

# MeALS For Groups: Recipe Book

Community Learning Network  
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The goal of this ebooklet is to provide easy-to-make recipes for groups both small and large. Most of these recipes are geared toward a vegetarian diet; however, meat may be added to nearly all dishes if desired. Alternatively, those that contain meat may be substituted with tofu or tempeh. These recipes are inspired by cuisines around the world and have been compiled to promote dietary variety, balanced doshas, and cross-cultural appreciation.



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# Bean Chili

Serves 15-18

## Ingredients

White or Yellow Onion / [1]

*Diced*

Red Pepper / [1]

*Fresh, diced*

Garlic / [4 cloves]

Jalapeno / [1]

*Diced, with seeds*

Canned Tomato / [2 15-oz cans]

*Diced*

Tomato Paste / [3 Tbsp]

Water / [1 ¾ cups]

*Add more if needed*

Dry Lentils / [¾ cups]

*Thoroughly rinsed in cold water + drained*

Northern Beans / [1 15-oz can]

*Slightly drained*

Black Beans / [1 15-oz can]

*Slightly drained*

Canned Corn / [1 15-oz can]

*Thoroughly rinsed in cold water + drained*

Coconut Oil / [2 Tbsp]

Coconut Sugar or Maple Syrup / [2 Tbsp]

Spices

3 Tbsp chili powder

2 Tbsp ground cumin

1 tsp smoked paprika

½ tsp each salt and black pepper

*Optional: add 1/3 cup green chile in place of chili powder*



## Instructions

1. Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper. Season with salt and pepper. Sauté for 3-4 minutes, stirring frequently.
2. Add finely minced jalapeño and garlic to the pot, and season with another pinch salt and pepper.
3. Add 2 Tbsp. chili powder, 1 Tbsp. cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.
4. Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking you may need to add more water if the mixture is looking too dry and the lentils aren't submerged (I didn't find that necessary).
5. Next add northern beans, black beans, 1/4 tsp each salt and pepper, and remaining 1 Tbsp. cumin, and 1 Tbsp. chili powder, and stir to combine.
6. Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.
7. Season to taste, adding more chili powder or cumin for smokiness or a little coconut sugar to balance the heat and draw out the other flavors.
8. Serve as is or over rice or quinoa with fresh jalapeño, cilantro, red onion, and/or avocado (optional).
9. Store leftovers in the refrigerator up to 4 days, and in the freezer up to 1 month. Reheat on the stovetop, or in the microwave.

~ Recipe adapted from Minimalist Baker™ ~

# Lentil Burgers

Makes 5- 6 patties

## Ingredients

### Patties:

Lentils / [1 cup]

*Cooked*

Cilantro Leaves / [ $\frac{1}{2}$  cup]

*Chopped*

Onion / [ $\frac{1}{2}$  cup]

Egg / [1]

*Slightly beaten*

Olive Oil / [2 Tbsp]

Breadcrumbs / [ $\frac{1}{2}$  cup]

*Add more if needed*

### Seasoning

- $\frac{1}{4}$  tsp garlic powder
- 1 pinch cayenne pepper
- Salt to taste

### Additional:

Buns

Toppings

Condiments



## Instructions

1. Place lentils in large saucepan with water and bring to a boil. Reduce heat and simmer for 15 minutes.
2. Remove from heat and cool till just warm. Drain water.
3. Mix all ingredients in a medium bowl.
4. Place half of the mixture in a small food processor and process until it has paste consistency. Combine with other half of the mixture.
5. Use a  $\frac{1}{4}$  cup to divide the mixture. Using your hands form disks of approximately 3 inches in diameter.
6. Heat the olive oil in a skillet over medium heat. Cook the patties for 2-3 minutes each side or until golden brown.

### Notes:

It may help to add 2-4 Tbsp. cornstarch to thicken patties.

To freeze, place patties between parchment paper in a baking dish.

