

## Recipes from Grad Students – How to cook food on a budget

### 1. Louise de Lannoy

MSc, PhD Candidate

Kinesiology and Health Studies

Here is my super easy, super cheap, what's-in-the-fridge-and-freezer stir-fry recipe:

#### Tofu Stirfry

*This recipe is cheap, takes under 30 min to make (other than waiting for the brown rice to cook), environmentally friendly, and bonus, you can buy most of these ingredients and leave them for a long time in the fridge/freezer as an always available back-up meal (tofu usually lasts a month in the fridge!).*

#### Ingredients (serves 4):

- 1 block tofu
- 1 package frozen veggies (I like the assorted bags)
- 1 cup brown rice
- Oyster sauce (to taste, approximately 1/8 cup)
- Soy sauce (to taste, approximately 3-4 tbsp)
- 1-2 tbsp All-natural peanut-butter
- 1 tbsp Sesame oil
- Vegetable oil (or whatever oil you have), as needed
- \*optional add-ins: garlic, ginger, fresh veggies\*

Cook the rice as per instructions on the package.

Heat 1 tbsp vegetable oil in pan on medium-low heat.

Rinse the tofu, and cut into 1/2 inch cubes. Add to pan and fry approx. 5 minutes per side, or until crispy.

Remove tofu, add more oil if needed, and add veggies, cook 5-7 min.

Once veggies are heated-up, add oyster sauce, soy sauce, peanut butter, and sesame oil. Mix well and let warm-up for 2-3 min.

Add tofu back in, and heat for another 2-3 min.

Serve over rice!

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2. Leslie Holmes, M.Sc.  
PhD Candidate  
Biology Department

Here are two recipes I've found on the internet and/or been referred to me:

- a. **Spaghetti sauce:** This recipe makes a large pot, but I usually make lasagna out of it, and freeze what's left into single or double servings to have over pasta some night in the future. Simply take it out of the freezer in the morning, and all you have to do is boil the noodles when you get home and heat up the sauce!

**Homemade Italian Spaghetti Sauce Recipe:** <https://www.laurengreutman.com/frugal-pasta-sauce-recipe-using-hunts-crushed-tomatoes/>

Author: Lauren Greutman

Prep time: 20 mins

Cook time: 3 hours

Total time: 3 hours 20 mins

Serves: 8-10

- b. Here is **my family spaghetti sauce recipe** passed down from my grandmother in Italy - it is the best one you will ever cook - don't trust me - try it!

### Ingredients

- 3-4 cans of Crushed Tomatoes (either regular or with basil, oregano and garlic) 28 oz. sized cans OR 12-15 fresh tomatoes (peeled, chopped and blended in a food processor)
- 1/2 onion, finely chopped
- 4 cloves of garlic
- A bunch of dried basil (probably 3-5 Tbsp)
- A bunch of black pepper ( probably 1 - 2 tsp)
- 1 TBSP of Sugar (optional)
- 2 TSBP olive oil
- 1/3 cup of grated Parmesan or Romano Cheese
- Minced Green Peppers (optional)

### Instructions

1. Heat the olive oil in a 5+ qt. pot over medium heat, and add the onion.
2. Saute for 10 minutes or so, stirring often and being careful not to burn it.
3. Add the chopped or pressed garlic.
4. Heat for another one to two minutes, making sure not to burn the garlic, then add all the tomatoes, black pepper, basil and sugar. Stirring often, bring to a low boil.
5. Reduce heat to low and simmer for 2-3 hours stirring often.

6. For the first half of the simmer time, do so with the pot uncovered, then cover.
7. Add the cheese, stir in and simmer for an additional 5 minutes or so.
8. This will make the equivalent to 4-5 jars of sauce, and the cost is probably about half (and it tastes way better).

You can brown ground beef or sausage first to make a meat version!

- c. **The best lentil soup!** Again, I typically freeze the leftovers into serving size dishes and take in my lunch! Otherwise, this soup tastes even better the second day!

**By Cookie + Kate:** <https://cookieandkate.com/best-lentil-soup-recipe/>

Modifications: You can easily substitute vegetable stock for chicken stock, and add pieces of chicken if you like, but it really doesn't need the chicken!

## INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, lightly drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

## INSTRUCTIONS

Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.

Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)

Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.

Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

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**3. Julia Chan**  
PhD Candidate  
Cultural Studies

Hi, Colette! I do have some recipes/ideas to share...they are very cheap and suitable for vegans, vegetarians, and meat-eaters, and I think they are also gluten-free!

