The Book of Cook

The only true guide to creating deliciousness

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1 **Beans**

Classic Black Beans and Rice



 $15 \, \mathrm{minutes}$



20 minutes

4 Portions

Calories 340

Preparation

Cook rice in chicken stock with peas

Meanwhile, dice and saute onion, pepper, and garlic over medium-high heat in a pot until tender, about 8-10 minutes

Stir in remaining ingredients, and bring to a boil

Reduce heat, and simmer 10 minutes

Serve over rice

Ingredients

white rice 1 cup

 $1 \, \mathrm{tsp}$ chicken buillon

 $2\,\mathrm{tb}$ frozen peas

 $2 \, \mathrm{tb}$ olive oil

onion, finely

chopped

green pepper,

finely chopped

1/2Habanero

pepper, finely

chopped

2 cloves garlic, minced

15.5oz can Goya Black

Beans

(undrained)

 $3/4 \,\mathrm{cup}$ water

 $1 \operatorname{tsp}$ Oregano

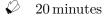
1 packet Sazon Goya

without Annatto

1tb white wine

2 Beef

Easy Beef Stew



3 hours

© 6 Portions

Preparation

1 Preheat oven to 300F

Sear the beef steaks in a hot pan with some oil until a crust develops. Set aside on a plate to cool.

Add onion, potatoes, carrots, beer, chichen broth, worcestershire sauce, peas, salt, and pepper to a dutch oven.

Bring to a simmer

Cut beef into 1.5 inch cubes, toss with flour.

Ingredients

3 lb Chuck beef, cut into 1 inch thick steaks

1 Large white onion, sliced

1 lb Potatoes, cut into 1 inch cubes

2 cups Baby carrots

16 oz Beer (stout)

2 cups Chicken broth

1 Tbsp Worcestershire

sauce

4 oz Frozen peas

1 tsp Salt

1 tsp Cracked pepper

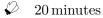
1 Tbsp Flour

Hint

You can add any aromatics you wish. Thyme, oregano, and parsley are my personal favorites.

Chicken 3

Cajun Chicken



20 minutes

4 Portions

Preparation

Pre	paration	Ingredients	
1	Mince garlic and onion	2 lb	Chicken
Ť	Cut chicken into small even bit sized chunks	4 Cloves	Garlic
')		2	Yellow Onions
7	Mix Paprika, Chile Powder, Dried Oregano, Onion	$1\mathrm{tbsp}$	Olive Oil
.3	Powder, Garlic Powder, Black Pepper, Crushed Red	$2\mathrm{Heads}$	Broccoli
Penr	epper Flakes, Salt, and Cayenne Pepper	$1/2 \mathrm{Cup}$	Julliened Sun
r opi	opper Francis, sand Cayenne repper		Dried Tomatoes
1	Dry-rub chicken in spice mix	1 Bunch	Scallions (Green
4	•		Onions)
5	Start to boil water for pasta	$1\mathrm{pint}$	Heavy Cream
\mathcal{L}		1 Box	Penne (Or favorite
6	Sautee garlic and onion in olive oil until onion is		Pasta)
O	translucent	$3\mathrm{tbsp}$	Paprika
	7 Add and sautee chicken	$3\mathrm{tbsp}$	Chile Powder
		$3\mathrm{tbsp}$	Dried Oregano
Ö	Cut broccoli heads into small chunks	$2\mathrm{tbsp}$	Onion Powder
\bigcirc		$2\mathrm{tbsp}$	Garlic Powder
\mathbf{O}	Add broccoli and cover, allow steam to cook broccoli	$2\mathrm{tbsp}$	Black Pepper
\mathcal{J}	(turn bright green, but not mushy, 4 minutes)	$1\mathrm{tbsp}$	Crushed Red
			Pepper Flakes
1(Pour in heavy cream and add sun dried tomatoes	$1 \operatorname{tsp}$	Salt
Τ(and scallions; bring to simmer	$1 \operatorname{tsp}$	Cayenne Pepper
1	Cook pasta while sauce simmers		
16	Add additional spices to taste		

Serve hot cajun chicken/broccoli mixture over

Chicken Cacciatore



10 minutes



40 minutes

O 4 Portions

Preparation

1 cut the chicken into bite sizes pieces, salt and pepper, and saute in olive oil over medium heat

