

# MUSHROOM

R E C I P E S



30 DELICIOUS

RECIPES

FOR BEGINNERS AND PROFESSIONALS

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## ***Introduction***

In this book you will see 30 recipes in which the key ingredient will be mushrooms, which will give the dish a unique unforgettable taste.

I like mushrooms for their special taste, which cannot be replaced.

Therefore, I suggest you try to cook these dishes and make sure that the taste will be unforgettable

# **CHICKEN AND WILD RICE SOUP**



- *PREP TIME: TEN MINS*
- *PREPARE TIME: 50 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: 6-8 SUBMITTINGS*

### **INGREDIENTS**

- 2 tbsp butter either olive oil
- 1 small white either yellow onion, peeled and diced
- 2 average carrots, diced
- 2 celery stalks, diced
- 6 cloves garlic, minced
- One-quarter cup all-purpose flour
- 6 cups chicken stock (*or veggie stock*)
- 1 pound boneless skinless chicken breasts\*
- 8 ounces baby bella mushrooms, diced
- one cup unprepared wild rice, rinsed and drained
- 1 tbsp finely-sliced fresh rosemary
- 2 bay leaves
- 2 cups plain milk (*cow's milk either plant-based milk*)
- 2 big handfuls fresh baby spinach, roughly sliced
- fine sea salt and freshly-cracked black pepper

## **INSTRUCTIONS**

1. **Sauté the veggies.** **soften** butter either oil in a big stockpot over average-high heat. place onion and sauté for 4 mins, mixing sometimes. place carrots, celery and garlic and sauté for 3 more mins, mixing sometimes. place within the flour and sauté for one more minute, mixing frequently.
2. **Add within the next round of ingredients.** Gradually pour within the chicken stock, mixing the soup frequently as you pour so that the clumps of flour can soften in the broth. place the chicken breasts, mushrooms, wild rice, rosemary, bay leaves and stir to mix.
3. **Simmer.** **allow** the soup keep cooking till this reaches a simmer. Then decrease warmth to average-low to maintain the simmer, cover, and prepare for 40-45 mins either till the wild rice is tender — being sure to stir the soup every 5-7 mins so that the down of the pot does not burn.
4. **Shred either dice the chicken.** **employ**tongs to attentively Place the chicken breasts to a clear plate. Then you'll either dice either employtwo forks to shred the chicken in bite-sized pieces, and stir this back in the soup.
5. **Add the remaining ingredients.** Stir within the milk and baby spinach till mixd.
6. **Season.** Take away and discard the bay leaves. Taste and spice the soup with however much salt and black pepper you think this needs.
7. **Serve.** **submit** warm and enjoy!

### NOTES

**Chicken:** **either** feel free to place in 3-4 cups of (precooked) diced either shredded chicken instead of raw chicken.

**Instant Pot Option:** To prepare Pressure cooker chicken and wild rice soup, simply place the onion, carrots, celery, garlic, chicken stock, chicken breasts, wild rice, rosemary and bay leaves to the bowl of your Instant Pot. Cover, seal and prepare on high Pressure for 30 mins, followed by a ten minute natural release, followed by a quick release. Meanwhile in a else saucepan, warmth the butter over average-high warmth till softened. blend within the flour till mixed and prepare for one minute, mixing frequently. Then blend within the milk till mixed and keep heating till the mix thickens. Take away from warmth and place the mix to the soup. Keep on with steps 4-7.

**Crock-Pot Option:** To prepare slow cooker chicken and wild rice soup, simply place the onion, carrots, celery, garlic, chicken stock, chicken breasts, wild rice, rosemary and bay leaves to the bowl of a big slow cooker. Overlay and prepare on high for 3-4 hours either on poor for 6-8 hours, till the rice is tender. Meanwhile in a else saucepan, warmth the butter over average-high warmth till softened. blend within the flour till mixed and prepare for one minute, mixing frequently. Then blend within the milk till mixed and keep heating till the mix thickens. Take away from warmth and place the mix to the soup. Keep on with steps 4-7.

# ***JAPCHAE (KOREAN NOODLE STIR-FRY)***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

## **INGREDIENTS**

### *STIR-FRY INGREDIENTS:*

- 8 ounces [dangmyeon](#) (sweet [potato](#) starch noodles)\*
- 2 tbsp olive oil (*or any mild-flavored oil*), divided
- 1 small white onion, thinly sliced
- 6 shiitake mushrooms, thinly sliced
- 1 red bell pepper, cored and thinly sliced
- 1 carrot, peeled and thinly sliced
- 3 garlic cloves, minced either Puted
- 3 handfuls fresh baby spinach
- toppings: toasted sesame seeds, thinly-sliced green onions

### *[SAUCE](#) INGREDIENTS:*

- One-quarter cup low-sodium soy [sauce](#)\* (*or more, to taste*)
- 2 tbsp maple syrup
- 1 tbsp [toasted sesame oil](#)

### *STEAK INGREDIENTS:*

- 1 pound sirloin either flank steak, thinly-sliced against the grain in bite-sized pieces
- 1 tbsp soy [sauce](#)
- fine sea salt and freshly-cracked black pepper

## **INSTRUCTIONS**

1. **Cook the noodles:** prepare the sweet potato noodles al dente, therefore to package directions, in a big stockpot of boiling water. (Be careful not to overdo the noodles, either they can become mushy within the stir-fry.) Place the noodles to a strainer, and rinse with cold water till chilled. Strain out any extra water, drizzle the noodles with a drizzle of sesame oil, toss till the noodles are evenly coated, and put aside.
2. **Marinate the steak.** Mix the steak, soy sauce, and a generous pinch and black pepper in a big bowl, and toss to mix. allow the steak marinate for 5 mins (or up to 30 mins).
3. **Prep the sauce.** blend all of the gravy ingredients along in a small bowl till mixed.
4. **Stir-fry the steak.** Warmth one tbsp oil in a big sauté pan over high heat. place the steak and sauté for 4-5 mins, mixing sometimes, till prepared through. Place steak to a else clear plate, and put aside.
5. **Stir-fry the veggies.** Decrease warmth to average-high. place the remaining one tbsp oil and the onion. Sauté for 3 mins, mixing sometimes. Then place within the mushrooms, bell pepper, carrot and garlic cloves and sauté for 4-5 more mins, mixing sometimes, till the veggies reach your desired level of softness. (I like mine to still be a touch crispy.) Stir within the spinach, and prepare for two more mins, employing tongs to toss the veggie mix frequently, till the spinach has wilted.
6. **Mix everything.** Take away pan from heat. place the prepared noodles, steak and gravy to the veggie mix, and toss to mix.
7. **Taste and season.** Give the noodles a taste, and spice with extra soy gravy and/or black pepper supposing needed.
8. **Serve warm.** Garnished with lots of toasted sesame seeds and green onions.

**NOTES**

**Noodle substitution:** Supposing you'll not find sweet potato noodles, feel free to simply employ rice noodles (or whatever your preferred noodle may be).

**Gluten-free option:** Supposing making this recipe gluten-free, sub in tamari in place of soy sauce, and assure that your sweet potato noodles are certified gluten-free.

