

25
INGREDIENTS

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50  
MEALS



## PUBLISHING HISTORY

First Print - March 2021

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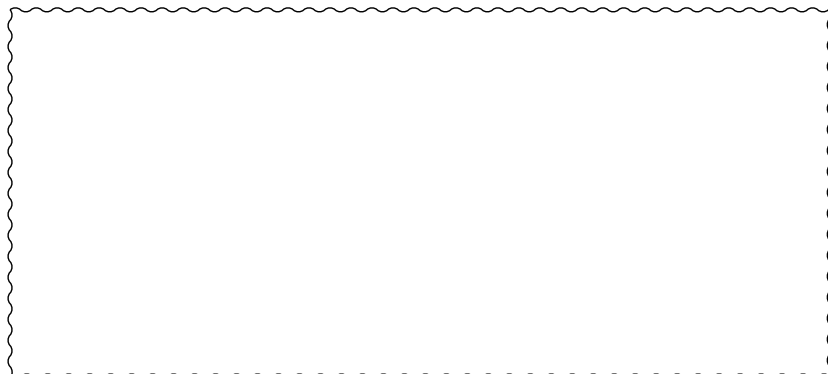
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Your photos could even be featured in a future project or cookbook.

## WHAT IS A DIETITIAN?

A Registered Dietitian is a university trained health care professional who is an expert in human nutrition and specializes in translating the science of nutrition into terms you can understand. They unlock food's potential and support healthy living for their patients, clients and communities.

## CONTACT YOUR LOCAL DIETITIAN:



25  
INGREDIENTS

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50  
MEALS

FROM YOUR FRIENDLY  
NEIGHBORHOOD DIETITIANS  
OF SASKATCHEWAN

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# FOREWORD

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The COVID-19 pandemic created and continues to create many uncertainties for communities. It has also created opportunities for being resourceful and spending time caring for ourselves and our communities. The “25 Ingredients 50 Meals Cookbook” was created at the beginning of the COVID-19 pandemic as a way to adapt to the uncertainties around food access and security. There was limited access to food due to recommendations from public health to limit trips and the number of people per household accessing the grocery store. For many rural and Indigenous communities, this was compounded by many of the communities being located a significant distance from a major grocery store and are considered to be part of a vulnerable population that Health Canada recommends to be cautious in public areas.

To provide safe food access, many communities were creating good food boxes to be delivered to households. In creating a list of foods that we could access, we determined a need to provide recipes that could be created from a select number of long shelf life ingredients. We acknowledge that the list of 25 ingredients is limited in the variety of vegetables and does include canned vegetables and soup which can be high in sodium. These specific ingredients were chosen due to the availability in smaller rural settings, their ease of use to ensure all skill levels of cooking could utilize them and to provide a long shelf life.

We hope that this cookbook can be used by communities to establish a list of foods that can sustain families for a 2-3 week time period. This resource was written by three non-Indigenous dietitians who support and work in Indigenous communities in Saskatchewan. The cookbook was created through a collaborative approach working with the communities upon their request. While we make recommendations to utilize wild-caught meat and country foods where available, the recipes in this cookbook are not traditional or Indigenous-specific. We believe that there is an opportunity to adapt this resource, the ingredients list, and the recipes to meet the cultural and local needs in various communities.



# SUBSTITUTIONS

Missing something? It doesn't have to mean a trip to the store. Here are some possible substitutions.

| INGREDIENT             | AMOUNT  | SUBSTITUTION                                                                              |
|------------------------|---------|-------------------------------------------------------------------------------------------|
| Bread crumbs, dry      | 1/4 cup | 1/4 cup cracker or pretzel crumbs                                                         |
|                        | 1/4 cup | 1/4 cup crushed cornflakes or unsweetened cereal                                          |
|                        | 1/4 cup | 2/3 cup rolled oats (only in meat mixtures ex. meatloaf, burgers)                         |
| Broth, beef or chicken | 1 cup   | 1 bouillon cube dissolved in 1 cup boiling water                                          |
|                        | 1 cup   | 1 envelope powdered broth base dissolved in 1 cup boiling water                           |
|                        | 1 cup   | 1 1/2 tsp. powdered broth base dissolved in 1 cup boiling water                           |
|                        | 1 cup   | Use 1 cup of homemade stock recipe from pg. 103                                           |
| Corn, canned           | 1 can   | 1 1/2 cups frozen corn                                                                    |
| Garlic                 | 1 clove | 1/8 tsp garlic powder                                                                     |
| Herbs, dried           | 1 tsp   | 1 Tbsp fresh chopped herbs                                                                |
| Lemon juice            | 1 tsp   | 1/2 tsp vinegar                                                                           |
| Mayonnaise             | 1 cup   | 1 cup sour cream                                                                          |
| Milk                   | 1 cup   | 4 tbsp dry milk powder and enough water to make 1 cup or follow manufacturer's directions |
|                        | 1 cup   | 1/2 cup evaporated milk and 1/2 cup water                                                 |
| Mustard, dry           | 1 tsp   | 1 Tbsp prepared mustard                                                                   |
| Sour cream             | 1 cup   | 3/4 milk, 3/4 tsp lemon juice, & 1/3 cup butter or margarine                              |
|                        | 1 cup   | 1 cup of plain yogurt                                                                     |





# 25 INGREDIENTS

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## GRAINS

1. Pasta (preferably whole grain)  
Macaroni, spaghetti, penne, egg noodles, etc.
2. Rice - brown/white/wild
3. Barley
4. Rolled oats

## PROTEIN

5. Chicken (whole or pieces)
6. Ground meat (beef or wild)
7. Stewing meat (beef or wild)
8. Canned tuna
9. Canned salmon
10. Lentils and split peas  
(dry or canned)
11. Beans - dry or canned  
(navy/black/kidney)
12. Eggs

## FRUITS & VEGETABLES

12. Carrots
13. Celery
14. Onions

15. Potatoes

16. Tomatoes - canned, diced

17. Canned or frozen vegetables  
(corn, green beans, yellow beans, peas)

18. Cabbage

## FAT-FREE/SKIM DAIRY

19. Hard cheddar cheese

20. Sour cream

21. Skim milk powder/canned  
evaporated milk/fluid milk

## OTHER

22. Cream of chicken soup

23. Cream of mushroom soup

24. Tomato soup / Tomato sauce

25. Mushrooms, canned or fresh

**Note:** You will also need seasonings, oils, fats & baking ingredients on hand for these recipes.

See a complete list of additional pantry items on the next page!



# ADDITIONAL PANTRY ITEMS

## FATS & OILS

- Non-hydrogenated margarine
- Vegetable oil or canola oil
- Olive oil
- Mayonnaise

## BAKING INGREDIENTS

- Flour
- White sugar
- Brown sugar
- Baking powder
- Baking soda
- Corn starch
- Vanilla
- Raisins
- Crackers/bread crumbs

## SEASONINGS

- Salt
- Pepper
- Garlic powder
- Dry mustard
- Bouillon cubes/stock/broth (chicken, beef, vegetable)
- Soy sauce
- Vinegar
- Lemon juice
- Worcestershire sauce
- Ketchup/Mustard/Relish
- Herbs/Spices: Basil, oregano, thyme, dill, parsley, bay leaves, rosemary, celery seed, paprika, cinnamon, chili powder, cumin

## HALF YOUR PLATE

Registered Dietitians & Canada's Food Guide recommend that you always aim to fill half your plate with vegetables & fruits. We encourage you to keep this in mind when planning your meals.



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# *SOUPS*





# Chicken Noodle Soup

Ready In

1 hr 45 mins

Servings

8 Servings

## INGREDIENTS

- 2 Tbsp oil (30mL)
- 1 medium yellow onion
- 3 cloves garlic
- 3 carrots
- 3 celery stalks
- 2 chicken-breasts (bone-in)
- 1 tsp (5mL) dried basil
- 1 Tbsp (15mL) dried parsley
- ½ tsp (2.5mL) dried thyme
- 1 whole bay leaf
- Salt and pepper to taste
- 8 cups water
- 6 oz dry pasta

## TIPS

Use 2 cups (500mL) leftover cooked rice instead of dry pasta!

A green salad is always a nice side to have with your soup.