2 remove chicken, and saute onions, bay leaves, rosemary, and sage until onions are golden (about 5 minutes) over medium-high heat

add minced garlic, and saute about 30 seconds (without browning)

add chicken, chicken stock, red wine, and tomatoes

bring to a boil (high heat), then reduce heat and simmer, covered, for 25 minutes

Add mushrooms (sliced), and black olives

If serving with pasta, cook now

Continue simmering, covered, an additional 10 minutes

Add seasoning to taste

Ingredients

2 lbs chicken

1 yellow onion

 $1 \quad 14.5 \text{ oz can diced}$

tomatoes

1 cup chicken stock

1/2 cup dry red wine

8 oz mushrooms

8 oz sliced olives

2 bay leaves

3 cloves garlic

1 tsp rosemary

 $1 \, \mathrm{tsp}$ sage

1 tsp salt

1 tsp pepper

Hint

you can swap the rosemary/sage palette for oregano/basil!

Chicken Piccata

 \emptyset

20 minutes



20 minutes

O 4 Portions

Preparation

Start to boil water for pasta

Slice Chicken into thin fillets and dredge with flour (add salt and pepper to taste)

Sautee chicken in olive oil and butter, 1 tbsp olive oil and 2 tbsp butter per 1/2 lb of chicken added incrementally as fillets are sauteed

Mince three quarters of the fresh parsley

Crush and mix boulion cubes with water (1 Cup water per cube), add juice from lemons, capers, and half the minced parsley

Return all fillets to pan and pour in boulion-lemon mixture; bring to simmer

(Optional) Add used lemon halves to pan and simmer with chicken (adds more lemon flavor and can be added to visual presentation on plates)

Optional) Add a dash of heavy cream or more butter or corn starch to adjust consistency (creamy vs. buttery vs. brothy)

Cook pasta while sauce simmers

Add additional spices to taste (black pepper, oregano, parsely, lemon)

Serve hot chicken and sauce over pasta, present with a half lemon, sprig of parsley, and sprinkled with minced fresh parsley.

Ingredients

2 lb Chicken 1 Pile Flour

8 tbsp Butter

4 tbsp Olive Oil

3 Lemons

2 Boulion Cubes

1 Jar Capers

1 Bunch Fresh Parsley

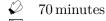
1 Dash Heavy Cream

(Optional)

1 Box Linguine (Or

favorite Pasta)

Chicken Teriyaki



20 minutes4 Portions

Preparation

Heat together all ingredients except chicken, cornstarch, rice, bok choy and one clove of garlic in a small saucepan until sugars dissolve

Let mixture cool a bit

Cut up chicken into bite size chunks, mix in large plastic bag with sauce mixture

Marinate for about an hour

Start cooking rice

Remove chicken from bag and separate from sauce

Stir-fry chicken

Add sauce back into pan, allow it to boil off a bit, while adding cornstarch until sauce thickens and glazes chicken

Stir-fry bok choy with the last clove of garlic, vegetable oil, and black pepper

Serve chicken and bok choy over rice

Ingredients

$1 \mathrm{Cups}$	Soy Sauce
$1\mathrm{Cups}$	Granulated Sugar
$3/2 \operatorname{tsp}$	Brown Sugar
7 Clove	Diced Garlic
$2\mathrm{tbsp}$	Fresh Grated
	Ginger
$1\mathrm{tsp}$	Ground Black
	Pepper
$1\mathrm{tsp}$	Ground White
	Pepper
$1\mathrm{tbsp}$	Honey
1	Cinnimon Stick
$1\mathrm{tbsp}$	Pineapple Juice
$4 \mathrm{lb}$	Chicken Breast
$2\mathrm{tbsp}$	Corn Starch
$2\mathrm{Cups}$	Cooked Rice
1 Bunch	Baby Bok Choy

Curried Coconut Chicken

√ 10 minutes

40 minutes

O 4 Portions

Preparation

- Mince garlic and habanero, and dice onion, combining in a bowl
- 2 Cut the chicken into bite sized pieces, and season with salt + pepper
- Cover a large saute pan with the oil (and a tad more), and heat over medium high heat
- When hot, add the curry paste, (removing from heat while you stir it in, then returning to heat)
- Cook the curry paste, stirring constantly, for about 2 minutes (until thick)
- Add the garlic, habanero, and onion, cooking for about 1 minute
- Add the chicken, and cook through (until no pink shows, about 7 minutes)
- Add coconut milk, tomatoes, tomato sauce, and sugar to pan, stirring to combine
- Cover and simmer, stirring occasionally, for 30-40 minutes. Meanwhile, prepare rice
- Serve hot over rice

