

## **Recipes from our Pain Program**

The diet that has been shown to be helpful in fibromyalgia, rheumatoid arthritis, and other painful conditions is a vegetarian diet eliminating processed grains, processed fats, animal products (dairy and meat), and rich in fruits, vegetables, nuts and seeds. Of course, plenty of salads, raw veggies to nosh on, and fresh fruit are the foundation, but here are some recipes for soups and other staples to augment those raw foods. I also recommend experimenting with ethnic foods like curries and Indian and Thai cuisines – the spices in those foods (ginger, turmeric, etc.) have many anti-inflammatory properties, and so do many Italian spices (rosemary, basil, thyme, oregano.)

### **Some general thoughts on low-fat and vegetarian cooking:**

As with any other sort of cuisine, it is possible to get very elaborate with cooking in this manner, and also possible to keep things very simple. For a busy lifestyle, I recommend not making this more difficult than it has to be. The recipes at the end take literally 10 minutes with canned and frozen ingredients. A big pot of soup made on a Sunday can be a lifesaver through the rest of the week, and is a great way to work in extra legumes and veggies. If you heat the entire pot every 2<sup>nd</sup> or 3<sup>rd</sup> day (instead of just heating up the portion you are about to eat), it will last much longer without spoiling. (Better than Boullion soup starters makes for great broth – vegetarian or chicken, but watch the sodium. Vegebase is another nice shortcut, and is low in sodium.)

If you are not accustomed to eating a lot of legumes, start with small portions and use Bean-o if you find gas to be a problem.

One of my personal favorites is a bowl of black beans, heated, with some salsa and “chips” made by toasting corn tortillas in the toaster.

**Easy Beans:** To make beans in your slow-cooker, soak dry beans (black beans, red beans, kidney beans, pinto beans) overnight in water to cover by two inches, then in the morning either change the water or leave it (and add more if needed) and turn on the slow cooker at high. Once the beans are boiling, skim off the foam that forms and then turn the cooker to low and leave it. Check it in 3-4 hours if you can, and turn it off when the beans are tender. (I leave mine all day while I am at work and am generally happy with the beans when I get home, but on the weekends I find they are done halfway through the day. ). You can add onion, garlic, and cilantro if you desire during the cooking process. If you do not have a slow cooker, you can do the same thing on the stovetop, but will generally find the beans to be cooked in 1 ½ - 2 hours of simmering, depending on the freshness of your dry beans and the amount of time soaking.

If you are making white beans, garbanzos, or navy beans, definitely discard the soaking water, which is often quite bitter. Lentils and black-eyed peas do not require soaking, and generally cook in an hour.

### **For easy steamed greens:**

Strip the stems from kale, chard, or mustard greens by holding the base of the stem, pinching the leaves where they start, just above the base, and pulling those pinched fingers down the stem, which will break off in your hand when it gets thin. Discard the stems in the compost,

then coarsely chop the leaves and steam them. I like to steam a bunch or two at a time in my big spaghetti pot – I'll eat part of that fresh and save the rest in pyrex containers for lunches – and I get 4 or 5 meals' worth from one episode of cooking and cleaning my pot. Greens are yummy with mustard sauce, your favorite salad dressing, or some soy sauce with garlic or even a little sesame oil mixed in. I also like to use greens instead of noodles or rice as a base over which to ladle a vegetable sauté or a legume dish like chana dal.

### **For Vegetable Sautés:**

Any combination of vegetables can be used: consider

1. Onions, often with garlic, sometimes ginger
2. Harder, longer-cooking types: carrots, cabbage, broccoli, cauliflower, yam, celery, green beans
3. Softer, quick-cookers: zucchini, red peppers, mushrooms, or snow peas.
4. Right at the end: fresh cilantro, parsley, lime juice (for Mexican/Thai, Italian, and Indian themes, respectively)

Plan about 2 ½ C raw vegetables per serving. Cut vegetables into bite-sized pieces, on the thin side, and group them as above (chop all veggies before you start cooking).