**a. Congee**

There are many ways to make this Asian staple - this is a very plain version that can be dressed up and adjusted to suit different diets, and it will make several servings.

- 1 cup of uncooked rice
- 10 cups of water (you can add less water for a thicker consistency, or more for a thinner consistency)

Bring the water and rice to a boil in a large pot. Lower the heat, cover, and simmer for about an hour (the timing may vary depending on what kind of rice you use), or until the rice is very soft and the consistency is porridge-like. Serve hot or warm.

Now you can flavour and top it as you like!

For flavourings, I like to add some soy sauce (Bragg's is my favourite) and sesame oil to taste. You could add some hot chili oil or sriracha for heat. For meat eaters, you could substitute some chicken stock for the cooking water.

For toppings, I like sliced green onions and peanuts or pumpkin seeds. You can also add cooked veggies like Chinese black mushrooms, corn, or greens; cubed tofu; or cooked meat like chicken.

## **b. Bean Salad**

This is another very elastic recipe that is even cheaper if you use dried beans, and travels well. The ingredient amounts don't matter - it's up to you and/or what you may have on hand.

- Cooked or canned beans or lentils (I like chickpeas, Le Puy lentils, or black lentils)
- Sliced green onions or red onions
- Carrot, chopped small
- Celery, chopped small
- Kale, chopped small
- Purple cabbage, chopped small
- Olive oil and your choice of vinegar, mixed together and drizzled on to taste
- A few shakes of a dried herb, like thyme or oregano
- Salt and pepper to taste

Toss everything together and adjust seasonings and dressing to taste. This keeps well in the fridge for a few days.

You can change up the beans and the veggies to suit whatever you like or happen to have on hand: add cherry tomatoes, radishes, cucumber, cauliflower, broccoli, etc. Chopped fresh herbs like parsley or thyme are also a nice addition.

For more protein, you can also add cubes of tofu or cheese, or a handful of nuts/seeds.

To bulk it up even further, add cooked rice or quinoa.

You can also get fancier with the vinaigrette by adding a bit of Dijon mustard, minced onion, and/or minced garlic.

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4. Alastair Kierulf,  
PhD candidate,  
Chemistry

This comforting casserole can feed 4 people! So there's plenty for leftovers. Now that I'm in my PhD, I need this cooking (and the cost-savings) more than ever!

So, without further ado here is my Gran's Noodle Casserole:

### **Gran's Noodle Casserole**

- 3 slices of bacon (chopped)
- 1 lb. lean ground beef
- 1 stalk celery (chopped)
- 1/2 green pepper (chopped)
- 1 medium white onion (chopped)
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- A few shakes pepper
- A few grains of hot red pepper (optional)
- 2 cups of shell noodles (or any other kinds)
- 1 tbsp. flour
- 1 can tomato soup
- A generous amount of parmesan (to your cheesy likening!)

Preheat the oven to 325 °F

Fry the bacon pieces until cooked but not crisp then add all the other ingredients and cook, stirring often until meat is cooked and vegetables are soft (about 20 minutes).

While this is cooking, prepare the shell noodles according to the package instructions, but remove them from the water, by straining, a few minutes before they are completely cooked. Run them under cold water to stop cooking.

Thicken the meat mixture with about 1 tbsp flour and mix together the meat mixture, the noodles, and tomato soup until well mixed. Spoon approximately half the mixture into a casserole dish, cover with a generous sprinkling of parmesan cheese, then the rest of the mixture, and more cheese on top!

Cover casserole dish with aluminium foil and cook covered until bubbling hot (approximately 30-40 minutes).

Bon appétit!

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5. Allison Clouthier, PhD  
Mechanical & Materials Engineering

### Thai Red Curry

- Add all ingredients to slow cooker and cook 6-8 hours.
  - 1 can coconut milk
  - 2 tbsps ginger
  - 2-3 tbsps Thai red curry paste
  - 2 tbsps tomato paste
  - \*3 lime leaves (Kaffir)
  - 1 tbsp brown sugar
  - 3 cloves of garlic, minced
  - 2 tbsps soy sauce
  - 1/2 tsp salt
  - 1 can chick peas - drained
  - 4 cups butternut squash, peeled and cubed
  - Add 20 minutes before serving
  - 2 small heads of bok choy cut into 1/2" thick wedges
  - 2 tbsps flour mixed with 2 tbsps water to form a paste (or 1 tbsp of cornstarch mixed with 1 tbsp water)
  - \*discard lime leaves before serving

