provides information on calories and nutrients based on 1 serving. The information is in both grams and percentage (%) of daily requirements.	<ul style="list-style-type: none">• Gives you a list of all the ingredients in the package• Gives you a list of ingredients in the order of quantity or amount in the product. The ingredient that used the most is first, and lowest amount is last.

1. Serving Size

The information in this example is for 125 mL (or 87 g) of a food.

Note: If you eat more or less than 125 mL, you have to add or subtract from the numbers on the label.

2. Saturated and Trans Fat

These fats (Saturated and Trans) are bad fats. Aim for 0 grams.

3. Protein

In this example, there is 3 grams of protein in every serving (125 mL).

4. % Daily Value

This % value is how much of each item listed on the label you should eat in a day. In this example, a 125 mL serving gives you 1% of the fat you need each day and 6% of your carbohydrates.

5. Sodium

Sodium means salt.

6. Fibre

In this example, this food gives you 8% of the fibre you should have in a day.

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g			1%
Saturated 0 g			0%
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg			0%
Carbohydrate 18 g			6%
Fibre 2 g			8%
Sugars 2 g			
Protein 3g			
Vitamin A	2%	Vitamin C	10%
Calcium	0%	Iron	2%

Kraft Dinner

INGREDIENTS: PASTA (FROM WHEAT), CHEESE SAUCE (MODIFIED MILK INGREDIENTS, CHEESE (CHEDDAR CHEESE, MONTEREY JACK CHEESE, BLUE CHEESE), SKIM MILK POWDER, SALT, MODIFIED CORN STARCH BUTTER, SODIUM PHOSPHATES, NATURAL FLAVOURS, CELLULOSE GEL, CELLULOSE GUM, CITRIC ACID, COLOUR (CONTAINS TARTRAZINE), LACTIC ACID), (M096E)
CONTAINS: WHEAT, MILK.

INGRÉDIENTS: PÂTES (DE BLÉ), SAUCE AU FROMAGE (SUBSTANCES LAITIÈRES MODIFIÉES, FROMAGE (CHEDDAR, MONTEREY JACK, FROMAGE BLEU), LAIT ÉCRÉMÉ EN POUDRE, SEL, AMIDON DE MAÏS MODIFIÉ, BEURRE, PHOSPHATES DE SODIUM, ARÔMES NATURELS, GEL CELLULOSIQUE, GOMME DE CELLULOSE, ACIDE CITRIQUE, COLORANT (CONTIENT DE LA TARTRAZINE), ACIDE LACTIQUE).
CONTIENT: BLÉ, LAIT.

1

2 **Nutrition Facts / Valeur nutritive**
 Per 1/4 box (50 g) / pour 1/4 de boîte (50 g)
 About 2/3 cup prepared / environ 2/3 tasse préparée

Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
3 Calories / Calories	180	210
% Daily Value / % valeur quotidienne		
Fat / Lipides 1.5 g*	2 %	7 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %	5 %
Cholesterol / Cholestérol 5 mg	2 %	2 %
Sodium / Sodium 360 mg	15 %	17 %
Carbohydrate / Glucides 35 g	12 %	12 %
Fibre / Fibres 2 g	8 %	8 %
Sugars / Sucres 5 g		
Protein / Protéines 6 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	6 %	8 %
Iron / Fer	10 %	10 %
Thiamine / Thiamine	35 %	40 %
Riboflavin / Riboflavine	25 %	25 %
Niacin / Niacine	20 %	20 %
Folate / Folate	50 %	50 %

4

* Amount in dry mix / Quantité dans la préparation sèche
 † Prepared using 1 Tbsp. non-hydrogenated margarine and 1/3 cup skim milk. / Préparée avec 1 c. à soupe de margarine non hydrogénée et 1/3 tasse de lait écrémé.

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Reading Nutrition Labels in Practice

Here is an example of a nutrition label on a box of the popular pantry staple, kraft dinner.

1. Ingredients

The ingredient that is used the most is pasta (wheat). This means the pasta is made from wheat.

The second largest ingredient is cheese sauce, which is made from milk (modified milk ingredients).

Artificial colour makes up the smallest ingredient.

2. Nutrition Facts

A serving size is 2/3 cup of prepared Kraft dinner and the information is based on this size.

This nutrition facts table provides information for dry mix and prepared. “Prepared” refers to cooking the kraft dinner with milk and margarine.

3. Calories

The calories number indicates how many calories are in one serving. Each individual will have different caloric needs depending on age, height, and gender. For example, An average woman needs to eat about 2000 calories per day to maintain her weight, and 1500 calories to lose one pound of weight per week.

4. Percentage (%) Daily Value

This measurement shows daily nutrient values on a scale of 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving.

Quick Tip: Choose items containing lower amounts of fat, cholesterol, sodium, and sugar.

Nutrition Facts		
Serving 1 cup (55 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	200	250
% Daily Value		
Fat 1g†	2 %	4 %
Saturated 0.2g + Trans 0g	1 %	5 %
Cholesterol 0 mg	0 %	2 %
Sodium 95 mg	4 %	7 %
Potassium 480 mg	14 %	19 %
Carbohydrate 37 g	12 %	14 %
Fibre 5 g	20 %	20 %
Sugars 9 g		
Protein 13 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	6 %	20 %
Iron	15 %	15 %
Riboflavin	6 %	15 %
Niacin	10 %	15 %
Vitamin B₆	8 %	10 %
Folate	30 %	35 %
Pantothenate	6 %	15 %
Phosphorus	20 %	30 %
Magnesium	30 %	35 %
Zinc	15 %	20 %
† Amount in cereal.		
INGREDIENTS:		
SOY GRITS, SEVEN WHOLE GRAINS AND SESAME CEREAL (HARD RED WHEAT, LONG GRAIN BROWN RICE, WHOLE GRAIN OATS, TRITICALE, BARLEY, RYE, BUCKWHEAT, SESAME SEEDS), EVAPORATED CANE JUICE SYRUP, CORN MEAL, CORN FLOUR, SOY PROTEIN, WHEAT BRAN, OAT HULL FIBRE, CORN BRAN, HONEY, EVAPORATED CANE JUICE, NATURAL FLAVOUR, CALCIUM CARBONATE, SALT, ANNATTO COLOUR.		
CONTAINS SOY, WHEAT, OAT, TRITICALE, BARLEY, RYE AND SESAME INGREDIENTS.		
Imported for Kashi Company, La Jolla, CA 92037		

This example looks at the nutrition for a serving of Kashi breakfast cereal.

In this example, a serving is 1 cup. This examples shows nutrition information for both dry cereal and cereal with 1/2 cup of 1% milk.

A serving of this cereal contains 200 calories without milk and 250 calories with milk.

A serving of this cereal contains 1% of your daily serving of fat without milk and 5% with milk. It has 0.2 grams of trans fat.

This cereal does not contain cholesterol, however, adding milk increases cholesterol content to 2% of your daily value.

A serving of this cereal contains 95 mg, or 4% of your daily sodium value. With milk, this increases to 7%.

A serving of this cereal contains 37 grams of carbohydrates, or 12% of your daily value. With milk, this increases to 14%.

This cereal is a good source of fibre; one serving of cereal offers 5 grams, or 20% of your daily value.

This cereal is a good source of protein, offering 13 grams in one serving.

Additionally, there is a large number of vitamins and minerals in this cereal, which makes it a healthy choice.

Following Canada's Food Guide

Canada's new food guide was released in January 2019 and contains some good tips to help you and your participants whip up healthy meals in the kitchen. These tips will help you to create healthy meals in your kitchen:

- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose plant-based proteins before animal-based proteins. For example, you might choose to make a vegetarian chili with extra beans and skip the meat altogether.
- Limit highly processed foods. Processed foods include foods that have undergone a significant degree of processing before hitting the shelves and include a large number of fillers and additives. Choose raw, whole foods when possible. For example, instead of using cheese whiz, you might substitute a simple block of cheddar.
- Make water your drink of choice. Beverages like juice and pop contain large amounts of sugar that add up quickly. Don't like the taste of water? Add some sliced fruit for a different taste.
- Use food labels to determine if a food is healthy or not. Make sure to preferentially choose foods that are low in fat, cholesterol, sodium, and sugar.



What's on Your Plate?

The new Canada food guide emphasizes the importance of getting plenty of vegetables and fruits, whole grain foods, and protein foods. These food types are described in greater detail in the table below.

Vegetables and Fruits

- Vegetables and fruits are high in fibre, vitamins, and minerals.
- Fresh, frozen, and canned vegetables can all be healthy options.
- Examples of vegetables and fruits are broccoli, spinach, apples, and pears.



Whole Grain Foods

- Whole grain foods contain unrefined whole grains and include items like quinoa, whole grain pasta, whole grain bread, whole oats, and whole grain brown rice.
- Foods labelled “whole wheat” and “multi-grain” might not be whole grain. Make sure you see “whole grain” in the nutritional information.



Protein Foods

- The new Canada Food Guide encourages getting protein from plant-based sources over meat options.
- Protein foods include:
 - Beans, peas, and lentils
 - Nuts and seeds
 - Fish and shellfish
 - Lean meats
 - Milk and dairy products
- Make meatless meals in your Collective Kitchen whenever possible. Some main course protein substitutions include:
 - Using beans in burritos.
 - Using tofu in a stir fry.
 - Using chickpeas and beans in tacos.
 - Using lentils in soups, stews, and casseroles.



Food Worksheets



Healthy eating requires an awareness of one's food options. The following pages contain worksheets defining different foods ranging from proteins, fruits and vegetables, whole grains, oils and fats, and herbs and spices. As a facilitator, you can use these worksheets with your participants in order to develop an understanding of food types. These worksheets can also be used to start discussions around cooking. For example, some of your participants might have tips for using certain foods in unique cultural dishes that can be shared with the group.



Proteins



Proteins are used as the building blocks of the body that help to rebuild muscle.



Animal proteins are meat, milk, cheese, yogurt, fish, shellfish, and eggs.



Vegetable proteins are whole grains and legumes, such as beans, peas, lentils, soy, and nuts.



Beef is meat that comes from cows. There are lots of different ‘cuts’ of beef, such as steak, ribs, ground beef, and roast beef.



Poultry includes turkey, duck, and chicken. Turkeys and ducks are often eaten on the holidays. Chicken is sold as breast, leg, thighs, and wings.



Pork is a meat from pigs. Pork can be sold as ribs, chops, ground meat, ham, and bacon.



Lamb comes from a young sheep while **mutton** comes from an older sheep. Lamb comes in ribs, chops, legs, and roasts.



Goat meat is used in a variety of dishes and especially curries.



Fish swim in water and can be white or red. Fish is sold fresh, smoked, or canned. Fish is a healthy animal protein because it is high in protein and low in fat.



Shellfish include lobster, shrimp, crab, clam, oyster, and mussel. Most shellfish are from the seas/oceans and can be bought fresh or frozen.



Milk products are a source of protein and fat. Our bodies need a small amount of fat to store as energy. Milk products also transport vitamins in the body and provide fatty acids and calcium.



Milk comes from cows, goats, and sheep. The most common milk in Canada is cow's milk.



Milk alternatives are popular among people who are allergic to milk. Some milk alternatives are soy milk, almond milk, rice milk, oat milk, and coconut milk.



Cheese can be soft or hard. It is made from the milk of cows, sheep, and goats.



Yogurt is made from milk that has had bacteria added. It is very good for your digestive system.



Legumes are beans, lentils, peas, and peanuts. Legumes and whole grains are alternative proteins.



Soy is a bean that is made into tofu and soy milk. It is high in protein and commonly used as a meat substitute.



Nuts are a fruit with a hard shell and a seed. We eat the seed. Some nuts are cashew, pecan, almond, pistachio, walnut, and hazelnut.

Whole Grains



Whole grains have not been processed; they remain in the same form as they grow in the field. Whole grains have a husk and contain more fiber, protein, and carbohydrates than any other grain.



Whole grain bread is made with whole grains. Whole grain bread contains more nutrients than white bread.



Cereal grains are some of the most common foods in the world. Barley, wheat, oats, rye, and rice and cereal grains.



Whole grain rice is made using whole rains. Not all rice is whole grain, so it is important to look for this information on the ingredients list when selecting whole grain rice at the store.



Quinoa is a seed that is high in carbohydrates and fiber. It is considered a healthy rice alternative.



Whole grain pasta is a noodle made from eggs, flour, and whole grains. When selecting pasta, make sure to look for whole grain ingredients.

Vegetables



Asparagus is a green vegetable. You can steam or boil asparagus until just tender.



Beets are purple or red root vegetables. The leaves can be eaten like kale or spinach. People like to use beets in soups and salads, and as a side vegetable.



Bell peppers get sweeter as they ripen. They start green, and ripen to yellow, orange, and then red. The red pepper is the sweetest pepper.



Hot peppers are spicy. There are many kinds of hot peppers, including jalapeño, habanero, and cayenne.



Broccoli is a green vegetable that is high in calcium.



Cabbage is a leafy vegetable. There are different types of cabbage, including green cabbage and red cabbage. Brussels sprouts are considered small cabbages.



Carrots are root vegetables that can be cooked or eaten raw. They are often used in stews and soups or served as a side dish. Small carrots are called baby carrots.



Celery comes in three forms: celery stalk, celery seeds, and celery root. The seeds and roots are used for flavoring dishes, while the stalk can be eaten raw.



Cucumber is a fresh, crisp vegetable that is usually eaten raw or in a salad. Different types include English, Kirby, and garden cucumbers.



Eggplant is usually purple. There are different varieties such as Italian, Chinese, white, and Indian eggplant.



Green beans can be served as a side vegetable, in soups, in stews, and in salads. Beans can also be red, purple or yellow.



The **mushroom** is a fungus that is used in all sorts of dishes. Chanterelle, white, oyster, portobello, shiitake, and cremini are some different kinds of mushrooms.



Lettuce is a green leafy vegetable. It is most often eaten raw in salads. Types of lettuce include iceberg lettuce (tight, round head of leaves), butterhead lettuce (dark green leaves), leaf lettuce (loose, light green leaves), and romaine lettuce, which grows in a stiff, upright clump.



Onions are a root crop used to flavor many dishes. They come in all shapes and sizes including white onions, brown onions, yellow onions, and red onions. Shallots are a type of onion that are sweet and small.



Green onions are served in salads and scattered on soups and other dishes for flavour.



Peas are a sweet green vegetable. You can eat the seeds and the pods.



There are many types of **squash**. The largest is the pumpkin, which is orange and round. There is also zucchini, which is green and yellow. Butternut squash is bell-shaped and high in vitamins. Spaghetti squash contains spaghetti-like strands.



Radish is a spicy root vegetable. It can be eaten fresh or pickled. There are many kinds of radish, such as cherry belle, French breakfast, and black Spanish.



The **tomato** is a popular red vegetable that can be eaten fresh, baked, stewed, or as a sauce. Ketchup is made from tomatoes. Types of tomatoes include the large globe tomato, the small cherry tomato, and the Roma tomato, which is often used in pasta sauces.

Fruits



Apples are a crisp, delicious fruit that grow on the trees in Canada. There are many varieties of apple, including Red Delicious, McIntosh, Gala, Pink Lady, Granny Smith, and Golden Delicious.



Pears are a green or yellow fruit and are often shaped like a lightbulb.



The **orange** is a juicy fruit and is commonly eaten fresh or as a juice. There are many different types of oranges, including Navel, Valencia and Blood Oranges.



Citrus fruits include grapefruits, oranges, lemons, limes and tangerines.

Lemons are small, yellow, and sour. Lemons are used for their juice and to flavour many foods.

Limes are small, green, and not sour. Lime flavor is used in food and baking.



Peaches are very juicy orange fruits that make great pies, cakes, and desserts.

Nectarines are from the same family as peaches, but they do not have fuzzy hair on the outside.



Apricots are the smaller cousin to the peach. Apricots are used for baking deserts and are often sold as dried fruit.



Cherries are a small fruit, which are red, purple, or a mix of yellow and red. Some of the cherries grown in Canada are Rainier (yellow and red), Bing (large and black) and Van (black). Cherries are often used in baking, or sold as dried fruit.



Plums are a small purple fruit. Plums are commonly used for baking and desserts. They are sold fresh or dried as prunes.



Grapes are red, green, or purple berries that grow on a vine. Grapes can be eaten fresh or dried to make raisins. Some types of grapes are used to make wine.



Blueberries and **Saskatoon berries** grow on bushes. They can be eaten fresh or frozen, in jam, or dried. Saskatoons can be picked in the countryside and are commonly found growing wild in the prairies.



Strawberries are red berries that grow on small mounds on the ground. You can grow strawberries in your yard in Alberta. Strawberries can be eaten fresh, frozen, or in jam.



Raspberries and **blackberries** grow on bushes. Raspberries are red and blackberries are black. Raspberries can be grown in your yard in Alberta.



Dates and **figs** are grown in warmer climates. You can eat them fresh or dried.



Melons come in many varieties and colours. Melons are eaten fresh or made into juice. Watermelon is the largest melon. Some other types of melon are honey dew and cantaloupe.



Pineapple is a popular tropical fruit. Pineapple is eaten fresh, canned, dried, and as a juice.



Bananas are a common tropical fruit can be eaten fresh or dried. The outside peel is yellow and the inside is white and creamy. Bananas are commonly added to smoothies to add richness and sweetness.

Herbs, Spices, and Seasonings



Herbs and spices come from the roots, leaves, seeds, and stems of a plant.

Spices are often thought to be ‘hotter’ in flavour (think chili and ginger), while herbs are green and leafy (think basil and sage).

Herbs and spices are used to make food tasty. Many herbs can be grown outside in the summer and indoors in the winter.

Some of the most common herbs and spices are garlic, onion, cinnamon, ginger, and chili peppers.



Basil is a herb and it goes well with tomatoes. It is often used in Italian food.



Bouillon cubes are used to make a gravy or sauce tasty. They can be beef or chicken flavoured.



Chili flakes are made from dried red peppers. They give a hot flavour to foods.



Cilantro is the green leaf of a plant. Coriander is the seed of the cilantro plant. They do not taste the same and serve different purposes in cooking.



Cinnamon is available as sticks or as a powder.



Cumin is a spice. It is frequently used in Asian cooking.



Curry powder is a mix of 5 or more spices.



Dill is a herb with a tangy taste. It is commonly used in soup and with pickles.



Garlic grows in small clusters called cloves. Garlic is a popular flavouring agent in many different dishes.



Ginger is the root of a plant. Ginger has a sweet and spicy flavour and is frequently used in Asian cooking.



Lemon grass is a green herb that tastes a bit like lemons.