Heat a heavy skillet, using either a cooking spray with olive or canola oil or a small amount of vegetable or chicken broth for moisture. Add onions and sauté until they are soft. Then add group 2 and sauté until tender, then add group 3. Keep heat at medium and stir as you sauté. Serve immediately, when all vegetables are brightly-colored and tender.

When sauces will be added, generally add them halfway through the cooking of group 2 veggies.

If you want to add bite-sized chunks of chicken, fish, or tofu, or some cooked legumes, add those at the same time. Tip: if you freeze some tofu, thaw it, and sauté, it adds a chewy texture as well as some extra protein.

These dishes can be served over a grain (noodles, rice, quinoa, etc.) or over steamed greens like Red Russian kale, my personal favorite.

### **Sauce ideas:**

Try Larrupin Mustard Sauce drizzled over the sauté at the last minute or even when it is already on your grains or greens.

Spices also have a lot of anti-inflammatory activity, so spice it up, especially with ginger, turmeric (which is better absorbed with some black pepper), and rosemary:

For Thai flavor, add a generous amount of minced ginger when sautéing the onions, Then halfway through the hard vegetables add 1 can "lite" coconut milk and ½ - 1 ½ tsp of Thai curry paste (depending on your preferred hotness). A lower-fat version of this is to use a can of diced tomatoes in their liquid instead of the coconut milk.

For Italian flavor, add a teaspoon of Italian seasoning blend and a bit of black pepper (or modest amounts of: rosemary, black pepper, thyme, basil, sage and a hefty amount of oregano) at the end of sautéing the onions, then add a can of diced tomatoes (drained or in their liquid, depending on how "soupy" you want your finished veggies) as you add the group 2 veggies, and consider a few Tablespoons of white wine as well.

For Indian flavor, keep the ginger, but substitute tomatoes for the coconut milk and use cumin, turmeric, and maybe a little garam masala or coriander.

Tip: when using dried herbs, rub them between your hands to crush them as you add them – this will increase the flavor.

If you are intimidated by spicing foods without a specific recipe, start with finding a recipe or two that you like (like the Chinese-inspired sauce below), and then use those spice blends in different dishes.

### **Tamari-Ginger Sauce** (from Moosewood)

½ C Tamari	½ C minced scallions
½ C water	1 small clove crushed garlic
1 T dry sherry or Chinese rice wine	2 tsp sesame oil
1 T grated ginger	2 tsp dark vinegar

Whisk together all ingredients and let stand for 15 minutes.

For use in a stir-fry, put 2 Tablespoons cornstarch in a small bowl and whisk in a little of the sauce to make a smooth paste, then add this back to the sauce and whisk well. Add this to the vegetables halfway through the cooking of the hard vegetables.

### **For green salads:**

Use prewashed salad mixes if the work involved in preparing salad is an obstacle in the way of you eating salad. Keep them tasty and colorful by experimenting with adding: red cabbage, radishes, red peppers, carrots, celery, bean sprouts (lentils make great sprouts, relatively quickly), leftover steamed veggies from dinner the night before.

For low-fat salad dressing:

Many of the bottled “low-fat” or “fat-free” varieties have MSG and other bizarre or worrisome ingredients added for flavor. I recommend buying a standard salad dressing and diluting with vinegar, for instance taking Annie’s Naturals Tuscany Italian and mixing one part of that with about 4 parts balsamic vinegar, etc. You can start this gradually, just as you would gradually mix decaf with your regular coffee to wean off caffeine, until your taste changes, at which point you will prefer the lower-fat version.

My own favorite vinaigrette is:

Fill my blender with about 2 inches wine vinegar, about ½ inch lemon juice, a few big spoonfuls of grey poupon or similar mustard, a few cloves of minced or crushed garlic, a thin layer of olive oil (1/4 inch or less) and a bunch of chopped parsley, along with some oregano, tarragon and black pepper. Turn on blender, and Voila!

**Multi-bean Salad** modified, from Moosewood – make a day ahead of time

Use about 5 cups of cooked beans, ideally some steamed green beans and a couple other types, such as kidney and garbanzo. If you are cooking dry beans, cook them separately, since cooking times vary, and try to cook just until tender but not mushy.

