



COOKING BALANCED ONE-POT MEALS

RECIPES

Mexican Rice & Beans

Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

1. Heat oil in a medium size pot.
2. Add onion and sauté for 3-4 minutes, until fragrant.
3. Add garlic and spices and sauté for 1-2 minutes. Stir often.
4. Add Pepper and corn and sauté for 5-6 minutes.
5. Rinse rice and beans separately in a strainer under cold water, and add to the cooking vegetables.
6. Pour in broth and turn the temperature to medium-high heat to bring all ingredients to a boil.
7. Once ingredients reach a boil, reduce to medium-low heat, cover with a lid, and simmer for 30 minutes.

Garnish cooked dish with shredded cheese, avocado, cilantro, and diced tomato or salsa.

2 Tbsp Olive or canola oil
1 cup Yellow onion, chopped
2-3 cloves Garlic, chopped
1 tsp each Salt, pepper, paprika, chilis
1 cup Peppers, sliced
1 cup Corn, frozen
1 cup Brown rice, rinsed
2 cups Broth or water
1 15oz can Black beans, canned

1/4 cup Feta or cheddar, shredded
To taste Cilantro, chopped
1 Avocado, diced to garnish
1 cup Tomato, diced or salsa to garnish

Moroccan Sweet Potato & Chickpea or Lentil Stew

Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

1. Peel and cut sweet potatoes into cubes. Rinse spinach or kale, cut off stems, and chop into 1-inch strips. Dice onion into 1cm pieces. Chop garlic finely.
2. Rinse soaked or canned chickpeas under cold water in a strainer. Separately, rinse rice under cold water in a strainer. Set both aside.
3. Heat oil in a medium size pot.
4. Add onion and sauté for 4-5 minutes, until fragrant.
5. Add chopped garlic and spices and sauté for 2-3 minutes, stirring often.
6. Stir in cubed sweet potatoes, canned tomatoes, rice, broth, and chickpeas (or red lentils).
7. Bring all ingredients to a boil. Once ingredients reach a boil, cover stew with a lid and simmer over medium-low heat for 30 minutes.
8. Stir in spinach/ kale during last 5-10 minutes of cooking.

Garnish cooked dish with lemon juice, cilantro or parsley, and 1-2 tbsp of greek yogurt, if desired.

2 Tbsp Olive oil
1 cup Onion, chopped
2-3 cloves Garlic
1 tsp each Paprika, cumin
1/2 tsp each Corriander, turmeric, ginger, cinnamon, salt, pepper
4 cups Sweet potatoes, cubed
1 can Tomatoes, diced
2 cups Broth
1 cup dry Chickpeas (or red lentils) soaked overnight, or use canned
or 1 15 oz. can
1 cup Rice
2 cups Spinach or kale, chopped
To taste Lemon Juice, cilantro or parsley, and plain greek yogurt to serve