



# Recipe Workbook





**Revised February 2015**

## **Welcome Everyday Chef!**

We hope you enjoy this hands-on cooking experience. Our goal is to re-awaken the joy of preparing and eating “made from scratch” meals.

At each class our Chef will share a basic recipe and then provide hands on instructions on preparation and cooking techniques. Also, you will have the opportunity to try substitutions on main ingredients and variations in herbs and spices for the recipe, so that you can create an endless variety of meals. We’ve provided this Recipe Workbook so you can make notes as we go along.

Our chefs also love to provide tips on food shopping as well as how to stock your pantry, so that you can always put together an easy, money saving, deliciously nutritious meal.

Jump right in, ask questions, try these at home and share your experience at the next class.

Everyday Chef Karen Swope said, “Now my family enjoys cooking and eating together. We all chop and mix and cook together – talking all the while about our days. If my daughters’ friends show up – they love joining in the preparing, and are amazed at how great REAL home cooking tastes. My daughters enjoy grocery shopping with me; we hang out in the produce section and see how colorful our cart can be. They like reading the labels – they’ll tell me ‘Mom, we can’t buy this, it’s got too much salt and sugar’. AND our weekly food costs are less. “

Everyday Chef is a MACWell initiative designed and coordinated by volunteers. If you are interested in volunteering to assist with planning or in the kitchen, contact Denise Carbaugh [jcdc321@gmail.com](mailto:jcdc321@gmail.com).

If you have a chance, please say “thank you” to our Chefs for their time, energy and commitment to bringing home cooking back into our lives. And also, thank you to our volunteers for their planning and kitchen assistance. Without the commitment of our volunteers, the Everyday Chef classes would not be possible.

*We are grateful to our sponsors **High Mark Blue Cross** and **Food Lion** for their generous support of this program and for their commitment to community wellbeing.*

Elizabeth George MD  
President MACWell (Mercersburg Area Council for Wellness)

## Well Stocked “Pantry”

***A well stocked pantry will allow you to get home at 7:30 with no ideas of what to make for dinner, and have a deliciously nutritious meal on the table by 8:00 p.m.***

**Grains:** Brown rice, Quinoa, Barley, Oats

**Beans:** Black beans, kidney, butter beans, chick peas and any other of the huge variety – choose low sodium canned, or using dried beans is easy to learn, dried lentils cook quickly and easily.

Other canned/jarred items – applesauce, diced tomatoes, tomatoe sauce (look for low sodium), tomato paste,

**Freezer:** Frozen veggies – peppers, onions, brocolli, cauliflower, carrots, green beans, – Frozen berries – blueberries, raspberrry, strawberry

**Comment:** I buy them in season and freeze. Also store bought frozen veggies and fruits are economic and harvested at peak ripeness for flavor and nutritional value. Serving size portions of chicken and fish can also be frozen in freezer baggies; *freeze them in a single layer for easy use.*

### **Fresh items that keep fairly long at room temperature:**

White, yellow, red potatoes, fingerlings, sweet potatoes onions, whole garlic, butternut squash ~ Apples, Oranges, Lemons

### **Keep well in refrigerator:**

Carrots, celery, brocolli, cauliflower, mushrooms, head of romaine lettuce, red/green cabbage, boc choy, collard greens, kale, grapes (also great frozen)

**Things to buy more often** and that can be frozen for smoothies if they get over ripe before you use them: bananas, berries, peaches, cantelope

**Comment:** Buy fruits and veggies in season, buy local, check out our CSA’s

**Spices:** Cinnamon, Turmeric, Curry, chili powder, garlic powder, ginger powder, oregano, thyme, dried parsley, cardemon

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# CLASS 1 - EAT LOAF - 3 WAYS

## ITALIAN TURKEY MEATLOAF

2 lbs. Ground Turkey  
2 Eggs Beaten  
1.5 cups rolled oats  
1/2 CUP Chopped Onion  
1/2 CUP Milk  
1 tsp Italian Seasoning  
1/2 tsp Garlic powder  
1/2 tsp Salt  
1 tbls Worcestershire Sauce  
1 cup Spaghetti Sauce  
1 tbls Worcestershire Sauce

1. Preheat oven to 350 Degrees.
2. In a large bowl combine ground turkey, eggs, oats, onion and milk Worcestershire, Italian seasoning, garlic powder and salt. Mix Well.
3. Shape into loaf and put in oiled pan.
4. In a small bowl mix the spaghetti sauce, Worcestershire sauce and spread on the loaf.
5. Bake in preheated oven 50 - 60 minutes.

*Recipe by Chef Jim Butler*

**Shopping Tips:**



1 cup Spaghetti Sauce - look for  
sodium content < 250mg/serving

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# LIGHTER MEXICAN MEATLOAF

- 1 Pan Spray
- 2 Lbs. Ground Turkey
- 1 can black beans (drained and rinsed)
- 1 Can whole Kernal corn (drained)
- 1 cup mild salsa
- 3/4 cup Bread Crumbs
- 3 Egg Whites
- 1 Can Enchilada Sauce
- 1 tsp. chili powder
- 1 tsp cumin

1. Preheat oven to 400 degrees. Spray pans with oil.
2. Mix Ground Turkey, black beans, corn, salsa, seasoning, bread crumbs and egg whites.
3. Form mixture into loaf and place in pan.
4. Pour half the enchilada sauce over the meatloaf.
5. Bake for 45 minutes.
6. Check loaf, pour remaining sauce over meat loaf.
7. Bake 10 - 15 more minutes or until the juices run clear.

