



# BATCH RECIPE BOOKLET



# Hearty Bean and Veggie Chili

Approximate batch cost: \$6.75

## INGREDIENTS

- 1 can beans in tomato sauce
- 1 can kidney beans, drained and rinsed
- 1 can bean medley, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1 can diced tomatoes
- 1 sweet onion, peeled and chopped
- 1 green pepper, chopped
- 2 cloves garlic, finely minced
- 1 tbsp canola oil
- Add 1 tbsp of any spices or herbs you wish (cayenne pepper, cumin, thyme, chili pepper)

### Stove top instructions:

Coat the bottom of a large pot with canola oil. Add garlic, pepper and onion. Sauté over medium-low heat for 5 minutes, stirring frequently. Add all other ingredients and simmer for 30-40 minutes until beans and chickpeas are softened. Makes 8 – 10, 1 cup servings.

### Crock pot instructions:

Place all ingredients into a crockpot and heat on low for 5-7 hours.

TIP \* Add 2 cups cooked rice or pasta to make it a balanced meal.

\* If using a crock pot, add 2 cups uncooked rice or pasta.



# Oatmeal Berry Crisp

Approximate Cost: \$7.00 – \$8.00  
depending on choice and season  
of fruit

## INGREDIENTS

- 1 cup quick cooking oatmeal
- 1 cup whole wheat flour
- ½ cup brown sugar
- ¼ tsp baking soda
- ¼ tsp baking powder
- 1 tsp cinnamon
- ½ cup melted margarine (use non-hydrogenated)
- 3-4 cups fresh or \*frozen fruit of choice

### Instructions:

Preheat oven to 350°F. Mix together oatmeal, whole wheat flour, brown sugar, cinnamon, baking powder, baking soda and softened margarine. Spray 9x13 cooking pan. Spread a layer of fresh or frozen fruit pieces on the bottom of the pan. Top with oatmeal mixture and bake for 30 – 40 minutes until golden brown and crispy. Makes 10-12 servings.

TIP \* Substitute ¼ cup of unsweetened applesauce to use half the amount of margarine. Applesauce can be a great substitute for cooking oils, soft margarine and brown sugar depending on the recipe.



# Broccoli Cheese SOUP

Approximate Cost: \$6.50

## INGREDIENTS

- 1 tbsp canola oil
- 5 cups coarsely chopped broccoli florets
- 2 cups coarsely chopped carrots
- 1 cup finely chopped onion
- 3 cloves garlic, minced
- 2 cups sodium-reduced chicken or vegetable broth
- 1 can 2% or 0.2% evaporated milk
- $\frac{3}{4}$  cup instant potato flakes
- $\frac{1}{2}$  tsp ground pepper
- 4 herb-and-garlic-flavoured, light Laughing Cow wedges or  $\frac{1}{2}$  cup light cream cheese (optional)
- $\frac{1}{2}$  cup shredded old cheddar cheese

### Instructions:

In a large pot, heat oil over medium heat. Sauté broccoli, carrots, onion and garlic for 3-4 minutes until onions are softened. Add broth and 2 cups of water, increase heat to high and bring to a boil. Reduce heat and simmer for 20-25 minutes or until broccoli and carrots are tender. Remove from heat. Using an immersion blender or regular blender, work in batches to blend until vegetables are of uniform texture, but not pureed. Return soup to pot (if necessary) and place over medium heat. Stir in evaporated milk, potato flakes and pepper, heat until flakes are softened. Stir in Laughing Cow or cream cheese and cheddar cheese, heat, stirring constantly until smooth. Do not let boil or soup may curdle. Makes approximately 5 servings.

TIP \* You can purchase evaporated milk as whole (7.8%), partly skimmed (2%) or skim (0.2%) milk fat. Using skim evaporated milk is a great way to get the smooth texture of a cream soup without the added fat of whipping cream or whole milk. One serving of this soup provides the same amount of calcium as 1 cup of milk!





# Fresh Guacamole

Approximate Cost: \$3.50

## INGREDIENTS

- 4 avocados, peeled & pitted
- 1 lime squeezed or 2 tsp lime juice
- Pinch of salt
- ½ cup diced onion
- 2 tsp minced garlic
- 2 tbsp minced cilantro (optional)
- 1 pinch of cayenne pepper (optional)

### Instructions:

Mash avocado together with all ingredients to desired consistency (chunky or smooth). Serve with whole grain crackers, pita bread or chopped veggies. Makes 6-8, ¼ cup servings.

TIP\* Try adding ¼ c plain Greek yogurt or 2 light Laughing Cow wedges for a creamier consistency and additional calcium and protein. Purchase spices and herbs from the bulk section of supermarkets to try new flavours without having to purchase the whole bottle.



# Homemade Hummus

Approximate Cost: \$3.50

## INGREDIENTS

- 2 -19oz can chickpeas, drained and rinsed
- ½ cup canola, olive oil or tahini
- 2-3 cloves garlic, finely minced
- Pinch of salt and pepper
- 3 tbsp lemon juice
- 1 tsp ground cumin (optional)
- Dash of ground paprika (optional)

### Instructions:

Mash or puree (1-2 minutes) all ingredients until smooth. Add a splash of water to reach a smoother consistency. Serve with veggies, whole wheat crackers or pita chips. Makes 10-12, ¼ cup servings.

TIP \* ¼ cup of hummus counts as 1 serving of meats and alternatives from Canada's Food Guide. Use hummus as a source of protein at meals and snacks.