This collection has two purposes:

1. A recipe book to find inspiration for delicious, healthy and affordable recipes.

2. A guide for implementing food demonstrations at The New School’s Food Pantry.
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A note from Morgan:

It is my hope that you will enjoy preparing these recipes as much as I have. I encourage you to be creative, play around with different ingredients, and to taste everything.

Buon appetito!

This recipe collection was created by New School Food Studies student and chef Morgan Nightingale in collaboration with New School Registered Dietitian Rachel Knopf Shey. Morgan is a student at The New School majoring in Food Studies as well as a trained chef, a graduate of The International Culinary Center and ALMA, The International School of Italian Cuisine. She has experience working in the Michelin star restaurant All’ Oro in Rome, as well as with some of the most brilliant Michelin star chefs in Italy. She is deeply passionate about food - specifically the ways in which food and culture coexist, and to ensuring the right to food for all.

The vision, generosity, and collaboration of many lead to creation of this guide, including Associate Professor and Director of Food Studies Initiatives, Fabio Parasecoli and Assistant Director of Wellness and Health Promotion, Rachel Knopf Shey. They envisioned a course in conjunction with the newly developed Food Pantry and in collaboration with The Food Bank for New York City. Food Insecurity and Food Banks ran in October and November, 2016 and is now a MOOC (Massive Online Open Course) offered through the Canvas platform. Special thanks to Triada Stampas and Jeannie Fournier from The Food Bank for NYC, and grants from the Provost’s Innovation in Education award and the Tishman Environmental Design Center.
The New School’s Food Pantry, opened on April 21st, 2016, is available for New School students in need and is run by volunteers and staff from Student Health and Support Services. It is typically open once a week at different times/days. The pantry is always open to new volunteers to help with unloading, distribution and more. Programs, offices, student organizations, and entire schools can adopt the Food Pantry for a given month.

The Food Pantry is located at 6 E 16th St in the 12th floor café. For a schedule of hours and more information about the pantry see: www.newschool.edu/foodpantry. For questions contact foodpantry@newschool.edu

This recipe collection is for people cooking on a budget, based on dishes presented at The New School’s Food Pantry. Some of the recipes have been shared by individuals who created or are supporting the food pantry. Others are budget friendly recipes inspired by food commonly available in the pantry and our favorite things to cook.
Whole Grain Risotto with Peas
Inspired by Leanne Brown, Good and Cheap

**Ingredients:**

1 cup barley or brown rice
5 cups broth (chicken or vegetable)
1 Tablespoon butter or olive oil
1 onion, chopped
3 cloves garlic, minced
Zest and juice of 1 lemon
2 cups frozen or canned peas, drained and rinsed if canned
½ cup ricotta cheese
¼-½ teaspoon salt
Pinch of pepper

**Procedure:**

1. Preheat oven to 350. Pour the barley onto a rimmed baking sheet, spreading it into an even layer. Place baking sheet into the oven and bake for about 10 minutes. (This step may be omitted if time is scarce. Or the barley can be toasted directly in the pan before step 3)
2. Place a small pot over low heat and add the broth. Heat just enough so that it stays very warm.
3. Melt butter in a large pan over medium heat. Add the onion and cook until it becomes soft and translucent, about 3 minutes. Then add the garlic and cook for another minute, until garlic is fragrant.
4. Next, add the barley, lemon zest, and salt. Stir barley to coat with the butter and onion. Add a ladleful of broth and stir. Cook for about 30 minutes, stirring frequently and adding another ladleful of broth whenever the barley looks like it needs it. Reduce the heat if you notice the broth disappearing too quickly.
5. After about 25 minutes, add the frozen peas and some more broth. Stir until absorbed.
6. Try a piece of barley to see whether it is fully cooked. There should be no hard center and the barley should be soft, but still chewy and whole.
7. Once the barley is ready, remove from heat and add the lemon juice and ricotta and stir.
8. Taste and season with salt and pepper to taste.

