

25

Ingredients

50

MEALS

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List of Ingredients

Grains

1. Pasta (preferably whole grain)- macaroni, spaghetti, penne, egg noodles
2. Rice- brown/white/wild
3. Barley
4. Rolled oats

Protein

5. Chicken- whole or pieces
6. Lean ground beef or wild meat
7. Stewing beef or wild meat
8. Canned tuna
9. Canned salmon
10. Lentils and split peas- dry or canned
11. Beans- dry or canned (navy/black/kidney)
12. Eggs

Fruit & Vegetables

13. Carrots
14. Celery
15. Onions
16. Potatoes
17. Tomatoes- canned, diced
18. Canned or frozen vegetables (corn, green beans, yellow beans, mushrooms)
19. Cabbage

Fat-Free/Skim Dairy

20. Hard Cheddar cheese
21. Sour cream
22. Skim milk powder/canned evaporated milk/fluid milk

Other

23. Cream of Mushroom Soup
24. Cream of Chicken Soup
25. Tomato Soup/tomato sauce

Notes:

You will also need seasonings, oils, fats & baking ingredients on hand for these recipes.

See a complete list of additional pantry items on the next page!

Additional Pantry Items

Fats & Oils

Non-hydrogenated margarine

Vegetable oil or canola oil

Olive oil

Baking Ingredients

Flour

White sugar

Brown sugar

Baking powder

Baking soda

Cornstarch

Vanilla

Raisins

Crackers/breadcrumbs

Seasonings

Salt

Pepper

Garlic powder

Dry mustard

Chicken/beef bouillon cubes/stock

Soy sauce

Vinegar

Worcestershire sauce

Ketchup

Herbs: basil, oregano, thyme

Spices: Paprika, cinnamon, chili powder

List of Meals, Side Dishes & Desserts

Soups:

1. Chicken Noodle/Rice Soup
2. Chicken Corn Chowder
3. Hamburger Soup
4. Chunky Vegetable
5. Minestrone
6. Potato and Onion
7. Creamy Carrot Soup
8. Pasta Fagioli
9. Split Pea, Bean, and Barley Soup
10. Black Bean and Corn Soup
11. Hearty Mixed Vegetable Soup

Meals:

12. Roast Chicken
13. Baked Chicken and Potatoes
14. Chicken Paprikash with Egg Noodles
15. Chicken Noodle Casserole
16. Chicken Pot Pie
17. Chicken Rice Casserole
18. White Chicken Chili
19. Chicken and Egg Noodle Casserole
20. Big Game Stew
21. Shepherd's Pie
22. Beef and Mushroom Stroganoff
23. Chili Con Carne
24. Beef Goulash
25. Beef Corn and Potato Casserole
26. Hamburger Noodle Dish
27. Sloppy Joes
28. Italian-Style Meatballs

29. Bannock Burger
30. Salisbury Steak with Mushrooms
31. Cabbage Roll Casserole
32. Tuna Noodle Casserole
33. Tuna Rice Casserole
34. Easy Seafood Burgers
35. Salmon Potato Bake
36. Spanish Spirals
37. Lentil Pasta Casserole

Sides & Salads:

38. Baked Stuffed Potato
39. Homemade Perogies
40. Mixed Bean Salad
41. Pasta Salad
42. Tuna and White Bean Salad
43. Potato Salad
44. Coleslaw
45. Carrot Potato Pancakes
46. Vegetable Fried Rice
47. Scalloped Potatoes
48. Spanish Rice

Desserts:

49. Carrot Cake
50. Creamy Rice Pudding

Soups

RECIPE

Chicken Noodle Soup

Ready in **1 hr 45 minutes**

Serves **8 people**

Ingredients

- 2 Tbsp vegetable oil (30mL)
- 1 medium yellow onion
- 3 cloves garlic
- 3 carrots
- 3 celery stalks
- 2 chicken-breasts (bone-in)
- 1 tsp (5mL) dried basil
- 1 Tbsp (15mL) dried parsley
- ½ tsp (2mL) dried thyme
- 1 whole bay leaf
- Salt and pepper to taste
- 6 oz dry pasta

Tips

Use 2 cups (500mL) leftover cooked rice instead of dry pasta!

<https://www.tasteofhome.com/collection/recipes-made-canned-foods/>

Preparation

1. Dice the onion and mince the garlic. Add the onion, garlic, and olive oil to a large pot and saute over medium heat for about 5 minutes, or until the onions are soft and transparent.
2. While the onion and garlic are sauteing, wash and slice the carrots and celery. Add them to the pot and continue to saute for a few minutes more.
3. Pull the skin and any excess fat from the chicken breasts. Add the breasts to the pot along with the bay leaf, basil, parsley, thyme, pepper, and eight cups of water.
4. Cover the pot, bring it to a boil over high heat, then reduce the heat to low and simmer for one hour. Make sure the pot continues to simmer for the whole hour. If the heat is turned down too low and it is not bubbling away, the chicken will not shred easily.
5. After an hour of simmering, remove the chicken from the pot. Using two forks, pull the meat from the bone and shred slightly. Season the broth with salt. Begin with one tsp and add more to your liking.
6. Add the noodles to the pot, turn the heat up to high, and boil the noodles until tender (about 7 minutes). Return shredded chicken to the pot.

RECIPE

Chicken Corn Chowder

Ready in **30 minutes**

Serves **4 people**

Ingredients

- 2 Tbsp (30mL) butter or margarine
- 1 small onion, finely chopped
- 1 celery stalk, finely chopped
- 1 small sweet red pepper, finely chopped (optional)
- 2 cans (14oz each) kernel corn
- 1 ½ (375mL) cooked chicken, chopped
- 2 cans (12oz) reduced-fat evaporated milk
- 1 tsp (5mL) chicken bouillon powder
- Pinch of salt and pepper each, to taste

Tips

Optional: 8 bacon strips, cooked and crumbled, or 1 cup (250mL) cooked ham.

Preparation

1. In a large saucepan, heat butter over medium-high heat. Add onion, celery and red pepper (optional); cook and stir 6-8 minutes or until tender.
2. Stir in corn, chicken, evaporated milk, bouillon and pepper.
3. Heat through, stirring occasionally (do not boil). Top with ham or bacon if available).

<https://www.tasteofhome.com/collection/recipes-made-canned-foods/>

RECIPE

Hamburger Soup

Ready in **1 hour 15 minutes**

Serves **6-8 people**

Ingredients

- 1lb (500g) lean ground beef (or chopped or ground wild meat)
- 1 medium onion, chopped
- 4 cloves garlic or 1tsp (5mL) garlic powder
- 19oz (540mL) can tomatoes
- 10oz (284mL) can tomato soup
- 1tsp (5mL) Worcestershire sauce
- ¼ tsp (1mL) pepper
- 4 cups (1L) water
- ½ - 1 packet (2.25-4.5g) reduced-salt beef bouillon mix
- 3 medium carrots, peeled and sliced
- 1 cup (250mL) chopped cabbage
- 1 ½ cups (375mL) frozen corn or 12oz (341mL) can corn kernels
- ¼ cup (50mL) dry macaroni

Preparation

1. Brown the hamburger meat. Drain off as much fat as you can.
2. Add the onions and garlic, and cook at low heat until onions are soft.
3. Add the tomatoes, tomato soup, Worcestershire sauce, pepper, water and bouillon mix.
4. Bring to a boil, cover and simmer for 30 minutes.
5. Add the vegetables and macaroni. Cover and simmer for another 30 minutes.

Tips

Plain frozen vegetables, such as frozen corn, have much less sodium than canned vegetables.

If you are able to, buy reduced-salt or low-sodium versions, such as tomato soup with 25% less salt or low-sodium canned tomatoes.