	<p><u>Mint</u> is a herb with a cool taste. You can grow mint outside in Alberta.</p>
	<p><u>Nutmeg</u> is a spice that is used in baking and drinks.</p>
	<p><u>Oregano</u> is a herb pairs nicely with beef. Try it in spaghetti sauce.</p>
	<p><u>Paprika</u> is made from dried peppers. It has a mild taste.</p>
	<p><u>Parsley</u> is a herb that is good in soup and can be used as a breath freshener.</p>
	<p><u>Pepper</u> is one of the most common spices. A bit of ground pepper is put in most meals.</p>
	<p><u>Rosemary</u> is a small bush that grows in moderate climates. Rosemary is often used to flavour meats and stews.</p>



Sage is a herb commonly used with meat and chicken.



Thyme is a herb that tastes good with eggs, beans, and vegetables. It can also be used to flavour meats and stews.



Vanilla has a strong flavour and is used to flavour sweet foods and drinks. You can use the vanilla bean, vanilla essence, or vanilla extract. Vanilla essence has a vanilla taste but is not made from vanilla, while vanilla extract is made from vanilla.

Foods to Limit – Oils and Fats

To make sure your meals are as healthy as they can be, try reducing the amount of oils and fats used in your cooking. While some fat is okay, too much of it can cause a number of health problems, such as heart disease. To reduce your fat intake from meat products, always buy lean animal products and drain the fat while cooking. Looking to cut back on oil in salads? Increase your vinegar to oil ratio and use more vinegar than oil. Be on the lookout for ways to reduce fat wherever possible.

There are good fats and bad fats. Bad fats, such as trans fats from processed foods, should be avoided. Good fats, such as vegetable fat, should be consumed in moderation.

Oils and Fats



Fats can be split into two groups: animal fat and vegetable fat. Our body uses fat to store energy. Fat also gives us some vitamins, calcium, and fatty acids. Fats are often used to fry food.



Animal fat comes from meat. Animal fat is produced when meats are cooked. For example, bacon grease is pig fat that accumulates in the pan as bacon is fried. Other animal fats are butter (made from milk) and lard (made from meat).



There are two main types of **vegetable fat**: oil and margarine. The oil can be made from many plants, including canola, olives, sunflowers, and peanuts.

Margarine is made mainly from vegetable oil and water. It is used instead of butter.

Foods to Limit - Sugar

In addition to limiting fat, cholesterol, and sodium, it is important to moderate your intake of unhealthy carbohydrates. There are both healthy and unhealthy carbohydrates present in foods. Healthy carbohydrates release slowly into the body and provide long-lasting energy while unhealthy carbohydrates release quickly into the body and provide energy spikes. Consuming large amounts of sugar, especially refined sugar, should be avoided. It is important to recognize what sugar looks like and to minimize your consumption of it. See the sugar shocker activity in the appendices for more information about the impacts of sugar.

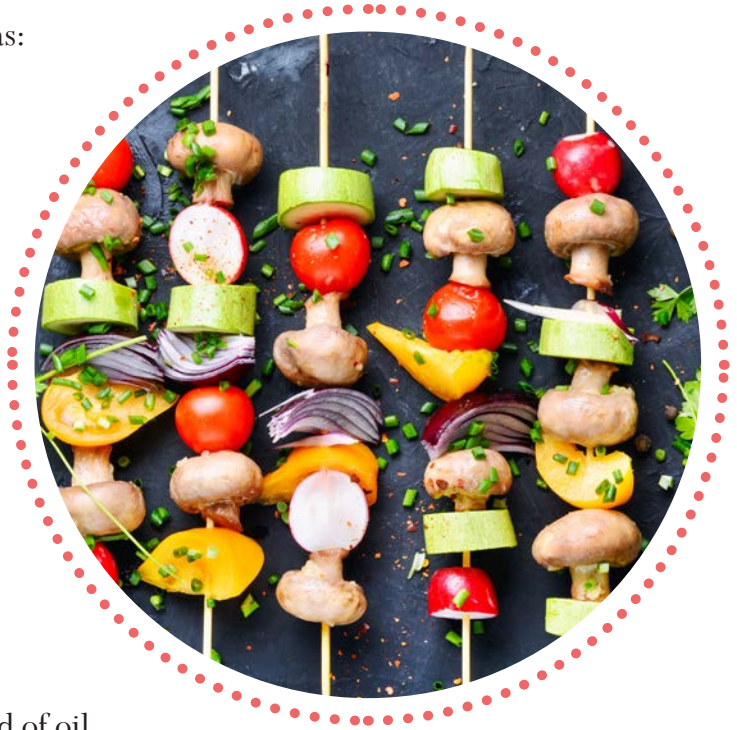
Sugars	
	White sugar is derived from sugar beet and sugar cane. It is added to most processed foods and is also a common table condiment in most homes. It is the most refined sugar.
	Brown sugar is partially refined and is usually yellow or brown.
	Icing sugar is a finely ground white sugar commonly used in desserts.
	Molasses is a thick syrup is made from sugar beets or sugar cane and is used in cookies, cake, and toffee.
	Maple syrup is made from the sap of sugar maple. Once opened, it needs to be stored in the fridge.
	Corn syrup is made from the starch in corn and is frequently used to sweeten processed foods.

Cooking Smart

You can reduce the amount of fat, sugar, and sodium in your cooking by carefully selecting your ingredients and following certain steps to minimize unhealthy by-products during cooking.

Cooking with Less Fat

- Choose lean cuts of meat and trim fat where possible.
- Use low-fat cooking methods such as:
 - Baking
 - Steaming
 - Microwaving
 - Barbecuing
 - Broiling
 - Poaching
 - Grilling
 - Roasting on a grill
 - Stir frying with broth instead of oil
 - Slow cooking in a crock pot
- Drain fat leftover from cooking.
- Chill gravy, stews, or soups until the fat hardens in a layer on top. Discard the hardened fat.
- Reduce the amount of meat in recipes and replace these with plant-based proteins wherever possible.
- Reduce the amount of oil in marinades.
- Use 1/3 to 1/2 less cheese in recipes. Cheeses with strong flavours (like Parmesan) are good choices because they impart strong flavours to your dish, even in small amounts.



- Replace sour cream with low fat yogurt.
- Make broth-based soups instead of cream-based soups when possible.
- Flavour foods with spices, herbs, lemon, vinegar, wine, or sherry instead of using fatty sauces or butter.

Baking with Less Fat

- Use pureed fruit, pureed lentils, or yogurt instead of fat in recipes. Start by replacing half the fat. For example, instead of 1/2 cup margarine, use 1/4 cup fruit puree and 1/4 cup margarine.
- Reduce the amount of oil in a recipe. If a recipe calls for 1 cup of oil, use 2/3 or 3/4 cups instead.
- Instead of whole milk, use low fat buttermilk, plain yogurt, low fat evaporated milk, skim, 1% milk, low-fat soy milk, or low-fat sour cream.
- Don't use low calorie margarine in baking. The increased water content of these products will affect your baking.
- Set a timer on your baking – low-fat baked recipes can burn more easily.

Did you know: not all fats are bad for you. In fact some fats, such as the fat from avocados, is good for you. It is important to consume fat in moderation.



Use Healthier Fat

- Canola oil, olive oil, or non-hydrogenated margarine are healthier fat options, but make sure to use these in smaller amounts.

Baking with Less Sugar

- Cut back the amount of sugar or molasses in your recipe. If a recipe calls for 1 cup, use 2/3 or 3/4 cups instead.
- Enhance the flavour of low-fat baking with vanilla extract, almond extract, or spices.
- Reduce sugar by half in muffin, loaf, and cookie recipes.

Cooking with Less Salt

- Use fresh, frozen, or canned vegetables with no added salt.
- Reduce unnecessary salt in recipes.
- Flavour food with herbs and spices in place of salts.
- Use more fresh herbs than dry herbs to enhance flavour.

The below table outlines healthier food choices you can make. Refer to the foods in the “eat this” column for smarter choices.

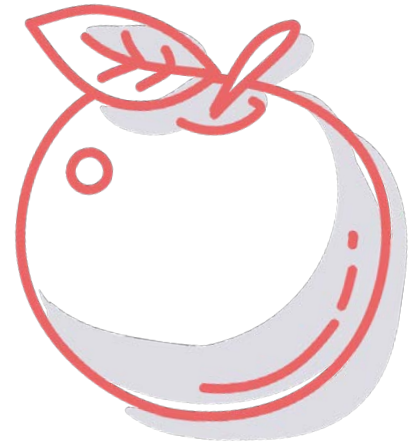
Eat This	Not That
<ul style="list-style-type: none">• Half your plate should be vegetables and fruits. Choose vegetables and fruits with no added sugar/salt.• Choose whole grains like barley, oats, and whole grain products.• Eat plant protein like beans, peas, lentils, tofu, and soy.• Choose lean animal proteins like fish.• Eat healthy fats, including coconut oil.	<ul style="list-style-type: none">• Limit foods higher in saturated fat such as red meat, bacon, sausage, and other processed meats.• Reduce foods with trans fats.• Avoid adding salt to cooking.• Limit foods with higher sodium.• Limit sugary drinks like pop and juice.• Don't add sugar to your coffee or tea.



Chapter 6 Snapshot

1

Healthy eating starts with a good understanding of nutrition. Make sure your participants know how to read a nutrition label so they can choose healthier options. Helping participants choose foods lower in cholesterol, sodium, fat, and sugar will help them to eat well.

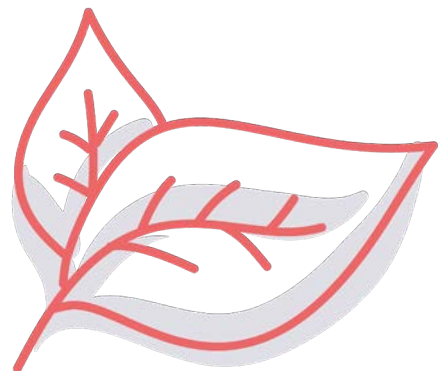


2

According to Canada's Food Guide, it is essential to eat balanced proportions of proteins, whole grains, and fruits and vegetables. Help your participants select meals that include an abundance of healthy ingredients.

3

This section included a large number of worksheets. Use these resources to guide session discussions surrounding healthy food choices.



7

RECIPES












About The Recipes

The recipes collected in the pages that follow represent a collection of recipes used by ECALA Collective Kitchen facilitators. These recipes are the “greatest hits” of ECALA’s Collective Kitchens—tried and true recipes that please a range of discerning palates.

ECALA does not claim ownership over these resources that have been collected from the internet, existing cookbooks, and other resources.

The recipes have been divided into four subsections: 1) side dishes, 2) soups and salads, 3) main dishes, and 4) desserts. Additionally, the recipes are formatted with icons that indicate specific dietary requirements, such as vegetarianism. An icon legend is included below.

Icon Guide			
	<i>Side dishes</i>		<i>Vegetarian</i>
	<i>Soups and salads</i>		<i>Contains lactose</i>
	<i>Main dishes</i>		<i>Contains gluten</i>
	<i>Desserts</i>		<i>Contains nuts</i>
	<i>Quick and easy meal</i>		<i>Contains fish or seafood</i>



SIDE DISHES

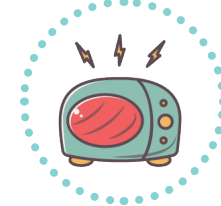


Bacon, Onion, Pea Rice



Ingredients

- 1 package of bacon
- 1 red onion diced
- 1 cup frozen peas
- 3 cloves of garlic
- 1 cup rice

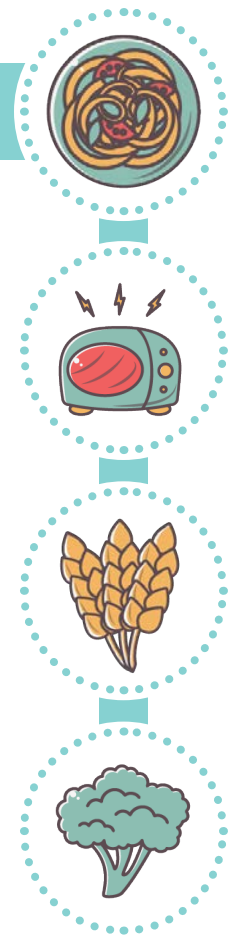


Directions

1. Fry 1 package of bacon on the stovetop over medium heat using a skillet. Cook on both sides until bacon is cooked—approximately 2 minutes per side.
2. Remove bacon from skillet and set aside on a plate. Meanwhile, add 1 diced onion to the skillet and fry for about 5 minutes.
3. Add in peas and minced garlic cloves and fry until peas are cooked through.
4. Crumble bacon and add back into the skillet.
5. Add in cooked rice and mix well to combine ingredients.



Bannock–Fried



Ingredients

- 4 cups flour
- 3 tbsp. baking powder
- 2 cups lukewarm water
- 1 tsp salt
- Raisins (optional)

Directions

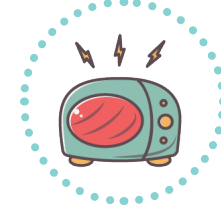
1. Mix together flour, baking powder, and salt. Combine well using a whisk.
2. Add in flour and raisins.
3. On a lightly floured surface, roll out dough until it is about 1 inch thick. Cut into pieces.
4. Fry in oil on stovetop until golden on each side.

Bannock-Oven



Ingredients

- 4 cups flour
- 3 tbsp. baking powder
- 2 cups lukewarm water
- 1 tsp. salt
- 1/3 stick of lard



Directions

1. Preheat oven to 350 degrees.
2. Mix flour, baking powder, and salt together. Add lard and mix well.
3. Add water. On a lightly floured surface, knead out and roll flatten until about 1 inch thick.
4. Pierce dough with a fork and bake 15 minutes per side.



Cheddar Cheese Biscuits



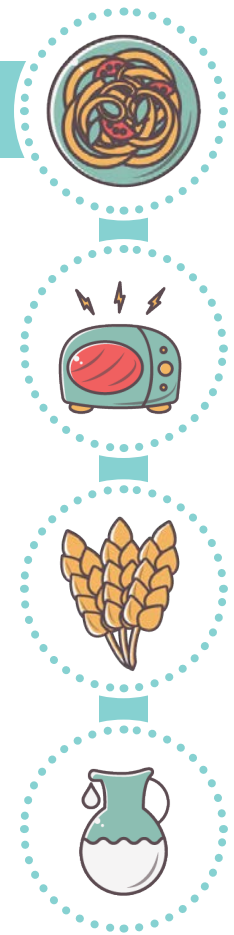
Ingredients

- 6 cups all-purpose flour
- 3/4 cup soft margarine
- 2 cups milk
- 2 large eggs
- 4 tbsp. baking powder
- 3 tbsp. sugar
- 1 tsp. salt
- 2 cups cheddar cheese

Directions

1. Preheat oven to 325 degrees.
2. In a mixer, use the bread attachment to mix the flour, margarine, baking powder, sugar, and salt. Add in eggs one at a time and add milk by pouring in slowly. Add the shredded cheese to the mixture and mix well.
3. Place dough on the countertop and roll with a rolling pin.
4. Cut the rolled dough into biscuits using a glass. Place biscuits on a cookie sheet and bake for 20-25 minutes until golden brown.

Chicken Broccoli Couscous



Ingredients

- 2 cups broccoli
- 2 cups couscous
- 1 cup water
- 2 cans cream celery
- 1 onion finely diced
- 3 chicken breasts
- Salt and pepper
- 4 garlic gloves minced
- 2 tbsp. cooking oil
- 2 cups cheese

Directions

1. Preheat oven to 425 degrees.
2. Cube chicken and sautee in oil on a stovetop over medium heat until cooked through. Add in onion and garlic and cook for 5 minutes.
3. Wash and chop broccoli into small florets. In a separate pot, steam the broccoli until tender.
4. Mix water, couscous, and cream of celery in a large bowl. Add chicken, onions, and broccoli and gently mix until well combined.
5. Pour mixture into a greased 9"x13" pan and sprinkle shredded cheese on top. Bake for 20 minutes.

Cornbread Pancakes

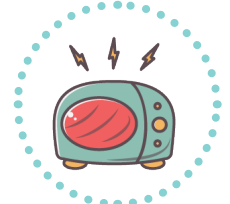


Ingredients

- 1 cup cornmeal
- 1 cup flour
- 1/4 cup granulated sugar
- 4 tsp. baking powder
- 1 tsp. salt
- 1/4 cup sliced scallions
- 2 eggs
- 1 cup milk
- 1/4 cup vegetable oil

Directions

1. In a large mixing bowl, combine the dry ingredients. Toss in the scallions and cheese. Make a well in the centre of the bowl and set aside.
2. In a separate bowl, whisk together the milk, oil, and eggs. Pour the wet mixture into the bowl of dry ingredients. Stir until just combined. Be careful not to over mix.
3. Cook the pancakes on a hot, greased pan.
4. These pancakes go great with chili—enjoy them as a side or on their own.



Creamed Peas

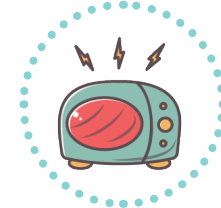


Ingredients

- 10 oz. peas
- 1 tbsp. flour
- Salt and pepper
- 1 tsp. sugar
- 2 tbsp. butter
- 1/2 cup milk

Directions

1. Fill a medium pot with water and bring to boil over high heat. Add in peas and cook through.
2. In a separate pot, melt butter over medium-low heat and whisk in flour.
3. Add milk to butter and flour mixture and whisk well.
4. Add peas, salt, and pepper to mixture and stir to combine ingredients.
5. Heat through and serve.



Dill Mashed Potatoes

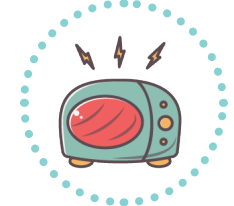


Ingredients

- 6 large potatoes
- 1/2 cup milk powder
- 1/2 cup water
- 1/4 cup margarine
- 1 tsp. salt
- 1 tsp. pepper
- 2 tsp chopped dill

Directions

1. Peel and cube 6 large potatoes and add to a large stockpot. Cover potatoes with water and boil on high heat for 15 minutes or until the potatoes can be pierced with a fork.
2. Measure 1/2 cup milk powder and mix with 1/2 cup water. Prepare this mixture in a microwave safe bowl.
3. Add 1/4 cup butter or margarine to milk mixture. Place bowl in microwave and microwave on high for 2 minutes.
4. Drain potatoes and mash.
5. Slowly add in milk mixture and mash potatoes until they are smooth.



Drop Biscuits with Garlic



Ingredients

- 6 cups flour
- 3 tbsp. baking powder
- 1/2 tsp. salt
- 3 tbsp. sugar
- 1^{1/2} cup butter
- 2 tbsp. parsley, chopped
- 1 tbsp. garlic powder
- 3 cups water

Directions

1. Preheat oven to 425 degrees.
2. Put all dry ingredients into a large bowl and combine well.
3. Grate butter into flour mixture and mix until the mixture is like sand.
4. Add water and mix until well combined.
5. Using a spoon, drop dollops of dough onto a cookie sheet.

