



THE
SUPPERS
PROGRAMS



PANTRY DISHES

CONTENT BY JIM WEBER & DOR MULLEN
FORMATTING BY RACHEL DEBOER

AN INTRODUCTION TO PANTRY DISH COOKING

Cooking with Ingredients that Have a Naturally Long Shelf Life

Pantry dishes are delicious items you can make with ingredients that are either stable on the shelf or hold well in the fridge or freezer. These recipes are made with ingredients that are just fine for a month or more and will be there waiting for you when you can't get to the grocery store. You don't need to sacrifice good nutrition or flavor; in fact some of the most delicious ingredients in the kitchen are the trustworthy herbs and spices that are good for 6 months or more.

But it does require a *plan*. Buy only what you will eat, and eat what you buy. You can save money and reduce waste rather than throwing out unused perishables. This guide will help you stock your pantry for health and flavor, store and strategize properly, and introduce new ideas and recipes into your home.

Advantages of Pantry Dish Cooking

- Less waste
- Fewer trips to the food store
- You'll be ready for times when you don't have time to plan or shop
- Less expensive when you buy in the bulk section
- Encourages adventures with herbs and spices
- Lends itself to large batch cooking and communal food preparation



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DESIGNING YOUR PERSONAL PANTRY LIST

Keeping these pantry items on hand will allow for a wide variety of flavorful dishes without resorting to frozen dinners or processed boxed meals. Create a list based on personal taste, and take it with you to the grocery store or farmer's market.

Staple Pantry Items

- Oils:
 - Cold-pressed olive oil
 - Coconut oil
 - Optional: Grapeseed or sunflower
- Vinegars
 - Raw apple cider
 - Red-wine
 - Balsamic
- Canned goods - buy in glass if possible, if canned, find them marked BPA free, and check labels for added sugars (i.e. corn syrup, dextrose, etc) or any ingredients you don't recognize
 - Vegetables
 - Crushed or diced tomatoes
 - Tomato paste
 - Legumes
 - Black beans, white beans, chickpeas or garbanzo beans
 - Coconut milk - may be in the international food section
 - Pumpkin
 - Fish - may have bones if doesn't specifically say "boneless," just mash bone-in canned fish in a bowl before using to incorporate the bones for an added calcium bonus. Switch up your canned tuna (which is often harvested unsustainably and high in

mercury), and look beside it in the supermarket for these alternatives with remarkably higher Omega 3s!

- Sardines
- Kippers
- Salmon
- Anchovies
- Tuna - (only if sustainably sourced, pole caught)
- Dry goods to buy in bulk - bring reusable mesh bags every time to avoid storage in plastic
 - o Sea salt
 - o Leafy herbs (i.e. oregano, thyme, rosemary, sage, tarragon, basil, etc)
 - o Spices (i.e. curry powder, cumin, dry mustard, red pepper flakes, cinnamon, turmeric, ginger, cayenne pepper, etc)
 - o Legumes and grains
 - Lentils
 - Black eyed peas
 - Beans (i.e. black, kidney, white, chickpeas)
 - Brown rice
 - Quinoa
 - Oatmeal
 - o Nuts
 - o Almond flour or almond meal
 - o Seeds (i.e. sesame, chia, flax)
 - o Fruits (i.e. raisins, dates)
 - o Coconut strips
 - o Bouillon
- Vegetables that store at room temperature for a month
 - o Onion
 - o Garlic
 - o Winter squash (i.e. acorn, butternut, spaghetti, kabocha, delicata, etc)
 - o Potatoes (white and sweet)
- Produce that stores for a month in the fridge
 - o Fresh herbs - trim stems and place in a cup of water
 - o Root veggies (i.e. carrots, turnips, parsnips, beets, celery root, sun flower chokes)
 - o Apples, oranges, lemons, limes
- Misc:
 - o Eggs
 - o Dijon mustard
 - o Lemon juice
 - o Honey or maple syrup - a little goes a long way!

“Nice to have” Items

- Frozen goods
 - o Berries - organic if possible as it is difficult to wash frozen fruit before using
 - o Fresh ginger and turmeric - can be stored in the freezer and still grated easily
- Fresh herbs - either from the garden, or stored with stems in water in the fridge for weeks
- Leafy greens - fresh or frozen (i.e. kale, spinach, collards, mustard greens, lettuce, arugula)



A FEW TIPS

Shopping

- Have a list of standard items – in an app or folded up in your wallet – to guide list making
- Buy in bulk; it's way less expensive. This makes a bigger difference in price than which grocery store. Often it is cheaper to buy in bulk at the “expensive” grocery store than in small quantities at the low cost grocer or convenience store.
- Rather than buying baby carrots, buy only large, whole carrots, which last for a month in the fridge because they have their protective skin.
- Many organic vegetables keep longer than non-organic.
- Shopping at the farmers market will result in the freshest and longest lasting produce. In-season fruits and veggies will be at lowest price. Buying in bulk and canning or freezing can save on cost and increase flavor in the kitchen.

