



*PRESENTS*

**FORCED**

**INTO**

**MICROCOOK**

**BASIC RECIPES FOR THE QUARANTINE**

# **FORCED TO COOK:**

## **Basic Recipes for the Quarantine**

Shamelessly Compiled and Edited by Tanner Agle (@tanners.table)

Cover and Logo Designed by Roland Parker (@rolandparker)

### **CONTRIBUTING WRITERS:**

Janice Agle  
Evan Anderson  
Kathryn Burger  
Cristina Cacioppo  
Tina Cuevas  
Jeremiah Cullen  
Lauren Cunningham  
Eva Hannon  
Matt Kon  
Caroline Montag  
Samantha Simon  
Camille Staub  
Kevin Stump  
Julianne Wilson  
Gavriella Wolf

# FOREWORD

Hello.

We are living in very strange and trying times. Things are probably very strange for you right now. I'd like to start off by telling you that things are very strange for me too. We are all in this together, and we are going to get through this.

Many of us are dealing with situations we've never dealt with before. You may be working from home now, and suddenly have two extra meals a day that you have to cook for yourself. You may have lost your job and are now shopping on a budget but want to keep health and comfort in mind. You may be going through an insane, perhaps caffeine-fueled house cleaning rampage and productivity binge and need something fast and easy to get you quickly to your next project. With the heartbreaking closure of so many small businesses, cafes, and restaurants, one thing certainly unites all of our unique situations—we need to be cooking for ourselves a lot more than we're used to.

I set out to make a collection of recipes to maybe, just maybe, help with this problem. I tried to focus on my staples, go-to's, and no-fail basics that will keep you fed, and hopefully save you time and money in the long run. I asked a number of friends to contribute their recipes as well. If you submitted a recipe, I can't thank you enough and hope you're happy with the results. I know this cookbook isn't exactly my own *War and Peace*, coming in at a humble 50-60 recipes. I hope it is long enough to give you a place to grow from, but concise enough that you'll actually be able to find something that interests you when you flick through it, rather than an endless cosmos of onions and garlic that never seems to end. I've tried to strike a balance between "I need comfort food NOW" recipes and "Holy shit I've eaten nothing *but* comfort food and tea for two weeks, I need to eat a cucumber" recipes. It is my hope that there is something here for everyone.

I do not know when this phase will end. I do not know when it will be safe to return to the life we knew before this. I do not know what the future holds - after all, I'm just the cook. But it is my sincere wish that these recipes can help you in some way. We are going to be ok, and on the other side of this, you're going to be a better cook.

- Tanner

# TABLE OF CONTENTS

- [Groceries](#): Hoard-Free Shopping List Low-Cost Enough for Unemployment
- [Techniques](#): Simple Operations to Get You Close Enough
- [Breakfast](#): Starting Off Simple So You Can Get Back to Sleep
- [Lunch](#): Celebrating Halfway
- [Afternoon Snacks](#): Second Lunch? Or Pre-Dinner? You Decide.
- [“Maybe I Should Eat A Vegetable”](#): You Know You Need One
- [Dinner](#): It All Comes Down to This
- [A Fine Dessert](#): Finishing Off with a Bang
- [Getting Fancy?](#): Something with a Little More Oomf
- [Afterword](#): Goodbye for Now
- [Resources](#): Help When I Can’t Be There

## RECIPE KEY:

(Vg) Vegetarian

(Ve) Vegan

(DF) Dairy Free

(GF) Gluten Free

# GENERAL TIPS

- **WASH YOUR HANDS** anytime you come in from outside, and especially before cooking or eating.
- **Supply your kitchen with basic kitchen equipment.** Many recipes in this book are going to assume that you have a small pan, a skillet or frying pan, and a pot for soup.
- **Take note of your salt and pepper.** I recommend investing in two things: a pepper grinder (*miles* better than pre-ground), and a small salt cellar for *kosher* salt—I prefer Diamond Crystal brand. Good salt and pepper will make everything you cook 150x better.
- **Try not to eat out of boredom.** Make your snacks healthy, and make your meals count. Over/unhealthy eating can feed anxiety, depression, sluggishness, inactivity, and procrastination.
- **Consider investing in:** a slow-cooker, or even better, an Instant Pot, which is a slow-cooker/pressure cooker combo. I have heard great things about the Ninja Foodi, which is all of the above plus Air Fryer, but they can be a little pricey right now while you're on a budget.
- **Be as precise as possible!** Many recipes here will also include the weight of ingredients, in case you have a scale. Weight is a lot more precise than volume, but not a necessity.
- **Buy fresh!** Put that bottle of pre-squeezed lemon juice down and save your money by buying fresh lemons. They take 10 seconds to cut and squeeze (through a small strainer or fork so you don't get seeds!) and taste so much better. Pre-squeezed lemon juice is bitter.
- **Use sharp knives** and learn how to use them properly. I will go over some basic chopping here, but there's plenty of helpful videos on youtube to practice. Sharp knives are much safer than dull knives and will give you much less of a headache. Clean your knives as soon as you're finished with them and put them back, *never* in the dishwasher.
- **Be nice to yourself.** You're going to make mistakes. You're learning and you're going to get better. You're going to impress your roommates, dating partner, bosses, parents, and dating partner's parents one day, but right now you only need to worry about impressing yourself. Focus on making things that interest and taste good to *you*.
- **Stay positive.** It's a dark world out there, but it's warm in here with the oven on.

# GROceries

## HOARD-FREE SHOPPING LISTS LOW COST ENOUGH FOR UNEMPLOYMENT

Below are most ingredients used in this book, grab whatever interests you!

### PRODUCE

- Fresh fruit: bananas, apples, pears
- Avocados
- Cherry tomatoes (my favorites are Kumatos)
- Salad greens (I like spinach as I can use it for smoothies as well, 50/50 mix, and kale)
- Onions: yellow and red
- "Aromatic Trio": garlic, shallots, ginger
- Potatoes: russet and sweet yams
- A "star of the show" veggie: brussel sprouts, asparagus, or broccoli
- Frozen veggies: peas, corn, mix
- Frozen fruit for smoothies or oatmeal

### PANTRY STAPLES

- *Good* olive oil. I highly recommend the California Ranch brand.
- Two loaves of bread (one for now, one into the freezer for next week)
- Rice, such as jasmine or basmati
- Beans (dried and canned, such as chickpeas or great northern)
- Oats
- Nuts (raw cashews, peanuts, walnuts, or pecans)
- Vinegar (apple cider, or white distilled)
- Canned fish (sardines and tuna)
- Noodles (one long, one short, optional rice or ramen noodles for soups)
- Better Than Bouillon to make broths and stocks (Vegetable or Chicken)
- Tomato paste
- Miso paste
- Harissa
- Tomatoes, 28oz can of whole peeled, ideally San Marzano DOP variety
- If you bake: flour, sugar, baking soda, and baking powder.

### ANIMAL PRODUCTS:

- Eggs
- Cheese (feta, goat cheese, parmesan for salads, soups, or pastas)
- Chicken Thighs
- Sausage (freezes well)
- Fish filets such as tilapia and salmon (freeze well)

### SEASONINGS:

- Kosher salt and whole peppercorns for the grinder
- Red pepper flakes or crushed red pepper
- Optional: paprika, cumin, dried oregano



Printable

## PRODUCE SHELF LIFE GUIDE

USE  
ASAP

3-5 DAYS



- Asparagus
- Basil
- Bok Choy
- Chard
- Chives
- Cilantro
- Escarole
- Kale
- Okra
- Onions, Cut
- Raddicchio
- Snow Peas
- Spinach
- Tomatoes  
(Countertop)

USE  
SOON

5-7 DAYS

- Artichokes
- Arugula
- Bell Peppers
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage,  
Savoy & Napa
- Cauliflower
- Eggplant
- Endive
- Fennel
- Green Beans
- Jicama
- Leeks
- Lettuce/Mixed  
Greens
- Mint
- Mushrooms  
(Paper bag in fridge)
- Potatoes, Baby  
(Cool dark place  
away from onions)
- Radishes
- Scallions/Green  
Onions
- Winter Squash, Cut
- Zucchini & Summer  
Squash

NO  
RUSH

2+ WEEKS



- Cabbage,  
Green & Red
- Carrots
- Celery
- Rosemary
- Sweet Potatoes  
(Countertop)
- Thyme
- Turnips
- Beets
- Ginger
- Lemons
- Limes
- Potatoes, Large  
(Cool dark place  
away from onions)
- Parsnips
- Onions, Whole  
(Cool dark place  
away from  
potatoes)
- Winter Squashes  
(Countertop)

COOKSMARTS

Store in fridge unless otherwise noted. Store more perishable ingredients in more visible places, so you'll remember to use them sooner.

Cook Smarts

[Image by CookSmarts](#)

# TECHNIQUES

SIMPLE OPERATIONS TO GET YOU CLOSE ENOUGH

[Slicing and Dicing](#)

[Peeling Garlic](#)

[Soakin' Beans](#)

[Salting As You Go \(Gettin' Kosher\)](#)

[Don't Burn It, Don't Over Salt It](#)



## **SLICING AND DICING:**

Pretty much every recipe in this book will require some form of knife work, so it's best to start practicing now. A sharp chef's knife is your best friend and most useful tool. Dull blades can slip or require excess force, leading to nasty cuts and accidents. I *highly* recommend investing in at least one good chef's knife, serrated knife (for bread), and paring knife (for small stuff). It might be worth investing in a [simple knife sharpener](#) to stay sharp. A honing steel can help keep your blades on point as well, many tutorials on [YouTube](#).

Let's talk simple chopping. I'm going to be using an onion in the example below, but the exact same technique applies to slicing garlic. Garlic and onions will far and away be your most common ingredients needing some knife work, so they're good places to start.



Lay the onion out on a cutting board and cut in half, with your knife cutting through the stem and root.



Slice off the stem.



Peel the outer skins to reveal the flesh.



Fingers curled and holding the root, begin making thin slices across the stem side of the onion.



Cut all the way to the root, and discard. Do not cut the root, this is what makes you cry!



Admire your good work.

For diced onions, add a row of vertical cuts running from the root to the stem side, so as you slice, the onion falls into perfect little squares. Garlic is sliced and diced exactly the same way, just on a smaller scale. Peeling, however, is a bit trickier - which brings us to:

## PEELING GARLIC (AND NOT PEELING GINGER)

As soon as you start placing cooking related searches into Google, Amazon will send you advertisements for some cheap, dinky cookware. One of these will be a little rubber tube to roll garlic in to peel it. Do not buy this. Simply smash garlic underneath your knife like so:



Place the garlic under the knife.



Being *very* careful, place palm on the broad side of the blade and press down hard, you'll feel the garlic crush slightly.



Skin comes right off!

Garlic and ginger will be two of the most common aromatics you encounter, so you'll get plenty of practice with both. For the longest time, peeling ginger was the bane of my existence. It was only recently I learned that peeling ginger is a totally optional step...as long as you clean the outer skin it's almost undetectable. Don't waste your time!

## **SOAKIN' BEANS**

Dried beans are a shelf stable and affordable way to get your protein. They yield large amounts for a very small amount of space, but compared to their canned cousins they come with an additional operation—the overnight soak. Don't dismay! The process is super easy:

- 1) Lay your beans out on a baking sheet. Look for any bad beans, rocks, or other nasties you don't want to eat.
- 2) Rinse your beans. Get off all the dust and starch from transport and storage.
- 3) Place in a pot large enough to hold beans and enough water to cover them.
- 4) (Optional) Add ½ head of peeled garlic per lb of beans. This infuses the beans with flavor, and some research says it reduces their “make-you-toot” tendencies.
- 5) Place lid and leave overnight.

Easy! Drain, remove (or reuse) garlic, and use as needed. They'll store in the fridge for one week, but keep them submerged in water if doing this.

**NOTE:** If your area has hard tap water, it can be difficult for the water to penetrate the bean, leading to beans that are never quite “done”. This can be easily avoided by using distilled water or adding ¼ tsp of baking soda to the soaking liquid!

There is some research that says it's unsafe to cook kidney beans solely in a crockpot because they never reach a high enough temperature to destroy the toxins inside the raw beans. If cooking kidney beans, be sure to boil them for 10 minutes after a soak before eating.



## **SALTIN' AS YOU GO**

If there is one habit you can distill from our brief time together, it's salting your food as you go. I'm not going to write the full science on the importance of salt—it would all be plagiarized from *Salt Acid Fat Heat* by Samin Nosrat anyway (a terrific read, since you have all this extra time now)—but take it from me: Salt is absolutely essential.