Easy Microwave Pizza-Tatoes



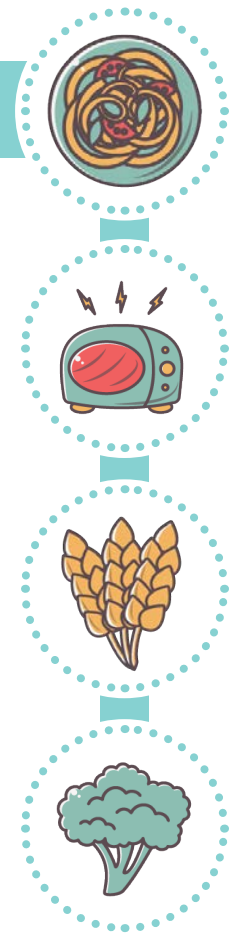
Ingredients

- 1.5 lbs little potatoes
- 1/2 tsp. Italian seasoning
- 1 tsp. garlic salt
- 3 tbsp. salted butter
- 1/2 cup pizza sauce
- 1 cup mozzarella cheese, shredded

Directions

1. Dice little potatoes into one-inch pieces. Place potatoes in a shallow microwave safe bowl.
2. Slice butter and place on top of potatoes
3. Cover plate with a microwave-safe plastic wrap and poke a couple of holes through the top of the wrap.
4. Place bowl in the microwave and cook for 5 minutes.
5. Remove potatoes from the microwave and carefully remove the plastic wrap (careful—there will be hot steam!) and stir the potatoes well.
6. Make sure the potatoes are fork-tender. If not, put them back in the microwave for an additional 2-3 minutes.
7. Stir in pizza sauce with the cooked potatoes and mix until well combined. Top with shredded mozzarella cheese.
8. Microwave for an additional two to three minutes or until cheese is melted.

Flat Bread



Ingredients

- 2 cups hot water
- 2 cups flour
- 2 tsp. yeast
- 2 tbsp. oil
- 2 tsp. salt

Directions

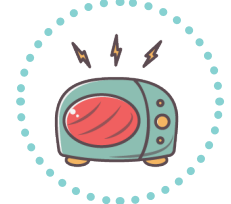
1. Combine salt, hot water, oil, and yeast. Make sure to dissolve the yeast completely.
2. Add in flour and combine well.
3. Pour dough out onto floured countertop and knead.
4. Put dough into an oiled bowl and cover with a wrap or tea towel. Let rise for 30 minutes.
5. Divide dough into six pieces and roll out.
6. In a dry pan, fry dough for 3 minutes on each side.

Garlic Mashed Potatoes



Ingredients

- 5 lbs white potatoes
- 1/2 cup butter
- 1 bulb garlic
- 3/4 cup heavy cream
- 3/4 cup sour cream
- 1 tsp. salt



Directions

1. Wash, peel, and cube potatoes. Add potatoes to a pot and cover with water. Boil on stovetop over high heat until fork tender. Drain potatoes and mash.
2. In a separate pot, combine butter and minced garlic. Simmer for 15 minutes.
3. Add cream and butter into potatoes and mix with a hand mixer. Mix potatoes until they are smooth.
4. Use a spatula to incorporate sour cream and salt.



Hambasha Bread



Ingredients

- 9 cups whole wheat flour
- 1/2 tbsp. black seeds
- 1 tbsp. baking powder
- 2 cups brown sugar
- 1^{1/2} tbsp. quick yeast
- 1^{1/2} litres hot water

Directions

1. Add dry ingredients into a large bucket. Add 1.5 litres of hot water to the bucket and mix well.
2. Place lid on the bucket and let sit for 20 minutes.
3. Preheat the oven to 350 degrees.
4. Grease a bread pan with butter and pour dough mixture into pan.
5. Bake for 20-30 minutes.

Ham & Cheese Biscuits



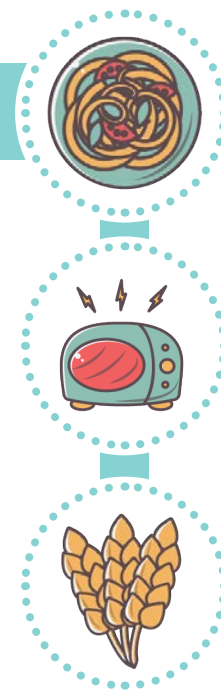
Ingredients

- 1 cup ham chopped
- 1/2 tsp. garlic powder
- 6 cups Bisquick
- 1/4 cup butter, melted
- 2 cups cheese, grated
- 1 cup milk

Directions

1. Preheat oven to 425 degrees.
2. Put Bisquick into large bowl. Add ham and cheese and mix well.
3. Add other ingredients to the bowl and mix until well combined. The mixture should be wet. If the mixture is too dry, add more milk.
4. Drop spoonfuls of dough onto a baking sheet. Bake for 16 minutes.

Homestyle Tomato Sauce



Ingredients

- 1 cup oil
- 6 cans tomato paste
- 6 (28 oz.) cans crushed tomatoes
- 3 tbsp. oil
- 4 kg ground beef
- 6 onions
- 2 tbsp. paprika
- 4 tbsp. Italian seasoning
- 2 tbsp. black pepper
- 2 tbsp. seasoning salt
- 2 sprigs of fresh rosemary

Directions

1. In a pot, heat up 1 cup of oil over medium heat.
2. Add the tomato paste and crushed tomatoes and cook for 15-20 minutes.
3. In a separate pan, heat the oil. Add in the onions and ground beef and cook until meat is well browned.
4. Add paprika, Italian seasoning, black pepper, seasoning salt, and fresh rosemary into the meat mixture.
5. Combine the meat mixture with the tomato sauce. Serve sauce over cooked spaghetti noodles.

Rice



Ingredients

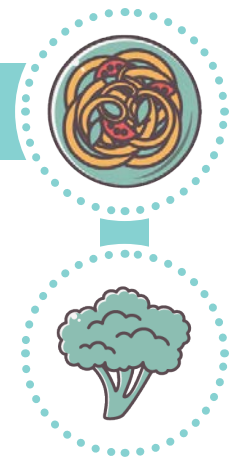
- 2 carrots, shredded
- 3 green onions
- 3 cups rice
- 3 tbsp. butter
- 1 tbsp. salt
- 1 tbsp. pepper

Directions

1. On a stovetop over medium heat, sautee the carrots and onions in butter in a pan. Cook onions until soft and translucent.
2. Once the carrots and onions have softened, add in the rice and water and boil until rice is cooked through and no water remains.



Roasted Rutabaga



Ingredients

- 3 lbs rutabaga cubed
- 2 tsp. thyme
- 6 tbsp. brown sugar
- 1 tsp. salt
- 1 tsp. pepper
- 4 tbsp. olive oil

Directions

1. Preheat oven to 400 degrees.
2. Wash, peel, and cube rutabaga and place in a large bowl.
3. In another small bowl, combine all other ingredients and mix well. Pour mixture over rutabaga.
4. Pour rutabaga mixture on a baking pan lined with parchment paper and roast for 1 hour.

Samosas



Ingredients

- 2 cans drained corn
- 2 cans chickpeas
- 4 cups frozen peas
- 2 cups potato
- 2 tsp. parsley
- 6 cloves garlic
- 1/4 tsp. turmeric
- 1 tsp. cumin
- 2 tsp. curry powder
- 1/4 cup butter
- 10 cups flour
- 4 cups warm water
- 1 tsp. salt
- 8 tbsp. oil



Directions for Samosa Filling

1. Wash, peel, and dice potatoes. Boil potatoes until fork tender and drain. Meanwhile, sautee onions until cooked.
2. Rinse chickpeas and add to drained potatoes. Add in butter and mash.
3. Combine onions, peas, corn, parsley, minced garlic, turmeric, cumin, and curry in a large bowl. Mix in spices and other vegetables.
4. Combine veggie mixture with mashed potatoes and chickpeas.

Directions for Samosa Dough

1. Preheat oven to 350 degrees.
2. Knead flour and oil together until mixture feels like sand.
3. Combine warm water and salt. Pour salt water mixture over flour and knead with hands. Knead well then rest dough in a covered bowl for 20 minutes. Roll out dough and cut into small circles.
4. Fill dough with samosa mixture.
5. Bake samosas for 10 minutes, flip halfway, and bake for another 10 minutes.

Tuna Pasta

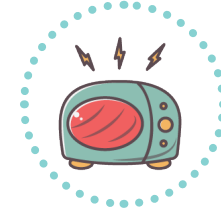


Ingredients

- 4 cans tuna
- 1 cup peas
- 2 cans mushroom soup
- 1 onion
- 6 cups pasta
- 1 tsp. pepper
- 2 tbsp. oil
- 1 cup milk

Directions

1. Boil pasta on stovetop over medium-high heat. Drain and rinse pasta and place in a bowl. Set aside.
2. Sautee onion in oil and add in tuna and peas.
3. Add salt, pepper, mushroom soup, milk, and mix well. Bring to a simmer.
4. Add pasta and serve.





SOUPS AND SALADS



Barb's Gumbo



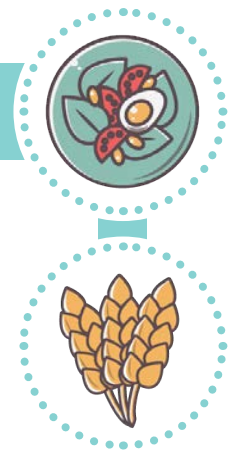
Ingredients

- 1/3 cup flour
- 1/4 cup canola oil
- 1/3 cup celery
- 1/3 cup bell pepper
- 1/2 cup yellow onion
- 3 cloves garlic
- 1 (16 oz.) can chopped tomatoes
- 3 cups chicken broth
- 1/2 tsp. thyme
- 1/2 tsp. basil
- 2 bay leaves
- 2 tbsps. Worcestershire sauce
- 1/2-1 tsp. hot sauce
- 1/2 tsp. salt
- 1/2 cup canned corn
- 1/4-1/2 tsp. cumin
- 1/2 tsp. black pepper
- 2 cups okra
- 1 lb shrimp

Directions

1. Add oil to skillet and heat over medium heat. Add in flour to make a roux. The roux is ready when it's colour matches that of a penny. This may take fifteen minutes. Stir constantly and watch mixture so it doesn't burn.
2. Chop onion, celery, and bell peppers and add to the skillet. Stir in garlic and black pepper.
3. Cook over medium heat for about 3 minutes or until vegetables are tender.
4. Gradually stir in chicken broth, tomatoes, salt, Worcestershire sauce, pepper sauce, corn, okra, Basil, thyme, cumin, and bay leaf.
5. Bring to a boil and reduce heat. Cover and simmer for 20-30 minutes.
6. Add shrimp during last 5 minutes.
7. Serve over rice.

Beef Barley Soup



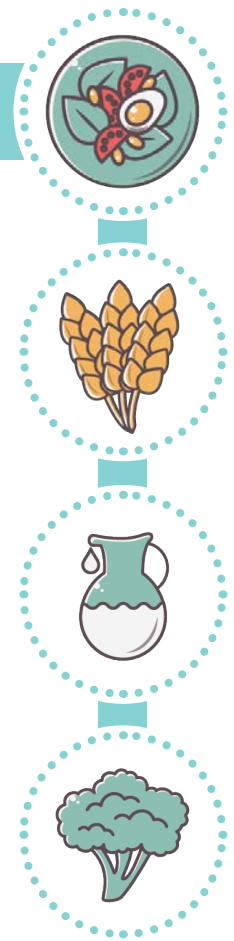
Ingredients

- 2 lbs diced beef
- 2 cups carrots
- 2 cups celery
- 2 cans diced tomatoes
- 3 tsp. garlic powder
- 2 onions
- 6 potatoes
- 3 litres beef broth
- 2 litres water
- 2 cups barley
- 4 tbsp. oil

Directions

1. Fry beef in half of oil (2 tbsp). Remove beef from pot when cooked through.
2. Add remaining oil to pot, along with vegetables. Do not add the canned tomatoes at this point. Sautee vegetables for 10 minutes.
3. Add spices and sautee for 5 minutes.
4. Add beef and beef broth. Bring to a boil and add barley.
5. Simmer on medium low heat until barley is soft.

Broccoli Cheese Soup



Ingredients

- 6 tbsp. butter unsalted
- 1 onion, chopped
- 6 tbsp. flour
- 2 cups half and half cream
- 6 cups chicken broth
- 1 tsp. salt
- 1 tsp. white pepper
- 1/4 tsp. nutmeg
- 1 head broccoli
- 1 cup Velveeta
- 3 cups cheddar cheese, shredded
- 2 tbsp. parsley.

Directions

1. Melt butter in a large Dutch Oven over medium heat. Add the chopped onion and cook until softened and lightly brown.
2. Sprinkle flour over onion and gently whisk with the butter and onion. Cook for 2 minutes to remove the raw, starchy flavour.
3. Slowly whisk in half and half. Once completely mixed in, pour in chicken broth and continue to whisk to remove lumps. Scrape away browned bits from the bottom of the pan if there are any.
4. Season with salt, pepper, and nutmeg. Bring mixture to a boil and then add broccoli pieces. Cook until broccoli is tender (about 10 minutes).
5. Add Velveeta and 2 cups of cheddar cheese, stirring constantly until the cheeses have completely melted. Taste for seasoning and adjust accordingly.
6. Top with remaining cheddar cheese and garnish with parsley.

Broccoli Salad



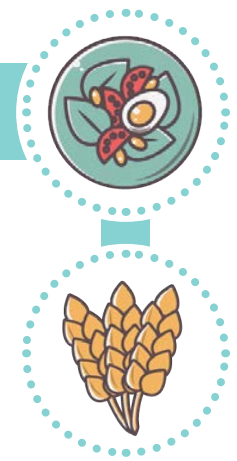
Ingredients

- 8 cups broccoli
- 1/3 cup red onion
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/2 cup bacon bits
- 3 tbsp. cider vinegar
- 2 tbsp. sugar
- 1 cup mayonnaise
- Salt and pepper to taste

Directions

1. In a medium mixing bowl, whisk together cider vinegar, sugar, mayonnaise, salt, and pepper.
2. In a separate large bowl, combine broccoli, onion, cranberries, sunflower seeds, and bacon bits to make a salad dressing. Pour dressing over vegetables and mix until well combined.
3. Refrigerate 1 hour before serving.

Chicken Noodle Soup



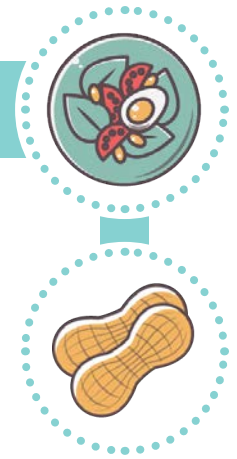
Ingredients

- 2 chicken breast
- 1 package noodles
- 2 cups carrots
- 1 cup celery
- 1 onion, diced
- 4 litres chicken stock
- 3 tsp. basil
- 3 cloves garlic
- 2 tbsp. parsley
- 1 tsp. thyme
- 1 tsp. pepper
- 4 tbsp. oil

Directions

1. Dice chicken into bite-sized cubes. In a large pot over medium heat, fry chicken in oil. Remove chicken from pan when cooked and set aside.
2. Add diced vegetables and sautee for 10 minutes.
3. Add all the seasoning and spices, stir, and sautee for 5 minutes.
4. Add the chicken back to the pot and add chicken stock. Bring to a boil.
5. Add noodles. The soup is ready to serve when noodles are cooked.

Chicken Salad



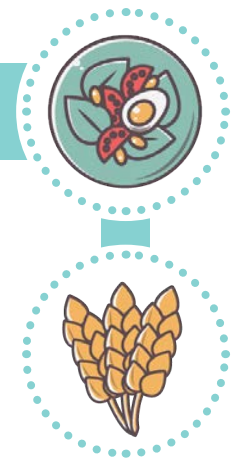
Ingredients

- 2 cups poppyseed dressing
- 2 cups celery, diced
- 1 cup green onions, diced
- 1 cup sliced almonds
- 4 chicken breasts, diced and cooked
- 1/2 tsp. salt
- 1 cup cranberries, dried
- Salt and pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Season chicken breast with salt and pepper and bake in oven for 30 minutes.
3. Dice celery and onions, and add to a large bowl.
4. Add almonds, cranberries, salt, and dressing. Mix well.
5. Lastly, add in cooked diced chicken mix. Mix to combine ingredients.

Chicken Tortellini Soup



Ingredients

- 4 litres of chicken broth
- 2 cups carrots
- 2 tbsp. butter
- 2 lbs chicken
- 8 garlic cloves
- 1 tsp. pepper
- 2 cups celery
- 2 cups onion
- 1/3 cup fresh parsley
- 3 bay leaves
- 1 tsp. thyme
- 2 packages tortellini

Directions

1. Cook diced chicken breast in the bottom of a large pot. Make sure chicken is cooked through. Remove cooked chicken and set aside.
2. Add butter, carrots, celery, onions. Cook for 10 minutes. Stir well.
3. Add garlic, pepper, salt, thyme, bay leaves. Cook for 5 minutes.
4. Add chicken back into the pot and simmer for 10 minutes.
5. Add tortellini and parsley. Cook for 5 minutes.

Chopped Vegetable Salad



Ingredients

- 1 tsp. salt
- 1/4 tsp. sugar
- 8 plum tomatoes, seeded
- 1 yellow pepper
- 2 English cucumbers
- 6 tbsp. oil
- 2 tsp. pepper
- 2 cans corn
- 2 lbs green beans, halved
- 1 small red pepper
- 1 cup cilantro
- 6 tbsp. rice vinegar

Directions

1. Dice all vegetables into small, bite-sized pieces.
2. Combine salt, pepper, vinegar, cilantro, oil, and sugar in a bowl and mix until well combined to make a dressing.
3. Pour dressing over the vegetables. Toss salad to evenly coat with dressing.

Chickpea Summer Salad



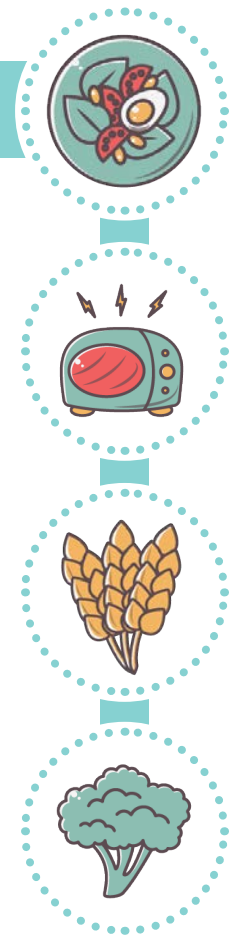
Ingredients

- 3 cans rinsed chickpeas
- 3 cans rinsed black beans
- 4 cups cherry tomatoes, halved
- 3 cucumbers, diced
- 3 cans corn, drained
- 1 yellow onion, minced
- 5 crushed garlic cloves
- 1/4 cup lime juice
- 3/4 cup olive oil
- 3 tbsp. cilantro
- 1 tsp. pepper
- 1/2 tsp. salt

Directions

1. In a large bowl, whisk together crushed garlic, lime juice, olive oil, cilantro, pepper, and salt.
2. In the same bowl, add the chickpeas, beans, and vegetables.
3. Toss together and serve cold.