Storing

A few simple storage tips can increase the freshness of food and cut down on waste.

- Store in glass or stainless steel. Wash and re-use bottles instead of recycling them. For example wide-mouth pasta sauce jars are “free” replacements for mason jars and used for storage.
- Don't wash produce until ready for use; nature puts important coatings on produce.
- If you're growing the food yourself, it's okay to do minimal washing as the soil provides healthy microorganisms, but any purchased produce should be thoroughly washed to remove unfriendly germs from handling and distribution. (Even thick skinned fruits like melons and avocados should be washed to avoid introducing outside bacteria into the flesh upon cutting.)

- Follow this basic rule: separate fruit and vegetables and keep bananas away from everything. Certain fruits produce ethylene, a gas that causes others foods (such as many vegetables) to spoil faster.
- Remove the green tops of root vegetables right away as they draw out water from the root.
- Specific Types of Storage - Don't add or change anything
 - Room temperature
 - Garlic, onions
 - Whole, uncut melons
 - Basil, stored in a cup of water with stems down
 - In a cool, dry place (not the fridge)
 - Bananas, tomatoes
 - Mushrooms (best in a paper bag)
 - Eggplant
 - Potatoes - allow for plenty of ventilation
 - In the fridge
 - Crisper drawer helps protect produce and maintain moisture and texture
 - Apples, citrus fruits
 - Asparagus - stand up in a glass of cool water with stems down
 - Berries
 - Heads of lettuce or cabbage
 - Avocado - place one at a time on the counter to allow it to ripen and soften for use
 - Allow fruits such as mangos, plums, peaches, and pears to ripen in a brown paper bag at room temperature, then store in the fridge once soft.
 - Items that freeze well
 - Rhubarb
 - Peeled spotty bananas for smoothies or baking
 - Chopped fruits or berries - freeze evenly spaced on a tray first, then put in container to prevent large clumps that aren't user friendly
 - Soups and stews
 - Cooked beans, lentils, legumes

Stocking the pantry (refrigerator and freezer)

- Make your own salad dressing and keep in a jar. It will have no preservatives or no high-fructose corn syrup. At 25 calories vs. 175 calories for store-bought, that's an extra pound for every 24 portions.
- Plan for flavor, keeping the fridge stocked with homemade hot sauces and flavor balms, or even frozen pesto in ice-cubes trays for single serving use.

Cooking

- Always plan for leftovers. Cooking can be an effort, so make more than you need and you'll have quick meals at the ready!
- Cook while you are doing other things: Before dinner, throw a full poultry bird in the oven. When done remove to the refrigerator. It will be ready for dinner the next day, salads and soups for days to come.
- Use a slow-cooker, Instant Pot or sous-vide device to cook while you are away. This can turn inexpensive dried beans and inexpensive cuts of meats into delightful dishes. Coming home on a dark winter's night to the smell of stew is truly heartwarming.

- Make a communal meal and demystify large batch cooking with friends and family.
- Do things in a community. Spice blending (curry, ranch, berbere, ras el hanout, chili powder), sauce making, baking homemade granola. They are way less expensive and more fun with a group.
- Blend spices mixtures in bulk and ahead. This way they are always at-hand.
- Mixing a few fresh ingredients with pantry items can infuse a great freshness and flavor:
 - Chopped celery or carrots in a canned or boxed soup
 - Fresh chili peppers or tomatoes in a canned dish
 - Toss in chopped kale, spinach, or collards to soups, legume dishes, and salads

Using leftovers

- Freeze leftovers quickly. Label containers with the contents and date by writing with marker on cellophane tape. Keep the tape and marker with your freezer containers so you always do this.
- Thaw foods, especially fish and meats, by placing in a BPA-free plastic bag, then submerging the bag in water and leaving in the refrigerator for 3 hours to 3 days. The meat won't go bad, but will be thawed when you need it. Use this trick for cooked and uncooked foods.



*Photos from
Jim & Pat's Suppers Meetings,
where many of Suppers Pantry
Dishes were inspired*





SAMPLE PANTRY RECIPES

Citrus Vinaigrette (GF, Vegan, Raw, W30, Pantry Dish)

Most packaged salad dressing are filled with sugars -- who thought eating a salad should shock your blood sugar levels? It's easy to make healthy dressing from whole ingredient in just minutes. Here are some guidelines for a simple citrus dressing.

| Amount | Ingredient |
|------------------|---|
| 1/3 cup | lime and or citrus juice, preferably fresh squeezed or from a bottle in a pinch |
| 1 tbs | dijon mustard |
| 1 | clove of garlic |
| ½ tsp | sea salt |
| 1 tsp | dried herbs (tarragon goes very well with the dijon, otherwise parsley, sage, oregano, etc) |
| 2 tbs | olive oil |
| 2 tbs | water |
| (optional) 1 tsp | sunflower or grapeseed oil |

Crush cloves with side of wide knife and peel. Leave whole, but crushed a bit.
Add garlic, salt, and pepper to citrus juice in a bottle (for salad dressing, OXO brand is nice because it has a spout and is easy to clean — but reusing jars that come with pasta sauce or such is also an option).
Add olive oil and water. Shake well.
Will keep for weeks in refrigerator.

