


RECIPE #7: PANTRY BASICS FOR FLEXIBLE RECIPES

 Identify 3-4 flexible go-to recipes and keep staple items in stock. For example:

 Quesadillas/burritos/tacos:

- Stock pantry with canned beans. Stock freezer with ground meat (beef, turkey).
- Tortillas can be refrigerated or frozen. Tacos are shelf stable.
- Cheese keeps in the fridge. Shred before freezing for longer storage.
- Use any veggies you have on hand. Sautéed: onions, mushrooms, broccoli, peppers, zucchini, etc. Fresh: tomatoes, lettuce, cucumbers, peppers, radishes, spinach, avocado, etc.
- Additional toppings: salsa, hot sauce, sour cream, olives, cilantro

 Sandwiches:

- Keep extra sliced bread in the freezer. Stock your pantry with canned tuna, canned chicken and peanut butter. Use what you have on hand to create a balanced meal:
 - Grilled cheese - try different kinds of cheese. Add veggies such as onion, tomato, spinach leaves, peppers, etc. Serve with canned vegetable-based soup.
 - Egg/tuna/chicken salad - serve with sliced raw veggies and fruit.
 - Peanut butter sandwiches - add jelly or banana slices or thinly sliced apple. Serve with carrot or celery sticks and yogurt or cheese sticks.



THREE SISTERS SOUP

INGREDIENTS

- ½ tablespoons vegetable oil
- ¾ cup diced carrot
- 1 cup chopped onion
- 1 teaspoon garlic powder or 4 cloves minced garlic
- 2 cups diced potato or winter squash (or 1 cup of each)
- 1 ½ cups corn (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 ½ cups cooked beans (any type) or a 15-oz can (drained and rinsed)
- 1 can (15 ounces) diced tomatoes or 2 cups diced fresh
- 3 ½ cups broth (any type, low-sodium preferred)
- 1 teaspoon cumin
- ¼ teaspoon pepper

INSTRUCTIONS

1. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, approximately 8 to 10 minutes.
2. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
3. Add beans, tomatoes, broth, cumin and pepper.
4. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used). Add salt to taste if needed.
5. Refrigerate leftovers within 2 hours.

Note: good with lima beans, black beans, pinto beans or any type

Recipe Source: Food Hero

Total preparation/cooking time: 45 minutes - 1 hour

Makes 8 cups



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