Coleslaw Pasta Salad



Ingredients

- 2 boxes pasta
- 2 bags coleslaw mix
- 2 red onions, diced
- 4 celery stalks, diced
- 2 cucumbers, diced
- 2 bell peppers, diced
- 2 cans chicken, diced
- 3 cups mayonnaise
- 2/3 cup sugar
- 1/2 cup apple cider vinegar
- 1 tsp. salt
- 1/2 tsp. pepper

Directions

1. Cook pasta according to the package directions. Drain and rinse well with cold water. Set aside.
2. In a small bowl, combine mayonnaise, sugar, apple cider vinegar, salt, and pepper to make the salad dressing.
3. In a separate large bowl, combine cooked pasta with vegetables.
4. Pour dressing over salad and mix well. Serve cold.

Corn Chowder



Ingredients

- 4 tbsp. mayonnaise
- 2 onions, chopped
- 6 potatoes, diced
- 8 cups chicken stock
- 6 cups milk
- 4 cans cream corn
- Salt and pepper to taste.

Directions

1. Turn on stove to medium heat and melt margarine in a large pot. Add onions and sautee for 5-7 minutes or until translucent.
2. Add diced potatoes and chicken stock. Bring to simmer for 20 minutes.
3. Add milk and corn. Stir well and simmer for 5 minutes.
4. Add salt and pepper to taste.

Crockpot Chicken Soup



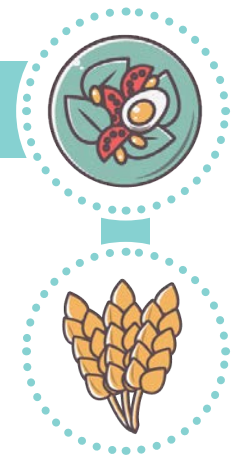
Ingredients

- 1 cup carrots, diced
- 1 onion, diced
- 1/2 tsp. rosemary
- 1 litre of chicken stock
- 1 tsp. pepper
- 2 ribs celery, diced
- 1/2 tsp. ginger
- 2 skinless/boneless chicken thighs
- 2 cups cooked noodles

Directions

1. Add chicken to a pot. Cover chicken with chicken stock and bring to a boil on stovetop. Cook chicken for 20 minutes and then remove from pot. Let the chicken cool and then dice it into small pieces
2. Transfer chicken and stock to a Crockpot. Add rosemary and ginger.
3. Wash and dice all vegetables and add to the Crockpot.
4. Cook on high for 2-3 hours.
5. Add cooked noodles just before serving so they are heated through.

Crockpot Chicken Stew



Ingredients

- 1 lb of chicken, cubed
- 3 carrots
- 3 stalks celery
- 1 cup mushrooms
- 1 onion, diced
- 3 potatoes
- 1 tbsp. Italian seasoning
- 1 cup chicken broth
- 1 cup tomato sauce
- 1/2 tsp. pepper

Directions

1. Fry chicken in a pan on a stovetop. Once chicken is browned, remove from the pan and transfer to a Crockpot.
2. Dice all vegetables to a desired thickness and size.
3. Mix all ingredients in Crockpot until well combined.
4. Cook on high for 4 hours or on low for 6 hours.

Dill Pickle Soup



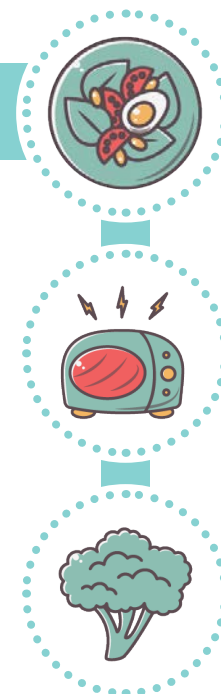
Ingredients

- 1 package bacon, diced
- 3 carrots, diced
- 2 tbsp. dill
- 2 onions
- 6 potatoes, diced
- 2 litres chicken broth
- 1 cup pickle juice
- 2 cups pickles, diced
- 3 tbsp. Worcestershire sauce
- 2 tbsp. flour
- 1 tsp. pepper
- 2 cups sour cream

Directions

1. In a large stockpot, fry bacon until crispy. Add onions and fry for 5 minutes.
2. Add flour and stir well.
3. Slowly add in chicken broth and bring to a simmer.
4. Add carrots, potatoes, and dill pickle juice. Bring to a simmer for 20 minutes.
5. Add pepper, Worcestershire sauce, sour cream, and pickles. Stir well.
6. Simmer 5 minutes and serve.

Green Salad (Small)



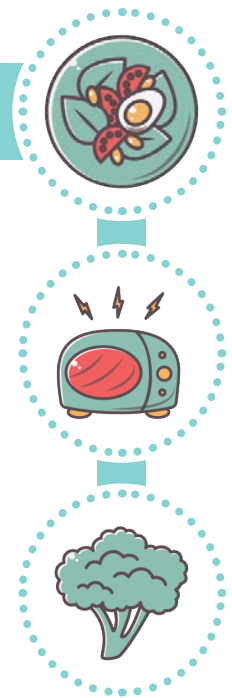
Ingredients

- 3 cucumbers, chopped
- 16 tomatoes, chopped
- 2 bags lettuce
- 1 bunch parsley, chopped
- 4 tbsp. vinegar
- 1 tbsp. salt
- 1 tbsp. pepper
- 8 tbsp. oil
- 4 tbsp. mustard

Directions

1. Wash vegetables and chop to desired size.
2. In a large bowl, mix vegetables together.
3. In a separate bowl, mix together parsley, vinegar, salt, pepper, oil, and mustard to make salad dressing.
4. Pour dressing over salad and toss to evenly coat.
5. Serve cold.

Green Salad (Large)



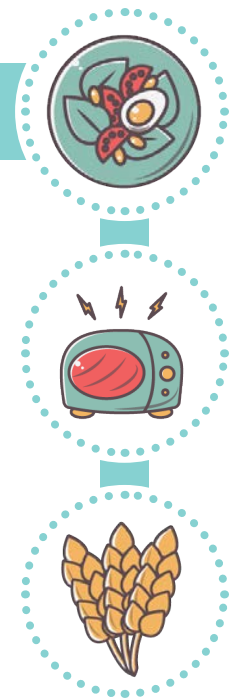
Ingredients

- 8 cucumbers
- 2 green peppers
- 15 tomatoes
- 2 heads of lettuce
- 2 red onions
- 5 fresh lemons
- 1 radish (long white)
- 1 bunch cilantro, chopped
- Lemon juice
- 1^{1/2} tsp. salt

Directions

1. Wash vegetables and chop to a desired size. Wash lettuce and dry leaves using a salad spinner. Tear leaves into bite-sized pieces.
2. In a large bowl, mix together the vegetables.
3. In a smaller separate bowl, mix together the lemon juice and salt to make salad dressing.
4. Pour dressing over salad and toss well to evenly coat.
5. Serve cold.

Hamburger Soup



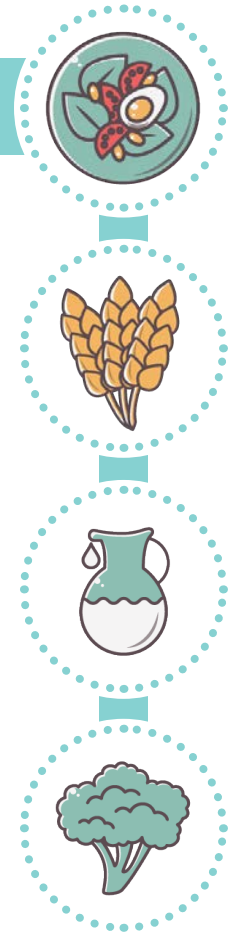
Ingredients

- 1 bag mixed vegetables
- 1 large onion, diced
- 6 potatoes
- 1 can diced tomatoes
- 1 tsp. pepper
- 4 litres of beef broth
- 1 tsp. garlic
- 2 lbs ground beef

Directions

1. Wash and chop all vegetables and set aside.
2. In a large stockpot on the stovetop, cook ground beef with 2 tbsp. oil. Fry on both sides and cool until meat is brown throughout.
3. Add in vegetables and garlic. Mix well and sautee for 10 minutes.
4. Add in beef broth and bring to a simmer for 30 minutes.

Italian Basil Soup



Ingredients

- 2 cans tomato sauce
- 2 tsp. basil
- 2 tsp. of garlic
- 2 tsp. of Italian seasoning
- 2 litres of chicken stock
- 1 package of cheese tortellini
- 2 tsp. oil
- 1 onion, diced

Directions

1. Uncase sausages and crumble into a large stockpot. Add oil and sautee over medium heat until sausages are cooked throughout.
2. Add onion, garlic, basil, and Italian seasoning. Cook for 5 minutes, stirring frequently to avoid burning.
3. Add tomato sauce and chicken stock. Bring to a boil.
4. Add tortellini and boil for 5 minutes.

Lemon Orzo Garlic Soup



Ingredients

- 4 tsp. olive oil
- 4 carrots, peel and grated
- 1 cup orzo
- 1 tsp. salt
- 2 tsp. basil
- 2 onions, minced
- 12 cups chicken broth
- 2 lemons, zested and juiced
- 1/2 tsp. pepper
- 4 garlic cloves, minced

Directions

1. In a large stockpot over medium heat, sautee onions, garlic, and carrots. Add in lemon juice, lemon zest, basil, salt, and pepper. Cook for 5 minutes.
2. Cover vegetables with chicken stock. Bring stock to a boil and then add in orzo pasta.
3. Stir occasionally. Cook until the pasta is cooked through.

Lemony Lentil Soup



Ingredients

- 3 tbsp. oil
- 6 carrots, diced
- 10 garlic cloves, minced
- 4 litres chicken broth
- 3 cans lentils
- 2 cans corn
- 3 tbsp. cumin
- 3 lemons, zested and juiced
- 1/2 tsp. salt
- 1 tsp. pepper

Directions

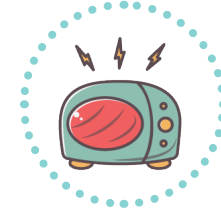
1. Wash, peel and chop carrots. Dice onions, and mince garlic.
2. Heat oil in large pot. Add onions and carrots. Sautee for 5 minutes, stirring occasionally. Add garlic and sautee for 2 minutes.
3. Wash lentils thoroughly and pick through to remove rocks and debris.
4. Stir in chicken stock, corn, cumin, lemon juice and zest, and lentils until well combined. Cook 15 minutes.
5. Use a blender and puree 1/2 of the soup mixture, working in batches.
6. Add blended soup back into stockpot and stir.

Macaroni Salad



Ingredients

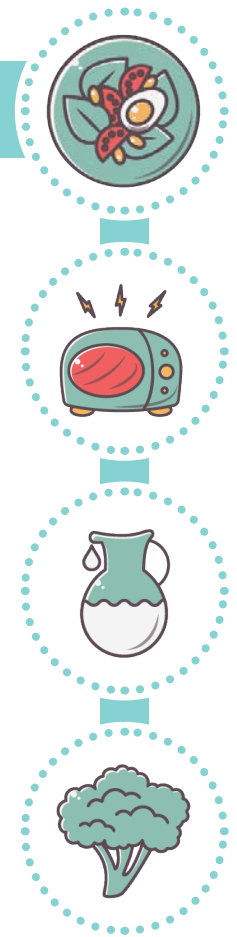
- 2 cucumbers, diced
- 1 bunch green onions, sliced
- 3 cups ranch dressing
- 3 cups mozzarella, shredded
- 2 tbsp. dill
- 1 green pepper, diced
- 1 red pepper, diced
- 4 roma tomatoes, diced
- 1 large package macaroni
- 3 cups cubed ham



Directions

1. Cook macaroni pasta following directions on the package. Drain and rinse with cold water when done. Set aside.
2. Wash and dice vegetables. Combine vegetables in a large bowl.
3. Add dill and ranch dressing. Mix well.
4. Cut cheese and cooked ham into cubes. Add cheese and ham to the vegetables and mix.
5. Stir in cooled pasta. Serve cold.

Mexican Corn Salad



Ingredients

- 2 packages frozen corn, thawed
- 1 cup red onion, diced
- 2 cups cucumbers, chopped
- 1/3 cup chopped cilantro
- 1/4 cup mayo
- 2 tbsp. lime juice
- 2 tbsp. diced chilies
- 1 tsp. of chili powder
- 1 tsp. of salt
- 4 oz. Parmesan cheese, grated

Directions

1. In a frying pan with some oil, sautee corn until thawed.
2. Cool corn and add all other ingredients except for the cheese. Stir well.
3. Top salad with cheese mix and serve.

Neck Bone Soup



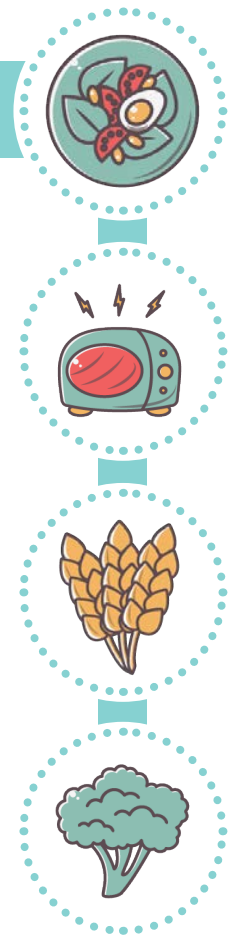
Ingredients

- 12 pieces of neck bones
- 1/2 bag barley
- 1 tsp. salt
- 1 tsp. pepper
- 4 carrots
- 6 potatoes
- 1 onion
- 1 bay leaf
- 1 litre chicken broth
- 8 cups water

Directions

1. Fill a large stockpot with 8 cups of water.
2. Add in chicken, neck bones, salt and pepper, and bring to a boil
3. Turn down to medium heat and add barley. Continue to cook for about 15 minutes.
4. Add in remaining ingredients. Cook for 50 minutes and serve.

Pesto Pasta Salad



Ingredients

- 20 oz. cherry tomatoes, halved
- 2 cups pesto
- 2 bags fusilli noodles
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 cups broccoli, quartered

Directions

1. Cook pasta according to package instructions. Drain pasta and rinse with cold water. Set pasta aside.
2. Mix together all ingredients in a large bowl.
3. Serve cold. Lasts 1 week in a sealed container.

Potato Salad



Ingredients

- 6 stalks celery, sliced
- 10 green onions, sliced
- 5 lbs potatoes, diced
- 12 eggs
- 4^{1/2} cups mayonnaise
- 4 tbsp. mustard
- 6 tbsp. sweet pickle relish
- 3 tsp. paprika
- 2 tsp. pepper
- 1^{1/2} tsp. salt
- 6 tbsp. vinegar

Directions

1. Boil potatoes with skin on until soft. Drain and rinse with cold water. Remove from pot and dice into bite-sized pieces.
2. Boil eggs for 8 minutes. After eggs have finished cooking, drain and submerge in cold ice bath. Peel eggs when they are cool and dice into bite-sized pieces.
3. To make dressing, mix vinegar, salt, pepper, sweet pickle relish, mustard and mayonnaise. Whisk until well combined.
4. In a large bowl, combine celery, onions, potatoes, and eggs. Pour dressing over the salad and mix well.
5. Sprinkle with paprika to serve.

Ranch Pasta Salad



Ingredients

- 3 cucumbers, diced
- 1 large package cherry tomatoes
- 3 cups ranch dressing
- 2 boxes of pasta
- 2 cups mozzarella cheese, shredded
- 2 red peppers, chopped
- 1 yellow pepper, chopped
- 1 green onion, sliced

Directions

1. Cook pasta according to package instructions. Drain and rinse with cold water when cooked.
2. Dice cucumbers and peppers, slice tomatoes in half, and slice green onions.
3. Combine ingredients in a large bowl and serve cold.

Sauerkraut Soup



Ingredients

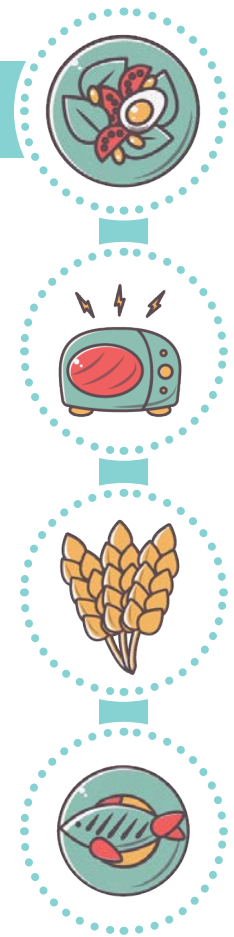
- 8 tbsp. butter
- 2 cups sauerkraut
- 2 onions, diced
- 1 tsp. parsley, chopped
- 1/2 cup flour
- 1 tsp. pepper
- 3 cups chicken broth



Directions

1. In a saucepan, melt butter over medium heat. Add diced onions and sautee for 5 minutes.
2. Add in flour and stir until onions are coated.
3. Slowly add in chicken broth and water, mixing well.
4. Reduce heat and add sausage, sauerkraut, potatoes, parsley, and pepper.
5. Simmer until done.

Shrimp Pasta Salad



Ingredients

- 2 lbs shrimp, precooked
- 4 cups celery, chopped
- 4 tbsp. fresh dill, chopped
- 2 bell peppers, chopped
- 1/4 cup green onions
- 2 cups frozen peas
- 2 tbsp. lemon juice
- 2 cups mayonnaise
- 2 packages noodles
- 1/2 tsp. pepper
- 1 tsp. salt
- 2 tbsp. vinegar

Directions

1. Cook pasta according to package instructions. Drain and rinse with cold water when cooked.
2. Wash and finely chop green onion, celery, and bell peppers. Put vegetables in a large serving bowl and add in peas.
3. To make dressing, combine lemon juice, mayonnaise, dill, pepper, salt, and vinegar.
4. Pour dressing over salad and mix well. Serve cold.

