

Classic Chili

Ingredients:

1 large onion, diced
2 lbs. ground beef
1 can (15 oz) black beans, drained
1 can (15 oz) kidney beans, drained
1 can (15 oz) diced tomatoes
1 can (15 oz) tomato sauce
1 can (15 oz) corn

Seasoning:

2 Tbsp chili powder
1/2 tsp salt
2 tsp cumin
1 tsp dried oregano
1/4 tsp cayenne pepper
1 tsp hot sauce
1 tsp sugar

Instructions:

1. With some oil, cook diced onions and ground beef.
2. Without reducing heat, add tomato sauce, diced tomatoes and seasonings until simmering.
3. Add kidney beans, black beans, and corn and let simmer for another ten minutes.
4. Garnish with cheddar cheese and sour cream, and serve.

Broccoli Cheddar Soup

Ingredients:

4 tbsp butter
1 small onion, diced
2 cloves garlic, minced
4 cups fresh broccoli florets (or frozen, thawed)
1 large carrot, shredded
1/4 cup all-purpose flour

3 cups chicken or vegetable broth
2 cups whole milk (or half-and-half)
2 cups shredded sharp cheddar cheese

Seasonings:

1/2 tsp paprika (optional)
Salt and pepper, to taste

Instructions:

1. Melt butter in a large pot over medium heat. Add diced onion and cook until soft, about 3 minutes. Stir in garlic and cook for 1 minute.
2. Add broccoli and carrot to the pot. Stir and cook for 3–4 minutes.
3. Sprinkle the flour over the vegetables and mix well. Cook until raw flour smell is gone. 1 – 2 minutes.
4. Gradually pour in the broth while stirring to avoid lumps. Add the milk and stir. Simmer for 10 minutes, stirring occasionally, until the broccoli is tender.
5. Reduce heat to low. Stir in the shredded cheddar cheese until melted to thicken up broth. Season with paprika (optional), salt, and pepper to taste.
6. Ladle into bowls and enjoy with crusty bread or crackers!

Shrimp and Grits

Ingredients:

1 lb shrimp, peeled and deveined
1 cup stone-ground grits
4 cups chicken broth
2 tbsp butter
1 small onion, diced
3 cloves garlic, minced
1/2 cup cheddar cheese, shredded

2 tbsp olive oil
Fresh parsley, chopped (for garnish)

Seasoning:

1/2 tsp paprika
1/2 tsp Cajun seasoning (optional)
Salt and pepper, to taste

Instructions:

1. In a large pot, heat olive oil over medium heat. Season shrimp with salt, pepper, paprika, and Cajun seasoning, if using. Cook shrimp for 2-3 minutes per side, until pink and opaque. Remove from the pot and set aside.
2. In the same pot, add butter and sauté the onion for 3-4 minutes until softened. Add garlic and cook for an additional 1 minute.
3. Add the chicken broth to the pot and bring to a boil. Stir in the grits, reduce the heat to low, and cover. Simmer for 20-25 minutes, stirring occasionally, until the grits are tender and the broth has been absorbed.
4. Stir in the shredded cheddar cheese and adjust seasoning with salt and pepper.
5. Return the cooked shrimp to the pot and stir to combine. Let everything warm through for 1-2 minutes.
6. Garnish with fresh parsley before serving.

Sweet Potato and Black Bean Stew

Ingredients:

2 medium sweet potatoes, peeled and diced

2 cans (15 oz each) black beans, drained and rinsed

1 can (14.5 oz) diced tomatoes

4 cups vegetable broth

1 medium onion, diced

3 cloves garlic, minced

1 tbsp olive oil

Fresh cilantro or lime for garnish (optional)

Seasoning:

1 tsp cumin

1 tsp chili powder

1/2 tsp paprika

Salt and pepper, to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the diced onion and garlic, sautéing for 2–3 minutes until softened.
2. Add the diced sweet potatoes, black beans, diced tomatoes (with juices), and vegetable broth to the pot. Stir to combine.
3. Season with cumin, chili powder, paprika, salt, and pepper. Bring to a boil.
4. Reduce the heat, cover, and simmer for 20–25 minutes, or until the sweet potatoes are tender.
5. Stir occasionally, and if needed, add a little more broth to reach your desired consistency.
6. Taste and adjust seasoning, if necessary.
7. Serve hot, garnished with fresh cilantro or a squeeze of lime if desired.

Chicken and Vegetable Stir-Fry

Ingredients:

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| 1 lb chicken breast or thighs, thinly sliced | 2 tbsp honey or maple syrup |
| 2 tbsp vegetable oil | 1 tbsp rice vinegar |
| 1 onion, thinly sliced | 1 tbsp sesame oil |
| 1 bell pepper, sliced | 1/4 cup water or chicken broth |
| 1 cup broccoli florets | 2 tsp cornstarch (optional, for thickening sauce) |
| 1 medium carrot, julienned | 2 tbsp sesame seeds (optional, for garnish) |
| 1 zucchini, sliced | Green onions, chopped (for garnish) |
| 2 cloves garlic, minced | 1 tbsp olive oil |
| 1-inch piece of ginger, grated | |
| 1/4 cup soy sauce | |

Seasoning:

- 1/2 tsp chili flakes (optional, for heat)

Instructions:

1. Heat vegetable oil in a large pan or wok over medium-high heat. Add sliced chicken and stir-fry for about 5-7 minutes until cooked through and browned. Remove chicken from the pan and set aside.
2. Add the garlic and ginger and cook for another 1 minute, until fragrant.
3. In the same pan, add a little more oil if needed. Stir-fry the onion, bell pepper, broccoli, carrot, and zucchini for about 5-7 minutes, or until the vegetables are tender but still crisp.
4. In a small bowl, whisk together the soy sauce, honey (or maple syrup), rice vinegar, sesame oil, and water or chicken broth. Optionally, mix in cornstarch if you prefer a thicker sauce.
5. Pour the sauce over the vegetables and stir well to combine. Add the cooked chicken back into the pan. Cook for an additional 2-3 minutes, allowing the sauce to thicken and coat the chicken and vegetables.
6. Season with chili flakes (if using).
7. Serve hot, garnished with sesame seeds and green onions.