Save time with pre-made stock (pg.103). Cube & cook chicken breasts, then skip to step 6 using a pot full of homemade stock

## INSTRUCTIONS

1. Dice onion and mince garlic. Add onion, garlic, and oil to a large pot and saute over medium heat for about 5 minutes, or until the onions are soft and transparent.
2. While onion and garlic are sautéing, wash and slice the carrots and celery. Add them to the pot and continue to saute for a few minutes more.
3. Pull the skin and any excess fat from the chicken breasts. Add the whole chicken breasts to the pot along with the bay leaf, basil, parsley, thyme, pepper, and 8 cups of water.
4. Cover the pot, bring it to a boil over high heat. Reduce the heat to low and simmer for 1 hour. Make sure the pot continues to simmer for the whole hour. If the heat is turned down too low and it is not bubbling away, the chicken will not shred easily.
5. Remove the chicken from the pot. Using two forks, pull the meat from the bone and shred slightly. Season the broth with salt. Begin with 1 tsp and add more to your liking.
6. Add pasta to the pot, turn the heat up to high, and boil the pasta until tender (about 7 minutes). Return shredded chicken to the pot.

# Hamburger Soup

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Ready In

1 hr 15 mins

Servings

6-8 Servings

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## INGREDIENTS

- 1lb (500g) lean beef or wild meat, ground or chopped
- 1 onion, chopped
- 4 cloves garlic or 1 tsp (5mL) garlic powder
- 19oz (540mL) can tomatoes
- 10oz (284mL) can tomato soup
- 1 tsp (5mL) Worcestershire sauce
- ¼ tsp (1mL) pepper
- 4 cups (1L) beef broth
- 3 medium carrots, sliced
- 1 cup (250mL) chopped cabbage
- 1 can kernel corn
- ¼ cup (60mL) dry pasta

## INSTRUCTIONS

1. Brown meat. Drain off fat.
2. Add onions and garlic, and cook at low heat until onions are soft.
3. Add tomatoes, tomato soup, Worcestershire sauce, pepper, water and bouillon mix.
4. Bring to a boil, cover and simmer for 30 minutes.
5. Add the vegetables and pasta.
6. Cover and simmer for another 30 minutes.

## TIPS

Leftovers can be frozen.

Frozen vegetables have much less sodium than canned vegetables.

Use reduced-salt or low-sodium versions of soup if you can











# Chunky Veggie Soup

Ready In  
45 mins

Servings  
6 Servings

## INGREDIENTS

- 1 tsp vegetable oil
- 1 large onion, chopped
- 6 cups water
- 1 can (19oz/540ml) tomatoes
- 3 chicken bouillon cubes
- 5 tsp dried parsley
- 2 tsp dried oregano
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 potato, chopped
- 1 can beans, drained
- Salt & pepper, to taste

## INSTRUCTIONS

1. On medium heat, warm oil in a large pot. Add chopped onion and cook until soft (about 5 minutes).
2. Add water, tomatoes, bouillon, parsley, oregano, carrots, celery and potato. Turn the stove up to high and heat to boiling.
3. Reduce heat and simmer until potatoes are almost tender, about 15 to 20 minutes.
4. Stir in beans. Add salt and pepper to taste. Simmer until warmed through.

## TIPS

Bean options might include lima, kidney, chickpea or romano.

Chop vegetables into similarly sized pieces for even cooking. Aim for about 1 inch.

# Onion & Potato Soup

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Ready In  
1 hour

Servings  
6 Servings

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## INGREDIENTS

- 3 potatoes, peeled and cubed
- 3 onions, chopped
- 2 Tbsp (30mL) all purpose flour
- 2 Tbsp (30mL) margarine
- 2 1/2 cups (625mL) milk
- 2 tsp (10mL) parsley, dried
- Salt and pepper to taste

## TIPS

Leave the peel on the potatoes for more fibre and nutrition.

## INSTRUCTIONS

1. In a large pot over high heat, combine the potatoes, onions and water to cover. Boil for 30-45 minutes, or until tender. Drain, reserving 3 cups of the water.
2. Blend potatoes, onions & reserved water in small batches pureeing until smooth. Set aside potato mixture.
3. In the same pot over medium heat, combine flour and margarine, stirring together well to form a roux.
4. Slowly add the milk, stirring constantly, until well blended. Reduce heat to low and add the pureed potato mixture.
5. Let simmer, stirring occasionally for 5-10 minutes. Add parsley. Season with salt and pepper to taste.







# Creamy Carrot Soup

Ready In  
45 mins

Servings  
6 Servings

## INGREDIENTS

- 1 cup (250mL) chicken stock
- 4 cups (1L) carrots, sliced
- ¼ cup (60mL) margarine
- 2/3 cup (160mL) onion, finely chopped
- ½ cup (125mL) flour
- 3 cups (750mL) milk
- Salt and pepper to taste

## TIPS

You will get approximately 5-6 cups of sliced carrots from a 2lb bag.

## INSTRUCTIONS

1. On medium heat, put chicken stock into a medium saucepan. Add carrots and cook until soft. Add a little more water if needed.
2. Mash carrots with a vegetable masher or fork. Remove from pot & set them aside.
3. On medium heat, melt margarine in a large sauce pan. Add chopped onion and cook until soft, about 5-7 minutes.
4. Add flour and milk to onion. Cook and stir until mixture boils and is smooth and thick.
5. Add mashed carrots and heat to desired temperature. Add salt and pepper to taste.

# Pasta Fagioli

---

Ready In

1 hour 20 mins

Servings

12 Servings

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## INGREDIENTS

- 1lb ground meat (beef or wild)
- 6 cups (1.5L) beef broth
- 1 can (28oz) diced tomatoes, undrained
- 1 jar (26oz) tomato sauce
- 1 large onion, chopped
- 4 celery ribs, diced
- 2 medium carrots, sliced
- 1 can (16oz) beans, rinsed and drained
- 1/2 tsp (2.5mL) dried oregano
- 1 tsp (5mL) pepper
- 1 tsp (5mL) dried parsley
- Hot sauce, to taste (optional)
- 1 1/2 cups uncooked pasta

## INSTRUCTIONS

1. In a large pot, cook ground meat on medium heat until no longer pink. Drain off fat.
2. Add broth, tomatoes, tomato sauce, onions, celery, carrots, beans, oregano, pepper, parsley, and hot sauce (optional).
3. Bring to a boil. Reduce heat and simmer, covered, for 30 minutes.
4. Add pasta and simmer, covered, for about 10-14 minutes, until pasta is tender.

## TIPS

You can use any type of canned or dried beans (cooked) in this recipe.











# Pea & Barley Soup

Ready In

2 hours 55mins

Servings

12 Servings

## INGREDIENTS

- 2 cups (500mL) split peas, rinsed
- 3 carrots, chopped
- 3-4 stalks celery, chopped
- 3 medium onions, chopped, divided
- 12 cups (3L) water or broth
- ½ cup (125mL) pearl barley
- 1 bay leaf
- 2 cloves garlic, crushed or 2 tsp (10mL) garlic powder
- 2 tsp (10mL) oil
- 2 Tbsp (30mL) dried dill
- Salt and pepper to taste

## TIPS

Substitute split peas for lentils or dried beans in this recipe.

Freezes well!

## INSTRUCTIONS

1. In a large soup pot, combine split peas, carrots, celery and 1 onion with water/broth.
2. Bring to a boil. Stir in barley, bay leaf, and garlic (or garlic powder).
3. Reduce heat and simmer partially covered for 1.5- 2 hours, stirring occasionally (until peas are soft). Add salt and pepper to taste.
4. In a medium saucepan, heat oil. Sauté the remaining 2 onions on medium heat for 6-8 minutes, until well-browned. Add onions to soup along with dill.
5. Simmer soup 5-10 minutes. Discard bay leaf. If soup gets too thick, add a little more water or broth to thin.

# Hearty Veggie Soup

---

Ready In  
30 mins

Servings  
2 Servings

---

## INGREDIENTS

- ½ small carrot, grated
- ½ celery stalk, chopped
- 1 Tbsp (15mL) onion, chopped
- 2 Tbsp (30mL) bell pepper, chopped (optional)
- 1 Tbsp (15mL) butter
- 1 cup (250mL) chicken broth
- 1 can (14.5oz) diced tomatoes, undrained
- ¾ tsp (3mL) sugar
- Pepper to taste
- 1 ½ tsp (7mL) corn starch

## INSTRUCTIONS

1. In a small saucepan, saute the carrot, celery, onion & bell pepper (optional) in butter until tender.
2. Set aside 2 tablespoons of broth.
3. Add the tomatoes, sugar, pepper and remaining broth to vegetable mixture; bring to a boil. Reduce heat; cover and simmer for 10 minutes.
4. Combine corn starch and reserved broth until smooth; gradually add to the soup.
5. Bring to a boil; cook and stir until slightly thickened, about 2 minutes.

## TIPS

This is a great recipe for 1 or 2 people!