Note: Because this is real olive oil it will coagulate into a solid. It must be removed from fridge and allowed to warm to room temperature (or under warm water) before using. To prevent this coagulation, add a teaspoon of a different oil, like sunflower or grapeseed.

For variations:
Switch out citrus juice for red wine vinegar or apple cider vinegar.
Switch out garlic for ginger (or add them both).
Switch out mustard for hot sauce.



Homemade Mayonnaise (GF, W30, Pantry Dish)

A healthy twist on a go-to pantry staple.
Inspired by “Well Fed” by Melissa Joulwan.
www.meljoulwan.com

| Amount | Ingredient |
|-----------|--|
| 1 | egg at room temperature |
| 2 tbsp | lemon juice at room temperature |
| 1/2 tsp | dry mustard |
| 1/2 tsp | salt |
| 1 1/4 cup | "light tasting" olive oil or avocado oil |

Place egg and lemon juice in blender. Let them come to room temperature together, about 30-60 minutes. Add dry mustard, salt and 1/4 cup of the olive oil. Blend until well mixed, about 20-30 seconds.

Incorporate remaining 1 cup olive oil by very slowly drizzling into the mixture not to break the emulsion. It takes about 3 minutes. Be patient.

A Few Tips:

All ingredients must all be at room temperature. Take your time, and then go slower than that.

For homemade mayo expiration date: look at the expiration date on the eggs, then add about a week.

“Light tasting” olive oil will result in a more traditional mayonnaise taste rather than “extra virgin” olive oil.

If something goes wrong and the mayo comes out a consistency more like salad dressing and less like mayo, chill for a few hours, and then stir vigorously. It will be less creamy than the typical mayo, but not wasted!

Dave's Homegrown Sriracha Sauce (Vegan, Raw, GF, W30)

A yummy use for those prolific cayenne peppers – Sriracha with less sodium and no preservatives!

Inspired by: <http://nomnompaleo.com/post/36060636540/paleo-sriracha-homemade-20-minute-sriracha>

| Amt | Ingredient |
|-----------------------|--|
| 3 to 6 | dried cayenne peppers |
| ½ to 1 | red bell pepper |
| 4 | cloves garlic |
| 1/3 cup | apple cider vinegar |
| 1 small can (6 oz) | tomato paste |
| 1 Tbsp | honey (for Whole 30 substitute a dried date or use a few whole okra) |
| 1 Tbsp | fish sauce (for vegan substitute with coconut aminos) |
| 1 tsp | sea salt |

Combine all ingredients EXCEPT peppers in a food processor. Blend well.

Add the cayenne peppers one at a time, discarding the stems as you go (for a milder sauce discard the seeds as well). Blend for a minute or so. Taste to check the heat level and repeat until you are happily scorched. Blend until smooth.

Store in the refrigerator in a glass jar.

Quick Remoulade (Vegan, GF, W30, Pantry Dish)

Remoulade is a quick way to make any dish special. Just saying it makes the plate seem fancier!

| Amount | Ingredient |
|--------|---|
| ¼ cup | mayonnaise (see “Homemade Mayonnaise” recipe for Whole30) |
| 1 tbsp | sriracha or tabasco (see “Dave's Homegrown Sriracha Sauce” for Whole30) |

Stir together and enjoy. Probably healthier to put it on something, but I always need to have at least one spoonful for tasting!



Homemade Tomato Sauce

(Vegan, GF, W30, Pantry Dish)

Many commercial sauces have corn syrup and other added sugars.

It's really easy to make your own sauce from fresh tomatoes (especially in August when they are plentiful and low cost) or from canned tomatoes with no additives.

| Amount | Ingredient |
|----------|---|
| ½ tbs | olive oil |
| 1 | onion |
| 3 cloves | garlic |
| ½ tsp | red pepper flakes / ground |
| 1 tsp | oregano |
| Several | chopped basil leaves (fresh, frozen or dried) |
| 6 Fresh | tomatoes or one 28 oz can of crushed tomatoes |

Heat olive oil in a large skillet over medium heat .

Once oil heats, add in onions, garlic and red pepper flakes. Cook for 2 minutes or until onions begin to soften.

Add in the diced tomatoes, oregano and season with salt and pepper. If necessary, crush the tomatoes with the back of a spatula or a potato masher.

