



SIMPLE, NOURISHING MEALS FROM PANTRY FOODS



● PAREVE

● DAIRY

● MEAT

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BREAKFASTS

5 recipes

Warm Apple Cinnamon Oatmeal

Peanut Butter and Jelly Bagel

Cheesy Scrambled Eggs

Golden French Toast

Fruit and Yogurt Bowl

Warm Apple Cinnamon Oatmeal

A warm, comforting bowl made with hot cereal and applesauce. A great way to start a cold morning.



Prep	2 min
Cook	8 min
Total	10 min
Serves	2

EQUIPMENT

Small pot • Spoon • Measuring cup

INGREDIENTS

- ▶ 1 packet plain or flavored hot cereal (or 1 cup dry oats)
- ▶ 1 cup water (or boxed nondairy milk)
- ▶ 1/2 cup applesauce
- ▶ 1 tbsp honey
- ▶ Pinch of cinnamon (optional)
- ▶ Pinch of sugar or Splenda (optional)

INSTRUCTIONS

1. Pour the water (or non-dairy milk) into a small pot.
2. Bring to a gentle boil over medium heat.
3. Stir in the hot cereal or oats.
4. Lower the heat and stir every 30 seconds for 3-5 minutes, until thick and soft.
5. Turn off the heat. Stir in the applesauce, honey, and cinnamon (if using). Taste, and add the sugar or Splenda if you'd like it sweeter.
6. Let it sit 1 minute before eating – it will be very hot.

STORAGE

Store leftovers in a covered container in the refrigerator for up to 3 days.

REHEATING

Reheat in a pot on low heat with a splash of water, stirring often. Or microwave 1 minute, stirring halfway.

SUBSTITUTIONS

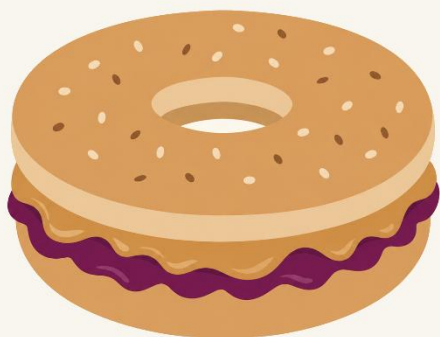
No applesauce? Use canned peaches or pears, chopped small, instead. No honey? Use a spoonful of sugar or jelly.

NUTRITION

Good source of fiber. Naturally sweetened.

Peanut Butter and Jelly Bagel

A filling, no-cook breakfast that takes minutes to put together.



Prep	3 min
Cook	0 min
Total	3 min
Serves	1

EQUIPMENT

Knife • Cutting board or plate

INGREDIENTS

- ▶ 1 bagel
- ▶ 2 tbsp peanut butter
- ▶ 1 tbsp jelly
- ▶ 1/2 fresh apple or orange, sliced (optional)

INSTRUCTIONS

1. Slice the bagel in half.
2. Toast if you have a toaster (optional, but tastes better).
3. Spread peanut butter on one half.
4. Spread jelly on the other half.
5. Press the two halves together, or eat open-faced.
6. Serve with sliced fresh fruit on the side if you have it.

STORAGE

Best eaten fresh. Un-toasted bagels keep at room temperature for 2-3 days.

REHEATING

Toast the plain bagel first, then add peanut butter and jelly after.

SUBSTITUTIONS

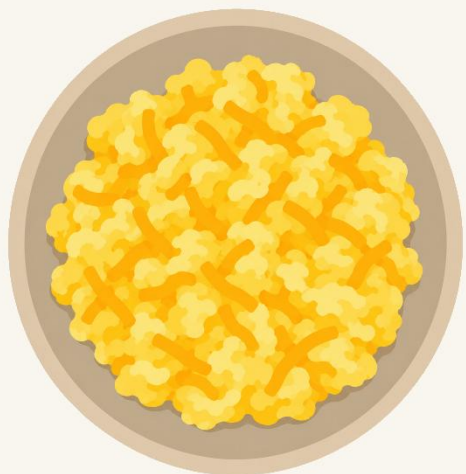
No bagel? Use bread instead. No jelly? A drizzle of honey works well too.

NUTRITION

High in protein from the peanut butter.

Cheesy Scrambled Eggs

Soft, cheesy scrambled eggs made in one pan. A protein-packed way to start the day.



Prep	3 min
Cook	5 min
Total	8 min
Serves	2

EQUIPMENT

Nonstick skillet • Bowl • Fork or whisk • Spatula

INGREDIENTS

- ▶ 4 eggs
- ▶ 2 tbsp boxed non-dairy milk or water
- ▶ 1 tbsp cooking oil
- ▶ 1/3 cup shredded cheese or 2 slices American cheese, torn up
- ▶ Pinch of salt

INSTRUCTIONS

1. Crack the eggs into a bowl. Add the milk or water and salt.
2. Beat with a fork until the yolks and whites are mixed together.
3. Heat the oil in a skillet over medium-low heat.
4. Pour in the eggs. Let them sit for 20 seconds, then start stirring gently with a spatula.
5. Keep stirring gently every 20-30 seconds. Cook 3-4 minutes, until there is no more runny liquid egg and the eggs are softly set.
6. Turn off the heat, stir in the cheese, and let it melt for 1 minute before serving.

