

Elias's Cookbook

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1 Soups

Mushroom Barley Soup

 1 h 15 m
 6 Portions
Calories 1400

Preparation

- 1 Saute onion in butter for 5 minutes
- 2 Add barley, and simmer for 5 minutes
- 3 Add the rest of the ingredients (except mushrooms), and cook for 1 hour
- 4 Chop mushrooms and add before serving

Ingredients

1 Onion, chopped
6 tb Butter
1 cup Pearl Barley
8 cups Boiling Water
6 cubes Bouillon (chicken or vegetable)
1 tsp Italian Seasoning
3 tb Garlic Powder
 $\frac{1}{2}$ tsp Pepper
Mushrooms

Hint

230 calories per bowl

2 Beans

Classic Black Beans and Rice

 35 m
 4 Portions
 Calories 1350

Preparation

- 1 Begin preparing rice (recommend rice cooker, \approx 30 minute cook time)
- 2 Saute onion, pepper, and garlic over medium-high heat in a pot until tender, about 8-10 minutes
- 3 Stir in remaining ingredients and bring to a boil
- 4 Reduce heat, and simmer 10 minutes
- 5 Serve over hot white rice

Ingredients



1 cup White Rice
 2 tb Olive Oil
 1 Onion, finely chopped
 1 Green Pepper, finely chopped
 $\frac{1}{2}$ Habañero pepper, finely chopped
 2 Cloves Garlic, minced
 1 15.5 oz can Goya Black Beans, undrained
 $\frac{3}{4}$ cup Water
 1 tsp Oregano
 2 tb Garlic Powder
 1 packet Sazón Goya without Annatto (seasoning)
 1 tb White Cooking Wine or Cider Vinegar

Hint

340 calories per plate

3 Rice

Vegetable Fried Rice

 35 m
 ??? Portions
 Calories ???

Preparation

- 1 Cook rice using rice cooker (4 cups water for 2 cups rice)
- 2 Meanwhile, heat cumin seeds in olive oil in a wok until fragrant
- 3 Mince garlic, and add to wok. Saute until brown, about 2 minutes.
- 4 Dice onions, and carrots, and add to wok with peas. Saute, stirring constantly, until softened (about 5 minutes).
- 5 Move vegetables to side of wok, and crack all 6 eggs into the bottom of the wok
- 6 Cook the eggs through, moving to mix the yolk and whites, and creating strips in the process (about 4 minutes)
- 7 Mix the eggs and vegetables together, and add the cooked rice to the wok
- 8 Cut the scallions into 1" pieces, and add to the rice
- 9 Add the soy sauce, and mix well
- 10 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 (or other long-grained white rice)
 4 tb Soy Sauce
 2 Onions
 1 Bunch scallions
 4 Large carrots
 ½ cup Frozen peas
 6 Eggs

4 Pasta

Penne with Vodka Sauce

👩‍🍳 30 m
 🍽️ ??? Portions
 Calories ???



Preparation

- 1 Heat olive oil over medium heat in a large frying pan (with cover)
- 2 Sprinkle cumin seeds in oil, and heat until fragrant (about 2 minutes)
- 3 Mince 3 cloves garlic, and saute until brown (about 1 minute)
- 4 Slice sausage into 1" bite sized pieces, and fry until brown on both sides (about 2 minutes per side)
- 5 Remove sausage from frying pan, and add butter, moving to coat the bottom
- 6 Dice onions, and saute until tender (about 5 minutes)
- 7 Mince remaining garlic (3 cloves), and add to onions. Saute until fragrant (about 2 minutes)
- 8 Dice plum tomatoes, and add tomatoes, vodka, crushed peppers, and sausage to frying pan
- 9 Simmer briskly, covered, for 10 minutes
- 10 Add $\frac{1}{2}$ cup heavy cream and heat through. Meanwhile, cook penne (10 minutes for al dente, or as suggested on box)
- 11 Season sauce to taste (salt + pepper), and add (optionally) 12 leaves of basil, and $\frac{1}{2}$ grated parmesan cheese
- 12 Combine penne, and sauce in a large mixing bowl, and stir well to coat
- 13 Serve hot, with parsley as a garnish, and optionally with Italian bread

Ingredients

1 lb Penne
 28 oz Can whole plum tomatoes
 2 Large yellow onions
 6 large cloves garlic
 1 tsp Cumin seeds
 1 tb Butter
 1 tb Olive oil
 $\frac{1}{4}$ cup Vodka
 $\frac{1}{2}$ tsp Crushed Red Pepper Flakes
 2 lbs Hot Italian Sausage
 $\frac{1}{2}$ cup Heavy cream
 Salt + pepper to taste

Penne Pasta with Chicken and Pesto

 30 m
 ??? Portions
Calories ???