Recipe used with permission from: Canada's Diabetes Meals for Good Health by Karen Graham, RD

RECIPE

Chunky Vegetable Soup

Ready in **45 minutes**

Serves **6 people**

Ingredients

- 1 tsp vegetable oil
- 1 large onion, chopped
- 6 cups water
- 1 can (19oz/540ml) tomatoes
- 3 chicken bouillon cubes, cut up*
- 5 tsp dried parsley
- 2 tsp dried oregano
- 2 carrots, cut into 1-inch pieces
- 2 celery stalks, cut into 1-inch pieces
- 1 potato, cut into 1-inch pieces
- 1 can beans, drained (lima, kidney, chickpeas)

Tips

* If your brand of bouillon cube makes 2 cups of broth per cube, use only 1 ½ cubes

Preparation

1. Turn on the stove to medium heat. Heat oil in a large pot. Add chopped onion and cook until soft, about 5 minutes.
2. Add water, tomatoes, bouillon cubes, parsley, basil, oregano and cut up carrots, celery and potato. Turn the stove up to high and heat to boiling. Lower heat and simmer until potatoes are almost tender, about 15 to 20 minutes.
3. Stir in beans. Add salt and pepper to taste. Simmer until warmed through.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Minestrone Soup

Ready in **45 minutes**

Serves **9 people**

Ingredients

- 6 cups (1.5L) Homemade Chicken Stock
- 4 cups (1L) chopped cabbage
- 3 cups (750mL) diced carrots
- 2 cups (500mL) cooked navy beans or 1 can (19oz/540mL) white kidney beans, drained and rinsed (see tips)
- 1 can (28oz/796mL) tomatoes
- ½ tsp (2mL) garlic powder
- Salt and pepper
- Parmesan cheese, grated (optional)

Tips

You can use any type of canned or dried beans in this recipe.

Preparation

1. Turn on the stove to high heat. Put Homemade Chicken Stock in a large pot and heat to boiling.
2. Turn heat to low. Add chopped cabbage and diced carrots. Cover and simmer until vegetables are tender, about 20 minutes.
3. Stir in beans, tomatoes and garlic powder. Add salt and pepper to taste. Cover and cook 5 minutes longer.
4. Serve in bowls with Parmesan cheese on top, if desired.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Cream of Onion & Potato Soup

Ready in **1 hour**

Serves **6 people**

Ingredients

- 3 potatoes, peeled and cubed
- 3 onions, chopped
- 2 Tbsp (30mL) all purpose flour
- 2 Tbsp (30mL) margarine
- 2 cups (500mL) milk
- 2 tsp (10mL) dried parsley
- Salt and pepper to taste

Tips

Leave the potato peel on the potatoes for more fibre and nutrition.

Preparation

1. In a large pot over high heat, combine the potatoes, onions and water to cover, and boil for 30-45 minutes, or until tender. Reserve 3 cups of the water.
2. Transfer this in small batches to a blender and puree until smooth.
3. In the same pot over medium heat, combine the flour and margarine, stirring together well to form a roux.
4. Slowly add the milk, stirring constantly, until well blended. Reduce heat to low and add the pureed potato mixture.
5. Let simmer, stirring occasionally for 5-10 minutes. Add parsley and season with salt and pepper to taste.

RECIPE

Creamy Carrot Soup

Ready in **1 hour**

Serves **6 people**

Ingredients

- 1 cup (250mL) chicken broth (homemade, prepared, or bought)
- 4 cups (1L) sliced carrots
- ¼ cup (60mL) margarine
- ⅔ cup (150mL) onion, finely chopped
- ½ cup (125mL) flour
- 3 cups (750mL) milk*
- Salt and pepper to taste

*Use fluid milk or make enough with skim milk powder

Tips

A 2lb bag of carrots will give you about 5-6 cups of sliced carrots.

Instead of carrots, you could make this soup with broccoli or cauliflower!

Preparation

1. Turn on the stove to medium heat. Put chicken broth into a medium saucepan. Add carrots and cook until soft. Add a little more water if necessary.
2. Mash the carrots with a vegetable masher. Scoop them out of the saucepan and set aside.
3. Turn on the stove to medium heat. Melt margarine in a large saucepan. Add chopped onion and cook until soft, about 5 to 7 minutes.
4. Add flour and milk to onion. Cook and stir until mixture boils and is smooth and thick. Add mashed carrots and heat until hot. Add salt and pepper to taste.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Pasta Fagioli

Ready in **1 hour 20 minutes**

Serves **24 people**

Ingredients

- 2lbs ground beef
- 12 cups (3L) prepared beef broth
- 2 cans (28oz each) diced tomatoes, undrained
- 2 jars (26oz each) tomato sauce
- 3 large onions, chopped
- 8 celery ribs, diced
- 3 medium carrots, sliced
- 1 can (16oz) kidney beans, rinsed and drained
- 1 can (15oz) beans, rinsed and drained (see tips)
- 1 tsp (5mL) dried oregano
- 2 ½ tsp pepper
- 3 cups (8oz) uncooked pasta
- 2 tsp (10mL) dried parsley
- 1 ½ tsp (7mL) hot sauce (optional)

Tips

You can use any type of canned or dried beans in this recipe.

Preparation

1. In a large pot, cook beef on medium heat until no longer pink. Drain off fat.
2. Add broth, tomatoes, tomato sauce, onions, celery, carrots, beans, oregano, pepper, parsley, and hot sauce (optional).
3. Bring to a boil. Reduce heat and simmer, covered, for 30 minutes.
4. Add pasta and simmer, covered, for about 10-14 minutes, until pasta is tender.

<https://www.tasteofhome.com/recipes/hearty-pasta-fagioli/>

RECIPE

Split Pea, Bean & Barley Soup

Ready in **2 hours 55 minutes**

Serves **12 people**

Ingredients

- 2 cups (500mL) split peas, rinsed and drained
- 3 carrots, chopped
- 3-4 stalks celery, chopped
- 3 medium onions, chopped
- 12 cups (3L) water, chicken or vegetable broth
- ½ cup (125mL) pearl barley, drained and rinsed
- 1 bay leaf
- 2 cloves garlic, crushed or 2 tsp (10mL) garlic powder
- 2 tsp (10mL) canola oil
- 2 Tbsp (30mL) dried dill
- Salt and pepper to taste

Tips

You can substitute split peas for any type of canned or dried beans in this recipe. Freezes well!

Preparation

1. In a large soup pot, combine split peas (or substitute any dried bean or lentils), carrots, celery and 1 onion with water or broth.
2. Bring to a boil. Stir in barley, bay leaf, and garlic. Reduce heat and simmer partially covered for 1.5- 2 hours, stirring occasionally. Add salt and pepper to taste.
3. In a medium saucepan, heat oil. Saute the remaining 2 onions on medium heat for 6-8 minutes, until well-browned. Add onions to soup along with dill.
4. Simmer soup for 5-10 minutes. Discard bay leaf. If soup gets too thick, add a little more water or broth to thin.

<https://www.food.com/recipe/green-split-pea-barley-soup-27140>

RECIPE

Hearty Mixed Vegetable Soup

Ready in **30 minutes**

Serves **2 people**

Ingredients

- ½ small carrot, grated
- ½ celery stalk, chopped
- 2 Tbsp (30mL) green pepper, chopped (optional)
- 1 Tbsp (15mL) onion, chopped
- 1 Tbsp (15mL) margarine
- 1 cup (250mL) chicken broth
- 1 can (14.5oz) diced tomatoes, undrained
- ¼ tsp (3mL) sugar
- Pepper to taste
- 1 ½ tsp (7mL) corn starch

Preparation

1. In a small saucepan, saute the carrot, celery, green pepper (optional) and onion in margarine until tender. Set aside 2 Tbsp (30mL) of broth. Add the tomatoes, sugar, pepper

Tips

This is a great recipe for 1 or 2 people!

<https://www.tasteofhome.com/collection/recipes-made-canned-foods/>

Meals

RECIPE

Roast Chicken

Ingredients

- Whole Chicken

Tips

Preparing a whole chicken makes great leftovers for lots of the different recipes in this resource, including: homemade chicken stock, baked chicken and potatoes, soups, casseroles, and sandwiches!