Ingredients

2 lbs chicken breast $2 \, \mathrm{tb}$ sesame oil $1 \, \mathrm{tsp}$ salt + pepperred curry paste $3 \, \mathrm{tb}$ large yellow onion 4 cloves garlic habanero pepper 14 oz can coconut milk $14.5\,\mathrm{oz}\,\mathrm{can}$ diced tomatoes, drained

 $\begin{array}{ccc} 8\,\mathrm{oz} & \mathrm{tomato\ sauce} \\ 1\,\mathrm{tb} & \mathrm{sugar} \end{array}$

Ginger Chicken



20 minutes

4 Portions

Preparation

Stir together sherry, soy sauce, water, and cornstarch.

Heat a wok or large skillet over high heat, with 1 tb of oil

9 Stir-fry ginger root for about 45 seconds

Add carrots, and stir-fry until tender (about 5 minutes)

Add bok choy, pea pods, and scallions, then stir fry until bok choy wilts (about 5-7 minutes)

Remove vegetables from the wok, and place in separate bowl

Add remaining cooking oil, and cook chicken in wok until done (about 5 minutes)

Push chicken from center of wok, stir soy sauce mixture, and add to center of wok

Cook until mixture is thickened and bubbly

Return vegetables to wok, and stir to coat with sauce

Cook and stir about 1 minute or until heated through, then serve

Ingredients

1 Bunch

 $3/2 \,\mathrm{Cups}$

4 tbsp Dry Sherry Soy Sauce 3 tbsp Water 1 tbsp $1 \operatorname{tsp}$ Corn Starch Chicken Breast 1 lb (bite sized pieces) 2 tbsp Cooking Oil Medium Ginger Root $3/2 \,\mathrm{Cups}$ Bias-sliced Carrots $7/2 \,\mathrm{Cups}$ Bok Choy 2 Cups Fresh Pea Pods

> Scallions Habanero

Cooked Rice

Red Curry Chicken



20 minutes

4 Portions

Preparation

Boil water for potatoes Skin and dice sweet potatoes, start to boil until slightly soft

Start to cook rice

Trim and wash string beans

Skin, wash and slice carrots

Wash and slice scallions

Cut chicken into small even bit sized chunks, salt and pepper to taste

Briefly sautee red curry paste in olive oil until fragrent (2 minutes)

Sautee chicken in red curry paste

Add string beans and carrots and cover, allow steam to cook string beans (turn bright green, but not mushy, 4 minutes)

Uncover, pour in coconut milk and add cooked sweet potatoes and scallions; bring to simmer

Add cumin, tumeric, corriander, etc. to taste.

Serve hot curry mixture over rice

$2 \, \mathrm{lb}$

Ingredients

Chicken

 $2\,\mathrm{tbsp}$ Red Curry Paste

Olive Oil 1 tbsp

1 lb String Beans

Large Carrots

Large Sweet

Potatoes (Yams)

Scallions (Green 1 Bunch

Onions)

2 Cans Coconut Milk

Rice (long grain) 1 Cup

Hint

Replace chicken with shrimp for a twist!

Cocktails 4

Boulevardier

 \bigcirc 2 minutes



 $0 \, \mathrm{minutes}$

1 Portions

Preparation

Serve neat with a dash of chocolate bitters

Ingredients

3/2 oz Bourbon

 $3/4 \, \mathrm{oz}$ Campari

3/4 oz Sweet Vermouth 1 dash Chocolate Bitters

Cherryhattan

 \wp

2 minutes



0 minutes

O 1 Portions

Preparation

1 2 3 Muddle cherries in a rocks glass

Pour rye and vermouth into glass

Add a dash of bitters

Ingredients

2 oz Rye Whisky

1/4 oz Sweet Vermouth

3 Muddled cherries

1 dash Angostura Bitters

Hint

Best served neat, on the rocks masks the powerful fragrance.