Bake at 350°F for 10 minutes, then flip and bake for an additional 5 minutes

~ Recipe adapted from Mommy's Home Cooking ~

# Barley Burgers

Makes 6-8 patties

## Ingredients

### Patties:

Barley / [2/3 cup]

*Cooked*

Cheese / [1 cup]

*Shredded*

Spinach / [1 cup]

*Tightly packed; thaw if frozen*

Breadcrumbs / [1 cup]

Eggs / [2]

*Slightly beaten*

Cilantro Leaves / [2 Tbsp]

*Finely chopped*

Garlic Cloves / [3]

*Crushed then finely chopped*

Red Chili Flakes / [1 tsp]

*Crushed then finely chopped*

Vegetable Oil / [2 Tbsp]

*To shallow fry*

### Seasoning

- ¼ tsp ground black pepper
- Oregano, rosemary and thyme to taste
- Salt to taste

### Additional:

Buns

Toppings

Condiments

## Instructions

1. In a large pot, add barley. Season with a pinch of salt. Add 2 and 1/2 Cups of water and cook on medium flame for 35 to 40 minutes until the barley is soft and cooked through. Drain remaining water completely.
2. Blanch Spinach: in a small sauce pan, bring 3/4 cup of water to boil. Add spinach and cook for a minute. Drain water and squeeze excess water out. Chop blanched spinach roughly and set aside.
3. In a large mixing bowl, add cooked barley, cheese, bread crumbs, garlic, green chili, red chili flakes, dried herbs, ground black pepper, cilantro leaves and using a spoon gently mix to combine everything.
4. Add spinach and mix again. Season with salt.
5. Add egg and mix everything together gently.
6. Form burgers and set aside.
7. In a pan or skillet, heat oil for shallow frying
8. When the oil is hot, reduce the heat to medium flame and then place 3 to 4 burgers in the hot oil and fry on both sides until they are crispy and golden.

### Notes:

To freeze, place patties between parchment paper in a baking dish.

Bake at 350°F for 10 minutes, then flip and bake for an additional 5 minutes

~ Recipe adapted from Salma's Cooking Diary ~

# Baked Pasta Casserole

Serves 8

## Ingredients

Pasta of Choice / [1 lb]

*Cooked, al dente*

Parmesan Cheese / [1 cup]

*Shredded*

Mozzarella Cheese / [8 oz]

Garlic / [4 cloves]

*Minced*

Tomatoes / [4 15-oz cans]

*Italian seasoned*

Onion / [1]

*Chopped*

Spinach / [16 oz.]

*Fresh*

Olive Oil / [2 Tbsp]

*For frying*

### Seasoning

- ½ tsp ground black pepper
- ¼ tsp red pepper flakes
- Salt to taste



## Instructions

1. Cook pasta according to package directions to al dente, then drain and set aside.
2. In a large skillet, sauté the onion until it begins to soften, then add the garlic and cook for another minute.
3. Add the undrained Italian tomatoes, red pepper flakes, salt and pepper. Allow the sauce to simmer for about 15 minutes.
4. Add the spinach in large handfuls, mixing it in and allowing it to wilt. Then add another handful and repeat.
5. Add 1/3 C of the parmesan cheese and mix it in before pouring the sauce over your cooked pasta.
6. Toss the pasta with the mozzarella cheese and the sauce in a large bowl.
7. Transfer the pasta to a greased large casserole dish then sprinkle on the remaining parmesan cheese. Refrigerate or freeze until ready
8. If refrigerated, broil until cheese on top becomes golden brown. If frozen, bake at 350°F for 50-60 minutes covered in aluminum foil, then remove the foil and cook for an additional 20 minutes.

Note:

Add a layer of breadcrumbs on top for extra crispiness.

~ Recipe adapted from Carole: My Kitchen

# MUNG BEAN CURRY

Serves 8

## Ingredients

Mung Beans / [2 cups]

*Soaked with water for 3-4 hrs*

Spinach / [4 cups]

*Coarsely chopped*

Red Onions / [4]

*Finely chopped*

Garlic/ [10 cloves]

*Diced*

Ginger / [2 in piece]

*Finely chopped*

Tomato / [2 large]

*Chopped*

### Seasoning

- ½ teaspoon Turmeric Powder
- 2 teaspoon Red Chili Powder
- 1 teaspoon Cumin Powder
- 4 teaspoons Coriander Powder
- Salt to taste

## Instructions

1. Cook the soaked mung beans until they are soft but not mushy.
2. In a large pot, add onions, ginger, garlic and spices and sauté until onions are soft.
3. Add tomatoes and cook till mushy.
4. Add the cooked mung beans, spinach and salt and cook for 5-7 minutes. You may also want to add some water, depending on the consistency.
5. Serve hot with rice or bread. Or freeze flat in Ziploc bags – reheat over medium heat until hot.