STORAGE

Best eaten right away.
Leftovers keep in the fridge,
covered, for 1 day.

REHEATING

Reheat gently in a covered
pan on low heat, or
microwave 30 seconds at a
time.

SUBSTITUTIONS

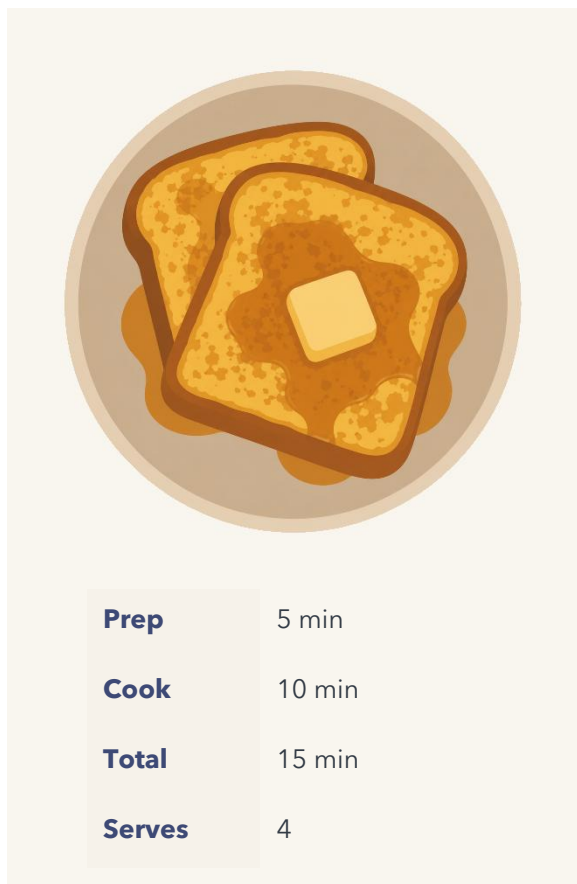
No shredded cheese? Any
sliced cheese from the
pantry works, torn into small
pieces.

NUTRITION

High in protein.

Golden French Toast

Crispy on the outside, soft in the middle – a breakfast that feels like a treat.



EQUIPMENT

Nonstick skillet • Wide bowl • Fork or whisk • Spatula

INGREDIENTS

- ▶ 6 slices bread (a little stale is fine)
- ▶ 3 eggs
- ▶ 1/2 cup boxed non-dairy milk
- ▶ 1 tbsp sugar
- ▶ 1 tbsp cooking oil
- ▶ Honey, for serving

INSTRUCTIONS

1. Crack the eggs into a wide bowl.
2. Add the milk and sugar, and whisk everything together.
3. Heat the oil in a skillet over medium heat.
4. Dip one slice of bread in the egg mixture, then flip it over to coat the other side.
5. Lay the bread in the hot skillet. Repeat with 2-3 more slices, without crowding the pan.
6. Cook 2-3 minutes per side, until golden brown.
7. Repeat with remaining bread, adding more oil if needed.
8. Serve warm, drizzled with honey.

STORAGE

Store leftovers covered in the fridge for up to 2 days.

REHEATING

Reheat in a dry skillet over medium heat, 1-2 minutes per side, or toast briefly.

SUBSTITUTIONS

No fresh bread? Slightly stale bread actually works best. Applesauce can replace the sugar for a milder sweetness.

NUTRITION

Good source of protein.

Fruit and Yogurt Bowl

A cool, no-cook breakfast that's ready in minutes.



Prep	5 min
Cook	0 min
Total	5 min
Serves	1

EQUIPMENT

Bowl • Spoon

INGREDIENTS

- ▶ 1 cup yogurt
- ▶ 1/2 cup canned peaches or pears, drained and chopped
- ▶ 1/4 cup cold cereal or toasted oats
- ▶ 1 tsp honey (optional)

INSTRUCTIONS

1. Spoon the yogurt into a bowl.
2. Top with the chopped canned fruit. Do not pour the liquid from the can into the bowl – drain it first.
3. Sprinkle the cereal on top for crunch.
4. Drizzle with honey if you'd like it sweeter.

STORAGE

Best eaten right away so the cereal stays crunchy. Yogurt and fruit can be mixed ahead and stored covered for 1 day; add cereal just before eating.

REHEATING

This recipe is served cold – no reheating needed.

SUBSTITUTIONS

No canned fruit? Use a chopped fresh apple or orange instead.

NUTRITION

Good source of protein and calcium.

SOUPS & STEWS

3 recipes

Hearty Lentil Soup

Three Bean Vegetable Soup

Creamy Tomato Soup with Cheese Toast

Hearty Lentil Soup

A simple, filling soup made almost entirely from shelf-stable pantry staples.