Preparation

- 1 Bring water to a boil, and add penne. Cook for 11-13 minutes for al dente, or as directed on package.
- 2 Meanwhile, heat olive oil over medium-high heat in a large pan.
- 3 Mince garlic, and saute until fragrant (about 2 minutes)
- 4 Cut chicken into bite sized pieces, and add to garlic
- 5 Season with salt + pepper, and saute, stirring frequently, until chicken is white on the outside (e.g. cooked through)
- 6 Drain penne, and combine penne, chicken, and pesto sauce in a large mixing bowl
- 7 Mix well, to coat with the pesto sauce, and serve hot

Ingredients

1 tb Olive Oil
 $\frac{1}{2}$ cup Pesto Sauce
1 lb Penne pasta
1 lb Chicken breast
4 Cloves garlic
Salt + pepper to taste

Lasagne

 ?? m
 ??? Portions
Calories ???





Preparation

- 1 Heat olive oil in dutch oven or large saute pan
- 2 Heat cumin seeds until fragrant (about 2 minutes)
- 3 Mince garlic, and saute until brown (about 2 minutes)
- 4 Dice onions and mushrooms, and add to garlic, cook for 2 minutes
- 5 Add ground beef, and cook through
- 6 Preheat oven to 375°
- 7 Cook lasagne
- 8 Layer baking pan until full: 4 sheets of lasagne, then ricotta, then mozzarella, then parmesan, then sauce
- 9 Bake for 45 minutes

Ingredients

2 tb Olive Oil
1 tb Cumin Seed
8 cups Tomato Sauce
 $\frac{1}{2}$ lb Mushrooms
2 Onions
 $\frac{1}{2}$ lb Ground Beef
4 Cloves Garlic
16 oz Ricotta Cheese
 $\frac{1}{2}$ lb Mozzarella
4 oz Grated Parmesan
12 sheets Lasagne (about 1/2 lb)

Baked Macaroni and Cheese

 45 m
 30 m,  350° F
 8 Portions
 Calories ???

Preparation

- 1 Preheat oven to 350° F
- 2 Melt butter over medium-low heat in a medium sized dutch oven
- 3 Whisk in butter gradually, and heat until thick and smooth, about 1 minute. Make sure to whisk constantly, to prevent lumps.
- 4 Remove the roux from the heat, and whisk in the milk gradually
- 5 Return to the heat, and raise the heat to medium
- 6 Bring to a simmer, whisking constantly to keep smooth (about 15 minutes)
- 7 Simmer for about 5 minutes, until the sauce is thick and smooth
- 8 Add salt, pepper, and nutmeg to taste (I recommend about 1 tsp each)
- 9 Add sherry and chives
- 10 Add onions, paprika, bay leaves, and (optional) habanero
- 11 Bring to a simmer, and cook covered over low heat for 15 minutes, stirring occasionally
- 12 Meanwhile, cook cellentani according to package (recommend al dente)
- 13 Grate cheeses, and mix together in a large mixing bowl.
- 14 Add $\frac{2}{3}$ of the cheese to the sauce, and add salt and pepper to taste.
- 15 Drain the cellentani, and put in a large mixing bowl. Pour the cheese mixture over the noodles, and mix well.

Ingredients

8 tb Unsalted Butter
 $\frac{1}{2}$ cup Flour
 4 cups Milk
 salt
 pepper
 nutmeg
 4 tsp Sherry
 chives
 2.5 Onions
 $\frac{1}{2}$ tsp Sweet Paprika
 2 Bay Leaves
 1 lb Cellentani Noodles
 $\frac{1}{2}$ lb White cheddar cheese
 $\frac{1}{4}$ lb Swiss cheese
 $\frac{1}{4}$ lb Jarlsberg Cheese
 cheese
 (1 Habanero)
 Bread crumbs

- 16 Add half of the mixture to a 9" × 13" baking tray, then sprinkle half the remaining cheese on top.
- 17 Add the remaining mixture, top with the remaining cheese, and sprinkle over with bread crumbs.
- 18 Bake in the oven for 30 minutes. Let cool for 5 minutes before serving.