Baked Chicken Pieces

Preparation

1. Remove fatty chicken skin. Sprinkle on Chicken Spice Mix, roll chicken in shake-and-bake coating, or brush lightly with BBQ sauce.
2. Bake chicken pieces on a rack so extra fat drips off at 350°F (180°C) for about an hour or cook in a pan on stovetop with a small amount of water.
3. Chicken is cooked when no longer pink, cooked to 170°F (75°C).

Preparation

1. Place your chicken on a rack, breast side up in a covered pan. For the last 15 minutes of cooking, uncover the pan to brown.
2. Cook chicken for 15 minutes per pound in a 350°F (180°C) oven. Cook the meat to an internal temperature of 170°F (77°C) measured with a thermometer in a thick part of the chicken (e.g. inner thigh).
3. Once cooked, remove most of the high-fat skin, and slice the dark and white meat.

Chicken Spice Mix

Ingredients

- 2 tsp (10mL) oregano
- 1 tsp (5mL) each (thyme, paprika, pepper, and chili powder)

Preparation

1. Makes enough for many meals. Add all ingredients in a jar with a tight lid. Mix well. Sprinkle mixture on skinless chicken before cooking.

RECIPE

Chicken Paprikash

Ready in **1 hour**

Serves **12 people**

Ingredients

- 2 broiler chickens (3 ½- 4lbs each), but into 8 pieces each
- 2 tsp (10mL) salt
- 1 tsp (5mL) pepper
- 2 Tbsp (30mL) vegetable oil
- 2 medium onions
- 2 garlic cloves, minced or 2 tsp (10mL) garlic powder
- 3 Tbsp (45mL) flour
- 1 Tbsp (15mL) paprika
- 2 cups(500mL) hot chicken broth or water
- 1 cup (250mL) sour cream
- Hot cooked noodles or mashed potatoes (optional)

Tips

Try serving with hot cooked noodles or mashed potatoes!

Preparation

1. Season chicken with salt and pepper. In a Dutch oven, heat oil over medium-high heat. Brown chicken in batches. Remove with a slotted spoon, drain and keep warm.
2. Reduce heat to medium-low. Add onions, stirring to loosen browned bits from pan, for 6-8 minutes until onions begin to soften. Add garlic or garlic powder and cook 1 minute longer.
3. Stir in flour and paprika, reduce to low heat. Cook for 3-5 minutes until paprika has a strong flavourful scent.
4. Return chicken to pan, simmer covered for 30 minutes, until a thermometer inserted into the deepest part of the thigh reads 170°F. Transfer chicken to serving plate.
5. Skim fat from the dish. Stir in sour cream; heat for 3-5 minutes until just warmed through (do not boil). If desired, sprinkle with dried parsley and more paprika.

<https://www.tasteofhome.com/recipes/chicken-paprikash/>

RECIPE

Chicken Noodle Casserole

Ready in **30 minutes**

Serves **4 people**

Ingredients

- 1 can cream of chicken soup
- ½ cup (125mL) water or milk
- ½ tsp (2mL) garlic powder
- 1 tsp (5mL) dried thyme
- ½ tsp (2mL) pepper
- ½ cup (125mL) carrots, chopped
- ½ cup (125mL) celery, chopped
- ½ cup (125mL) frozen corn or canned, and drained
- ½ white onion, diced
- 1 cup (250mL) cooked, shredded or chopped chicken
- 12oz pasta, cooked and drained
- ¼ cup (60mL) breadcrumbs (optional)

Tips

Cubed rotisserie or leftover chicken works great in this recipe, too!

Preparation

1. Preheat the oven to 400°F (205°C).
2. In a medium bowl, stir together soup, water or milk, seasonings, and vegetables.
3. Fold in chicken and noodles and pour into a casserole dish. If using, top with Panko bread crumbs.
4. Bake until the vegetables are fork-tender, 22-25 minutes.

<https://www.tasteofhome.com/collection/recipes-made-canned-foods/>

RECIPE

Crustless Chicken Pot Pie

Ready in **50 minutes**

Serves **8 people**

Ingredients

- 2 cups (500mL) mashed potatoes (boxed or homemade)
- 1lb chicken, cooked and diced (great use for leftovers)
- 2 $\frac{3}{4}$ (675mL) cups chicken stock
- 2 cups frozen mixed vegetables*
- 1 cup cheddar cheese, shredded
- 3 Tbsp (45mL) margarine
- $\frac{1}{2}$ cup (75mL) flour
- Salt and pepper to taste

*Substitute with 2 fresh carrots, chopped; 1 celery stalk, chopped; 1 can of corn; and 1 can of green beans or, vegetables of your choice

Tips

You can also put the filling mixture in a homemade or premade crust, cooking until golden brown.

Preparation

1. Preheat the oven to 400°F (205°C).
2. Prepare mashed potatoes per box instructions, make homemade mashed potatoes, or use leftovers.
3. Melt butter in a large frying pan. Whisk flour into melted margarine. Slowly whisk chicken stock into flour mixture, simmer until thickened. Season with salt and pepper.
4. Add frozen veggies, shredded cheese, and diced chicken. Season with salt and pepper.
5. Transfer into an oven-safe dish and top with mashed potatoes.
6. Bake for 30 minutes.

<https://www.createkidsclub.com/chicken-pot-pie/>

RECIPE

Chicken Rice Casserole

Ready in **1 hour 50 minutes**

Serves **4 people**

Ingredients

- Vegetable oil for baking dish
- 2 cups (500mL) white rice, rinsed and drained
- 1 large onion, chopped
- 2 cups (500mL) chicken broth
- 2 (10.5oz) cans cream of mushroom soup
- Salt and pepper to taste
- 4 chicken thighs
- 2 Tbsp (30mL) melted margarine
- 2 tsp (10mL) thyme
- 1 clove garlic or 1 tsp (5mL) garlic powder

Preparation

1. Preheat the oven to 350°F (180°C) and grease a baking dish (9X13") with oil. Add rice, onion, broth, and soup and stir until combined. Season with salt and pepper.
2. Place chicken thighs in rice mixture and brush with melted margarine. Sprinkle with thyme, garlic, and season with salt and pepper.
3. Cover the dish with lid or foil and bake for 1 hour. Uncover and bake 30 minutes more, until rice is tender and chicken is cooked through. Turn the oven to broil for 3-5 minutes to brown chicken.

Tips

If possible, use sodium-reduced cream of mushroom soup.

<https://www.tasteofhome.com/collection/recipes-made-with-canned-foods/>

RECIPE

White Chicken Chili

Ready in **45 minutes**

Serves **6 people**

Ingredients

- 2 cans (15oz each) beans, any kind except green or yellow, drained and rinsed
- 1 can (10 ¾ oz) cream of chicken soup, no water added
- 2 cups cubed cooked turkey or chicken
- 1 ½ cups (225mL) milk
- ½ onion, chopped
- 1 tsp (5mL) garlic powder
- 1 tsp (5mL) ground cumin
- 1 tsp (5mL) dried oregano
- 6 Tbsp (90mL) sour cream

Preparation

1. In a large saucepan, combine the first 8 ingredients (except sour cream).
2. Bring to a boil, stirring occasionally.
3. Reduce heat and simmer, covered, for 25-30 minutes or until heated through.
4. Serve with sour cream on top.

Tips

This recipe tastes great with white kidney beans!

Try to find a reduced-sodium cream of chicken soup, if possible.

<https://www.tasteofhome.com/collection/recipes-made-canned-foods/>

RECIPE

Chicken and Egg Noodle Casserole

Ready in **50 minutes**

Serves **8 people**

Ingredients

- 6 cups (1.5L) uncooked pasta or egg noodles
- 2 cans (10 ¾ oz condensed cream of chicken soup, no water added)
- 1 cup (250mL) sour cream
- ¾ cup (175mL) milk
- Salt and pepper to taste
- 3 cups (750mL) cubed, cooked chicken breasts
- 1 cup (250mL) crushed crackers (see tip)
- ¼ cup (60mL) margarine, melted

Tips

Use homemade breadcrumbs in place of crushed crackers!