Prep	5 min
Cook	25 min
Total	30 min
Serves	8-10

EQUIPMENT

Large pot • Spoon

INGREDIENTS

- ▶ 2 cups dry lentils, rinsed
- ▶ 8 cups water
- ▶ 1 can diced tomatoes
- ▶ 1 can corn or green beans, drained
- ▶ 2 tbsp cooking oil
- ▶ 1 tbsp soup mix seasoning (any flavor)
- ▶ Salt, to taste

INSTRUCTIONS

1. Put the lentils and water in a large pot.
2. Bring to a boil over high heat.
3. Stir in the diced tomatoes, canned vegetable, oil, and soup mix seasoning.
4. Lower the heat so the soup gently bubbles. Cover partway with a lid.
5. Simmer 20-25 minutes, stirring occasionally, until the lentils are soft.
6. Add salt to taste before serving.

STORAGE

Store in a covered container in the fridge for up to 5 days, or freeze for up to 3 months.

REHEATING

Reheat in a pot over medium heat, stirring often, adding a splash of water if it's too thick. Or microwave in a covered bowl.

SUBSTITUTIONS

Use two cans of beans (drained and rinsed) instead of the lentils for a quicker bean soup: use only 4 cups water and simmer for 10 minutes.

NUTRITION

High in fiber and plant protein. Very low cost per serving.

Three Bean Vegetable Soup

A thick, stick-to-your-ribs soup using canned beans and vegetables.



Prep	5 min
Cook	20 min
Total	25 min
Serves	8

EQUIPMENT

Large pot • Can opener • Spoon

INGREDIENTS

- ▶ 1 can kidney beans, drained
- ▶ 1 can black beans, drained
- ▶ 1 can baked beans (not drained)
- ▶ 1 can diced tomatoes
- ▶ 1 can green beans, drained
- ▶ 4 cups water
- ▶ 1 tbsp cooking oil
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat the oil in a large pot over medium heat.
2. Add all the beans, the diced tomatoes, and the water.
3. Stir well and bring to a boil.
4. Lower the heat and simmer 15-20 minutes, stirring occasionally.
5. Add salt to taste before serving.

STORAGE

Keeps covered in the fridge for up to 5 days, or freeze for up to 3 months.

REHEATING

Warm in a pot over medium heat, or microwave in a covered bowl, stirring halfway.

SUBSTITUTIONS

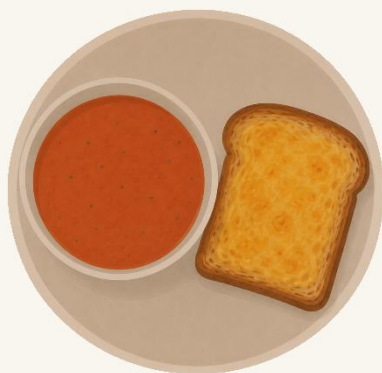
Use whatever canned beans you have – garbanzo, pinto, and navy beans all work well.

NUTRITION

High in fiber and protein. Vegetable-rich.

Creamy Tomato Soup with Cheese Toast

Classic tomato soup made rich with a little cheese, served with melty cheese toast for dipping.



Prep	5 min
Cook	12 min
Total	17 min
Serves	4

EQUIPMENT

Medium pot • Baking sheet or toaster oven • Spoon

INGREDIENTS

- ▶ 1 can tomato soup
- ▶ 1 can water (use the empty soup can)
- ▶ 1/4 cup shredded cheese, plus extra for the toast
- ▶ 4 slices bread
- ▶ 1 tbsp cooking oil

INSTRUCTIONS

1. Pour the tomato soup and the can of water into a pot.
2. Heat over medium heat, stirring, until it starts to bubble gently.
3. Stir in the 1/4 cup of shredded cheese until melted. Lower the heat to keep warm.
4. While the soup heats, brush the bread lightly with oil and top with extra shredded cheese.
5. Toast the bread in a toaster oven or under a broiler for 2-3 minutes, until the cheese melts and bubbles.
6. Serve the soup hot with the cheese toast for dipping.

STORAGE

Store soup covered in the fridge for up to 4 days. Cheese toast is best made fresh.

REHEATING

Reheat soup in a pot over low heat, stirring often, or in the microwave.

SUBSTITUTIONS

No shredded cheese? Use torn slices of American cheese instead.

NUTRITION

Good source of calcium. Vegetable-rich.

MEAT MAIN DISHES

5 recipes

Beef and Bean Chili

One-Pot Beef Pasta

Honey Mustard Chicken Couscous

Chicken, Beans and Rice Skillet

Slow Cooker Beef and Corn Stew

Beef and Bean Chili

A thick, hearty chili that feeds a crowd and reheats beautifully. Doubles easily.



Prep	5 min
Cook	40 min
Total	45 min
Serves	8+

EQUIPMENT

Large pot • Wooden spoon

INGREDIENTS

- ▶ 1 lb ground beef
- ▶ 1 tbsp cooking oil
- ▶ 2 cans beans (kidney, black, or a mix), drained
- ▶ 2 cans diced tomatoes
- ▶ 1 can corn, drained
- ▶ 2 tbsp ketchup
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat the oil in a large pot over medium-high heat.
2. Add the ground beef and break it up with a wooden spoon.
3. Cook 6-8 minutes, stirring often, until no pink remains.
4. Add the beans, diced tomatoes, corn, and ketchup. Stir well.
5. Bring to a gentle boil, then lower the heat.
6. Simmer uncovered 30 minutes, stirring occasionally.
7. Add salt to taste. Serve over rice or with crackers.

STORAGE

Store covered in the fridge for up to 4 days, or freeze for up to 3 months.