You can marinate hot beans and cool them, then chill them in marinade, and they really absorb the flavors that way.

Marinade: Combine

½ C wine vinegar	½ tsp basil
1 tablespoon olive oil	3 cloves crushed garlic
½ tsp salt (or less)	1 T dry red wine
lots of black pepper	juice from ½ a large lemon.
a few pinches of marjoram or oregano	

Pour marinade over beans and onions below and gently mix, then chill:

5 C cooked beans  
½ C chopped scallions  
½ C finely-minced red onion  
freshly-chopped parsley

**Black Bean Confetti Salad** - Makes 8 - 1/2 c. servings

2- 15 oz. cans black beans, rinsed & drained (see note on cans, above)	3 green onions, chopped
10 oz. frozen corn, thawed	1 Tbl. Dijon mustard
1 small red pepper, chopped	2 Tbl. rice vinegar
¼ c. fresh Italian parsley, chopped	2 Tbl. Tamari or Soy Sauce
	1 1/2 Tbl. olive oil

Preparation:

1. In large bowl, mix together the beans, corn, red pepper, parsley & onion.
2. In small bowl, combine the mustard, vinegar and soy sauce. Mix together. Gradually whisk in oil.
3. Add the dressing ingredients to the bean mixture, tossing gently. Chill until ready to serve.

**Burgers:**

**Mediterranean Bean Burgers** (Makes 6-7 patties)

2 cans (14 oz) kidney beans, drained and rinsed (or about 1/3 bag dried beans, cooked up in your slow cooker as above)  
1 to 2 medium to large cloves garlic, roughly chopped (use 1 for kid-friendly)  
2 1/2 tablespoons tomato paste  
1 1/2 tablespoon red wine or balsamic vinegar  
1 teaspoon (little generous) Dijon mustard  
3/4 cup green onions, sliced (using mostly green portion, and less white)  
1/4 cup fresh parsley, roughly chopped  
2 Tblsp fresh oregano, chopped (fresh is best, or substitute about 1 1/2 - 2 tsp dried)  
1/2 teaspoon (rounded) sea salt  
freshly ground black pepper to taste  
1 1/4 cups rolled oats (use certified gluten-free for that option)  
1/3 - 1/2 cup kalamata olives, roughly chopped (optional)  
1/4 cup diced red bell pepper (optional)

## Instructions

In a food processor, combine the kidney beans, garlic, tomato paste, vinegar, and mustard. Pulse until pureed. Add the green onions, parsley, oregano, salt, and pepper to taste, and process to break up and blend. Add the oats and pulse to begin to incorporate. Transfer the mixture to a large bowl (or remove the blade) and stir in the olives and red pepper (if using; see note). Refrigerate the mixture for 30 to 45 minutes, then shape into patties with your hands (see note). To cook, wipe a smidgen of oil over a non-stick skillet on medium/medium-high heat. Cook the patties for 6 to 8 minutes per side, or until golden brown. Alternatively, bake the patties for about 15-20 minutes at 400 degrees, flipping once through cooking. Makes 6-7 patties.

## The soups:

### Black Bean Soup with Cumin and Jalapeno

2 tablespoons olive oil	undrained
1 onion, chopped	1 15-ounce can petite diced tomatoes in juice
1 carrot, chopped	1 1/2 cups low-salt chicken broth
4 garlic cloves, chopped	
2 teaspoons ground cumin	
1 to 2 teaspoons chopped jalapeño chile with seeds, divided	Chopped fresh cilantro
2 15- to 16-ounce cans black beans,	Chopped green onions
	Crumbled feta cheese

Heat oil in heavy large pot over medium-high heat. Add onion, carrot, and garlic; sauté until vegetables begin to soften, about 6 minutes. Mix in cumin and 1 teaspoon jalapeño. Add beans, tomatoes with juice, and broth; bring soup to boil. Reduce heat to medium, cover, and cook until carrots are tender, about 15 minutes. Transfer 3 cups of soup to blender and puree until smooth. Return puree to pot. Simmer soup until slightly thickened, about 15 minutes. Season to taste with salt, pepper, and remaining 1 teaspoon jalapeño, if desired.

