

Our Community Cupboard

Created by:

Student Wellness Committee



Home-y Meals for Me and You

Recipe Book Vol. 2

HOME-Y RECIPES FOR ME AND YOU

MOM'S SPAGHETTI

SERVE: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

1-2 Tbsp of vegetable oil
1 onion chopped
1-2 cloves of garlic minced
4-6 mushrooms
1 jar of tomato sauce
1 can of chicken
1lb of spaghetti noodles
Kosher Salt and Black Pepper

DIRECTIONS

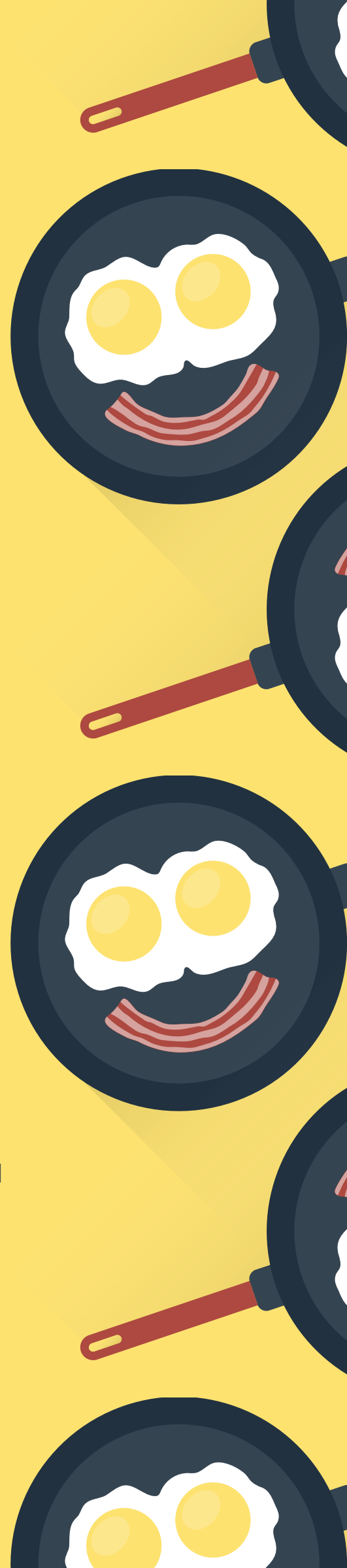
Cook pasta in a pot of salted water (3 quarts of water and season with 1/2 Tbsp of salt) according to package instructions, drain and set aside.

In a pan over medium/high heat, heat the vegetable oil. Add the onions and saute for 2 minutes until soft. Add in the mushrooms and garlic and saute for an additional 5 minutes while stirring.

Add in chicken and tomato sauce and simmer over medium heat for 5 minutes until sauce thickens.

Add in cooked pasta and stir. Heat another minute and then turn off heat.

Season with salt and pepper, and should be good to eat!



HOME-Y RECIPES FOR ME AND YOU

FRUIT SALAD

YUMMY

YUMMY

SERVE: 6-8

TOTAL TIME: 10 MIN

INGREDIENTS

1 can of pears

3 fruit cups

1/2 cup cream (cold)

1/4 cup sweetened condensed milk (cold)

1 granola bar* (optional)

DIRECTIONS

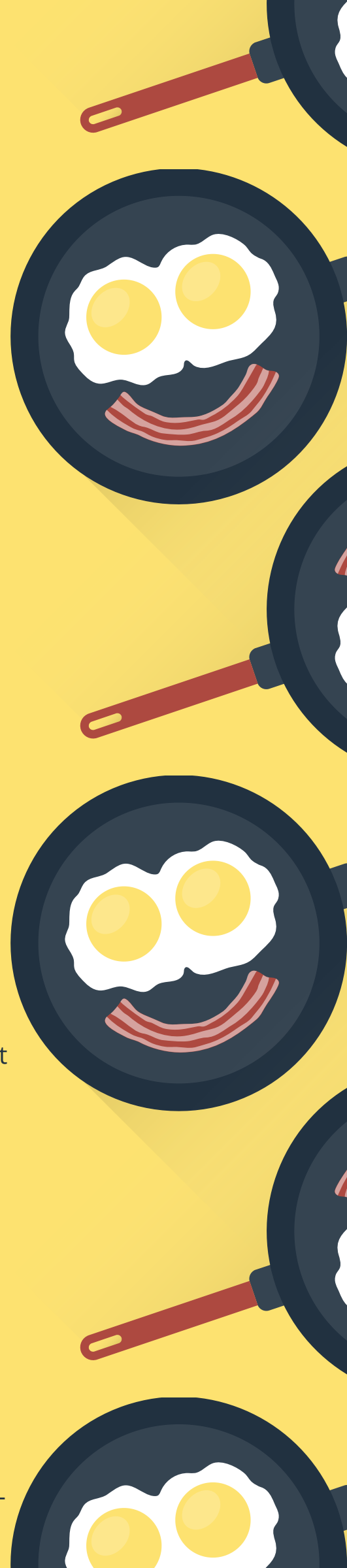
Combine the fruit in a bowl.