REHEATING

Reheat in a pot over medium-low heat, stirring often, or in the microwave in a covered bowl.

SUBSTITUTIONS

Any canned bean works. No ketchup? A splash of pasta sauce adds similar sweetness.

NUTRITION

High in protein and fiber. Great for feeding a large group.

One-Pot Beef Pasta

Pasta, sauce, and beef all cooked in one pot for an easy weeknight dinner.



Prep	5 min
Cook	20 min
Total	25 min
Serves	6

EQUIPMENT

Large pot • Wooden spoon

INGREDIENTS

- ▶ 1 lb ground beef
- ▶ 1 jar pasta sauce
- ▶ 2 jars water (use the empty sauce jar)
- ▶ 1 lb short pasta (like macaroni or shells)
- ▶ 1 can green beans, drained
- ▶ Salt, to taste

INSTRUCTIONS

1. Brown the ground beef in a large pot over medium-high heat, breaking it up as it cooks, about 6-8 minutes.
2. Drain off any extra grease if needed.
3. Add the pasta sauce and the two jars of water. Stir and bring to a boil.
4. Add the dry pasta and green beans. Stir well.
5. Lower the heat slightly so it bubbles steadily. Cook uncovered 12-14 minutes, stirring every few minutes, until the pasta is tender.
6. Add salt to taste and serve.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in a pot with a splash of water over medium-low heat, or microwave covered, stirring halfway.

SUBSTITUTIONS

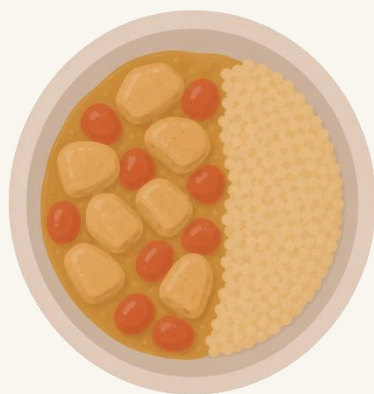
Swap green beans for peas or corn. Any short pasta shape works.

NUTRITION

High in protein. Vegetable-rich.

Honey Mustard Chicken Couscous

Sweet and tangy chicken served over fluffy couscous with chickpeas and tomatoes.



Prep	5 min
Cook	20 min
Total	25 min
Serves	6

EQUIPMENT

Large skillet with lid • Spoon

INGREDIENTS

- ▶ 1 lb chicken, thawed and diced
- ▶ 1 tbsp cooking oil
- ▶ 2 tbsp honey
- ▶ 1 tbsp mustard
- ▶ 1 can chickpeas, drained
- ▶ 1 can diced tomatoes
- ▶ 1.5 cups water
- ▶ 1.5 cups dry couscous
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat.
2. Add the diced chicken and cook 6-7 minutes, stirring, until browned and cooked through (no pink inside).
3. Stir in the honey and mustard, coating the chicken.
4. Add the chickpeas, diced tomatoes, and water. Stir and bring to a boil.
5. Stir in the dry couscous, cover the pan, and remove from heat.
6. Let it sit, covered, for 5 minutes.
7. Fluff with a fork, add salt to taste, and serve.

STORAGE

Store covered in the fridge for up to 3 days.

REHEATING

Reheat in a covered pan over low heat with a splash of water, or microwave covered.

SUBSTITUTIONS

No couscous? Use quinoa or rice instead (adjust water and cooking time to package directions).

NUTRITION

High in protein and fiber.

Chicken, Beans and Rice Skillet

A filling one-pan dinner combining chicken, beans, and rice.



Prep	5 min
Cook	25 min
Total	30 min
Serves	6

EQUIPMENT

Large skillet with lid • Spoon

INGREDIENTS

- ▶ 1 lb chicken, thawed and diced
- ▶ 1 tbsp cooking oil
- ▶ 1 cup dry rice
- ▶ 1 can black or kidney beans, drained
- ▶ 1 can diced tomatoes
- ▶ 1.5 cups water
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat.
2. Add the chicken and cook 6-7 minutes, stirring, until browned and cooked through.
3. Add the rice, beans, diced tomatoes, and water. Stir well.
4. Bring to a boil, then lower the heat to low and cover with a lid.
5. Simmer about 15-20 minutes without lifting the lid, until the rice is tender and the water is absorbed. Cooking time can vary depending on your stove and pan, so check at 15 minutes. If the rice isn't tender after 20 minutes, add 1/4 cup more water, cover, and continue cooking.
6. Fluff with a fork, add salt to taste, and serve.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in a covered skillet over low heat with a splash of water, or microwave covered.

SUBSTITUTIONS

Swap rice for quinoa, following the package directions for water and cooking time.

NUTRITION

High in protein and fiber.

Slow Cooker Beef and Corn Stew

A hands-off stew that simmers all day and makes the whole house smell good.