I don't want to hear that bull about your sodium. All that sodium you're eating—the one contributing to your hypertension, high blood pressure, and dehydration—are coming from your processed foods. Processed meats, snacks, sodas, fast food, even restaurant food - if you really have any sort of underlying health issues, this is where any health professional is going to tell you your high sodium is coming from. Home cooking is such a small fraction of your salt intake it's not even worth discussing, so buy the damn Diamond Crystal and keep it right by your stove. Consult a doctor or health professional if you have any concerns. For most people, your body is *extremely* good at filtering salt.

Kosher salt is where it's at. In case you were wondering, it is in fact kosher, but that's not exactly where the name comes from. The origins are from its use as *koshering* salt, used to pull the blood from meats during the koshering process.

Kosher salt is the perfect size, a good medium between a coarse salt like sea salt and something super fine like table salt. It dissolves easily and soaks quickly, but carries a strong salinity unlike table salt, where you may need as much as *double* the intended amount to get the same saltiness. My personal favorite is Diamond Crystal, but Mortons is fine. We just can't be friends anymore—your choice.

Resist the urge to become a sea salt addict. This stuff is everywhere and is a staple in so many houses - but I find it to be too coarse for most uses. Plus, tons of research is coming out that the stuff is full of microplastics from the oceans anyway. If you really must have something...*artisanal*...go with pink Himalayan, a good finishing salt.

Salt each major ingredient as it goes into your pot or pan. Be gentle at first, and over time you'll learn the best starting amount. At the end, before serving, *taste* your food for salt and acidity.

By the way, you probably need more acid. Acidity brings brightness and tartness to a dish - think about the tomato sauce on a pizza or the squeeze of lemon over a fresh salad. When in doubt, add lemon juice if you want acidity *and* flavor, but add distilled white vinegar if you want acidity with *no* extra flavor.

## **“DON’T BURN IT, DON’T OVER-SALT IT”**

This is my mantra. You are going to make mistakes, we all do. I’ve made some absolute abominations in the kitchen, but luckily I’m tall enough to reach my fire alarm and rip it from my ceiling when needed.

There are two cardinal sins when learning to cook, in my opinion:

**DON’T BURN IT:** Paying attention is more than half the battle here. Do not walk away from your cooking. The risk of a house fire is enough, but you also risk ruining your hard work. You can fix something that’s a bit acidic, you can fix something that’s a bit over-salted sometimes, but you can never fix burnt. One of the easiest mistakes to make is putting garlic in a pan that’s too hot, burning it instantly. Be sure to either add garlic at a lower heat, or with bigger ingredients that will cool the temperature in the pan. If you do burn your garlic, throw it out and start over. I have seen all too many cooks try and push through after burning the garlic. Do not be this cook. Burnt garlic is bitter and will ruin your dish.

Make sure you’re keeping an eye on things, using enough oil, and *SET TIMERS!* Do not be that person that “remembers” stuff. You will forget, and you will burn it.

**DON’T OVER-SALT IT:** I think this one goes without saying. You need to be salting as you go, but don’t get careless at the end. Add salt a bit at a time, tasting often, to make sure you’re hitting your mark. When salt is on the exterior you can often scrape extra off, like on french fries. In an over-salted soup you can often add more water and a bit of each ingredient to undo some over-saltiness. But in most dishes, there is no going back, so tread lightly.

With these tips and guidelines in mind, let’s get started!

# BREAKFAST

STARTING OFF SIMPLE SO YOU CAN GET BACK TO SLEEP

[Overnight Oats](#) (Ve)

[The Best Five-Minute Scrambled Eggs](#)

[Hot Oatmeal](#) (Vg, GF)

[Peanut Butter and Banana Toast With Honey Glaze](#) (Vg, DF)

[Garlic Roasted Sweet Potatoes \(For Breakfast!\)](#) (Ve, GF)

[Elevated Eggs](#) (Vg, DF, GF)

[Perfect Fried/Sunny-Side Up Eggs](#)

[Basic Maple Butter Granola To Last You A Lifetime](#) (Vg, GF)

[No-Fail Hard Boiled Steamed Eggs](#)

[Egg-a-cado](#) (Vg, GF)

[Apple Pie Oats](#) (Ve)



**OVERNIGHT OATS** (Ve, DF, GF)

*Recipe by Lauren Cunningham*

Yield: 1-2 Servings

Active Time: 10m

Total Time: Overnight (lol)

This is a delicious, adaptable, and unbelievably easy recipe that will keep you full throughout the day, and only require a few minutes of work while the rest happens in your sleep. Here we have the portions for roughly one serving, but feel free to use anything you have on hand and in any amount, as long as you have equal parts Oats and Liquid.

**INGREDIENTS:**

- ½ c. rolled oats
- ½ c. milk alternative of your choice (I use oat milk)
- Small handful of chopped fruit of your choice
- 1 Tbsp of maple syrup, honey, or sugar
- 1 Tbsp of chia seeds (optional)
- Chopped nuts (optional)

**RECIPE:**

- 1) Layer ingredients at will into a container of your choice, such as a mason jar, tupperware, or even a small bowl. Shake to combine.
- 2) Pour milk over mixture to submerge.
- 3) Cover and store in the refrigerator overnight, at least six hours.
- 4) Enjoy! Garnish with extra honey, fruit, or chopped nuts if you'd like.

**HELPFUL NOTES:**

As noted, this recipe is *highly* adaptable. Put in anything you have lying around. Nut butters go really well in this, as do things like cinnamon, nutmeg, really anything you like. Afterall, you are the GOAT of your overnight OATS. Wake up to something that makes you happy!

**THE BEST FIVE-MINUTE SCRAMBLED EGGS** (Vg)

*Recipe by Tanner Agle*

Yield: 2 Servings

Active Time: 5m

Total Time: 5m

**INGREDIENTS:**

- 1 Tbsp butter
- 3 eggs
- 1 tsp something spicy (harissa, hot sauce, sriracha)
- 1 tsp something creamy (mayo, yogurt, sour cream)
- Pinch of kosher salt
- 1 tsp water

**RECIPE:**

- 1) Put a small, non-stick pan over medium heat.
- 2) Mix all ingredients except the butter in a small bowl
- 3) Once pan is nice and hot, add butter. As soon as it melts, lower heat.
- 4) Pour in eggs. Count to 10. Stir well, making sure to scrape all along the bottom of the pan. Count to 10 again. Stir well once more. Pull now for soft eggs or give it another 10s for a firmer egg.
- 5) Enjoy!

**HELPFUL NOTES:**

These eggs are perfect on their own, but excellent on toast with a little dill. Throw these into warmed corn tortillas with some avocado and salsa for delicious breakfast tacos. Mix in some lightly crushed tortilla chips during the first 10s break and top with extra sour cream and hot sauce for chilaquiles.

**HOT OATMEAL** (Vg, GF)*Recipe by Lauren Cunningham*

Yield: 1-2 Servings

Active Time: 10m

Total Time: 15m

Another highly adaptable oat recipe. See a pattern? Oats are your best friend for breakfast, and they're shelf stable, so I recommend stocking up and buying in bulk. This recipe is another that you can feel free to customize. After all, you are the big deal of your hot oatmeal.

**INGREDIENTS:**

- ½c. rolled oats
- 1 c. milk of your choice
- Chopped fruit of your choice
- 1 Tbsp honey, maple syrup (optional)
- ½ tsp vanilla extract
- Salt to taste

**RECIPE**

- 1) Place oats, fruit, vanilla, and milk over medium heat in a small pot.
- 2) Cook—stirring occasionally—until thick, about 5-8 minutes.
- 3) Add honey or maple syrup and a pinch of salt, and taste. Add more sweetener or salt to taste.
- 4) Enjoy!

**HELPFUL NOTES:**

Some favorite variations:

- Banana honey almond
- Vanilla honey almond
- Apple cinnamon
- Blueberry cinnamon
- Brown sugar maple

**PEANUT BUTTER AND BANANA TOAST WITH HONEY GLAZE** (Vg, DF)

*Recipe by Tanner Agle*

Yield: 1 Serving

Active Time: 5m

Total Time: 5m

Ok, I know what you're thinking. Does this really need a recipe? Maybe not - but this simple breakfast is an undeniable comfort with real health benefits. In *In Defense of Food*, Michael Pollan talks about the harmony of food, when different ingredients work together to create a new nutritional benefit. Here, the fat in the peanut butter covers the carbs from the toast and the sugary starches in the banana so your body breaks it down faster, leading to more energy, feeling full longer, and no sugar rush.

**INGREDIENTS:**

- ½ banana, chopped into bite size pieces
- Slice of bread
- Peanut butter (however much you'd like)
- Honey to taste

**RECIPE:**

- 1) Place bread in toaster or toaster oven.
- 2) Meanwhile, chop banana and stir peanut butter.
- 3) Smear toast with peanut butter, add banana, and drizzle with honey.
- 4) (optional) If you have a toaster oven, set to broil and place toast back under for 1 minute to caramelize the sugars in the honey and banana.
- 5) Enjoy!

**GARLIC ROASTED SWEET POTATOES (FOR BREAKFAST!) (Ve, GF)**

*Recipe by Camille Staub*

In these uncertain times and really all times, garlic (or garlic powder) are your best friend. Trust me. <3

Yield: 3-4 Servings

Active Time: 10m

Total Time: 50m (can be done ahead to cut down on time!)

**INGREDIENTS:**

- 1 Tbsp oil
- 2 sweet potatoes
- 2 cloves of garlic (or 1T garlic powder)
- Salt and pepper

**RECIPE:**

- 1) Preheat oven to 375F.
- 2) Wrap sweet potatoes, garlic, oil, and 1T salt in aluminum foil.
- 3) Place directly onto the grates of the oven and roast for 30-45 minutes, until easily pierced with a fork.
- 4) Once roasted, the potatoes will last in the fridge for a week.
- 5) Serve in whatever form you like. Great with scrambled eggs cooked your way, and goat cheese on the side.

**HELPFUL NOTES:**

This is your adventure. You can serve these now perfectly roasted sweet potatoes however you'd like. These are super versatile, you can use them in a salad or eat them on their own, really whatever you want. (Personally, I like the skins, but you can totally peel them off if you want). One thing I like to do once they are cold is cut them into medallions and sauté them with butter, it's tastiest if you [brown the butter](#). Start your pan on high heat with oil then throw a pat of butter in there and let it almost burn.

**ELEVATED EGGS (VEGGIE SCRAMBLE)** (Vg, DF, GF)

*Recipe by Jeremiah Cullen*

This technique allows an easy method of elevating your eggs in an easy and quick way!

Yield: 1-2 Servings

Active Time: 10m

Total Time: 10m

**INGREDIENTS:**

- ½ Tbsp olive oil
- 3 eggs
- ½ small white onion, diced
- 2 cloves of garlic, minced
- ⅓ cup diced bell pepper (optional)
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp thyme
- Pinch of cayenne (optional)

**RECIPE:**

- 1) Heat oil in a skillet over medium heat
- 2) Hover palm 2 inches from skillet to determine heat
- 3) Once warmed, add diced veggies and garlic and saute till fragrant. Add seasonings.
- 4) Pour eggs over veggies and fry or scramble (you'll need to beat them first though!)
- 5) Serve topped with a pinch of cayenne for garnish, if you'd like. Enjoy!

## PERFECT FRIED/SUNNY-SIDE UP EGG

*Recipe by Tanner Agle*

Here's a basic that's good to master - the fried or sunnyside up egg. Get this one mastered so you can quickly top a [kale bowl](#), plate of [beans in chili oil](#), or turn any leftovers into breakfast!

Yield: 1 serving

Active Time: 10m

Total Time: 10m

### INGREDIENTS:

- 1-2 eggs
- 1 Tbsp butter or olive oil
- Salt and pepper to taste
- 1 Tbsp water

### RECIPE:

- 1) Heat oil or butter over medium heat in a small, preferably nonstick frying pan.
- 2) Crack eggs into a ramekin or small bowl. It's best not to crack directly into the pan so that you have more control pouring the eggs in evenly, and not getting shells in the pan.
- 3) Immediately lift the handle of your pan so the whites pool on one side of the pan. This keeps you from getting that thin layer that spreads all over the pan.
- 4) Top with a pinch of salt and pepper, and cook until whites are starting to turn brown on the outside - about 2-3 minutes.
- 5) Pour in water and cover for 30 seconds, the steam will set the top of the yolk.
- 6) Serve!