**Hot Tip:**

Whole grains are a great source of fiber and help lower your risk for heart disease. Whole grains are also packed full of nutrients including B vitamins, folate, iron, magnesium, and selenium which are important for immune system health and regulating hormones in the thyroid.
Easy Farro and Tomatoes
Inspired by Martha Stewart Living

Procedure:

1. Place water and farro in a medium saucepan to pre-soak while you prepare the other ingredients. Adding each ingredient to the pot as you finish preparing it, cut onion in half again, and slice it very thinly. Next, thinly slice the garlic cloves and quarter the tomatoes.
2. Add salt, pepper flakes (to taste) and 1 tablespoon of olive oil to the pan.
3. Bring to a boil (uncovered), then reduce to a gentle simmer, stirring occasionally.
4. Cook for 30 minutes at a simmer.
5. After 30 minutes, the cooking water should be almost completely absorbed. If needed, cook for 5 additional minutes, or until farro is more tender.
6. Transfer to a large serving bowl. If there is too much cooking liquid left in the pot, use a slotted spoon to leave the amount you wish behind.
7. Drizzle with olive oil and eat immediately.

Ingredients:

2 cups water
1 cup farro
½ large onion
2 cloves garlic
9 ounces grape or cherry tomatoes
1 ¼ teaspoons kosher salt
¼ teaspoon red pepper flakes (to taste)
1 Tablespoon olive oil

Hot Tip:

Don’t be shy with garlic. In addition to being delicious it contains allicin which is responsible for many of garlic’s health benefits such as reducing the risk of heart disease and cholesterol levels.
Quinoa with Black Beans

Procedure:

1. Heat oil in medium sized saucepan over medium-high heat. Add onions (if using bell pepper, add now also).
2. Saute until onions and peppers begin to soften.
3. Next, stir in quinoa, chili powder, cumin, and salt.
4. Add the water and bring to a boil. Once boiling, cover and reduce the heat to a simmer. Let simmer until quinoa is almost ready, just slightly tender, about 14 minutes.
5. Add the beans and if using parsley or cilantro, add half of the herbs now.
6. Cook with lid off for about 3 minutes, or until the liquid is absorbed.
7. Taste and adjust salt and pepper if necessary.
8. Serve and garnish with the remaining herbs.

Ingredients:

1 cup quinoa*, washed and drained
1 can black beans, washed and drained
1 chopped (medium size) white onion
1 package cherry tomatoes or 1 cup chopped bell pepper
1 Tablespoon vegetable, canola, or olive oil
Fresh parsley or cilantro, chopped (optional)
2 teaspoons chili powder
½ teaspoon cumin
½ teaspoon salt
1 ½ cups water

Hot Tip:

Make sure to rinse quinoa before using, to avoid the bitter flavor. Quinoa has more protein per serving than most other grains and contains all nine essential amino acids.
Minestrone
Inspired by The Richmond Food Bank Society

Ingredients:
1 Tablespoon olive oil
2 cans tomatoes
1 teaspoon sugar
1 can kidney or cannellini beans, drained and rinsed
1 can mixed vegetables, drained
1 cup pasta (preferably something on the smaller side such as macaroni)
½ teaspoon salt
Pinch of pepper

Procedure:
1. Heat a large pot over medium heat and add the oil.
2. Next, place the remaining ingredients into the pot, mix together then add enough water to cover the ingredients.
3. If using dry beans, cook and drain them first, add at step 2.
4. Bring to a boil, and then reduce to a simmer and cook until pasta is soft.
5. Taste, and adjust salt and pepper to taste.
6. Enjoy!