*Recipe by Chef Jim Butler*



**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# LENTIL LOAF

- 1 1/2 cups lentils
- 3 1/2 cups water or vegetable broth
- 2 onions, diced
- 2 cloves garlic, minced
- 1-2 Tablespoons Oil (optional)\*
- 2 cups pre-cooked rice
- 1/2 tsp salt
- 1/4 cup ketchup or barbecue sauce
- 1/2 tsp sage
- 1/2 tsp Italian seasoning

Pre-heat oven to 350 degrees.

1. In a large soup or stock pot, simmer the lentils in water or vegetable broth until cooked, about 30 minutes. Drain thoroughly, then mash the lentils until they are half mashed.
2. Sauté the onions and garlic in olive oil for 3 to 5 minutes, or until soft.\*
3. Combine the onions, garlic and olive oil with the mashed lentils and add the rice, salt, ketchup or barbecue sauce, sage, and Italian seasoning.
4. Gently press the mixture into a lightly greased loaf pan. Drizzle a bit of extra ketchup on top if desired.

Bake for 1 hour. Allow to cool slightly before serving, as this will help the lentil loaf to firm up.

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.

***Recipe by Chef Jim Butler***

**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# Mexican Confetti Rice

1 tablespoon vegetable oil (optional)\*  
1 1/2 cups brown rice  
1 medium onion, chopped  
2 teaspoons minced garlic  
3 cups canned low-salt chicken broth  
1/4 cup tomato sauce  
1 teaspoon salt

1 1/2 cups thinly sliced peeled carrots  
1 cup frozen corn kernels  
1/2 cup frozen green peas

## **STOVE TOP METHOD**

1. Heat oil in heavy large pot over medium heat.  
\* Sauté without oil: heat the pan to medium; Add onions - they will make their own juice. (See additional information bottom of page 14)
2. Add onion and garlic. Sauté until onion is slightly softened.
3. Add rice and stir.
4. Add broth, tomato sauce and salt.
5. Add carrots, corn & peas to rice.

Bring to a boil over medium heat, boil uncovered until 1/2 liquid is gone, about 10 minutes. Cover pot, reduce heat to very low.

Cook until rice is tender and liquid is absorbed, about 15 minutes.

Remove from heat. Let stand covered 10 minutes before serving.

## **RICE COOKER**

Combine all ingredients in rice cooker, set to cook and cover.

Serve when done.

*Recipe by Chef Jim Butler*

**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# **BAKED SWEET POTATOES WITH GINGER & HONEY**

- 3 Sweet Potatoes
- 3 Tablespoons Honey
- 1/4 tsp powdered Ginger
- 2 tsp Oil (optional)\*
- 1/4 tsp Cardamom
- 1/8 tsp Cayenne Pepper

Heat oven to 400 degrees.

1. Wash potatoes and cut in wedges.
2. In a large bowl combine the potatoes, honey, ginger, oil\*.
3. Transfer to a foil lined baking pan.
4. Bake for 10 - 15 minutes, turn the potatoes on the pan.
- 5 Bake another 20 - 25 minutes until outsides are carmelized.

*Recipe by Chef Jim Butler*

**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# Maple-Glazed Roasted Root Vegetables

Serves 4-6

- 2 carrots, peeled and cut into 1-inch pieces
- 1 large parsnip, peeled and cut into 1-inch pieces
- 1 small turnip, peeled and cut into 1-inch pieces
- ½ rutabaga, peeled and cut into 1-inch pieces
- 1 sweet potato, peeled and cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 teaspoon olive oil
- 1 teaspoon sea salt
- Garlic powder, cumin, black pepper, and dried oregano to taste
- ¼ cup maple syrup
- 1 teaspoon balsamic vinegrette, melted

1. Preheat the oven to 400 degrees F.
2. In a large bowl, toss together the carrots, parsnip, turnip, rutabaga, sweet potato, and onion with enough olive oil to coat. Sprinkle with salt and seasonings and toss again. Spread the vegetables in a single layer without touching on baking sheets. (carrots, turnips and rutabaga can be cut into smaller pieces than other veggies to help with even cooking).
3. Roast, shaking the baking sheets occasionally and turning the vegetables with a spatula to keep them from sticking, until they develop a light crust and are tender, 40-50 minutes.
4. In a small bowl, stir together the maple syrup and balsamic vinegrette. Brush over the vegetables and continue roasting until the vegetables look glazed, about 5 minutes longer.

*Serve over quinoa pilaf and top with toasted walnuts.*

***Recipe by Chef Berkley Cline***



**Shopping Tips:**



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**Variations:**

For a tasty variation that can make this dish into a full meal – with 15 minutes to go:

1. Remove pan from oven
2. Top veggies with one 15 oz can of Garbanzo Beans or Black Beans – drained (look for less than 250 mg sodium/portion)
3. Add 2 – 3 inch pieces of Kale
4. Sprinkle with ½ Turmeric and ¼ tsp sea salt
5. Mix everything together and return to oven for 15 minutes.

