



DISH **LICIOUS**

HEALTHY RECIPES
WITH OUR FOOD PANTRY INGREDIENTS



DISH

Bunker Hill Community College



Sweet Potato And Carrot Soup

Servings

6, about 1 cup

Ingredients

- 2 tablespoons butter
- 1tablespoon olive oil
- 4 large shallots peeled and thinly sliced
- 1teaspoon dried thyme
- 2 medium **sweet potatoes** peeled and diced into large pieces
- 1pound carrots (about 6) peeled and chopped
 - Use **1 can of carrots instead**
- 6cups water
- 1tablespoon apple cider vinegar
- 2tablespoons finely chopped fresh parsley(optional)

Instructions

1. In a small skillet, heat the oil and butter on medium until butter melts. Add shallots and thyme. Cook 4 minutes until shallots are golden, stirring often.
2. Transfer to a slow cooker bowl. Add sweet potatoes, carrots, and water. Season with salt. Cover and cook on low 3–4 hours, until sweet potatoes are very tender.
3. In a blender, purée soup in batches until smooth. Be sure to keep the lid a little off and hold a towel over it – otherwise the heat will make the lid fly!
4. Stir in the vinegar. Season with salt and pepper to taste. Garnish with the parsley.

Recipe Notes

Make it vegan by using all oil instead of butter.

Add protein and fiber by blending in one can of drained and rinsed **white beans**.

Red ingredients are typically available items at DISH.

Skillet Taco Casserole

Servings

5, about 1 cup

Ingredients

- 1 pound beef, ground, 85% lean
- 2 cups corn squares cereal, crushed
- 1 cup beans, kidney, canned, low sodium drained and rinsed
- 1 15-ounce can tomato sauce, low sodium
- 1 3/4 cups tomatoes, diced or one 14-ounce can diced tomatoes
- 1 cup corn, canned, low-sodium, drained and rinsed
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 cup cheddar cheese, low-fat, shredded

Instructions

1. In large skillet over medium high heat, cook ground beef until brown, about 8-10 minutes, stirring occasionally. Drain off fat.
2. Stir in corn squares cereal, beans, tomato sauce, tomatoes, corn, chili powder, garlic powder, and pepper.
3. Bring to a boil. Reduce heat and cook, stirring frequently, for 5 minutes.
4. Remove from heat. Sprinkle with cheese. Let stand, covered, for 10 minutes or until cheese is melted.

Recipe Notes

Use any type of ground meat in this recipe, such as ground turkey, chicken, or pork.

Red ingredients are typically available items at DISH.

East Indian Veggies and Rice

Vegan, Gluten-Free

Servings

5, about 1 cup



Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1/2 teaspoon ginger, ground
- 1/2 teaspoon turmeric, ground
- 1/2 teaspoon cumin, ground
- 2 cups mixed vegetables (chopped cauliflower, peppers, carrots, or peas)
- 1 large potato, diced
- 1 cup rice, white, uncooked
- 2 1/2 cups water
- 1 15-ounce can chickpeas, drained and rinsed
- 1/2 teaspoon salt (optional)

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add onion, ginger, turmeric, and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
4. Simmer 20-25 minutes. Serve hot.

Recipe Notes

Use fresh or frozen mixed vegetables.

Red ingredients are typically available items at DISH.

Lentil Vegetable Soup

Vegan, Gluten-Free

Servings

5, about 1 cup

Ingredients

- 1 cup lentils, sorted and rinsed
- 5 cups water
- 2 tablespoons vegetable oil
- 1 tablespoon onion, diced
- 1 8-ounce can tomato sauce
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 stalk celery, chopped
- 2 tablespoons distilled vinegar

Instructions

1. Place lentils in deep pot with water. Bring to a boil and add all ingredients except vinegar.
2. Reduce heat and cover.
3. Cook slowly for 1 hour, adding more water if necessary.
4. Add vinegar.
5. Remove garlic and bay leaf before serving.



Recipe Notes

Add 2 cups of vegetables, such as **carrots**, turnips, onions, and rutabaga.

Red ingredients are typically available items at DISH.

Stuffed Green Peppers

Servings

4



Ingredients

- 4 green or red peppers
- 1 pound turkey, ground, lean
- 1/2 cup rice, white, uncooked
- 1/2 cup onion, chopped
- 1 1/2 cups tomato sauce, low sodium
- 1/2 teaspoon black pepper

Instructions

1. Preheat oven to 350 degrees F. Bring a pot of water to boil.
2. Cut the tops off the peppers, removing stems and scooping out seeds. Cook green peppers in boiling water for five minutes. Drain well and allow to cool.
3. In a medium-size skillet, cook turkey over medium until browned, about 8-12 minutes.
4. Add rice, onion, 1/2 cup tomato sauce, and black pepper.
5. Stuff each pepper with the mixture and place in a 9x9-inch baking dish.
6. Pour the remaining tomato sauce over the peppers.
7. Cover and bake for 30 minutes.

Red ingredients are typically available items at DISH.

Fish Braised in Green Curry with Potatoes

Servings

4



Ingredients

- **1 1/2 pounds cod fillets**
- **black pepper**
- **1 tablespoon olive oil**
- **1 14.5-ounce can potatoes, sliced, drained and rinsed**
- **1 14.5-ounce can low-sodium chicken broth**
- **1 teaspoon garlic, minced**
- **1 cup light coconut milk**
- **2/3 tablespoon Thai green curry paste**

Directions

1. Season fish fillets with pepper.
2. Heat oil in a large skillet over medium heat and brown fish on both sides, about 3 minutes per side.
3. Add potatoes, broth and garlic to the skillet.
4. Simmer until the fish flakes with gentle pressure and internal temperature registers 145°F on a food thermometer, about 5 minutes.
5. Transfer fish and potatoes to a warm platter.
6. Over high heat, reduce liquid in the pan by about half.
7. Stir in coconut milk and curry paste. Simmer until slightly thickened, about 5-8 minutes.
8. Pour over fish and potatoes.

*Happy!
Cooking!*

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