# Minestrone Soup

Ready In  
45 mins

Servings  
9 Servings

## INGREDIENTS

- 6 cups (1.5L) chicken stock
- 4 cups (1L) chopped cabbage
- 3 cups (750mL) diced carrots
- 1 can (19oz/540mL) white kidney beans, drained and rinsed
- 1 can (28oz/796mL) tomatoes
- ½ tsp (2mL) garlic powder
- 1 tsp basil, dried
- 1 tsp oregano, dried
- Salt and pepper
- Cheese, grated (optional)

## INSTRUCTIONS

1. On high heat, add chicken stock in a large pot and bring to boiling.
2. Turn heat to low. Add chopped cabbage and diced carrots. Cover and simmer until vegetables are tender, about 20 minutes.
3. Stir in beans, tomatoes, garlic powder, basil & oregano. Add salt and pepper to taste. Cover and cook 5 minutes longer.
4. Serve in bowls with grated cheese on top, if desired.

## TIPS

You can substitute any other canned or dried beans (cooked). The only exception is fresh cut beans.



# Chicken Corn Chowder

---

Ready In  
30 mins

Servings  
4 Servings

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## INGREDIENTS

- 2 Tbsp (30mL) butter or margarine
- 1 small onion, finely chopped
- 1 celery stalk, finely chopped
- 1 small sweet bell pepper, finely chopped (optional)
- 2 cans kernel corn
- 1 ½ (375mL) cooked chicken, chopped
- 2 cans (12oz) reduced-fat evaporated milk
- 1 tsp (5mL) chicken bouillon powder
- Salt and pepper, to taste

## INSTRUCTIONS

1. In a large saucepan, heat butter over medium-high heat. Add onion, celery and bell pepper (optional); cook and stir 6-8 minutes or until tender.
2. Stir in corn, chicken, evaporated milk, & bouillon. Season with salt & pepper.
3. Heat through, stirring occasionally (do not boil). Top with ham or bacon if desired.

## TIPS

Optional: 8 bacon strips, cooked and crumbled, or 1 cup (250mL) cooked ham.









# *MEALS*

# Roast Chicken

| Ready In                | Servings |
|-------------------------|----------|
| 20 mins/lb + 15 minutes | Varies   |

## INGREDIENTS

- Whole chicken (thawed)

## TIPS

Preparing a whole chicken makes great leftovers for lots of the different recipes in this resource, including: homemade stock, soups, casseroles, wraps and sandwiches!

Always wash your hands before and after you touch raw meat.

Use separate cutting boards for produce and raw meat.

Crispy, fragrant roast chicken skin is delicious, but can be fatty. However, roasting with the skin on helps hold in moisture and keeps the meat from drying out. It can be removed after.

## INSTRUCTIONS

1. Place your chicken on a rack, breast side up in a covered pan. For the last 15 minutes of cooking, uncover the pan to brown.
2. Cook chicken for 20 minutes per pound in a 350°F (180°C) oven. Cook the meat to an internal temperature of 180°F (82°C) measured with a thermometer in a thick part of the chicken (e.g. inner thigh).
3. When you remove the chicken from the oven, cover it loosely with a doubled sheet of aluminum foil, and let it rest for 10 minutes before slicing. This redistributes the juices and results in moister chicken.



# Baked Chicken Pieces

---

| Ready In | Servings |
|----------|----------|
| 1+ hour  | Varies   |

---

## INGREDIENTS

- Whole chicken, cut into pieces
- Chicken spice mix (on right)
- Breadcrumbs or crushed crackers

## INSTRUCTIONS

1. Sprinkle on chicken spice mix, roll chicken in bread crumb or crushed cracker coating.
2. Bake chicken pieces on a rack so extra fat drips off at 350°F (180°C) for about an hour or cook in a pan on the stove with a small amount of water.
3. Chicken is cooked when no longer pink, and thermometer reads 180°F (82°C).

## TIPS

Make it extra spicy by adding more paprika or chili powder to your mix.

For an alternative coating, brush lightly with BBQ sauce instead.

If you don't have a whole chicken, use thighs, drumsticks or whatever pieces you have handy.

## *Chicken Spice Mix*

## INGREDIENTS

- 2 tsp (10mL) oregano
- 1 tsp (5mL) each (thyme, paprika, pepper, and chili powder)

## INSTRUCTIONS

1. Makes enough for many meals. Add all ingredients in a jar with a tight lid. Mix well. Sprinkle mixture on skinless chicken before cooking. .









# Chicken Casserole

Ready In  
30 mins

Servings  
4 Servings

## INGREDIENTS

- 1 can cream of chicken soup
- ½ cup (125mL) water or milk
- ½ tsp (2.5mL) garlic powder
- 1 tsp (5mL) dried thyme
- ½ tsp (2.5mL) pepper
- ½ cup (125mL) carrots, chopped
- ½ cup (125mL) celery, chopped
- ½ cup (125mL) frozen corn or canned, and drained
- ½ onion, diced
- 1 cup (250mL) cooked, shredded or chopped chicken
- 12oz pasta, cooked and drained
- ¼ cup (60mL) bread crumbs (optional)

## INSTRUCTIONS

1. Preheat oven to 400°F (205°C).
2. In a medium bowl, stir together soup, water or milk, seasonings, and vegetables.
3. Fold in chicken and noodles and pour into a casserole dish. If using, top with bread crumbs.
4. Bake until the vegetables are fork-tender, 22-25 minutes.

## TIPS

Cubed rotisserie or leftover chicken works great in this recipe, too!

Variation: Try a different cream based soup as a substitute for the chicken soup. Ex. Mushroom, celery, broccoli, etc

# Chicken Paprikash

---

Ready In  
1 hour

Servings  
6 Servings

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## INGREDIENTS

- 1 chicken (~4lbs), cut into 8 pcs
- 1 tsp (5mL) salt
- 1/2 tsp (2.5mL) pepper
- 1 Tbsp (15mL) vegetable oil
- 1 medium onion
- 1 garlic clove, minced or 1 tsp (5mL) garlic powder
- 1 1/2 Tbsp (22.5mL) flour
- 1/2 Tbsp (7.5mL) paprika
- 1 cup (250mL) hot chicken broth or water
- 1/2 cup (125mL) sour cream
- Hot cooked noodles or mashed potatoes (optional)

## TIPS

Try serving with hot cooked noodles or mashed potatoes. Don't forget to serve vegetables on the side!

## INSTRUCTIONS

1. Season chicken with salt and pepper. In a dutch oven, heat oil over medium-high heat. Brown chicken in batches. Remove with a slotted spoon, drain and keep warm.
2. Reduce heat to medium-low. Add onions, stirring to loosen browned bits from pan, for 6-8 minutes until onions begin to soften. Add garlic or garlic powder and cook 1 minute longer.
3. Stir in flour and paprika, reduce to low heat. Cook for 3-5 minutes, until you smell the paprika.
4. Add broth; cook, stirring constantly until smooth, about 6-8 minutes.
5. Return chicken to pan, simmer covered for 30 minutes, until a thermometer inserted into deepest part of the thigh reads 170°F. Transfer chicken to serving plate.
6. Skim fat from dish. Stir in sour cream; heat for 3-5 minutes until just warmed through (do not boil). If desired, sprinkle with dried parsley and more paprika.







# Chicken Rice Casserole

Ready In

1 hour 50 mins

Servings

4 Servings

## INGREDIENTS

- 2 cups (500mL) white rice, rinsed
- 1 large onion, chopped
- 2 cups (500mL) chicken broth
- 2 (10.5oz) cans cream of mushroom soup
- Salt and pepper to taste
- 4 chicken thighs
- 2 Tbsp (30mL) margarine, melted
- 2 tsp (10mL) thyme
- 1 clove garlic or 1 tsp (5mL) garlic powder

## INSTRUCTIONS

1. Preheat oven to 350°F (180°C) and grease a baking dish (9"x13"). Add rice, onion, broth, and soup. Stir until combined. Season with salt and pepper.
2. Place chicken thighs in rice mixture and brush with melted margarine. Sprinkle with thyme, garlic, salt and pepper.
3. Cover dish with lid or foil and bake for 1 hour. Uncover and bake 30 minutes more, until rice is tender and chicken is cooked through. Turn oven to broil for 3-5 minutes to brown chicken.

## TIPS

If possible, use sodium-reduced cream of mushroom soup.

Roasted vegetables pair nicely with this dish.