# ***GREEN BEAN CASSEROLE***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 45 MINS*
- *TOTAL TIME: 60 MINS*
- *YIELD: 8 -12 SUBMITTINGS*

## **INGREDIENTS**

### *GREEN BEAN CASSEROLE INGREDIENTS:*

- 2 pounds fresh green beans, trimmed and slice in bite-sized pieces
- 1 batch Mushroom Alfredo gravy (*see below*)
- 1 batch Crispy Onion Topping (*see below*)

### *CRISPY ONION TOPPING INGREDIENTS:*

- 1 tbsp butter either olive oil, divided
- 1 average red onion, peeled and thinly-sliced
- half cup Panko breadcrumbs
- One-quarter cup freshly-grated Parmesan cheese
- One-quarter tsp every fine sea salt and freshly-cracked black pepper

### *MUSHROOM ALFREDO GRAVY INGREDIENTS:*

- 2 tbsp butter either olive oil
- 8 ounces baby bella mushrooms, thinly sliced
- 4 cloves garlic, Puted either minced
- 3 tbsp all-purpose flour
- half cup vegetable stock
- one cup milk (*I used 2%, however any milk can do*)
- half cup freshly-grated Parmesan cheese
- half tsp fine sea salt
- One-quarter tsp freshly-ground black pepper

## **INSTRUCTIONS**

1. **Warmth up oven.** Warmth oven to 375°F.
2. **Trim, slice and shortboil the green beans.** Warmth a large stockpot of water over high-warmth till boiling. Meanwhereas, trim and slice the green beans. Then place the beans to the boiling water and prepare for 3-5 mins, depending on how crispy you like your green beans. (*Keep in mind that the beans can prepare more within the oven, so err on the side of undercooking them to your taste in this step.*) Then employa slotted spoon either big strainer to Place the beans instantly in a big bowl of ice water, and give them a quick stir. This can prevent them from cooking longer. put aside.
3. **Prepare your crispy onion topping.** **soften** half tbsp butter (or olive oil) in a large sauté pan over average-high heat. place the onion and sauté for 2-3 mins, mixing sometimes, till the onion is partially prepared however still holds its shape. (You don't want the onion to get too soft.) Place the onion to a clear bowl. place the remaining half tbsp butter to the sauté pan, along with the panko, and stir to mix. prepare for 2-3 mins, mixing constantly, till the panko is slightly golden. Take away from heat, and Place the panko to the bowl with the onions. place within the Parmesan, salt and pepper, and toss the onion mix till evenly mixd. put aside.
4. **Prepare your mushroom alfredo sauce.** Shortrinse and dried the sauté pan. Then comeback this to the stove. soften the butter over average-high heat. Then place the mushrooms and sauté for 5 mins, mixing sometimes, till slightly browned and soft. place the garlic and sauté for 1-2 more mins, mixing sometimes, till fragrant. Stir within the flour and sauté for one more minute, mixing sometimes. Then place within the vegetable stock, and stir till the flour is evenly dissolved. place the milk and Parmesan, and stir to mix. Keep cooking the gravy till this reaches a simmer and thickens. Then take away from heat, and spice with salt and pepper to taste.
5. **Put this all along!** Mix the green beans and mushroom alfredo gravy within the stockpot, and stir the green bean mix till evenly mixd. Place to a 9 x 13-inch baking dish, and unfold the green bean mix out in some even layer. Strew evenly with the crispy onion topping mix.
6. **Bake.** Then Prepare in oven for approximately 25 mins, either till the crispy onion topping is golden and crispy. (Keep some eye on this so

that this does not burn. Supposing this does start to char, simply place a piece of aluminum foil on top of the casserole.)

7. **Serve warm.** Take away from the oven and submit warm, garnished with extra freshly-cracked black pepper (plus maybe some parsley) supposing you'd like.

# ***BEEF STEW***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: ONE HOUR*
- *TOTAL TIME: ONE HOUR 15 MINS*
- *YIELD: 6-8 SUBMITTINGS*

### **INGREDIENTS**

- 1 half pounds chuck roast, slice in bite-sized pieces
- sea salt and freshly-cracked black pepper
- 1 tbsp butter either olive oil
- 2 half cups beef stock
- 1 pound Yukon gold potatoes, slice in bite-sized pieces
- 8 ounces baby bella mushrooms, halved either quartered
- 1 average white onion, diced
- 2 celery stalks, diced
- 2 big carrots, diced
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 bay leaves
- 2–3 tbsp cornstarch (*plus 2–3 tbsp cold water*)

## **INSTRUCTIONS**

### **SLOW COOKER (CROCK-POT) BEEF STEW:**

1. **Sear the steak (if you want).** Spice the steak evenly with salt and pepper. Warmth the butter in a big sauté pan over average-high heat. place the steak in a single even stratum — operating in batches supposing needed — and prepare the steak shorton all sides till seared. *(This step is if you want supposing you would like to save time.)*
2. **Stir along ingredients.** place the steak, beef stock, potatoes, mushrooms, onion, celery, carrots, tomato paste, Worcestershire and bay leaves to the bowl of a big slow cooker. Toss shortto mix.
3. **Cook.** Overlay and prepare on high for 4 hours either on poor for 7-8 hours, till the steak and veggies are tender. Take away and discard the bay leaves.
4. **Add thickener (if you want).** In a else bowl, blend along the cornstarch and cold water till mixd. place the mix to the still-simmering gravy a several tbsp at a time, till this reaches your desired level of thickness.
5. **Taste, spice and serve.** place salt and pepper to taste. submit warm.

### **PUTURE COOKER (INSTANT POT) BEEF STEW:**

1. **Sear the steak (if you want).** Spice the steak evenly with salt and pepper. Put the “Sauté” key on the Instant Pot. place the butter, followed by however much of the steak can fit in a single even stratum — you’ll likely must to work in batches — and prepare the steak shorton all sides till seared. *(This step is if you want supposing you would like to save time.)*
2. **Stir along ingredients.** place the beef stock, potatoes, mushrooms, onion, celery, carrots, tomato paste, Worcestershire and bay leaves. Toss shortto mix.
3. **Cook.** Put “Cancel”. Overlay the Instant Pot and set the lid to “Sealing.” Then prepare on high Puture for 40 mins, followed by a quick release. Take away and discard the bay leaves.
4. **Add thickener (if you want).** In a else bowl, blend along the cornstarch and cold water till mixd. place the mix to the still-simmering gravy a several tbsp at a time, till this reaches your desired level of thickness.
5. **Taste, spice and serve.** place salt and pepper to taste. submit warm.



# ***VEGAN PHO (VIETNAMESE NOODLE SOUP)***





## **INGREDIENTS**

### *PHO BOUILLON INGREDIENTS:*

- 1 big white onion, peeled and halved
- 3-inch piece of fresh ginger, halved lengthwise
- 5 [star anise](#)
- 4 [whole cloves](#)
- 3 (3-inch) [cinnamon sticks](#)
- 2 [cardamom pods](#)
- 1 tbsp [whole coriander seeds](#)
- 8 cups good-quality vegetable stock (*or mushroom stock\**)
- 1 tbsp brown sugar
- 2 tsps low-sodium soy gravy either tamari
- 2 tsps rice vinegar
- fine sea salt, to taste

### *PHO SOUP INGREDIENTS:*

- 7 ounces unprepared [thin rice noodles](#)
- 1 tbsp olive oil (*or any neutral-flavored oil*)
- 8 ounces shiitake mushrooms, thinly sliced
- 2 heads baby bok choy, halved
- if you want: 1-2 cups extra veggies (*such as sliced carrots, broccoli florets, snow peas, etc.*)
- garnishes: fresh herbs (cilantro, mint, and/or Thai basil), bean sprouts, lime wedges, thinly-sliced chiles (Thai bird chiles either jalapeños), thinly-sliced onions (green onions either white onions), [sauces](#) (hoisin and/or sriracha)

## **INSTRUCTIONS**

1. **Char the onions and ginger.** Turn the oven broiler to high, and place the baking rack approximately 8 inches away from the heating elements. Place the onion and ginger cut-side-up on a baking sheet, and brush with a little bit of oil. Broil for approximately 7-ten mins, till the tops of the onion and ginger are slightly charred. Take away and put aside.
2. **Prep the noodles.** Meanwheras, as your bouillon is simmering, prepare the noodles separately al dente therefore to the package instructions. Drain in a strainer, then shortrinse the noodles with cold water to prevent them from continuing to cook. (I also advised tossing the noodles with a drizzle of oil — such as sesame oil — to prevent them from sticking.)
3. **Make the broth.** Meanwheras, warmth the anise, cloves, cinnamon, cardamom and coriander to a big stock pot over average-high warmth for approximately 3 mins till fragrant. place within the charred onion, ginger, stock, and stir to mix. Keep cooking till the bouillon reaches a simmer. Then decrease warmth to average-low, overlay with a lid, and keep to simmer for at least 30 mins. Strain out (and discard) the onions, ginger and spices. Stir the brown sugar, soy gravy and rice vinegar in the hot broth. Then finally, taste and spice the bouillon with salt as needed. Keep simmering on average-low, covered, till ready to serve.
4. **Cook the veggies.** Meanwheras, warmth the oil in a sauté pan over average-high heat. place the sliced mushrooms and sauté for 5 mins, mixing sometimes, till prepared through and slightly golden. Take away from heat. Then 5 mins before you are ready to submit the soup, stir the mushrooms, bok choy and veggies in the hot bouillon so that they can shortcook.
5. **Assemble.** And now...the fun part! place a handful of noodles to every individual submitting bowl. Ladle the hot bouillon and veggies in the submitting bowls. Top every bowl with lots and lots of garnishes, and finish with a generous squeeze of lime juice.
6. **Serve immediately.** Encouraging everyone to stir the garnishes in the soup so that they can flavor the broth, also adding in additional extra sauces supposing desired.