Ladle soup into bowls. Pass cilantro, green onions, and feta cheese separately.

Makes 4 servings.

### Brazilian Black Bean Soup, modified, from Moosewood Cookbook

Soak beans at least 4 hours before assembling

2 C dry black beans      3 1/2 C water or stock      2 tsp salt

A

1 C chopped onion	1 tsp ground coriander
3 cloves crushed garlic	1 1/2 tsp ground cumin
1 large chopped carrot	scant oil
1 stalk chopped celery	

B

2 oranges, peeled, sectioned, seeded

½ C orange juice

1 T dry sherry

¼ tsp black pepper

¼ tsp red pepper

½ tsp fresh lemon juice

1. Rinse beans, cover with water and soak. Pour off excess water. Place in saucepan or slow cooker. Place in saucepan with 3 ½ C water or stock and salt. Bring to a boil, cover, simmer 1½ hours low heat.
2. Saute group A, beginning with onions and garlic (I recommend using a cooking spray with canola or olive oil on a cast iron skillet or even sautéing in water or broth – see Ornish for tips on doing this). Add a little water to the vegetables to steam them along. When this seems complete, add the sauté to the beans, allow all to continue to simmer over lowest possible heat.
3. Add group B to the soup. Give it a stir, cover, and sit down for 10 minutes. Now return and look at the soup – add water if too thick, or puree in the blender if you want it thicker and heartier. Add red pepper if you want it spicier.

Can be served topped with yogurt.

**Lentil Soup** modified, from **Moosewood Cookbook**

4-6 servings

Begin this soup in the morning – it should simmer all day. Connie makes this one in a crock pot.

A

3 C raw lentils (rinsed)

7 C water or stock

optional 2 tsp salt (I do not use this and do not miss it).

B

2 tsp minced garlic

1 C chopped onion

1 C minced celery

1 C chopped carrots

C

Lots of black pepper

1 ½ C chopped tomatoes

2 T dry red wine

2 T lemon juice

1 ½ T molasses or brown sugar (I have used stevia for this)

1 T wine vinegar

optional: herbs such as thyme, oregano, basil

Simmer group A for 3-4 hours. Then steam or sauté group B in canola or olive oil. Add these to the lentils and continue to simmer on very low heat.

About 30 minutes before serving, add group C.

## Genevieve's Carrot Soup

In a crock pot or covered pot

5 C water

2 tsp powdered veggie broth

2 T dehydrated veggies (bulk bins at the Co-op)

3 finely chopped garlic cloves

Cook on medium heat until the carrots are soft

Scoop them out and add some of the liquid to blend them to puree in the blender. Add it back to the pot and cook another hour. Add corn and cook for another 30 minutes.

1 onion diced small

2 stalks celery (with leafy growth for flavor)

12 big fat carrots

1 C corn niblets

## Lynn's 16-Bean Soup from High Fit-Low Fat Vegetarian cookbook

11 servings

2 C mixed beans

2 quarts veggie stock

2 (14 ½ ounce) cans stewed tomatoes, no added salt

1 T tomato paste

1 large onion, diced

1 large clove garlic, minced

juice of 1 lemon, or to taste

½ tsp salt, or to taste

freshly ground black pepper, to taste

1. Sort and rinse beans, soak in double their volume of water for 4 hours or overnight.
2. Drain soaked beans, rinse and mix with vegetable stock, bring to a boil, lower heat to a simmer, cook partially covered for 2 ½ - 3 hours, until all beans are tender. (If using a vegetable concentrate rather than stock, start with cold water and when the beans are tender, dissolve the concentrate in a small amount of the hot water from the beans, then stir back into the beans, cook for an additional 30 minutes)
3. Add tomatoes and tomato paste.
4. In a separate pan, sauté onions and garlic in a small amount of the broth until softened, then add to the beans.
5. Add the lemon juice, salt and pepper.