Hot Tip:
Canned vegetables retain lots of the nutrition of fresh and frozen vegetables. Used in soups they can add flavor, texture, and good nutrition, including vitamin A in carrots.
Frittata

Procedure:

1. Combine the onion, garlic, olive oil, and a pinch of salt in a skillet. Place over medium heat and cook for about two minutes, until the onions start to wilt.
2. Next, add the red pepper flakes and cook, covered, until the onions are beginning to brown, about 10 minutes.
3. Once the onions are slightly brown, add a splash of water to the pan to keep the onions from sticking. Then reduce the heat to medium-low, cover and cook for about 15 minutes, or until the onions have become soft but not mushy.
4. Drain the onions of any remaining liquid and set aside.
5. Beat the eggs with a fork in a large bowl until the yolks and whites are well combined. Add the cheese and the cooked onion.
6. Heat the butter in a non-stick pan over medium heat. Add the egg mixture and cook, using a rubber spatula to push the sides of the firming egg in towards the center.
7. Continue cooking for three minutes. Let the egg cook without moving until the bottom is golden brown. Flip the frittata and cook to brown the other side.
8. Turn the frittata out onto a plate. Cut into wedges and serve hot.
9. Enjoy!

Ingredients:

- 3 eggs (room temperature)
- ½ of a small onion, thinly sliced
- ½ - 1 clove of sliced garlic
- ½ Tablespoon olive oil
- Pinch of salt
- Pinch of red pepper flakes
- Any cheese, but preferably Parmesan
- Butter, for the pan

Hot Tip:

The size of the pan is important. If the pan is too small, the frittata will take too long to cook and the texture will not be optimal, becoming tough and chewy.

Eggs contain lutein, a carotenoid important for skin and eye health.
Procedure:

1. Place a large pot of salted water on the stove.
2. Next, heat a medium sized saucepan over medium low heat.
3. Place the oil and butter into the saucepan once warm.
4. Once the butter has melted, add the onions to the saucepan.
5. Cover the onions and let them soften and become translucent.
6. Add a pinch of salt (about 1/4 teaspoon) to the onions.
7. Next, add the can of drained tomatoes.
8. Let the tomatoes cook for about 1 minute, then add 1 cup of water.
9. Bring the sauce to a boil, then turn down to a simmer, add more salt (about 1/4-1/2 a teaspoon or more) and cover.
10. Let the sauce cook for about an hour, stirring occasionally.
11. Once cooking for 45 minutes, uncover and cook the last 15 minutes uncovered. During this time, turn the pot of salted water to high heat and bring to a boil.
12. Taste the sauce and adjust salt and pepper to taste. Once the pot of salted water is boiling, add the pasta and cook according to the cooking time on the box.
13. While the pasta is cooking, reserve one cup of the pasta water to add to the sauce when adding the pasta if needed.
14. Once pasta is done, drain and add the pasta to the sauce along with a splash of the reserved pasta water.
15. Stir the pasta into the sauce, cover and let sit for one minute.

Ingredients:

1 box of pasta
1 28-oz can of whole peeled tomatoes, drained
2 Tablespoons olive oil
1 Tablespoon butter
1 small yellow or white onion, diced
Salt and pepper to taste
1 cup water

Hot Tip:

Tomatoes contain lycopene, a phytochemical and antioxidant that has cancer preventive benefits.
Procedure:

1. Heat oil over medium heat in a large saucepan and add the chopped onion.
2. Cook, stirring the onions until tender and translucent, about 5 minutes.
3. Add the garlic and stir together, cooking for another minute.
4. Stir in tomatoes, salt, and pepper. Cook stirring often, until tomatoes have cooked down, about 10-15 minutes.
5. Add broth, tomato paste, red pepper flakes, and bring to a boil. Once boiling, reduce heat, cover and simmer for about 30 minutes.
6. Stir in the beans. Once beans are warm, taste and adjust salt if necessary.
7. 10-15 minutes before serving, stir in pasta. When the pasta is cooked, taste and adjust seasoning again if necessary, stir in parsley and serve. If using Parmesan, add now.