Lower the heat and let simmer for 10 minutes or until sauce thickens. Once done cooking, stir in basil.

Option to can or freeze for later use.

Salmon Cakes (GF, W30, Pantry Dish)

It's Friday night. You're starving, but the fridge is nearly empty. How to eat healthy?

With these ingredients in your pantry, you can have high-protein, tasty burgers in minutes, or cakes in under an hour. Leftovers freeze and reheat well.

Makes 6 cakes, each 200 calories, 21g Protein, 4.9g Fiber, 1.1g Sugar

Inspired by: <http://www.thesuppersprograms.org/content/salmon-burger-carb-free-version>

| Amount | Ingredient |
|---------------------------|---|
| 12 oz can | canned salmon (next to the canned tuna in the supermarket) |
| 1 | large sweet potato – microwaved for 6 – 8 minutes with skin on (or a can of garbanzo beans, drained) |
| 1 | small onion, diced |
| (optional) ½ cup | almond flour |
| 2 | eggs (or two tablespoons mayonnaise) |
| (optional) 3 Tbsp | chia or flax seeds (omit for Whole30) |
| (optional) up to ¼ cup | diced red pepper, carrot, and/or celery |
| | salsa or remoulade for serving |

If you have 15 minutes to spare and are using chia seeds — cover seeds in a bowl with a half inch of water. They will swell up to add mass and act as a binder. If not, chia seeds can be added to recipe dry.

Crack the eggs into a large mixing bowl and beat.

If using the potato, leave skin on and microwave on high for 6 to 8 minutes. Let cool. Otherwise drain the garbanzo beans. Place into the bowl and mash.

Drain and mix in the salmon

Mix in the onion, almond flour, and seeds (if using).

Form into 1-inch thick patties. (An Egg ring is useful for this).

If frying, pan fry in olive oil over medium heat, 4-5 minutes per side. Cover pan for the first side — ensuring the burgers cook through. If the burger is still "spongy" when it is flipped, cover for the second side as well.

If baking, place in a 425F oven for 25 – 30 minutes.

Serve topped with salsa or remoulade (a fancy word for mayonnaise mixed with hot sauce).

Indian Dal (or Dhal or Daal) (Vegan, GF, Pantry Dish)

Inexpensive, low in calories, and high in fiber and protein — Dal is a “trifecta” food! There are so many ways to cook Dal. So aside from the basics (ginger, garlic, and some kind of curry), it can be something new every time and it’s a perfect dish to clean out the veggie drawer. Substitutes to try: old carrots, a random parsnip, the summer overload of zucchini, aging red pepper, etc. Be creative and make this your own!

Makes 6 servings, each 100-200 calories

| Amount | Ingredient |
|-----------------|--|
| 1.5 cups | Chana or Masoor Dal (Laxmi Brand can be found at Wegman’s and other central Jersey markets) |
| 2 | bouillon cubes (vegetable or chicken) or add salt |
| 1 Tbs | olive oil |
| 1 | large onion |
| 2 Cloves | garlic |
| 1 thumb | fresh ginger |
| 3 | stalks celery |
| 2 Tbsp | curry powder (buy in bulk the international section of the grocery store for lower cost than the spice aisle, or in a pinch combine bulk cumin, turmeric, pepper, etc) |
| 3 servings | leftover cooked lamb, chicken, shrimp, squash or tofu |
| 1 can | diced tomatoes |
| 1 large fistful | dark greens, preferably spinach or chard, but kale, cilantro or spring mix are great |



Prepare dal:

Place dal in a dry 3 - 4 quart saucepan and examine for and remove any impurities – rocks, shells, etc. Add 3 cups water and bouillon cubes (or salt). Bring to boil, reduce to simmer. Cover and simmer (30 minutes for Chana, 15 minutes for Masoor) adding additional water if needed.

Prepare flavor:

Slice onion and celery, peel ginger with a spoon and slice, chop or crush garlic. Warm a deep skillet or wok over medium heat. Add olive oil. Sauté onion, ginger and garlic 2 - 3 minutes. Add curry just before the onions are soft and cook until soft. Add canned tomatoes.

Use a spatula to free the goodness from the bottom of the pan. Check the dal, if it is ready (al-dente), add it to the skillet. Turn down heat to low / simmer. Add the protein or leftovers, warm for 1 - 2 minutes. Add the greens, reserving a few sprigs for garnish. Cover and warm for 3-5 minutes.