Preparation

1. Preheat the oven to 350°F (180°C).
2. Cook pasta/noodles according to package directions until Al Dente (slightly firm to the bite). Drain pasta.
3. In a large bowl, whisk soup, sour cream, milk, salt and pepper until mixed. Stir in chicken and noodles. Transfer to a greased baking dish (9X13”).
4. In a small bowl, mix crushed crackers and butter, sprinkle on top of noodle mixture.
5. Bake until bubbly, 30-35 minutes.

<https://www.tasteofhome.com/collection/recipes-made-canned-foods/>

RECIPE

Big Game Stew

Ready in **2 hours 30 minutes**

Serves **4 people**

Ingredients

- 2lbs cubed big game meat (or beef stew meat)
- 3 Tbsp (45mL) vegetable oil
- 4 cubes beef bouillon, crumbled and 4 cups (1L) water, or 4 cups (1L) beef broth
- 1 tsp (5mL) dried rosemary
- 1 tsp (5mL) dried parsley
- ½ tsp (2mL) ground black pepper
- 3 large potatoes, peeled and cubed
- 1 cup (250mL) mixed vegetables (fresh, canned, or frozen)
- 1 large onion, chopped
- 2 tsp cornstarch

Tips

Make a big batch of homemade stew and freeze it in meal-sized portions.

Keep vegetable scraps like carrot peels and celery tops in the freezer to make vegetable stock for future dishes!

Preparation

1. In a large pot, cook big game meat or beef in oil over medium heat until brown.
2. Dissolve bouillon in water (or add broth) to the pot. Stir in rosemary, parsley, and pepper.
3. Bring to a boil, then reduce heat and simmer, covered, for 1 hour.
4. Stir in potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 tbsp of cold water and stir into the stew.
5. Cover and simmer for 1 more hour.

RECIPE

Shepherd's Pie

Ready in **30 minutes**

Serves **6 people**

Ingredients

- 1 lb (500g) ground beef
- 1 large onion, chopped
- 2 cups (500mL) frozen corn
- 2 cups (500mL) frozen peas
- 2 Tbsp (30mL) ketchup
- 1 Tbsp (15mL) Worcestershire sauce
- 2 tsp (10mL) garlic powder
- 1 Tbsp (15mL) cornstarch
- 1 tsp (5mL) beef bouillon
- ½ cup (125mL) cold water
- ½ cup (125mL) sour cream
- 3 ½ (800mL) mashed potatoes, boxed or homemade prepared with milk and margarine
- ¾ cup (175mL) cheddar cheese, shredded

Tips

This is a quick, easy, and nutritious meal!

Preparation

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink, drain.
2. Stir in the corn, peas, ketchup, Worcestershire sauce and garlic powder. Reduce heat to medium-low, cover and cook for 5 minutes.
3. Combine cornstarch, bouillon and water until well blended, stir into beef mixture. Bring to a boil over medium heat, cook and stir for 2 minutes or until thickened. Stir in sour cream and heat (do not boil).
4. Transfer beef mixture to an oven safe dish, spread mashed potatoes on top and sprinkle with cheese. Cover and cook until potatoes are heated through and cheese is melted.

<https://www.tasteofhome.com/recipes/skillet-shepherd-s-pie/>

RECIPE

Beef & Mushroom Stroganoff

Ready in **30 minutes**

Serves **6 people**

Ingredients

- 3 Tbsp (45mL) margarine
- 1 ½ lbs (750g) stewing beef or cooked ground beef
- 2 cans mushrooms, drained and rinsed or 1lb fresh mushrooms
- 1 can (10 ¾ oz) condensed cream of mushroom soup, without water
- 2 cups (500mL) sour cream
- 1 cup (250mL) onions, chopped
- 1 tsp (5mL) dried thyme
- Salt and pepper to taste
- Hot cooked noodles or rice

Preparation

1. In a large skillet, heat margarine over medium-high heat and brown steak. Add mushrooms and saute until tender.
2. Add soup, sour cream, onions, and thyme. Heat gently, do not boil.
3. Serve with egg noodles, pasta, or rice.

<https://www.tasteofhome.com/recipes/mushroom-beef-stroganoff/>

RECIPE

Chili Con Carne

Ready in **50 minutes**

Serves **4 people**

Ingredients

- 1 lb (500g) ground beef
- 1 large onion, chopped
- 2 cans (14oz/398mL) kidney beans, drained and rinsed
- 1 can (19oz/540mL) stewed tomatoes
- 1 to 2 tsp (5 to 10mL) chili powder
- 1 tsp (5mL) vinegar
- Salt

Tips

Dip a piece of bread or bun in the chili. Serve with green salad. For your drink, have a glass of milk or a glass of fortified soy beverage.

Preparation

1. Turn on the stove to medium heat. Cook and stir ground beef in a medium saucepan until the beef is no longer pink. Drain off fat.
2. Stir in onion, beans, tomatoes, chili powder and vinegar. Add salt to taste. Heat to boiling.
3. Turn heat down to low. Simmer, uncovered, for 35 to 40 minutes. Stir chili several times while it cooks.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Beef Goulash

Ready in **1 hour 20 minutes**

Serves **4 people**

Ingredients

- 1 lb (500g) ground beef
- 1 large onion, chopped
- 1 ½ tsp (7mL) garlic powder
- 1 ½ cups (375mL) water
- 1 (15oz) can tomato sauce
- 1 (14.5oz) can diced tomatoes
- 1 Tbsp + 1 tsp (20mL) soy sauce
- 1 Tbsp (15mL) Italian herb seasoning
- 1 bay leaf
- 1 tsp (5mL) seasoned salt (optional)
- 1 cup uncooked elbow macaroni

Tips

Use any type of ground meat for this recipe!

Preparation

1. Cook and stir the ground beef in a large Dutch oven over medium-high heat, breaking the meat up as it cooks, for about 10 minutes until the meat is no longer pink and has started to brown.
2. Stir water, tomato sauce, diced tomatoes, soy sauce, Italian seasoning, bay leaf, and seasoned salt (optional) into the meat mixture and bring to boil over medium heat.
3. Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally.
4. Stir macaroni into the mixture, cover, and simmer on low heat until the pasta is tender, about 25 minutes, stirring occasionally.
5. Remove from heat, discard bay leaves, and serve.

RECIPE

Beef, Corn and Potato Casserole

Ready in **60 minutes**

Serves **4 people**

Ingredients

- 4 medium potatoes, washed and eyes removed
- 1lb (500g) ground beef
- ½ cup (125mL) milk*
- 2 Tbsp (30mL) margarine
- Salt and pepper
- 1 can (12oz/341mL) whole kernel corn niblets, drained and rinsed
- Paprika

*Use fluid milk or make enough milk from skim milk powder

Tips

Try frozen or other canned vegetables such as peas or carrots, or use leftover vegetables.

Leave the skins on the potatoes for extra nutrition!

Have a small whole grain bun, bread or pita on the side.

Serve with a glass of milk or glass of fortified soy beverage.