**BASIC MAPLE BUTTER GRANOLA TO LAST YOU A LIFETIME** (Vg, GF)*Recipe by Tanner Agle*

Yes, homemade granola! It's much cheaper, and you have total control over taste. When stored in an airtight container, this will easily last you nearly a year. Perfect for yogurt, cereals, oatmeal, baked goods, you name it!

I firmly believe this is not a recipe you need to measure. The mixture of grains, seeds, and nuts are entirely up to you—but to make things easier I've given rough approximations of what I do.

Yield: Countless servings

Active Time: 15m

Total Time: 1h30m

**INGREDIENTS:**

- 2 c. rolled oats
- 1 c. buckwheat
- 1 c. mixed seeds, such as flax, hemp, chia
- 1-2 c. mixed nuts, sliced (almonds and cashews are great in this)
- $\frac{3}{4}$  c. shredded coconut
- $\frac{1}{3}$  c. brown sugar (or white, with 2 Tbsp molasses if you have it)
- $\frac{1}{3}$  c. maple syrup
- $\frac{1}{4}$  c. unsalted butter
- 1 tsp salt
- 1 c. dried fruit, such as raisins (optional)

**RECIPE:**

- 1) Preheat the oven to 250F.
- 2) In a large bowl, mix together all the grains, seeds, nuts, and coconut.
- 3) In a medium saucepan, melt butter over low heat. Increase heat slightly and add maple syrup and brown sugar. Melt gently, whisking constantly, until dissolved and smooth.
- 4) Combine mixtures and spread onto a sheet pan or two, whatever fits.
- 5) Bake for 1 hour 15 minutes, being sure to stir and rotate every 15 minutes for even color.
- 6) Remove from the oven, cool, and transfer to a large bowl. Add raisins if using.
- 7) Pour into an airtight container such as a large mason jar, will keep for months. Enjoy!

**HELPFUL NOTES:**

Do NOT forget to stir and rotate every 15 minutes. This has butter and sugar in it - both of which tend to burn very quickly. Around the hour mark this will go from uncooked looking to burnt in a matter of minutes, so keep an eye on it.

**NO-FAIL HARD BOILED STEAMED EGGS**

*Recipe by Tanner Agle*

The best way to hard boil eggs is to steam them. Don't believe me? Boiling water is an extremely intense heat, which tends to overcook the whites before fully cooking the yolks, leading to rubbery hard boiled eggs. The ice bath at the end leads to easier peeling, too.

Active Time: 5m

Total Time: 15m

**EQUIPMENT:**

Steamer Basket

Tongs

**RECIPE:**

- 1) Take a medium pot and put enough water in it to cover an inch or so of the bottom. Place over high heat and bring to a boil.
- 2) Place steamer basket in the pot and put as many eggs as you want in - as many as will fit without crowding too much, about 4-6.
- 3) Cover pan, reduce heat to medium, and cook for 11 minutes.
- 4) While eggs steam, prep a bowl of the coldest ice water you can make.
- 5) As soon as the 11 minutes are done, use tongs to transfer eggs to the ice bath.
- 6) Let them sit for 10 minutes or so. Dry, mark shells with a sharpie, and store. Enjoy!

**HELPFUL NOTES:**

The ice bath here shocks the eggs and makes the whites shrink back from the shell, leading to easier peeling. You don't have to mark the shells with a Sharpie, but that's what my mom used to do so we could easily tell the difference between cooked and raw eggs in the carton. Plus, it's not like you eat the shell. You can also do the spin test if that's more your thing.

**EGG-A-CADO (Vg, GF)**

*Recipe by Tina Cuevas*

Yield: 1-2 Servings

Active Time: 5m

Total Time: 20m

**INGREDIENTS:**

- 2 Eggs
- Avocado
- Shredded cheese, to taste
- Kosher salt and freshly ground pepper, to taste
- Pinch of cayenne pepper, to taste (optional)

**RECIPE:**

- 1) Preheat oven to 400F.
- 2) Cut your avocado in half and remove the pit. Turn avocado over and cut off enough skin from the back so they'll lay steady when turned flesh side up. Scoop out enough flesh from each half so an egg will fit in each. Save removed flesh.
- 3) Place avocado halves, flesh side up, on a baking sheet lined with parchment paper or foil.
- 4) Crack an egg into each half, don't bother with any spilled whites, they'll be fine.
- 5) Bake until eggs are set, roughly 10 minutes. Top with cheese and spices. Place back in the oven and bake 5-10 minutes longer, depending on how hard you want your yolk.
- 6) Enjoy!

**APPLE PIE OATS** (Ve, GF)

*Recipe by Tina Cuevas*

Yield: 1-2 Servings

Active Time: 5m

Total Time: 15m

**INGREDIENTS:**

- ¼ c. quick cooking steel cut oats
- ¾ c. water
- 1 apple, peeled and cubed
- Cinnamon or pumpkin pie spice, to taste
- Sweetener of your choice, such as maple syrup, agave, or honey (if not vegan)
- Milk alternative of your choice (*optional*)

**RECIPE:**

- 1) Bring water to a boil. Add oats and apple, then reduce heat to bring to a bare simmer.
- 2) Sprinkle in cinnamon or spices of your choice. Simmer until thick, about 6-7 minutes.
- 3) Turn off the heat and add sweetener to taste.
- 4) Add a splash of milk if you'd like and top with an extra sprinkle of cinnamon. Enjoy!

# LUNCH

## CELEBRATING HALFWAY

[Simply the Best Avocado Toast](#) (Ve)  
[Kale Bowl with Feta And Egg](#) (Vg, DF, GF)  
[Savory Oatmeal](#) (Vg, GF)  
[Basil Pesto and Tomato Tartine](#) (Vg)  
[Easy Bone Broth Ramen](#) (DF, GF)  
[Chickpea Avocado Salad](#) (Ve, GF)  
[Basic Bitch Salad](#) (Ve, GF)

**SIMPLY THE BEST AVOCADO TOAST** (Ve)

*Recipe by Tanner Agle*

Yield: 1 serving

Active Time: 5m

Total Time: 10m

**INGREDIENTS:**

- ½ Avocado
- Slice of any kind of toast (I love Dave's Killer Bread, personally)
- Salt and pepper
- Dash of hot sauce
- Mayo (optional)
- Vegemite/Marmite (optional but highly recommended)
- Any toppings you like: large slice of tomato lightly salted, fresh lox, hard boiled eggs, fried eggs, arugula, everything bagel seasoning, etc

**RECIPE:**

- 1) Place toast in toaster. If using a toaster oven, brush lightly with olive oil.
- 2) Meanwhile, mix avocado, hot sauce, and a pinch of salt and pepper. To save on dishes, I usually do this *in* the avocado skin, but it's easier in a small bowl.
- 3) Once the toast is done, optionally do a light spread of mayo and/or vegemite. Otherwise spread the avocado mixture out evenly.
- 4) Top with your tomato, lox, hardboiled eggs, cucumbers, whatever you have around!
- 5) Enjoy!

**KALE BOWL WITH FETA AND EGG** (Vg, DF, GF)

*Recipe by Julianne Wilson*

Yield: 1 serving

Active Time: 15m

Total Time: 15m

**INGREDIENTS:**

- 1 Tbsp coconut oil
- Small handful of kale, roughly chopped
- 2 cloves of garlic, minced
- ½ can of chickpeas
- Red pepper flakes (optional)
- Feta cheese for serving
- 1 egg

**RECIPE:**

- 1) Heat coconut oil in a sauté pan over medium heat, and add the garlic. Stir frequently to avoid burning.
- 2) After a minute, add the kale, stir, and cover. Cook until fragrant and kale turns deep green, about 4-6 minutes.
- 3) Add chickpeas and cover again for 2 more minutes. Scoop into bowl.
- 4) In the same pan, fry an egg. Place egg over kale mixture in the bowl and top with feta and red pepper flakes.
- 5) Enjoy!



**SAVORY OATMEAL** (Vg, GF)*Recipe by Julianne Wilson*

Ok, perhaps this is more “br” than “unch” but, it’s a reliable, tasty, easy go-to nonetheless.

Yield: 1 serving

Active Time: 10m

Total Time: 10m

**INGREDIENTS:**

- ½ c. rolled oats
- 1 c. water
- 1 tbsp chopped nuts, like walnuts or pecans
- Small handful of raspberries
- 1 Tbsp goat cheese
- Honey for serving

**RECIPE:**

- 1) Bring water to a boil in a small pot.
- 2) Add oats, and let cook until thick and liquid has been absorbed, 4-6 minutes.
- 3) Turn off heat and mix in nuts, berries, and goat cheese.
- 4) Top with honey. Enjoy!

**BASIL PESTO AND TOMATO TARTINE** (Vg)

*Recipe by Tanner Agle*

A friend in high school once made this for me and it changed my life. It's so simple yet absolutely divine - and nearly all the ingredients keep a long time in the fridge.

Yield: 1 serving

Active Time: 5m

Total Time: 5m

**INGREDIENTS:**

- Olive oil
- Slice of bread of your choice
- Cream cheese or neufchatel cheese
- Basil pesto
- Large slice of tomato (see note)
- Salt and pepper

**RECIPE:**

- 1) Toast your bread. If using a toaster oven, drizzle with olive oil first.
- 2) Spread a layer of cream or neufchatel cheese on the toast, and add a thin layer of basil pesto on top of that.
- 3) Layer tomato slice(s) on top to your liking, and sprinkle with salt and pepper.
- 4) Enjoy!

**HELPFUL NOTES:**

The tomato is the star of the show here, so get the best quality you can. A good farmer's market heirloom variety is best, but any fresh ripe tomatoes in season will do.

**EASY BONE BROTH RAMEN** (DF, GF)

*Recipe by Julianne Wilson*

You heard me! You got this!

Yield: 1 serving

Active Time: 10m

Total Time: 15m

**INGREDIENTS:**

- 2 c. bone broth (store bought is fine)
- 1 tsp miso paste
- Black rice noodles, or any ramen noodle
- ½ c. spinach, roughly chopped
- ¼ c. kimchi, roughly chopped (optional)
- Egg (optional)
- Red pepper flakes (optional)

**RECIPE:**

- 1) Heat bone broth in a small pot over medium heat. Once warm, add miso paste and stir to dissolve.
- 2) Once boiling, add black rice noodles and cook per pack instructions. Add kimchi if using.
- 3) Remove from heat and stir in spinach until wilted.
- 4) Serve with a fried egg on top, sprinkled with red pepper flakes.
- 5) Enjoy!

**CHICKPEA AVOCADO SALAD** (Ve, GF)

*Recipe by Tanner Agle*

Yield: Appetizer for 4-10 people

Active Time: 10m

Total Time: 10m

**INGREDIENTS:**

- 500g chickpeas (2 cans tinned), preferably dried and soaked overnight or slow-cooked
- 1 avocado
- Half of a tomato, diced
- 1 Tbsp avocado oil
- 2 Tbsp apple cider vinegar
- ½ Tbsp Dijon mustard
- 2-3 sprigs of herbs, preferably dill (parsley, cilantro, even mint would work!)
- 1 c. crunchy vegetables of your choosing (carrots, celery, radishes)
- Salt, pepper, cayenne

**RECIPE:**

- 1) Halve the avocado, remove pit and scoop flesh into a medium sized mixing bowl. Add diced tomato, sprinkle a large pinch of salt over both and fold together.
- 2) Mix in oil, vinegar, mustard, and herbs and let rest on the counter for five minutes as you chop the vegetables.
- 3) Add vegetables to mixture and gently fold in chickpeas, being extra careful if you slow-cooked them.
- 4) Sprinkle with cayenne and mash mixture to your desired smoothness, allow to chill in the fridge for an hour before serving over cucumber chips, in a sandwich, on a salad, or as a dip.

**HELPFUL NOTES:**

- Tomatoes and avocado just beg for a bit of salt, and adding it to them before mixing in the other ingredients will allow them to absorb it and boost the flavor rather than being sprinkled over everything at the end.

**BASIC BITCH SALAD** (Ve, GF)

*Recipe by Kathryn Burger*

A salad, like life, can be what you make of it. My favorite basic bitch salad is made thusly:

Yield: 1–2. Servings

Active Time: 5m

Total Time: 5m

**INGREDIENTS:**

- Salad greens
- Olive oil, to taste
- Kosher salt, to taste
- Optional toppings: sliced red onion, carrots, cucumbers, sliced almonds, pepitas

**RECIPE:**

- 1) Grab whatever amount of salad greens strikes your fancy.
- 2) Season with salt and drizzle with olive oil until all leaves are just barely dressed.
- 3) Add optional toppings and toss. Taste, adding more oil if too dry, and salt if too bland.
- 4) Enjoy!

