

Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan
- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1 vidalia onion
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top
- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water
- 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 Recipe One

Figure 1: Shakshuka



1.1 Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

1.2 Instructions

1. Chop onion and red pepper. Mince garlic.
2. In a frying pan, heat one tablespoon of oil over medium heat and cook onions for about five minutes.
3. Add crushed tomatoes and cook until boiling. Reduce heat and simmer another 5-10 minutes, until the sauce is thickened.
4. Using the back of a spoon, make four indentations in the sauce. Crack an egg in each indentation. Cook seven minutes longer until eggs are just set.
5. Remove from heat, and sprinkle feta and cilantro.
6. Serve in a bowl with toasted pitas or naan.

2 Recipe Two

Figure 2: Red Wine Ragu (Serves 4)



2.1 Ingredients

- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1 vidalia onion
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top

2.2 Instructions

1. The night before, place stew beef in a bowl with pepper and enough red wine to cover. Marinate in the refrigerator overnight.
2. Dice onion, carrot, and celery. Mince garlic, and sage and rosemary if using fresh. Finely shave dark chocolate with a knife.
3. Add pancetta to a stock pan with olive oil. Cook for 2-3 minutes.
4. Add onion, carrot, celery and garlic to stock pan and cook until vegetables are cooked.
5. Drain beef marinade.
6. Add beef, sage, rosemary, chocolate, cinnamon, and clove to the sauce pan. Stir.
7. Cover with red wine, add a pinch of salt and pepper, and simmer for about two hours.
8. When ready, boil pasta according to package instructions. Save a cup of pasta water.
9. Add pasta to stock pan with sauce and stir. If needed, add pasta water to loosen the sauce.
10. Serve with grated Parmesan.

3 Recipe Three

Figure 3: Pizza



3.1 Ingredients

- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water

3.2 Instructions

1. Drizzle baby broccoli with olive oil and season with salt, pepper, and garlic powder. Bake at 400 degrees for 15-20 minutes until bright green and tender.
2. Mix 1 cup flour, instant yeast, sugar, and salt in a large bowl.
3. Stir in olive oil and warm water. Ensure water is 100-105 degrees.
4. Stir in 1 cup of flour and work into a dough. Add more flour if needed.
5. Oil the sides of a medium bowl and add pasta dough. Cover and set aside until it doubles in size (20-40 minutes).
6. On a lightly floured surface, knead dough until smooth.
7. Roll out into a circle, and place it on an oiled cookie sheet.
8. Drizzle olive oil over the pizza dough. Then top with sauce, broccoli, and cheese.
9. Cook on bottom shelf of the oven for 15-20 minutes.

4 Breakfast Recipe

Figure 4: Breakfast Muffins



4.1 Ingredients

- 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)

4.2 Instructions

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.