Southwest Salad



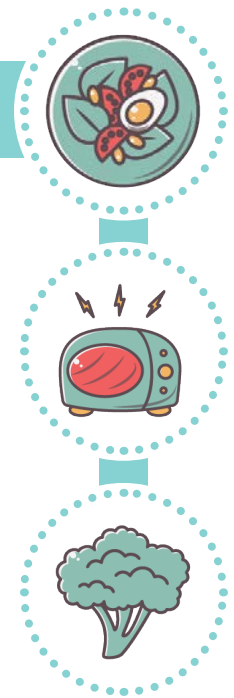
Ingredients

- 3 orange peppers, diced
- 3 cans black beans
- 3 cans corn
- 3 tsp. garlic, minced
- 6 roma tomatoes
- 2 bunches green onion
- 1/4 cup lemon juice
- 4 cups couscous
- 1^{1/2} tsp. cayenne
- 3 tsp. salt
- 1 cup olive oil
- 4 cups chicken broth

Directions

1. In a medium pot, combine couscous, salt, and chicken broth. Cook over medium heat until couscous is cooked and broth is completely absorbed.
2. Wash and dice all vegetables. Put vegetables in a large serving bowl.
3. Add cooked couscous to vegetable bowl.
4. To make dressing, combine olive oil, garlic, lemon juice, and cayenne pepper. Whisk well.
5. Pour dressing over salad and mix well. Serve cold.

Spaghetti Salad



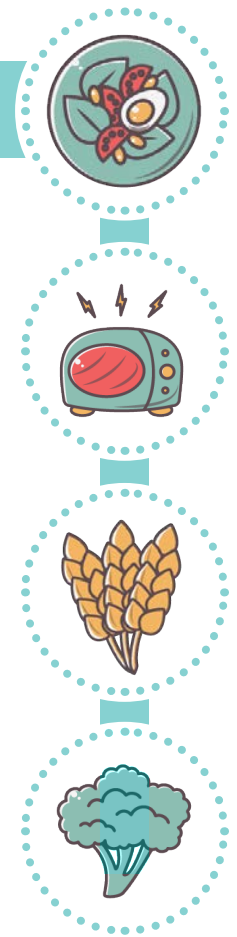
Ingredients

- 24 oz. spaghetti
- 1 bottle of Italian dressing
- 1 cucumber, diced
- 1 container cherry tomatoes, halved
- 2 sweet peppers, diced
- 1 can sliced black olives
- 400 grams crumbled feta cheese

Directions

1. Cook pasta according to package instructions. Drain and rinse with cold water when cooked.
2. Combine all ingredients in a bowl and mix well.
3. Serve chilled.

Summer Orzo Salad



Ingredients

- 4 cups cherry tomatoes, halved
- 3 English cucumbers, diced
- 4 cups edamame beans, cooked
- 1 large red onion, diced
- 1 package of orzo pasta
- 2 cups feta cheese, crumbled
- 2 cans of corn, drained
- 3 cups olive oil
- 1 cup lime juice
- 6 tsp. honey
- 3 tbsp. parsley
- 1 tsp. pepper

Directions

1. Cook orzo according to package instructions. Drain and rinse when done.
2. To cook edamame beans, put edamame pods in a pot, cover with water, and bring to a boil. Cook for 5 minutes or until beans easily release from their pods.
3. In the bottom of a large serving bowl, prepare dressing by whisking together olive oil, lime juice, honey, parsley, and pepper.
4. In the same bowl, add orzo, vegetables, and feta cheese. Toss ingredients to coat with dressing.
5. Serve cold.

Summer Stew



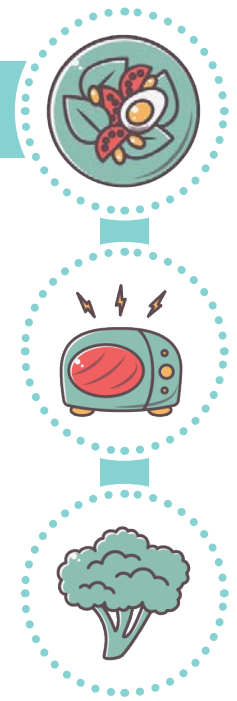
Ingredients

- 2 cups onions, diced
- 8 cloves garlic, minced
- 6 tbsp. butter
- 6 potatoes, peeled and diced
- 6 carrots, peeled and diced
- 4 zucchini, diced
- 2 litres chicken broth
- 1 can diced tomatoes
- 3 cans corn (drained)
- 2 tsp. sage
- 2 tsp. pepper
- 1 tsp. salt
- 2 cups milk
- 2 lbs diced chicken
- 2 cups mozzarella cheese
- 8 tbsp. corn starch

Directions

1. In a large stockpot, combine half of the butter with the diced chicken. Fry until cooked through. Remove chicken from the pan and set aside.
2. Add the remaining butter to the stockpot and combine with onions, carrots, and garlic. Sautee vegetables for 5 minutes.
3. Add potatoes and tomatoes to the pot. Mix well and cook for 5 minutes.
4. Add salt, pepper, sage, cooked chicken, and chicken broth. Simmer stew for 30 minutes then add in corn.
5. In a separate bowl, make a mixture of milk and cornstarch. Mix well. Slowly pour the mixture into the pot, stirring constantly. Stir for about 10 minutes to thicken the stew.
6. Add zucchini and simmer for 5 minutes. Top bowls with cheese.

Tomato Salad



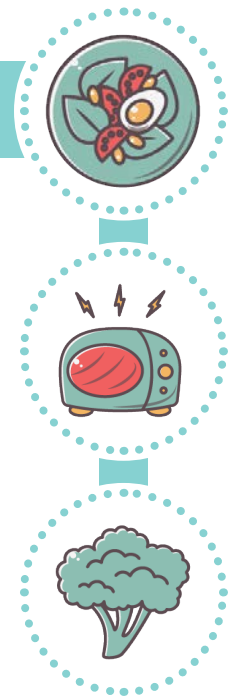
Ingredients

- 16 tomatoes, chopped
- 12 heads of lettuce, chopped
- 2 onions, chopped
- 4 tbsp. vinegar
- 4 tbsp. lemon juice
- 10 tbsp. olive oil
- 2 tbsp. salt
- 1 tbsp. black pepper
- 2 tbsp. fresh parsley, chopped
- 4 tbsp. balsamic vinegar

Directions

1. Wash and chop produce. Combine in a large bowl.
2. Prepare dressing in a separate bowl by whisking together vinegar, lemon juice, olive oil, salt, pepper, parsley, and balsamic vinegar.
3. Pour dressing over salad and mix well.

Tabouli Salad



Ingredients

- 2 cups orange bell peppers, diced
- 2 cups cherry tomatoes, halved
- 2 cups cucumbers, diced
- 3 cups quinoa
- 1/4 cup mint, chopped
- 2 cups red pepper, diced
- 4 tbsp. lemon juice
- 1 cup parsley, chopped

Directions

1. In a pot, combine quinoa and water. Bring to a boil and then reduce to a simmer. Cover pot until quinoa is cooked; quinoa is cooked when it looks “fluffy” and all the water is absorbed.
2. Wash and chop produce and combine with quinoa in a large serving bowl.
3. Pour lemon juice over salad and mix well. Serve cold.

Tomato Vegetable Soup



Ingredients

- 1 can diced tomatoes
- 1 can tomato sauce
- 1 litre vegetable stock
- 2 cups onion, diced
- 3 cups carrots, diced
- 2 cups celery, diced
- 2 cups corn
- 3 cups shell pasta
- 6 garlic cloves, minced
- 2 tsp. basil
- 2 tsp. oregano
- 1 tsp. pepper
- 1/2 tsp. salt
- 1 tsp. thyme
- 4 tbsp. oil/shortening
- 6 cups water

Directions

1. In a large stockpot, combine onions and celery with oil. Sauté for 10 minutes. Add in carrots and sauté for an additional 5 minutes, stirring frequently to avoid burning.
2. Add in corn and sauté for 5 minutes, stirring frequently.
3. Add in basil, pepper, oregano, thyme, and garlic. Sauté for 5 minutes.
4. Add in tomatoes, tomato sauce, vegetable stock, and water. Bring to a boil for 15 minutes.
5. Add in pasta and boil for an additional 10 minutes.



MAIN DISHES



30 Minute Veggie Chili



Ingredients

- 3 cans black beans
- 6 carrots, peeled and diced
- 6 celery stalks, diced
- 6 garlic cloves, minced
- 3 onions, diced
- 4 peppers, diced
- 3 sweet potatoes, diced
- 3 cans tomatoes
- 3 cups tomato sauce
- 3 tbsp. chili powder
- Salt and pepper to taste
- 6 tbsp. olive oil
- 3 tsp. ground cumin
- 5 cups water

Directions

1. Wash and chop produce. In a large stockpot, combine carrots, celery, peppers, oil, and sweet potatoes. Sautee for 10 minutes.
2. Add in garlic, chili powder, salt, pepper, and cumin. Sautee for 10 minutes.
3. Add in beans, tomatoes, tomato sauce, and water and simmer on low heat for 30 minutes.

Mac & Cheese



Ingredients

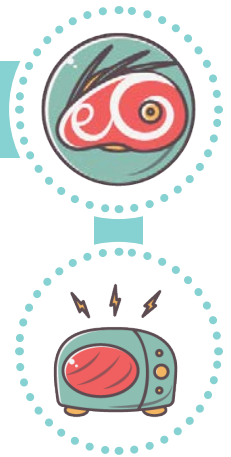
- 2 cans evaporated milk
- 6 cups cooked macaroni
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/8 tsp. cayenne pepper
- 2 cups cheese, grated
- 2 cups broccoli, chopped
- 1 cup ham, cubed

Directions

1. Cook pasta according to package instructions. Drain pasta, return to pot, and set aside.
2. Add in ham, evaporated milk, salt, pepper, and cayenne. Mix well.
3. Add cheese and stir until melted.
4. In a separate pot, boil broccoli until tender. Drain and add broccoli to macaroni. Stir until well combined.



5 Ingredient Chili



Ingredients

- 4 lbs ground meat
- 6 cans tomatoes with chilies
- 6 tbsp. chili powder
- 4 cans pork and beans in tomato
- 4 white onions, diced

Directions

1. In a large stockpot over medium heat, brown ground meat with a bit of oil. Turn meat over to brown on both sides and make sure it cooks through.
2. Add in onions and fry for 10 minutes.
3. Add in chili powder, beans, and tomatoes. Mix well to combine ingredients.
4. Simmer on medium for 30 minutes and serve.

Bacon Wrapped Chicken



Ingredients

- 1 package cream cheese
- 2 tsp. garlic
- 1 tsp. pepper
- 2 tsp. parsley
- 1 lb chicken breast
- 1 package bacon

Directions

1. Preheat oven to 425 degrees.
2. Mix cream cheese with garlic, pepper, and parsley. Set aside.
3. With a chef's knife, slice into each chicken breast sideways to create a "pocket" to insert cheese mixture.
4. Stuff each chicken breast with 1 tablespoon cream cheese mixture.
5. Wrap each chicken breast with 2 pieces of bacon.
6. Bake in oven for 25 minutes covered. Check with an instant thermometer to ensure chicken is 165 degrees.

Baked Lemon Pepper Chicken



Ingredients

- 1 whole chicken
- 2 tbsp. olive oil
- 3 lemons, juiced and zested
- 2 cloves of garlic, minced
- 2 tbsp. lemon pepper spice
- Dash of salt
- Dash of black pepper
- 1 tbsp. paprika

Directions

1. Wash and dry chicken and place in a bowl.
2. Whisk together olive oil, lemon juice, garlic, and lemon pepper spice.
3. Marinate the chicken in the mixture and leave overnight.
4. Cook chicken at 350 degrees for 1 hour and 45 minutes.
5. Check with an instant thermometer to ensure chicken is 165 degrees.

Baked Penne Rigate



Ingredients

- 1 package penne
- 2 cups ricotta
- 2 tsp. oil
- 2 tsp. Italian seasoning
- 4 eggs
- 1 package ground meat
- 2 jars tomato pasta sauce



Directions

1. Preheat oven to 425 degrees.
2. Cook pasta in oil until just done. Rinse with cold water.
3. Mix together eggs, ricotta cheese, Italian seasoning, and pasta sauce.
4. Cook ground meat until browned. Mix ground beef with pasta sauce.
5. Pour mixture into large baking dish and bake for 30 minutes.



Baked Spaghetti



Ingredients

- 2 packages spaghetti
- 3 jars pasta sauce
- 1 large block mozzarella cheese
- 1 bag of meatballs
- 1 onion, diced
- 1 green pepper, diced
- 1/2 tsp. pepper
- 2 tbsp. Italian seasoning
- 2 tsp. garlic
- 1 cup celery, diced
- 4 tbsp. oil
- 1 cup ketchup

Directions

1. Preheat oven to 350 degrees.
2. Cook pasta according to package instructions. Drain and divide pasta into 2 large baking dishes.
3. Wash and dice vegetables. In a pan, sautee vegetables with oil for 10 minutes.
4. Add seasoning mix to pan and sautee for 5 minutes, stirring frequently.
5. Put half of meatballs in each baking dish.
6. Add pasta sauce and ketchup to the pan with the vegetables and mix to combine ingredients. Pour mixture over of each baking dish.
7. Top with cheese and bake for 45 minutes.

B.B.Q Chicken



Ingredients

- 3 tbsp. lemon pepper
- 8 pieces of chicken
- 7 cloves of garlic, sliced
- 2 tbsp. ginger
- 1 tbsp. salt
- BBQ sauce

Directions

1. Preheat oven to 350 degrees.
2. Wash the chicken in vinegar and pat dry.
3. Combine spices together and mix with the chicken. Make sure the chicken is well coated.
4. Bake the chicken for 40-60 minutes, until the internal temperature reaches 165 degrees.
5. *Optional: Once the chicken is cooked, pour the liquid from the chicken into a separate container and use it to cook rice as a side dish.
6. Pour BBQ sauce over each piece of chicken.
7. Put chicken back in oven for 10 minutes.

Beef & Broccoli



Ingredients

- 1 tbsp. onions, minced
- 1 tsp. garlic, minced
- 1 tsp. ginger
- 1/2 tsp. chili flakes
- 1/3 cup brown sugar
- 1/2 tsp. pepper
- 1/2 tsp. salt
- 1/2 cup beef broth
- 1/4 cup soy sauce
- 2 tbsp. cornstarch
- 2 lbs flank steak, thinly sliced
- 3 cups broccoli florets
- 1/4 tsp. salt and pepper
- 2 tsp. oil

Directions

1. To make sauce, combine onions, garlic, ginger, chili flakes, brown sugar, pepper and salt. Heat in a pot over medium until simmering.
2. In a separate bowl, combine beef stock and corn starch. Whisk mixture into simmering pot and whisk until the sauce thickens. Transfer sauce to a Crockpot.
3. Slice beef and season with salt and pepper and fry with oil in a hot skillet. Brown on all sides.
4. Remove beef from skillet and transfer to Crockpot.
5. Add broccoli to the Crockpot.
6. Cover the Crockpot and cook on high for 4 hours, or low for 6-8 hours.

Beef & Broccoli Casserole



Ingredients

- 1 lb ground beef
- 1 cup celery, diced
- 1 cup onion, diced
- 2 cups chicken broth
- 2 cups cream of celery
- 2 cups broccoli florets
- 1^{1/2} cup rice
- 1 tsp. pepper
- 2 cups cheese, grated

Directions

1. Preheat oven to 365 degrees.
2. In a frying pan over medium heat, sautee ground beef until browned throughout. Add celery and onions to the pan and cook for 5 minutes.
3. Add broccoli, rice, and pepper to the pan and stir well.
4. Add beef broth and cream of celery and stir well.
5. Pour mixture into a 9"x13" pan.
6. Bake for 30 minutes.
7. Sprinkle cheese over top of casserole and bake for another 30 minutes.

Beef Empanadas



Ingredients

- 2 packages ground beef
- 6 cloves garlic, minced
- 2 onions, minced
- 2 cans tomatoes
- 2 packages taco seasoning
- 2 tbsp. olive oil
- 1 can minced chilies
- 1 can chopped serranos
- 2 eggs
- 6 cups flour
- 1/2 tsp. salt
- 1^{1/2} cups butter
- 1/2 cup milk

Directions

1. To make empanada filling, brown ground beef in a pan until cooked through. Drain fat into a can.
2. Add onions and garlic to the pan and sautee for 10 minutes. Stir in taco seasoning and mix until well combined.
3. Drain and add tomatoes to the pan and stir to incorporate with meat.
4. Let filling cool before stuffing the dough.
5. To make empanada dough, mix flour and salt together.
6. Cut in butter with a pastry blender and combine well.
7. In small amounts, pour in milk and mix until a ball forms.
8. Let dough rest for 10 minutes. After dough rests, cut it into 4 pieces and roll out into circles.
9. Fill empanada dough with empanada filling, brush with egg whites, and seal. Fry empanadas in shallow oil for about 3 minutes each side, or until the dough is cooked and golden brown.

Beef Stroganoff



Ingredients

- 4 lbs lean ground beef
- 3 small onions, diced
- 8 cloves garlic, minced
- 4 packages mushrooms, sliced
- 1/4 cup flour
- 6 cups beef broth
- 1 tsp. salt
- 1 tsp. pepper
- 3 tbsp. Worcestershire
- 750 ml sour cream
- 2 packages egg noodles



Directions

1. In a frying pan over medium heat, brown ground beef until cooked throughout. Add in onion and garlic and sautee for 5 minutes.
2. Add sliced mushrooms and sautee for 5 minutes.
3. Stir in flour and cook for 1 minute.
4. Add salt, pepper, Worcestershire sauce, and broth. Stir well so no lumps form. Cook for 10 minutes.
5. Remove from heat and stir in sour cream.
6. Serve over cooked egg noodles. To prepare egg noodles, follow the directions on the package.

Beef Tips



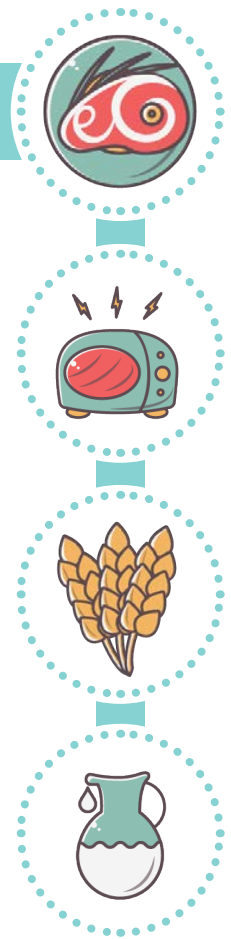
Ingredients

- 1 large sirloin tip roast, cut into strips
- 2 tbsp. Ethiopian chili
- 2 cups canola oil
- 6 onions, sliced
- 1/2 tbsp. salt
- 3 tsp. black pepper
- 3 large sprigs rosemary
- 6 bell peppers; red, yellow, and orange
- 1 cup paprika
- 16 fresh tomatoes, chopped
- 2 tbsp. chili
- 1/2 lb butter

Directions

1. Mix the beef, Ethiopian chili, onions, salt, pepper, and paprika together.
2. In a large pot, cook the beef in 2 cups of oil. Make sure the beef is browned and cooked throughout.
3. Once the beef is cooked, add the rosemary, garlic, and chopped peppers to the pot and cook.
4. To make the sauce, combine tomatoes, garlic, chili, and butter in a separate pan. Bring to a boil, then reduce the heat and simmer for 15 minutes.
5. Serve the beef tips mixture with sauce on top.