# White Chicken Chili

---

Ready In  
45 mins

Servings  
6 Servings

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## INGREDIENTS

- 2 cans (15oz each) white kidney beans, drained and rinsed
- 1 can (10  $\frac{3}{4}$  oz) cream of chicken soup, no water added
- 2 cups cubed chicken
- 1  $\frac{1}{3}$  cups (225mL) milk
- $\frac{1}{2}$  onion, chopped
- 1 tsp (5mL) garlic powder
- 1 tsp (5mL) ground cumin
- 1 tsp (5mL) dried oregano
- 6 Tbsp (90mL) sour cream

## INSTRUCTIONS

1. In a large saucepan, combine first 8 ingredients (everything except sour cream).
2. Bring to a boil, stirring occasionally.
3. Reduce heat and simmer, covered, for 25-30 minutes or until heated through.
4. Serve with sour cream on top.

## TIPS

This recipe tastes great with chopped green chiles and fresh cilantro.

Try to find a reduced-sodium cream of chicken soup, if possible.

Substitute the white kidney beans with your favorite canned bean.









# Egg Noodle Casserole

Ready In  
50 mins

Servings  
8 Servings

## INGREDIENTS

- 6 cups (1.5L) egg noodles
- 2 cans (10  $\frac{3}{4}$  oz condensed cream of chicken soup, no water added
- 1 cup (250mL) sour cream
- $\frac{3}{4}$  cup (175mL) milk
- Salt and pepper to taste
- 3 cups (750mL) cubed, cooked chicken breasts
- 1 cup (250mL) crushed crackers
- $\frac{1}{4}$  cup (60mL) margarine, melted

## INSTRUCTIONS

1. Preheat oven to 350°F (180°C).
2. Cook noodles according to package directions until al dente (slightly firm when you chew). Drain pasta.
3. In a large bowl, whisk soup, sour cream, milk, salt and pepper until mixed. Stir in chicken and cooked noodles. Transfer to a greased baking dish (9"X13").
4. In a small bowl, mix crushed crackers and margarine, sprinkle on top of noodle mixture.
5. Bake until bubbly, 30-35 minutes.

## TIPS

Substitute any uncooked pasta for the egg noodles.

Use homemade breadcrumbs in place of crushed crackers!

Make your favorite vegetable side dish to balance the meal.



# Big Game Stew

---

| Ready In        | Servings   |
|-----------------|------------|
| 2 hours 30 mins | 4 Servings |

---

## INGREDIENTS

- 2lbs cubed big game meat
- 3 Tbsp (45mL) vegetable oil
- 4 cups (1L) beef broth
- 1 tsp (5mL) dried rosemary
- 1 tsp (5mL) dried parsley
- ½ tsp (2mL) ground black pepper
- 3 large potatoes, cubed
- 1 cup (250mL) frozen vegetables
- 1 large onion, chopped
- 2 tsp cornstarch

## INSTRUCTIONS

1. In a large pot, cook meat in oil over medium heat until brown.
2. Add beef broth to the pot. Stir in rosemary, parsley, and pepper.
3. Bring to a boil, then reduce heat and simmer, covered, for 1 hour.
4. Stir in potatoes, vegetables, and onion into the pot. Dissolve cornstarch in 2 tbsp of cold water and stir into the stew.
5. Cover and simmer for 1 more hour.

## TIPS

You can use a combination of fresh, canned or frozen vegetables.

Make a big batch of homemade stew and freeze it in meal-sized portions.

Keep vegetable scraps like carrot peels and celery tops in the freezer to make vegetable stock for future dishes!







# Shepherd's Pie

Ready In  
30 mins

Servings  
6 Servings

## INGREDIENTS

- 1 lb (500g) ground beef
- 1 large onion, chopped
- 2 cups (500mL) frozen corn
- 2 cups (500mL) frozen peas
- 2 Tbsp (30mL) ketchup
- 1 Tbsp (15mL) Worcestershire sauce
- 2 tsp (10mL) garlic powder
- 1 Tbsp (15mL) cornstarch
- 1 tsp (5mL) beef bouillon
- ½ cup (125mL) cold water
- ½ cup (125mL) sour cream
- 3 ½ cups (800mL) mashed potatoes, boxed or homemade with milk and margarine
- ¾ cup (175mL) cheddar cheese, shredded

## INSTRUCTIONS

1. In a large skillet, cook beef and onion over medium heat until browned. Drain any liquid.
2. Stir in the corn, peas, ketchup, Worcestershire sauce and garlic powder. Reduce heat to medium-low, cover and cook for 5 minutes.
3. Combine cornstarch, bouillon and water until well blended, stir into beef mixture. Bring to a boil over medium heat, cook and stir for 2 minutes or until thickened.
4. Stir in sour cream and heat (do not boil).
5. Transfer beef mixture to an oven safe dish, spread mashed potatoes on top and sprinkle with cheese.
6. Cover and cook at 350F/175C until potatoes are heated through and cheese is melted.

## TIPS

This is a quick, easy, and nutritious meal!

Freezer Option: Complete steps 1-3. Freeze in an appropriate container. When ready to use, thaw overnight in the refrigerator before adding to skillet. Continue from step 4.

# Chicken Pot Pie

---

Ready In  
50 mins

Servings  
8 Servings

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## INGREDIENTS

- 2 cups (500mL) mashed potatoes (boxed or homemade)
- 3 Tbsp (45mL) margarine
- 1/3 cup (75mL) flour
- 2 ¾ (675mL) cups chicken stock
- 2 cups frozen mixed vegetables
- 1 cup cheddar cheese, shredded
- 1lb chicken, cooked and diced
- Salt and pepper to taste

## TIPS

You can also put the filling mixture in a homemade or premade crust, cooking until golden brown.

If you don't have frozen mixed vegetables, you can use:

- 2 carrots,
- 1 celery stalk,
- 1 can of corn,
- 1 can of green beans.

Or substitute with a vegetable selection of your choice.

## INSTRUCTIONS

1. Preheat oven to 400°F (205°C).
2. Prepare mashed potatoes per box instructions, make homemade mashed potatoes, or use leftover.
3. Melt margarine in a large frying pan. Whisk flour into melted margarine. Slowly whisk chicken stock into flour mixture, simmer until thickened.
4. Add frozen veggies, shredded cheese, and diced chicken. Season with salt and pepper.
5. Transfer into an oven-safe dish and top with mashed potatoes. Sprinkle additional cheese on top if desired.
6. Bake for 30 minutes.









# Chili Con Carne

Ready In  
50 mins

Servings  
4 Servings

## INGREDIENTS

- 1 lb (500g) ground meat (beef or wild meat)
- 1 large onion, chopped
- 2 cans (14oz/398mL) kidney beans, drained and rinsed
- 1 can (19oz/540mL) tomatoes
- 1 to 2 tsp (5 to 10mL) chili powder
- 1 tsp (5mL) vinegar
- Salt

## INSTRUCTIONS

1. At medium heat, cook and stir ground meat in a medium saucepan until browned. Drain off fat.
2. Stir in onion, beans, tomatoes, chili powder and vinegar. Add salt to taste. Heat to boiling.
3. Add in optional vegetables (see tips).
4. Turn heat down to low. Simmer, uncovered, for 35 to 40 minutes. Stir chili occasionally.

## TIPS

Like more vegetables? Add in:

- 1 cup carrots, sliced
- 1 cup bell peppers, diced
- 1 cup celery, diced
- 1 cup frozen or canned corn
- OR a few cups of your favorite frozen veggie mix

To serve: Dip a piece of bread or bun in the chili. Serve with green salad.  
For your drink, have a glass of milk or a glass of fortified soy beverage.



# Beef Goulash

---

Ready In

1 hour 20 mins

Servings

4 Servings

---

## INGREDIENTS

- 1 lb (500g) ground beef
- 1 large onion, chopped
- 1 ½ tsp (7.5mL) garlic powder
- 1 ½ cups (375mL) water
- 1 (15oz) can tomato sauce
- 1 (14.5oz) can diced tomatoes
- 1 Tbsp + 1 tsp (20mL) soy sauce
- 1 Tbsp (15mL) Italian seasoning
- 1 bay leaf
- 1 tsp (5mL) seasoned salt (optional)
- 1 cup uncooked elbow macaroni

## TIPS

Use any type of ground meat for this recipe!

Don't forget your side vegetables.

## INSTRUCTIONS

1. Cook and stir the ground beef in a large dutch oven or skillet over medium-high heat, breaking the meat up as it cooks (about 10 minutes) until the meat has browned.
2. Stir onion, garlic powder, water, tomato sauce, diced tomatoes, soy sauce, Italian seasoning, bay leaf, and seasoned salt (optional) into the meat mixture and bring to boil over medium heat.
3. Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally.
4. Stir macaroni into the mixture, cover, and simmer on low heat until the pasta is tender, about 25 minutes, stirring occasionally.
5. Remove from heat, discard bay leaf, and serve.