If desired served with peanuts and lime juice

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### 6. Amanda Brissenden, chemical engineering

#### a. Cozy Butternut, Sweet Potato, and Red Lentil Stew

- Modified from *OhSheGlows.com*
- Makes way more than enough for one, but I am very pro leftovers
- It keeps great in the fridge and it also freezes well, I often save half in the freezer for when I don't have time to cook
- This recipe holds up to lots of variation as well (I've done only sweet potato or only squash, I've switched out the lentils for a can of chickpeas (drained), a little more or less diced tomatoes (depending on the cans I have on hand))

- Can also be cooked in a **crockpot**, just throw everything in except the apple cider vinegar and chard and set the temperature to low for several hours. Add the vinegar and chard and stir before serving.

#### **Ingredients:**

- 2 tablespoons (30 mL) extra-virgin olive oil
- 1 medium onion, diced (about 2 cups/280 g)
- 3 to 4 large garlic cloves, minced
- 3 cups (400 g) peeled, seeded, and diced butternut squash\*
- 1 large sweet potato (450 g), peeled and diced (2 1/2 cups/340 g)\*
- 3 cups (750 mL) low-sodium vegetable broth
- 1 (14-ounce/398 mL) can diced tomatoes
- 1 (14-ounce/398 mL) can light coconut milk
- 1/2 cup (100 g) dried red lentils, rinsed\*\*
- 3 tablespoons (45 mL) tomato paste
- 1 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon cayenne pepper, or more if you like heat
- Fine sea salt, to taste (I use 1 1/2 teaspoons pink salt)
- Freshly ground black pepper, to taste
- 3 teaspoons (15 mL) apple cider vinegar, or to taste
- 1 bunch chard or kale, stemmed and finely chopped (spinach also works)
- Rice of your choice for serving (optional, its fine on its own as well!)
- Optional topping – cilantro

#### **Directions:**

1. To a large pot, add the oil, onion, and garlic. Stir to combine. Increase the heat to medium and sauté for 3 to 5 minutes, until the onion is softened.
2. Add the squash and sweet potato and stir to combine. Add a pinch of salt and continue sautéing for a few minutes longer.
3. Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt, and pepper. (If you are spice-shy, feel free to add half the amount to start and increase from there after cooking, to taste.) Stir well to combine.
4. Increase heat and bring to a boil. Reduce the heat, stir again, and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender.
5. Add the apple cider vinegar to taste. Adjust the other seasonings if desired.
6. Stir in the chard/kale/spinach, and cook for another couple minutes until the greens are wilted.
7. Scoop some cooked rice onto the bottom of a bowl and then ladle the stew overtop. Sprinkle with cilantro if desired.



## **b. Vegetarian Sweet Potato Chili**

- Modified from *CookieandKate.com*
- Makes way more than enough for one, but I am very pro left overs
- It keeps great in the fridge and it also freezes well, I often save half in the freezer for when I don't have time to cook
- This recipe holds up to variations (I often throw in whatever veggies I have on hand – diced carrots, zucchini, whatever peppers I have)
- Can also be cooked in a **crockpot**, just throw everything in and set the temperature to low for several hours

### **Ingredients:**

- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium sweet potato, peeled and cut into 1/2-inch cubes
- Salt and freshly ground black pepper
- 4 garlic cloves, pressed or minced, or 1 heaping tablespoon of minced garlic
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper (more or less, depending on how spicy you like your chili)
- 2 teaspoons unsweetened cocoa powder
- ¼ teaspoon ground cinnamon
- 1 large can (28 ounces) diced tomatoes, with their juices\*
- 1 can (15 ounces) black beans, rinsed and drained, or 1 ½ cups cooked black beans
- 1 can (15 ounces) kidney beans, rinsed and drained, or 1 ½ cups cooked kidney beans
- 2 cups vegetable broth

### **Directions:**

1. In a 4-to-6 quart Dutch oven or stockpot over medium heat, warm the olive oil until shimmering. Add the chopped vegetables (onion, peppers and sweet potatoes) and a sprinkle of salt and pepper. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes.
2. Reduce the heat to medium-low. Add the garlic and spices (chili powder, cumin, cayenne, cocoa powder, cinnamon, and another dash of salt and pepper) and liquid ingredients (tomatoes, beans and broth), and stir. Bring the mixture to a gentle simmer. Cover and cook, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, until the sweet potatoes are tender and the chili has reduced to a heartier consistency, about 45 minutes to 1 hour.
3. If you would like an even thicker consistency, use a potato masher or immersion blender to mash the chili until the texture suits your preferences. Season chili with salt and pepper to taste. Divide the chili into individual bowls, garnish as desired (cheese, diced green onions, cilantro, sour cream) and serve. Goes great with a side of tortilla chips.