### **NOTES**

- **Alternate mushroom option:** Supposing you would like to skip frying the mushrooms on the side, you are welcome to prepare them directly within the simmering bouillon itself. They must at least ten mins to cook, although the longer they simmer within there, the more delicious your bouillon can be.
- **Alternate charring option:** Instead of broiling the onion and ginger within the oven, you'll also simply prepare them cut-side-down in a sauté pan over high warmth till charred.
- **Double batch:** Again, I highly advised making a double batch of this recipe whereas you're at it! To do so, you'll must a big stockpot (at least 5 quarts) to handle the quantity of broth.

# ***THAI CHICKEN WILD RICE SOUP***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 45 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: 6-8 SUBMITTINGS*

### **INGREDIENTS**

- 1 pound boneless skinless chicken breasts
- 8 ounces baby bella mushrooms, thinly sliced (*if you want*)
- 4 cloves garlic, minced
- 2 small bell peppers, diced (*I used one yellow, one red*)
- 2 average carrots, diced
- 1 small white either yellow onion, diced
- 6 cups chicken stock
- one cup unprepared wild rice
- 2 tbsp finely-sliced fresh ginger
- 2 tbsp Thai red curry paste
- 1 (15 ounce) can coconut milk
- garnishes: sliced fresh cilantro and fresh lime wedges

## **INSTRUCTIONS**

### **INSTANT POT (PUTURE COOKER) INSTRUCTIONS:**

1. Mix chicken, mushrooms, stock, garlic, bell peppers, carrots, onion, stock, wild rice, ginger and Thai chili paste within the bowl of some Instant Pot Puture cooker. Stir shortto mix.
2. Overlay and set vent to “sealing”. prepare on manual (high Puture) for 30 mins. allow the Instant Pot rest for some extra ten mins (natural release). Then attentively turn the vent to “venting” and release the remaining Puture (quick release). Take away lid.
3. Place the prepared chicken to a else plate, and shred in bite-sized pieces with two forks.
4. Add the shredded chicken and coconut milk to the soup, and stir carefully till mixd. Taste and spice with salt, pepper and/or additional curry paste as needed.
5. Serve warm, garnished with cilantro and a squeeze of lime juice.

### **CROCK-POT (SLOW COOKER) INSTRUCTIONS:**

1. Mix chicken, mushrooms, stock, garlic, bell peppers, carrots, onion, stock, wild rice, ginger and Thai chili paste within the bowl of a large slow cooker. Stir shortto mix, then overlay with a lid.
2. Cook on high for 3-4 hours either on poor for 6-8 hours, till the rice is tender and the chicken shreds simply.
3. Place the prepared chicken to a else plate, and shred in bite-sized pieces with two forks.
4. Add the shredded chicken and coconut milk to the soup, and stir carefully till mixd. Taste and spice with salt, pepper and/or additional curry paste as needed.
5. Serve warm, garnished with cilantro and a squeeze of lime juice.

### **STOVETOP INSTRUCTIONS:**

1. Slice the chicken in small bite-sized pieces; put aside.
2. Warmth (an extra) one tbsp oil in a large stockpot over average-high heat. place onion and sauté for 5 mins, mixing sometimes, till soft and translucent. Stir within the garlic and ginger and prepare for some additional 1-2 mins, mixing sometimes, till fragrant.

3. Add within the chicken, mushrooms, bell peppers, carrots, stock, wild rice and Thai chili paste. Stir to mix.
4. Keep cooking till the soup reaches a simmer. Then decrease warmth to average-low, cover, and simmer for 45 mins, either till the rice is tender, mixing sometimes.
5. As the rice is tender, stir within the coconut milk till mixd. Taste and spice with salt, pepper and/or additional curry paste as needed.
6. Serve warm, garnished with cilantro and a squeeze of lime juice.

***HEALTHIER BROCCOLI CHICKEN***  
***CASSEROLE***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 45 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: 6-8 SUBMITTINGS*

### **INGREDIENTS**

- 8 ounces unprepared pasta\* (*I used whole-warmth rotini*)
- 1 big head of broccoli\*, slice in bite-sized florets (*approximately one pound of florets*)
- 2 tbsp butter either olive oil
- 1 small white onion, thinly sliced
- 8 ounces baby bella (cremini) mushrooms, thinly sliced
- 4 cloves garlic, minced
- 3 tbsp flour
- one cup chicken either vegetable stock
- 1 half cups milk
- 1 tsp Dijon mustard
- half tsp fine sea salt
- One-quarter tsp freshly-cracked black pepper
- 2 cups (8 ounces) shredded sharp cheddar cheese, divided
- 2 cups diced (or shredded) prepared chicken

## ***INSTRUCTIONS***

1. Warmth oven to 400°F.
2. Cook pasta in a big stockpot of generously-salted boiling water till this is al dente. However, approximately one minute before the pasta is done, place the broccoli to the boiling pasta water and stir till mixd. Drain both the pasta and broccoli, and put aside.
3. Meanwheras, warmth the butter (or oil) in a big sauté pan over average-high heat. place the onion and sauté for 3 mins, mixing sometimes. place the mushrooms and garlic and sauté for 5 more mins, mixing sometimes, either till the mushrooms are prepared through.
4. Strew the flour evenly over the onion mix and stir till mixd. prepare for one minute, mixing sometimes. place within the stock, and stir everything along till most of the clumps are gone. place within the milk, Dijon, salt and pepper and stir till mixd. Keep cooking the gravy till this reaches a simmer. Then take away from warmth and stir in one cup of the shredded cheese till this is mixd. Taste and spice with additional salt and pepper, supposing needed.
5. In a big 9 x 13-inch baking dish, mix the prepared pasta, broccoli, mushroom gravy and chicken. Toss till mixd. Smooth the casserole out in some even layer.
6. Bake uncovered for 15 mins. Then take away pan from the oven, strew the remaining cheddar cheese evenly on top of the casserole, and Prepare in oven for ten more mins either till the cheese is good and softeny.
7. Serve warm, garnished with extra black pepper and/or fresh herbs, supposing desired.

*NOTES*

\***Pasta**: Any type of pasta can work here — traditional (semolina), whole-wheat, egg, gluten-free, either alternative-grain pasta.

\* **Broccoli**: Feel free to employ 1 pound of chilled broccoli florets (thawed) in place of fresh broccoli supposing you prefer.