Pumpkin Chickpea Coconut Curry (Vegan, GF, DF, W30, Pantry Dish)

Altered slightly from:
<https://www.emilieeats.com/chickpea-pumpkin-coconut-curry-vegan/>

Makes 4 - 6 servings

| Amount | Ingredient |
|-------------|--|
| | oil for cooking |
| 1 | onion, rough sliced |
| 2 | cloves garlic, minced |
| 3 | carrots, chopped |
| 1 x 15oz | cans diced tomatoes |
| 1 x 15oz | can pumpkin puree |
| 1 x 15oz | can chickpeas / garbanzo beans, rinsed & drained |
| 1 tbsp | curry powder |
| ½ tsp | ground ginger |
| ½ tsp | salt |
| ½ tsp | turmeric |
| ½ tsp | cinnamon |
| 1/8 tsp | cayenne pepper |
| 1 x 13.5 oz | coconut milk |
| 1 cup | water |

In a large pot or wok, heat 1 tablespoon oil over medium heat.

Once hot, add the onion. Cook for 3-5 minutes, until onion begins to soften. Add garlic and cook for 1 more minute.

Add the carrots and tomatoes; stir to combine. Add more oil to the pan if necessary. Partially cover the pot; cook for 5-8 minutes, until carrots become slightly tender.

Add the pumpkin, chickpeas, curry powder, ginger, salt, pepper, turmeric, cinnamon, and cayenne pepper. Stir until fully combined. Pour the coconut milk and water into the pot; mix well.

Bring to a boil, then turn the heat down to let it simmer for 15-20 minutes, until the carrots are fully tender.

Rutabaga “Pasta” (Vegan, GF, W30, Pantry Dish)

It’s easy to reduce gluten and carbohydrates by turning vegetables into noodles!

Rutabagas (also called Swedish Turnips) have a refreshing bitterness and tang that stands up well to sauces – oh and they have loads of Vitamin C.

Makes about 4 servings, depending on rutabaga size.

| Amount | Ingredient |
|--------|---|
| ½ tbsp | olive oil |
| 1 | large rutabaga – spiralized into linguini-sized noodles |

For stove top: With medium heat, add olive oil and sauté “noodles” 5 – 8 minutes with lid on, stirring occasionally until al-dente.

For oven roasted: Lay out the rutabaga noodles in the other baking sheet, spray or brush with olive oil and season with salt and pepper. Bake for 15-20 minutes or until al dente.

When ready to serve, add in the rutabaga noodles to warm and bubbling sauce and toss to combine until sauce coats the noodles.

A large Rutabaga makes enough noodles for four large servings. If you don’t need them all refrigerate them for up to a week or freeze them. They can be cooked frozen or thawed first.



Claire's Marinated Skirt Steak and Coconut Satay

(Pantry Dish, Whole30)

Makes 6 servings.

For Skirt Steak:

| Amount | Ingredient |
|----------|--|
| | juice of a small orange |
| 2 tbs | tamari |
| 2 cloves | garlic, minced |
| 1 tbs | fresh grated ginger (or dry for Pantry Recipe) |
| 1 tbs | rice vinegar |
| 1 tbs | toasted sesame oil |
| 1.5 lbs | skirt steak, thinly sliced |
| | thinly sliced scallions to garnish |
| | preferred fat or oil for stir fry |

For Coconut Satay:

| Amount | Ingredient |
|---------|---|
| ½ cup | coconut milk solids or the amount skimmed from a 15-oz can of full-fat coconut milk |
| 1/2 cup | natural smooth peanut butter (try subbing almond butter for Whole30) |
| 1 clove | garlic, finely grated |
| 2 tbs | cider vinegar |
| 1 tbs | fish sauce (use tamarin if fish sauce isn't available) |
| 1 tbs | honey (omit for Whole30) |
| | flavor balance with cider vinegar and salt as needed |

For Skirt Steak:

Mix marinade ingredients (first six) in a glass container and marinate steak overnight.

Before stir frying, drain, but save the marinade, and pat the steak dry.

Heat the fat in wok or heavy skillet to coat.

Stir fry in batches until the meat browns rather than steams.

Return all the meat to the wok with a splash of the marinade and steam for the last minute.

Serve as is or with coconut satay sauce and sliced scallions.

For Coconut Satay:

Stir together coconut milk solids, peanut butter, garlic clove, vinegar, fish sauce, and honey. An immersion blender will make it fluffy, but a simple stir is fine. Serve as a dipping sauce with favorite protein.

Warm Chickpea or White Bean Salad

with Cumin & Garlic (Vegan, GF, Pantry Dish)

Makes 4 - 6 servings

| Amount | Ingredient |
|-----------------------------|---|
| 3 tbs | olive oil |
| 2 tbs | whole cumin seeds |
| 1/4 tsp | dried red pepper flakes (adjust to taste) |
| 4 cloves | garlic, finely minced |
| 2 cans | chickpeas or white beans (15 oz cans), rinsed and drained |
| 1/2 cup | oil-packed sun-dried tomatoes, drained and finely chopped |
| (optional) 1/2 bunch | cilantro |
| (optional) small handful | fresh mint leaves |
| 1 | lemon, zested and juiced |
| | salt to taste |

Heat the olive oil in a heavy skillet (cast iron is nice) over medium heat. When the oil is hot, add the cumin seeds and crushed red pepper. Cook over medium heat, stirring constantly, for about one minute or until the seeds are toasted. The cumin will turn slightly darker in color, and smell toasty.