### c. Snap Pea and Radish Pasta Salad

- Modified from *ThugKitchen.com* (great vegan recipes but the website is not PG)
- Great way to make pesto without expensive pine nuts!
- Makes way more than enough for one, but I am very pro left overs, great for BBQs and potlucks
- You can always mix up the veggies, and to make it more of a meal add some protein, strips of tofu or slices of chicken

#### Ingredients:

- 1 pound snap peas, stringed and chopped into ½ inch pieces
- 1 bunch radishes, cut into matchsticks
- 2 medium carrots, cut into matchsticks
- 16 ounces rice noodles (any size is fine)

#### Peanut Pesto:

- 1 ½ cups chopped fresh basil
- 1 ½ cups chopped fresh cilantro
- 2/3 cup roasted peanuts (unsalted ideally but either is fine, just cut back on the salt if you use salted)
- 1/3 cup rice vinegar
- ¼ cup water or vegetable broth
- 2 tablespoons toasted sesame oil
- 2 tablespoons olive oil
- ½ teaspoon lemon zest
- ½ teaspoon salt

#### Directions:

1. Cook the noodles according to the package directions. When they're just about done, throw in the chopped snap peas and boil them along with the noodles for about 30 seconds. Drain everything and run it under cold water so that the noodles and snap peas cool down and stop cooking.
2. While the noodles are cooking and cooling, make the pesto. Throw everything for the pesto in a food processor (magic bullet, blender, or a strong arm/smash up the peanuts and mix vigorously, whatever you have) and blend until it's fairly smooth.
3. Put the cooked noodles and snap peas in a large bowl. Add the carrots, radishes, and pesto and toss to combine. If the pesto is too thick and isn't coating the noodles, add a tablespoon or 2 of water and thin it out. Taste and add more salt, vinegar, or toasted sesame oil if you think anything is missing.
4. Serve at room temperature or you can let chill in the fridge. Keeps for a couple days in the fridge.

**d. Southwestern Black Bean Salad**

- Makes more than enough for one but keeps well in the fridge for leftovers, only the avocado gets brown so if you are saving some try to add avocado only to the serving being eaten
- Great as a side or as a main for lunch

**Ingredients:**

- 15.5 oz can black beans, rinsed and drained
- 9 oz cooked corn, fresh or frozen (thawed if frozen)
- 1 medium tomato, chopped
- 1/3 cup red onion, chopped
- 1 scallion, chopped
- 1 1/2 – 2 limes, juice of
- 1 tbsp olive oil
- 2 tbsp fresh minced cilantro (or more to taste)
- salt and fresh pepper
- 1 medium hass avocado, diced
- 1 diced jalapeno (optional, only if you like some spice)

**Directions:**

In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper. Squeeze fresh lime juice to taste and stir in olive oil. Marinate in the refrigerator 30 minutes. Add avocado just before serving.

Makes about 6 ½ cups

**e. Sausage and Beans**

- Not the healthiest recipe in this list but it is great for a rushed meal, especially with instant rice. Also great for a cold day.
- Makes enough for two (or a very hungry one) but keeps well in the fridge for leftovers, can also be easily doubled to feed more or for extra left overs.

**Ingredients:**

- 2 tablespoons oil
- Small onion diced
- Can of baked beans (in tomato sauce makes it savoury, in molasses or maple syrup makes it a bit sweet but its my favourite)
- 3 sausages or hot dogs diced into bit size pieces (hot dogs are cheaper and still great in this recipe, sausages take a little longer to cook) \*Vegetarian sausages also work great in this recipe\*
- 2 tablespoons favourite BBQ sauce

- A dash of cayenne pepper (optional, add to taste)
- Salt and pepper to taste
- Preferred rice

Directions:

1. Heat the oil over medium heat in a large pan and sauté the onion until translucent.
  2. Add diced sausage/hot dogs and sauté until cooked through (sausages) or crispy on the edges (hot dogs).
  3. Add the beans, BBQ sauce, cayenne pepper and salt and pepper. Stir until starting to bubble. Reduce heat and simmer for 15 minutes.
  4. Serve over rice.
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## 7. Chloe Reburn

M.Pl. Candidate (2020)

Department of Geography and Planning

Here's my favourite recipe for under \$10 - delicious, healthy and easy

### African Stew

Yield: about 4 servings (6 cups/1.5L)