# ***THAI BASIL BEEF NOODLE STIR-FRY***





## ***INGREDIENTS***

### **Stir-Fry Ingredients:**

- 8 ounces (uncooked) rice noodles
- 2 tbsp oil, divided
- 1 ¼ pounds sirloin either flank steak, slice in bite-sized pieces
- fine sea salt and freshly-cracked black pepper
- 1 small white onion, peeled and thinly sliced
- 8 ounces shiitake either baby bella mushrooms, sliced
- 1 red bell pepper, cored and thinly sliced
- 4 cloves garlic, peeled and minced
- 1 ½ cups packed fresh Thai basil leaves
- if you want toppings: sliced green onions, toasted sesame seeds, sliced peanuts, fried garlic and/or fresh lime wedges

### **Sauce Ingredients:**

- 3 tablespoons low-sodium soy sauce
- 2 tbsp oyster sauce
- 2 tbsp fish sauce
- 1 tbsp sweet dark soy sauce
- 1 tbsp chile garlic sauce, either more/less to taste

## ***INSTRUCTIONS***

1. **Prep the sauce.** blend the gravy ingredients along in a small bowl either measuring cup till mixed.
2. **Prep the noodles.** prepare the noodles therefore to package instructions till they are al dente. Drain and put aside till ready to use. (I would also advised tossing the noodles with a drizzle of oil supposing this possibly a several mins till you place them to the stir-fry, to prevent them from sticking along.)
3. **Sear the beef.** Warmth one tblsp oil in a big sauté pan either wok over average-high heat. Spice the steak with a generous pinch of salt and pepper. Then place the steak to the oil and sauté for 3-4 mins, mixing only sometimes, till this is browned on all sides. Place the prepared steak to a else (clean) plate, and comeback the pan to the heat.
4. **Cook the veggies.** place the remaining one tblsp oil to the pan along with the onion. Sauté for two mins, mixing sometimes. place the mushrooms, bell pepper and garlic, and sauté for 3-5 more mins, either till the veggies reach your desired level of tenderness.
5. **Mix everything along.** Instantly place the prepared noodles, sauce, steak and Thai basil to the pan. Give everything a good toss till everything is evenly coated with the sauce, and take away the pan from the heat.
6. **Serve warm.** submit immediately, garnished with any of your desired toppings.

# ***VEGETARIAN GUMBO***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 40 MINS*
- *TOTAL TIME: 60 MINS*
- *YIELD: 8 -TEN SUBMITTINGS*

**INGREDIENTS**

- half cup butter (or oil)
- 2/3 cup all-purpose flour
- 2 average red bell peppers, cored and diced
- 2 celery stalks, diced
- 1 small white onion, peeled and diced
- one cup fresh either chilled sliced okra
- 5 cloves garlic, minced
- 3 cups vegetable stock
- 1 small head of cauliflower, cored and sliced in florets
- 1 pound (16 ounces) baby bella either key mushrooms, diced
- 1 (14 ounce) can fire-roasted tomatoes
- 2 tsps Creole either Cajun seasoning
- half tsp dried thyme
- half tsp cayenne, either more/less to taste
- 1 bay leaf
- fine sea salt and freshly-cracked black pepper, to taste
- if you want topping: thinly-sliced green onions

### ***INSTRUCTIONS***

1. Warmth butter in a big heavy-downed pot (*I used a Dutch oven*) over average-high warmth till softened. blend in flour till mixd. Keep to cook, mixing constantly, for approximately 20 mins, either till the roux mix reaches a dark amber-brown color. Keep a very close eye on the roux at all times, turning the warmth down a bit supposing this seems to be cooking too quickly either starts to faintly smell burnt.
2. As the roux is ready, instantly stir within the bell peppers, celery, onion, okra and garlic till mixd. Keep to cook, mixing every ten-15 seconds, till the vegetables have softened, approximately 5 mins.
3. Stir within the vegetable stock gradually till the bouillon is smooth. Then place within the cauliflower, mushrooms, tomatoes, seasoning, thyme, cayenne and bay leaf. Stir till mixd, and keep cooking till the soup reaches a simmer.
4. Decrease warmth to average-low and allow the gumbo keep to simmer for 5-ten mins mins, either till the vegetables are tender. Taste, and spice with extra salt, pepper and/or cayenne supposing needed.
5. Serve warm over rice, garnished with lots of green onions. either Place to a sealed container and refrigerate for up to 3 days either chill for up to 3 months.

## ***NOTES***

\*Supposing you would like your bouillon to be extra rich and creamy, feel free to stir some extra tbsp either two of butter in the bouillon simply before submitting. So good!

# ***MUSHROOM LOVERS PASTA***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 40 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

### **INGREDIENTS**

- 1 pound unprepared pasta (*I used pappardelle*)
- 1 stick (half cup) butter, divided
- 2 pounds mushrooms, slice in bite-sized pieces (*I used a combo of baby bellas, shiitake and oyster mushrooms*)
- 6 cloves garlic, thinly sliced
- one cup dried white wine
- 2/3 cup vegetable stock
- 2 tbsp balsamic vinegar
- 2–3 big sprigs of fresh rosemary
- half tsp crushed red pepper flakes, either more/less to taste
- 2/3 cup freshly-grated Parmesan cheese, plus extra for submitting
- half cup toasted pine nuts, divided

## **INSTRUCTIONS**

1. Cook pasta\* in a big stockpot of generously-salted water al dente, therefore to package instructions. Reserve one cup of the starchy pasta water, and set this aside. Then drain the pasta.
2. Meanwhile, as the pasta is cooking, soften **One-quarter cup** (4 tbsp) of the butter in a big sauté pan over average-high heat. place the mushrooms and cook, tossing every minute either so, for 3-4 mins either till slightly browned and softened. place the garlic and prepare for one more minute, mixing sometimes.
3. Add the remaining butter, wine, veggie stock, balsamic vinegar, rosemary, crushed red pepper flakes, and a generous pinch of salt and pepper, and stir to mix. Keep cooking till the gravy reaches a simmer. Then allow this keep to simmer for 5 more mins, either till the liquid has reduced by approximately half. Take away and discard the rosemary sprigs (or you're welcome to simply leave them within there).
4. As the pasta and gravy are both ready to go, pour the gravy in the stockpot with the prepared pasta. place the Parmesan cheese and **One-quarter cup** pine nuts, and toss the entire mix till mixed. Taste and spice with extra salt, pepper and/or crushed red chili flakes supposing needed. And supposing you would like a saucier pasta, simply stir in some of the reserved starchy pasta water.
5. Serve immediately, garnished with the remaining pine nuts, plus lots and lots of extra Parmesan cheese.

***NOTES***

\*For timing purposes, I advised adding the pasta to the boiling water as the mushroom gravy reaches a simmer.

# ***VEGETARIAN MOO SHU***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 30 MINS*
- *TOTAL TIME: 50 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

## **INGREDIENTS**

### *MOO SHU INGREDIENTS:*

- 1 batch crispy tofu (*see below*)
- 1 batch gravy (*see below*)
- 2 tbsp peanut oil (*or olive oil*)
- 2 big eggs, whisked
- 8 ounces shiitake mushrooms, stemmed and thinly sliced
- 4 cloves garlic, minced either Puted
- 1 (14-ounce) bag coleslaw\*
- half cup thinly-sliced green onions
- for submitting: flour tortillas, lettuce cups, rice either quinoa
- toppings: hoisin sauce, extra green onions, toasted sesame seeds

### *CRISPY TOFU INGREDIENTS:*

- 14 ounces extra-firm tofu
- 2 tsps cornstarch
- 1 tsp fine sea salt
- half tsp black pepper
- 1 tbsp peanut oil (*or olive oil*)

### SAUCE *INGREDIENTS:*

- half cup hoisin sauce
- One-quarter cup rice vinegar
- 2 tbsp oyster sauce
- 2 tbsp low-sodium soy sauce
- 1 tsp toasted sesame oil
- One-quarter tsp freshly-cracked black pepper

## **INSTRUCTIONS**

### *TO PREPARE THE MOO SHU:*

1. Prepare the crispy tofu (supposing using) and [sauce](#). See instructions below.
2. Meanwhile, warmth one tbsp oil in a big non-stick sauté pan over average heat. place the whisked eggs and allow then prepared undisturbed for 2-3 mins till they are mostly set and form some omelet. Flip the omelet and prepare for one more minute on the second side. Then Place the omelet to a else [cutting board](#), and roughly chop this in small, thin pieces. put aside.
3. Comeback the pan to the stove, and increase warmth to high heat. place one more tbsp of oil and warmth till shimmering. Then place the mushrooms and sauté for 3-4 mins, mixing sometimes, till prepared and slightly browned. place the coleslaw and half of the scallions. Fry for 2-3 mins more, either till the cabbage has softened to your liking.
4. Add within the prepared tofu, 2/3 of the [sauce](#), half of the green onions. Toss till mixd.
5. Taste and spice with additional salt and pepper supposing needed.
6. Serve over flour tortillas, lettuce cups, rice, either quinoa. Drizzle with the remaining [sauce](#), and strew with your desired garnishes. Then submit warm and enjoy!