# AFTERNOON SNACKS

SECOND LUNCH? OR PRE-DINNER? YOU DECIDE

[Crispy Chickpeas \(Ve, GF\)](#)

[Basic Edamame](#)

[Homemade Popcorn](#)

**CRISPY CHICKPEAS** (Ve, GF)

*Recipe by Tanner Agle*

One of my favorite healthy afternoon snacks to keep you going. These are best eaten within a few days so plan accordingly!

Yield: 4-6 Servings

Active Time: 10m

Total Time: 1h

**INGREDIENTS:**

- 2 (15oz) cans of chickpeas, rinsed and drained well
- 2 Tbsp olive oil
- 2 tsp salt, kosher or pink himalayan for more crunch
- ½ tsp smoked paprika (optional)
- Non-stick cooking spray

**RECIPE:**

- 1) Preheat oven to 350F, making sure the rack is in the middle of the oven.
- 2) Put the chickpeas on clean kitchen towels or several paper towels to dry thoroughly.
- 3) In a medium bowl, toss chickpeas with olive oil to coat. Sprinkle with salt and paprika and give one final toss.
- 4) Spread on a baking sheet and bake until crunchy, about 50-60 minutes, giving the pan a shake halfway through. Keep in mind, the chickpeas will crisp up more as they cool.
- 5) Enjoy!

**HELPFUL NOTES:**

The key here is *dry chickpeas* before you toss them with salt. I'd recommend getting them drained ahead of time if you can, and really dry them with those towels.



**BASIC EDAMAME**

*Recipe by Tanner Agle*

Salty, earthy, easy, tasty, healthy—what more could you want?

Yield: 2-4 servings

Active Time: 5m

Total Time: 10m

**INGREDIENTS:**

- 1 lb edamame (fresh or frozen, doesn't matter)
- ¼ cup water
- ½ tsp kosher salt

**RECIPE:**

- 1) Combine edamame and water in a large microwave safe bowl.
- 2) Microwave on full power for 4-6 minutes, until edamame is steamy and cooked through.
- 3) Drain excess water, toss with salt, and enjoy!

**HOMEMADE POPCORN** (Vg, GF)*Recipe by Tanner Agle*

This stuff is way better and infinitely more healthy than the stuff you get out of the bag.

Active Time: 10m

Total Time: 10m

**EQUIPMENT:**

- Large metal bowl
- Heavy duty aluminum foil
- Tongs

**INGREDIENTS:**

- 3 Tbsp clarified butter, peanut oil, or olive oil
- 3 oz popcorn kernels (about ½ cup)
- ½ tsp salt, run through a coffee or spice grinder to get ultra fine.
- Optional toppings: 2-3 Tbsp nutritional yeast, Tajín Clásico Seasoning, Worcestershire sauce (for heat), or salt and sugar for kettle corn!

**RECIPE:**

- 1) Place oil, corn kernels, and salt in a large 6-quart metal mixing bowl (or dutch oven). Cover with heavy duty aluminum foil and poke a bunch of holes with a paring knife.
- 2) Place the bowl directly over the stovetop on medium heat and shake constantly with a pair of tongs as the sides will get very hot. Continue shaking until the popcorn finishes popping, about 3 minutes or so.
- 3) Remove bowl from heat and remove the foil, being careful of built up steam. Stir together, and top with nutritional yeast.
- 4) Enjoy!

# MAYBE I SHOULD EAT A VEGETABLE

YOU KNOW YOU NEED ONE

[Beans With Garlic And Caramelized Onions In Chili Oil](#) (Ve, GF)

[Perfect Roasted Broccoli To Make Momma Proud](#) (Ve, GF)

[Best Damn Salad on God's Green Earth](#) (Ve, GF)

[Perfect Croqued Potatoes](#) (Vg, GF)

[Asparagus So Good It Could Be Its Own Meal](#) (Ve, GF)

[Potato For One, A Quarantined Love Story](#) (Vg, GF)

[Salad Dressing Is Easier Than You Think!](#) (Ve, GF)

[Roasted Brussels Sprouts And Sweet Potatoes](#) (Ve, GF)

**BEANS WITH GARLIC AND CARAMELIZED ONIONS IN CHILI OIL** (Ve, GF)

*Recipe by Tanner Agle*

Yield: Several Days Worth of Beans

Active Time: 10m

Total Time: 15m

**INGREDIENTS:**

- 1 Tbsp Olive Oil
- 1 red onion or 4 shallots, thinly sliced
- 3 cloves of garlic, thinly sliced
- 3 cans of white beans, drained and rinsed (Great Northern, cannellini, butter beans)
- 3 Tbsp harissa or tomato paste
- 1 Tbsp lemon juice (freshly squeezed!)
- Red pepper flakes or hot sauce to taste (optional)

**RECIPE:**

- 1) Heat oil in a skillet or dutch oven over medium heat.
- 2) Add onion and garlic, season with salt and pepper, and cook until onions are soft and starting to caramelize, about 8 minutes.
- 3) Add harissa or tomato paste with red pepper flakes if using, and cook until it becomes a nice brick color, about 2-3 minutes.
- 4) Add drained and rinsed beans and stir to combine. Season with salt and pepper, add lemon juice, and stir. Add more salt, pepper, lemon juice, or red pepper flakes as needed.
- 5) Enjoy!

**PERFECT ROASTED BROCCOLI TO MAKE MOMMA PROUD** (Ve, GF)

*Recipe by Tanner Agle*

Yield: 1-2 servings

Active Time: 5m

Total Time: 15m

**INGREDIENTS:**

- 2 Tbsp olive oil
- 1 lb broccoli cut into bite size florets, about one medium head
- 4 cloves of garlic, thinly sliced
- Salt and pepper

**RECIPE:**

- 1) Preheat oven to 425F.
  - a) Optional: place a cast iron skillet over high heat while you mix ingredients.
- 2) Place broccoli in a small bowl and toss with oil, garlic, and a big pinch of salt and pepper.
- 3) Pour broccoli mixture onto a sheet pan lined in aluminum foil or cast iron skillet if using (this will sear the broccoli and get it and the garlic nice and crispy, but isn't necessary)
- 4) Cook for 10 minutes. Let cool slightly before serving. Enjoy!

**THE BEST DAMN SALAD ON GOD'S GREEN EARTH** (Ve, GF)*Recipe by Tanner Agle*

We probably eat this salad four nights a week in my house, either as an appetizer or as a lazy healthy dinner that leaves us feeling light, but full and satisfied. We've probably been doing this for 3-4 years now and never tire of this dish; I can just eat it over and over and over.

Yield: 2-3 Servings

Active Time: 10m

Total Time: 10m

**INGREDIENTS:**

- ½ avocado, flesh diced and scooped
- Handful of cherry tomatoes, halved (I like the Kumato kind)
- ½ can of chickpeas
- Handful of greens of your choice, such a spring mix, spinach, or a 50/50 mix
- 1 Tbsp olive oil
- 1½ Tbsp apple cider vinegar
- Dab of dijon mustard
- Salt and pepper

**RECIPE:**

- 1) Place diced avocado and halved cherry tomatoes into a medium bowl, season with salt.
- 2) Open a can of chickpeas, and put a few forkfuls into the salad. Save the remaining chickpeas in the can for next salad.
- 3) While salt settles into veggies, make dressing. Mix oil, vinegar, and mustard together.
- 4) Toss salad greens into veggie mixture and pour dressing over, tossing to distribute.
- 5) Season with one last pinch of salt and pepper to taste. Enjoy!

**PERFECT CROQUED POTATOES** (Vg, GF)*Recipe by Tanner Agle*

Yield: 6-8 Servings

Active Time: 45m

Total Time: 1h 30m (or overnight, if serving later)

**INGREDIENTS:**

- 3 qt. (or 8 c.) water
- 3 Tbsp kosher salt
- 1 tsp (or 4g) baking soda
- 4-5 lbs russet Idaho potatoes, peeled and cut into large chunks
- ⅓ c. fat of your choice, (duck fat, olive oil, bacon fat, or any combination)
- ¼ c. mixed herbs of your choice (rosemary, thyme, dill) roughly chopped
- 6 cloves of garlic, crushed
- Seasonings of your choice (black pepper, paprika, cayenne pepper)
- ¼ c. parsley, roughly chopped

**RECIPE:**

- 1) Preheat oven to 450F. Bring water to a boil in a large dutch oven. Add salt and baking soda to make a slightly alkaline water bath. Simmer potatoes until easily pierced with a fork, 10-12 minutes.
- 2) While the potatoes cook, heat your choice of fat in a small saucepan with garlic and herbs. Cook gently, stirring frequently for 3-5 minutes. DO NOT allow garlic to burn, or you will have to start this step over. Strain into a large bowl (or air-tight container, if serving later), reserving garlic and herbs. Congrats, you now have infused oil!
- 3) When potatoes are ready, drain and let stand for 10 minutes to allow water to evaporate. The potatoes should look a little weird - dry on the outside with some white stuff appearing. This is good, and will allow us to get the crunchy exterior!
- 4) Optional but recommended: Once potatoes are cooled to room temp, place in a freezer bag and freeze overnight. This will break down the cell walls inside the potatoes, making them extra fluffy inside (this is a McDonalds technique!). Otherwise, continue:
- 5) Toss potatoes in fat. Transfer to a large rimmed sheet pan.
- 6) Bake, without touching, for 20 minutes. Flip potatoes, cook again for another 20 minutes. Repeat until an hour of cook time is reached.
- 7) Transfer potatoes to a large bowl and toss with reserved garlic/herbs and parsley, and a generous sprinkle of salt.
- 8) Serve immediately with condiments of your choice!

**HELPFUL NOTES:**

I learned about the freezing step by watching a documentary about food being moved around the country, McDonalds actually uses freezing food to their benefit in this case. Give it a try for yourself!

**ASPARAGUS SO GOOD IT COULD BE ITS OWN MEAL** (Ve, GF)

*Recipe by Tanner Agle*

Yield: 1-2 Servings

Active Time: 5m

Total Time: 15m

**INGREDIENTS:**

- 1 lb asparagus, wood stems trimmed from the bottom (about 2 inches)
- 1 Tbsp olive oil
- Zest of one lemon
- ½ tsp kosher salt
- Black pepper
- Nutmeg, freshly grated (optional, but highly recommended—see note)

**RECIPE:**

- 1) Preheat oven to 500F
- 2) Line a small sheet pan with aluminum foil and lay down asparagus. Drizzle olive oil and roll asparagus around to coat.
- 3) Roast for five minutes, before giving a stir and roasting for five minutes more.
- 4) Once done, immediately top with salt, pepper, nutmeg, and lemon zest.
- 5) Enjoy on its own, or with a fried egg on top for breakfast!

**HELPFUL NOTES:**

I know it seems bizarre, but the nutmeg really is key here. When asparagus roasts it breaks down into new chemicals with different flavors that work REALLY well with nutmeg. Sounds weird but it's science!



**POTATO FOR ONE, A QUARANTINED LOVE STORY** (Vg, GF)*Recipe by Kathryn Burger*

Did you know you can microwave a potato? Perhaps the single most depressing question I've written this year. You can, and it's delicious. I'll provide an oven alternative for those of you without the radiation machine living in your kitchen.

Yield: 1 serving

Active Time: 10m

Total Time: 15m - 1hr, depending on method

**INGREDIENTS:**

- 1 russet potato
- Enough oil to coat
- Kosher salt
- Optional toppings: butter, sour cream, shredded cheddar cheese

**RECIPE:**

- 1) Scrub your potato, get all that dirt off. Take a fork and stab it all over, 8-12 times.
- 2) Place potato in a small bowl with a bit of canola or vegetable oil and toss to coat. Season all over with kosher salt.
- 3) Cook the potato:
  - a) **IN THE MICROWAVE:** Place on a microwave safe plate, position towards the outer edge of the microwave rotating plate and heat for 5 minutes on full power. Turn over and microwave for another 5 minutes. Remove, slice open, and add your fillings. If using cheese, microwave one more minute to melt.
  - b) **IN THE OVEN:** Heat oven to 350F. Place potato directly on the oven rack, but put a baking sheet on the rack beneath it to catch any drippings. Cook for 1 hour, or until skin feels crisp but potato is easily pierced with a fork. Take out of the oven.
- 4) Created a dotted line across the potato's length with your fork and press from both ends. Should pop right open! Enjoy!