**Prep Tips:**

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# CLASS 2 - CHICKEN OR FISH - 3 VARIATIONS

*Recipe by Chef Jim Butler*

## INDIAN FUSION STYLE CHICKEN

1 lb. boneless skinless chicken breast cut in 1" chunks  
1/2 lb. boneless skinless chicken thigh cut in 1" chunks

One medium size onion chopped  
3 cloves garlic chopped  
1 16 oz can diced tomatoes  
1 16 oz can chickpeas drained  
2 bay leaves  
1 tsp coriander  
1 tsp cumin  
1 tsp Garam Masala  
1 tsp lemon juice  
1/2 tsp turmeric  
1 Tbsp canola or olive oil

**\*\*Important, the peppers and onions need to be sliced very thin!!!**

1. Heat oil in pan. Brown garlic and onion lightly.
2. Add chicken and start to sear. Cook 3-5 minutes.
3. Add dry seasoning and stir well. Sear 1-2 minutes more.
4. Add tomatoes and chickpeas and lemon juice.
5. Cover and simmer 15-20 minutes.

### **Substitutions:**

**This recipe can be made with 1 1/2 lbs. of Tilapia or Cod in pieces 2-3 inches long. Slight change in cooking directions:**

1. Preheat oven to 400 degrees F.
2. Sear fish in pan until opaque - 2-4 minutes. REMOVE FISH FROM PAN AND SET ASIDE.
3. Arrange tilapia or cod in the prepared baking dish, skin side down. With a spatula, spread the olive oil and tomato paste mixture over the fish, heaping the majority in the centers of the fillets. Arrange onion and green pepper slices on and around the fillets.
4. In a small bowl, blend remaining olive oil, tomato paste, garlic powder, oregano, salt and pepper.
5. Bake in the preheated oven 15 minutes, until fish is easily flaked with a fork.
6. Return fish to pan, cover and heat 2-4 minutes until fish is flaky.

### **Notes on Herbs & Spices:**

You can make your own Garam Masala to have on hand. Use roughly 1 tsp per cup of food. Use more or less depending on how spicy you would like it.

1 tablespoon ground cumin , 1 1/2 teaspoons ground coriander

1 1/2 teaspoons ground cardamom

1 1/2 teaspoons ground black pepper

1 teaspoon ground cinnamon, 1/2 teaspoon ground cloves

1/2 teaspoon ground nutmeg

# CRUNCHY OVEN CHICKEN STRIPS

1/2 cup all-purpose whole wheat flour  
1/2 teaspoon salt  
pepper  
4 egg  
2 pound chicken breast in strips  
1/2 cup dried bread crumbs  
1/2 cup cornmeal  
1 teaspoon dried basil, crushed

1. Preheat oven to 450 degrees F
2. Sift or stir flour, salt, and pepper together in a shallow dish, and set aside.
3. In another bowl, combine bread crumbs with cornmeal and basil.
4. In a third bowl, crack eggs, separate whites from yolks and whisk lightly.
5. To bread the chicken strips, dip first into flour, shaking off any excess, then into egg whites, then into bread crumb mixture.
6. Spray a shallow baking dish with non-stick cooking spray. Lay chicken strips flat in the dish, tucking under any thinner ends or edges for more even cooking.
7. Bake in the preheated oven for 10 to 15 minutes - check tempture - Bake to 165 degrees

*Recipes by Chef Jim Butler*

**Shopping Tips:**



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**Substitutions:**

To use this same recipe and ingredients with 2 lbs. of **Fish Fillets**, follow the same cooking directions EXCEPT bake for just 8-10 mins., or until fish flakes easily with a fork.

**Notes on Herbs & Spices:**

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**Prep Tips:**

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## **BAKED CHICKEN PARMESAN**

- 1/2 cup Parmesan cheese
- 1/2 cup low fat, plain yogurt
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 tsp celery salt
- 3 lbs of Boneless, Skinless Chicken

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.
2. In a small bowl, mix together the Parmesan cheese, yogurt, and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.
3. Arrange chicken pieces in a single layer on the prepared pan.
4. Bake for 8 - 10 minutes. Flip the chicken over and bake for a couple more minutes. Cook until juices run clear.
5. Remove from the oven and cover pieces with the Parmesan cheese mixture on the top side.
6. Bake for 2 more minutes or until the topping is browned. Be careful not to over cook.

***Recipes by Chef Jim Butler***

## Shopping Tips:



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## Substitutions:

**To use this same recipe and ingredients with 3 lbs. of White Fish Fillets, follow these cooking directions:**

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.
2. In a small bowl, mix together the Parmesan cheese, yogurt and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan.
4. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes.
5. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side.
6. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

## Prep Tips:

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# CLASS 3 - STIR FRY VARIATIONS

*Taught by Chef Adam Carlson*

## VEGETABLE FRIED RICE

- 2 eggs beaten
- 1/2 tsp salt
- 2 Tablespoon Vegetable oil (optional)\*
- 1 cup chopped green onions
- 2/3 cup carrot diced small
- 4 cups cooked rice
- 1/2 cup frozen or fresh peas
- 2/3 cup vegetable stock
- 1/4 cup soy sauce
- 1/2 tsp pepper
- 1 Tablespoon Sesame Oil

1. Beat eggs with salt. Heat 1 Tbsp vegetable oil. Add eggs; stir constantly until dry and separated into small pieces. Remove from pan.
2. Heat remaining 1 Tbsp vegetable oil. Add onions and carrots; sauté 1 minute. Add rice and peas; sauté 5 minutes.
3. Add stock, soy sauce and pepper; stir to combine.
4. Add egg and sesame oil. Continue cooking until proper temperature is reached.

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.