Prep	15 min
Cook	6-8 hrs (slow cooker)
Total	6-8 hrs
Serves	8

EQUIPMENT

Slow cooker • Skillet • Spoon

INGREDIENTS

- ▶ 1 lb ground beef
- ▶ 1 tbsp cooking oil
- ▶ 1 can baked beans
- ▶ 1 can diced tomatoes
- ▶ 1 can corn, drained
- ▶ 1 can green beans, drained
- ▶ 1 cup water
- ▶ Salt, to taste

INSTRUCTIONS

1. In a skillet, brown the ground beef in the oil over medium-high heat for 5-6 minutes, breaking it up as it cooks, until no pink remains. Drain off the fat.
2. Put the browned beef into the slow cooker.
3. Add the baked beans, diced tomatoes, corn, green beans, and water. Stir well.
4. Cover and cook on low for 6-8 hours, or on high for 3-4 hours.
5. Stir before serving and add salt to taste.

STORAGE

Store covered in the fridge for up to 4 days, or freeze for up to 3 months.

REHEATING

Reheat in a pot over medium-low heat, stirring often, or microwave in a covered bowl.

SUBSTITUTIONS

No slow cooker? Simmer everything in a covered pot on the stove over low heat for about 45 minutes, stirring occasionally.

NUTRITION

High in protein and fiber.
Great make-ahead meal.

DAIRY MAIN DISHES

3 recipes

Simple Shakshuka

Creamy Mac and Cheese with Peas

Baked Tomato Cheese Pasta

Simple Shakshuka

Eggs gently cooked in a warm tomato sauce, topped with melty cheese. Scoop it up with bread.



Prep	5 min
Cook	20 min
Total	25 min
Serves	4-6

EQUIPMENT

Wide skillet with lid • Spoon

INGREDIENTS

- ▶ 2 cans diced tomatoes (or 1 jar pasta sauce)
- ▶ 1 tbsp cooking oil
- ▶ 6-8 eggs
- ▶ 1/2 cup shredded cheese
- ▶ Salt, to taste
- ▶ Bread, for serving

INSTRUCTIONS

1. Heat the oil in a wide skillet over medium heat.
2. Add the diced tomatoes (or pasta sauce), cover the pan, and simmer 10 minutes, stirring occasionally, until slightly thickened.
3. Use a spoon to make small wells in the sauce. Crack one egg into each well.
4. Cover the pan and cook 6-8 minutes, until the egg whites are set but the yolks are still soft (cook longer if you prefer firm yolks).
5. Sprinkle the shredded cheese over the top, cover again for 1 minute to melt.
6. Add salt to taste and serve straight from the pan with bread for scooping.

STORAGE

Best eaten fresh. Leftovers keep covered in the fridge for 1 day.

REHEATING

Reheat gently in a covered skillet over low heat until warmed through.

SUBSTITUTIONS

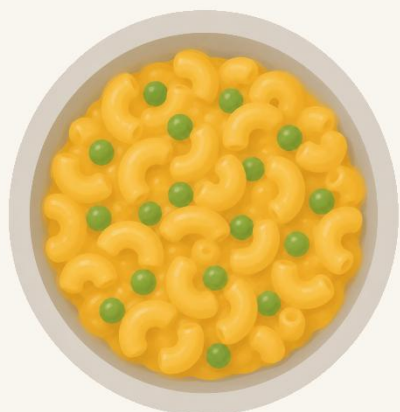
Leave off the cheese to make this a pareve dish instead.

NUTRITION

High in protein. Vegetable-rich.

Creamy Mac and Cheese with Peas

A homemade twist on stovetop mac and cheese, with peas stirred in for extra nutrition.



Prep	5 min
Cook	15 min
Total	20 min
Serves	6

EQUIPMENT

Large pot • Colander • Spoon

INGREDIENTS

- ▶ 1 lb pasta
- ▶ 4 oz cream cheese
- ▶ 1 cup shredded cheese
- ▶ 1 can peas, drained
- ▶ Salt, to taste

INSTRUCTIONS

1. Bring a large pot of water to a boil and cook the pasta according to the package directions.
2. Before draining, scoop out 1 cup of the hot pasta water and set it aside.
3. Drain the pasta and return it to the pot.
4. Add the cream cheese and shredded cheese to the hot pasta. Stir until melted and smooth, adding a splash of the saved pasta water if it looks too thick.
5. Stir in the drained peas.
6. Add salt to taste and serve warm.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in a pot over low heat with a splash of water or milk, stirring often, or microwave covered.

SUBSTITUTIONS

Use boxed macaroni and cheese instead of cream cheese and shredded cheese if that's what you have – just stir in the peas at the end.

NUTRITION

Good source of calcium. Vegetable-rich.

Baked Tomato Cheese Pasta

A warm, bubbly baked pasta that's mostly hands-off once it's in the oven.



Prep	10 min
Cook	20 min
Total	30 min
Serves	6

EQUIPMENT

Large pot • Baking dish • Colander • Spoon

INGREDIENTS

- ▶ 1 lb pasta
- ▶ 1 jar pasta sauce
- ▶ 1 cup shredded cheese
- ▶ Salt, to taste

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Cook the pasta in a large pot of boiling water until just tender, following the package directions.
3. Drain the pasta and stir it together with the pasta sauce in the pot. Add salt to taste.
4. Pour the pasta into a baking dish and spread it out evenly.
5. Sprinkle the shredded cheese evenly over the top.
6. Bake uncovered for 12-15 minutes, until the cheese is melted and bubbly.
7. Let cool 5 minutes before serving.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat covered in the oven at 350°F for about 15 minutes, or microwave individual portions.