**SALAD DRESSING IS EASIER THAN YOU THINK** (Ve, GF)

*Recipe by Kathryn Burger*

Yield: 2-3 Salads

Active Time: 10m

Total Time: 10m

**INGREDIENTS:**

- 1/3 cup acid, such as lemon juice, apple cider vinegar, white wine vinegar, etc
- 1/2 to 2/3 cup of fat, such as olive oil
- 1 tsp Dijon mustard
- 1 clove of garlic, crushed through a garlic press
- Kosher salt and pepper

**RECIPE:**

- 1) Combine all ingredients except for oil in a small bowl and whisk together.
- 2) Slowly drizzle fat into the bowl as you whisk.
- 3) Enjoy over any salad!

**ROASTED BRUSSELS SPROUTS AND SWEET POTATOES** (Ve, GF)*Recipe by Tanner Agle*

The brussels sprouts and sweet potatoes work in perfect harmony here to give you crispy, salty, light, and starchy satisfaction all wrapped into one dish. This is the perfect side to pop in the oven while you prep the main course!

Yield: serves 3-4 as a side

Active Time: 10m

Total Time: 55m

**INGREDIENTS:**

- 1½ lb brussels sprouts; trimmed, peeled, and halved
- 2 large or 3 small sweet potatoes, scrubbed and cut into bite size chunks
- ¼ c. olive oil
- 3 tsp kosher salt
- 4 cloves fresh garlic, minced; or 1 tsp garlic powder
- 2 tsp freshly ground black pepper

**RECIPE:**

- 1) Preheat oven to 400F. Prep a baking sheet with parchment paper.
- 2) Combine brussels sprouts, sweet potatoes, olive oil, and all seasonings in a large bowl.
- 3) Spread onto the baking sheet and bake until cooked through, about 35-45 minutes.  
Shake the pan from time to time, to encourage even browning.
- 4) Turn broiler on high and broil for 1-2 minutes, until nice and crisp on top.

# DINNER

## IT ALL COMES DOWN TO THIS

[No-Fail Rice](#)

[Pantry Raid: Pasta Puttanesca](#) (Vg, DF)

[Simple Pasta With Caramelized Onions, Spinach, And Lemon](#) (Vg)

[Vegetarian White Beans And Sausage](#) (Vg)

[Bomb Ass Rice N' Beans](#) (Vg, GF)

[No-Fail Chicken Thighs](#)

[Brunswick Stew](#) (GF, DF)

[Easy Pasta and Chickpeas \(Pasta e Ceci\)](#) (Ve)

[Easy Chicken And Rice Casserole](#) (GF, DF)

[Easy Quiche](#) (Vg)

[Quick Tomato Sauce](#) (Vg)

[Sunshine Halibut](#) (GF, DF)

[Lentils With Rice \(Mdardra\)](#) (Ve, GF)

[Baked Salmon with Cucumber, Tomato, and Corn Salad](#) (GF, DF)

[Italian Grandmother Meatballs](#)

[Italian Grandmother Red Sauce](#) (Vg)

[Simple Polish Chicken Soup For the Quarantined Soul](#)

[Slow Cooker Tex-Mex Chicken](#)

[Slow Cooker Chili-Chicken Tacos](#)

[Slow Cooker Creamy Tortellini Soup](#)

**NO-FAIL RICE**

*Recipe by Tanner Agle*

For a simple dinner, this is the perfect place to start. Master making a good bowl of steamed rice, and you have the bulk of endless meals. Top with any vegetable, protein, and sauce.

This recipe is annotated by *parts*, so any amount of rice will work but reflect that in the amount of water. It's best by weight if you have a scale, but if not, volume will be just fine.

Yield: 2-3 Servings

Active Time: 5m

Total Time: 15m

**INGREDIENTS:**

- 1 part rice
- 1.5 parts water
- Pinch of salt
- 1 star anise (optional, see note)
- 2 cardamom pods, cracked (optional, see note)

**RECIPE:**

- 1) Measure out your rice and rinse thoroughly. Place in a medium pot with water, salt, and optional add-ins.
- 2) Bring water to a boil, reduce heat and simmer for 8-10 minutes. Once done, turn off the heat and let sit for 3 minutes.
- 3) Remove anise and cardamom pods and fluff rice with a fork.
- 4) Serve!

**HELPFUL NOTES:**

Star anise is a whole spice that has a licorice like flavor, but don't let this deter you— in small amounts it brings a pleasant earthiness to otherwise flavorless rice. It's where absinthe gets its flavor! Cardamom pods have a unique and intensely aromatic flavor that's difficult to describe but I always feel rice is missing something without it. I recommend trying them both out!

**PANTRY RAID: PASTA PUTTANESCA** (Vg, DF)*Recipe by Cristina Cacioppo*

This is one of those recipes that sounds so fancy when you tell your roommates what you're making, but is deceptively easy and uses up the ingredients that might be shoved to the back of your pantry. And in case you're freaked out by anchovies—trust me, anchovies rule. They don't taste fishy, they break down in the pan to add salty umami goodness to your pasta.

Yield: 2-4 Servings

Active Time: 20m

Total Time: 30m

**INGREDIENTS:**

- 1 Tbsp olive oil
- 4 cloves of garlic, minced
- 4 anchovy filets (trust us), or 1 Tbsp umeboshi paste for vegans
- 1 can 28oz whole peeled tomatoes, San Marzano (get the DOP brand if you can find them)
- ½ c. Kalamata olives, chopped
- Long noodle pasta of your choice, such as bucatini, linguine, or spaghetti
- 2 Tbsp capers (optional, but recommended)
- Red pepper flakes, to taste (optional)
- Fresh basil (optional)
- Salt and pepper

**RECIPE:**

- 1) Place a pot of water over high heat to bring to a boil, generously salt the water and stir to dissolve.
- 2) Meanwhile, heat olive oil over medium heat in a sauté pan. Add garlic and anchovy fillets and cook for 2-3 minutes, breaking up the anchovies in the sauce.
- 3) Add tomatoes with their juices, and season with salt and pepper. Break up the tomatoes with the back of a spatula and cook until the liquid is starting to reduce, about 4-6 minutes.
- 4) Add olives, capers and red pepper flakes if using. Simmer for 10 minutes.
- 5) While the mixture simmers, cook pasta for two minutes less than the box recommends. Reserve 1 cup of the water you cooked the pasta in. Stir pasta in with the sauce, slowly adding a bit of the starchy pasta water to loosen sauce and coat the pasta. Cook for two minutes longer.
- 6) Top with basil if you'd like. Enjoy!

**HELPFUL NOTES:**

Can't stress enough how important it is to not throw away your pasta water. The water is now full of starchy salty pasta goodness, and those starches will help bind the sauce to the pasta to make that beautiful glossy texture. This is a good habit to get into with any pasta!

**SIMPLE PASTA WITH CARAMELIZED ONIONS, SPINACH, AND LEMON** (Vg)*Recipe by Gavriella Wolf*

This dish has all the comfort of a hearty pasta, but with a light and summery taste. It's easily modified, but the lemon and lemon zest really makes the dish. Add more lemon and red pepper flakes for more kick.

Yield: 3-4 Servings

Active Time: 15m

Total Time: 20m

**INGREDIENTS:**

- 2 Tbsp olive oil
- 1 yellow onion, thinly sliced
- 2 c. spinach or arugula
- Long noodle pasta of your choice, such as bucatini, linguine, or spaghetti
- Juice of 3 lemons (optionally, reserve the zest as well)
- Parmesan for serving
- Salt and peppers
- $\frac{1}{8}$  tsp baking soda (see notes)
- Dash red pepper flakes (optional)

**RECIPE:**

- 1) Place a pot of water over high heat to bring to a boil, generously salt the water and stir to dissolve.
- 2) Heat oil over medium heat in a medium saute pan.
- 3) Add onion, season with salt, and cook until soft and translucent, about 4-6 minutes. Add baking soda and stir frequently; onions will caramelize quickly.
- 4) Turn off the heat, and stir in spinach to wilt.
- 5) Cook pasta for two minutes less than the box recommends, tasting until al dente. Reserve  $\frac{1}{2}$  cup pasta water! Stir pasta in with the onions, adding a bit of the starchy pasta water to loosen sauce and coat the pasta. Turn heat back on and cook for two minutes longer.
- 6) Turn off the heat and mix in lemon juice. Season with salt and pepper to taste. Add optional red pepper flakes to taste.
- 7) Serve, top with grated parmesan, and enjoy!

**HELPFUL NOTES:**

You can throw almost any veggies into this pasta once the onions caramelize. Here we use spinach or arugula, but you can add in bell peppers, zucchini, mushrooms, peas, or whatever you have around.

**VEGETARIAN WHITE BEANS AND SAUSAGE** (Vg)

*Recipe by Gavriella Wolf*

Yield: 2-3 Servings

Active Time: 15m

Total Time: 20m

**INGREDIENTS:**

- 2 Tbsp olive oil
- 2-3 c. kale, roughly chopped
- 4 cloves of garlic, thinly sliced
- 1 can white beans (Great Northern, white kidney, cannellini), drained and rinsed
- 1-2 Italian-style veggie sausages (or animal sausage if that's more your thing), sliced
- Salt and pepper
- Juice of 1 lemon
- Red pepper flakes (optional)
- Couscous or rice for serving (optional)
- Goat cheese for garnish (optional)

**RECIPE:**

- 1) Heat oil over medium heat in a medium saute pan
- 2) Add garlic and salt and stir till aromatic, about one minute. Add kale and soften, about 5-8 minutes.
- 3) Add sausage and cook until crisp, about 4-6 minutes.
- 4) Add beans and season with salt and pepper to taste, and a bit of red pepper.
- 5) Crumble goat cheese over top, if using.
- 6) Enjoy over rice or couscous, or on it's own!



**BOMB ASS RICE N' BEANS** (Vg, GF)

*Recipe by Evan Anderson*

Yield: 2-4 servings

Active Time: 20m

Total Time: 30m

**INGREDIENTS:**

- 1 15.5oz can of black beans
- 1 c. uncooked white rice
- 1½ c. water
- 1 Tbsp butter
- Salt and pepper
- 2 cloves of garlic (optional)
- Red pepper flakes (optional)

**RECIPE:**

- 1) Bring water to a boil over medium heat, add rice and butter. Cover and lower temperature, keeping at a bare simmer. After 15 minutes, turn heat off and let sit for five minutes.
- 2) Meanwhile, place beans (and all the delicious, salty can juice), minced garlic, salt, pepper, and red pepper flakes into a skillet or saute pan over medium low heat. Let condensation build up and stir every 3 minutes—we're doing this to heat the beans through on both the top and bottom.
- 3) After 8 minutes or so, uncover beans and let the juices begin to reduce. Don't let it burn!
- 4) Fluff rice and make sure butter is evenly distributed.
- 5) Mix rice and beans, or keep separate. Enjoy!

**HELPFUL NOTES:**

For even more flavor, try using chicken or vegetable stock instead of water! Add 1-2 minutes to your simmer time as you do this, as the rice will take a bit longer to absorb the liquid.

**NO-FAIL CHICKEN THIGHS**

*Recipe by Tanner Agle*

This simple recipe for chicken is perfect and totally foolproof. Add it to salads, tacos, over rice, anything! This is one of my go-to meal prep recipes, unless I eat it all as soon as it's done!

Active Time: 15m

Total Time: 20m

**INGREDIENTS:**

- 1 Tbsp olive oil
- 2-4 boneless skinless chicken thighs
- Kosher salt and black pepper

**RECIPE:**

- 1) Press down on chicken thighs with a heavy plate or butcher's mallet until uniform thickness. Pat chicken down with paper towels to get as dry as possible. Season liberally with salt and pepper. Let sit for 5-10 minutes.
- 2) While chicken sits, heat oil in a frying pan or skillet over medium heat until shimmering.
- 3) Lay chicken out in the pan or skillet, without crowding, and *DO NOT TOUCH IT* for 7 minutes. Don't lower the heat, don't stir it, don't do anything but stand there. This allows a crust to form.
- 4) After 7 minutes, flip the thighs. (See what I mean? Looks good, right?)
- 5) Cook for 7 more minutes, or until internal temps reach above 165F.
- 6) Allow to rest for 10 minutes before slicing and serving. Do not skip! Resting allows the juices to redistribute throughout the meat, rather than going onto your cutting board.
- 7) Enjoy!

**BRUNSWICK STEW** (GF, DF)*Recipe by Janice Agle*

This recipe dates back to the American Civil War! A prized southern tradition, this stew is easy, filling, and packed with flavor. It's going to take a few hours simmering on your stove top (I said 'easy', not 'fast'!), but your patience will be rewarded. Plus, you can spend that time making your bed or cleaning your apartment.