Preparation

1. Turn on the stove to medium-high heat. Put potatoes in a large saucepan, cover with water and heat to boiling. Lower heat, cover saucepan and boil potatoes until tender.
2. While potatoes are cooking, turn on another burner to medium heat. Cook and stir beef and onion in a large frypan until beef is browned. Drain off fat. Place meat mixture in an 8X8X2-inch (2L) baking dish.
3. Drain potatoes. Put potatoes back in the saucepan. Use a potato masher and mash potatoes with milk and margarine. Add salt and pepper to taste. Set aside.
4. Turn on the oven to 350°F (180°C).
5. Pour corn on top of meat. Spread potatoes over corn. Sprinkle lightly with paprika.
6. Bake for about 30 minutes or until heated through.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Hamburger Noodle Dish

Ready in **30 minutes**

Serves **4-6 people**

Ingredients

- 1lb (500g) lean ground beef
- 1 large onion, chopped
- ¼ tsp (1mL) pepper
- 10oz (284mL) can tomato soup
- 10oz (284mL) can mushroom pieces (drained)
- 1 cup (250mL) skim milk
- 1 tsp (5mL) Worcestershire sauce
- 4 cups (1L) dry corkscrew noodles or, 2 ½ cups (625mL) dry macaroni

Preparation

1. In a large, heavy pan, brown the hamburger. Drain off the fat.
2. Add the chopped onion to the hamburger and cook until the onions are soft. Add water if too dry. Add all other ingredients except the noodles. Cook for 15 minutes.
3. While the hamburger and onions are cooking, add the noodles to a pot of boiling water and cook as directed on the package. Drain the cooked noodles.
4. Add cooked noodles to the hamburger mixture. Cook for 5 more minutes.

Tips

Many regular canned condensed soups contain a lot of salt. But many now come in reduced-salt versions, choose from them when you can.

Recipe used with permission from: Canada's Diabetes Meals for Good Health by Karen Graham, RD

RECIPE

Sloppy Joes

Ready in **30 minutes**

Serves **4 people**

Ingredients

- ½ lb (250g) ground beef
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- 1 cup (250mL) Homestyle Tomato Sauce with Herbs
- ½ (2mL) tsp Worcestershire sauce
- 2 Tbsp (30mL) corn starch
- 2 Tbsp (30mL) cold water
- 2 hamburger buns, split, toasted*
- Salt and pepper

*Or serve with bannock recipe on pg. 33

Tips

This is a quick and easy family favourite. Use ground chicken, ground turkey or ground pork for a change of flavour.

You can serve these Sloppy Joes over bannock, a slice of bread, hamburger bun, rice, or potatoes!

Preparation

1. Turn on the stove to medium-high heat. Cook and stir beef, onion and celery in a large frypan. When meat is no longer pink, drain off fat.
2. Stir in (pre-made) Homestyle Tomato Sauce with Herbs and Worcestershire sauce
3. Cook and stir until mixture boils. Turn heat to low. Simmer and stir, uncovered, 15 to 20 minutes or until vegetables are tender. Stir several times.
4. Combine cornstarch and water in a small bowl. Stir into beef mixture. Cook and stir, until sauce has thickened, about 2 to 3 minutes. Add salt and pepper to taste.
5. Put the toasted bun halves on plates. Spoon Sloppy Joes mixture over buns. Serve right away.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Italian-Style Meatballs

Ready in **30 minutes**

Serves **2 people**

Ingredients

- ½ lb (250g) ground beef
- ¼ cup (60mL) rolled oats
- 1 Tbsp (15mL) ketchup
- 2 Tbsp (30mL) finely chopped onion
- 1 egg, beaten
- ½ tsp (2mL) Italian seasoning
- ¼ tsp (1mL) pepper
- Salt
- 2 tsp (10mL) vegetable oil
- ¼ cup (60mL) water
- ⅛ tsp (½ mL) dry mustard
- 2 Tbsp (30mL) ketchup

Tips

Instead of making ten meatballs, you could shape the meat into two hamburgers!
Ground chicken, ground turkey, or ground pork taste good in this recipe too!

Switch it up and try other sauces, like: tomato and herb, sweet and sour, or cream of mushroom soup!

Preparation

1. Put beef, oats, ketchup, onion, egg, Italian seasoning, pepper and salt to taste in a large bowl. Mix well.
2. Shape meat mixture into ten small balls.
3. Turn on the stove to medium-high heat. Put oil in a small frypan. Add the meatballs. Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook for 10 to 15 minutes. Drain off fat.
4. Mix water, mustard and ketchup in a small bowl. Pour over meatballs. Cover and cook 5 minutes longer.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Bannock Burger

Ready in **50 minutes**

Serves **4 people**

Bannock Ingredients

- 3 cups (750mL) flour
- 1 ½ (375mL) oatmeal
- ½ tsp (2mL) salt
- 2 Tbsp (30mL) baking powder
- ⅓ cup (75mL) vegetable oil
- 1 ½ (375mL) milk

Bannock Preparation

1. Preheat the oven to 400°F.
2. Measure flour, oatmeal, baking powder and salt in a mixing bowl. Stir.
3. Add vegetable oil and milk, mix until smooth.
4. Flatten to about 1 inch deep and place on a greased baking sheet.
5. Bake in the oven for about 15-20 minutes until golden brown.

Tips

Try making a whole wheat bannock!

Goes great with a green salad on the side!

Burger Ingredients

- 1 lb (500g) ground meat
- 1 Tbsp (15mL) vegetable oil
- 1 cup canned corn, drained and rinsed
- 2 Tbsp (30mL) white or green onion chopped
- 1 tsp (5mL) chili powder
- 4 lettuce leaves
- 1 tomato sliced

Burger Preparation

1. Preheat a lightly oiled frypan over medium-high heat. Season the meat with salt and pepper.
2. Shape meat into 4- ¾ inch patties. Grill patties for 6 minutes on each side, until cooked through.
3. While burgers cook assemble corn salsa. In a bowl, toss together oil, corn, onion, chili powder and a pinch of salt. Set aside.
4. To serve, top one baked bannock square with lettuce, tomato, meat patty, and corn salsa. Serve topped with a second bannock square.

RECIPE

Salisbury Steak with Mushrooms

Ready in **40 minutes**

Serves **4 people**

Ingredients

- 1 lb (500g) ground beef
- ½ cup dry bread crumbs
- ¼ cup onion, chopped
- 1 egg, beaten
- Salt and pepper to taste
- 2 cups (500mL) prepared beef broth
- 1 large onion, thinly sliced
- 1 cup (250mL) sliced mushrooms, canned or fresh
- 3 Tbsp (45mL) cornstarch
- 3 Tbsp (45mL) cold water

Tips

Try using rolled oats instead of dry bread crumbs! Tastes great served over mashed potatoes or rice!

Preparation

1. Combine ground beef, bread crumbs (or oats), chopped onion, egg, salt and pepper in a bowl until evenly mixed. Shape beef mixture into 4 patties, about ¾ inch thick.
2. Fry patties in a large skillet over medium heat until browned on both sides, about 10 minutes. Add beef broth, onion, and mushrooms and bring to a boil.
3. Reduce heat to low, cover, and simmer until patties are no longer pink in the centre, about 10 minutes more. Transfer patties to a platter and keep warm.
4. Bring onion mixture to a boil. Mix cornstarch and water in a small bowl, stir into onion mixture. Cook and stir until onion gravy is thickened, about 1 minute.
5. Pour gravy over patties to serve.

<https://www.allrecipes.com/recipe/229566/salisbury-steak-with-mushrooms/>

RECIPE

Cabbage Roll Casserole

Ready in **1 hour 40 minutes**

Serves **6 people**

Ingredients

- 1 lb (500g) ground beef
- ½ cup (125mL) onion, chopped
- 1 can (15oz) tomato sauce
- 1 cabbage (¾-1lbs), chopped
- ½ cup (125mL) uncooked rice
- Salt and pepper to taste
- 1 ¾ cup (415mL) beef broth

Tips

If you don't have a lid for your baking dish, you can use tin foil!

Preparation

1. Preheat the oven to 350°F (175°C).
2. In a large skillet, brown beef in oil over medium high heat until no longer pink. Drain off fat.
3. In a large mixing bowl combine the onion, tomato sauce, cabbage, rice, salt and pepper. Add meat and mix all together.
4. Pour mixture into a 9X13 inch baking dish. Pour broth over the meat mixture and bake covered for 1 hour.
5. Stir, replace cover, and bake for another 30 minutes.