4 cups	Vegetable stock or water	1 L
1	Onion, chopped	1
2 cups	Peeled, diced yams or sweet potatoes	500ml
1 cup	Cooked or canned chickpeas	250ml
1 cup	Brown rice	250ml
¼ teaspoon	salt	1ml
¼ cup	Peanut butter	60ml
2 cups	Chopped collards or kale	500ml
2 tablespoons	Fresh lemon juice	30ml
½ teaspoon	Black pepper	2ml
1 tablespoon	Tamari or Bragg liquid aminos (optional)	15ml

	Chili sauce (optional)	
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Heat 2 tablespoon (30ml) of the stock in a large pot. Add the onion and sauté over medium heat for 5 minutes, adding more stock if necessary. Add the remaining stock, yams, chickpeas, rice and salt; simmer for 45 minutes. In a small bowl, blend the peanut butter with ½ cup (125ml) of liquid from the stew to make a smooth paste. Stir into the stew along with the collards and cook for 5 minutes. Stir in the lemon juice, pepper, and tamari; add chili sauce to taste. Adjust seasonings.

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## 8. Derek Newton

12djn2@queensu.ca

See attached for two easy to make recipes I have relied on for many meals while living on my own. Please feel free to share.

### a. Oven Baked Chicken with Salsa

Ingredients:

Servings:

4

Units: [US](#) | [Metric](#)

- 1 kg [chicken piece](#)
- 2 tablespoons oil
- 1 tablespoon [lemon juice](#)
- 2 tablespoons [dried parsley flakes](#)
- 1/2 cup [chunky salsa](#)
- 2 [lemons](#), sliced into wedges, to serve

Directions:

Pre-heat oven to 180.C.

Combine chicken with all ingredients except lemon wedges in a baking dish.

Cook for 35-40 mins or until chicken is cooked through.

Serve with lemon wedges

b. Sweet and Sour Meatballs

Preheat oven to 400F

Spray large baking dish with cooking oil

Spread frozen meatballs in pan in once layer and cook , uncovered, at 400F for 20 minutes

Meanwhile in small cooking bowl mix;

¾ cup Brown Sugar

¾ cup ketchup

1tablespoon soy sauce

½ cup white vinegar

2tsp dry mustard

In a small dish mix 3 teaspoons cornstarch with ½ cup cold water. Wisk together and add to other liquids.

Reduce heat to 350F

Pour sauce over meatballs, coating well. Cook uncovered for 30 minutes at 350F

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## 9. Natalie Zhang

Hi Colette,

I usually cook without recipes so it is hard to share. However, here is an easy recipe from my children's grandma Joanne. Easy to cook and last several days. Gluten and nuts free. Good for kids' school lunch as well.

### **Bean Salad**

(From Grand Joanne's friend Ann, modified by Natalie)

1 can green beans, drained

1 can yellow beans, drained

1 can kidney beans, drained

(Or use any cans of beans like lima beans, beans mix and etc)

1 green pepper, thinly sliced (any pepper works)

1 medium onion sliced and separated into rings (or 2 green onions chopped)

Dressings:

1/2 cup sugar

1/2 cup red wine vinegar (malt vinegar works)

1/2 cup salad oil (grapeseed oil, olive oil, avocado oil, any light oil works)

1 tsp. salt

1/2 tsp. dry mustard

1/2 ts. tarragon leaves (it is fine if you don't have)

1/2 tsp basil leaves

2 tbsp. parsley (fresh is the best)

Place ingredients in a bowl. Combine sauce and drizzle over vegetables. Cover and marinate overnight, stirring a couple of times. Drain before serving. This salad keeps for several days.

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10. Karina Gerhardt-Strachan

Kinesiology & Health Studies

### **Super Easy Carrot Red Lentil Soup (GF, V)**

This is a great recipe for a crowd as you can easily adjust the recipe to make a big pot. The soup also freezes well!

Vegetable soup cubes are used to make this recipe vegetarian/vegan friendly and also allows you to avoid unnecessary "natural" flavours and added sugar typically found in cheaper soup cubes & liquid broths. If you need the soup to be gluten-free, make sure you check that the soup cubes are also GF. My favourites are either Harvest Sun Organic Fine Herbs Bouillon Cubes or GoBio! Organic Vegetable Bouillon Cubes. Since limited ingredients are used, you could even buy organic carrots for this recipe, increasing the nutritional profile. Organic produce has less pesticide residue than conventionally-grown fruits & veggies (chemicals found in pesticides increase the risk of disease). And in some cases, organic produce contains greater amounts of nutrients, given more ecologically friendly farming practices.