In Brunswick, Georgia, there's an iron pot with a plaque that says the first Brunswick Stew ever was cooked inside of it. No foolin'.

Yield: ½ gallon, or 6-8 servings

Active Time: 20m

Total Time: 5h

**INGREDIENTS:**

- 4 c. cooked shredded chicken (rotisserie, if you can find it)
- 1½ quarts chicken or vegetable broth
- ½ lbs pork, cut into small pieces
- 2-3 c. sliced okra, fresh or frozen (optional but recommended)
- (1) 14 oz can of crushed tomatoes
- ½ lb frozen cubed hash brown potatoes, or diced potatoes of your choice
- 2 c. corn, fresh or frozen
- Salt and pepper to taste
- 3 Tbsp Worcestershire sauce
- Hot sauce (optional)
- ¼ c. ketchup (optional but recommended)

**RECIPE:**

- 1) Place chicken, broth, pork, okra, onion, and tomatoes with their juices in a dutch oven, large stock pot, or slow cooker.
- 2) Cook until the okra and chicken fall apart: 3-4 hours over medium heat on the stovetop, or 3-4 hours on high in the slow cooker.
- 3) Add potatoes and cook until tender, 45 minutes more on the stovetop or 1 hour on high in the slow cooker.
- 4) Add corn, Worcestershire sauce, hot sauce, and ketchup and taste. Once seasoned to your liking, cook for one hour longer.
- 5) Enjoy!

**HELPFUL NOTES:**

The Worcestershire sauce and ketchup are where this dish gets a lot of its powerful flavor, and both are umami bombs. I would think twice before skipping them!

**EASY PASTA AND CHICKPEAS (PASTA E CECI)** (Ve)

*Recipe by Caroline Montag*

Yield: 2-4 servings

Active Time: 15m

Total Time: 20m

**INGREDIENTS:**

- 2 Tbsp olive oil
- 4 cloves of garlic, peeled and smashed
- 3 Tbsp harissa
- 1 Tbsp tomato paste
- 1 tsp kosher salt, plus more to taste
- Freshly ground black pepper
- 1 (15oz) can of chickpeas, drained and rinsed
- ½ c. small pasta of your choice, such as ditalini, annellini, elbows, or rotini
- Red pepper flakes (to taste)
- 1 Tbsp umeboshi paste (optional), or, 2-3 anchovy filets (optional)

**RECIPE:**

- 1) Heat oil in a large, heavy bottom pot over medium heat until simmering.
- 2) Add garlic and umeboshi paste/anchovies if using, and cook until lightly browned but very fragrant, about 3-5 minutes. Anchovies will break up in the pan.
- 3) Stir in harissa, tomato paste, salt, and pepper flakes and cook until a brick color forms, about 2-3 minutes.
- 4) Add chickpeas and 2 cups of water. Scrape all the browned bits off the bottom of the pan, lower the heat, and bring to a simmer. Cook as per pasta instructions.
- 5) Once pasta is done, taste and adjust for seasoning. Enjoy!

**EASY CHICKEN AND RICE CASSEROLE** (GF, DF)*Recipe by Janice Agle*

This is one of those dishes you make that you finally get to taste and you just go, “oh yeah, that’s just what I needed after a long day avoiding people”. American comfort food at its finest, and least fried.

Yield: 4 Servings

Active Time: 20m

Total Time: 2h 20m

**INGREDIENTS:**

- 4 boneless skinless chicken thighs (or breasts, but you’re missing out)
- 1 c. uncooked white rice
- 1½ c. chicken or vegetable stock
- 1½ c. water
- 2 medium yellow onions, diced
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper

**RECIPE:**

- 1) Preheat oven to 325F
- 2) Spread your rice out evenly into a glass casserole dish. Add onions on top of rice and place the chicken breasts on top so they just barely touch.
- 3) In a small bowl, mix chicken stock, 1½ c. more water, and all seasonings.
- 4) Pour mixture over chicken, onions, and rice.
- 5) Bake for 2 hours, or until chicken reaches an internal temp of 165F. Let cool for 10 minutes before serving.
- 6) Enjoy!

**EASY QUICHE** (Vg)*Recipe by Tanner Agle*

I can almost hear you from here - "Me? A quiche?" Yes, you, a quiche.

Yield: 4-6 Servings

Active Time: 30m

Total Time: 1h 30m

**EQUIPMENT:**

- Pie pan
- Pie weights (dried beans or rice are great for this)
- Steamer basket (strainer over the pot of water will do just fine, too)

**INGREDIENTS:**

- 1 refrigerated, frozen, or [homemade pie crust](#)
- 1½ c. mixed mushrooms, or cubed ham for a carnivore version
- 1½ c. mixed shredded cheese, such as cheddar, Swiss, and/or mozzarella
- 1 large bunch of broccoli, cut into slightly-smaller-than-bite-size florets
- 5-6 eggs
- 1 c. milk, or milk alternative
- ½ tsp dry mustard
- ½ tsp black pepper
- 2 tsp flour

**RECIPE:**

- 1) Preheat oven to 375F.
- 2) If using a refrigerated crust, roll pie crust into pie pan. Place aluminum foil on top of crust and pour in pie weights, such as dried beans or uncooked rice. Bake per instructions.
- 3) Grab a small pot and put enough water in it to come up 1 inch from the bottom. Bring to a rolling boil. Cover and steam broccoli for five minutes in the steamer basket, just to get vibrant green.
- 4) In a small bowl, toss cheese with flour, to keep from sticking. In a separate bowl whisk eggs, milk, and dry mustard.
- 5) In the pie crust, layer mushrooms (or ham), broccoli, and cheese and lightly mix. Once evenly distributed, top with egg mixture. It may not fully submerge - that's ok. The eggs will expand.
- 6) Bake for 35-45 minutes, until a knife inserted in the middle comes out clean.
- 7) Let cool for at least 15 minutes before serving. Enjoy!

**HELPFUL NOTES:**

- Asparagus can be substituted for the broccoli. Cut into 1" pieces and step the same way.
- The dry mustard may seem odd here, but it's key. Don't skip it!
- Do not skip the cooling phase, as hungry as you might be. If you cut into it too early, the pie won't set correctly and could turn runny. Plus, mouth burns.

**QUICK TOMATO SAUCE** (Vg)*Recipe by Tanner Agle*

This full-flavored sauce only takes 15 minutes to prepare, and is perfect on pizzas, pasta, meatball subs, you name it. High-quality tomatoes are key here - get San Marzano if you can, and look for “DOP” on the label. That means they’re real, certified Italian.

Yield: 3 Cups

Active Time: 10m

Total Time: 15m

**INGREDIENTS:**

- 2 Tbsp unsalted butter
- 1 Tbsp olive oil
- 1 medium onion, finely chopped
- ¼ tsp dried oregano
- 2 garlic cloves, minced or crushed in a garlic press
- 1 (28oz) can of whole peeled tomatoes, crushed with your hands
- ¼ tsp sugar
- 1 Tbsp tomato paste (optional, but will amp the tomato flavor)
- 2 Tbsp fresh basil leaves, coarsely chopped
- Salt and pepper to taste

**RECIPE:**

- 1) Heat butter in a medium saucepan over medium heat until melted. Add onion, oregano, 1/2tsp of salt; cook, stirring occasionally, until liquid has evaporated and onion is golden brown—about 5 minutes.
- 2) Add garlic and cook until fragrant, about 30 seconds. Stir in tomatoes and sugar, and tomato paste if using, and increase heat to high and bring to a simmer. Lower heat to medium-low and simmer until thickened slightly, about 10 minutes.
- 3) Off heat, stir in basil and olive oil; season to taste with salt and pepper.
- 4) Enjoy!

**SUNSHINE HALIBUT** (GF, DF)*Recipe by Janice Agle*

I realize that during a pandemic, fish might be a bit more difficult to come by. But if you can, it is a rewarding treat with healthy fats and oils. Fish also freeze very well.

Yield: 4 Servings

Active Time: 15m

Total Time: 35m

**INGREDIENTS:**

- 1 Tbsp olive oil
- 1 small yellow onion, diced
- 1 clove of garlic, minced
- ½ tsp grated orange peel
- ¼ cup orange juice
- 1 Tbsp lemon juice
- ¼ teaspoon salt
- ¼ cup lemon zest
- 4 halibut steaks or fillets (roughly 4oz each)

**RECIPE:**

- 1) Preheat oven to 400F.
- 2) In a small, preferably non-stick skillet, heat oil and cook onion and garlic until tender, about 4-6 minutes. Stir in parsley and orange peel.
- 3) Place halibut in a greased 8" square baking dish and add onion mixture.
- 4) Combine orange and lemon juices; pour over fish. Sprinkle with salt and lemon zest.
- 5) Cover and bake for 15-20 minutes until fish flakes easily with a fork.



**LENTILS WITH RICE (MDARDRA)** (Ve, GF)*Recipe by Sam Simon*

Yield: 4-6 Servings

Active Time: 45m

Total Time: 1h

**INGREDIENTS:**

- ½c. oil
- 1 c. uncooked lentils
- 4 c. water
- 1 c. uncooked rice
- 2 large red onions, thinly sliced
- 1 Tbsp salt

**RECIPE:**

- 1) Rinse lentils and add to water. Bring to a boil on medium heat and simmer for 15 min.
- 2) Meanwhile, sauté onions in oil until golden brown, 10-15 minutes.
- 3) Remove onions using a slotted spoon add two tablespoons of lentil water to pan to collect all the residue. Add this liquid and rice to lentils.
- 4) Simmer for 20-25 minutes or until rice and lentils are fluffy.
- 5) Place on serving platter and completely cover with the fried onions. May be served hot or cold. Enjoy!

**BAKED SALMON WITH CUCUMBER, TOMATO, AND CORN SALAD** (GF, DF)

*Recipe by Kathryn Burger*

Yield: 1-2 Servings

Active Time: 10m

Total Time: 25m

**INGREDIENTS:**

- 1-2 salmon steaks or fillets
- ½ Tbsp olive oil for every salmon steak
- ½ cucumber, halved and sliced
- ½ c. cherry tomatoes
- ½ c. corn, fresh or frozen and defrosted
- Zest of a small lemon (optional)
- Salt and pepper to taste

**RECIPE:**

- 1) Preheat oven to 375F.
- 2) Lightly coat salmon in oil and a bit of salt. Wrap in aluminum foil and bake for 15 minutes. Alternatively, you can throw it on a sheet pan wrapped in aluminum foil under the broiler for 10-12 minutes, until salmon flakes easily. This will lead to a crispy top.
- 3) While salmon cooks, toss cucumber, cherry tomatoes, and corn in a small bowl with some olive oil, salt, and pepper to taste.
- 4) Unwrap salmon and garnish with lemon zest, season with salt and pepper to taste.
- 5) Enjoy!

## **ITALIAN GRANDMOTHER MEATBALLS**

*Recipe by Kevin Stump*

Yield: 8-10 servings of meatballs

Active Time: 40m

Total Time: 1h

### **INGREDIENTS:**

- Days old Italian loaf of bread
- 1-2 c. milk
- ¼ c. bread crumbs
- 1½ lbs ground beef
- 1½ lbs ground pork
- 1½ lbs ground lamb
- 5-6 eggs
- 4-6 cloves of garlic, minced
- ¼ c. parsley, roughly chopped
- 1½ pecorino romano or parmesan
- Kosher salt and pepper

### **RECIPE:**

- 1) Preheat oven to 375F.
- 2) Rip bread into pieces and cover with milk, let soak until fully softened, about 5 minutes.
- 3) While bread soaks, mix all remaining ingredients in a large bowl and mix with your hands (wear gloves if you must, but your meatballs won't be authentic!). Squeeze excess milk from bread and add to mixture.
- 4) Roll meatballs into whatever size strikes your fancy, making sure they are all close to the same size, and lay on a baking tray.
- 5) Heat ¼ cup of olive oil in a heavy bottom pan over medium heat until shimmering. Add as many meatballs as will fit without crowding, cover, and cook until brown, about 2 minutes or so per side, 6 minutes or so total. Careful not to overcook here!
- 6) Place meatballs back onto a baking sheet as you finish browning them. Once all are browned, place in oven and bake for 10-15 minutes.
- 7) Serve however you'd like, pairs best with [Italian Grandmother Red Sauce](#). These freeze and reheat well. Enjoy!