*Recipes by Chef Jim Butler*



**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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## TOFU STIR FRY

- 1 lb firm tofu
- 3 tablespoon light soy sauce
- 1 tablespoon sesame oil
- 2 tablespoon of vegetable or peanut oil (optional)\*
- 1 lb of cauliflower florets
- 3/4 lb of thin sliced carrots
- 1/3 lb of sliced onion
- 2 cans water chestnuts
- 1 oz minced garlic
- 2 oz. Orange Juice
- 1 oz grated ginger root

1. Heat oven to 350 degrees.
2. Mix Soy sauce and sesame oil.
3. Cut tofu in 1/2" cubes and add to soy sauce & oil. Stir to coat tofu.
4. Bake tofu on cookie sheet for 15-20 minutes. Save the soy mixture.
5. Heat wok or skillet, dry, on stove. Get evenly heated medium-high.
6. Add oil then garlic and onion. Let cook 2-3 minutes. Keep stirring, DO NOT LET BURN.
7. Add all vegetables to oil. Fry and stir frequently.
8. When vegetables are cooked, add tofu and the reserved soy sauce and orange juice.
9. Let simmer 3-4 minutes until liquid all bubbles.

Serve over rice.

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.

**Shopping Tips:**



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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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## CHICKEN STIR FRY

- 1 lb firm chicken
- 3 tablespoon light soy sauce
- 1 tablespoon sesame oil
- 2 tablespoon of vegetable or peanut oil (optional)\*
- 1 lb of cauliflower florets
- 3/4 lb of thin sliced carrots
- 1/3 lb of sliced onion
- 2 cans water chestnuts
- 1 oz minced garlic
- 2 oz. Orange Juice
- 1 oz grated ginger root

1. Heat oven to 350 degrees.
2. Mix Soy sauce and sesame oil.
3. Cut chicken in 1/2" cubes and add to soy sauce & oil. Stir to coat chicken.
4. Bake chicken on cookie sheet for 15-20 minutes. Save the soy mixture.
5. Heat wok or skillet, dry, on stove. Get evenly heated medium-high.
6. Add oil then garlic and onion. Let cook 2-3 minutes. Keep stirring, DO NOT LET BURN.
7. Add all vegetables to oil. Fry and stir frequently.
8. When vegetables are cooked, add chicken and the reserved soy sauce and orange juice.
9. Let simmer 3-4 minutes until liquid all bubbles.

Serve over rice.

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.

**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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## **ADAM'S EASY EDAMAME SNACK**

*Recipe by Chef Adam Carlson*

- 1 pound bag of frozen soybeans
- Place in steam kettle or microwavable bowl with cover
- If using microwavable bowl, add ¼ cup of water to help steam.
- Cover and steam until cooked through (approx. 2 – 4 minutes)
- Season lightly with kosher salt (use minimal)

*\*\*\* Serve as a quick appetizer to your favorite Asian dish or as a healthy snack anytime.*

## **ASIAN SALAD WITH PEANUT DRESSING**

*Recipe by Chef Adam Carlson*

- ½ cup of minced onion
- ¼ cup salad oil
- 2 TBS peanut butter
- 1/3 cup rice wine vinegar
- 2 TBS water
- 2 TBS minced fresh ginger
- 2 TBS minced celery
- 2 TBS ketchup
- 3 tsp soy sauce
- 2 tsp lemon juice
- ½ tsp minced fresh garlic
- ½ tsp salt
- ¼ tsp black pepper

Combine all ingredients in food processor or blender and blend well. Serve over Salad of Romaine lettuce, shredded carrots, and cucumber slices. Can add chow mein noodles for crunch.

**Shopping Tips:**



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**Substitutions:**

A simple addition can make this salad into a delicious meal:

Add tofu, chicken, lean steak or shrimp for a delicious entrée.

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# CLASS 4 - BEANS - 4 WAYS

*Recipes by Chef Jim Butler*

## BLACKEYED PEAS & BLACK BEANS

½ cup chopped onion	½ cup chopped celery
½ cup carrot, diced small	1 Tbsp. Olive Oil (optional)*
3 – 15 oz. cans black beans	1 – 15 oz. can Black-eyed peas
2 cups vegetable stock	2 tsp Lemon-Pepper seasoning (Or preferred seasoning)

Sauté onion, celery and carrots until onion is golden. Add 1 cup vegetable stock, simmer on high heat until carrots are fork tender. Open cans of beans, rinse well with cool water and drain all liquids.

Add all beans, second cup of stock, season and cover. Simmer until beans are soft enough, about 20 minutes.

## 3-BEAN CHILI

½ cup chopped onion	½ cup chopped bell pepper
½ cup carrot, diced small	1 Tbsp. Olive Oil (optional)*
1 – 15 oz. can kidney beans	1 – 15 oz. can garbonzo beans
2- 15 oz. cans pinto beans	1 – 15 oz. can Diced Tomatoes
2 cups vegetable stock	1 tsp. each Cumin & Chili Powder

Sauté onion, pepper and carrots until onion is golden. Add Diced Tomatoes, simmer on high heat until carrots are fork tender and liquid has reduced by ½ . Open cans of beans, rinse well with cool water and drain all liquids. Add beans, stock and seasoning. Cover and simmer until beans are tender, about 20 minutes.

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.



**Shopping Tips:**



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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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## **BACON & BEANS**

*Recipes by Chef Jim Butler*

¼ lb. bacon      ½ cup diced onion      3 cloves fine chopped garlic  
½ lb. Kale or Collard Greens or Spinach      2 ½ cups Chicken Stock  
4 – 15 oz. cans of White beans

Open cans of beans, rinse well with cool water and drain all liquids. Remove stems from greens and chop leaves fine. If using stems chop very fine.

Chop bacon into small pieces. Brown over medium heat in pan until oil is rendered. About 8-10 minutes.