Ingredients:

1 cup of canned beans - any kind will work
5 ½ cups chicken or vegetable broth
2 Tablespoons olive oil
1 medium/large onion, chopped
2 garlic cloves, minced
1 28-ounce can chopped or diced tomatoes
1 Tablespoon tomato paste
¼ to ½ teaspoons red pepper flakes (optional)
1 cup pasta, preferably elbow macaroni or small shells
2-3 Tablespoons fresh or dry parsley (optional)
½ cup Parmesan cheese, grated (optional)
¼-½ teaspoon salt

Hot Tip:

Don’t skip the onions - in addition to a lot of flavor they contain multiple sulfides that may lower blood lipids as well as blood pressure.
Pasta All’ Arrabbiata
Shared by Fabio Parascecoli

Ingredients:
- 1 box of Penne Rigate
- 1 can of crushed tomatoes
- 2–3 cloves garlic, minced
- 4–6 tablespoons of olive oil
- A pinch of chili flakes
- Chopped fresh parsley
- Salt and pepper

Procedure:

1. Heat a large saucepan over medium heat. Then add the olive oil.
2. Next, add the minced garlic.
3. Once the garlic starts to turn golden brown, add the chili flakes.
4. Next, add the crushed tomatoes and let simmer for 15-20 minutes. (If time allows, simmer for 30 minutes)
5. As sauce is simmering, bring a pot of salted water to a boil.
6. Add the penne and cook for the amount of time specified on the box.
7. When the sauce is ready, add the cooked pasta to the pan of sauce.
8. Taste, and add more salt if necessary.
9. If using parsley, add now and enjoy!

Hot Tip:
Chili pepper is not only great for heat—seekers, but it also contains capsaicinoids that give the pepper its anti-inflammatory properties.
Pasta Aglio, Olio e Peperoncino

Shared by: Fabio Parascecoli

Procedure:

1. Bring a pot of salted water to a boil, add the pasta and cook for the amount of time specified on the box.
2. While pasta is cooking, heat a large saucepan over medium heat. Then add the olive oil.
3. Next, add the minced garlic.
4. Once the garlic starts to turn golden brown, add the chili flakes.
5. Once pasta is finished cooking, drain and add to the pan with oil, garlic, and chili flakes.
6. Add salt and taste.
7. Enjoy!

Ingredients:

1 box of pasta (spaghetti or penne)
3 cloves garlic, minced
¼ cup olive oil
Pinch of chili flakes
½ teaspoon salt

Hot Tip:

Olive oil is a great choice—as a monounsaturated fat it supports heart health while also being super tasty!

This is a variation of the previous recipe, but takes much less time to prepare. This recipe can be made however spicy you would like and is a staple in most Italian diets.
Black Bean and Sweet Potato Hash

Ingredients:
2 cans black beans, rinsed and drained
1- 8 or 10 oz bag fresh or frozen spinach
1 onion, chopped
1 large sweet potato, cut into cubes
2 cloves garlic, minced
½ Tablespoon ground cumin
1 can corn
3/4 cup chicken or vegetable broth
1 Tablespoon olive oil
½ teaspoon salt

Procedure:
1. Heat olive oil over medium-high heat in a large saucepan.
2. Add onions and garlic and saute until golden, about 6 minutes.
3. Next, add the sweet potatoes and cook for about 7-10 minutes.
4. Add cumin and saute until fragrant, about 30 seconds.
5. Reduce heat to medium, and add the broth. Cook until liquid is absorbed, about 5-10 minutes.
6. Stir in corn, black beans, salt, and allow to cook through, about 2-3 minutes.
7. Then, slowly add the spinach and allow it to cook down.
8. Taste, and add salt and pepper if necessary
9. Enjoy!

Hot Tip:
If using dry beans, cook and drain them first, and add at step 6.

The skin of sweet potatoes are edible and quite nutritious. They not only have a lot of fiber but also are high in iron, potassium, and magnesium.
Procedure:

1. Place the black beans in a large bowl and mash with a fork.
2. Mix the tomatoes, cheese, corn, salt, pepper, and chili powder with the beans.
3. Place ½ cup of bean mixture on half of a tortilla.
4. Fold tortilla in half and pat down filling so it is evenly distributed.
5. Repeat until all filling is used up.
6. Heat oil in a large skillet over medium-high heat.
7. Use ½ Tablespoon of oil per 2 quesadillas.
8. In batches of 2, cook the quesadillas until golden brown then flip to cook other side.