Slowly whip the cream and condensed milk in a bowl.

Pour cream and condensed milk over the fruit and stir well.

Keep chilled and serve with crushed granola bar on top if desired!

<https://www.thespruceeats.com/filipino-style-fruit-salad-3030300>



HOME-Y RECIPES FOR ME AND YOU

NOT YOUR AVERAGE FRIED RICE

SERVE: 4

TOTAL TIME: 20 MIN

INGREDIENTS

- 1 Tbsp vegetable oil
- 1 onion chopped
- 2 cloves of garlic minced
- 1/2 can of carrots diced
- 1/2 can of green beans diced
- 2 eggs
- 1 can of chicken chopped
- 3 Tbsp soy sauce
- 3-4 cups cold cooked rice
- 2 green onions* (optional)

DIRECTIONS

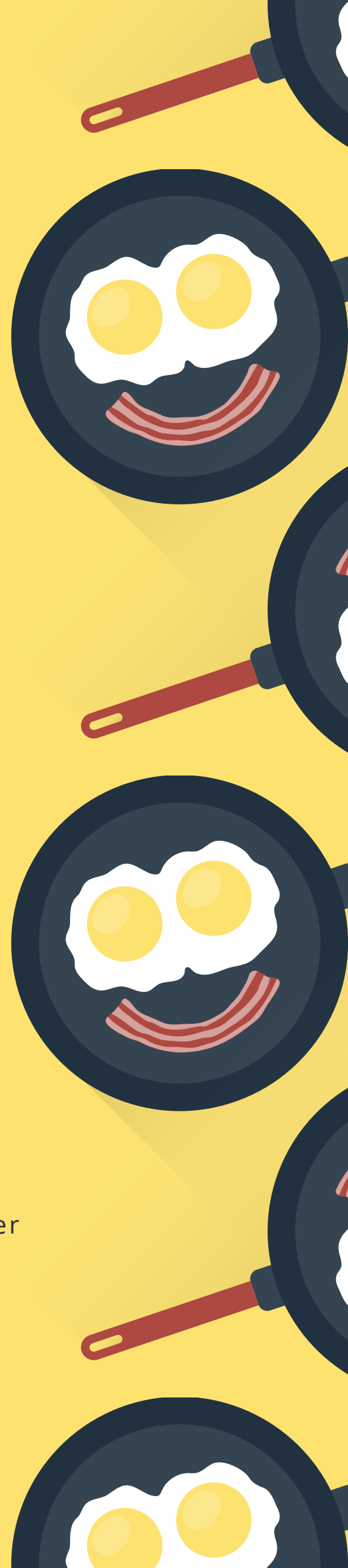
In a pan over medium/high heat, heat the vegetable oil. Add in garlic and onions and saute for 2 minutes until soft.

Add carrots and green beans, cook for another 3-4 minutes until heated and soft.

Add rice and chicken and cook until rice is slightly brown. Stir occasionally.

Add in egg, soy sauce, and green onions (optional).

Cook until eggs are thoroughly cooked.



HOME-Y RECIPES FOR ME AND YOU

HANGRY PERSON CHILI

SERVE: 4

TOTAL TIME: 20 MIN

INGREDIENTS

- 1 can of Beef Stew
- 1 onion chopped
- 1 small bell pepper chopped
- 2 cloves of garlic minced
- 2 cans of beans, rinsed and drained
- 2 cans of diced tomatoes/tomato soup
- 1 tsp of taco seasoning or seasoning of choice
- 1-2 chilies diced

DIRECTIONS

In a pot over medium heat, heat up the beef stew. Stir in onion and garlic and cook for 5 minutes until onion is translucent. Skim off excess grease, and sprinkle in seasoning. Continue to cook for 1-2 minutes. Pour in the tomatoes, beans, and chilies, and stir to combine. Simmer the chili for 30-45 minutes to thicken. Rest for 5-10 minutes before serving.