Over medium heat, brown onions & garlic in oil until golden. (If adding stems, do so now, with ½ cup of stock, simmer 10 – 12 minutes)

Add greens and sauté until bright green.

Add 1 ½ cups stock and simmer greens for 3 - 5 minutes, until limp.

Add beans and remaining stock, season with black pepper. Cover and simmer until beans are tender, about 20 minutes. To reduce salt and fat, this recipe is also delicious without bacon.

## **QUICK LENTILS & GREENS**

1 medium onion, chopped      5 garlic cloves, minced  
1 lb. Kale or Collard Greens or Spinach  
1 cup lentils      4 cups Vegetable Stock  
1 tsp Ground Cumin      Pepper & Salt

Heat pan over medium heat. Saute onion for 10 minutes or so, until it begins to turn golden. Add minced garlic and sauté for another minute or so.

Add greens to pan and sauté until tender. This can vary a great deal depending on type of greens used. Kale & Collards take much longer than spinach.

Add lentils and stock to the saucepan. Bring mixture to a boil. Cover, lower heat, and simmer about 35 minutes, until lentils are soft ( this may take less time, depending on your water and the lentils).

**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# WHITE BEAN STEW

*Recipes by Chef Jim Butler*

- 1½ pounds kale leaves, center ribs and stems removed
- 1 Tbsp oil or 3 Tbsp vegetable broth
- 1 cup chopped peeled carrots
- 1 cup Green onions
- 1 cup dry white wine
- 4 cups (or more) vegetable broth
- 1 bay leaf
- 2 tablespoons assorted chopped fresh herbs (such as tarragon, parsley, and chives)
- 1 cup chopped celery
- 2 garlic cloves, finely chopped
- 2 15-ounce cans white beans (preferably organic), drained
- 3 fresh thyme sprigs
- 1 tablespoon Sherry wine vinegar

Heat olive oil or 3 Tbsp of vegetable stock in medium pot over medium heat. Add chopped carrots, celery, shallots, and garlic; cook until soft, stirring, about 15 minutes (do not brown vegetables). Add kale and sauté 5 minutes longer. Add white wine and simmer until liquid is slightly reduced, about 7 minutes.

Add white beans, 4 cups broth, thyme sprigs, and bay leaf and bring to boil. Reduce heat to medium-low and simmer 20 minutes. Remove thyme sprigs and bay leaf.

Add more broth by 1/2 cupfuls to thin stew, if desired. Mix in Sherry wine vinegar and chopped fresh herbs. Season with salt and pepper

# BROWN RICE & BARLEY

- 2 cups short-or medium-grain brown rice
- 3 1/2 cups water
- 1/2 cup pearl barley

Rinse rice and barley in a medium-mesh sieve, then drain and transfer to a 4- to 5-quart heavy pot. Add water (3 1/2 cups) and bring to a rolling boil. Reduce heat to low and cook, covered, 45 minutes. Remove from heat and let stand, covered, 10 minutes.

Stir from top to bottom with a rubber spatula.

**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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## **BARLEY RISSOTTO**

12 ounces asparagus, trimmed, cut into 3/4-inch pieces  
2 cups pearl barley  
1 Tbsp butter  
1 cup finely chopped onion  
3 large garlic cloves, finely chopped  
8 1/2 cups (about) canned vegetable broth  
2 cups drained canned diced tomatoes in juice  
1/2 cup freshly grated Parmesan cheese (or 1/2 cup ground cashews)  
1/2 cup chopped arugula or 3 tablespoons chopped fresh parsley  
2 tsp grated lemon peel

Cook asparagus in pot of boiling salted water until crisp-tender, about 3 minutes. Drain. Transfer to bowl of ice water and cool. Drain. (Can be made 1 day ahead. Cover and refrigerate.) Stir barley in heavy large saucepan over medium heat until lightly toasted, about 5 minutes. Transfer barley to bowl. Melt butter in same saucepan over medium heat. Add onion and garlic; sauté until tender, about 5 minutes. Add barley and stir to coat.

Add 2 cups broth; reduce heat to medium-low and simmer until liquid is absorbed, stirring frequently, about 7 minutes.

Mix in 2 1/2 cups broth and simmer until absorbed, stirring frequently.

Add 3 cups broth and simmer until barley is tender and creamy but still slightly firm to bite, stirring frequently and adding more broth if mixture is dry, about 25 minutes.

Add tomatoes and asparagus; stir until heated through, about 3 minutes. Mix in cheese, arugula and lemon peel. Season with salt and pepper.

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.



**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# CORN BREAD

1 1/3 cups sifted all-purpose flour  
1/4 cup plus 2 tablespoons sugar or honey  
1 tablespoon plus 1 teaspoon baking powder  
1 teaspoon salt  
2 cups yellow cornmeal  
1 cup (2 sticks) unsalted butter, melted  
2 1/2 cups milk,  
2 large eggs, slightly beaten

Optional: ½ cup of any of these: Chopped Green Chilis or Roasted Whole Kernel Corn, Diced- Roasted Bell Pepper & Onion, Browned Crumbled Breakfast Sausage, Grated Cheese.

1. Heat oven to 400 degrees.
2. Spray baking dish.
3. Combine cornmeal, flour, sugar, baking powder, and salt in a large bowl. Set aside.
4. Combine the butter, buttermilk, and egg.
5. Stir into the dry ingredients just until blended. Stir in chiles or other ingredient, if desired.
6. Pour batter into pan, filling each triangle about 2/3 full. Bake until golden brown, 35 to 40 minutes. Cool on a wire rack for 5 minutes. Remove from pan, cool completely on rack.