~ Recipe adapted from Spice in the City ~



Photo from Spice in the City



# CHICKEN, BROCCOLI & RICE CASSEROLE

Serves 15-18

## Ingredients

Rice / [10 cups]

*Brown or white, cooked*

Chicken / [4 cups]

*Baked, chopped*

Broccoli / [4 cups]

*Lightly steamed, chopped*

Cream of Mushroom

Soup / [2 cans]

Chicken Soup / [2 cans]

Cheddar Cheese / [4 cups]

*Shredded*

Seasoning:

Salt & pepper to taste

## Instructions

1. Combine all ingredients in a large bowl. Mix well.
2. Divide into Ziploc bags and seal tightly. Freeze flat.
3. When you are ready to serve, thaw overnight in the refrigerator (or eight hours prior to mealtime).
4. Dump contents of bags into a greased casserole dish (8x8 or 9x13). Sprinkle additional shredded cheese, if you wish.
5. Bake at 350 degrees for 25-30 minutes, or until heated through and bubbly.



Photo from [www.moneysavingmom.com](http://www.moneysavingmom.com)

# ASIAN SHRIMP Stir Fry

Serves 8

## Ingredients

Shrimp / [2 lbs.]

*Peeled & deveined shrimp*

Stir Fry Vegetables / [2 bags]

*Frozen*

Garlic / [4 cloves]

*Crushed*

Ginger / [2 tsp]

*Fresh*

Brown Sugar / [2 Tbsp]

Corn Starch / [2 tsp]

Soy Sauce / [1/2 cup]

Red Pepper Flakes / [1/2 tsp]

*Optional: use cubed chicken breast or sirloin steak instead of shrimp. Or for a vegan dish, use cubed tofu or tempeh.*

## Instructions

1. Divide all ingredients amongst two large Ziploc bags. Massage well to distribute the marinade. Freeze flat.
2. To cook, add 2 tsp of oil to a large nonstick skillet or wok and sauté for 5-7 minutes. Cooking shrimp for longer will make them tough.
3. To complete the meal, serve over rice or noodles.

~ Recipe adapted from "Smart Money Mom" ~



Photo from "Smart Money Mom"

# Southwest Salad

Serves 8

## Ingredients

Romaine Lettuce / [10 cups]

*Chopped*

Corn / [1 cup]

*Whole-kernel sweet, drained*

Black Beans / [1 cup]

*Drained and rinsed*

Roma Tomatoes / [2]

*Diced*

Cilantro Leaves / [4 Tbsp]

*Chopped*

Avocado / [2]

*Diced*

Shredded Cheese / [1 cup]

*Mexican Blend*

Tortilla Chips / [1 cup]

*Crushed*

Dressing of Choice

*Ranch, Vinaigrette or French*

## Instructions

1. Add romaine lettuce to a large bowl (or two) and top with corn, beans, tomato, cilantro, tortilla chips and cheese.
2. Pour dressing on top of salad and gently toss. Then stir in avocado.
3. Serve immediately.

*Optional - chill leftover dressed salad overnight and wrap in a flour tortilla for a crunchy southwest wrap.*

~ Recipe adapted from "Damn Delicious" ~



Photo from "Damn Delicious"

# Chickpea & Broccoli Burritos

## Ingredients

Yellow Onion / [2 large]

*Finely chopped*

Red Bell Pepper / [2]

*Finely chopped*

Broccoli / [2 large crowns]

*Finely chopped*

Chickpeas/ [6 cups]

*Cooked*

Garlic/ [8 cloves]

*Minced*

Lime / [1]

Soy sauce / [2-4 Tbsp]

Flour Tortillas / [8-12]

Seasoning

- 4 tsp chili powder
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 1 tsp ground coriander
- Cayenne pepper to taste

## Additional

Burrito trimmings such as spinach, avocado, cilantro and salsa

## Instructions

1. Chop up onion, pepper and broccoli until they are similar size of a chickpea.
2. Place all chopped veggies in a large bowl with cooked chickpeas and combine with oil, soy sauce and spices. Place contents on a baking sheet and bake for 20 minutes.
3. When finished baking, add garlic and the juice of one lime to the baked vegetables.
4. Roll desired contents into a burrito.