Breakfast Sandwich



Ingredients

- 12 eggs
- Salt to taste
- Pepper to taste
- 12 English muffins
- 12 slices cheese
- 12 pieces ham
- Tin foil or plastic wrap

Directions

1. Cut the English muffins in half.
2. Crack eggs into a large mixing bowl. Add in salt and pepper and whisk together
3. Pour egg mixture onto buttered cookie sheet and bake for 25 minutes.
4. Cut eggs into 12 squares.
5. Assemble the sandwiches by layering the egg, cheese, and ham on the English muffins.
6. Wrap each breakfast sandwich with tin foil or plastic wrap. Store in the freezer for an easy, make ahead breakfast!

Baked Spaghetti



Ingredients

- 2 packages spaghetti
- 3 jars pasta sauce
- 1 large block mozzarella cheese
- 1 bag of meatballs
- 1 onion, diced
- 1 green pepper, diced
- 1/2 tsp. pepper
- 2 tbsp. Italian seasoning
- 2 tsp. garlic
- 1 cup celery, diced
- 4 tbsp. oil
- 1 cup ketchup

Directions

1. Preheat oven to 350 degrees.
2. Cook pasta according to package instructions. Drain and put into 2 large baking dishes.
3. Wash and dice vegetables. In a pan, sautee vegetables with oil for 10 minutes.
4. Add seasoning mix to pan and sautee for 5 minutes, stirring frequently.
5. Put half of the meatballs in each baking dish.
6. Add the pasta sauce and ketchup to the pan with the vegetables and mix to combine ingredients. Pour mixture overtop of each baking dish.
7. Top with cheese and bake for 45 minutes.

Cabbage Roll Casserole



Ingredients

- 2 lbs ground beef
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 cans (15 oz) tomato sauce, divided
- 1 tsp. dried thyme
- 1/2 tsp. dill weed
- 1/2 tsp. rubbed sage
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. cayenne pepper
- 2 cups cooked rice
- 4 bacon strips, cooked and crumbled
- 1 medium head cabbage, shredded
- 1 cup mozzarella cheese, shredded
- Coarsely ground pepper

Directions

1. Preheat oven to 375 degrees. In a large skillet, cook beef and onion over medium heat, crumbling beef until it is no longer pink. Add garlic and cook 1 minute longer. Drain and stir in 1 can tomato sauce, thyme, dill, sage, salt, pepper, and cayenne pepper.
2. Layer a third of the shredded cabbage in a greased 13"x9" baking dish. Top with half the meat mixture. Repeat layers and top with remaining cabbage. Pour remaining sauce on top.
3. Cover and bake for 45 minutes. Uncover and sprinkle with cheese. Bake until cheese is melted, about 10 minutes. Let stand 5 minutes before serving. If desired, sprinkle casserole with some coarsely ground pepper.

Chicken Enchiladas



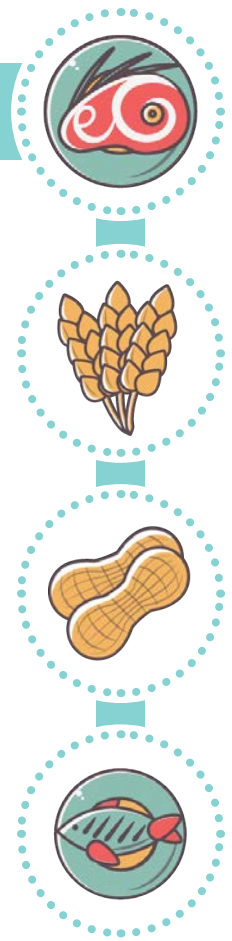
Ingredients

- 2 (10 ^{1/2} oz) can cream of chicken soup
- 1 cup sour cream
- 2 cups diced cooked chicken
- 1 (4 oz) can mushrooms, drained and chopped
- 1/2 onion, chopped
- 1 (4 oz) can green chilies, drained
- 1/4 tsp. oregano
- Salt and pepper
- 10-12 flour tortillas
- 1/4 cup milk
- 1 lb Monterrey jack cheese, shredded

Directions

1. Preheat oven to 350 degrees.
2. Mix together 1 can cream of chicken soup with sour cream, cooked chicken, mushrooms, chilies, oregano, and salt and pepper.
3. Place 2-3 tbsp. of enchilada filling in center of each tortilla. Roll up and secure tortillas.
4. Place tortillas side-by-side in a 13"x9" casserole dish.
5. To make enchilada topping, mix together milk, 1 can cream of chicken soup, and Monterrey jack cheese. Spread topping over the casserole dish.
6. Bake in oven for 30-40 minutes.

Chicken Chow Mein



Ingredients

- 2 tsp. soy sauce
- 1 tbsp. rice vinegar
- 1 tbsp. sesame oil
- 2 boneless, skinless chicken thighs
- 12 oz chow mein noodles
- 2 tbsp. cooking oil
- 1 small Napa cabbage, sliced
- 2 baby bok choy, sliced
- 5 oz water chestnuts, sliced
- 5 garlic cloves, chopped
- 2 tbsp. soy sauce
- 2 tbsp. oyster sauce
- Green onions, chopped

Directions

1. Marinate the chicken by combining 2 tsp. soy sauce, rice vinegar, and sesame oil in a small bowl. Add the sliced chicken and toss to completely coat. Set aside.
2. Cook the chow mein noodles according to the package instructions. Drain and set aside.
3. Heat half the oil (1 tbsp) in a very large skillet or wok. When it is very hot, but not smoking, add the chicken mixture. Stir fry the chicken until cooked through.
4. Remove the chicken to a plate and set aside.
5. Add remaining oil to the skillet. Add in cabbage, bok choy, water chestnuts, and garlic. Stir fry for a couple of minutes or until the vegetables begin to wilt. Add the noodles and continue to cook until the noodles are hot.
6. Add the soy sauce and oyster sauce and toss to combine. Add in the chicken and toss to combine. Top with chopped green onions and serve immediately.

Chili Con Carne



Ingredients

- 1 lb ground beef
- 1 large onion, chopped
- 2 cans kidney beans
- 1 can stewed/diced tomatoes
- 2 tsp. chili powder
- 1 tsp. vinegar
- 1 tsp. salt

Directions

1. Turn on stove to medium. In a large stockpot, cook beef until browned.
2. Add onion and cook for 5-7 minutes.
3. Add beans, chili powder, tomatoes, vinegar, and simmer for 20 minutes.

Chinese Pork Meatballs



Ingredients

- 1 lb ground pork or beef
- 1/3 cup panko
- 2 tsp. garlic, grated
- 1 tsp. sesame oil
- 1 tsp. ground ginger
- 1 large egg
- 2 tbsp. hoisin sauce
- 2 tbsp. soy sauce
- 2 tsp. ginger
- 1/4 cup rice vinegar
- 1 tsp. sesame oil

Directions

1. Preheat oven to 400 degrees.
2. In a large bowl, combine meat, panko, garlic, sesame oil, ginger, and eggs.
3. Roll meat mixture into 1-inch meatballs. Place meatballs on a parchment-lined pan.
4. Bake for 15 minutes.
5. For the sauce, combine hoisin sauce, soy sauce, ginger, rice vinegar, and sesame oil.
6. Pour over meatballs and bake meatballs for an additional 10 minutes.

Cola Chicken



Ingredients

- 2 tbsp. oil
- 1 lb chicken breasts or thighs
- 3 cups cola
- 1 package onion soup mix
- 1 cup brown sugar
- 1 tsp. pepper
- 1/4 cup soy sauce
- 2 tbsp. cornstarch

Directions

1. In a frying pan over medium heat. Fry chicken in oil until browned each side.
2. In a mixing bowl, combine cola, onion soup mix, brown sugar, pepper, and soy sauce.
3. Mix in 2 tbsp. of cornstarch to thicken sauce and pour over chicken.
4. Cover pan for 20-25 minutes. Remove lid and simmer for 15 minutes.
5. Serve with rice and vegetables.

Crazy Good Noodles



Ingredients

- 12 garlic cloves
- 6 green onions
- 6 tbsp. fish sauce
- 6 tbsp. oyster sauce
- 24 oz noodles
- 3 tbsp. sugar
- 9 tbsp. butter
- 3/4 cup Parmesan

Directions

1. Boil water in a large pot. Cook noodles according to package instructions and drain.
2. In a skillet, cook butter, garlic, and green onions for 5-7 minutes. Remove from pan.
3. Add noodles to pan and fry.
4. Combine oyster sauce and fish sauce with sugar and pour over noodles. Add garlic and green onions back into the pan.
5. Add Parmesan cheese and mix together.



Creamy Chicken Pasta



Ingredients

- 16 oz. penne pasta
- 1 cup crushed tomatoes
- 1 small package sliced mushrooms
- 3 chicken breasts, cooked
- 1 block frozen spinach
- 1 cup Parmesan cheese
- 1 tbsp. olive oil
- 3 tbsp. butter
- 1 tsp. garlic
- 3 tbsp. flour
- 3 cups chicken broth
- 1 cup milk
- 1/2 tsp. Italian seasoning
- 5 tbsp. Parmesan cheese
- 1/2 tsp. salt
- 1 tsp. pepper

Directions

1. Cook penne according to package instructions and drain.
2. Dice chicken and cook in a pan over medium heat. Cook through and set aside.
3. In a separate pot, combine mushrooms, tomatoes, spinach, garlic, chicken broth, and milk. Bring to a simmer.
4. Stir in salt, pepper, Italian seasoning, flour, and Parmesan cheese and simmer for 5 minutes.
5. Add pasta and chicken back into sauce and toss to coat.

Creamy Gnocchi

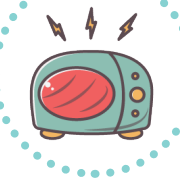


Ingredients

- 4 large Italian sausages
- 1tbsp. basil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 can diced tomatoes
- 2 packages gnocchi
- 1 cup heavy whipping cream
- 1/2 tsp. salt
- 1 tsp pepper
- 1/2 cup white wine/chicken stock

Directions

1. Slice sausages and fry in a skillet over medium heat until cooked through.
2. Add onions and garlic to the skillet and fry for 5 minutes.
3. Add tomatoes, basil, salt, pepper, wine, and whipping cream. Bring to a simmer.
4. Add gnocchi and cook until tender.



Crockpot Breakfast



Ingredients

- 6 eggs
- 2 tbsp. butter
- 1/2 tsp. salt
- 1 garlic clove, minced
- 1/2 cup grated cheese
- 1/2 onion, diced
- 1 cup mushrooms
- 1/2 tsp. pepper
- 2 cups hashbrowns
- 1/4 cup milk

Directions

1. In a Crockpot, beat eggs, milk, salt, pepper, garlic, and melted butter.
2. Wash and dice vegetables and add to the Crockpot. Mix well.
3. Add hashbrowns to Crockpot.
4. Cook on high 1.5-2 hours.



Crockpot Lazy Lasagna



Ingredients

- 1 onion, diced
- 1 lb ground meat
- 4 cups cooked pasta
- 2 cups pasta sauce
- 3 tbsp. taco seasoning
- 2 cups shredded cheese
- 2 tsp. oil

Directions

1. Cook pasta according to package instructions and drain.
2. Transfer pasta to the Crockpot. Add in the oil and mix well.
3. Add pasta sauce, cottage cheese, onions and mix well. Add taco seasoning.
4. Add shredded cheese and mix well.
5. In a skillet, fry ground meat of choice until well browned and cooked through. Cool and add to Crockpot mixture.
6. Set Crockpot to high and cook for 2 hours.

Crockpot Sausage, Beans and Rice



Ingredients

- 1 onion, diced
- 1 pepper, diced
- 1 lb turkey sausage, sliced
- 1 tsp. salt
- 1 tsp. hot sauce
- 2 bay leaves
- 4 cups cooked rice
- 3 celery stalks, diced
- 3 cloves garlic, diced
- 1 cup dried chili beans
- 1/2 tsp. pepper
- 1 tsp thyme
- 7 cups thyme
- 2 cups rice
- 4 cups water
- 1/2 tsp. salt
- 2 tbsp. butter

Directions

1. Rinse beans and place in Crockpot.
2. Add all other ingredients to Crockpot except for rice.
3. Cook on high for 6 hours or low for low for 10 hours.
4. In a separate pot, combine rice, water, salt, and butter.
5. Bring to a boil and turn down heat. Simmer for 17 minutes or until rice is cooked.

Easy Meatballs

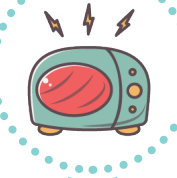


Ingredients

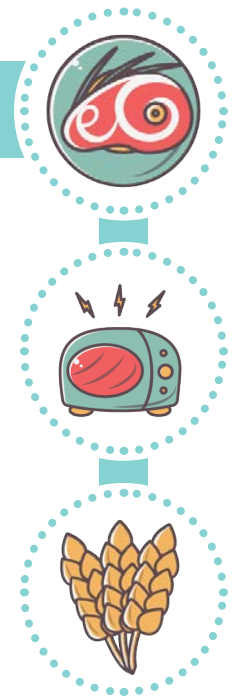
- 2 cans mushroom soup
- 2 cans celery soup
- 8 cloves garlic, chopped
- 1 tsp. pepper
- 2 diced onions, chopped
- 1 bag meatballs

Directions

1. Preheat oven to 425 degrees.
2. Mix all of the ingredients together in a roaster pan.
3. Bake for 1 hour.



Easy Orange Chicken



Ingredients

- 3 cups sweet BBQ sauce
- 3 cups orange marmalade
- 2 tbsp. soy sauce
- 6 chicken breasts, cubed
- 4 eggs
- 1 cup flour or cornstarch
- 2 cups rice
- 4 cups water

Directions

1. Put BBQ sauce, marmalade, and soy sauce into a pot. Boil for 20 minutes.
2. Cut chicken into cubes.
3. Mix 1 cup cornstarch with eggs and whisk together until thoroughly combined.
4. Dip chicken in cornstarch/egg mixture.
5. In a skillet over medium heat, cook the chicken cubes in a thin layer of oil until cooked.
6. Toss cooked chicken pieces in BBQ orange sauce.
7. This dish pairs great with rice. To prepare the rice, cook 2 cups of rice in 4 cups of water.

Fried Rice



Ingredients

- 2 chicken breasts or 4 thighs
- 4 cloves garlic, grated
- 4 green onions
- 2 cups frozen peas and carrots
- 1 onion, diced
- 4 eggs
- 6 tbsp. soy sauce
- 6 cups cooked rice
- 1 tsp. salt
- 1 tsp. pepper
- 4 tbsp. butter

Directions

1. Cook rice according to the instructions on the label. Cool on a cookie sheet.
2. Heat butter in a frying pan over medium heat.
3. Add chicken, salt, and pepper. Cook for 7 minutes. Transfer to a small bowl and set aside.
4. Add onions, carrots, and peas. Sautee for 5 minutes. Transfer to a small bowl and set aside.
5. Add garlic and sautee for 2 minutes.
6. Add in eggs and scramble over medium heat.
7. Add in rice and sautee until grains separate.
8. Add vegetables and chicken back into the pan and stir ingredients together.
9. Add soy sauce and sautee for 2 minutes.



Garlic and Paprika Chicken Legs



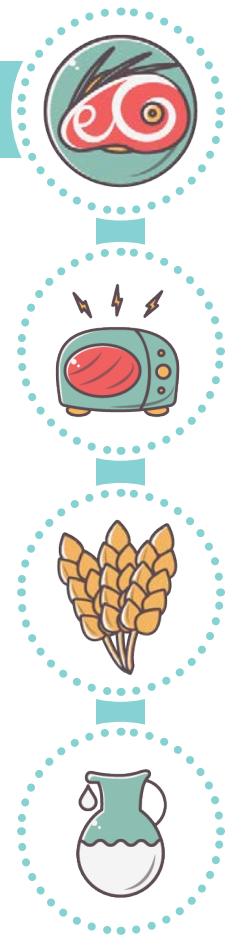
Ingredients

- 24 drumsticks
- 1 cup olive oil
- 16 clove garlic
- 4 tbsp. oregano
- 1 tsp. pepper
- 4 tbsp. paprika
- 1 tsp. pepper flakes
- 1/2 cup parsley, chopped
- 1 tsp. salt

Directions

1. Preheat oven to 425 degrees.
2. In a small skillet, heat the oil. Add in garlic, paprika, pepper flakes, and herbs. Cook for 1 minute over medium heat and be careful not to burn the garlic.
3. Clean and dry the drumsticks and season with salt and pepper.
4. Pour the oil mixture over the drumsticks and make sure the drumsticks are coated well.
5. Place in a pan and bake for 45 minutes to 1 hour.

Garlic Pasta



Ingredients

- 1 package pasta
- 6 cups water
- 3 tbsp. chicken oxa
- 2 tbsp garlic
- 1 bag spinach
- 1 cup Parmesan cheese
- 4 tbsp. butter

Directions

1. Add pasta, water, chicken oxa, and garlic in a large pot. Bring to a boil and cook until pasta is almost done (about 9 minutes).
2. Add spinach and butter to the pot and cook for about 3 minutes.
3. Add cheese and mix well.

Goat Meat



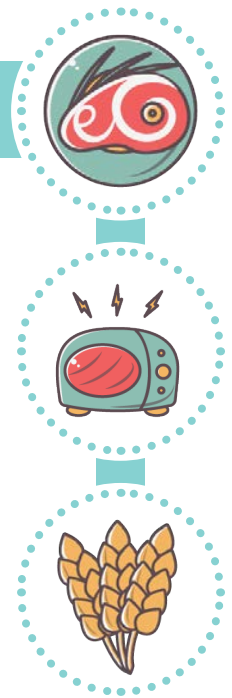
Ingredients

- 20 Thai peppers
- 2 green peppers
- 8 tomatoes
- 4 red onions
- 2 bay leaves
- 2 tsp. salt
- 1 tsp. turmeric
- 2 tsp. cumin
- 5 tbsp. fresh garlic
- 6 cinnamon sticks
- 2 bunches cilantro, chopped
- Goat meat

Directions

1. Cook goat meat in a pan on the stovetop with oil, garlic, onion, and peppers. Cook meat until fully cooked (about 45 minutes).
2. Once the meat is cooked, mix in the salt, turmeric, cumin, fresh tomatoes, and cilantro.
3. Simmer on low heat to infuse goat meat with flavour and serve.