Chocolate Midnight Martini



 $2 \, \mathrm{minutes}$



0 minutes

 \bigcirc

1 Portions

Preparation

123₄

Combine ingredients (except for espresso) in shaker

Pull shot, and add to shaker

Fill shaker with ice, and shake to chill

Serve in a chilled martini glass

Ingredients

1 shot Espresso

1.5 oz Vodka

1 oz Kahlua

1 oz Creme de Cacao

Coffee Martini

 \wp 2

 $2\,\mathrm{minutes}$

0 minutes

© 1 Portions

Preparation

12345

Combine ingredients in shaker

Shake with ice until well-chilled

Strain into chilled martini glass

(optional) Add a splash of Frangelico

(optional) Float heavy cream on top

Ingredients

 $1.5\,\mathrm{oz}$ Kahlua

 $1.5\,\mathrm{oz}$ Stong Coffee or

Espresso

1.5 oz Vodka

optional Heavy Cream

optional Frangelico

Farmer's Daughter

 \wp

2 minutes

 $0 \, \mathrm{minutes}$

1 Portions

Preparation

Pour gin, lemon juice, simple syrup, and grapefruit juice into a shaker

Fill with ice and strain into a chilled glass

Add bitters

Add sliced strawberries if desired as garnish, or berries skewered on a toothpick

Ingredients

2 oz St. George Terroir

 Gin

1/4 oz Lemon Juice

1/4 oz Thyme Simple

Syrup

6 oz Grapefruit Juice

5 dashes Rhubarb Bitters

Gin And Tonic



2 minutes



 $0 \, \mathrm{minutes}$

© 1 Portions

Preparation

123

Muddle two thin slices of cucumber in a lowball glass

Fill glass halfway with crushed ice

Pour in Gin, fill with tonic and stir a bit

Add thick cucumber slice to rim and drop in rose mary sprig for garnish $\,$

Ingredients

3/2 oz Gin

1 Splash Tonic Water 3 slices Cucumber

1 sprig Rosemary

Goldrush



 $2 \, \mathrm{minutes}$



 $0\,\mathrm{minutes}$

O 1 Portions

Preparation

123

 ${\bf Combine\ ingredients\ in\ shaker...shake.}$

Strain into chilled glass on the rocks

Add lemon twist as garnish

Ingredients

2 oz Bourbon

1 oz Honey Syrup

3/4 oz Lemon juice

1 Lemon twist

Manhattan

 \emptyset

2 minutes

 $0 \, \mathrm{minutes}$

O 1 Portions

Preparation

 $\frac{1}{2}$

Pour rye and vermouth into a rocks glass

Add a dash of bitters

Drop in lemon twist garnish

Ingredients

2 oz Rye Whisky

1 oz Sweet Vermouth

1 dash Angostura Bitters

1 twist Lemon Rind

Hint

Best served neat, on the rocks masks the powerful fragrance.