Turn the heat to medium-low and add the garlic. Cook, stirring frequently, for about three minutes or until the garlic is turning golden. Do not let it scorch or turn brown.

Add the drained chickpeas and the chopped tomatoes and turn the heat up to medium high. Cook, stirring frequently, until the chickpeas are warmed through and are shiny with oil. Turn off the heat.

Finely chop the cilantro and the mint and toss this with the chickpeas. Stir the lemon juice and zest into the chickpeas.

Salt to taste.

Saves well in fridge.

Crispy Fish Patties (GF, W30, Pantry Dish)

Makes: 5 - 6 patties

Recipe inspired by <https://www.cottercrunch.com/easy-paleo-salmon-cakes/>.

| Amount | Ingredient |
|-------------|---|
| 1 5 oz can | salmon or 2 small packages of sardines, drained |
| 1/3 cup | canned pumpkin |
| 2 | eggs |
| 3 to 4 Tbsp | coconut flour |
| (optional) | chopped garlic, chopped fresh herbs such as parsley, cilantro, basil, or dill |
| 1 to 2 tsp | dried herbs (if not using fresh) |
| 1/4 tsp | salt |
| 1/4 tsp | black pepper |
| | coconut or avocado oil for frying |

Drain and mash canned fish to incorporate the bones. Mix in pureed pumpkin, and then coconut flour one tablespoon at a time. Add chopped garlic and herbs if using. Beat in the eggs.

Mix well until batter is thick enough to form into patties. If batter is too runny, add 1 tbsp more coconut flour.

Form into 5-6 balls, and press until about 1-inch thick patties. Can use parchment paper for ease.

Pan fry in oil over medium heat, 3-4 minutes per side.

Cumin Lime Chickpeas

(Vegan, GF, Pantry Dish)

Recipe by Budget Bytes at www.budgetbytes.com.

In 2018 they estimated the Total Cost at: \$3.79 and Cost Per Serving: \$0.63

Makes 6 servings.

| Amount | Ingredient |
|------------|--|
| 2 (15 oz.) | cans chickpeas (garbanzo beans) |
| 1/2 | red onion |
| 1/2 bunch | cilantro |
| 2 | cloves garlic |
| 1 | limes, juiced (in a pinch use prepared lime juice) |
| 2 tbsp | olive oil |
| 1 tsp | cumin |
| 1/8 tsp | cayenne pepper |
| 1/4 tsp | salt |



Empty both cans of chickpeas into a colander and rinse with cool water. Let the chickpeas drain as you prepare the rest of the salad.

Remove the cilantro leaves from the stems and roughly chop. Dice the red onion. Place both in a large bowl.

Prepare the dressing by squeezing the juice from one lime into a bowl and adding the olive oil, cumin, cayenne pepper, and salt. Finely mince two cloves of garlic and add them as well. Stir everything to combine. Taste and adjust salt to your liking.

Add the drained chickpeas and the dressing to the bowl with the cilantro and onion. Stir to combine and then serve! The flavor intensifies the longer it sits so, refrigerate before serving for a stronger flavor.

Tip: One might ask how a dish with fresh cilantro qualifies as "from the pantry." Admittedly, this can be a bit of a stretch – unless you are able to grab some from the garden. Otherwise, fresh cilantro from the supermarket will keep in the refrigerator for a couple weeks - if you trim ¼ inch off the bottom, remove any leaves mixed in with the lower stems, place in a glass of water in the refrigerator (only the stems should be in the water -- no leaves) and replace the water every 5 to 7 days, re-trimming bottoms if necessary.



Corn and Bean Salad (Vegan, GF, Pantry Dish)

An easy and inexpensive dish that’s tasty, healthy, and can usually be made from things in the pantry. It holds up well for days in the refrigerator – improving with age.
 Makes 6 servings.

| Amount | Ingredient |
|-----------------------------|---|
| ½ cup | apple cider vinegar |
| 1 tbsp | honey |
| 1 can | corn (can also use frozen or leftover ears) |
| 1 can | black beans |
| 1 can | black eyed peas (or frozen) |
| 2 tbsp | olive oil |
| | salt to taste |
| Optional – fresh or frozen: | sliced jalapeño pepper, chopped red pepper, chopped celery, halved cherry tomatoes, chopped onion, chopped or shredded carrot, fresh cilantro, grilled vegetables adds, smokey flavor |

Put vinegar and honey into a microwave-safe bowl. Heat and stir until honey dissolves. Set aside.
 Drain and rinse cans of corn, black beans, black-eyed peas in a colander.
 Transfer corn, bean, pea mixture to a large bowl. Stir in vinegar dressing. If not adding fresh vegetables stir in olive oil and salt. Otherwise mix in any chopped vegetables, adding cilantro last.