Homemade Hamburger Patties



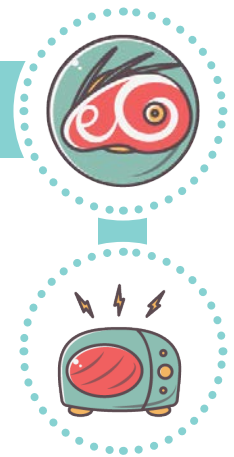
Ingredients

- 1 onion, diced
- 4 garlic cloves, minced
- 1 tsp. pepper
- 1/2 tsp. pepper
- 1/2 cup ketchup or BBQ sauce
- 1 cup bread crumbs
- 2 eggs
- 1 package ground beef or turkey

Directions

1. In a mixing bowl, combine all ingredients and mix thoroughly.
2. Form 6 burger patties.
3. Heat oil in a pan over medium heat. Fry patties for 7 minutes on each side. 14 minutes total.
4. Serve on burgers with your choice of toppings and condiments.

Italian Sausage and Peppers



Ingredients

- 2 tsp. basil
- 4 green peppers, sliced
- 1 can tomato paste
- 1 tsp. chili pepper
- 8 tsp. oil
- 2 tsp. oregano
- 2 cans tomatoes
- 1 tsp. pepper
- 1 tsp salt
- 2 large packages Italian sausage

Directions

1. Cut sausages into slices and fry on the stovetop over medium heat.
2. Wash onions and pepper and dice. Stir into pan with sausages.
3. Mix in seasoning.
4. Add tomatoes and stir.
5. Cook covered for 15 minutes.

Jolean's Potato Sausage Casserole



Ingredients

- 3 cups potatoes, peeled and cubed
- 4 tbsp. butter
- 4 tbsp. flour
- 2 cups milk
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 lb Velveeta cheese, diced
- 1/2 cup sharp cheddar cheese, shredded
- 1 lb. skinless smoked sausage
- 1/8 tsp. paprika

Directions

1. Preheat oven to 350 degrees.
2. Cut skinless smoked sausage in half lengthwise, then chop into 1/2 inch half moon cuts.
3. Cook sausage in a frying pan for about 15 minutes, turning frequently to slightly brown.
4. Meanwhile, put cooked and diced potatoes in a 2 quart casserole dish. Transfer sausage over to the casserole dish and mix.
5. Mix remaining ingredients (except for paprika and shredded cheese) in a saucepan over medium heat until the Velveeta is melted and smooth. Stir constantly with a whisk.
6. Pour cheese sauce over meat and potatoes. Sprinkle sharp cheddar over top, followed by a sprinkling of paprika.
7. Bake for 35-45 minutes, or until golden brown on top.

Kraft Dinner (KD) Casserole



Ingredients

- 4 boxes KD, cooked and cooled
- 4 eggs
- 1/2 tsp. pepper
- 1 can crushed crackers or bread crumbs
- 2 cups cheese, grated
- 2 cups hot dogs, chopped
- 1 cup pasta sauce

Directions

1. Preheat oven to 425 degrees.
2. Make KD following instructions on the package. Place in a large bowl, set aside, and cool.
3. Add eggs, pepper, bread crumbs, and mix well.
4. Chop hot dogs into small pieces and mix into kraft dinner. After adding in the hot dogs, mix in pasta sauce.
5. Mix ingredients together until thoroughly combined.
6. Place in a lined or greased baking pan and bake for 35 minutes. Cut into squares and serve.

Lazy Cabbage Rolls



Ingredients

- 2 heads cabbage, chopped
- 4 onions, diced
- 1 bunch celery, chopped
- 2 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. pepper
- 4 cans diced tomatoes
- 3 cups rice
- 6 cups water
- 1 large package ground pork

Directions

1. In a skillet over medium heat, fry pork until well done.
2. Wash onions and celery and chop and dice on a cutting board. Add onion and celery to the frying pan and stir. Cook for 10 minutes.
3. Add cabbage to skillet and cook for 15 minutes.
4. Add tomatoes to skillet and cook for 20 minutes.
5. Meanwhile, in a separate pan, bring 6 cups of water and 3 cups of rice to a boil. Turn down and simmer for 15-17 minutes, until rice is cooked.
6. Mix cooked rice into the frying pan with the other ingredients. Add seasoning and serve.

Lazy Lasagna



Ingredients

- 2 packages ravioli
- 8 cloves garlic, minced
- 3 cups mozzarella, grated
- 2 sweet peppers, diced
- 2 onions, diced
- 3 jars pasta sauce
- 3 tbsp. Italian seasoning
- 500 mL cottage cheese
- 2 lbs ground beef

Directions

1. In a skillet over medium heat, brown ground beef. Drain and add in diced onion and peppers. Cook for 10 minutes, stirring frequently.
2. Put cottage cheese and pasta sauce into a large mixing bowl and mix in ground beef.
3. In a large casserole dish, layer ravioli with pasta sauce. Alternate pasta, sauce, pasta. You should end up with sauce as the top layer.
4. Sprinkle with 3 cups of cheese.
5. Bake for 30 minutes.

Easy Mac n' Cheese



Ingredients

- 2 packages cooked pasta
- 1 package bacon, diced
- 1/2 cup flour
- 1 tsp. pepper
- 2 L of milk
- 4 cups cheese, grated
- 1 onion, diced
- 4 garlic cloves, minced
- 2 tbsp. butter

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a skillet over medium heat, fry bacon until crispy. Add onion and garlic. Sauté until onions are translucent.
3. Add in butter, then flour. Stir.
4. Whisk in milk, 1 cup at a time. Ensure sauce thickens before pouring in each cup.
5. Whisk in cheese and pepper.
6. Mix in cooked pasta and toss to evenly coat noodles with sauce.



Magical Moist Chicken



Ingredients

- 28 chicken thighs/
drumsticks
- 3 cups mayonnaise
- 4 cups Italian bread crumbs

Directions

1. Preheat oven to 425 degrees.
2. In a mixing bowl, combine chicken and mayonnaise. Mix and coat the chicken well.
3. Add in bread crumbs and mix to coat chicken.
4. Bake in oven for 20-30 minutes.

Maple Chicken Recipe



Ingredients

- 24 chicken thighs
- 8 cloves garlic, minced
- 4 tbsp. thyme
- 1/2 cup Dijon mustard
- 1/2 cup maple syrup
- 6 tbsp. soy sauce
- Salt
- Pepper

Directions

1. Preheat oven to 425 degrees.
2. Assemble chicken in a greased baking pan. Bake in oven for 20 minutes, then remove from oven and drain fat.
3. In a mixing bowl, combine other ingredients to make sauce. Pour sauce over chicken.
4. Return chicken to oven and bake for 40 minutes.

Meatball Wraps



Ingredients

- 1 package premade meatballs
- 1 cucumber
- 1 red pepper, diced
- Salt and pepper to taste
- 1 cup creamy cucumber dressing
- Tortilla wraps
- 1 red onion
- 1 head iceberg lettuce, shredded
- 1 yellow pepper, diced
- 2 tomatoes, seeds removed and diced

Directions

1. Preheat oven to 425 degrees. When oven is heated, roast the meatballs in a baking pan for 25 minutes. Stir halfway through baking.
2. Combine all other ingredients, except for the lettuce.
3. Lay out wraps on the counter. In each wrap, layer vegetables, lettuce, and meatballs.
4. Roll up wraps and enjoy cold.

Indian Tacos



Ingredients

- Fried bannock
- Ground beef
- 3 packages taco seasoning
- Cheese, shredded
- Lettuce
- Tomatoes
- Sour cream
- Salsa

Directions

1. In a large frying pan, cook ground beef until well done. Drain and mix in taco seasoning.
2. Grate cheese using grater and set aside in a small bowl.
3. Wash, dry, and cut lettuce into fine strips.
4. Wash, dry, and dice tomatoes.
5. Put sour cream and salsa into 2 small serving bowls and set aside.
6. Layer ingredients on top of a piece of bannock to serve.

Moose Stew



Ingredients

- 1.5 lbs moose meat
- 2 L beef broth
- 6 potatoes, peeled and cubed
- 4 carrots, peeled and chopped
- 3 celery stalks, sliced
- 2 onions, diced
- 1 cup flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. thyme

Directions

1. Put flour, salt, and pepper into a large Ziploc bag.
2. Meanwhile, heat oil in a frying pan over medium heat.
3. Place meat in Ziploc bag and shake well to cover with flour mixture.
4. Add meat to frying pan and cook until slightly browned. Add in finely chopped onion.
5. In a large pot, add 8-10 cups water, beef broth, potatoes, carrots, and celery. Bring to a boil. Add meat to water and stir. Lower heat and simmer for 45 minutes.

One Pot Garlic Pasta



Ingredients

- 1/2 cup butter
- 2 tbsp. garlic, minced
- 2 tsp. ginger, grated
- 1/2 cup lemon juice
- 2 tbsp. lemon zest
- 1 tsp. salt/pepper
- 8 cups water
- 32 oz noodles
- 1 cup cream cheese
- 2/3 cup Parmesan cheese
- 4 tbsp. cilantro, chopped

Directions

1. In a nonstick pan, combine butter, ginger, garlic, lemon juice, lemon zest, salt, and pepper. Fry ingredients over medium heat for 5 minutes.
2. Add water and bring to a boil. Add noodles. Drain noodles when cooked and return to pot.
3. Meanwhile, in a bowl, mix together cream cheese, Parmesan, and cilantro.
4. Add cream cheese mixture to noodles.



Paneer Peas



Ingredients

- 4 (400g) packages of paneer
- 2 kg dried peas
- 5 lbs potatoes
- 4 fresh tomatoes, diced
- 2 tbsp. cumin
- 2 tbsp. turmeric
- Red peppers, diced
- 1 onion, diced
- Hot chilies to taste

Directions

1. Cook the peas following the directions on the package. Strain the peas and return to pot.
2. Wash, peel, and cube potatoes. Add potatoes to a pot and boil them. When the potatoes are fork tender, drain them and set aside.
3. Chop the paneer into 1-inch cubes. In a skillet over medium heat, fry the paneer until golden brown. Remove from oil and set aside.
4. Add in oil, tomatoes, peppers, onions, and chilies. Sautee until the onions and peppers are cooked. Mix in the cooked potatoes, peas, and paneer.



Mediterranean Pasta



Ingredients

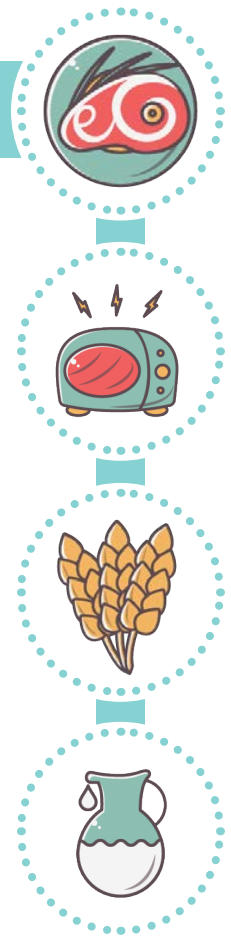
- 3 bags penne
- 4 tbsp. olive oil
- 4 tbsp. garlic, minced
- 3 cans pasta sauce
- 2 cans black olive, sliced
- 2 cups feta cheese, diced
- 1 cup parsley, chopped
- 8 tbsp. basil
- 1 cup Parmesan

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a frying pan, sautee garlic and olives in olive oil.
3. Stir in pasta sauce and cook for 5 minutes.
4. Stir in feta, basil, and parsley.
5. Combine sauce with pasta and mix thoroughly.
6. Serve with Parmesan on top.



Pizza Roll Ups



Ingredients

- 1 large box Bisquick
- 1 large pepperoni
- 1 onion, finely diced
- 1 tsp. Italian seasoning
- 2 tsp. garlic
- 1 can pasta sauce
- 2 cups mozzarella, grated

Directions

1. Preheat oven to 425 degrees.
2. Make a large box of Bisquick into roll-able biscuit dough. Divide into 2 and roll flat.
3. Dice 1 large pepperoni into small pieces and place in bowl.
4. Mix in onion, Italian seasoning, garlic, pasta sauce, and mozzarella cheese. Mix well.
5. Spread filling onto biscuit dough.
6. Roll dough like cinnamon buns.
7. Cut each roll into 12 equal pieces.
8. Lay roll ups on a baking sheet lined with parchment paper.
9. Bake for 20-25 minutes.

Quick Pasta



Ingredients

- 3 peppers, chopped
- 3 onions, chopped
- 3 boxes pasta, cooked
- 2 jars pasta sauce
- 2 tsp. Italian seasoning
- 4 cups zucchini, diced
- Mozzarella, grated

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. In a skillet over medium heat, sautee veggies until tender. Stir in pasta sauce and spices.
3. Add sauce to cooked pasta and serve topped with cheese.



Ranch Chicken



Ingredients

- 2lbs skinless chicken thighs
- 1 bottle ranch dressing
- 1 block cream cheese, cubed
- 1 red pepper, diced
- 1 onion, diced
- 3 tbsp. oil
- Salt and pepper

Directions

1. In a large pan over medium heat, fry chicken with some oil. Fry chicken 10 minutes on each side, 20 minutes total. Season chicken with salt and pepper.
2. Remove chicken from pan and set aside.
3. Add onions and peppers to the pan and sautee for 5 minutes.
4. Stir in ranch dressing and cream cheese. Let melt and bring to a simmer.
5. Add in chicken and simmer for 20 minutes.

Salisbury Steak



Ingredients

- 24 hamburger patties
- 6 red onions
- 2 L beef stock
- 1/4 cup cold water
- 6 sprigs Rosemary

Directions

1. Preheat oven to 375 degrees.
2. Layer hamburger patties in a cooking pan and bake for 20 minutes.
3. Peel and dice onions. Combine onions and beef stock in a pot and bring to a boil for 5 minutes.
4. Mix together water and flour and pour mixture into beef broth, whisking quickly.
5. Add in Rosemary and simmer for 20 minutes.
6. Pour sauce over hamburgers and bake for 15 minutes.

Salsa Mac n' Cheese



Ingredients

- 3 packages pasta
- 4 cans cheddar soup
- 2 500 mL jars salsa
- 250 g gouda, grated
- 400 g extra old cheddar, grated
- 400 g old cheddar, grated

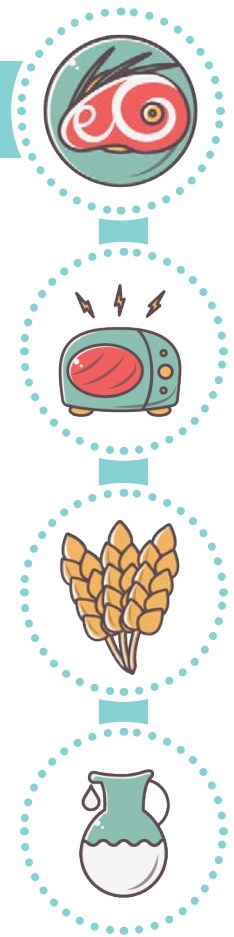


Directions

1. Preheat oven to 375 degrees.
2. Cook pasta according to package directions and drain.
3. Grate all cheese and combine in a large bowl.
4. Combine cheddar soup and salsa in a large pot. Bring to a simmer.
5. Gradually add cheese while whisking.
6. Pour over pasta and mix well.
7. Pour into baking pan and bake for 30 minutes.



Sausage Tacquitos



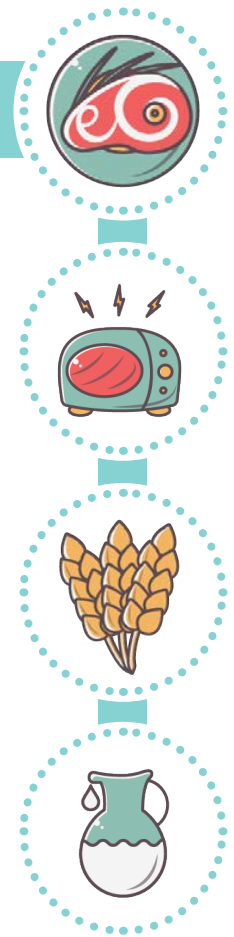
Ingredients

- 25 sausages, fried
 - 1 dozen eggs
 - Salt and pepper to taste
 - 2 cups cheese, shredded
 - 24 small tortilla shells
 - 1/4 cup milk
- FOR EGG WASH**
- 2 eggs
 - 4 tbsp. water

Directions

1. Preheat oven to 425 degrees.
2. Fry sausages in a skillet over medium heat.
3. In a large bowl, whisk together eggs, milk, salt, and pepper. Whisk until well combined.
4. Add in 2 tablespoons of butter and melt. Add eggs and stir to scramble.
5. Spoon sausage and egg mixture into tortilla shells. Seal each wrap with a brush of egg wash.
6. Bake for 15 minutes on a well greased pan.

Sausage Tortellini with Spinach



Ingredients

- 1 lb hot or mild Italian sausage
- 1/2 medium onion, diced
- 3 cloves garlic
- 3 (14 oz) cans crushed tomatoes
- 20 oz refrigerated tortellini
- 4 oz baby spinach, chopped
- 1/2 cup heavy cream
- 1/2 cup Parmesan cheese, shredded

Directions

1. Cook and crumble the sausage in a skillet over medium-high heat. When the sausage has almost browned, add in the garlic and onion. Continue cooking for 2-3 minutes until the onion begins to soften and turn translucent.
2. Add the tomatoes and tortellini to the skillet. Stir and reduce the heat once the sauce comes to a simmer. Cover with a lid and simmer until tortellini is tender (about 8-10 minutes).
3. Add the spinach and stir for 1-2 minutes until it wilts. Stir in the cream. Sprinkle each serving with cheese if desired.

Scallion Pancakes



Ingredients

- 6 cups flour
- 1/2 tsp. garlic
- 1/4 tsp. salt
- 3 tsp. sesame oil
- 4^{1/2} cups water
- 3 cups scallions, chopped

Directions

1. In a large bowl, combine water and flour. Whisk well until no lumps remain.
2. Add in salt, garlic, scallion, and oil. Stir well.
3. Fry in a well greased pan for about 2-4 minutes on each side.



Shepherd's Pie



Ingredients

- 12 cups mashed potatoes
- 6 cups peas and corn
- 1 package ground beef
- 6 packages shepherd's pie seasoning
- 6 cups water
- 2 small onions, diced
- 1/2 cup margarine, melted
- 1/2 cup milk

Directions

1. Preheat oven to 350 degrees.
2. Wash, peel, and cube potatoes. Boil potatoes in a large stockpot. Once fork tender, drain water and mash potatoes with margarine and milk.
3. In a large pot, fry ground beef with onions. Cook until well browned.
4. Add seasoning, corn, peas, and water to pot. Simmer mixture for 15 minutes.
5. Spread beef mixture in a casserole dish. Cover with mashed potatoes and bake in oven for 25 minutes.