Sazerac

 \emptyset

2 minutes



 $0 \, \mathrm{minutes}$

O 1 Portions

Preparation

 $\frac{1}{2}$

Coat the inside of a chilled rocks glass with Absinth

 $\overline{2}$

Stir remaining ingredients seperately in shaker with ice

3

Pour remaining absinth out of the glass and strain mixture into glass

4

Add lemon twist for garnish

Ingredients

3/2 oz Rye Whisky

1/4 oz Absinth

1 tsp Sugar

 $3 \, \mathrm{dashes}$ Peychaud's Bitters

1 twist Lemon Rind

Sierra Madre Sunrise



2 minutes



0 minutes

O 1 Portions

Preparation

123456

Fill shaker with ice

Add Mezcal, Aperol, lemon juice, and bitters

Shake well, until chilled

Fill rocks glass with fresh ice

Add club soda to glass

Strain cocktail on top

Garnish with lemon peel

Ingredients

1 oz Mezcal

3/4 oz Aperol

1/2 oz Lemon juice

3 dashes Chocolate Bitters

3 oz Club Soda

1 peel Lemon

TNT

 \emptyset

 $2 \, \mathrm{minutes}$



 $0\,\mathrm{minutes}$

O 1 Portions

Preparation

1

Shake cognac, absinth, and cointreau in shaker with ice

2

Strain into chilled glass and add bitters

Add lemon twist as garnish

Ingredients

1 oz Cognac

1 oz Absinth

1 oz Cointreau

 $5\, {\rm dashes} \quad {\rm Angostura~Bitters}$

1 twist Lemon Rind

The Currant Favorite

 \emptyset

 $2 \, \mathrm{minutes}$

 $0 \, \mathrm{minutes}$

O 1 Portions

Preparation

 $\frac{1}{2}$

Combine in shaker over ice

Shake well, serve on the rocks

Add lemon twist for garnish

Ingredients

2 oz Gin

1 oz Honey Syrup

3/4 oz Lemon Juice

1/4 oz Creme de Cassis

1 twist Lemon Rind

Whisky Ginger



2 minutes



 $0 \, \mathrm{minutes}$



Preparation

 $\frac{1}{2}$

Mix ingredients in glass with ice

Optionally add sliced strawberries as a garnish

Ingredients

2 oz Bourbon Whisky

1 bottle Reed's Extra

Ginger Ginger Beer

1/4 oz Lime Juice

1 splash Pomegranate Juice

5 Pasta

Baked Macaroni and Cheese

- $45 \, \text{minutes}$
- $30 \, \text{minutes}, \quad 350^{\circ} \, \text{F}$
- © 8 Portions

Preparation

- Preheat oven to 350
- Melt butter over medium low heat in a medium sized dutch oven
- Whisk in butter gradually, and heat until thick and smooth (about 1 minute). Make sure to whisk constantly, to prevent lumps
- Remove the roux from the heat, and whish in the milk gradually
- Return to the heat, and raise to medium
- Bring to a simmer, whisking constantly to keep smooth (about 20 minutes)
- Once thick and smooth, add salt, pepper, and nutmeg to taste (I recommend about 1tsp each), and also sherry, chives, onions, paprika, bay leaves, and habenero
- Bring to a simmer, and cook covered voer low heat for 15 minutes, stirring occasionally
- Meanwhile, cook cellentani according to package
- Grate cheeses, and mix together in a large mixing bowl
- 1 Add 2/3 cheese to the sauce, and add salt and pepper to taste
- $\overline{1}\,\overline{9}$ Drain the noodles, and mix with sauce
- Add half the mixter to a 9 x 13 baking tray, then sprinkle half the remaining heese on top
- Add the remaining mixture, top with remaining cheese, and sprinkle with bread crumbs

Ingredients

- 8tb unsalted butter
- $1/2 \, \text{cup}$ flour
- 4 cups milk
 - salt, pepper,
 - nutmeg, chives
 - 4 tsp sherry
 - 2.5 onions
- $1/2 \operatorname{tsp}$ sweet paprika
 - 2 bay leaves
 - 1 lb cellentani noodles
- 1/2 lb white cheddar
 - cheese
- 1/4 lb swiss cheese
- 1/4lb jarlsberg cheese
 - 1 habenero
 - breadcrumbs

Bake for 30 minutes. Let cool 5 minutes before seving.

Lasagne

- \bigcirc 30 minutes
- **■** 60 minutes, **↓** 375° F
- O 4 Portions

Preparation

- Heat cumin in olive oil in dutch over or large saute pan until fragrant
- Saute garlic until brown
- Add onions, mushrooms, and habanero, and saute until tender
- Add ground beef, and cook through

 Meanwhile, cook lasagna, and preheat oven to 375

 Add tomato sauce to meat mixture, and heat through

Zarella, parmesan, then sauce

O Bake for 45 minutes

Ingredients

$2\mathrm{tb}$	olive oil
$1\mathrm{tb}$	cumin seed
$5\mathrm{cloves}$	garlic, minced
$8\mathrm{cups}$	tomato sauce
$1/2 \mathrm{cup}$	mushrooms, diced
1	habanero, diced
2	onions, diced
$2 \mathrm{lb}$	ground beef
$4 { m cloves}$	garlic
$16\mathrm{oz}$	ricotta cheese
$1/2 \mathrm{lb}$	mozzarella cheese
$4\mathrm{oz}$	grated parmesan
12 sheets	lasagne noodle

Penne With Chicken And Pesto

✓ 15 minutes

10 minutes

O 4 Portions

Preparation

1 Bring water to a boil, and add penne

Meanwhile, heat olive oil over medium high heat in a large pan

Saute garlic until fragrant, and add chicken

Season with salt, pepper, and oregano, and cook through

Drain penne (11 minute cook time to al dente), and combine chicken, pasta, and pesto in a large mixing bowl

Mix well to coat, and add sun dried tomatoes

Ingredients

1 tb olive oil

1/2 cup pesto sauce
1 lb penne pasta
1 lb chicken breast,
cubed

4 cloves garlic, minced
1/4 cup sun dried tomatoes,
cut fine
salt, pepper and

oregano to taste

Penne With Vodka Sauce

 \emptyset :

