

## Recipe Cards

### **LENTIL STEW**

*Divide into 7 portions*

*Servings: 7 Prep time: 5 min. Cooking time: 30 minutes.*

### INGREDIENTS

half of frozen hamburger patties

1 cup lentils

2 bouillon cubes

half package peas & Carrots

Half the cooked rice

Garlic powder

Salt & Pepper

Soy Sauce

### DIRECTIONS

1. Chop up and heat up burger in saucepan.
2. Add 2 cups water and 1 cup lentils
3. Season with 2 cubes bouillon, salt & pepper, garlic powder.
4. Add half the package of frozen peas and carrots. Cook 30 minutes until lentils are done. Add more water as needed to keep ingredients covered while cooking.
5. Add the other half of the cooked rice. Stir and season with additional soy sauce if needed.
6. Portion out into 7 containers, freeze half, and use for lunches during the week.

## **RED BEANS & RICE BURRITOS**

*Servings: 1 Precook beans Cooking time: 20 minutes*

### **INGREDIENTS**

Half of your cooked beans

Half the frozen onion and peppers

Half the cooked rice

1 Tbsp oil

4 Tortillas

2 t. Garlic powder

Salt & Pepper

Hot Sauce

### **DIRECTIONS**

1. Add oil to the pan, fry up the half packet of onions and peppers.
2. Add half of the cooked beans, with some of the liquid. Mash up a little with a fork.
3. Add half of the cooked rice, add more bean liquid if needed.
4. Stir and season with salt and pepper, garlic powder, and hot sauce.
5. Heat 4 tortillas in microwave (30 seconds)
6. Wrap beans in tortillas. (Wrap 2 in foil to save for later)

NOTE: Nice add is shredded cheese and/or sour cream

## **BREAKFAST BURRITOS**

*Save 2 for later!*

### **INGREDIENTS**

Half package of frozen onions & peppers

1 Tbsp oil

Pkg frozen sausage

2 eggs, beaten

4 tortillas

1 t. garlic powder

salt & pepper

### **DIRECTIONS**

1. Saute half package of peppers and onions in frying pan with oil. Push to the side.
2. Add sausage to pan and cook.
3. Season with salt and pepper and garlic powder
4. Stir in 2 beaten eggs, cook and stir til scrambled
5. Divide into 4 portions, wrap each portion with a warm tortilla.
6. Add a little more oil to pan and fry burritos on both sides.
7. Eat 2 now, and wrap 2 in foil for future breakfast!

NOTE: Nice add is shredded cheese

## **PASTA & SAUCE**

*Save half for Friday Dinner*

*Servings: 2 Prep time: 15 minutes*

### **INGREDIENTS**

1/2 chopped onion

1 frozen burger, chopped

1 can pasta sauce

1 package pasta

1 bouillion cube

1 Tbsp oil

1 tsp garlic powder

salt & pepper

### **DIRECTIONS**

- Cook the chopped onion in 1 Tbsp oil til soft.
- Add chopped burger and heat through.
- Add can of pasta sauce. Season with 1 tsp garlic powder and salt and pepper. Allow to simmer while you cook the pasta.
- Add pasta and bouillion cube to boiling water and cook as directed.
- Strain pasta and serve with sauce. Divide into 2 portions and save half for dinner later in the week

NOTES: Nice add is parmesan cheese and Italian seasoning

## **BREAKFAST OATMEAL** *with various toppings*

### INGREDIENTS

1/2 cup Quick Oats

1 c. water

cinnamon

2 tsp brown sugar

Fruits: sliced banana, chopped apple, or frozen berries (thawed)

### DIRECTIONS

1. Stir together oatmeal and water into a bowl and microwave until 2 minutes. Let stand 2 minutes.
2. Top with sprinkle of cinnamon, and 2 t of brown sugar.
3. Add either: sliced banana, 1/2 chopped apple, or 1/2 cup thawed berries.

NOTES: Nice add is milk or cream on top

## **STIR FRY DINNER**

*Servings: 1 Prep time: 20 minutes Cooking time: 10 minutes*

### **INGREDIENTS**

1 Tbsp oil

3 carrots, shredded

1 chopped jalapeño pepper

1/4 onion, chopped

1 cup cooked rice

1 T soy sauce

3 eggs

### **DIRECTIONS**

1. Cook 2 1/2 cups rice. Save some for later.
2. Heat oil in fry pan and stir in shredded carrots, chopped onion, and jalapeño pepper.
3. Stir in 1 cup of cooked rice, add 1 Tbsp soy sauce. Add a bit of water if it is too dry
4. When that is heated through, make 3 wells and stir and egg into each. Stir together until egg is cooked through.

NOTES: Nice add is sliced green onions and sesame seeds

## **REFRIED BEAN QUESADILLAS**

*Servings: 1    Precook beans    Cooking time: 15 minutes*

### **INGREDIENTS**

1 Tbsp oil

Cooked red beans and liquid (save 1/2 cup for later)

1 tsp garlic powder

salt & pepper

hot sauce

tortillas

### **DIRECTIONS**

1. Heat oil in pan and add all but half cup of red beans, and the liquid. Heat through.
2. Add garlic powder and salt and pepper to taste.
3. Mash with fork and simmer until thick about 15 min.
4. Spoon onto tortillas, add hot sauce, fold in half. Add a little more oil and fry in pan on both sides.
5. Cut each in half. Serve with more hot sauce.

**NOTES:** Nice add is shredded cheese, salsa, ranch dip

## **FRIED RICE DINNER**

*Servings: 1    Cooking time: 15 minutes*

### **INGREDIENTS**

3 eggs

half a batch of cooked rice

half bag frozen peas and carrots

1/2 cup cooked red beans

1 bouillion cube

1 Tbsp soy sauce

2 tbsp oil

Salt & Pepper

### **DIRECTIONS**

1. Scramble the last 3 eggs in 1 Tbsp of oil in pan.
2. Remove to a bowl and season with salt and pepper.
3. Add another Tbsp of oil to pan and cook the rest of the peas and carrots to heat through. Add what's left of the beans and heat through. Add rest of rice and stir. Add 1/4 cup water and a bouillion cube, 1 Tbsp of soy sauce. Stir til cube is dissolved. May need to add a bit more water
4. Add back the egg and heat through.

NOTES: Nice add is sliced green onions



## **EGGY RICE** *for Breakfast*

### INGREDIENTS

1 cup rice, cooked

1 Tbsp oil

2 eggs

1 t soy sauce

salt and pepper

### DIRECTIONS

- Cook last of the rice. (could be done night before)
- Heat oil in pan, stir in 1 cup rice and crack 2 eggs, and stir until cooked.
- Season with salt and pepper, and soy sauce.

NOTES: Nice add is shredded cheese and sliced green onions

## **HOT DOG DINNER**

*Servings: 2    Cooking time: 15 minutes*

### **INGREDIENTS**

4 hot dogs

4 buns

1/4 onion, sliced

1 tbsp oil

carrots, cut into sticks

1/2 apple sliced

### **DIRECTIONS**

1. Heat oil in pan and fry up hot dogs, rolling to brown on all sides.
2. Push hot dogs to the side and sauté up sliced onion til soft.
3. Serve hot dogs on buns with sautéed onions over them.
4. Carrot sticks and apple slices on the side

**NOTES:** You could substitute a lunch of lentil stew with hot dogs.  
Nice add is Ketchup or mustard