

1 Ingredients

- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce
- 1 can hearts of palm
- 4 garlic cloves
- 1 shallot
- 1 celery stalk
- 1/4 ounce fresh dill
- 1 lemon
- 1/4 cup mayonnaise
- 1 tablespoon capers
- 2 brioche buns
- 1 tsp old bay seasoning
- 2 large sweet potato, peeled and cubed
- 1 large sweet onion, chopped
- 1 large red bell pepper, diced
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 lb chicken thighs or extra firm tofu
- 1 c medium salsa
- 32 oz chicken broth
- 1 can of black beans
- 1/3 cup creamy peanut butter
- 6 Stella D'oro breakfast treats
- 1/3 cup sugar
- 1/3 cup butter (melted)
- 3 5.3 oz vanilla yogurt cups
- 1 cup cream cheese (not whipped)
- 2 eggs
- 2/3 cup sugar
- 1/4 cup flour
- 1/4 teaspoon salt
- 1 heaping teaspoon vanilla bean paste
- Various fresh berries, cut into bite-size pieces

2 Recipe One

Figure 1: BBQ Chili



- 2 cans of baked beans
 - 1 can of black beans (drained and rinsed)
 - 1 can of white kidney beans (drained and rinsed)
 - 1 can of red kidney beans (drained and rinsed)
 - 1 large yellow onion
 - 1 pound of ground beef
 - 1 pound of bacon
 - 16 ounces of BBQ sauce
1. Dice the yellow onion.
 2. Drain and rinse black, white, and red beans.
 3. Crumble and cook beef in a frying pan.
 4. Cook bacon and cut into bite size pieces.
 5. Combine all ingredients in a crock pot. Cook at low heat for 6-7 hours. Stir occasionally.

3 Recipe Two

Figure 2: Florida Rolls (Serves 2)



- 1 can hearts of palm
- 4 garlic cloves
- 1 shallot
- 1 celery stalk
- 1/4 ounce fresh dill
- 1 lemon
- 1/4 cup mayonnaise
- 1 tablespoon capers
- 2 brioche buns
- 1 tsp old bay seasoning

1. Preheat oven to 425 degrees.
2. Mince garlic, shallot, and dill. Thinly slice celery. Cut lemon into wedges, juice half of them.
3. Combine hearts of palm with a drizzle of olive oil, 1 tsp old bay seasoning, and a pinch of salt and pepper.
4. Cook hearts of palm on a rimmed baking sheet for 20 minutes.
5. Combine shallot, celery, dill, mayonnaise, and capers in a medium bowl.
6. Add cooked hearts of palm to bowl with shallot mixture.
7. Toast buns and top with hearts of palm.
8. Serve with lemon wedges.

4 Recipe Three

Figure 3: African Peanut Soup (Serves 4)



- 2 large sweet potato, peeled and cubed
- 1 large sweet onion, chopped
- 1 large red bell pepper, diced
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 lb chicken thighs or extra firm tofu
- 1 c medium salsa
- 32 oz chicken broth
- 1 can of black beans
- 1/3 cup creamy peanut butter

1. Season chicken/tofu with salt and pepper. Cook chicken/tofu, transfer to cutting board, and cut into bite size pieces.
2. Saute potato, onion, red pepper, garlic and jalapeno about 10 minutes in small amount of olive oil.
3. Stir in cooked chicken/tofu, salsa, broth and beans. Simmer for at least 10 minutes.
4. Remove 1 ladle of broth, add peanut butter and mix in small bowl until dissolved. Add peanut butter mixture to soup.

5 Breakfast Recipe

Figure 4: Breakfast Cheesecake



- 6 Stella D'oro breakfast treats
 - 1/3 cup sugar
 - 1/3 cup butter (melted)
 - 3 5.3 oz vanilla yogurt cups
 - 1 cup cream cheese (not whipped)
 - 2 eggs
 - 2/3 cup sugar
 - 1/4 cup flour
 - 1/4 teaspoon salt
 - 1 heaping teaspoon vanilla bean paste
 - Various fresh berries, cut into bite-size pieces
1. Place Stella D'oro cookies into a Ziploc bag and pulverize.
 2. Combine cookie dust, sugar, and melted butter and combine.
 3. Push the crust into the bottom of an 8 or 9 inch springform pan.
 4. Preheat oven to 325F.
 5. Mix the vanilla yogurt cups, cream cheese, eggs, sugar, flour, salt, vanilla bean paste together until smooth. A blender works best, but a hand mixer can work.
 6. Pour yogurt mixture on top of the crust in the springform pan.
 7. Bake for 55 minutes. Cook a few more minutes if the middle is not yet set.
 8. Cool on the counter for about two hours, and then overnight in the refrigerator.
 9. Top with berries and serve.