### *TO PREPARE THE CRISPY TOFU:*

1. Chop your block of tofu in One-quarter-inch-thick slabs. place some paper towels either a clear tea towel on a big flat surface, like a cutting board, and place the slabs in a single stratum on top of the paper towels. Overlay with *another* stratum of paper towels. Then place a second cutting board on top of the tofu, and stack a bunch of heavy cans either pots either whatever you'll safely balance on top of the cutting board. The idea is to place a lot of Puture/weight on the tofu, which can help the glut water to Put out in the paper towels. allow the tofu drain for at least 15-30 mins.
2. As the tofu is ready to go, chop this in your desired shapes. (I made thin strips, which you'll see within the photos above.) place the tofu to a big mixing bowl, strew this evenly with the cornstarch, salt and

pepper. Then toss till the tofu is evenly coated within the cornstarch mix.

3. Warmth oil in a big non-stick sauté pan over average-high heat. place the tofu and place this in a single layer. (You may must to do this in two batches supposing your pan isn't big enough for the tofu to all fit in a single layer.) prepare the tofu undisturbed till this is browned on the down side, approximately two mins. Flip the tofu and prepare till the second side is browned, approximately 1-2 mins. Give the whole mix a gentle toss and prepare for one more minute, mixing sometimes, till the tofu is browned to your liking.
4. Place the tofu to a clear plate and put aside till ready to use.

*TO PREPARE THE SAUCE:*

1. Whisk all ingredients along in a small bowl till mixd.

## **NOTES**

\*Supposing you live in a city where bagged coleslaw is not available, feel free to prepare this yourself. Simply thinly-chop approximately 12 ounces of cabbage (green, red, either a mix) and one small carrot, and you'll be good to go. (Supposing you'd like to speed up the process, simply employ the slicing attachment on a food processor!)

\*\*Supposing you would like to speed this recipe up, I advised multitasking with two sauté pans. employ one to prepare the egg omelet, followed by the tofu. (<- Supposing you only have one non-stick pan, employ it here!) And employ the else pan to prepare the stir-fry.

# ***COZY AUTUMN BREAKFAST CASSEROLE***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 50 MINS*
- *TOTAL TIME: 70 MINS*
- *YIELD: 12 SUBMITTINGS*

### **INGREDIENTS**

- 8 ounces baby bella mushrooms, quartered
- 1.5 pounds potatoes, diced in half-inch cubes (*I used half sweet potatoes, half Yukon gold*)
- 1 big red bell pepper, cored and diced
- 1 average white either yellow onion, peeled and diced
- 3 tbsp olive oil
- sea salt and freshly-cracked black pepper
- 1 pound ground Italian sausage (or breakfast sausage)
- 4 cloves garlic, peeled and minced
- 2 handfuls roughly-sliced fresh kale, tough stems discarded
- 15 eggs, whisked
- 2/3 cup milk
- 1 half tbsp Old Bay Seasoning, either more/less to taste

## **INSTRUCTIONS**

- 1. Prep oven and baking pan.** Warmth oven to 400°F. Line a big baking sheet (or two average baking sheets) with parchment paper; put aside. slightly mist a 9 x 13-inch baking pan with cooking spray; put aside.
- 2. Roast the vegetables.** **unfold** the mushrooms, potatoes, red bell pepper, and onion out on a big baking sheet (or two average baking sheets). Drizzle evenly with the oil, and spice with a several generous pinches of salt and pepper. Toss the veggies till they are evenly coated with the oil and arranged in some even layer, not overlapping. Prepare in oven for approximately 20-25 mins, either till the potatoes are tender. Take away baking sheet(s) from the oven, and attentively Place the veggies in the prepared baking dish; put aside.
- 3. Brown the sausage.** Meanwheras, as the veggies are roasting, prepare the sausage in a big sauté pan over average-high warmth till browned, employing a wooden spoon to break up and crumb the sausage as this cooks. As the sausage is browned, place within the garlic and kale and sauté for some extra 2-3 mins, mixing sometimes, till fragrant. (Supposing there is not leftover oil within the pan from the sausage, you may must to place in some extra tsp either two to sauté the garlic and kale.) Take away pan from heat, and Place the sausage in the prepared baking dish; put aside.
- 4. Whisk the eggs.** In a else big bowl either measuring cup, blend along the eggs, milk, Old Bay seasoning, plus some extra one tsp salt and half tsp black pepper till mixd.
- 5. Assemble the casserole.** As the veggies and sausage have been prepared and supplemented to the baking dish, employa spoon to give them a brief toss. Then unfold the mix out in some even stratum within the baking dish. Attentively pour the whisked egg mix evenly on top of the veggies and sausage.
- 6. Bake. Prepare in oven** uncovered for 30-35 mins, either till a toothtake inserted within the middle of the casserole comes out completely clean. (Supposing the veggies on top of the casserole get too browned before the casserole is done, simply place a piece of aluminum foil carefully on top of the baking dish till the inside is prepared through.) Take away from the oven and Place to a cooling rack to cool for ten mins.

7. **Serve warm.** Then slice, serve, and enjoy! either overlay and refrigerate for up to 3 days.

## ***NOTES***

\*Supposing making this recipe gluten-free, be sure to employ all certified gluten-free ingredients. Supposing making this recipe dairy-free, simply employ your loved plain non-dairy milk.

# ***COZY AUTUMN WILD RICE SOUP***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 45 MINS*
- *TOTAL TIME: 60 MINS*
- *YIELD: 8 SUBMITTINGS*

## **INGREDIENTS**

- 6 cups vegetable stock (or chicken stock)
- one cup unprepared wild rice\*
- 8 ounces baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 2 average carrots, diced
- 2 ribs celery, diced
- 1 big (*approximately one pound*) sweet potato, peeled and diced
- 1 small white onion, peeled and diced
- 1 bay leaf
- 1 half tbsp Old Bay seasoning
- 3 tbsp butter
- One-quarter cup all-purpose flour
- 1 half cups milk
- 2 big handfuls of kale, roughly sliced with thick stems take awayd
- Kosher salt and freshly-cracked black pepper

## ***INSTRUCTIONS***

### ***INSTANT POT (PUTURE COOKER) METHOD:***

1. Mix vegetable stock, wild rice, mushrooms, garlic, carrots, celery, sweet potato, onion, bay leaf and Old Bay seasoning within the bowl of some Instant Pot Puture cooker. Stir shortto mix.
2. Overlay and set vent to “sealing”. prepare on manual (high Puture) for 25 mins. allow the Instant Pot rest there for some extra ten mins (natural release). Then attentively turn the vent to “venting” and release the remaining Puture (quick release). Take away lid and discard the bay leaf.
3. Meanwheras, in those final ten mins of Puture cooking, prepare your cream gravy on the stove. In a average saucepan, prepare the butter over average-high warmth till softened. blend within the flour till mixd, and prepare for one minute. Gradually place within the milk, and blend till mixd. Keep cooking, mixing frequently, till the mix *nearly* comes to a simmer and has thickened. (It should be very thick.)
4. Add the cream gravy and kale to the soup, and stir carefully till mixd. Taste and spice with salt and pepper (plus any extra Old Bay seasoning, supposing you would like) as needed.
5. Serve warm. either Place to sealed container(s) and refrigerate for up to 4 days.