Ingredients:

- 8 whole wheat tortillas
- 2 cans black beans (15 oz.), drained and rinsed
- 1 cup shredded cheddar cheese
- 1 can corn (15 oz.), drained and rinsed
- 1 can diced tomatoes (15 oz.), drained
- 2 Tablespoons chili powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons oil

Hot Tip:

Great with some sliced avocado on the side.

Cheese can help you meet your daily calcium needs. Especially for the under-26 crowd, your bones are still building up.
Rice and Black Beans (Moros y Cristianos)

Inspired by Epicurious- Lourdes Castro

Ingredients:
2 cans black beans, rinsed and drained
1- 8 or 10 oz bag fresh or frozen spinach
1 onion, chopped
1 large sweet potato, cut into cubes
2 cloves garlic, minced
½ Tablespoon ground cumin
1 can corn
3/4 cup chicken or vegetable broth
1 Tablespoon olive oil
½ teaspoon salt

Procedure:
1. Heat olive oil over medium-high heat in a large saucepan.
2. Add onions and garlic and saute until golden, about 6 minutes.
3. Next, add the sweet potatoes and cook for about 7-10 minutes.
4. Add cumin and saute until fragrant, about 30 seconds.
5. Reduce heat to medium, and add the broth. Cook until liquid is absorbed, about 5-10 minutes.
6. Stir in corn, black beans, salt, and allow to cook through, about 2-3 minutes.
7. Then, slowly add the spinach and allow it to cook down.
8. Taste, and add salt and pepper if necessary
9. Enjoy!

Hot Tip:
If using dry beans, cook and drain them first, and add at step 6.

The skin of sweet potatoes are edible and quite nutritious. They not only have a lot of fiber but also are high in iron, potassium, and magnesium.
Fried Rice

Shared by: Rachel Knopf Shey

Procedure:

1. Heat oil in a wok or large pot over medium heat.
2. Add the onion and cook until clear, about 5 minutes.
3. Add the ginger and cook for 2 more minutes.
4. Next, add the vegetables and cook until desired consistency or thawed, stirring regularly.
5. Add some soy sauce and/or salt, and mix defrosted veggie burger patty into the vegetables. (optional)
6. Add the rice and begin to break up the patty and blend in the vegetables.
7. Stir in more salt or soy sauce if needed.
8. Beat the eggs in a separate bowl, then add to the rice and vegetable mixture and stir well to combine.
9. Continue to stir until egg is fully cooked into the rice, at least 5 minutes. Great topped with hot sauce as well!

Ingredients:

1 onion, chopped
1 inch of ginger peeled and diced (optional)
1+ cup of assorted fresh or frozen vegetables (ex. spinach, corn, peas, carrots, string beans, mushrooms, bell peppers, leafy greens)
1 Dr Praeger’s California veggie burger, defrosted (optional)
1-3 eggs, depending on amount of rice used
Soy sauce and/or salt to taste
2+ teaspoons sesame or peanut oil, or any oil that you may have
3+ cups cooked brown or white rice

Hot Tip:

Ginger contains the compound 6—gingerol which is what is believed to give ginger its anti-cancer properties.
Green Papaya Salad
Shared by: Tamara Oyola-Santiago

Ingredients:
1 large ripe tomato, cut into wedges
1 papaya (500g/1 lb), coarsely grated to yield 3 cups
1 small carrot, coarsely grated to yield 1 cup
2 Tablespoons mint leaves, chopped
Sprigs of mint leaves to garnish (optional)

Dressing:
3 Tablespoons freshly squeezed lime juice
3 Tablespoons fish sauce
1 Tablespoon sugar
2 cloves garlic, minced
1 finger-length chili, deseeded and sliced
2 Tablespoons sesame seeds, dry roasted for about 10 minutes over low heat until browned

Procedure:
1. Combine the dressing ingredients in a large bowl and mix until the sugar has dissolved.
2. Next, add all other ingredients (except sprigs of mint leaves if using), and toss well to combine.
3. Transfer to a serving platter and garnish with mint sprigs, serve immediately and enjoy!