**Shopping Tips:**

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**Substitutions:**

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**Notes on Herbs & Spices:**

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**Prep Tips:**

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# *Salad Variations*



# SALAD VARIATIONS

Here are some ideas to help you create a vast variety of simply delicious salads:

**Start with leafy greens;** there is an endless variety of greens. Try Romaine, Boston Bib, Spring Greens, Kale, beet greens, chard and more. Kept wrapped in a lightly damp paper towel and then in a plastic bag, these last a long time.

Food Lion has a nice large box of Natures Promise Organic mixed greens or baby greens or Mediterranean greens that costs less than one MacDonald's salad and will last well for a week. (Then, I use the plastic container for keeping other stuff fresh in the fridge). Giant also carries a nice boxed mix of organic greens.

**To your greens add any of these combinations.** Don't hesitate to mix and match as your taste buds desire:

Any combination of: tomatos, green/red peppers, cucumber, radishes, carrots, cauliflower, brocolli.

Other combination ideas (remember, you can add or leave out any ingredient you want):

Brocolli, cauliflower, apple

Strawberries, walnuts, pears, blue berries

Apples, walnuts or pecans, avocados

Madarin oranges, jicama, almonds

Papaya, avocado, rasberries

Slice some red cabbage onto any salad for extra color and nutrients

Squash, zucchini, egg plant can be sliced raw. Cooked sweet potatoes (a touch of Turmeric for zing)

**Great special additions:** "sprouts" of all kinds and "micro greens"

# DRESSINGS

## BALSAMIC DRESSING

1/2 cup extra virgin olive oil  
1/2 cup white balsamic vinegar  
1 clove crushed garlic  
1 teaspoon ground mustard  
1 pinch salt  
ground black pepper to taste

*In a small bowl, whisk together olive oil, balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.*

## 3:2:1 EASY DRESSING

3 TBSP Balsamic Vinegar  
2 TBSP any kind of mustard  
1 TBSP pure maple syrup  
Juice and zest of one lime

Variations: - use lemon or orange instead of lime. If you go on line, you can find lots of low, low calorie, no oil dressings like this.

## ORANGE-LIME GINGER DRESSING

1/3 cup orange juice  
1 tsp peeled, finely chopped fresh ginger  
Juice and zest of 1 lime  
2 tbsp raspberry (or regular) balsamic vinegar, or any vinegar of your liking.

## ***Packing Your Lunch Made Easy***

### ***It's easy to Pack Your Lunch using 3 easy weekly shopping lists!***

Packing your lunch is a great way to insure a healthy lunch and lets you avoid the high calorie temptations and large portions you can run into when you eat out. By packing your own lunch instead of eating out, you could easily save yourself 400 or more calories a day; that would produce a weight loss of one pound a week or, if you continue this healthy habit, 52 pounds in a year!! It's surprisingly easy to shop for your lunch supplies a week at a time with the lists in this article. Take note that just about all the ingredients can be bought by shopping the "perimeter" of the store and AVOIDING those aisles where the fatty snacky foods and sodas hang out. Help yourself avoid the high calorie temptations by shopping with your shopping list, and don't shop when you are hungry!

#### **Week 1**

##### **Shopping List:**

Walnuts (or almonds) (or granola),

1 large container (or 5 small containers) of vanilla low fat yogurt or soy yogurt

A variety of fruit – enough for 5 days – such as several apples, kiwi, pineapple, strawberries, blueberries, peaches or get a container of mixed melon (or slice your own); Be adventuresome. Using a variety will help get all of your vitamins.

Put your supplies in the refrigerator at work for the week or pack a day at a time.

**Preparation:** At lunch time, slice up about a cup of fruit, put  $\frac{3}{4}$  cup vanilla yogurt on top and add topping of 1tbsp nuts or granola – and there's lunch. To drink have water or brew a cup of tea and use just  $\frac{1}{2}$  tsp sugar (or none).

#### **Week 2**

##### **Shopping List:**

Free range, organic chicken – easy to bake it on the weekend at 350\* - remove skin, cut and put in zip lock baggy to keep fresh in the fridge for the week. Even easier and packed with nutrients - buy canned legumes - all kinds of beans such as navy beans, kidney beans and garbanzo beans, go great on a salad. There's an endless variety, so you'll never get bored; be

sure to choose those with less than 250 mg sodium per serving. One bag of lettuce (choose Spring mix, Mediterranean mix, Romaine and others, but not iceberg which has minimal vitamins and little fiber.) Or a head of Romaine, or bib or Boston lettuce, or even red cabbage. Just 2 Good, Bolthouse or other low calorie salad dressing. Be sure to read the labels and find a dressing with less than 60 calories per TBSP Celery, carrots, broccoli, cauliflower, peppers – whatever you like – chop them all up and put them in a bag in the refrigerator to pack day by day. **Preparation:** Each day toss  $\frac{3}{4}$  cup of veggies in the bottom of a 1 quart Tupper ware container, add  $\frac{1}{2}$  - 1 TBSP dressing. On top of that put some chicken; on top of that add lettuce (don't mix yet). Keep this in refrigerator at work (or carry with a cold pack). At lunchtime, take it out, shake it up and yum!!! You can vary this by topping your salad with some nuts or legumes for protein instead of the chicken.

### **Week 3**

#### **Shopping List:**

Whole grain, spinach or dried tomato tortilla Wraps, or, for fun, Seaweed Wraps.