**ITALIAN GRANDMOTHER RED SAUCE** (Vg)

*Recipe by Kevin Stump*

Yield: 6-8 servings

Active Time: 30m

Total Time: 1h 30m

**INGREDIENTS:**

- ¼ c. butter
- 2 Tbsp olive oil
- 3 large yellow or white onions, finely chopped
- 3 medium carrots, peeled and chopped
- ½ c. red wine
- ¼ c. parsley, roughly chopped
- 2 (28oz) cans of San Marzano Tomatoes
- 2 Tbsp tomato paste
- Salt, pepper, and crushed red pepper to taste

**RECIPE:**

- 1) Heat oil and butter in a dutch oven or large pot over medium heat.
- 2) Saute onions, carrots, and garlic until caramelized and translucent, about 15-20 minutes.
- 3) Add red wine and scrape all the browned bits from the bottom of your pan. Add tomatoes, along with salt, black pepper, and crushed red pepper to taste.
- 4) Cook on low for an hour, stirring occasionally.
- 5) Enjoy with pasta, and [Italian Grandmother Meatballs!](#)

**HELPFUL NOTES:**

Do NOT skimp on the slow cook for the onions, garlic, and carrots. You want them nice, softened, and caramelized. It's the heart of the sauce!

**SIMPLE POLISH CHICKEN SOUP FOR THE QUARANTINED SOUL** (GF, DF)*Recipe by Matt Kon*

The art of a great soup is all about timing the ingredients' cook times so that everything comes out soft, tender, and full of flavor. Feel free to add or subtract ingredients, according to what is available to you, and in whatever amount is preferable to your tastes.

Yield: 4-10 servings

Active Time: 45m

Total Time: 2h

**INGREDIENTS:**

- 1.5 - 4 lbs boneless skinless chicken thighs
- 3-8 carrots
- 1 red onion, diced
- 5-10 scallions/green onions, white parts only, thinly sliced
- 1 whole cabbage, sliced
- 4-6 celery stalks, chopped
- A few sprigs of fresh herbs, such as dill, thyme, and/or turkish bay leaf
- Chicken bouillon cubes, or better than bouillon concentrate, proportionate to water
- Freshly ground black pepper to taste
- 1 Tbsp kosher salt, plus more to taste.
- 1 Tbsp smoked paprika, hungarian if you can find it
- Cayenne pepper, to taste
- 4-8 russet potatoes, cubes (optional)
- Pasta of your choice (optional)

**RECIPE:**

- 1) Fill a large pot halfway to three quarters with cold water, add chicken bouillon per package instructions for the amount of water. Bring to a simmer.
- 2) Chop chicken into bite size chunks and add to pot with salt.
- 3) Add veggies to the pot and cook, as per the following times. You want everything to finish cooking at the same time, and the chicken needs to stew for one hour total, so add whatever ingredients you're using to the pot as per the following cooking times:
  - i) Potatoes - after 15min
  - ii) Celery - after 30m
  - iii) Red onion - after 40m
  - iv) Carrots - after 40m
  - v) Green onions - after 50m
- 4) After 1hr total, add herbs and spices and continue to simmer for 10 minutes.
- 5) Enjoy!

**SLOW-COOKER TEX-MEX CHICKEN** (GF, DF)

*Recipe by Janice Agle*

Yield: 2-4 servings

Active Time: 10m

Total Time: 4-8h

**EQUIPMENT:**

Slow Cooker or Crock Pot

**INGREDIENTS:**

- 1lb boneless skinless chicken thighs or breasts cut into strips
- 2 Tbsp taco seasoning, or:
  - 1 Tbsp chili powder
  - ¼ tsp garlic powder
  - ¼ tsp onion powder
  - ¼ tsp red pepper flakes
  - ¼ tsp dried oregano
  - ½ tsp paprika
  - 1½ tsp cumin
- 1 tsp salt
- 1 tsp black pepper
- 2 Tbsp flour
- 1 green and 1 red bell pepper, cut into 1-inch-wide strips
- 1 c. corn, frozen or fresh
- 1½ c. salsa
- 1 c. shredded cheese, cheddar or colby jack
- Sour cream (optional, for serving)

**RECIPE:**

- 1) Toss chicken with seasoning and flour in slow cooker. Add veggies and salsa and cover.
- 2) Cook on LOW for 6-8 hours, or HIGH for 3-4 hours.
- 3) Stir pot and serve over rice with shredded cheese and optional sour cream. Enjoy!

**SLOW-COOKER CHILI CHICKEN TACOS**

*Recipe by Janice Agle*

Yield: 4-6 servings

Active Time: 10m

Total Time: 4-8hrs

**EQUIPMENT:**

Slow Cooker or Crock Pot

**INGREDIENTS:**

- 2 lbs boneless skinless chicken thighs
- 4 cloves garlic, thinly sliced
- ½ c. tomato salsa, plus more for serving
- 4-5 chilies in adobo, chopped
- 1 Tbsp chili powder
- Salt and pepper to taste
- Tortillas of your choice
- Optional toppings: cilantro, shredded cheese, lime wedges, and sour cream (for serving)

**RECIPE:**

- 1) Combine chicken, garlic, salsa, chilies, chili powder, salt, and pepper in slow cooker and cook for 4 hours on HIGH, or 8 hours on LOW.
- 2) Transfer chicken to a serving bowl and shred using two forks. Moisten with cooking juices.
- 3) Serve in warmed tortillas with toppings of your choice. Enjoy!

## **SLOW COOKER CREAMY TORTELLINI SOUP**

*Recipe by Janice Agle*

Yield: 4-6 servings

Active Time: 30m

Total Time: 5h

### **EQUIPMENT:**

Slow Cooker or Crock Pot

### **INGREDIENTS:**

- 2 Tbsp olive oil
- 1lb ground meat, such as Italian sausage, pork, beef, or turkey
- 1 yellow or white onion, diced
- 2 large carrots, peeled, and chopped into bite size chunks
- 2 stalks of celery, chopped
- 4 cloves of garlic, minced
- 1 Tbsp Italian seasoning, or, 1tsp each dried basil, oregano, and red pepper flakes
- 1 beef bouillon cube
- ½ tsp kosher salt
- 1 qt. vegetable, chicken, or beef broth (low sodium, see note)
- ¼ c. corn starch dissolved in ¼ cup of water
- 2 c. evaporated milk, half and half, or milk substitute
- 12 oz packet of tortellini of your choice (I love Trader Joe's Spinach Tortellini)
- 5 c. fresh baby spinach

### **RECIPE:**

- 1) Heat olive oil over low heat in a heavy bottom pan, or in your slow cooker if it has a sauté setting as Instant Pot's do. Brown meat over medium heat.
- 2) Add browned meat, onion, carrots, celery, garlic, seasonings, beef bouillon, and broth in crock pot. Cover and cook on high for 4 hours.
- 3) Uncover and skim any fat that is sitting on top of the soup. Stir in cornstarch mixture, 2 cups of water, milk, and tortellini. Mix well.
- 4) Over again and cook on high for 45 minutes, soup should thicken.
- 5) Add in spinach, submerging leaves as best you can. Cover again and cook on high for 10 more minutes.
- 6) If too thick, add more milk or water ⅓ cup at a time to reach desired consistency. Season to taste with salt and pepper. Enjoy!

### **HELPFUL NOTES:**

We all love salt at Tanner's Table, but prepackaged broth can often make your soup way too salty. It's better to use low-sodium so you can add salt as needed.



# A FINE DESSERT

## ENDING THE NIGHT WITH A BANG

[Mexican Hot-Chocolate Brownies](#)

[Banana Bread to End All Banana Breads](#)

[Simple Pie Crust](#)

[Simple Whipped Cream](#)

[Banana Fudge Pie](#)

[Lemonade Pie](#)

[Peanut Butter Cookies](#) (GF)

[Banana "Ice Cream"](#) (Ve)

## **MEXICAN HOT-CHOCOLATE BROWNIES**

*Recipe by Tanner Agle*

Yield: 15 Brownies (I cut rows of 5x3)

Active Time: 30m

Total Time: 1h 30m

### **INGREDIENTS:**

- 3 sticks of butter (12oz)
- 6 oz high quality dark chocolate (72%), finely chopped
- 14 oz sugar (2C)
- 2 oz brown sugar (1/4C)
- 2 tsp kosher salt
- 1 tsp ground cinnamon
- 1/4 tsp cayenne (double up if you're feeling daring)
- 6 eggs, nice and cold
- 1Tbsp vanilla extract
- 1 tsp instant espresso powder (Medaglia d'Oro or Cafe Bustelo are nice)
- 4.5 oz all-purpose flour (1C) or 1 c. gluten-free flour + 1/2 tsp xanthan gum
- 4 oz cocoa powder, Dutch process (see note)

### **RECIPE:**

- 1) **PREP YOURSELF:** Place oven rack to the middle position and preheat oven to 350F. Spray down a 9x13x2 aluminum pan (see note!) with non-stick spray or butter, and fit with a trimmed sheet of parchment paper (not wax paper, unless you want your brownies to taste like crayons) to create a sling. The paper should stick to the spray.
- 2) **BROWN THE BUTTER:** Melt butter all at once in a medium saucepan. Once melted, simmer and gently stir until bubbles subside and you're left with a deep golden yellow dream, but be careful not to burn. Add chocolate to make a thin syrup.
- 3) **WET INGREDIENTS:** Add sugar, brown sugar, salt, cinnamon, cayenne pepper, and instant espresso in a large bowl (or if you've recently gotten married, the bowl of a stand mixer). Mix at medium speed, adding eggs in one at a time and dropping in vanilla. Keep whipping until it's thick and hard to mix, and smells heavenly, 8-10 minutes. Get that workout!
- 4) **DRY INGREDIENTS:** Sift flour and cocoa powder into a medium bowl to break up any clumps. This is important!
- 5) **COMBINE:** Add cocoa syrup from step 2 to wet ingredients and mix well with a whisk. Using a rubber spatula, slowly fold in dry ingredients just until no visible lumps remain. Pour batter into your prepared pan and tap gently on the counter to smooth it out.
- 6) Bake for 30 minutes, or until you reach an internal temperature between 200-210F. The center will still be gooey, so a cake tester will not work! Edges should be crisp and there should be no wiggle if you shake the pan. Cool to room temperature in pan, before slicing with a pizza cutter and serving. Will keep for one week.

### **HELPFUL NOTES:**

- Dutch process cocoa powder is important! It's less acidic than normal cocoa powder. If not noted, check the ingredients for "processed with alkali".
- Aluminum is the best pan for brownies, and leads to a better crust in my findings.

## **BANANA BREAD TO END ALL BANANA BREADS**

*Recipe by Eva Hannon*

Note from Tanner: When I was a child, my mother made the best banana bread on earth. I have eaten many banana breads, but none ever came even close. My mother lost the recipe and we were never able to recreate it. Since high school, the banana bread we made never tasted the same—until I met Eva. Her banana bread is identical, and perfect in every way.

Yield: One Loaf

Active Time: 20m

Total Time: 2h

### **INGREDIENTS:**

- 1 stick (½ cup) unsalted butter, at room temp; plus more for pan
- 1 c. granulated sugar
- 2 large eggs
- 1 ½ cups all-purpose flour (unbleached)
- 1 tsp baking soda
- 1 tsp kosher salt
- 1 c. mashed bananas, very ripe, usually 2-3 bananas (see note)
- ½ c. sour cream
- 1 tsp vanilla
- ½ cup chocolate chips, walnuts, or pecans (optional)

### **RECIPE:**

- 1) Preheat oven to 350F.
- 2) Rub down a 9x5x3 baking dish with butter (or non-stick spray) and fit with a trimmed sheet of parchment paper to create a sling. The stick will hold the paper down.
- 3) Use electric mixer (or a whisk and tons of elbow grease) to cream butter and sugar until light and fluffy. Add eggs, one at a time, and beat to incorporate.
- 4) In a medium bowl, whisk together flour, baking soda, and salt. Integrate to butter mixture and mix. Add bananas, sour cream, and vanilla until just combined.
- 5) Stir in nuts or chocolate chips (if using) and spread into the pan.
- 6) Bake until cake tester inserted into the center comes out clean, about 70 minutes. Let rest in pan for 10 minutes, then turn out onto rack to cool.
- 7) Enjoy!

### **HELPFUL NOTES:**

I have a secret for you: freeze the bananas ahead of time and thaw them when you're ready to make this recipe. Remember the potatoes from the vegetables chapter? Same concept, freezing makes the water in the fruit or vegetable expand, bursting the cell walls like a water balloon, leading to a fluffier and more tender consistency. The bananas will basically mash themselves!