5 Salads

Strawberry and Spinach Salad

 25 m
 4 Portions
 Calories 1570

Preparation

- 1 Heat olive oil over medium high heat in a skillet
- 2 Combine spinach, strawberries, feta, cranberry raisins and red onion in a salad bowl
- 3 Cook the chicken breasts whole over medium heat until cooked through, about 10 minutes
- 4 Cut chicken into bite sized pieces, and add to salad
- 5 Dress with Balsamic Vinaigrette, mix, and serve

Ingredients



2 tb Olive Oil
 1 lb Chicken Breast
 (skinned, boneless)
 5 oz Baby Spinach Leaves
 1 lb Strawberries, sliced
 4 oz Crumbled Feta
 Cheese
 1 Red Onion, sliced
 $\frac{1}{3}$ cup Cranberry Raisins
 $\frac{1}{2}$ cup Balsamic Vinaigrette

Hint

390 calories per bowl

6 Salad Dressings

Balsamic Vinaigrette

 5 m
 1 Portions
Calories 540

Preparation

- 1 Mix ingredients together and stir

Ingredients


$\frac{1}{4}$ cup Balsamic Vinegar
 $\frac{1}{4}$ cup Olive Oil
1 Clove Garlic,
minced
1 pinch Mustard, ground
1 pinch Salt
1 pinch Pepper


Hint

540 calories per $\frac{1}{2}$ cup (single serving)

7 Chicken

Tangy Chicken

 ??? m

 ? Portions

Calories ???

Preparation

- 1 Heat butter in a large sauce pan over medium-high heat, and cook the chicken.
- 2 Combine salt, pepper, paprika, brown sugar, lemon juice, onion, and water, and pour over meat
- 3 Sprinkle olives over the top
- 4 Cover, and simmer for 20 minutes

Ingredients

- 2 lb Chicken breasts
- 1 tb Butter
- 1 tb Lemon Juice
- 2 tb Brown Sugar
- $\frac{1}{2}$ tsp

$\frac{1}{2}$ cup



20

paprika

water

stuffed
- olives, sliced
- 2 large onion
- Salt + pepper

Chicken with Balsamic Vinegar and Garlic

 ??? m
 4 Portions
 Calories ???

Preparation

- 1 Combine flour, salt, and pepper in a small bowl, and dredge the chicken breast.
- 2 Heat the olive oil in a large saucepan over medium-high heat.
- 3 Saute the chicken until it is nicely browned on one side, without flipping (about 3 minutes).
- 4 Add the garlic, turn the chicken over, and scatter the mushrooms and onions over the chicken.
- 5 Continue frying, shaking the skillet, and stirring the mushrooms, for about 3 minutes.
- 6 Add vinegar, broth, thyme, and bay leaf. Cover tightly, and simmer over medium-low heat for 10 minutes, turning occasionally.
- 7 Remove the chicken to a plate, and continue simmering the sauce for 7 minutes over medium high heat.
- 8 Mix in the butter, discard the bay leaf, and add the chicken back to the sauce.
- 9 Let the chicken heat for several minutes, then serve hot.

Ingredients





1 lb Chicken breasts
 3/4 lb Mushrooms, sliced
 1 Onion, diced
 2 tb Flour
 2 tb Olive Oil
 6 cloves garlic, minced
 1/4 cup Balsamic Vinegar
 3/4 cup Chicken Broth
 2 Bay Leaves
 1/4 tsp Dried Thyme (whole)
 1 tb Butter
 Salt
 pepper

Hint

This dish goes very well served over pasta (I particularly like penne pasta), with baked asparagus on the side. It's also extremely good when served with a white zinfandel, or other rose wine.

8 Side Dishes

Baked Asparagus

 15 m
 12 m,  400 °F
 4 servings

Preparation

- 1 Preheat oven to 400°F.
- 2 Cut bottom 2" off asparagus (removing tough base).
- 3 Combine asparagus and olive oil in a large mixing bowl, and toss to coat.
- 4 Place asparagus in a baking tray.
- 5 Sprinkle with fresh grated salt, fresh grated pepper, and fresh grated Parmesan cheese.
- 6 Bake for 12 minutes, until crispy.
- 7 Serve hot!

Ingredients



1 bunch Asparagus
2 tb Olive Oil
salt
pepper
Parmesan cheese

Hint

The asparagus will cool VERY quickly, so plan to have this be the last thing to finish!

9 Workouts

Prewriteout Fruit Smoothie

 5 m
 1 (8 oz) Portions
Calories 295

Preparation

- 1 Combine yogurt, water, frozen berries, ice cubes, and oats in blender
- 2 Blend until smooth

Ingredients

$\frac{1}{2}$ cup Plain Yogurt
(minimum sugar)
 $\frac{1}{2}$ cup Water
1 cup Frozen Berries
1 handful Ice Cubes
 $\frac{1}{2}$ cup Oats

Hint

295 calories per 8 oz glass, \approx 30g carbs