Nutrients per 1 C serving: 166 Calories, Total fat 0.5 g, Cholesterol 0 mg, Carbohydrate 33 g, Dietary fiber 10.9 g, Protein 9 g, Sodium 123 mg

## Connie's Chicken Soup – 8-10 servings

This is the exception to the vegetarian theme – the broth will be high in hydrolyzed collagen, which is great for repair of joints and ligaments. It has been studied in low back pain, knee pain, and for osteoporosis.

Skin a chicken and simmer it in about 3 quarts of water for most of a day (literally, 12 hours.) Pour this into another pot through a colander, so the broth is separated from the bones/meat. Tease apart with a fork into bite-sized chunks of meat and add to soup, or save for enchiladas or some other dish. (You can refrigerate at this point overnight and in the morning skim off the fat).

Saute in some of this cooking liquid:

1 chopped **onion (I use 2)**

8-10 cloves of **garlic**, peeled but not crushed

When softened, add:

3-4 or more chopped **carrots** (I use 6-7)

3-6 stalks chopped **celery** (I use 6-8)

3-4 **zucchini** or yellow (pero) **squash**

2 small **red potatoes**, cut into at least 8 pieces each

A couple handfuls of **green beans**, chopped in 1-inch segments

to the skillet, stir, and put a lid on and continue to heat gently/on low heat until the vegetables are softened, occasionally stirring.

Add approx 1 tsp Italian **seasoning** blend (or a pinch of sage, a pinch of thyme, and ½ tsp basil, ½ tsp oregano) and a healthy amount of black **pepper** (I use ½ - 1 tsp) and mix well. Other vegetables also can be added.

Then add the vegetables to the chicken and chicken cooking water, and simmer for at least another 30 minutes (it tastes best if I simmer for a couple hours.) Add another cup or two of water if it has cooked down too much.

~2 tablespoons of Better than Boullion chicken broth concentrate can be added for flavor, if needed, though as I have increased the vegetables in the soup, I have not needed that. Cooked noodles or cooked rice may also be added just before serving.

8-10 servings

If you do not like this soup, you can also just make **bone broths**: (Liz Lipski, PhD, CCN)

Bones from poultry, fish, beef, lamb, shellfish or whole chicken or whole carcass (remove meat when cooked – about 1 hour)

8-10 cups of water

1-2 Tbsp of lemon juice or vinegar

1-2 tsp salt

½ tsp pepper

2 Carrots

1 onion

2 stalks celery

½ c. fresh Parsley chopped or 2 tbsp dried parsley

1-2 tsp sage

1-2 tsp rosemary

1-2 tsp thyme

2-3 bay leaves

2 Tbsp raw apple cider vinegar or 1 lemon

**Directions:** Put all ingredients into pot. Bring to boil.

Let simmer on low for several hours (4-24) or in crock pot on low.

Remove bones and skim off fat.

Uses for broth:

- Use as stock for soup.
- Drink as a warm beverage.
- Use as the cooking liquid for vegetables and grains.
- Make gravy from the fats.



## **Connie's Easy Chili**

2 cups kidney beans  
1-2 cups frozen corn  
1 C cooked rice  
1 can\* tomato sauce (or a large can of diced or crushed tomatoes)  
– \* use a ceramic-lined can (i.e. organic tomatoes from Muir Glen) to avoid BPA exposure  
Liberal chili powder – about  $\frac{3}{4}$  tsp to start and increase as needed  
Cumin – about half as much as the chili powder  
Black pepper – about  $\frac{1}{2}$  tsp  
Cayenne – a pinch or more, to taste  
1 chopped onion  
1 tsp (or more) minced garlic

Saute onion and garlic in a cast iron skillet with scant olive oil or canola spray, then add this to all other ingredients in a saucepan or slow cooker and simmer on low heat for as long as you can, adding water (especially water from the beans) as needed to prevent drying out. Adjust seasonings before serving.