SUBSTITUTIONS

No baking dish? Skip the oven step – just stir the cheese into the hot pasta on the stovetop until melted.

NUTRITION

Good source of calcium.

PAREVE BOWLS & MAINS

5 recipes

Quinoa Black Bean Bowl

Egg Fried Rice

Tuna and White Bean Salad

Chickpea Couscous with Tomatoes

Rice and Bean Bowl with Corn and Peas

Quinoa Black Bean Bowl

A protein-rich bowl that tastes good warm or cold, making it great for leftovers.



Prep	5 min
Cook	15 min
Total	20 min
Serves	6

EQUIPMENT

Medium pot with lid • Spoon

INGREDIENTS

- ▶ 1.5 cups dry quinoa, rinsed
- ▶ 3 cups water
- ▶ 1 can black beans, drained
- ▶ 1 can corn, drained
- ▶ 2 tbsp olive oil
- ▶ Salt, to taste

INSTRUCTIONS

1. Put the quinoa and water in a medium pot.
2. Bring to a boil over high heat, then lower the heat to low and cover.
3. Simmer 15 minutes, without lifting the lid, until the water is absorbed.
4. Turn off the heat and let it sit, covered, for 5 minutes.
5. Fluff the quinoa with a fork, then fold in the black beans, corn, and olive oil.
6. Add salt to taste. Serve warm, or chill and serve cold.

STORAGE

Store covered in the fridge for up to 5 days.

REHEATING

Serve cold as-is, or reheat in the microwave for 1-2 minutes, stirring halfway.

SUBSTITUTIONS

Swap the black beans or corn for any canned bean or vegetable you have on hand.

NUTRITION

High in plant protein and fiber.

Egg Fried Rice

A simple, satisfying way to use up rice and eggs together in one pan.



Prep	5 min
Cook	10 min
Total	15 min
Serves	6

EQUIPMENT

Large skillet • Spatula

INGREDIENTS

- ▶ 2 cups cooked rice (day-old rice works great)
- ▶ 4-6 eggs
- ▶ 2 tbsp cooking oil
- ▶ 1 can peas or corn, drained
- ▶ 1-2 tbsp soy sauce (or ketchup, if soy sauce isn't available)
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat 1 tablespoon of oil in a large skillet over medium heat. Add the cooked rice and cook 2-3 minutes, stirring.
2. Push the rice to one side of the pan. Add the remaining oil to the empty side.
3. Crack the eggs into the empty side and scramble them, breaking into small pieces as they cook, about 2-3 minutes.
4. Mix the scrambled eggs into the rice.
5. Stir in the peas or corn and the soy sauce.
6. Cook 2-3 more minutes, stirring, until everything is warmed through. Add salt to taste.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in a skillet over medium heat, stirring, or microwave covered with a splash of water.

SUBSTITUTIONS

Any cooked grain works in place of rice, including quinoa or couscous. No soy sauce? Use ketchup instead for a different but still tasty flavor.

NUTRITION

Good source of protein. Vegetable-rich.

Tuna and White Bean Salad

A no-cook, protein-packed salad that comes together in minutes.



Prep	10 min
Cook	0 min
Total	10 min
Serves	4

EQUIPMENT

Bowl • Fork • Can opener

INGREDIENTS

- ▶ 2 cans tuna, drained
- ▶ 1 can white or kidney beans, drained
- ▶ 2 tbsp olive oil
- ▶ 1 tsp mustard
- ▶ Salt, to taste
- ▶ Crackers, for serving

INSTRUCTIONS

1. Drain the tuna and beans well and add them to a bowl.
2. Add the olive oil and mustard.
3. Mix everything together with a fork, breaking up the tuna as you go.
4. Add salt to taste.
5. Serve on crackers or alongside bread.

STORAGE

Store covered in the fridge for up to 3 days.

REHEATING

This dish is served cold – no reheating needed.

SUBSTITUTIONS

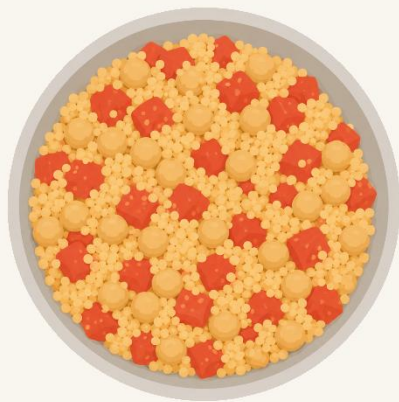
Swap white beans for chickpeas or kidney beans. A spoonful of ketchup can replace the mustard.

NUTRITION

High in protein.

Chickpea Couscous with Tomatoes

A fast, filling bowl that's ready in about 15 minutes with almost no cleanup.



Prep	5 min
Cook	10 min
Total	15 min
Serves	6

EQUIPMENT

Medium pot with lid • Spoon

INGREDIENTS

- ▶ 1.5 cups dry couscous
- ▶ 1.5 cups water
- ▶ 1 can chickpeas, drained
- ▶ 1 can diced tomatoes
- ▶ 2 tbsp olive oil
- ▶ Salt, to taste

INSTRUCTIONS

1. Put the water, diced tomatoes, and chickpeas in a pot.
2. Bring to a boil over medium-high heat.
3. Stir in the dry couscous.
4. Cover the pot and remove it from the heat.
5. Let it sit, covered, for 5 minutes.
6. Fluff with a fork, stir in the olive oil, and add salt to taste.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in the microwave covered, or in a pot over low heat with a splash of water.