Changing up the jalapeño treatment can make this dish as spicy or cool as you’d like:

- Hottest: Slice whole jalapeño with seeds, add to vinegar before heating. This introduces serious heat into the dressing. Slice second fresh jalapeño and add with fresh veggies.
- Moderate: Core, seed, then slice whole jalapeño without seeds, add to vinegar before heating. This introduces some heat into the dressing. Slice second cored and seeded fresh jalapeño and add with fresh veggies.
- Mild: Core, slice and chop finely one fresh jalapeño and add with fresh veggies.
- Mildest: Omit the jalapeño.

Jalapeños from the pantry: Use slices of pickled jalapeños from that jar in the back of the fridge that you bought to dress up the Super-Bowl nachos and haven’t used since. Splash in a little of the pickling juice.



Mediterranean Tuna Salad (GF, Pantry Dish)

An easy twist to a simple classic.

Makes 4 servings.

| Amount | Ingredient |
|--------------------|---|
| 2 x oz cans | canned tuna (only if sustainably fished, pole-caught, Albacore is a good brand) |
| 1 | small onion, diced |
| 2 | stalks celery |
| ¼ cup | oil-cured olives |
| 2 tbsp | olive oil |
| Optional 2 tbsp | mayonnaise |
| 1 tsp | dried tarragon |

Chop onion, celery, olives.

Drain tuna.

Mix tuna, onion, celery, olives & tarragon in a large bowl. Top with olive oil (and optional mayonnaise).

Mix well & serve on lettuce leaves.



Butternut Squash, Carrot, and Ginger Soup

(Vegan, GF, W30, Pantry Dish)

Spicy and refreshing.
Makes 8 servings.

| Amount | Ingredient |
|-------------------|---|
| 1 | butternut squash – peeled and cut into even sized pieces |
| 6 – 8 | carrots – sliced, no need to peel |
| 1 medium | onion – sliced |
| 2 cups | vegetable stock (boxed or from bouillon cubes in a pinch) |
| Thumb-sized piece | fresh ginger (Tip: Ginger can be stored in the freezer and can be used just like fresh. Frozen grates particularly well!) |
| (optional) 2 tbsp | ginger extract |
| 1 (14 oz) can | coconut milk |
| 1 tbsp | olive oil |
| 1 tbsp | salt |

In a large pot, sweat the onion and garlic, and sprinkle with some salt. Add the carrots and cook for a few minutes, but don't let the onions and garlic burn.

Add the ginger, squash, and vegetable stock. If the stock does not get close to covering the squash then add more broth, or water and salt. Bring to a boil, reduce to simmer and cook for 15 minutes – or as long as an hour.

Remove from heat and use an immersion blender to blend into soup. (Or regularly blender can be used). Add the can of coconut milk and blend further. Add ginger extract and salt to taste.

15-minute Red Lentils (Vegan, GF, Pantry Dish)

Makes 2-4 servings

| Amount | Ingredient |
|-----------|---|
| 1 | medium onion, chopped |
| 1 tsp | ginger powder |
| 1 tsp | garlic powder |
| 1 cup | red lentils |
| 1/2 can | diced tomatoes |
| 1 tbsp | curry powder |
| | salt and pepper to taste |
| 2 1/4 cup | liquid (canned coconut milk, water, vegetable or chick stock) |
| | additional flavor enhancers: cinnamon, soy sauce, cayenne, turmeric |
| | additional veggies |

Fry up the onions, garlic and ginger until brown on high heat with the curry powder (around 4 minutes)

Add lentils, diced tomatoes and liquid of choice (I like to use a combo of 1c coconut milk and 1 + 1/4c broth)

Bring to a boil and reduce to simmer for 10 minutes, covered or until lentils are cooked

Serve with rice, cilantro & lime (if available).

Lentil Salad (Vegan, GF, Pantry Dish)

Lentils with old vegetables from the back of the crisper drawer make a delicious, filling, and inexpensive meal.

Pre-cooked lentils can keep in the refrigerator for months (try these: <http://www.melissas.com/Steamed-Lentils-p/28.htm>). With cooked, the dish can be prepared in a few minutes.

Dried lentils are very inexpensive (feeding 8-10 for \$1.50) and keep even longer, but need to be cooked for 30 to 45 minutes.

Makes 6 - 8 servings.

| Amount | Ingredient |
|----------------------|--|
| 1 lbs (about 2 cups) | dried lentils |
| 6-8 cups | water or broth |
| 4 | carrots, no need to peel |
| 4 | stalks celery |
| 1 | onion |
| 1 cup | lemon vinaigrette (see "Citrus Vinaigrette") |
| (optional) 1 cup | cherry tomatoes cut in half |
| (optional) | fresh or dried herbs |

Clean lentils to remove any stones.