## **Kabuli Chana Dal** – from Indian Light Cooking

2 C chana dal	1 Tblsp ground coriander
$\frac{1}{2}$ tsp cumin seeds	$\frac{1}{2}$ - 1 tsp cayenne
1 small onion, minced	3 C tomato sauce of crushed tomatoes
1 Tblsp minced fresh ginger (or grated on a fine grater)	$\frac{1}{2}$ tsp salt, or to taste
1 tblsp minced garlic	2 Tblsp fresh lime juice (I use $\frac{1}{2}$ tsp True Lime)
$\frac{1}{2}$ tsp ground turmeric	

Preparation: Cook dal in 4 cups of water until tender. Purée partially, using a hand-held blender or put half in a regular blender. Set aside.

Heat a nonstick pan over moderate heat. Add the cumin seeds and stir until they crackle (about 10 seconds). Add onion, ginger, and garlic. Stir until onion is translucent. Add turmeric, coriander, and red pepper. Cook, stirring, for about 20 second, being careful not to burn. Add tomato sauce. Bring to a boil, reduce heat and let simmer 1 minute. Add chopped and puréed chana dal. Cook, stirring, 2-3 minutes to allow flavors to blend. Add salt to taste. Remove from heat. Add lime juice and stir.

## **Hummus**

Garbanzos 1 can (see notes on canned foods, above, or cook your own)  
Garlic – 1-2 cloves  
2 tblsp lemon juice  
 $\frac{1}{3}$  C bean liquid or water  
1 tsp horseradish (optional) or cumin  $\frac{1}{4}$  tsp, pinch of cayenne  
Can also add minced red onion, minced parsley

Olive oil or 1 Tblsp tahini – optional

Blend all ingredients in blender or food processor.

#### Black Bean Dip

Puree 1 can black beans (or ideally 2 cups you cooked) with  
½ cup salsa  
½ tsp cumin  
Shake of true lime  
Chopped cilantro (1-2 Tblsp)

#### White Bean Dip:

Puree 1 can white beans (or ideally 2 cups you cooked) with  
A handful of spinach  
½ cup salsa  
Mash 1 avocado  
Mix all of above with true lime & some chopped cilantro

**Smoothies** - throw good stuff in a blender and it is hard to go too wrong.

1. Frozen fruit
2. Greens (spinach is great in a smoothie – you will not even taste it! Kale packs more nutritional punch but has a stronger flavor and requires more berries to “cover” it) or a green powder like Kyo-Greens
3. Nut milk, soy milk, or cow milk or yogurt
4. Other ingredients for nutrition, e.g. whey or rice protein powder, flax seeds, silken tofu, wheat germ, or other fiber (acacia is a favorite for being non-gritty)

If your smoothie is too gritty, try adding lecithin (available at the Co-op and elsewhere), 1-2 tablespoons. This has phosphatidylcholine and is great for your brain and your liver.

#### Tips for Smoothie Success:

Peel and cut up bananas into 1-inch pieces prior to freezing.

To freeze fresh berries, spread a single layer on a jellyroll pan, freeze the fruit, and store in resealable freezer bags.

If a smoothie recipe calls for sugar, try it first without the added sweetener. You really might not need it, depending upon the natural sweetness of the fruit. Try Stevia if it is not sweet enough.

Take a second to rinse out the blender right after you use it, even if you're planning to wash it later; dried-on fruit makes for slow clean-up.

## From Jeff Novick's Fast Food

The following are examples of my 5 Basic Recipes. They all consist of 5 basic ingredients and all meals can be cooked in around 5-15 minutes from start to end. All are prepared in a large pasta "style" pot which will make plenty for everyone and enough for leftovers. These meals are very low in calorie density and very high in nutrient density so you can eat all you want till you are comfortably full without having to worry about portions size or going hungry.

However, realize I do not measure and weigh food, so I do not have "exact" recipes and encourage you to adapt these to your own liking. All dishes make up enough for 2 people to get at least 2 meals (or more) and can easily be refrigerated and/or frozen for later use.

(Connie's note: consider using your own beans, cooked from fry, to save money and avoid plastic exposure.)