Spaghetti and Meatballs



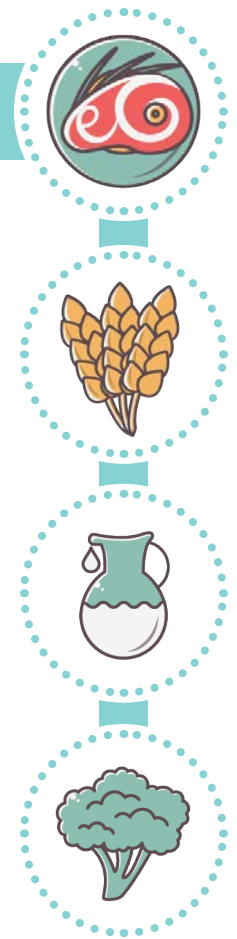
Ingredients

- 1 onion, diced
- 2 green peppers, diced
- 2 tbsp. Italian seasoning
- 8 cloves garlic
- 5 jars pasta sauce
- 36 oz spaghetti noodles
- 1^{1/2} bags meatballs
- 1 tsp. pepper flakes

Directions

1. Fry onion and pepper until soft. Add pasta sauce, Italian seasoning, garlic and pepper.
2. Add meatballs and simmer for 1 hour.
3. Prepare pasta according to package instructions. Drain and toss with oil.
4. Combine pasta, sauce, and meatballs and serve.

Spinach Mushroom Lasagna



Ingredients

- 2 large packages of mushrooms
- 6 cloves garlic
- 3/4 cup parsley, fresh
- 9 cups fresh spinach
- 2 onions
- 5 cups vegetable stock
- 3 packages lasagna noodles
- 6 tbsp. flour
- 9 tbsp. olive oil
- 2/14 cup milk
- 2 cups Parmesan cheese
- 4 cups mozzarella cheese
- 500 g cottage cheese

Directions

1. Preheat oven to 400 degrees.
2. Boil lasagna noodles until half cooked.
3. In a pan, heat oil, onion, garlic and sautee for 4 minutes. Add in sliced mushrooms and sautee for another 5 minutes. Add salt, pepper, and flour to the mixture. Cook for 1 minute.
4. Add in stock 1/4 cup at a time. Stir and let thicken.
5. Stir milk into sauce and let simmer 10 minutes.
6. Add spinach to sauce and cook 5 minutes.
7. Remove sauce from stove and add in Parmesan and cottage cheese.
8. In a casserole dish, layer lasagna noodles with sauce and top with parsley and mozzarella
9. Bake for 45 minutes.

Spinach Roll Ups



Ingredients

- 2 jars tomato sauce
- 4 cups cheese
- 2 packages spinach
- 500 ml ricotta cheese
- 1 tsp. salt
- 2 tsp. pepper
- 2 tbsp. garlic
- 4 eggs
- 2 packages lasagna noodles
- 2 tbsp. oil

Directions

1. Preheat oven to 400 degrees.
2. Cook noodles until done. Rinse when cooked and coat with oil.
3. Combine ricotta, eggs, garlic, salt, and pepper. Mix well.
4. Add spinach and combine well.
5. Spread mixture over noodles and roll. Place rolls in a well oiled pan.
6. Cover roll ups in sauce and cheese.
7. Bake in oven for 30 minutes.



Stir Fry



Ingredients

- 2 cups sugar peas
- 1 onion, thinly sliced
- 2 cups carrots, thinly sliced
- 2 cups cabbage, thinly sliced
- 1 cup celery, thinly sliced
- 2 lbs chicken, cubed
- 1 can pineapple, diced
- 2 tsp. minced ginger
- 2 tsp. minced garlic
- 1/2 cup soy sauce
- 2/3 cup chicken stock
- 1/2 cup brown sugar
- 1 tsp. chili flakes
- 1/4 cup Hoisin sauce

Directions

1. In a large wok, sautee chicken in oil until cooked though.
2. Add carrots, onion, and celery to wok and cook for 5 minutes. Stir in cabbage and cook for a few minutes longer, until cabbage is reduced.
3. Add in pineapple, peppers, and garlic, Sautee for 5 minutes.
4. In a small bowl, mix together ginger, soy sauce, chicken stock, brown sugar, chili flakes, and Hoisin sauce.
5. Pour sauce over veggies and mix well. Cook for 3 minutes and serve over rice.

Sushi Bowl

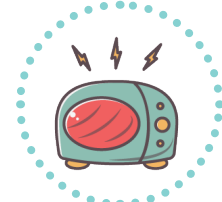


Ingredients

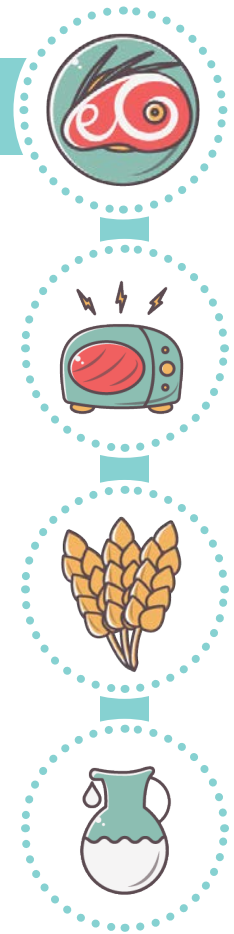
- 1 bag coleslaw
- 1 bag edamame beans
- 1 cucumber, cut into matchsticks
- 1/4 cup toasted sesame seeds
- 5 cups uncooked Sushi rice
- 1/2 cup rice vinegar
- 1/2 cup sugar
- 4 cans tuna
- Pickled ginger to taste
- Wasabi to taste

Directions

1. Prepare rice according to package instructions.
2. Combine cooked rice, sugar, and vinegar.
3. Divide rice into bowls and top with remaining ingredients.



Taco Spaghetti



Ingredients

- 4 tbsp. olive oil
- 2 packages taco seasoning
- 1 small can tomato paste
- 24 oz spaghetti
- 2 cups mozzarella
- 2 tbsp. cilantro
- 6 cups water
- 2 lbs ground beef
- 1 mild chili, diced
- 2 cups cheddar cheese
- 2 roma tomatoes
- 1 onion, diced

Directions

1. Heat oil in a large pot over medium heat. Add in hamburger and cook until browned.
2. Add onion to skillet and cook for 10 minutes or until onion is soft and translucent.
3. Add taco seasoning to skillet and cook for another 5 minutes. Mix well.
4. Add in diced chilies, tomato paste, and 6 cups water. Bring to a boil.
5. Add spaghetti noodles and cover. Cook until spaghetti is done.
6. Mix in cheese and cilantro, and serve.

Taco Stuffed Peppers



Ingredients

- 3 peppers, halved
- 1 lb ground turkey
- 1 can black beans, drained
- 1 cup salsa
- 2 cups frozen corn
- 1 package taco seasoning
- 1 cup cooked rice
- 1/2 cup diced onions
- 2 cups cheese



Directions

1. Fry ground turkey in a large skillet until cooked. Mix in taco seasoning and combine well.
2. In a separate pot, prepare rice according to package instructions.
3. Combine black beans, corn, salsa, rice, ground turkey, and 1 cup cheese.
4. Fill peppers with turkey mixture and top with cheese.
5. Cook peppers in Crockpot on low for 4 hours or on high for 2 hours.

Tater Tot Casserole



Ingredients

- 2 lbs ground pork
- 1 bag tater tots
- 1 onion, finely diced
- 2 tbsp. oil
- 12 eggs
- 2 cups cheese
- 1 tsp. salt
- 1 tsp. pepper
- 1/2 cup milk

Directions

1. Line 9x12 pan with parchment paper. Toss taters with oil and bake in 425 degree oven for 20 minutes. In a skillet, fry ground pork over medium heat and drain.
2. Add onions, cheese, milk, eggs, salt, and pepper into a bowl and whisk. Add pork to mixture, mix together, and pour mixture over tots.
3. Bake mixture at 400 degrees for 30 minutes.

Tuna Broccoli Bake



Ingredients

- 1 large bunch broccoli, chopped
- 1 can mushroom soup
- 1 can tuna
- 1 cup cheese, grated

Directions

1. Wash and chop broccoli into bite-sized pieces. Boil broccoli for 3 minutes and drain.
2. Preheat oven to 350 degrees.
3. Lightly grease a 8"x8" casserole dish and arrange broccoli on bottom of dish.
4. Mix milk, soup, tuna, and half of cheese. Spoon mixture over broccoli.
5. Sprinkle cheese overtop of casserole. Bake in oven for 20 minutes.



Tuna Pie



Ingredients

- 1 cup flour
- 1/2 cup oil
- 1/4 tsp. salt
- 1/4 cup water
- 6 eggs
- 1 cup mixed vegetables
- 1/2 cup sour cream
- 1/2 cup cheese, grated
- 2 cups tuna

Directions

1. Preheat oven to 350 degrees.
2. To make crust pastry, combine flour, oil, salt, and water. Mix well and press dough into bottom of a pan.
3. To make filling, mix together eggs, mixed vegetables, sour cream, cheese, and tuna. Pour mixture into pan.
4. Bake for 30 minutes.

Veggie Wraps



Ingredients

- 2 cups rice, cooked
- 2 cups coleslaw mix
- 1 can black beans
- 1 cucumber, diced
- 1 large container hummus
- 2 cups cheese, shredded
- 20 wraps



Directions

1. Mix together all ingredients, except for the cheese.
2. Spread hummus onto each wrap and spoon 1/2 cup of veggie mixture into each wrap. Top with cheese and roll up the wraps.
3. Serve immediately, or cover wraps individually with plastic wrap and store in refrigerator.





DESSERTS



Apple & Cherry Cobbler



Ingredients

- 2 cans apple pie filling
- 2 cans cherry pie filling
- 6 tsp. baking powder
- 4 cups sugar
- 6 cups flour
- 6 cups milk
- 3 eggs

Directions

1. Preheat oven to 350 degrees.
2. Melt butter and pour into bottom of a baking dish.
3. In a large bowl, mix together flour, sugar, baking powder, milk, and eggs. The mixture should resemble cake batter.
4. Pour mixture into baking dish. Pour pie filling on top of batter mixture.
5. Bake in oven for 35-40 minutes.



Blackforest Cheesecake Minis



Ingredients

- 1^{1/4} cups Oreo crumbs
- 1 tbsp. sugar
- 2 tbsp. heavy cream
- 1/2 cup chocolate, finely chopped
- 1^{1/2} blocks cream cheese
- 1/4 cup sugar
- 2 tbsp. cocoa
- 1 egg
- 1 can cherry pie filling
- 2 cups whipped cream
- 1/2 cup melted chocolate

Directions

1. Preheat oven to 325 degrees. Grease a cupcake pan.
2. In a mixing bowl, combine Oreo, 1 tsp. sugar, and butter. Divide mixture evenly across the cupcake pan and press into the bottom of each cupcake indent to make the crust.
3. In a microwave, heat cream for 20 seconds. Add in chocolate and stir well until melted.
4. In a mixing bowl, combine cream cheese and sugar until smooth. Add cocoa blend and egg and mix until well incorporated. Pour in chocolate mixture and combine.
5. Spoon mixture into cupcake tray.
6. Bake for 25 minutes. Let cool and top with cherry pie filling.
7. Drizzle each mini cheesecake with melted chocolate and top with whipped cream.



No-Bake Chocolate Peanut Bars

Ingredients

- 3/4 cup butter, melted
 - 2 cups finely crushed graham crackers
 - 2 cups powdered sugar
 - 1 cup peanut butter
- FOR CHOCOLATE TOPPING:**
- 2 cups semisweet chocolate chips
 - 1/4 cup peanut butter

Directions

1. Place melted butter, graham cracker crumbs, powdered sugar, and 1 cup peanut butter in a large bowl. Stir with a large spoon until blended.
2. Transfer graham cracker mixture to an ungreased 8"x8" dish. Spread well and press evenly with a spatula. Place in the refrigerator for 15-20 minutes to set.
3. Microwave chocolate chips and 1/4 cup peanut butter in a microwave-safe bowl for approximately 2 minutes on high until melted. Stir well to combine.
4. Spread chocolate mixture evenly over peanut butter graham cracker mixture. Refrigerate at least 1 hour before slicing.



Cranberry Lemon Biscuits



Ingredients

- 6 cups flour
- 2 1/4 cups milk
- 2 tbsp. baking powder
- 2 cups dried cranberries, chopped
- 1 1/2 tsp. baking soda
- 1 lemon, zested and juiced
- 3/4 cup sugar
- 2 1/4 cups butter
- 3 eggs

Directions

1. Preheat oven to 375 degrees.
2. In a large mixing bowl, combine all dry ingredients. Mix well to combine.
3. Add butter and mix to create a sand-like texture.
4. Add in remaining ingredients, including milk, eggs, lemon (juice and zest), and cranberries. Mix well until combined.
5. Roll out dough to 2" thick and cut into squares.
6. Bake for 15-18 minutes.



Cranberry Orange Muffins



Ingredients

- 3 cups flour
- 1^{1/2} tsp. baking soda
- 1^{1/2} tsp. baking soda
- 1^{1/2} cups sugar
- 1^{1/2} sticks salted butter
- 3 large eggs
- 1^{1/2} tsp. grated orange peel
- 1^{1/2} tsp. vanilla extract
- 1^{1/2} cups sour cream
- 1/4 cup fresh orange juice
- 1 cup dried cranberries



Directions

1. Preheat oven to 350 degrees.
2. Put muffin liners in the trays.
3. In a mixing bowl, combine flour, baking soda, and baking powder.
4. Using an electric mixer, beat sugar and butter in a separate bowl until blended and smooth. Beat in eggs one at a time. Add in orange peel and vanilla. Mix in the orange juice, sour cream, and cranberries.
5. Next, add in flour mixture a little bit at a time. Mix until well combined. Pour mixture into muffin trays.
6. Bake for 35 minutes.

Cream Puffs



Ingredients

- 1/2 cup butter
- 1 cup water
- 1 cup flour
- 4 eggs
- 2 small boxes instant vanilla pudding
- 1^{1/3} cup cold whole milk
- 8 oz sour cream
- Powdered sugar

Directions

1. Preheat oven to 375 degrees.
2. Melt stick of butter in 1 cup water. Bring to a boil. Stir in flour and mix vigorously over low heat until mixture starts to come off sides and form a ball.
3. Remove from heat and cool a couple minutes. Then, beat in eggs one at a time with a mixer. Beat until smooth and velvety.
4. Drop mixture by the spoonful onto a baking sheet lined with a silicone mat or parchment paper.
5. Bake until dry (20-25 minutes).
6. Allow cream puffs to cool completely.
7. For the filling, mix instant vanilla pudding with whole milk until pudding dissolves. Add sour cream and mix until mixture thickens.
8. Refrigerate filling for 1-2 hours.
9. Slice cream puffs in half and fill with pudding mixture. powdered sugar and enjoy.



Lemon Loaf

Ingredients

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1/2 cup 2% milk
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. salt
- 1 lemon, zested and juiced
- 1/4 cup sugar

Directions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, beat together sugar and butter until smooth and well combined.
3. One at a time, beat in eggs until well combined. Slowly pour in milk and mix until well combined.
4. In a separate mixing bowl, combine flour, baking powder, salt, and lemon zest. Pour into wet mixture and beat until well combined.
5. Pour batter into a 9"x5" greased loaf pan.
6. Bake for 55-60 minutes and cool.
7. For the glaze, combine 1/4 cup sugar with lemon juice in a saucepan. Stir over medium heat until sugar has dissolved. Take saucepan off heat and set aside.
8. With a toothpick, poke holes in the top of the loaf. Pour the glaze evenly overtop of the loaf.



Microwave Mug Brownie

Ingredients

- 2 tbsp. butter, melted
- 2 tbsp. milk
- 1/4 tsp. vanilla extract
- 1 dash salt
- 2 tbsp. sugar
- 2 tbsp. cocoa powder
- 4 tbsp. flour

Directions

1. In a coffee mug, add milk, butter, a dash of salt, and vanilla extract.
2. Add cocoa powder and whisk well. Add flour and whisk well. Add sugar and whisk well.
3. Microwave for 60 seconds. Centre should be slightly molten. Be careful not to overcook.
4. Enjoy with a spoon. Brownie will be hot so exercise caution.



Oatmeal Energy Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/2 cup chocolate chips
- 1/3 cup raw honey
- 1/4 cup ground flaxseed

Directions

1. In a large mixing bowl, combine all ingredients and mix together.
2. Roll out teaspoon-sized balls and place on a baking sheet covered with parchment paper.
3. Freeze until set. About one hour.
4. Enjoy and keep leftovers in a Ziploc bag in the fridge or freezer.



Oreo Brownies



Ingredients

- 3/4 cup cocoa powder
- 3/4 cup butter
- 2 cups sugar
- 3 eggs
- 1 tsp. vanilla
- 1 cup flour
- 1 box Oreo cookies

Directions

1. Preheat oven to 350 degrees. Microwave cocoa and butter in microwave for 2 minutes until melted. Stir well.
2. Add in sugar and vanilla and mix well.
3. Add in flour and mix until well combined.
4. Grease an 8"x8" pan. Arrange the Oreos in the bottom of the pan. Pour batter over Oreos.
5. Bake for 30-35 minutes.



Pumpkin Pie Tarts

Ingredients

- 2 eggs
- 1^{1/4} cup pumpkin pie filling
- 1/2 cup sugar
- 1/4 tsp. salt
- 3/4 tsp. cinnamon
- 1/4 tsp. ginger
- 1/4 tsp. cloves
- 1/4 tsp. nutmeg
- 1^{1/8} cups milk
- 30 tart shells

Directions

1. Preheat oven to 375 degrees.
2. In a mixing bowl, whisk together all ingredients until well combined.
3. Fill tart shells with pumpkin mixture until 3/4 full.
4. Bake for 25 minutes or until a knife comes out clean.



S'mores Snack Care

Ingredients

- 1 package yellow cake mix
- 1 cup water
- 1 cup chocolate chunks
- 1/3 cup vegetable oil
- 1^{1/2} cups marshmallows
- 3 eggs

Directions

1. Preheat oven to 350 degrees and grease pan.
2. Prepare cake according to package instructions.
3. Mix chocolate chunks and marshmallows into batter. Spoon mixture into pan.
4. Bake for 30 minutes.





ECALA

Alberta Government

Phone: 780-415-5520
Email: info@ecala.org
Website: www.ecala.org