

1 Ingredients

1.1 Grocery List

- 1 14.5oz can crushed fire-roasted tomatoes
- 1 bag baby arugula (regular is fine, too)
- 1 can of biscuits
- 1 lb sausage
- 1 lemon
- 1 pound pasta (e.g., bucatini or farfalle)
- 1 pound pasta (e.g., farfalle or rigatoni)
- 1 red pepper
- 1 square dark chocolate
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- 1 vidalia onion
- 1 yellow onion
- 1-2 carrots
- 1-2 celery sticks
- 1.5 pounds of stew beef
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1/2 teaspoon ground cinnamon
- 1/4 cup flour
- 1/4 oz cilantro
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 2 bottles of red wine
- 2.5 cups of milk
- 4 cloves of garlic
- 4 eggs
- 4 garlic cloves
- 4 oz diced pancetta
- 6-8 ounces of fresh or jarred pesto
- feta cheese
- Grated parmesan cheese
- Optional: eggs
- Parmesan cheese to top
- Pine nuts
- pitas or naan

Recipe 1: website/images/ArugulaPasta.jpg

Recipe 2: website/images/RedWineRagu.jpg

Recipe 3: website/images/Shakshuka.jpg

Breakfast: website/images/BiscuitsAndGravy.jpg

Recipe 1: website/images/ArugulaPasta.jpg

Recipe 2: website/images/RedWineRagu.jpg

Recipe 3: website/images/Shakshuka.jpg

Breakfast: website/images/BiscuitsAndGravy.jpg

2 Recipe One

2.1 The Best Way to Eat Arugula (Serves 4)

Figure 1: Recipe 1



2.1.1 Ingredients

- 1 bag baby arugula (regular is fine, too)
- 1 pound pasta (e.g., bucatini or farfalle)
- 6-8 ounces of fresh or jarred pesto
- 1 lemon
- Grated parmesan cheese
- Pine nuts

2.1.2 Instructions

1 . Boil and cook pasta according to box, strain but reserve 1 cup pasta water. 2 . In the stock pot used to cook the pasta, add two tablespoons of olive oil and whisk in pesto over medium heat. 3 . Whisk in 1/2 cup pasta water, a little more if needed to create a light sauce. 4 . Remove sauce from heat and toss cooked pasta in the sauce. 5 . Stir arugula in and cover until wilted. 6 . Add juice from half a lemon, add more to taste. 7 . Serve with parmesan cheese and pine nuts.

3 Recipe Two

3.1 Red Wine Ragu (Serves 4)

Figure 2: Recipe 2



3.1.1 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

3.1.2 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.

4 Recipe Three

4.1 Shakshuka

Figure 3: Recipe 3



4.1.1 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

4.1.2 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.

5 Breakfast Recipe

5.1 Sausage and Gravy (Serves 4)

Figure 4: Breakfast



5.1.1 Ingredients

- 1 lb sausage
- 1/4 cup flour
- 2.5 cups of milk
- 1 can of biscuits
- Optional: eggs

5.1.2 Instructions

1 . Cook biscuits according to package instructions. 2 . Cook sausage in a stock pot. 3 . Once sausage is cooked add 1/4 cup flour and cook for 2-3 minutes. 4 . Add milk 1/2 cup at a time, stirring frequently. 5 . Season with a lot of pepper. 6 . Top biscuits with sausage gravy and eggs (optional).