$\frac{1}{2}$  pound Sliced turkey or sliced low fat, tuna packs; or any variety of hummus Lettuce, tomato, green peppers, cucumber – be creative

Box of tea bags or Snapple just came out w/ 35-cal/8oz tea – you can actually taste the tea flavor!

**Preparation:** Make your wrap at home or take your fresh ingredients to work at the beginning of the week and build it at work. Enjoy a cup of tea. Each of these meals has less than 400 calories and very little sodium. Compare this to medium fries (380 calories and 270 mg sodium), cheese burger (300 calories with 750 mg sodium) and medium coke (210 calories) for grand total of 890 calories and 1020mg of sodium!!! Instead of eating out, have fun with the fresh flavors and healthy creations you can pack for lunch!

And here's one more healthful habit: At around 3 or 4 pm – have an apple or  $\frac{1}{2}$  cup of grapes – eat before you get the “hunger attack” and are tempted to eat some of the cake that someone left in the snack room! If you'll do this everyday, soon you'll find yourself “craving” a piece of fruit instead of junk food for a snack!





# *Other Favorite Recipes*



# MEDITERRANEAN VEGGIE BURGERS

- 2 15-ounce cans garbanzo beans, drained and rinsed (or Black Beans)
- 1 small onion, chopped
- 6 cloves garlic, chopped
- 1/2 cup chopped red bell pepper
- 1/3 cup chopped kalamata olives \*
- 1 jar marinated artichokes, drained and chopped \*
- 2 cups chopped fresh spinach
- 1/2 cup oats
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup breadcrumbs
- \* Can use these or not depending on flavor desired.

1. In a large bowl combine beans, onion, and garlic. Using a potato masher, lightly mash until about half of beans are mashed. Add in remaining ingredients and stir well.
2. On a cutting board or clean work surface, use bean mixture to form burger patties with your hands. Make sure to pack tight.
3. In a lightly greased frying pan on medium-high heat, cook burgers for about 5 minutes on each side or until both sides are golden. Serve on a bed of greens or vegan hamburger bun.

*Give these a try and you'll see how easy to make and delicious they are!*

# QUINOA PILAF



4 servings

- 1 cup quinoa, rinsed well
- 2 cups water
- ½ teaspoon sea salt
- ¼ cup diced onion\*
- 2 **cloves garlic**, thinly sliced
- 1/4 cup raisins, **add after cooking quinoa**
- Cinnamon, ginger, cumin to taste

## **Directions**

Combine all ingredients in a lidded saucepan and bring to a boil. Reduce the heat and simmer, covered, until the liquid is absorbed, about 15 minutes. Remove from the heat and let sit, covered, about 5 minutes.

\* Can also add diced peppers (any color - red, yellow, orange, green), finely chopped carrots and celery.

***Recipe by Chef Berkley Cline***

# LENTIL SALAD WITH BEETS

*About 6 servings*

*Recipe by Chef Berkley Cline*

## **For the lentils:**

1 ¼ cup French green lentils	1 carrot, peeled and finely diced
1 bay leaf	1 med. onion, peeled and finely diced
A few sprigs of fresh thyme	Freshly-ground pepper
Sea salt	

## **For the vinaigrette:**

3 tablespoon balsamic vinegar	1 teaspoon Dijon mustard
3/4 cup extra-virgin olive oil	

1. Rinse the lentils and remove any foreign matter.
2. Transfer the lentils to a large saucepan then cover with a copious amount of water, which should cover the lentils by at least 3-4 inches. Add the bay leaf and thyme.
3. Bring to a boil, then reduce heat, add a bit of salt, and simmer for 20-25 minutes, until the lentils are just tender, adding more water if necessary. Be sure not to overcook them.
4. While the lentils are cooking, heat a few spoonfuls of olive oil in a skillet and add the carrots and onions. Sprinkle with salt and pepper, and cook, stirring frequently, until tender. Set aside.
5. In a large bowl, mix together the ingredients for the vinaigrette.
6. When the lentils are done, drain them well and toss them in the vinaigrette with the cooked vegetables. Taste and season with more salt, pepper, and olive oil if desired. Remove bay leaf and thyme sprigs.

*Serve over a fresh green salad, topped with diced cooked beets, toasted sliced almonds, and feta cheese (optional).*

**\*Cook 4 medium size beets covered in water until tender with fork. Peel and dice.**

# FRESH DOUGH PIZZA WITH RED & GREEN SAUCES & A VARIETY OF TOPPINGS

**Basic Dough Recipe:** 6 cups hi gluten flour, .5 oz. dry yeast, 1/3 cup salad oil, warm water, Tbl spoon sugar, pinch salt.

**Method:** Combine yeast and water, allow to sit until a foam has surfaced. Salt, and flour are combined, yeast and water into flour with ½ the oil, fold in wet ingredients then slowly add remaining oil . mix until sides of bowl are clean, either more flour or water may be necessary. Cover and sit in warm area, waiting for it to double in size.

**Red Sauce Recipe:** 3 parts Crushed Tomatoes, 1 Part Tomato Puree, water, pinch of sugar, dry basil and oregano.

**Pesto Sauce:** Fresh Basil Leaves, Parmesan Cheese, garlic, Pine nuts, and Olive oil combined in a processor or mortal and pestal.

**Cheeses:** Blends between Whole milk and skim Mozzarella, cow, goat,....

**Variations:** Ground Cashews substituted for Mozzarella, Whole Wheat Flour cut in with the Hi gluten, and numerous others.