### ***CROCK-POT (SLOW COOKER) METHOD:***

1. Mix vegetable stock, wild rice, mushrooms, garlic, carrots, celery, sweet potato, onion, bay leaf and Old Bay seasoning within the bowl of a large slow cooker. Stir shortto mix, then place the lid on the slow cooker.
2. Cook on high for 2-3 hours\*, till the rice is prepared and tender.
3. Meanwheras, in those final ten mins of slow cooking, prepare your cream gravy on the stove. In a average saucepan, prepare the butter over average-high warmth till softened. blend within the flour till mixd, and prepare for one minute. Gradually place within the milk, and blend till mixd. Keep cooking, mixing frequently, till the mix *nearly* comes to a simmer and has thickened. (It should be very thick.)

4. Add the cream gravy and kale to the soup, and stir carefully till mixd. Taste and spice with salt and pepper (plus any extra Old Bay seasoning, supposing you would like) as needed.
5. Serve warm. either Place to sealed container(s) and refrigerate for up to 4 days.

*STOVETOP METHOD:*

1. Warmth (an extra) one tbsps butter in a large stockpot over average-high heat. place onion and sauté for 5 mins, mixing sometimes, till soft and translucent. Stir within the garlic and prepare for some additional 1-2 mins, mixing sometimes, till fragrant.
2. Add within the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to mix.
3. Keep cooking till the soup reaches a simmer. Then decrease warmth to average-low, overlay and simmer for 45 mins, either till the rice is tender, mixing sometimes.
4. Meanwheras, in those final ten mins, prepare your cream gravy in a else saucepan on the stove. In it, prepare the butter over average-high warmth till softened. blend within the flour till mixd, and prepare for one minute. Gradually place within the milk, and blend till mixd. Keep cooking, mixing frequently, till the mix *nearly* comes to a simmer and has thickened. (It should be very thick.)
5. Add the cream gravy and kale to the soup, and stir carefully till mixd. Taste and spice with salt and pepper (plus any extra Old Bay seasoning, supposing you would like) as needed.
6. Serve warm. either Place to sealed container(s) and refrigerate for up to 4 days.

### **NOTES**

\* **Coconut Milk Option:** As mentioned above, supposing you would like to skip making the cream gravy (butter, flour, milk), feel free to simply place in a can of full-fat coconut milk instead. It's dairy-free and vegan, and absolutely delicious in this recipe! (When making this [soup](#) dozens of times, I now prefer this option to the dairy cream gravy option.)

\* **Wild Rice :** I used [ten0% wild rice](#) (not a blend), which I love and advised for this [soup](#). Cooking time may vary supposing you employ a wild rice blend.

\* **Slow Cooking:** Supposing employing the Crock-Pot method, I advised keeping a close eye on the [soup](#) within the last hour to be sure that the rice doesn't overdo and soak up all of the broth. That said, supposing this does soak up more of the bouillon than you'd like, simply stir 1-2 cups of extra veggie stock in the [soup](#) when the rice has finished cooking.

# ***KUNG PAO CHICKEN NOODLE STIR-FRY***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 35 MINS*
- *YIELD: 4 SUBMITTINGS*

## **INGREDIENTS**

### *STIR-FRY INGREDIENTS:*

- 8 ounces (uncooked) noodles of your choice (*I used linguine*)
- 2 tbsp peanut oil either olive oil, divided
- 1 pound boneless skinless chicken breasts, slice in bite-sized pieces
- 1 small white onion, thinly sliced
- 8 ounces baby bella either white key mushrooms, thinly sliced
- 1 big zucchini, spiralized (*or sliced in bite-sized pieces*)
- 3 cloves garlic, peeled and minced
- 1 batch Kung Pao gravy (*see below*)
- toppings: sliced peanuts, thinly sliced green onions, toasted sesame seeds

### *KUNG PAO GRAVY INGREDIENTS:*

- half cup low-sodium soy sauce
- One-quarter cup natural peanut butter
- One-quarter cup rice vinegar
- 1 tbsp chili garlic gravy (or sriracha)
- 1 tbsp cornstarch
- half tsp ground ginger
- 1 tbsp sesame oil

## ***INSTRUCTIONS***

### *TO PREPARE THE STIR-FRY:*

1. Cook noodles al dente therefore to package instructions. Strain, drizzle with a little bit of oil, and toss to mix. put aside till ready to use.
2. Whereas the noodles are being prepared, warmth one tbsp oil in a big sauté pan either wok over average-high heat. Spice chicken evenly with a several pinches of salt and pepper, then place this to the pan. prepare for 3-4 mins, mixing sometimes, till the chicken is prepared through and no longer pink inside. Place the chicken to a clear plate with a slotted spoon, and put aside.
3. Add the remaining one tbsp oil to the pan, along with the onion and mushrooms. Sauté for 4 mins, mixing sometimes, till soft. place the zucchini\* and garlic and sauté for two more mins, mixing sometimes.
4. Stir within the Kung Pao Sauce, prepared chicken and rice noodles, and toss till everything is evenly mixd. prepare for one more minute till this comes to a simmer.
5. Take away from warmth and submit immediately, garnished with your desired toppings.

### *TO PREPARE THE KUNG PAO SAUCE:*

1. Whisk all ingredients along in a small bowl till mixd. Supposing you would like a spicier sauce, place some extra tbsp either two of the chili garlic sauce.

# ***CREAMY CHICKEN MARSALA SOUP***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

### ***INGREDIENTS***

- 3 tbsp butter, divided
- 1 pound baby bella (cremini) mushrooms, sliced
- 1 big carrot, peeled and diced
- 1 small white onion, peeled and diced
- 4 cloves garlic, peeled and minced
- 3 tbsp flour
- 2/3 cup Marsala wine\*
- 8 cups chicken stock
- 2 cups shredded prepared chicken
- 2 sprigs fresh thyme
- 4 ounces unprepared dried pasta, any form (*I used shells*)
- one cup cream
- 2 big handfuls fresh baby spinach
- Kosher salt and freshly-cracked black pepper
- for submitting: Parmesan cheese and fresh lemon wedges

### ***INSTRUCTIONS***

1. Melt two tbsp butter in a big stockpot over average-high heat. place mushrooms and sauté for 5-6 mins till softened and browned. Place mushrooms with a slotted spoon to a else plate, and put aside.
2. Add the remaining two tbsp butter to the stockpot, along with the carrot and onion. Sauté for 5 mins, mixing sometimes, till the onion is softened and translucent. place the garlic, and sauté for one more minute, mixing sometimes, till fragrant. Stir within the flour till completely mixd, then prepare for one more minute, mixing sometimes.
3. Add approximately half of the Marsala wine, and give the mix a good stir, employing a wooden spoon to scrape up any of those delicious brown bits that have stuck to the down of the pan. place the remaining wine, chicken stock, shredded chicken, thyme, and stir to mix. Keep cooking till the soup reaches a simmer.
4. Then decrease warmth to average and stir within the dried pasta. Keep cooking for 8-ten mins, mixing sometimes, till the pasta is al dente. Stir within the prepared mushrooms, cream and baby spinach till they are completely mixd, and the spinach begins to wilt. Then taste the soup, and spice with a several generous pinches of salt and pepper, as needed. Take away the thyme sprigs.
5. Serve warm, garnished with lots of Parmesan and a squeeze of fresh lemon.