RECIPE

Tuna Noodle Casserole

Ready in **1 hour 15 minutes**

Serves **6 people**

Ingredients

- ½ cup (125mL) butter or margarine, divided
- 1 package uncooked pasta or medium egg noodles
- ½ medium onion, chopped
- 1 stalk celery, chopped
- 1 tsp (5mL) garlic powder
- 1 cup (250mL) sliced mushrooms, fresh or canned
- ¼ cup (60mL) flour
- 2 cups (500mL) milk
- Salt and pepper to taste
- 2 cans (5oz) flaked tuna, drained
- 1 cup (250mL) frozen peas or vegetable of your choice (fresh, frozen, or canned)
- 3 Tbsp (45mL) bread crumbs (optional)
- 2 Tbsp (30mL) butter or margarine, melted
- 1 cup (250mL) Cheddar cheese, shredded

Preparation

1. Preheat the oven to 375°F (190°C). Grease a medium baking dish with 1 Tbsp butter, margarine or oil.
2. Bring a large pot of water to a boil. Add pasta or egg noodles, cook for 8-10 minutes until Al Dente (firm to the bite), and drain.
3. Melt 1 Tbsp butter or margarine in a skillet over medium-low heat. Stir in the onion, celery, and garlic powder and cook for 5 minutes or until tender.
4. Increase the heat to medium-high heat and mix in mushrooms. Continue to cook and stir for 5 minutes, or until most of the liquid has evaporated.
5. Melt 4 Tbsp butter or margarine in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened. Season with salt and pepper.
6. Stir in tuna, peas, mushroom mixture, and cooked noodles. Transfer to the greased baking dish.
7. Optional: melt 2 remaining Tbsp butter or margarine in a small bowl, mix with bread crumbs, and sprinkle over the casserole. Top with cheese.
8. Bake for 25 minutes, or until bubbly and lightly browned.

<https://www.allrecipes.com/recipe/86069/tuna-noodle-casserole-from-scratch/>

RECIPE

Tuna Rice Casserole

Ready in **45 minutes**

Serves **4 people**

Ingredients

- 2 cups (500mL) water
- 1 cup (250mL) rice
- 2 Tbsp (30mL) margarine
- ½ cup (125mL) chopped onion
- 3 Tbsp (45mL) flour
- 1 ½ cup (375mL) milk*
- 1 tsp (5mL) Worcestershire sauce
- 1 can (170g) light tuna, drained and flaked
- 1 can (12oz/341mL) whole kernel corn niblets, drained and rinsed
- Salt and pepper
- ½ cup (125mL) grated Cheddar cheese

*Use fluid milk or make enough milk from skim milk powder

Tips

Serve with Homestyle Tomato Sauce with Herbs if you like. Instead of canned tuna, you can use canned chicken or canned ham.

You can use frozen corn or frozen peas instead of canned corn.

Preparation

1. Turn on the stove to high heat. Put water and rice in a medium saucepan. Heat to boiling. Turn heat to low, cover, and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed.
2. Turn on the oven to 375°F (190°C).
3. While rice is cooking, turn on another burner to medium heat. Melt margarine in a large saucepan. Stir in flour. Pour milk in slowly, stirring all the time. Add Worcestershire sauce. Cook and stir until mixture boils and thickens.
4. Add cooked rice, tuna and corn to sauce. Mix well. Add salt and pepper to taste.
5. Lightly grease an 8X8X2-inch (2L) baking pan. Spread mixture into pan. Sprinkle with cheese.
6. Bake in the oven for 20-25 minutes or until hot.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Easy Seafood Burgers

Ready in **10 minutes**

Serves **4 people**

Ingredients

- 1 can (170g) tuna or can (7 ½ oz/213g) salmon, drained (if using salmon, remove skin and large bones)
- ¼ cup (60mL) celery, finely chopped
- 2 Tbsp (30mL) relish or chopped pickles
- 2 eggs, lightly beaten
- ½ cup (125mL) bread crumbs
- 2 green onions, chopped
- Salt and pepper to taste

Tips

This recipe makes 4 small patties and tastes just as delicious with canned salmon.

Serve on whole wheat toast, bannock, or a bun.

Preparation

1. In a large mixing bowl, combine all ingredients.
2. Shape into 4 patties.
3. Turn on the stove to medium-high heat. In a non-stick pan, cook patties until both sides are golden brown - about 3 minutes per side.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Salmon & Potato Dish

Ready in **30 minutes in the oven**

8 minutes in the microwave

Serves **2-3 people**

Ingredients

- 1 can (7 ½ oz/213 g) pink or red salmon, drained
- Pinch of pepper
- 1 cup (250 mL) loosely packed, shredded cheddar cheese
- 2 cups (500mL) mashed potato (leftover or fresh)

Tips

For a change, this dish can also be made into patties and fried in a nonstick pan.

Preparation

1. Mash the salmon with the bones. Put the salmon on the bottom of a small baking dish. Sprinkle it with pepper and half the shredded cheese.
2. Spread the mashed potato on top of the salmon and cheese.
3. Sprinkle the rest of the cheese on top.
4. Bake in a 350°F (180°C) oven for 30 minutes, or microwave for 8 minutes.

Recipe used with permission from: Canada's Diabetes Meals for Good Health by Karen Graham, RD

RECIPE

Spanish Spirals

Ready in **50 minutes**

Serves **5 people**

Ingredients

- 1 lb ground beef
- 1 medium onion, chopped
- 1 can (28oz) diced tomatoes, undrained
- 2 cups (500mL) uncooked spiral pasta
- 1 tsp (5mL) sugar
- 1 tsp (5mL) chili powder
- ½ tsp (2mL) garlic powder
- Salt and pepper to taste

Tips

This recipe calls for spiral pasta, but any dry pasta will work!

Preparation

1. In a dutch oven or large skillet, cook beef and onion over medium heat until the meat is no longer pink. Drain.
2. Stir in the tomatoes, pasta, sugar, chili powder, garlic powder, salt and pepper. Bring to a boil.
3. Reduce heat, cover and simmer 25-30 minutes or until pasta is tender.

<https://www.tasteofhome.com/recipes/spanish-spirals/>

RECIPE

Lentil Pasta Casserole

Ready in **30 minutes**

Serves **8 people**

Ingredients

- 2 ½ cups (625mL) dry pasta
- 2 Tbsp (30mL) vegetable oil
- 1 can lentils, drained and rinsed
- ½ onion, chopped
- 2 cups carrot, shredded
- 3 cups (750mL) homemade or store bought tomato pasta sauce
- 2 Tbsp (30mL) dried basil
- 4 Tbsp (60mL) tomato paste
- 2 Tbsp (30mL) vinegar
- 2 Tbsp (30mL) Italian seasoning
- 2 ½ cups (625mL) shredded cheese
- 1 cup (250mL) Parmesan cheese (optional)

Tips

Choose protein foods that come from plants more often. Swap lentils for ground meat, or use half meat and half lentils.

Plant sources protein are higher in fibre and lower in saturated fat.

Preparation

1. Cook pasta per package instructions.
2. Meanwhile, heat a large deep skillet with oil over medium-high heat. Add onions and carrots. Cook until soft.
3. Add lentils, Italian seasoning, basil, tomato paste, pasta sauce and vinegar.
4. Season with salt and pepper to taste, reduce heat to medium and simmer. Stir occasionally until sauce thickens.
5. Spread ⅓ of the tomato-lentil sauce over the bottom of a casserole dish. Strain cooked pasta and put over sauce.
6. Pour the remainder of the tomato-lentil sauce on top and mix.
7. Top with cheese.
8. Broil mixture in the middle of the oven for 2-3 minutes, until the cheese melts and is golden brown.

Sides & Salads

RECIPE

Baked Stuffed Potato

Ready in **1 hour 10 minutes**

Serves **4 people**

Ingredients

- 4 russet potatoes
- 1 Tbsp (30mL) vegetable oil
- Salt and pepper to taste
- 3 Tbsp (45mL) butter or margarine
- 3 Tbsp (45mL) flour
- 3 cups (750mL) milk
- ½ tsp (2mL) garlic powder
- ¾ cup (175mL) Cheddar cheese, shredded

Tips

Change it up by adding Chili Con Carne or Sloppy Joe on top!