SUBSTITUTIONS

Swap couscous for quinoa or rice (adjust water and cook time to the package directions).

NUTRITION

High in fiber and plant protein.

Rice and Bean Bowl with Corn and Peas

A colorful, budget-friendly bowl built from pantry basics.



Prep	5 min
Cook	20 min
Total	25 min
Serves	6

EQUIPMENT

Medium pot with lid • Spoon

INGREDIENTS

- ▶ 1 cup dry rice
- ▶ 2 cups water
- ▶ 1 can kidney or black beans, drained
- ▶ 1 can corn, drained
- ▶ 1 can peas, drained
- ▶ 1 tbsp cooking oil
- ▶ Salt, to taste

INSTRUCTIONS

1. Put the rice and water in a pot. Bring to a boil.
2. Cover, lower the heat, and simmer 15-18 minutes without lifting the lid, until the water is absorbed.
3. Turn off the heat and let sit, covered, 5 minutes.
4. Fluff the rice with a fork, then stir in the beans, corn, peas, and oil.
5. Cover the pot and warm everything together over low heat for 2-3 minutes, stirring gently.
6. Add salt to taste and serve.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in the microwave covered, or in a pot over low heat with a splash of water.

SUBSTITUTIONS

Any combination of canned beans and vegetables works well here – use what you have.

NUTRITION

High in fiber. Vegetable-rich.

SIDES

3 recipes

Garlic Green Beans
Sweet Honey Corn and Peas
Seasoned Baked Beans

Garlic Green Beans

A quick vegetable side with a savory, garlicky finish.



Prep	2 min
Cook	8 min
Total	10 min
Serves	4

EQUIPMENT

Skillet • Spoon

INGREDIENTS

- ▶ 2 cans green beans, drained
- ▶ 1 tbsp cooking oil
- ▶ 1 tsp garlic powder (or 2 cloves fresh garlic, minced, if available)
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Add the garlic powder (or minced garlic) to the oil and cook for 30 seconds, stirring, until fragrant.
3. Add the green beans.
4. Cook 6-8 minutes, stirring occasionally, until heated through and lightly browned in spots.
5. Add salt to taste and serve.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in a skillet over medium heat for 2-3 minutes, or microwave.

SUBSTITUTIONS

Swap green beans for canned corn or peas. No garlic powder? A little extra salt and oil still makes a tasty side.

NUTRITION

Vegetable-rich. Low calorie.

Sweet Honey Corn and Peas

A slightly sweet vegetable side that pairs well with almost any main dish.



Prep	2 min
Cook	6 min
Total	8 min
Serves	4

EQUIPMENT

Small pot • Spoon

INGREDIENTS

- ▶ 1 can corn, drained
- ▶ 1 can peas, drained
- ▶ 1 tbsp cooking oil
- ▶ 1 tbsp honey
- ▶ Salt, to taste

INSTRUCTIONS

1. Heat the oil in a small pot over medium heat.
2. Add the corn and peas.
3. Cook 4-5 minutes, stirring occasionally, until heated through.
4. Stir in the honey and cook 1 more minute.
5. Add salt to taste and serve.

STORAGE

Store covered in the fridge for up to 4 days.

REHEATING

Reheat in a pot over low heat, stirring, or microwave.

SUBSTITUTIONS

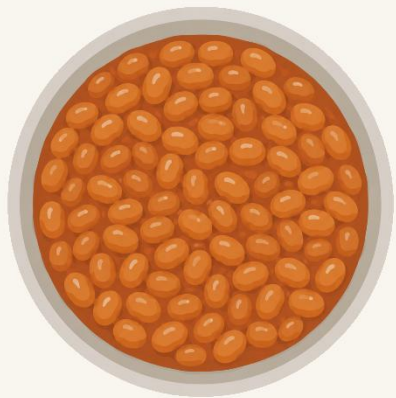
Use just one vegetable if you don't have both – double the amount.

NUTRITION

Vegetable-rich.

Seasoned Baked Beans

Warmed-up baked beans with a little extra flavor stirred in.



Prep	2 min
Cook	8 min
Total	10 min
Serves	4

EQUIPMENT

Small pot • Spoon

INGREDIENTS

- ▶ 2 cans baked beans
- ▶ 1 tbsp ketchup
- ▶ 1 tsp mustard
- ▶ Salt, to taste

INSTRUCTIONS

1. Pour the baked beans into a small pot.
2. Stir in the ketchup and mustard.
3. Heat over medium-low heat, stirring occasionally, for 6-8 minutes, until hot.
4. Add salt to taste and serve.

STORAGE

Store covered in the fridge for up to 5 days.

REHEATING

Reheat in a pot over low heat, or microwave in a covered bowl.

SUBSTITUTIONS

No mustard? Leave it out – the beans will still taste great.

NUTRITION

High in fiber.