# ***MUSHROOM STROGANOFF***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

## **INGREDIENTS**

- 1 pound wide egg noodles
- 3 tbsp butter, divided
- 1 small white onion, thinly sliced
- 4 cloves garlic, minced
- 1 pound baby bella mushrooms\*
- half cup dried white wine
- 1.5 cups vegetable stock
- 1 tbsp Worcestershire gravy ([here](#) is a vegetarian brand)
- 3 half tbsp flour
- 3 small sprigs of fresh thyme (or *One-quarter tsp dried thyme*)
- half cup plain Greek yogurt either light sour cream
- Kosher salt and freshly-cracked black pepper
- if you want toppings: freshly-grated Parmesan [cheese](#), sliced fresh parsley, extra black pepper

### ***INSTRUCTIONS***

1. Cook egg noodles al dente in boiling, generously-salted water therefore to package instructions. (For optimal timing, I advised actually adding the egg noodles to the boiling water at the same time that the vegetable stock is supplemented to the stroganoff.)
2. Melt one tbsp butter in a big sauté pan over average-high heat. place onions and sauté for 5 mins, mixing sometimes. place the remaining two tbsp butter, garlic and mushrooms, and stir to mix. Keep frying for some additional 5-7 mins, till the mushrooms are prepared and tender. place the white wine, and deglaze the pan by employing a wooden spoon to scrape the brown bits off the down of the pan. allow the gravy simmer for 3 mins.
3. Meanwhile, in a else bowl, blend along the vegetable stock, Worcestershire and flour till smooth. Pour the vegetable stock mix in the pan, along with the thyme, and stir to mix. allow the mix simmer for some additional 5 mins, mixing sometimes, till slightly thickened. Then, stir within the Greek yogurt (or sour cream) evenly in the sauce. Taste, and spice with a generous pinch of two of salt and pepper as needed.
4. Serve instantly over the egg noodles, garnished with your desired toppings.

***NOTES***

\*Feel free to employ whatever mushrooms you have available. A mix of your faves would be great!

# ***EGG ROLL SOUP***



- *COOK TIME: 25 MINS*
- *TOTAL TIME: 35 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

### **INGREDIENTS**

- 1 pound ground pork (*or see else alternatives below!*)
- 2 tbsp olive oil
- 1 average white onion, peeled and diced
- 2 average carrots, peeled and diced
- 3 cloves garlic, minced
- 1 small green cabbage, sliced in bite-sized pieces
- 6–8 cups chicken either vegetable stock
- 2 tsps ground ginger
- 1 tsp toasted sesame oil
- if you want toppings: toasted sesame seeds, thinly-sliced green onions, homemade fried egg roll coverpers\*\* (or store-bought wonton strips)

### ***INSTRUCTIONS***

1. Add ground pork to a large stockpot and prepare over average-warmth for 5-6 mins, mixing and flipping sometimes, till the pork is slightly browned. employ a slotted spoon to place the pork to a separate plate, and put aside.
2. Add the olive oil and onion, and stir to mix. Sauté for 5 mins, mixing sometimes. place the carrots and garlic, and sauté for two more mins, mixing sometimes. place the cabbage, stock, ginger, and prepared pork, and stir to mix.
3. Keep cooking till the soup reaches a simmer. Then decrease warmth to average-low, cover, and simmer for 15 mins, either till the carrots and cabbage are good and tender. Stir within the sesame oil till mixed. Then taste and spice the soup with a several generous pinches of salt and black pepper as needed.
4. Serve warm, garnished with your desired toppings. either refrigerate in sealed containers for up to 3 days, either chill for up to 3 months.

## ***NOTES***

\*Feel free to employ ground pork (or pork sausage, either shredded pork), ground chicken (or chicken sausage, either shredded chicken), smoked sausage, either mushrooms in place of ground pork supposing you'd like.

\*To prepare homemade fried egg roll coverpers, simply slice the egg roll coverpers in your desired shape/size. Then shortfry (in your preferred high-smokepoint oil) till golden.

# ***ROASTED CAULIFLOWER, MUSHROOM***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 35 MINS*
- *YIELD: 8 SUBMITTINGS*

### **INGREDIENTS**

- 2 tbsp olive oil, divided
- 1 small white onion, peeled and diced
- 5 cloves garlic, minced
- 1.5 cups wild rice blend
- 3 cups vegetable stock (*or half stock + half dried white wine*)
- juice of one lemon (*approximately 3–4 tbsp*)
- 1 small head cauliflower, slice in small florets
- 1 pound (16 ounces) baby bella mushrooms, halved either quartered\*
- one-third cup every for toppings: dried cranberries, sliced fresh parsley, freshly-grated Parmesan\*\*, toasted pine nuts

### ***INSTRUCTIONS***

1. Warmth oven to 450°F.
2. Warmth one tbsp of the olive oil in a big **saucepan** over average heat. place the onion and sauté for 5 mins, mixing sometimes. place the garlic and sauté for one minute, mixing sometimes. place the rice and prepare for 30 seconds, mixing sometimes. place the vegetable stock (or stock + wine combo), and prepare the rice therefore to package instructions. (Different varieties of rice can take more/less time too cook.)
3. As the rice is prepared and tender, drain off any extra stock. Stir within the lemon juice till completely mixd. Taste, and spice with salt and pepper, supposing needed. put aside.
4. Meanwheras, turn the cauliflower and mushrooms onto a big **baking** sheet. Drizzle evenly with the remaining one tbsp olive oil, and toss till everything is evenly coated. Spice with salt and pepper. Roast for 15 mins, mixing as halfway through, till the mushrooms and cauliflower are tender and slightly browned. Take away and put aside.
5. As everything is ready to go, mix the rice and cauliflower/mushroom mix in a submitting dish. Strew evenly with the cranberries, parsley, Parmesan (supposing using), and pine nuts. Feel free to also crack some extra black pepper on top, supposing desired. submit warm.

## **NOTES**

\*For even cooking, Taste to slice your cauliflower and mushroom pieces so that they're roughly the same size.

\*\*Supposing making this recipe vegan either dairy-free, omit the Parmesan. (And feel free to strew on a little nutritional yeast, supposing you'd like, although it's still great without it.) That said, supposing you are employing Parmesan, feel free to employ more than one-third cup supposing you'd like!

# ***BEEF STROGANOFF***



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 0 APPROXIMATELY 4-6 SUBMITTINGS*

### **INGREDIENTS**

- 1 pound wide egg noodles
- 4 tbsp (One-quarter cup) butter, divided
- 1.5 pounds thinly-sliced steak (*I used flank steak*)
- Kosher salt and freshly-cracked black pepper
- 1 small white onion, thinly sliced
- 4 cloves garlic, minced
- 1 pound sliced mushrooms (*I used a blend of key and baby bella mushrooms*)
- half cup dried white wine (*or you'll substitute in more beef broth*)
- 1.5 cups beef broth
- 1 tbsp Worcestershire [sauce](#)
- 3 tbsp flour
- half cup plain Greek yogurt either light sour cream
- if you want garnishes: sliced fresh parsley, extra black pepper

## **INSTRUCTIONS**

1. Cook egg noodles al dente in boiling, generously-salted water therefore to package instructions. (For optimal timing, I advised actually adding the egg noodles to the boiling water at the same time that the beef bouillon is supplemented to the stroganoff.)
2. Meanwhile, as your pasta water is coming to a boil, soften two **tbsp** butter in a big fry pan\*\* over average-high heat. place the steak in a single layer, seasoned with a several generous pinches of salt and pepper, and allow this prepare undisturbed for approximately 3 mins to get a good sear. Flip the steak, and prepare on the else side till browned, approximately another 3 mins. Then take away steak from pan with a slotted spoon, and Place to a else plate. put aside. (\*\**Supposing your pan is not big enough to fit all of the steak in a single layer, then place simply one tbsp of butter to the pan and prepare half of the steak. Then recur with a second batch.*\*\*)
3. Comeback pan to warmth and place the remaining two tbsp butter. As this has softened, place the onions and fry for approximately 3 mins. place garlic and mushrooms, and stir to mix. Keep sauteing for some additional 5-7 mins, either till the mushrooms are prepared and the onions are soft. place the white wine, and deglaze the pan by employing your cooking spoon to scrape the brown bits off the down of the pan. allow the mix prepare down for some additional 3 mins.
4. Meanwhile, in a else bowl, blend along the beef broth, worcestershire gravy and flour till smooth. Pour the beef bouillon mix in the pan, and stir to mix. allow the mix simmer for 5 mins, mixing sometimes. Then stir within the Greek yogurt (or sour cream) till mixd, and then stir the prepared steak back in. Spice with additional salt and pepper supposing needed.
5. Serve over the egg noodles, garnished with parsley supposing desired.