### The 5 main ingredients:

- 1) Canned (or Aseptic Packaged) Tomatoes (whole and/or pureed), No Salt Added, 28 oz.
- 2) Canned Beans, No Salt Added (Eden Foods are my favorite and BPA free), 14 oz
- 3) Frozen Vegetables (individual and/or variety mixes without any of the sauce/spice packs)
- 4) A Starchy Vegetables (brown rice, potato, sweet potato, barley, etc)
- 5) Spice/Seasoning

By changing the type of bean, type of vegetables, the type of starch and the seasoning, you can come up with different dishes. I make everything salt free and no salt added. You are welcome to sprinkle some salt on top at the table before eating.

### Dish 1 - Curried Indian Potato Stew

- 1) 2 cans whole tomatoes
- 2) 2 cans Garbanzo Beans
- 3) Frozen Cauliflower (2 lb) , peas (1/2 lb), onions (1/4-1/2 pound), kale or collards (4 ounces)
- 4) 2 large potatoes
- 5) Salt Free Curry spice mix

Microwave the potatoes and when done, cut into 1 inch pieces. (If you do not want to use a microwave, you can dice the potatoes into 1 inch pieces and cook them in the pot in just enough water to cover them. Either way, when the potatoes are done, put all other ingredients in the pot and heat. Add seasoning and top with fresh

Cilantro. This can be served with brown rice which you can cook in 10 minutes while potatoes are cooking by using Success Brand Quick Cooking Brown Rice.

### Dish 2- Mexican Beans and Rice

- 1) 2 cans whole tomatoes (or 1 can whole, 1 can pureed)
- 2) 1 cans Pinto Beans, 1 can black beans
- 3) Birdseye Frozen Pepper and Onion Mix (3 lb), and Corn (1/2 lb), kale or collards (4 ounces)
- 4) Success Quick Cooking Brown Rice (1 large bag)
- 5) Mexican Spice Mix, chili powder, or Hot Sauce

Cook Brown rice in a separate pot. While brown rice is cooking, add all other ingredients to a large pot and heat. When rice is done place rice in a bowl. Top with beans, veggie and tomato mix. Top with fresh cilantro. Enjoy.

### **Dish 3 - Italian Pasta Primavera**

- 1) 1 Can whole tomatoes, 1 can tomato puree
- 2) 2 cans Dark Red Kidney Beans
- 3) Frozen Broccoli, Cauliflower, Carrots (3 lbs total), kale or collards (4 ounces)
- 4) Whole Grain Pasta (1 lb)
- 5) Italian Spice Mix

Cook Pasta in separate pot. While pasta is cooking, put all other ingredients into large pot and heat. When pasta is done, rinse, and then mix together with the tomato vegetable mix. Top with seasonings and fresh parsley or basil.

### **Dish 4 - Longevity Soup**

- 1) 1 can whole tomatoes, 1 can pureed
  - 2) 2 Cans of your favorite beans (I use kidney or garbanzo)
  - 3) 3- 4 lbs of Your favorite frozen veggies plus 1 lb of frozen collards
  - 4) Your favorite starch (potato, sweet potato rice, barley) cooked separate then added
  - 5) your favorite seasoning (I use fresh ginger, garlic)
- Place tomatoes in large pot. Add in 2 28 oz cans of water. Then add in all other ingredients. Bring to a boil and then simmer 15 minutes. Enjoy!

### **Dish 5 - New Orleans Jambalaya**

- 1) 2 28oz can Whole Tomatoes (No Salt Added)
- 2) 2 cans 14oz can red beans or kidney beans (No Salt Added)
- 3) 2-3 lbs frozen Vegetables, corn, carrots, zucchini, yellow squash (equal parts), kale or collards (4 ounces)
- 4) Success Quick Cooking Brown rice (1 large bag)
- 5) Spice mix

Cook Brown Rice (Success Quick Cooking), While rice is cooking, place tomatoes, and veggies in pot and heat. Add in 4 cloves garlic, diced, 1 bay leaf, 1/2 tsp thyme, 4 tsp paprika, .25 to .5 tsp cayenne pepper. And heat.

When rice is done, place in a bowl and serve tomato vegetable mix on top.