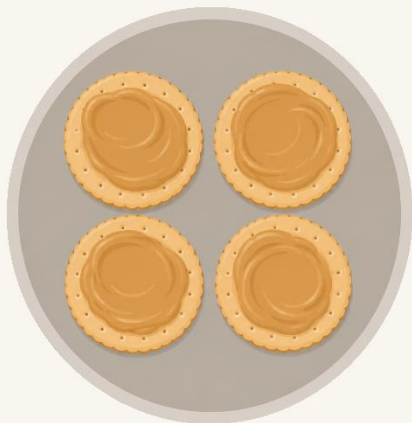
SNACKS

2 recipes

Peanut Butter Crackers **Cereal and Peanut Butter Trail Mix**

Peanut Butter Crackers

A classic no-cook snack that's ready in minutes.



Prep	5 min
Cook	0 min
Total	5 min
Serves	2

EQUIPMENT

Knife or spoon • Plate

INGREDIENTS

- ▶ 8-10 crackers
- ▶ 3 tbsp peanut butter
- ▶ 1 tbsp jelly (optional)

INSTRUCTIONS

1. Spread a thin layer of peanut butter on half of the crackers.
2. Add a small dab of jelly on top of the peanut butter, if using.
3. Top each with a second cracker to make a sandwich.
4. Serve right away.

STORAGE

Best eaten fresh, but can be stored in a sealed container for up to 1 day.

REHEATING

No reheating needed.

SUBSTITUTIONS

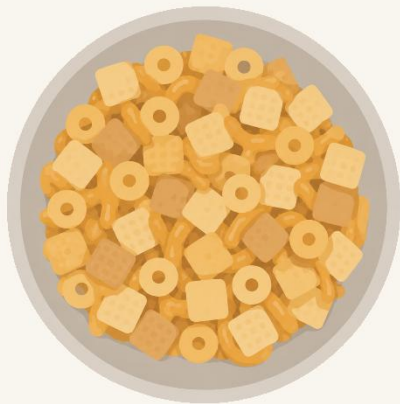
No jelly? These are just as good with peanut butter alone.

NUTRITION

High in protein.

Cereal and Peanut Butter Trail Mix

A sweet and salty snack mix that's easy to make in a big batch.



Prep	5 min
Cook	0 min
Total	5 min
Serves	6

EQUIPMENT

Large bowl • Spoon

INGREDIENTS

- ▶ 3 cups cold cereal (any kind)
- ▶ 3 tbsp peanut butter, warmed slightly so it's soft
- ▶ 1 tbsp honey

INSTRUCTIONS

1. Put the cereal in a large bowl.
2. Warm the peanut butter for 15-20 seconds in the microwave, or set it near a warm stove, until soft and easy to stir.
3. Drizzle the peanut butter and honey over the cereal.
4. Toss gently until the cereal is lightly coated.
5. Spread out on a plate to cool slightly before eating.

STORAGE

Store in a sealed container at room temperature for up to 5 days.

REHEATING

No reheating needed.

SUBSTITUTIONS

Any cold cereal works – mix a few kinds together for variety.

NUTRITION

Good source of protein.

DESSERTS

2 recipes

Honey Baked Pears **Peach Crisp with Crunchy Topping**

Honey Baked Pears

A warm, lightly sweet dessert that takes just a few minutes in the oven.



Prep	5 min
Cook	15 min
Total	20 min
Serves	4

EQUIPMENT

Baking dish • Spoon

INGREDIENTS

- ▶ 1 can pears, drained
- ▶ 2 tbsp honey
- ▶ 1 tbsp cooking oil

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Arrange the drained pears in a baking dish.
3. Drizzle the honey and oil evenly over the pears.
4. Bake uncovered for 12-15 minutes, until warm and slightly caramelized at the edges.
5. Let cool a few minutes before serving.

STORAGE

Store covered in the fridge for up to 3 days.

REHEATING

Reheat in the microwave for 30-45 seconds, or serve cold.

SUBSTITUTIONS

Canned peaches or pineapple work just as well as pears.

NUTRITION

Naturally sweetened, no added sugar.

Peach Crisp with Crunchy Topping

A cozy baked dessert with a crunchy cracker topping standing in for a traditional crumble.



Prep	10 min
Cook	20 min
Total	30 min
Serves	6

EQUIPMENT

Baking dish • Bowl • Spoon

INGREDIENTS

- ▶ 2 cans peaches, drained (juice reserved)
- ▶ 1 cup crushed crackers
- ▶ 2 tbsp sugar
- ▶ 3 tbsp cooking oil
- ▶ 1 tbsp honey

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Spread the drained peaches evenly in a baking dish. Drizzle with 2 tablespoons of the reserved peach juice.
3. In a bowl, mix the crushed crackers, sugar, oil, and honey until it looks like wet sand.
4. Sprinkle the cracker mixture evenly over the peaches.
5. Bake uncovered for 18-20 minutes, until the top is golden and the peaches are bubbling.
6. Let cool 5-10 minutes before serving.

STORAGE

Store covered in the fridge for up to 3 days.

REHEATING

Reheat in the microwave for 30-45 seconds, or in the oven at 350°F for 10 minutes.

SUBSTITUTIONS

Canned pears or pineapple can be used in place of peaches.

NUTRITION

Naturally sweetened.