~ Recipe adapted from [Thug Kitchen](#) ~



Photo from Thug Kitchen™

# BUILD-a-BOWL

## Ingredients

Ingredients are to be divided among individual bowls.

### Starch / [1/3 of bowl]

*Example: Rice, noodles, couscous, quinoa, or potatoes*

### Veggies / [1/3 to 1/2 of bowl]

*Example: Sautéed greens, shredded carrots, grilled vegetable medley, or fresh kale.*

### Protein / [rest of bowl]

*Example: cooked beans, baked tofu, grilled chicken, or tempeh.*

### Dressing of Choice

## Instructions

1. Combine all ingredients in bowl and enjoy.

### Note:

This is an ideal way to use up leftovers from recipes made earlier in the week. For example, left over barley or lentils from the burger recipes, leftover rice or egg noodles from the Asian Shrimp Stir Fry, veggies from the Southwest salad or Bean Chili, etc.



Photo from [www.dailyburn.com](http://www.dailyburn.com)



# Kale CHIPS

## Ingredients

Kale / [1 large bag]

Olive Oil / [1 Tbsp per sheet]

Salt & Pepper

*To taste*



Photo from [www.ohsheglows.com](http://www.ohsheglows.com)

## Instructions

1. Preheat oven to 350°F.
2. Place a single layer of kale pieces on a baking sheet.
3. Drizzle a light coating of olive oil over the kale and season with salt.
4. Bake until crisp, 10-12 minutes.

Note:

Massage the olive oil onto the kale, it will help the salt or other spices stick to the chips better.

# Root Veggie Fries

## Ingredients

Root Vegetable / [2 lbs.]

*Example: white potatoes, sweet potatoes, carrots, parsnips, turnips*

Brown Rice Flour or White Flour / [5 Tbsp]

Lemon Juice / [1 Tbsp]

Soy Sauce / [1 tsp.]

Olive Oil / [2 Tbsp]

Seasoning

- ½ tsp garlic powder
- ½ tsp garlic powder
- Salt to taste

Dipping Sauce of Choice

## Instructions

1. Preheat oven to 425°F.
2. In one bowl, mix together flour, spices and salt. In another, larger bowl, mix together lemon juice, soy sauce and olive oil.
3. Chop root vegetables into finger sized slices and add to the bowl of wet ingredients.
4. Sprinkle the spice mixture over the fries until they are well coated.
5. Place fries onto the piece of parchment paper or aluminum foil in a rimmed baking sheet.
6. Bake for about 30 minutes, flipping the fries halfway through.

~ Recipe adapted from [Thug Kitchen](#) ~



Photo from [www.gimmesomeoven.com](http://www.gimmesomeoven.com)

# CORN & BEAN SALAD

*Serves 8-12, as a side*

## Ingredients

Whole Kernel Corn / [4 cans]

*Drained*

Black Beans / [4 cans]

*Rinsed and drained*

Tomatoes / [2 large]

*Diced*

Cilantro / [ $\frac{1}{2}$  cup]

*Chopped*

Red Onion / [1 cup]

*Minced*

Lime Juice / [ $\frac{1}{2}$  cup]

Olive Oil / [4 Tbsp]

Seasoning

*Salt and pepper to taste*

## Instructions

1. Combine all ingredients in large bowl. Toss to evenly coat with dressing.
2. Serve or chill in the refrigerator until serving time.

Notes:

If chilling in refrigerator for more than a few hours, wait until serving time to add salt and pepper.

Make it a meal by piling onto warm corn tortillas.



Photo from [www.thelittlebsp.files.wordpress.com](http://www.thelittlebsp.files.wordpress.com)