# Meat & Corn Casserole

Ready In  
60 mins

Servings  
4 Servings

## INGREDIENTS

- 4 medium potatoes, washed
- 1lb (500g) ground meat
- 1 onion, finely chopped
- ½ cup (125mL) milk
- 2 Tbsp (30mL) margarine
- Salt and pepper
- 1 can (12oz/341mL) whole kernel corn niblets, drained and rinsed
- Paprika

## TIPS

Try frozen or other canned vegetables such as peas or carrots, or use leftover vegetables.

Leave the skins on the potatoes for extra nutrition!

A side salad will add more nutritional balance to this meal.

## INSTRUCTIONS

1. On medium high heat, place potatoes in a large saucepan, cover with water and bring to boiling. Reduce heat, cover saucepan and boil potatoes until tender.
2. In a separate large pan, add meat and onion. Cook on medium heat until beef is browned. Drain off fat. Place meat mixture into an 8"X8"X2"inch (2L) baking dish.
3. Drain potatoes. Return potatoes to the saucepan. Mash the potatoes with milk and margarine. Add salt and pepper to taste. Set aside.
4. Turn on oven to 350°F (180°C).
5. Layer corn on top of meat mixture. Spread potatoes over corn. Sprinkle top lightly with paprika.
6. Bake for about 30 minutes or until heated through.

# Meaty Noodle Dish

---

Ready In  
30 mins

Servings  
4-6 Servings

---

## INGREDIENTS

- 1lb (500g) lean ground meat
- 1 large onion, chopped
- ¼ tsp (1mL) pepper
- 10oz (284mL) can tomato soup
- 10oz (284mL) can mushroom pieces (drained)
- 1 cup (250mL) milk
- 1 tsp (5mL) Worcestershire sauce
- 4 cups (1L) dry pasta\*

## TIPS

Use reduced salt soups when you can.

\*For smaller pastas like macaroni, use 2 1/2 cups

Fill half your plate with vegetables!

## INSTRUCTIONS

1. In a large, heavy pan, brown the meat. Drain off fat.
2. Add chopped onion to the meat and cook until the onions are soft. Add water if needed. Add all remaining ingredients except for pasta. Cook for 15 minutes.
3. While meat mixture is cooking; add pasta to a pot of boiling water and cook as directed on package. Drain pasta.
4. Add cooked pasta to the meat mixture. Cook for 5 more minutes.







# Sloppy Joes

Ready In  
30 mins

Servings  
4 Servings

## INGREDIENTS

- ½ lb (250g) ground meat
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- 1 cup (250mL) tomato sauce
- ½ (2mL) tsp Worcestershire sauce
- 2 Tbsp (30mL) corn starch
- 2 Tbsp (30mL) cold water
- Salt and pepper
- 2 buns, split, toasted\*

## TIPS

\*Or use bannock recipe on pg.57.

Add cheese or greens if you like!

## INSTRUCTIONS

1. On medium heat, add meat, onion and celery to a large pan. Cook until the meat has browned, drain off fat.
2. Stir in tomato sauce and Worcestershire sauce
3. Bring to a boil. Reduce heat to low. Simmer and stir, uncovered for 15 to 20 minutes or until vegetables are tender. Stir regularly.
4. Combine cornstarch and water in a small bowl. Stir into meat mixture. Cook and stir until sauce has thickened (2 to 3 minutes). Add salt and pepper to taste.
5. Place toasted bun halves on plates. Spoon mixture over buns. Serve & enjoy!

# Italian Style Meatballs

---

Ready In  
30 mins

Servings  
2 Servings

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## INGREDIENTS

- ½ lb (250g) ground meat
- ¼ cup (60mL) rolled oats
- 1 Tbsp (15mL) ketchup
- 2 Tbsp (30mL) finely chopped onion
- 1 egg, beaten
- ½ tsp (2.5mL) Italian seasoning
- ¼ tsp (1mL) pepper
- 1/2 tsp salt
- 2 tsp (10mL) vegetable oil

### Sauce

- ¼ cup (60mL) water
- 1/8 tsp (½ mL) dry mustard
- 2 Tbsp (30mL) ketchup

## TIPS

Serve meatballs on a whole wheat bun or with spaghetti.

Switch it up & try other sauces like sweet & sour, or cream of mushroom soup!

## INSTRUCTIONS

1. Put meat, oats, ketchup, onion, egg, Italian seasoning, pepper and salt to taste in a large bowl. Mix well.
2. Shape meat mixture into ten small balls.
3. On medium heat, put oil in a small pan. Add the meatballs. Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook for 10 to 15 minutes. Drain off fat.
4. Add sauce of your choice, or mix water, mustard and ketchup in a small bowl. Pour over meatballs. Cover and cook 5 minutes longer.







# Bannock Burger

Ready In  
50 mins

Servings  
4 Servings

## BANNOCK INGREDIENTS

- 3 cups (750mL) flour
- 1 ½ (375mL) rolled oats
- 2 Tbsp (30mL) baking powder
- ½ tsp (2.5mL) salt
- 1/3 cup (80mL) vegetable oil
- 1 ½ (375mL) milk

## INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Measure flour, rolled oats, baking powder and salt in a mixing bowl. Stir.
3. Add vegetable oil and milk, mix until smooth.
4. Flatten to about 1 inch deep and place on greased baking sheet.
5. Bake in the oven for about 15-20 minutes until golden brown.

## TIPS

Serve with a green salad on the side!

## BURGER INGREDIENTS

- 1 lb (500g) ground meat
- Salt & pepper
- Fixings: Lettuce, tomato, etc.

## CORN SALSA

- 1 Tbsp (15mL) vegetable oil
- 1 cup canned corn, drained and rinsed
- 2 Tbsp (30mL) white or green onion chopped
- 1 tsp (5mL) chili powder
- Salt, pinch

## INSTRUCTIONS

1. Preheat a lightly oiled frypan over medium-high heat. Season the meat with salt and pepper.
2. Shape meat into 4- ¾ inch patties. Grill patties for 6 minutes on each side, until cooked through.
3. While burgers cook assemble corn salsa. In a bowl, toss together oil, corn, onion, chili powder and a pinch of salt. Set aside.
4. To serve, top one baked bannock square with lettuce, tomato, meat patty, and corn salsa. Serve topped with a second bannock square.



# Salisbury Steak

---

Ready In  
40 mins

Servings  
4 Servings

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## INGREDIENTS

- 1 lb (500g) ground meat
- 1/3 cup dry bread crumbs
- ¼ cup onion, chopped
- 1 egg, beaten
- Salt and pepper to taste
- 2 cups (500mL) beef broth
- 1 large onion, thinly sliced
- 1 cup (250mL) sliced mushrooms, canned or fresh
- 3 Tbsp (45mL) cornstarch
- 3 Tbsp (45mL) cold water

## TIPS

Try using rolled oats instead of dry bread crumbs!

Tastes great served over mashed potatoes or rice. Remember to include other vegetables too.

## INSTRUCTIONS

1. Combine ground meat, bread crumbs (or oats), chopped onion, egg, salt and pepper in a bowl until evenly mixed. Shape beef mixture into 4 patties, about ¾ inch thick.
2. Fry patties in a large skillet over medium heat until browned on both sides, about 10 minutes. Add beef broth, onion, and mushrooms and bring to a boil.
3. Reduce heat to low, cover, and simmer until patties are no longer pink in the centre, about 10 minutes more. Transfer patties to a platter and keep warm.
4. Bring onion mixture to a boil. Mix cornstarch and water in a small bowl, stir into onion mixture. Cook and stir until onion gravy is thickened, about 1 minute.
5. Pour gravy over patties to serve.









# Cabbage Roll Casserole

Ready In

1 hour 20 mins

Servings

6 Servings

## INGREDIENTS

- 1 lb (500g) ground beef
- ½ cup (125mL) onion, chopped
- ½ cup (125mL) uncooked rice
- 1 cabbage (¾-1lbs), chopped
- 1 can (284ml) tomato soup
- 1 can (8oz/227g) tomato sauce
- 1/2 cup beef broth
- 1 tsp oregano
- 2 tsp brown sugar
- ¾ tsp salt
- 1/2 tsp pepper

## TIPS

If you don't have a lid for your baking dish, you can use tin foil!

Sprinkle parmesan cheese on top of each serving for extra flavour.

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large skillet, brown beef in oil over medium high heat until no longer pink. Drain off fat.
3. In a large mixing bowl combine the onion, rice, cabbage, tomato soup, tomato sauce, broth, oregano, brown sugar, salt and pepper. Add meat and mix all together.
4. Pour mixture into a 9"X13" inch baking dish. Pour broth over the meat mixture and bake covered for 1 hour.
5. Stir, replace cover, and bake for another 30 minutes.