Package of 6 vegetable soup cubes - \$3.50-3.99

Bag of carrots - \$2.48 /\$2.99 (organic)

Bag of red lentils - \$3.49

With the soup cubes, carrots and red lentils you need to buy upfront, you can make a meal for \$10 for 4 people at least twice, so the \$10 investment actually makes two meals of about \$5! You can easily double or triple this recipe and feed a group of people, have leftovers for the week or freeze individual portions for a quick and easy meal during the middle of the semester!

#### **Ingredients**

- 3-5 carrots, cut into quarters
- 1 cup red lentils
- 2 vegetable soup cubes, dissolved in the amount of hot water recommended on the package
- Salt & pepper, to taste
- Optional: other veggies (onions, celery are tasty) or spices (turmeric or a touch of curry powder)

#### **Directions**



1. In a large pot, cook the carrots (and optional veggies and/or spices) in a bit of olive oil or water until starting to get tender.
2. Wash red lentils in a fine sieve, under running water. Add to the pot along with the vegetable soup cube liquid.
3. Cook until the lentils are mushy and carrots are tender, adding more water if needed. Season with salt & pepper to taste.

Enjoy!

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## 11. Amy MacLean

PhD candidate, Chemistry

One more cheap/quick summer recipe for you Colette! I usually skip the dressing and shell out on seasoned Kalamata olives from the antipasto bar.

<https://www.delish.com/cooking/recipe-ideas/recipes/a54226/best-greek-salad-recipe/>

Can't wait to see what other grad students are cooking up these days.

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## 11. From Jane Davies

Graduate Assistant, MEME

- a. **Quaker's Best Oatmeal Cookies**      *(this is a Quaker Oatmeal recipe)*      *makes approx.. 36 cookies*

### Ingredients

1 ¼ cups butter, softened <i>cookies)</i>	1 tsp cinnamon <i>(leave out if making choc chip</i>
¾ cup packed brown sugar	½ tsp salt (optional)
½ cup white sugar <i>cookies)</i>	1 tsp ground nutmeg <i>(leave out of choc chip</i>
1 egg <i>uncooked)</i>	3 cups Quaker Oats <i>(quick or old fashioned,</i>
1 tsp vanilla	
1 ½ cups all purpose flour	
1 tsp baking soda	

## Method

Heat oven to 375 degrees. Beat butter and sugar in a large bowl until creamy. Add egg and vanilla; beat well. Combine flour, baking soda, cinnamon, salt (if desired), and nutmeg (if using), in a medium bowl; mix well. Add to creamed mixture; mix well. Add oats; mix well.

Using a rounded tablespoon amount, drop dough onto ungreased cookie sheets. Bake 8 – 9 minutes for chewy cookies and 10-11 minutes for crisp cookies. Cool at least 1 minute on cookies sheets. Transfer to wire rack or parchment paper to cool. Store tightly covered.

Bar cookies ~ press dough into bottom of 13 x 9 baking pan (ungreased). Bake 25 – 30 minutes until golden brown. Cool completely on wire rack. Store tightly covered.

Can use raisins & spices for raisin oatmeal cookies or omit spices (nutmeg & cinnamon & use choc chips or other chips!)

### b. Chewy Granola Bars *(Taste of Home, Aug 2012)*

#### Ingredients

½ C butter, softened	½ tsp baking powder
1 C packed brown sugar	¼ tsp salt
¼ C sugar	1 tsp cinnamon
2 tblsp honey	1 ½ cups quick cooking oats
½ tsp vanilla extract	1 ¼ cups rice krispies (or generic crispy rice) cereal
1 egg	1 C chopped nuts (I used walnuts)
	1 C raisins or chocolate chips - optional
1 C all purpose flour	

*(can use a combination of whole wheat and some white flour if you prefer)*

#### Method

Cream butter & sugar in a large bowl until light & fluffy. Add the honey, vanilla & egg; mix well. In a separate bowl, combine the flour, cinnamon, baking powder & salt; gradually add it to the creamed mixture. Stir in the oats, cereal & nuts and raisins or choc chips if desired.

Press into a 13 x 9 greased baking pan. Bake at 350 degrees for 25 – 30 minutes (My oven might be hot as 25 min. was plenty of time.) Cool on wire rack. Cut into bars.

1 bar = 160 calories. Yield – approx. 2 doz.