**SIMPLE PIE CRUST**

*Recipe by Lauren Cunningham*

Yield: 1 crust

Active Time: 15m

Total Time: 15m

**EQUIPMENT:**

Food Processor

**INGREDIENTS:**

- 1¼ c. all purpose flour
- ½ c. butter, chilled, sliced into 1 inch cubes
- ½ tsp salt
- ½ Tbsp sugar (substitute apple cider vinegar for savory pie)
- ¼ c. ice water

**RECIPE:**

- 1) Place the blade of your food processor into the freezer while you prep ingredients.
- 2) Add flour, butter, salt, and sugar to a food processor and blitz to combine.
- 3) While the blade is running, slowly pour in ice water in a thin stream to form dough.
- 4) Roll dough into a disk on a well floured surface and optionally wrap in plastic wrap to chill for 1hr, up to 3 days.
- 5) Roll dough onto roller and roll out over pie pan.
- 6) Bake with other ingredients! Enjoy!

**HELPFUL NOTES:**

The key here is to not let the butter melt. You should have small chunks of still solid butter in the dough, so that they melt in the oven and give off steam to create layers and flakes.

If you'd like to make this recipe gluten-free, substitute the same amount of gluten free all-purpose flour and add a ¼ tsp xanthan gum.

Double recipe if your pie requires a top crust!

**SIMPLE WHIPPED CREAM**

*Recipe by Tanner Agle*

With only two ingredients, this recipe only takes about 10 minutes and is way better than store bought. If you try it, I think you'll agree. I could never go back to whipped cream from a can.

Yield: 2 cups

Active Time: 10m

Total Time: 10m

**EQUIPMENT:**

Metal Bowl

**INGREDIENTS:**

- 1 c. heavy whipping cream, very cold, stored in the lowest part of the fridge
- 2 Tbsp sugar

**RECIPE:**

- 1) Place whisk and metal bowl into freezer for 10-15 minutes before starting.
- 2) Combine sugar and cream in metal bowl. Whisk until you reach stiff peaks. Pull the whisk out and point upwards—the peak should be able to stand on its own without falling over.
- 3) That was easy! Store in an airtight container and use within one day. Enjoy!

**BANANA FUDGE PIE**

*Recipe by Janice Agle*

Yield: 8-10 Servings

Active Time: 30m

Total Time: 2h

**EQUIPMENT:****INGREDIENTS:**

- (1) premade or [homemade pie crust](#)
- 1 c. chocolate chips, plus more for topping
- 2-3 c. of [homemade whipped cream](#)
- 2 eggs
- ¼ c. sugar
- 3-4 bananas, sliced

**RECIPE:**

- 1) Preheat oven to 350F.
- 2) In a small saucepan, gently melt 1 cup of chips over low heat. Remove from heat.
- 3) Whisk in eggs, sugar, and 1 cup of whipped cream. Mix well.
- 4) Bake for 30-35 minutes, until a cake tester or toothpick comes out clean in the middle.
- 5) Cool completely and chill in the fridge for one hour.
- 6) Melt remaining chips. Meanwhile, layer bananas on top of fudge and cover with remaining whipped cream. Layer extra bananas on top of cream for garnish and drizzle with melted chocolate. Chill for 1 hour before serving.

## **LEMONADE PIE**

*Recipe by Janice Agle*

I know this one sounds a little crazy, but trust me on this. It's like a lighter, easier lemon meringue pie, excellent on a hot day. I know it's a little inconvenient to only use half a can of condensed milk - feel free to double the recipe if prepping for a party or cookout.

Yield: 1 pie

Active Time: 10m

Total Time: Overnight

### **INGREDIENTS:**

- (1) graham cracker crust, or [homemade crust](#)
- 1½ c. whipped cream, preferably [homemade](#)
- 1 packet of Kool-Aid lemonade mix
- ½ can sweetened condensed milk
- Optional: yellow food coloring

### **RECIPE:**

- 1) Whisk lemonade mix and milk in a medium bowl until well combined. Fold in whipped cream and optional food coloring (this will give the filling a more lemonade-like color).
- 2) Pour into crusts and refrigerate overnight before serving.
- 3) Serve with extra whipped cream or lemon/lime wedges. Enjoy!

**PEANUT BUTTER COOKIES** (GF)*Recipe by Tanner Agle*

These simple cookies are satisfying, easy as can be, and totally gluten-free!

Yield: About 16 cookies

Active Time: 10m

Total Time: 30m

**INGREDIENTS:**

- 1 c. smooth peanut butter
- ½ c. brown sugar
- ½ c. white sugar
- 1 egg
- 1 tsp of baking soda
- 1 tsp of vanilla extract
- ¼ tsp of kosher salt

**RECIPE:**

- 1) Preheat oven to 350F.
- 2) Combine peanut butter and both sugars in a large bowl and stir with a large wooden spoon. Add eggs, baking soda, salt, and vanilla extract. Mix well.
- 3) Line two baking sheets with parchment paper and scoop dough out in roughly 1 oz balls (you just want them to be the same size so they cook evenly). There will be a lot of spread so only put about 8 cookies on each pan. Flatten with a fork to make a decorative pattern.
- 4) Bake for 10 minutes, and allow to cool for 5 minutes on the pan. Move to a rack.
- 5) Enjoy!



**BANANA "ICE CREAM"** (Ve)*Recipe by Gavriella Wolf*

This simple recipe satisfies the craving while still being light and wholesome. There is no science to this recipe, and quantities can easily be adjusted to taste. You can try using a blender in place of a food processor, but the food processor is ideal to achieve the right consistency.

Yield: 2-3 Servings

Active Time: 10m

Total Time: 10m

**EQUIPMENT:****INGREDIENTS:**

- 2-4 frozen bananas
- Splash of oat or almond milk (dairy will work, if you must)
- 2-4 Tbsp unsweetened cocoa powder, more to taste
- Optional toppings: crushed Oreos, rainbow sprinkles, coconut flakes, chopped peanuts

**RECIPE:**

- 1) Allow bananas to thaw for 2-3 minutes. Combine bananas and milk in food processor blender and blitz, adding more milk as necessary to get your preferred consistency. Err on the side of less milk, otherwise this will end up more like a smoothie.
- 2) Add cocoa powder to taste, depending on how chocolatey you want it. Mix in toppings.
- 3) Enjoy!

**HELPFUL NOTES:**

We tend to keep bananas in the apartment, and anytime any go brown, we peel them and throw them in a bag in the freezer. As we buy bananas regularly, we stock up, which is great for making batches of banana "ice cream". Fresh out of the food processor, it has the consistency of soft serve, but you can store and freeze the leftovers - it just may not have as creamy a texture as the real deal.

# GETTING FANCY?

**SOMETHING WITH A LITTLE MORE OOMF**

[Homemade Hummus](#) (Ve, GF)

[Homemade Mayo](#) (Vg, GF)

[Homemade Sriracha](#) (Ve, GF)

**HOMEMADE HUMMUS** (Ve, GF)

*Recipe by Tanner Agle*

Yield: 3 Cups

Active Time: 15m

Total Time: 15m

**EQUIPMENT:**

Food Processor

**INGREDIENTS:**

- 2 (15oz) cans of chickpeas
- 2 cloves of garlic, minced or crushed
- 2 tsp kosher salt
- ¼ c. cold water
- ⅓ c. tahini or nut butter of your choice
- ⅓ c. lemon juice, freshly squeezed
- ¼ c. high quality olive oil
- Optional seasonings: cumin, chili powder, sumac (traditional!)

**RECIPE:**

- 1) Place chickpeas, garlic, and salt in the bowl of a food processor. Process for 30 seconds or so, scraping down the sides of the bowl with a rubber spatula.
- 2) Add lemon juice and water and repeat.
- 3) Add tahini and optional seasonings, process, and then add olive oil while the blade runs.
- 4) Taste for salt and seasoning. Enjoy!

**HOMEMADE MAYO** (Vg, GF)

*Recipe by Tanner Agle*

This is the most incredible mayo, lightyears better than anything you'll get from a store.

Yield: 1½ cups, enough to fill one mayo jar

Active Time: 15m

Total Time: 15m

**EQUIPMENT:**

Electric Whisk, or lots of elbow grease

**INGREDIENTS:**

- 1 egg yolk (do NOT include the white in this)
- ½ tsp kosher salt
- ½ tsp dry mustard
- ¼ tsp sugar
- 2 tsp lemon juice
- 1 Tbsp apple cider vinegar
- 1 cup safflower oil

**RECIPE:**

- 1) In a large glass bowl, whisk egg yolk, salt, mustard, and sugar.
- 2) Combine the lemon juice and vinegar, and add half to the egg mixture.
- 3) Start whisking quickly, slowly pouring in the oil. I mean drop by drop.
- 4) Once half the oil is in, add the rest of the lemon juice/vinegar mixture. Continue with oil.
- 5) Continue whisking until entirely incorporated. Leave at room temperature for at least an hour to allow the vinegar to kill off any microbes. Refrigerate for up to two weeks. Enjoy!

**HOMEMADE SRIRACHA** (Ve, GF)*Recipe by Tanner Agle*

This is, you guessed it, the best hot sauce I've ever had. Sriracha itself is an incredibly addictive condiment, but this brings a freshness to it that's unparalleled. This recipe makes a lot—since it takes two weeks, I don't like to do it often—but feel free to cut in half to start.

Yield: 3 Cups

Active Time: 15m

Total Time: 2 weeks

**EQUIPMENT:**

Food Processor

Gloves for handling peppers

**INGREDIENTS:**

- 3 lbs fresno chili peppers
- 12 cloves of garlic, peeled and roughly chopped
- ½ c. brown sugar
- 2 Tbsp kosher salt
- 1 c. distilled white vinegar

**RECIPE:**

- 1) Put on gloves. Trust me.
- 2) Place chilis, garlic, sugar, and salt in the bowl of a food processor and run until almost completely smooth.
- 3) Transfer to a clean jar and let sit at room temperature for two weeks. You heard me, two weeks! You could go shorter, but I find 10-14 days to be the sweet spot for funkiness.
- 4) Make sure to burp the jar every few days to prevent explosion. Stir content every day or so by shaking jar.
- 5) After ferment is complete, add back to your food processor and blend with the vinegar. Get the mixture as smooth as you possibly can.
- 6) Transfer to a fine mesh strainer over a medium saucepan over medium heat, and use a rubber spatula to push through. Keep stirring, it will go through I promise, you just need to keep the solids from blocking the holes.
- 7) Reduce to your desired consistency. Transfer to a bottle and enjoy!

# AFTERWORD

## GOODBYE FOR NOW

You made it! Thank you so much for reading my book and making it this far. I hope this cookbook has helped you and that you found something in these recipes.

Thank you so much to everyone who contributed to this book: recipe submissions, editors, or anyone who gave kind words of encouragement. I had a great time writing and compiling this.

I'd love to hear from you! If you have feedback or ever need any advice, tips, recommendations, or just someone to talk to during this difficult time, please feel free to reach out to me at [tanners.table@gmail.com](mailto:tanners.table@gmail.com). If you like what you see here, check out my blog on Instagram ([@tanners.table](https://www.instagram.com/tanners.table)). I try to post 2-3 times a week and focus on meals in the same vein as what you've seen here: affordable, accessible, healthy, and delicious meals.

Cooking has brought me even more comfort than usual during this time, and I hope it does for you too. I am thankful for this time you've spent with me. Sharpen your knives, pay attention to what produce in your fridge should be eaten soon, and keep an eye on your burners. Stay safe, stay healthy.

- Tanner

*"No one is born a great cook, one learns by doing." - Julia Child*

# RESOURCES

## HELP WHEN I CAN'T BE THERE

- [Basically by Bon Appetit](#)
- [Knife Skills by Tasty](#)
- [Foodwishes by Chef John](#), far and away the best food blog out there with no specific cuisine. Terrific recipes with step-by-step, easy to follow instructions.
- [Gordon Ramsay](#), a celebrity chef you're almost certainly already familiar with, providing tons of free cooking instructionals
- [Serious Eats](#), for the deep dive into the science of cooking. Great resource for finding out why doing certain things changes the way your cooking turns out.
- [Good Eats](#), my personal favorite TV program of all time headed up by Alton Brown breaks down specific ingredients, dishes, and methods of cooking Bill Nye-style.
- [America's Test Kitchen](#), the OG resource for food science and unbeatable recipes.
- [Chef Steps](#), a food science resource on YouTube explaining why we use certain ingredients and methods to improve our cooking.
- [Food Politics by Marion Nestle](#), insightful blog following the politics of where we source our food, how we eat it, and how it shapes our culture.
- [BudgetBytes](#), price-conscious recipes with full cost breakdowns.