# Tuna Noodle Casserole

---

Ready In

1 hour 15 mins

Servings

6 Servings

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## INGREDIENTS

- 5 Tbsp (75mL) butter or margarine, divided
- 1 package uncooked pasta or medium egg noodles
- ½ medium onion, chopped
- 1 stalk celery, chopped
- 1 tsp (5mL) garlic powder
- 1 cup (250mL) sliced mushrooms, fresh or canned
- ¼ cup (60mL) flour
- 2 cups (500mL) milk
- Salt and pepper to taste
- 2 cans (5oz) flaked tuna, drained
- 1 cup (250mL) frozen vegetables
- 3 Tbsp (45mL) bread crumbs (optional)
- 2 Tbsp (30mL) butter or margarine, melted (optional)
- 1 cup (250mL) Cheddar cheese, shredded

## INSTRUCTIONS

1. Preheat the oven to 375°F (190°C). Grease a medium baking dish with butter, margarine or oil.
2. Bring a large pot of water to a boil. Add pasta or egg noodles, cook for 8-10 minutes until al dente (firm when chewed), and drain.
3. Melt 1 Tbsp butter or margarine in a skillet over medium-low heat. Stir in the onion, celery, and garlic powder and cook for 5 minutes or until tender.
4. Increase the heat to medium-high heat and mix in mushrooms. Continue to cook and stir for 5 minutes, or until most of the liquid has evaporated.
5. Melt 4 Tbsp butter or margarine in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened. Season with salt and pepper.
6. Stir in tuna, vegetables, mushroom mixture, and cooked noodles. Transfer to the greased baking dish.
7. Optional: Melt 2 Tbsp butter or margarine in a small bowl, mix with bread crumbs, and sprinkle over the casserole.
8. Top with cheese. Bake 25 minutes, or until bubbly and lightly browned.









# Tuna Rice Casserole

Ready In  
45 mins

Servings  
4 Servings

## INGREDIENTS

- 2 cups (500mL) water
- 1 cup (250mL) rice
- 2 Tbsp (30mL) margarine
- 3 Tbsp (45mL) flour
- 1 ½ cup (375mL) milk
- 1 tsp (5mL) Worcestershire sauce
- 1 can (9 to 12 oz) light tuna, drained and flaked
- 1 can (12oz/341mL) whole kernel corn niblets, drained and rinsed\*
- Salt and pepper
- ½ cup (125mL) grated Cheddar cheese

## TIPS

Serve with tomato sauce.

If you don't have canned corn, frozen corn or frozen peas can be substituted

## INSTRUCTIONS

1. On high heat, put water and rice in a medium saucepan. Heat to boiling. Turn heat to low, cover, and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed.
2. Turn on oven to 375°F (190°C).
3. While rice is cooking, turn on another burner to medium heat. Melt margarine in a large saucepan. Stir in flour. Pour milk in slowly, stirring all the time. Add Worcestershire sauce. Cook and stir until mixture boils and thickens.
4. Add cooked rice, tuna and corn to sauce. Mix well. Add salt and pepper to taste.
5. Lightly grease an 8"X8"X2"-inch (2L) baking pan. Spread mixture into pan. Sprinkle with cheese.
6. Bake in oven for 20-25 minutes or until warmed through.

# Easy Seafood Burgers

---

Ready In  
20 mins

Servings  
4 Servings

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## INGREDIENTS

- 1 can (170g) tuna or can (7 ½ oz/213g) salmon, drained\*
- ¼ cup (60mL) celery, finely chopped
- 2 Tbsp (30mL) relish or chopped pickles
- 2 eggs, lightly beaten
- ½ cup (125mL) bread or cracker crumbs
- 1/2 cup green or white onions, chopped
- Salt and pepper to taste

## INSTRUCTIONS

1. In a large mixing bowl, combine all ingredients.
2. Shape into 4 patties.
3. On medium-high heat cook patties in a pan until both sides are golden brown, about 3 minutes per side.

## TIPS

Serve on whole wheat toast, bannock (pg. 57) or bun.

If using salmon; remove skin & large bones









# Salmon & Potato Dish

| Ready In | Servings                   |              |
|----------|----------------------------|--------------|
| 30 mins  | 8 minutes in the microwave | 2-3 Servings |

## INGREDIENTS

- 1 can (7 ½ oz/213 g) salmon, drained
- Pinch of pepper
- 1 cup (250 mL) loosely packed, shredded cheddar cheese
- 2 cups (500mL) mashed potato (leftover or fresh)

## TIPS

Substitute the salmon for canned tuna or any kind of leftover fish.

Paired with half a plate of vegetables, this makes for a delicious meal.

## INSTRUCTIONS

1. Mash the salmon and place on the bottom of a small baking dish. Sprinkle with pepper and half of the shredded cheese.
2. Spread the mashed potato on top of the salmon and cheese.
3. Sprinkle remaining cheese on top.
4. Bake in a 350°F (180°C) oven for 30 minutes or microwave for 8 minutes.



# Spanish Spirals

---

Ready In  
50 mins

Servings  
5 Servings

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## INGREDIENTS

- 1 lb ground beef
- 1 medium onion, chopped
- 1 can (28oz) diced tomatoes, undrained
- 2 cups (500mL) uncooked spiral pasta
- 1 tsp (5mL) sugar
- 1 tsp (5mL) chili powder
- ½ tsp (2.5mL) garlic powder
- Salt and pepper to taste

## INSTRUCTIONS

1. In a dutch oven or large skillet, cook beef and onion over medium heat until the meat is no longer pink. Drain.
2. Stir in the tomatoes, pasta, sugar, chili powder, garlic powder, salt and pepper. Bring to a boil.
3. Reduce heat, cover and simmer 25-30 minutes or until pasta is tender.

## TIPS

This recipe calls for spiral pasta, but any dry pasta will work!

Enjoy alongside your favorite salad or vegetable dish.











# Lentil Pasta Casserole

Ready In  
30 mins

Servings  
8 Servings

## INGREDIENTS

- 2 ½ cups (625mL) dry pasta
- 2 Tbsp (30mL) vegetable oil
- ½ onion, chopped
- 2 cups carrot, shredded
- 1 can lentils, drained and rinsed
- 2 Tbsp (30mL) Italian seasoning
- 2 Tbsp (30mL) dried basil
- 3 cups (750mL) homemade or store bought tomato pasta sauce
- 2 Tbsp (30mL) vinegar
- Salt & pepper, to taste
- 2 ½ cups (625mL) shredded cheese
- 1 cup (250mL) Parmesan cheese (optional)

## TIPS

Choose protein foods that come from plants more often. Swap lentils for ground meat, or use half meat and half lentils.

Plant sources protein are higher in fibre and lower in saturated fat.

## INSTRUCTIONS

1. Cook pasta per package instructions.
2. Meanwhile, heat a large deep skillet with oil over medium-high heat. Add onions and carrots. Cook until soft.
3. Add lentils, Italian seasoning, basil, pasta sauce and vinegar.
4. Season with salt and pepper to taste, reduce heat to medium and simmer. Stir occasionally until sauce thickens.
5. Spread 1/3 of the tomato-lentil sauce over the bottom of a casserole dish. Strain cooked pasta and layer over sauce.
6. Pour the remainder of the tomato-lentil sauce on top and mix.
7. Top with cheese.
8. Broil mixture in the middle of the oven for 2-3 minutes, until the cheese melts and is golden brown.

# Mushroom Stroganoff

---

Ready In  
30 mins

Servings  
6 Servings

---

## INGREDIENTS

- 3 Tbsp (45mL) margarine
- 1 ½ lbs (750g) stew meat, thinly sliced or ground beef
- 2 cans mushrooms, drained and rinsed or 1lb fresh mushrooms
- 1 can condensed cream of mushroom soup, no water added
- 2 cups (500mL) sour cream
- 1 cup (250mL) green or white onions, chopped
- 1 tsp (5mL) dried thyme
- Salt and pepper to taste
- Hot cooked noodles or rice

## INSTRUCTIONS

1. In a large skillet, heat margarine over medium-high heat and brown meat.
2. Add mushrooms and saute until tender.
3. Add soup, sour cream, onions, thyme, salt & pepper. Heat gently, do not boil.
4. Serve with egg noodles, pasta, or rice.

## TIPS

Don't forget to serve your favorite vegetable on the side!