Preparation

1. Preheat the oven to 400°F (200°C).
2. Wash and dry potatoes. Use a fork to prick several holes in the skin of each potato. Use your hands to coat each potato in oil. Place potatoes on a baking sheet and season with a pinch of salt and pepper. Bake potatoes for 60 minutes, or until tender all the way through.
3. When potatoes have 15 minutes left to bake, begin the cheese sauce. Add butter or margarine and flour to a medium sauce pot. Place the pot over medium heat and whisk until melted. Allow the mixture to begin to bubble and foam, whisking continuously. Continue to cook for 2 more minutes (be careful not to let flour brown).
4. Whisk the milk into the butter and flour mixture. Bring the milk up to a simmer, whisking frequently. When it reaches a simmer, it will thicken. Once thick, season the white sauce with salt, pepper and garlic powder.
5. Whisk shredded cheese into the sauce one handful at a time, making sure cheese melts fully before adding the next handful. Once all the cheese is melted, remove from heat.
6. Carefully slice potatoes open. Use a fork to slightly mash the insides. Serve each potato with broccoli cheese sauce on top.

<https://www.budgetbytes.com/broccoli-cheddar-baked-potatoes/>

RECIPE

Homemade Perogies

Ready in **50 minutes**

Serves **4 people**

Ingredients

- 2 cups (500mL) flour
- 1 tsp (5mL) salt
- 1 egg, beaten
- $\frac{3}{4}$ cup (160mL) cold water
- 5lbs baking potatoes
- 1 cup (250mL) Cheddar cheese, shredded
- Salt and pepper to taste

Tips

To freeze perogies, freeze them separately on a cookie sheet or plate first, then combine in freezer bags. Otherwise, they will stick together!

Potato Filling Preparation

1. Place potatoes in a large pot. Add water to cover and bring to a boil for 25-35 minutes or until tender. Remove potatoes from water and mash. Stir in cheese and season with salt and pepper.

Dough Preparation

1. In a medium bowl combine the flour, salt, egg, and water. Mix all together to form dough, cover the bowl with a tea towel and set aside.
2. Roll dough out on a floured surface. Cut circles out of dough using a small round container. Place a spoonful of potato filling in the centre of each circle and fold over, pinching edges together to seal.
3. Bring a large pot of slightly salted water to a boil, drop perogies in boiling water and cook for 4-5 minutes, or until they float.

<https://www.allrecipes.com/recipe/23058/perogies/>

RECIPE

Mixed Bean Salad

Ready in **50 minutes**

Serves **18 people**

Ingredients

- 1 (14.5oz) can green beans, drained
- 1 (14.5oz) can wax beans, drained
- 1 (15.5oz) chickpeas, drained
- 1 (14.5oz) can kidney beans, drained
- 1 (14.5oz) can black beans, drained
- ½ cup (125mL) onion, chopped
- 1 cup (250mL) celery, chopped
- ½ cup (125mL) vegetable oil
- ½ cup (125mL) vinegar
- ½ tsp (2mL) salt
- ½ tsp (2mL) pepper
- ¾ cup (175mL) white sugar

Tips

This recipe is great for large gatherings!

Preparation

1. Drain all canned items. Combine the green beans, wax beans, chickpeas, kidney beans, onion, and celery in a large bowl and toss to mix.
2. Whisk together the oil, vinegar, salt, pepper, and sugar in a separate bowl until the sugar is dissolved. Pour dressing over the bean mixture.
3. Refrigerate 8 hours or overnight before serving.

<https://www.allrecipes.com/recipe/94055/best-bean-salad/>

RECIPE

Classic Macaroni Salad

Ready in **30 minutes**

Serves **10 people**

Ingredients

- 4 cups (1L) uncooked pasta
- 1 cup (250mL) mayonnaise
- ¼ cup (60mL) white vinegar
- ⅔ cup (160mL) white sugar
- 1 Tbsp + 2 tsp (25mL) prepared yellow mustard
- 1 ½ tsp (7mL) salt
- ½ tsp (2mL) pepper
- 1 large onion, chopped
- 2 stalks celery, chopped
- ½ cup (125mL) carrot, shredded

Tips

Add a protein, such as: ½ cup (125mL) cubed cheese, leftover meat, or canned tuna to make this a complete meal!

Preparation

1. Bring a large pot of lightly salted water to a boil. Add the pasta, and cook for 8 minutes or until tender. Rinse under cold water and drain.
2. In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, carrot and macaroni.
3. Refrigerate for at least 4 hours before serving, but preferably overnight.

<https://www.allrecipes.com/recipe/81108/classic-macaroni-salad/>

RECIPE

Tuna & White Bean Salad

Ready in **10 minutes**

Serves **3 people**

Ingredients

- 1 (15oz) can white beans, drained and rinsed
- 1 (5oz) can chunk light tuna in water
- 2 Tbsp (30mL) onion
- 1 Tbsp (15mL) lemon juice
- 1 Tbsp (15mL) olive oil
- Salt and pepper to taste

Tips

This salad has two sources of lean protein: light tuna, and plant protein from the white beans! Have it for a quick lunch with whole grain crackers and raw veggies!

Preparation

1. Drain and rinse white beans, allowing excess water to drain off.
2. Drain the tuna and combine beans and tuna in a bowl.
3. Thinly slice green onions and add to the mixture.
4. Add olive oil and lemon juice to the bowl, along with a light sprinkle of salt and pepper to taste.
5. Stir to combine.

<https://www.budgetbytes.com/tuna-white-bean-salad/>

RECIPE

Potato Salad

Ready in **40 minutes**

Serves **6 people**

Ingredients

- 3 eggs
- 5 red potatoes
- 1 cup (250mL) mayonnaise
- 1 Tbsp (15mL) prepared yellow mustard
- ½ tsp (2mL) salt
- ½ tsp (2mL) pepper
- ½ tsp (2mL) paprika
- ½ tsp (2mL) celery seed (optional)
- ½ onion, chopped

Tips

Try using half-the-fat mayonnaise for a lighter salad!

Preparation

1. Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Remove from heat and let the eggs stand in hot water for 15 minutes. Pour out the hot water; cool the eggs under cold running water in the sink. Peel and chop the cooled eggs.
2. Place the potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer for 15-20 minutes until tender. Drain and refrigerate potatoes until cold. Once cold peel (optional), and cube.
3. Stir together the mayonnaise, mustard, salt, pepper, paprika, and celery seed (optional) in a mixing bowl. Add the eggs, potatoes, and onion. Stir until evenly mixed.
4. Cover and refrigerate at least 2 hours before serving.

<https://www.allrecipes.com/recipe/169084/the-best-potato-salad/>

RECIPE

Vinaigrette Coleslaw

Ready in **15 minutes**

Serves **6 people**

Ingredients

- 4 cups (1L) shredded cabbage
- 2 carrots, shredded
- 3 green onions, thinly sliced*
- ¼ cup (60mL) apple cider vinegar
- 1 Tbsp (15mL) grainy or prepared yellow mustard
- 1 Tbsp (15mL) honey OR 1 tsp (5mL) white sugar
- ¼ cup (60mL) vegetable oil
- 1 tsp (5mL) celery seed (optional)
- Salt and pepper to taste

*Substitute ½ cup thinly sliced white or yellow onion

Tips

Try this heart-healthy vinaigrette-based coleslaw for yourself!

Preparation

1. In a small bowl whisk together apple cider vinegar, mustard, honey or sugar, and vegetable oil and set aside.
2. In a separate bowl, mix together cabbage, carrots, green onions, and celery seed (optional).
3. Pour small amounts of the dressing on cabbage mixture at a time, and mix together until combined.
4. Season with salt and pepper, and chill before serving.