Mix lentils in 6-8 cups of water or broth. Bring to a boil, then reduce and simmer for 30-45 minutes.

Chop carrots, celery and onion (or any other handy veggies).

Mix vegetables with warm lentils and vinaigrette.

Serve warm or cold.

Dor's Nut & Seed Flatbreads

(GF, Vegan, DF, W30, Pantry Dish)

Gluten-free, low carbohydrate.
High in protein and (plant) fat. These are easy and satisfying.

<http://www.thesuppersprograms.org/content/dors-nut-seed-flatbreads>



| Amount | Ingredient |
|---------------|---|
| 2 cups | almond meal or nut flour |
| 6 tablespoons | any combination of seeds (flax, sesame, sunflower, pepitas) |
| 1/2 teaspoon | salt (some members like more) |
| 1 drizzle | olive oil |
| 1/4 cup | water (or enough that the dough sticks together and forms a ball when mixed) |
| 2 teaspoons | seasonings (dried rosemary, mixed Italian, herbs de Provence, curry powder, caraway seeds, adapt to the flavors in your menu) |

Preheat oven to 400F.

Place two pieces of kitchen parchment the size of your baking sheet on a flat surface.

Combine all of the ingredients in a large bowl and mix with your hands. Work into a ball until it cleans the sides of the bowl, adding a little more water if it's not forming a ball.

Place the ball of dough on a sheet of parchment and mash it out to start forming a rectangle. Place a second sheet of parchment on top and using a rolling pin, roll it out quite thin to the size of your baking sheet. Slip the parchment onto your baking sheet and remove the top parchment.

Score the sheet into 1" squares (before baking! As after baking this is difficult). A pizza cutter works well for this.

Bake at 400 degrees and check at 15 minutes. If the outer pieces are browning up faster than the inner pieces, remove the outer pieces, and continue baking until the flatbreads are golden brown.

Separate them before they cool completely.

Optional: Add 1/2 cup finely grated kale or zucchini or 1/2 cup mashed yam and use less water.

Kippers on GF Flatbreads (GF, W30, Pantry Dish)

Smoked Kippers are more authentically Irish than Steak and Guinness Pie. (And probably a lot better for our arteries!) St. Patrick will be so proud!

Makes 1 serving

| Amount | Ingredient |
|--------|--|
| ½ can | smoked kippers |
| 2 to 3 | see recipe: <i>Dor's Nut & Seed Flatbreads</i> , but cut into 1" x 4" cracker strips |

Top each flatbread with kippers and start snacking!

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Chickpea Curry (GF, Vegan, Pantry Dish)

A simple classic from the Suppers website: <https://www.thesuppersprograms.org/content/chickpea-curry>

Substitute frozen spinach or kale for fresh and this is a quick, healthy, and satisfying dish out of the Pantry!

Makes 12 servings.

| Amount | Ingredient |
|--------------------|---------------------------------------|
| 3 cans | chickpeas |
| 2 Tbsp | coconut oil |
| 3 Tbsp | curry powder |
| 1 Large | onion |
| 4 cloves | garlic |
| 1 can | diced tomatoes |
| (optional) ½ bunch | kale or other greens, fresh or frozen |
| | salt to taste |

Partially drain the chickpeas.

Put at least 2 TBS coconut oil in a saucepan. Heat, then add curry powder or preferred blend of cumin, coriander and cardamom. Stir fry 30 seconds, don't let it smoke.

Add chopped onion and chopped garlic cloves and stir fry about 3 minutes.

Combine chickpeas and fried spice. Add one can tomatoes.

Add one half bunch kale chopped and simmer for about 15 minutes, adding a little water if needed.

Salt to taste.



Fruit & Nut Ball Variations

(GF, Raw, Vegan , Pantry Dish)

The Suppers menu does not provide for much in the way of dessert because we avoid refined foods. Here is one exception: delicious “cookies” made by blending finely chopped dried fruits and nuts. These are extremely sweet, a treat.

| Amount | Ingredient |
|------------|---|
| 1 1/2 cups | raisins (rinsed with hot water and drained) |
| 1 1/2 cups | almonds (processed to a fine crumb) |
| 1 cup | pitted dates |
| 1 cup | dried coconut |

In the food processor, combine the finely processed almonds, raisins and dates. They will start to form a ball. Take bite-sized pieces of the dough and roll them into a ball, then roll them in coconut or finely chopped nuts.

For Variations:

Add 1 TBS cocoa powder to the dough.

Add 1 tsp of cinnamon to the dough.

Add 1/2 cup dried unsweetened coconut to the dough.

Use other nuts: walnuts, pecans, or filberts.

Use other dried fruit: apricots, figs, currants.

Soak the raisins in the juice of a fresh orange or lemon instead of using hot water.