30 minutes



20 minutes

• 4 Portions

Preparation

Heat cumin seeds in olive oil over medium heat in a large frying pan (with cover) until fragrent

Saute half of garlic until brown (about 1 minute)

Saute sausage until brown on both sides (about 2 minutes per side)

Remove sausage from frying pan, and add butter, moving to coat bottom

Saute onions until tender (about 5 minutes)

Add remaining garlic to onions, saute until fragrent

Dice plum tomatoes, and add tomatoes, vodka, crushed peppers, and sausage to pan

Simmer briskly, covered, for 10 minutes

Add 1/2 cup heavy crem and heat through. Meanwhile, cook penne (10 minutes for al dente)

Season sauce to taste, and add 12 leaves of basil and 1/2 cup grated parmesean cheese for garnish

Combine penne and sauce in a large mixing bowl, and stir well to coat

19 Serve hot, with parsley as a garnish

Ingredients

1 lb penne 28 oz can whole plum tomatoes 2 large yellow onions diced $1 \, \mathrm{tsp}$ cumin seeds 6 cloves garlic, minced 1tb butter 1tb olive oil $1/4 \,\mathrm{cup}$ vodka $1/2 \operatorname{tsp}$ crushed red pepper flakes 2 lbs hot italian sausage, sliced into 1 inch pieces $1/2 \,\mathrm{cup}$ heavy cream salt + pepper to

taste

6 Rice

Vegetable Fried Rice

 \bigcirc 20 minutes

20 minutes

O 4 Portions

Preparation

Cook rice in chicken stock

Meanwhile, heat cumin seeds in olive oil in a wok until fragrant

Mince garlic, and add to wok. Saute until brown, about 2 minutes

Dice onions and carrots, and add to wok with peas

Saute, stirring constantly, until softened (about 5 minutes)

Move vegetables to side of wok, and crack all 6 eggs into the bottom of the wok

Cook the eggs through, moving to mix the yolk and whites

Mix eggs and vegetables together, add cooked rice

Cut scallions into 1 inch pieces, and add to the rice

Add soy sauce, and mix well

Season with salt, pepper, and additional soy sauce to taste

Ingredients

1 tb olive oil 1 tsp cumin seeds 4 cloves garlic

2 cups Basmati rice 2 tsp chicken buillion

4tb soy sauce

2 onions

1 bunch scallions

4 large carrots

 $1/2 \,\mathrm{cup}$ frozen peas

6 eggs

7 Salad Dressings

Balsamic Vinaigrette



Preparation

Mix ingredients and stir!

Ingredients

1/4 cup balsamic vinegar 1/4 cup olive oil 1 clove garlic, mince 1 pinch mustard, ground 1 pinch salt 1 pinch pepper

8 Salads

Strawberry and Spinach Salad



Preparation

Heat olive oil over medium high heat in a skillet
Cook the chicken breasts whole over medium heat until cooked through, about 10 minutes

Meanwhile, combine spinach, strawberries, feta, cranberry raisins, and red onion in a salad bowl

Cut chiken into bite sized pieces, and add to bowl

Dress with balsamic vinaigrette, mix and serve

Ingredients

 $2 \, \mathrm{tb}$ olive oil 1lb chicken breast (skinned, boneless) baby spinach leaves 5 oz1lb strawberries, sliced crumbled Feta $4 \, \mathrm{oz}$ cheese red onion, sliced cranberry raisins $1/3 \,\mathrm{cup}$ $1/2 \,\mathrm{cup}$ balsamic vinaigrette

9 Side Dishes

Baked Asparagus

- \bigcirc 15 minutes
- \blacksquare 12 minutes, 400° F
- O 4 Portions

Preparation

Preheat oven to 400

Out bottom 2 inches off asparagus

Combine asparagus and olive oil in large mixing bowl, and toss to coat

Place asparagus in a baking tray, and sprinkle salt, pepper, and parmessan over

Bake for 12 minutes until crispy
Serve hot!

