

1 Ingredients

- 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 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi
- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 3 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 pound pasta (e.g., rigatoni or penne)
- 1 pound of ground beef or sausage
- 1 large container of ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella
- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)

2 Recipe One

Figure 1: 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.

3 Recipe Two

Figure 2: Bibimbap (Serves 4)



- 1 cup rice
 - 8 oz mushrooms
 - 3 garlic cloves
 - 8 oz sugar snap peas
 - 2 tsp gochujang
 - 2 tablespoon mayonnaise
 - 3 tsp sesame oil
 - 5 oz spinach
 - 4 eggs
 - 1 cup kimchi
1. Cook 1/2 cup rice according to package instructions.
 2. Thinly slice mushrooms, mince garlic. Trim stem ends and strings from snap peas.
 3. Combine garlic, gochujang, 1 tsp sesame oil, and mayonnaise. Mix in water 1 tsp at a time until sauce can be drizzled.
 4. Cook mushrooms in a bit of oil until lightly browned.
 5. Add sugar snap peas and cook for 3-4 minutes.
 6. Add spinach and cook until wilted.
 7. Add 2 tsp sesame oil and a pinch of salt and pepper.
 8. Fry 4 eggs.
 9. Divide rice, kimchi, stirfried vegetables, and eggs between bowls. Drizzle with gochujang sauce.

4 Recipe Three

Figure 3: Baked Ziti



- 1 2 oz can of anchovies
 - 1 vidalia onion
 - 5 garlic cloves
 - 1/2 cup red wine (optional)
 - 1 small can of tomato paste
 - 2 tablespoons butter
 - 1 large can of peeled tomatoes
 - 2 tablespoons honey
 - 3 tsp italian seasoning
 - 1/8 tsp red pepper flakes
 - 1 pound pasta (e.g., rigatoni or penne)
 - 1 pound of ground beef or sausage
 - 1 large container of ricotta cheese
 - 1/2 cup grated parmesan cheese
 - 1 egg
 - 8 oz mozzarella
1. Dice onion and mince garlic.
 2. Heat 2 tablespoons olive oil in a sauce pan. Add anchovies and cook until they break down.
 3. Add onions and garlic to the pan and cook until soft.
 4. Add red wine and simmer for 3-5 minutes (optional).
 5. Add tomato paste and butter, and cook until fully combined.
 6. At peeled tomatoes, stir breaking up tomatoes.
 7. Once simmering, add honey, 2 tsp italian seasoning, pepper flakes and continue to stir.
 8. Brown meat in a frying pan with 1 tsp italian seasoning.
 9. Prepare pasta according to package instructions. Save 1 cup of pasta water in case you need to loosen the sauce.
 10. Drain meat and put in a large bowl. Mix in ricotta, egg, half the mozzarella, half the parmesan, and a pinch of salt and pepper. Add in half the tomato sauce and all of the pasta.
 11. Add mixture to a 9x13 glass pan. Top with remaining tomato sauce, mozzarella cheese, and parmesan.
 12. Bake in the oven at 375 degrees for 35 minutes.

5 Breakfast Recipe

Figure 4: Breakfast Muffins



- 1.5 cups flour
 - 0.75 cups sugar
 - 2 tsp baking powder
 - 1/4 tsp salt
 - 1/3 cup avocado oil
 - 1 large egg
 - 1/3 cup milk
 - 2 teaspoons vanilla extract
 - 1 cup blueberries (any berry can work)
1. Preheat oven to 400 degrees and grease muffin pan.
 2. Whisk flour, sugar, baking powder, and salt in a large bowl.
 3. Whisk avocado oil, egg, milk, and vanilla in a medium bowl.
 4. Mix the wet ingredients into the dry ingredients and then gently stir in the berries.
 5. Divide the batter between muffin cups and bake 15-20 minutes, until the internal temperature reaches 207 or a toothpick comes out clean.