# *SIDES & SALADS*



# Baked Stuffed Potato

Ready In

1 hour 10 mins

Servings

4 Servings

## INGREDIENTS

- 4 potatoes
- 1 Tbsp (30mL) vegetable oil
- Salt and pepper to taste
- 3 Tbsp (45mL) butter or margarine
- 3 Tbsp (45mL) flour
- 3 cups (750mL) milk
- ½ tsp (2mL) garlic powder
- ¾ cup (175mL) Cheddar cheese, shredded
- ¾ cup (175mL) frozen vegetables, thawed

## TIPS

These baked potatoes can be eaten as a small complete meal, or as a side dish.

Add some chili to spice it up!

## INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Wash and dry potatoes. Use a fork to prick several holes in the skin of each potato. Use your hands to coat each potato in oil. Place potatoes on a baking sheet and season with a pinch of salt and pepper. Bake potatoes for 60 minutes, or until tender.
3. When potatoes have 15 minutes remaining, begin the cheese sauce. Add butter or margarine and flour to a medium sauce pot. Place the pot over medium heat and whisk until melted. Allow the mixture to begin to bubble and foam, whisking continuously. Continue to cook for 2 more minutes (be careful not to let flour brown).
4. Whisk the milk into the butter and flour mixture. Bring the milk up to a simmer, whisking frequently. When it reaches a simmer, it will thicken. Once thick, season the white sauce with salt, pepper and garlic powder.
5. Whisk shredded cheese into the sauce one handful at a time, making sure cheese melts fully before adding the next handful. Once all the cheese is melted, add vegetables
6. Carefully slice potatoes open. Use a fork to slightly mash the insides. Serve each potato with veggie cheese sauce on top.

# Homemade Perogies

---

Ready In  
50 mins

Servings  
4 Servings

---

## INGREDIENTS

- 5lbs baking potatoes
- 1 cup (250mL) Cheddar cheese, shredded
- Salt and pepper to taste
- 2 cups (500mL) flour
- 1 tsp (5mL) salt
- 1 egg, beaten
- 2/3 cup (160mL) cold water

## TIPS

To freeze: Place perogies separately on a cookie sheet or plate to freeze, then transfer to freezer bags. Otherwise, they will stick together!

## INSTRUCTIONS

### Potato Filling Preparation

1. Place potatoes in a large pot. Add water to cover and bring to a boil for 25-35 minutes or until tender. Remove potatoes from water and mash. Stir in cheese and season with salt and pepper.

### Dough Preparation

1. In a medium bowl combine the flour, salt, egg, and cold water. Mix all together to form dough, cover bowl with a tea towel and set aside.
2. Roll dough out on a floured surface. Cut circles out of dough using a small round container. Place a spoonful of potato filling in the centre of each circle and fold over, pinching edges together to seal.
3. Bring a large pot of slightly salted water to a boil, drop perogies in boiling water and cook for 4-5 minutes, or until they float.









# Mixed Bean Salad

Ready In  
50 mins

Servings  
18 Servings

## INGREDIENTS

- 1 (14.5oz) can green beans, drained
- 1 (14.5oz) can yellow beans, drained
- 1 (15.5oz) chickpeas, drained
- 1 (14.5oz) can kidney beans, drained
- 1 (14.5oz) can black beans, drained
- ½ cup (125mL) onion, chopped
- 1 cup (250mL) celery, chopped
- ½ cup (125mL) vegetable oil
- ½ cup (125mL) vinegar
- ½ tsp (2.5mL) salt
- ½ tsp (2.5mL) pepper
- ¾ cup (175mL) white sugar

## INSTRUCTIONS

1. Drain all canned items. Combine the green beans, yellow beans, chickpeas, black beans, kidney beans, onion, and celery in a large bowl and toss to mix.
2. Whisk together the oil, vinegar, salt, pepper, and sugar in a separate bowl until the sugar is dissolved. Pour dressing over the bean mixture.
3. Refrigerate 8 hours or overnight before serving.

## TIPS

This recipe is great for large gatherings!



# Classic Macaroni Salad

---

Ready In  
30 mins

Servings  
10 Servings

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## INGREDIENTS

- 4 cups (1L) uncooked pasta
- 1 cup (250mL) mayonnaise
- ¼ cup (60mL) white vinegar
- 2/3 cup (160mL) white sugar
- 1 Tbsp + 2 tsp (25mL) prepared yellow mustard
- 1 ½ tsp (7mL) salt
- ½ tsp (2.5mL) pepper
- 1 large onion, chopped
- 2 stalks celery, chopped
- ½ cup (125mL) carrot, shredded

## INSTRUCTIONS

1. Bring a large pot of lightly salted water to a boil. Add the pasta, and cook for 8 minutes or until tender. Rinse under cold water and drain.
2. In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, carrot and pasta.
3. Refrigerate for at least 4 hours before serving, but preferably overnight.

## TIPS

Add a protein, such as: ½ cup (125mL) cubed cheese, leftover meat, or canned tuna to make this a complete meal!









# Tuna & White Bean Salad

Ready In  
10 mins

Servings  
3 Servings

## INGREDIENTS

- 1 (15oz) can white beans, drained and rinsed
- 1 (5oz) can chunk light tuna in water
- 1/2 cup green or white onions, sliced
- 2 Tbsp (15mL) olive oil
- 2 Tbsp (15mL) lemon juice
- Salt and pepper to taste

## INSTRUCTIONS

1. Drain and rinse white beans, allowing excess water to drain off.
2. Drain the tuna and combine beans and tuna in a bowl.
3. Add onions to the mixture.
4. Add olive oil and lemon juice to the bowl, along with a light sprinkle of salt and pepper to taste.
5. Stir to combine.

## TIPS

This salad has two sources of lean protein: light tuna, and plant protein from the white beans!

Have it for a quick lunch with whole grain crackers and raw veggies!

# Potato Salad

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Ready In  
40 mins

Servings  
6 Servings

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## INGREDIENTS

- 3 eggs
- 5 potatoes
- 1 cup (125mL) mayonnaise
- 1 Tbsp (15mL) prepared yellow mustard
- ½ tsp (2.5mL) salt
- ½ tsp (2.5mL) pepper
- ½ tsp (2.5mL) paprika
- ½ tsp (2.5mL) celery seed (optional)
- ½ onion, chopped

## TIPS

Try using reduced fat mayonnaise for a lighter salad!

Leave the potato skins on for added fibre, and a nice texture.

## INSTRUCTIONS

1. Place eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch.
2. Cover the saucepan and bring the water to a boil over high heat. Remove from heat and let the eggs stand in hot water for 15 minutes. Pour out the hot water; cool the eggs under cold running water in the sink. Peel and chop the cooled eggs.
3. Place the potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer for 15-20 minutes until tender. Drain and refrigerate potatoes until cold. Chop into cube sized pieces.
4. Stir together the mayonnaise, mustard, salt, pepper, paprika, and celery seed (optional) in a mixing bowl. Add the eggs, potatoes, and onion. Stir until evenly mixed.
5. Cover and refrigerate at least 2 hours before serving.







# Vinaigrette Coleslaw

Ready In

15 mins + chill

Servings

8 Servings

## INGREDIENTS

- ¼ cup (60mL) vinegar
- 1 Tbsp (15mL) prepared yellow mustard
- 1 Tbsp (15mL) honey OR 1 tsp (5mL) white sugar
- ¼ cup (60mL) vegetable oil
- 4 cups (1L) shredded cabbage
- 2 carrots, shredded
- 1/2 cup green or white onions, thinly sliced
- 1 tsp (5mL) celery seed (optional)
- Salt and pepper to taste

## INSTRUCTIONS

1. In a small bowl whisk together vinegar, mustard, honey or sugar, and vegetable oil and set aside.
2. In a separate bowl, mix together cabbage, carrots, onions, and celery seed (optional).
3. Pour small amounts of the dressing on cabbage mixture at a time, and mix together until combined.
4. Season with salt and pepper, and chill before serving.

## TIPS

Variation: Substitute apple cider vinegar or other vinegars for different flavors.



# Carrot Potato Pancakes

Ready In  
40 mins

Servings  
4 Servings

## INGREDIENTS

- 4 eggs
- 2 cups (500mL) finely grated carrot
- 2 cups (500mL) finely grated potato
- 1 Tbsp (15mL) finely grated onion
- 2 Tbsp (30mL) flour
- ½ tsp (2.5mL) salt
- ½ tsp (2.5mL) pepper
- ½ tsp (2.5mL) baking powder
- Vegetable oil

## TIPS

These pancakes reheat well, so save your leftovers!