Ingredients

 $\begin{array}{ccc} 1\,\mathrm{bunch} & \mathrm{asparagus} \\ & 2\,\mathrm{tb} & \mathrm{olive\ oil} \\ & \mathrm{salt} \\ & \mathrm{pepper} \\ & \mathrm{Parmesan\ cheese} \end{array}$

10 Soups

French Onion Soup

90 minutes

 \square 2 hours

O 4 Portions

Preparation

Heat butter and oil in a soup pot over medium heat until butter melts

Add onions and thyme, stir to coat

Cook over medium heat, stirring occasionally and making sure onions do not scorch until onions begin to brown, about 15 minutes

Reduce the heat to medium-low and continue to cook, covered, stirring, until they are a rich brown, about 40 minutes

Stir in sherry/cognac, and increase heat to high

Cook, stirring constantly, until sherry/cognac has evaporated

Stir in broth, and bring to a boil

Reduce the heat and simmer, partially covered, for 20 minutes

Season with salt and pepper

Serve into bowls, then top bowls with one slice of french bread

Place one slice of provolone, then one slice of swiss on each bowl

Use broiler to melt cheese until it browns, then serve

Ingredients

2 tbsp Butter 2 tbsp Olive Oil 5 Vellow Or

5 Yellow Onions 1 pinch Dried Thyme

2 tbsp Dry Sherry or

Cognac

7/2 Cups Vegetable Broth

1 tsp Salt

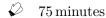
1/4 tsp Black Pepper4 slices French Bread4 slices Provalone Cheese

4 slices Swiss Cheese

Hint

580 calories per bowl

Mushroom Barley Soup



■ 1 hours

© 6 Portions

Preparation

Saute onion in butter for 5 minutes

Add barley, and simmer for 5 minutes

Add the rest of the ingredients (except mushrooms), and cook for 1 hour

Chop mushrooms and add before serving

Ingredients

1 Onion, Chopped

6 tbsp Butter

1 Cup Pearl Barley

8 Cups Boiling Water

6 tsp Bouillon

1 tsp Italian Seasoning

3 tbsp Garlic Powder

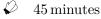
 $1/2 \operatorname{tsp}$ Black Pepper

1 thing Mushrooms

Hint

580 calories per bowl

Red Lentil Soup



■ 45 minutes

4 Portions

Preparation

Saute onion, garlic, carrots in soup pot over mediumhigh heat for 10 minutes, until tender

Add water, lentils, buillon, and seasoning

Bring to a boil, and simmer (covered) for 25 minutes

Serve with lemon wedges + mint as garnish

Ingredients

 $4/3 \,\mathrm{Cups}$ Red Lentils, picked through/rinsed 7 Cups Boiling Water 6 Cubes Vegetable Bouillon Large Yellow Onion, diced Large Carrots, sliced 4 Stalks Celery, sliced 4 Cloves Garlic, minced Tomato Paste 2 tbsp $1 \, \mathrm{tsp}$ Ground Cumin $1/4 \, \mathrm{tsp}$ Cayenne Pepper (to taste) 1 tbsp Garlic Powder $1 \, \mathrm{tsp}$ Salt $1 \, \mathrm{tsp}$ Black Pepper Italian Seasoning $1 \, \mathrm{tsp}$ Fine Sea Salt (to $3/4 \operatorname{tsp}$ taste) 1 bunch Lemon Wedges (optional garnish) 1 bunch Chopped Mint (optional garnish)

Hint

275 calories per bowl

11 Vegetarian

Chana Masala



20 minutes



20 minutes

O 4 Portions

Preparation

Mince garlic and onion

Pour olive oil into a large frying pan (with lid), and add cumin seeds

Toast until fragrent over medium-high heat (about 1 minute)

Add garlic, and saute until fragrent (about 1 minute)

Add onion, and saute until translucent (about 5 minutes)

Add spice mix (garam masala, cayenne pepper, salt, black pepper, ground cumin), and sear (at medium high heat) about 3 minutes

Add chicken stock, coconut milk, diced tomatoes (drained), and chickpeas (drained)

Q Bring to a simmer, then simmer covered 20 minutes

Meanwhile, prepare rice (I recommend cooking in chicken stock, with peas)

1 Serve hot over rice

Ingredients

4 Cloves Garlic

2 Yellow Onions

1 tbsp Olive Oil

1 tbsp Garam Masala

2 tsp Cayenne Pepper

1 tsp Salt

1 tsp Black pepper

1 tsp Group cumin

 $1\,{\rm tbsp}\quad {\rm Cumin\ seeds}$

14.5 oz Coconut Milk 14.5 oz Diced tomatoes

28 oz Chickpeas

1 cup Chicken stock