RECIPE

Carrot Potato Pancakes

Ready in **40 minutes**

Serves **4 people**

Ingredients

- 4 eggs
- 2 cups (500mL) finely grated carrot
- 2 cups (500mL) finely grated potato
- 1 Tbsp (15mL) finely grated onion
- 2 Tbsp (30mL) flour
- ½ tsp (2mL) salt
- ½ tsp (2mL) pepper
- ½ tsp (2mL) baking powder
- Vegetable oil
- Homestyle Tomato Sauce with Herbs*

Tips

If you have any of these delicious pancakes leftover, put them in the refrigerator and reheat later.

Serve with a slice of bread or small bun.
Drink a glass of milk or fortified soy beverage.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

Preparation

1. Beat eggs in a large bowl. Stir in carrot, potato, onion, flour, salt, pepper and baking powder. Mix well.
2. Turn on the stove to medium-high heat. Heat a small amount of oil in a large frypan.
3. Pour about ¼ cup (60mL) carrot-potato mixture into the frypan. Spread out into a pancake. Repeat until there are as many pancakes in the frypan as it will hold.
4. Fry pancakes until bottoms are crisp and brown. Turn and cook the other sides until vegetables are tender. You will need about 4-5 minutes per side. As the pancakes are done, put them on a plate and keep them warm.
5. Add a little more oil to the pan, as needed. Continue making pancakes until all the carrot-potato mixture is used.
6. Serve pancakes with hot Homestyle Tomato Sauce with Herbs or sour cream if preferred.

RECIPE

Vegetable Fried Rice

Ready in **45 minutes**

Serves **8 people**

Ingredients

- 2 cups (500mL) white rice
- 4 cups (1L) water
- 1 cup (250mL) frozen mixed vegetables*
- 2 Tbsp (30mL) vegetable oil
- 2 eggs
- Soy sauce to taste

*Use a combination of frozen, fresh, or canned vegetables if you don't have a ready-made mix

Tips

Have fun making restaurant-style vegetable fried rice!

Preparation

1. In a saucepan, combine rice and water. Bring to a boil. Reduce heat, cover and simmer for 20 minutes.
2. In a small saucepan, drop frozen mixed vegetables into boiling water (2-3 minutes), and drain.
3. Heat fry pan over high heat. Pour in oil then crack in eggs, stirring to quickly scramble. Stir in vegetables and rice. Shake in soy sauce, just enough to coat. Toss together.

<https://www.allrecipes.com/recipe/79543/fried-rice-restaurant-style/>

RECIPE

Cheesy Scalloped Potatoes

Ready in **2 hours**

Serves **4 people**

Ingredients

- 4 russet potatoes, sliced ¼ inch thick
- 1 onion, sliced into rings
- Salt and pepper to taste
- 3 Tbsp (45mL) butter or margarine
- 3 Tbsp (45mL) flour
- ½ tsp (2mL) salt
- 2 cups (500mL) milk
- 1 ½ cups (375mL) Cheddar cheese, shredded

Tips

Place a cookie sheet under the casserole or baking dish in case the mixture boils over!

Preparation

1. Preheat the oven to 400°F (200°C). Grease a casserole or baking dish.
2. Layer ½ of the potatoes into the bottom of the casserole dish. Top with onion slices, and add the remaining potatoes. Season with salt and pepper to taste.
3. In a medium-sized saucepan, melt butter or margarine over medium heat. Mix in the flour and salt, and stir constantly with a whisk for one minute.
4. Stir in milk. Cook until mixture has thickened. Stir in cheese all at once, and continue stirring for 30-60 seconds or until cheese has melted.
5. Pour cheese over the potatoes, and cover the dish with lid or tin foil. Bake for 1 ½ hours.

<https://www.allrecipes.com/recipe/15925/creamy-au-gratin-potatoes/>

RECIPE

Spanish Rice

Ready in **25 minutes**

Serves **6 people**

Ingredients

- ¼ cup (60mL) butter or margarine
- 2 cups (500mL) uncooked instant rice
- 1 can (14 ½ oz) diced tomatoes, undrained
- 1 cup (250mL) boiling water
- 2 beef bouillon cubes
- 1 medium onion, chopped
- 1 tsp (5mL) garlic powder
- 1 bay leaf
- 1 tsp (5mL) sugar
- Salt and pepper to taste

Tips

If you don't have bouillon broth powder at home, use 1 cup (250mL) prepared broth or just 1 cup(250mL) of water!

Preparation

1. In a saucepan, melt butter over medium heat. Add rice; cook and stir until lightly browned.
2. Add remaining ingredients and bring to a boil.
3. Reduce heat, cover, and simmer for 10-15 minutes or until the liquid is absorbed and rice is tender.
4. Remove bay leaf before serving.

<https://www.tasteofhome.com/recipes/spanish-rice/>

Desserts

RECIPE

Carrot Cake

Ready in **1 hour 30 minutes**

Serves **24 people**

Ingredients

- 2 cups (500mL) all purpose flour
- 1 $\frac{3}{4}$ cup (425mL) sugar
- 2 tsp (10mL) baking powder
- 1 tsp (5mL) baking soda
- 1 tsp (5mL) ground cinnamon
- 4 eggs
- 1 cup (250mL) vegetable oil*
- 1 tsp (5mL) vanilla extract
- 2 cups (500mL) grated carrots
- $\frac{1}{2}$ cup (125mL) raisins (optional)
- $\frac{1}{2}$ cup (125mL) chopped nuts (optional)

*To make this recipe lower in fat, you can use $\frac{1}{2}$ cup (125mL) vegetable oil plus $\frac{1}{2}$ cup (125mL) of either applesauce or plain yogurt instead

Tips

This is a large cake, perfect for special occasions. Any nut will work- walnuts, almonds, or even pecans.

Preparation

1. Turn on the oven to 350°F (180°C).
2. Mix flour, sugar, baking powder, baking soda and cinnamon in a large bowl. Set aside.
3. Mix eggs, oil and vanilla extract in a medium bowl. Stir in grated carrots and raisins.
4. Add carrot mixture to the dry ingredients. Mix well. Stir in nuts, if desired.
5. Grease a 13x9x2-inch (3.5L) baking pan. Spread batter into pan.
6. Bake on the middle shelf of the oven for about 45-50 minutes. To see if the cake is baked, put a small knife into the middle of it. If the knife comes out clean, the cake is done.
7. When the cake is done remove from the oven and let stand at least 10 minutes before cutting it or taking it out of the pan.

Recipe used with permission from: The Basic Shelf Cookbook (Canadian Public Health Association)

RECIPE

Creamy Rice Pudding

Ready in **45 minutes** (fresh cooked rice)

Serves **4 people**

Ingredients

- ¾ cup (175mL) uncooked white rice
- 2 cups (500mL) milk, divided
- ½ cup (75mL) white sugar
- ¼ tsp (1mL) salt
- 1 egg, beaten
- ⅔ cup (160mL) raisins (optional)
- 1 Tbsp (15mL) butter or margarine
- ½ tsp (2mL) vanilla extract (optional)
- Sprinkle of cinnamon (optional)

Tips

A delicious way to use leftover rice!

This recipe may also be made using Splenda® instead of sugar. Use ⅓ the amount.

Preparation

1. Bring 1 ½ cups water to a boil in a saucepan; stir rice into boiling water. Reduce to low heat, cover, and simmer for 20 minutes.
2. In a cleaned saucepan, combine 1 ½ cups rice, 1 ½ cups milk, sugar and salt. Cook over medium heat until thick and creamy, 15-20 minutes.
3. Stir in remaining ½ cup milk, beaten egg, and raisins (optional). Cook 2 minutes more, stirring constantly.
4. Remove from heat and stir in butter or margarine and vanilla extract (optional). Sprinkle it with cinnamon to top if you'd like!

<https://www.allrecipes.com/recipe/24059/creamy-rice-pudding/>