Hot Tip:
Papaya is packed full of antioxidants, anti-inflammatories, and may help aid in digestion.
PB & J Boost Bites
Inspired by Minimalist Baker

Procedure:
1. Combine peanut butter, maple syrup, oats, dried fruit, flaxseed meal, and chia seeds (if using) in a large bowl and mix together.
2. If the mixture is too wet, add more oats. If the mixture is too dry, add more maple syrup.
3. Place bowl uncovered into the refrigerator for about 5 minutes so that the mixture becomes firm.
4. Next, take the mixture out of the refrigerator and using approximately 1 - 1 ½ Tablespoon amounts, form balls by rolling the mixture in the palm of your hands. There should be 13-14 balls when finished.
6. Enjoy! Store the bites in an airtight container in the refrigerator for up to one week.

Ingredients:
½ cup peanut butter
¼ cup maple syrup
1 ¼ cups oats
¼ cup dried fruit, i.e. cranberries, raisins, cherries, blueberries
2 ½ Tablespoons flaxseed meal (optional)
2 Tablespoons chia seeds (optional)

Hot Tip:
Perfect for on the go activities, these no-cook bites contain 4 grams of protein each to keep you feeling satiated between meals. These compact snacks can also be made into a sweet treat by adding 2 Tablespoons of dark chocolate chips to step 1.
Ingredients:
1 - 14 ¾ oz can of salmon, drained
½ cup bread crumbs
¼ cup of onion, finely chopped
¼ cup canned or frozen corn (optional)
2 teaspoons Dijon mustard (can substitute deli mustard)
1 teaspoon Worcestershire sauce (optional)
1 egg, beaten
1 Tablespoon olive oil
1 Tablespoon butter (for the pan)
¼-½ teaspoon salt
Pinch of pepper

Procedure:
1. Place salmon in a large bowl.
2. Next, add the breadcrumbs, onion, corn, mustard, Worcestershire sauce, egg, olive oil, salt and pepper and mix together thoroughly.
3. Once well combined, use wet hands to shape the mixture into 7-8 patties.
4. Heat a large skillet over medium heat, and add the butter.
5. Swirl the melted butter around the pan.
6. Place the patties in the pan and cook until browned on one side and then flip and cook the other side until golden brown, about 4-5 minutes on each side.
7. Serve right away, enjoy!

Hot Tip:
Salmon is a great source of omega-3 fatty acids which can support heart health.
Tuna & Bean Salad

Ingredients:

1 6-oz can of tuna, rinsed and drained
1 can of white kidney beans (cannellini beans), drained and rinsed
2-3 Tablespoon olive oil
1 clove garlic, minced
3 Tablespoon lemon juice or red wine vinegar
2 Tablespoon fresh parsley, chopped (optional)
½ teaspoon salt
Pinch of pepper

Procedure:

1. In a small bowl whisk together olive oil, vinegar or lemon juice, and garlic.
2. Combine the dressing with the beans and top with chunks of tuna.
3. Season with salt and pepper. If using parsley, top the salad with the fresh chopped parsley now.
4. Enjoy!

Hot Tip:

Eating tuna and other fish at least twice a week can help you get a load of nutrients that most people don’t get enough of, including Vitamin D.