Along with varying the kind of cheese (or cheese alternatives), you can also be creative with any number of variations on traditional pizza toppings. Here's some ideas to get you started

1. Black olives, mushrooms, green peppers.
2. tomatoes, green peppers, squash, onions
3. Go Hawaiian - pineapple, onions, green pepper, ham
4. Something new - cubed medium tomatoes, lightly browned cubed eggplant. Drizzle lightly with olive oil. After it comes out of the oven, sprinkle a handful of small fresh basil leaves.

***Recipe by Chef Harry McCullogh***

# SALMON CAKES

1#Wild Alaskan salmon

3 Eggs

1/2 cup low fat, plain yogurt

1/3 cup Small diced red peppers

Pinch salt

Pinch black pepper

½ + 2 cups Panko- Japanese bread crumbs; or regular bread crumbs

Pre heat oven to 350.

1. Mix all ingredients except 2 cup bread crumbs.
2. Portion cakes into desired size. Roll in crumb and flatten.
3. Bake in oven at 350 degrees, 15 minutes or until golden brown.

*Recipe by Chef Jeremy Jones*

# PASTA WITH ROASTED VEGETABLES

*Recipe by Chef Jim Butler*

(12 ounce) package penne pasta	1 1/2 tsp dried oregano
1 yellow squash, chopped	1/2 tsp powdered garlic
1 zucchini, chopped	1/2 tablespoon lemon juice
1/2 red bell pepper, julienned	1 tablespoon butter
1/2 pint grape tomatoes	1/4 large yellow onion, thinly sliced
1/2 lb of cauliflower florets	2 cloves garlic, thinly sliced
1/2 lb of broccoli florets	2 teaspoons lemon zest
2 Tbsp olive oil	2 Tablespoons fresh Basil chopped
1/4 teaspoon salt	2 Tablespoons fresh Parsley chopped
1/4 teaspoon coarsely ground black	3 tablespoons balsamic vinegar
1 1/2 tsp dried basil	1/2 cup grated Parmesan cheese
	1/2 cup ground cashew nuts

1. Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
2. Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 10 to 12 minutes or until al dente; drain.
3. In a bowl, toss squash, zucchini, red bell pepper, tomatoes, cauliflower and broccoli with 1 tablespoon olive oil, salt, pepper, lemon juice, and dried seasoning. Arrange vegetables on the baking sheet, and roast 15 minutes in the preheated oven, until tender. **These roasted vegetables make a great side with any meal or toss with a salad.**
4. Heat remaining olive oil in a large skillet\*. Stir in the onion and garlic, and cook until tender. Mix in cooked pasta, lemon zest, basil, parsley, and balsamic vinegar.
5. Gently toss and cook until heated through. Remove from heat and transfer to a large bowl.

*Toss with roasted vegetables or ground cashew nuts and sprinkle with Parmesan cheese to serve.*

\* To sauté without oil, heat your pan to medium, then throw in your onions - they will give up their own moisture for cooking; if additional moisture is needed, you can use vegetable broth, apple cider, white wine, water, whatever.

## **CHICKEN - DRY RUB**

- 1 tablespoon ground white pepper
- 2 teaspoon cayenne pepper
- 2 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon powdered rosemary
- 1 tablespoon ground sage
- 4 tablespoon paprika (the sweet kind -- not the hot kind)
- 1 teaspoon dry mustard
- 1 tablespoon celery salt

*This is a good all-around rub for chicken. I have taken out most of the salt, you may wish to add some.*

## **PORK - DRY RUB**

- 1/2 cup paprika
- 2 tablespoon salt
- 1 tablespoon black pepper
- 1 tablespoon white pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder

Vary the 'heat' by how much cayenne you add.  
This can be made up and stored for a long time in a sealed container or baggie.

***More ideas from Chef Jim***

*These rubs can be used on a whole chicken roaster or on chicken pieces such as used in class. They are also wonderful on pork chops or a pork roast.*

*The original recipe had a cup of brown sugar. I omit this so I can store it longer and it has more uses. You can always add sugar. When I use this to grill, I like to rub it on the meat early, grill the meat until nearly done, then add BBQ sauce for the last few minutes to add a sweet glaze.*



## ???????NAME

3 cups cooked brown lentils (or 1 1/2 cups dry lentils and 3 1/2 cups water)  
1 medium onion, diced  
1 red bell pepper, diced  
1 cup mushrooms, sliced  
6 ounces tomato paste  
1 (15-ounce) can diced tomatoes (drained)  
4 tablespoons barbecue sauce  
1/4 teaspoon liquid smoke (optional)  
1 leaspoon pure maple syrup  
2 teaspoons chili powder  
4 whole wheat buns, if making sloppy joes OR 4 whole wheat or brown rice tortillas, if making Tidy Janes OR 8 to 10 corn tortilla taco shells and tostados

If you are starting with dry lentils, combine dry lentils and water in a pot.

Bring to a boil; then simmer for 20 minutes until the lentils are soft. Drain if necessary.

In a frying pan over medium heat, cook the onions, pepper, and mushrooms until soft and slightly browned. Add the tomato paste and diced tomatoes and continue to stir over low heat. Add the cooked lentils, barbecue sauce, liquid smoke, maple syrup, and chili powder, and thoroughly mix. Reduce the heat to simmer for 5 more minutes.

Taste and tweak mixture to your liking: Add more maple syrup or barbecue sauce for a sweeter, smokier or more fiery flavor.

Generously spoon the mixture onto buns or into crispy tortilla bowls!