## INSTRUCTIONS

1. Beat eggs in a large bowl. Stir in carrot, potato, onion, flour, salt, pepper and baking powder. Mix well.
2. On medium-high heat add a small amount of oil in a large pan.
3. Once oil is hot, pour about ¼ cup (60mL) carrot-potato mixture into fry-pan. Spread out into a pancake. Repeat until pan is filled
4. Fry pancakes until bottoms are crisp and brown. Turn and cook the other sides until vegetables are tender. You will need about 4-5 minutes per side. As the pancakes are done, put them on a plate and keep them warm.
5. Add a little more oil to pan, as needed. Continue making pancakes until all the carrot-potato mixture is used.
6. Serve pancakes with sour cream or tomato sauce











# Vegetable Fried Rice

Ready In  
45 mins

Servings  
8 Servings

## INGREDIENTS

- 2 cups (500mL) white rice
- 4 cups (1L) water
- 1 cup (250mL) frozen mixed vegetables
- 2 Tbsp (30mL) vegetable oil
- 2 eggs
- Soy sauce to taste

## TIPS

Use a combination of frozen vegetables if you don't have a ready-made mix.

Substitute water for chicken, beef or vegetable broth to change up the flavor.

Garnish with green onions or sesame seeds!

## INSTRUCTIONS

1. In a saucepan, combine rice and water. Bring to a boil. Reduce heat, cover and simmer for 20 minutes.
2. In a small saucepan, drop frozen mixed vegetables into boiling water (2-3 minutes), and drain.
3. Heat fry pan over high heat. Pour in oil then crack in eggs, stirring to quickly scramble. Stir in vegetables and rice. Shake in soy sauce, just enough to coat. Toss together.



# Cheesy Potatoes

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Ready In  
2 hours

Servings  
4 Servings

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## INGREDIENTS

- 4 potatoes, sliced ¼ inch thick
- 1 onion, sliced into rings
- Salt and pepper to taste
- 3 Tbsp (45mL) butter or margarine
- 3 Tbsp (45mL) flour
- ½ tsp (2.5mL) salt
- 2 cups (500mL) milk\*
- 1 ½ cups (375mL) Cheddar cheese, shredded

## TIPS

Place a cookie sheet under the casserole or baking dish in case the mixture boils over!

## INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Grease a casserole or baking dish.
2. Layer ½ of the potatoes into the bottom of the casserole dish. Top with onion slices, and add the remaining potatoes. Season with salt and pepper to taste.
3. In a medium-sized saucepan, melt butter or margarine over medium heat. Mix in the flour and salt, and stir constantly with a whisk for one minute.
4. Stir in milk. Cook until mixture has thickened. Stir in cheese all at once, and continue stirring for 30-60 seconds or until cheese has melted.
5. Pour cheese over the potatoes, and cover the dish with lid or tin foil. Bake for 1 ½ hours.









# Spanish Rice

Ready In  
25 mins

Servings  
6 Servings

## INGREDIENTS

- ¼ cup (60mL) butter or margarine
- 2 cups (500mL) uncooked instant rice
- 1 can (14 ½ oz) diced tomatoes, undrained
- 1 cup (250mL) beef broth
- 1 medium onion, chopped
- 1 tsp (5mL) garlic powder
- 1 bay leaf
- 1 tsp (5mL) sugar
- Salt and pepper to taste

## INSTRUCTIONS

1. In a saucepan, melt butter over medium heat. Add rice; cook and stir until lightly browned.
2. Add remaining ingredients and bring to a boil.
3. Reduce heat, cover, and simmer for 10-15 minutes or until the liquid is absorbed and rice is tender.
4. Remove bay leaf before serving.

# *DESSERTS*



# Carrot Cake

Ready In

1 hour 30 mins

Servings

24 Servings

## INGREDIENTS

- 2 cups (500mL) all purpose flour
- 1  $\frac{3}{4}$  cup (425mL) sugar
- 2 tsp (10mL) baking powder
- 1 tsp (5mL) baking soda
- 1 tsp (5mL) ground cinnamon
- 4 eggs
- 1 cup (250mL) vegetable oil\*
- 1 tsp (5mL) vanilla extract
- 2 cups (500mL) grated carrots
- $\frac{1}{2}$  cup (125mL) raisins (optional)
- $\frac{1}{2}$  cup (125mL) chopped nuts (optional)

## TIPS

Use your favorite chopped nuts, they all work great!

\*To make this recipe lower in fat, you can use  $\frac{1}{2}$  cup (125mL) vegetable oil plus  $\frac{1}{2}$  cup (125mL) of either applesauce or plain yogurt instead

## INSTRUCTIONS

1. Turn on oven to 350°F (180°C).
2. Mix flour, sugar, baking powder, baking soda and cinnamon in a large bowl. Set aside.
3. Mix eggs, oil and vanilla extract in a medium bowl. Stir in grated carrots and raisins (if using).
4. Add carrot mixture to the dry ingredients. Mix well. Stir in nuts, if desired.
5. Grease a 13"x9"x2"-inch (3.5L) baking pan. Spread batter into pan.
6. Bake on middle shelf of oven about 45-50 minutes. To see if the cake is baked, put a small knife into the middle of it. If the knife comes out clean, the cake is done.
7. When cake is done remove from oven and let stand at least 10 minutes before cutting it or taking it out of the pan.



# Creamy Rice Pudding

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Ready In  
45 minutes

Servings  
4 Servings

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## INGREDIENTS

- $\frac{3}{4}$  cup (175mL) uncooked white rice
- 2 cups (500mL) milk, divided
- $\frac{1}{3}$  cup (75mL) white sugar
- $\frac{1}{4}$  tsp (1mL) salt
- 1 egg, beaten
- $\frac{2}{3}$  cup (160mL) raisins (optional)
- 1 Tbsp (15mL) butter or margarine
- $\frac{1}{2}$  tsp (2mL) vanilla extract (optional)

## TIPS

A delicious way to use leftover rice! Use 1  $\frac{1}{2}$  cups of cooked rice & skip to step 2.

This recipe may also be made using Splenda instead of sugar. Use  $\frac{1}{3}$  the amount.

Be creative with your toppings! Cinnamon, fruit, berries, mint leaves, candy sprinkles or even edible flower petals (rose, pansy, dandelion) can add a special touch.

## INSTRUCTIONS

1. Bring 1  $\frac{1}{2}$  cups water to a boil in a saucepan; stir rice into boiling water. Reduce to low heat, cover, and simmer for 20 minutes.
2. In a cleaned saucepan, combine 1  $\frac{1}{2}$  cups cooked rice, 1  $\frac{1}{2}$  cups milk, sugar and salt. Cook over medium heat until thick and creamy, 15-20 minutes.
3. Stir in remaining  $\frac{1}{2}$  cup milk, beaten egg, and raisins (optional). Cook 2 minutes more, stirring constantly.
4. Remove from heat and stir in butter or margarine and vanilla extract (optional).
5. Add toppings if desired.







# *FOUNDATIONS*



# Homemade Stock

Ready In

1 hour 30 mins

Servings

6-8 Servings

## INGREDIENTS

- 1 Tbsp (15mL) vegetable oil
- 2 large onions, chopped
- 3 carrots, chopped
- 4 celery stalks, chopped
- Bones of one chicken
- Water
- 1 Tbsp (15mL) pepper
- 1 Tbsp (15mL) dried thyme
- 1 Tbsp (15mL) dried parsley
- 1 bay leaf

## TIPS

Bake your own chicken or buy one already cooked from the store. Eat the meat and use the chicken bones to make this stock.

Use this recipe to make beef (add beef bones) or vegetable stock (leave out the bones).

Keep the stock in the refrigerator for up to 3 days. Or freeze in containers for up to 4 months.

Scraps for Stock: Saving vegetable peelings, stalks & leaves can be a great way to save money & avoid wasting food. Keep a container in the freezer to collect them.

## INSTRUCTIONS

1. Turn on stove to medium heat. Heat oil in a large pot. Add onions, carrots and celery. Cook until the vegetables start to get soft.
2. Add chicken bones. Fill the pot with enough cold water to cover the bones by 2-3 inches (5 to 8cm). Add pepper, thyme, parsley and bay leaf.
3. Heat stock on medium heat and bring to a gentle boil or simmer. Reduce heat to low or medium-low and continue to simmer for 1 hour. Use a soup ladle to carefully skim off any scum.
4. Put a strainer or colander over an empty large pot or large glass bowl. When the stock has cooled, use a soup ladle to scoop the stock into the strainer. Throw away herbs, bones and vegetables.
5. Cover the stock and put in the refrigerator overnight. The fat in the stock will form a hard layer on top. Use a spoon to scoop off this layer of fat and throw it away.