This simple, yet satisfying Italian recipe can be enjoyed as is; it can also be placed over a bed of greens such as spinach, romaine, or kale with cherry tomatoes.
Roasted Chickpeas

Ingredients:
- 2 15-oz cans garbanzo beans
- 2 Tablespoon olive oil
- ½ - ¾ teaspoons salt
- 2-4 teaspoons seasoning of your choice (cinnamon, cumin, thyme, chili powder, curry powder, rosemary, honey, garlic powder) *if using a more intense spice (cinnamon), use max of 3 teaspoons

Procedure:
1. Preheat oven to 400 degrees.
2. Open, drain, and rinse the garbanzo beans.
3. Next, dry the beans with either paper towels or a clean kitchen towel.
4. Once dry, spread them onto a baking sheet.
5. Drizzle olive oil over the beans and add the salt.
6. Roast the chickpeas for 20-30 minutes, stirring every 10 minutes. The chickpeas are done when they are golden brown, dry, and slightly crisp on the outside. However, the inside of the chickpeas should still be soft.
7. Next toss the chickpeas with your choice of spices and serve while still warm.

Hot Tip:
Chickpeas have a great balance of fiber, protein, starch, and micronutrients and as part of a balanced meal will help keep you feeling full for longer.

Great for a quick snack, or sprinkled over top of a salad for added crunch.
Peanut and Sweet Root Soup
Inspired by Delish

Procedure:
1. Heat olive oil in a large saucepan over medium heat.
2. Next, add the onion, salt, and pepper. Cook covered, stirring frequently until onions have become soft and translucent, about 8-10 minutes.
3. Once the onions are soft, stir in the garlic and cook for 1 minute. Next, stir in the cayenne pepper and cumin and cook for another minute.
4. Add the sweet potatoes and stir.
5. Next, add the crushed tomatoes, peanut butter, and water and bring to a boil. Once boiling, reduce to a simmer, cover and let cook for 18-20 minutes.
6. Once sweet potatoes are tender, taste and adjust seasoning as necessary.
7. Garnish with cilantro and peanuts (optional).

Ingredients:
- 4 medium/large sweet potatoes, rinsed and cut into large pieces
- 1 14-oz can crushed tomatoes
- ½ cup peanut butter
- 2 Tablespoon olive oil
- 1 medium/large onion, chopped
- 1 teaspoon kosher salt
- ¼ teaspoon pepper
- 3-4 cloves garlic, minced
- 2 teaspoons cumin
- ¼ teaspoon cayenne pepper
- 4 cups water
- Cilantro, chopped (optional)
- Peanuts, chopped (optional)

Hot Tip:
As with most soups, this recipe tastes even better the next day once all the ingredients have spent some time marinating.
Quick Lentil Soup
Inspired by Martha Stewart

Ingredients:
1 Tablespoon olive oil
½ small onion, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
1 garlic clove, minced
¼-½ teaspoon salt
14.5 ounces low sodium vegetable or chicken broth
¾ cup cooked lentils (from a 15 ounce can), rinsed and drained
2 teaspoons red-wine vinegar

Procedure:
1. In a saucepan, heat oil over medium-low heat.
2. Add onion, carrot, celery, and garlic; Turn heat to medium.
3. Add salt and cook until onion softens, and becomes translucent, about 3-5 minutes.
4. Next, add the broth, and bring to a boil and cook for 5 minutes.
5. Add lentils and cook until the soup thickens a little, about 3-5 minutes.
6. Add the vinegar and taste. Season with salt and pepper if necessary.
7. Enjoy!

Variation if using dry lentils:
1. Rinse, pick out pebbles and drain well.
2. Cook lentils, drain, and add at step 5.

Hot Tip:
Lentils are a pulse. Pulses are part of the legume family, and the term “pulse” refers to a dried seed. Dried peas, edible beans, lentils and chickpeas are the most common varieties of pulses. Pulses are very high in protein and fiber, and are low in fat.
Resources: cooking websites, blogs, and books we love...

**Minimalistbaker.com**
A great place to find vegetarian and vegan recipes that are relatively easy to make.

**Good And Cheap,**
by Leanne Brown

**Smittenkitchen.com**
Easy and practical yet creative and oh so delicious, many recipes use affordable and common ingredients.

**Budgetbytes.com**
This website/blog has tons of delicious recipes for cooking on a budget.