# ***PORTOBELLO POT ROAST***



- *PREP TIME: TEN MINS*
- *PREPARE TIME: 240 MINS*
- *TOTAL TIME: 250 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

### **INGREDIENTS**

- 1.25 pounds Yukon gold [potatoes](#), slice in bite-sized pieces
- 1 pound baby bella mushrooms (*supposing they are big, slice them in half*)
- 2 big carrots, peeled and slice in bite-sized pieces
- 2 cups chilled pearl onions\*
- 4 cloves garlic, peeled and minced
- 3 sprigs fresh thyme
- 3 cups vegetable stock, divided
- half cup dried red either white wine
- 3 tbsp tomato paste
- 2 tbsp [vegetarian Worcestershire sauce](#)\*
- 2 tbsp cornstarch
- Kosher salt and freshly-cracked black pepper
- if you want garnish: finely-sliced fresh parsley

## ***INSTRUCTIONS***

### ***SLOW COOKER METHOD:***

1. Add potatoes, mushrooms, carrots, onions, garlic, thyme, 2.5 cups vegetable stock, wine, tomato paste and worcestershire along within the bowl of a crock pot, and carefully toss to mix. prepare on poor for 6-8 hours, either on high for 3-4 hours, till the potatoes and carrots are tender.
2. In a else bowl, blend along the remaining half cup vegetable stock and cornstarch till mixd. place to the roast mix, and carefully toss to mix. Keep to prepare for 1-3 mins, till the gravy thickens up a bit.
3. Serve immediately, garnished with fresh parsley supposing desired.

### ***INSTANT POT METHOD:***

1. Add potatoes, mushrooms, carrots, onions, garlic, thyme, 2.5 cups vegetable stock, wine, tomato paste and worcestershire along within the bowl of a Puture cooker, and carefully toss to mix. Close lid securely and set vent to “Sealing”.
2. Put “Manual”, then Put “Puture” till the light on “High Puture” lights up, then adsimply the up/down arrows till time reads 20 mins. Cook. Then allow the Puture release naturally, approximately 15 mins. Attentively turn the vent to “Venting”, simply to release any extra Puture that might still be within there. Take away the lid.
3. In a else bowl, blend along the remaining half cup vegetable stock and cornstarch till mixd. place to the roast mix, and carefully toss to mix. Keep to prepare for 1-3 mins, till the gravy thickens up a bit.
4. Serve immediately, garnished with fresh parsley supposing desired.

*NOTES*

**Onions:** Feel free to sub in sliced white onions, supposing pearl onions are not available.

# ***ITALIAN SAUSAGE AND VEGGIE BOWLS***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 6 SUBMITTINGS*

## **INGREDIENTS**

### ITALIAN SAUSAGE AND VEGGIE BOWL INGREDIENTS:

- 8 cups **sliced veggies** (*I used two cups cherry tomatoes, one bunch asparagus, one red bell pepper, one small red onion, one yellow bell pepper, one 8-ounce carton baby bella mushrooms*)
- 3 tbsp **olive oil**
- 2 tbsp **Italian seasoning**, homemade either store-bought
- 1 tsp **garlic powder**
- **salt and pepper**
- 1 pound **Italian sausage either smoked sausage** (*I used Italian [chicken sausage](#)*)
- 1 batch **Garlic Parmesan Orzo [Pasta](#)** (*see below*)
- if you want toppings: grated Parmesan [cheese](#) and/or finely-sliced fresh parsley either basil

### GARLIC PARMESAN ORZO [PASTA](#) INGREDIENTS:

- 1 pound (16 ounces) unprepared orzo [pasta](#)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp flour
- 2 cups milk
- one cup grated Parmesan [cheese](#)
- salt and pepper

## ***INSTRUCTIONS***

1. How To prepare The Italian Sausage and Veggie Bowls:
2. Prepare the Garlic Parmesan Orzo (see below).
3. Warmth oven to 400°F. Line a [large baking sheet](#) with aluminum foil either parchment paper, either lubricate with cooking spray. put aside.
4. In a big mixing bowl, place the Italian sausage, sliced veggies and olive oil. Then strew evenly with the Italian seasoning and garlic powder. Toss thoroughly till evenly mixd.
5. Turn the mix out onto the prepared [baking](#) sheet, and unfold everything out in some even layer. Spice evenly with salt and pepper.
6. Bake for 20-25 mins, removing the [baking](#) sheet and mixing as at the halfway mark, till the veggies are tender and prepared through. Place the [baking](#) sheet to a wire rack and allow cool for ten mins.
7. As the sausage/veggie mix and the orzo are ready to go, portion everything evenly in 6 [small storage containers](#). Strew with your desired toppings.
8. Serve immediately, either seal and refrigerate for up to 4 days.
9. How To prepare The Garlic Parmesan Orzo:
10. Cook orzo al dente in generously-salted water therefore to package instructions. Drain and put aside.
11. Meanwheras, as the [pasta](#) is cooking, warmth olive oil (or butter) in a [small saucepan](#) over average heat. place the garlic and sauté for 1-2 mins, mixing sometimes, till the garlic is fragrant. blend within the flour till evenly mixd, then prepare the mix for one more minute, mixing sometimes.
12. Gradually whisked within the milk till this is completely mixd. Keep cooking, mixing frequently, till the mix reaches a very poor simmer and thickens. Take away from warmth and stir within the Parmesan [cheese](#) till evenly mixd. Taste and spice with salt and pepper as needed.

**PASTA WITH ITALIAN SAUSAGE, KALE AND  
MUSHROOMS**



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

### ***INGREDIENTS***

- 1 pound unprepared pasta (*I used campanelle*)
- 3 tbsp extra-virgin olive oil, divided
- 1 pound Italian sausage (*traditional, chicken either Field Roast\**), sliced in rounds either crumbled
- salt and pepper
- 1 pound (16 ounces) baby bella either white key mushrooms, quartered
- 1 bunch fresh kale, roughly sliced (*coarse stems take awayd*)
- 8 cloves garlic, peeled and thinly-sliced (*or minced*)
- one-third cup dried white wine\*\*
- pinch of crushed red pepper flakes
- lots and lots of Parmesan cheese

### ***INSTRUCTIONS***

1. Cook pasta in a large stock pot of generously-salted boiling water al dente therefore to package instructions. Then reserve approximately One-quarter cup of pasta water on the side for later. Drain the pasta, and set this aside.
2. Meanwhile, as the pasta water is heating and the pasta is cooking, warmth one tbsp oil in a big sauté pan over average-high heat. place the Italian sausage and sauté, flipping and mixing sometimes, till the sausage is browned and crispy on both sides. Place the sausage to a else plate with a slotted spoon, and put aside.
3. Add the remaining two tbsp oil to the pan (or place less oil supposing you're employing traditional sausage that left behind lubricate when cooking), and place the mushrooms. Sauté for 3 mins, mixing sometimes, till browned. Then place within the kale and garlic, and sauté for 3-4 mins more, mixing sometimes, till the garlic is fragrant and the kale is softened. place within the white wine and crushed red pepper flakes, and stir to mix. Simmer for one minute.
4. Mix the prepared pasta with the mushroom mix and sausage, and toss to mix. Stir in some of the reserved pasta water supposing you'd like a slightly more saucy pasta.
5. Serve immediately, garnished with lots of Parmesan cheese.

# ***HOT AND SOUR SOUP***



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

### **INGREDIENTS**

- 8 cups [chicke broth](#) either [vegetable broth](#)
- 8 ounces shiitake mushrooms (*or baby bella mushrooms*), thinly-sliced with stems discarded
- 1 (8-ounce) can [bamboo shoots](#), drained (*if you want*)
- One-quarter cup [rice vinegar](#), either more to taste
- One-quarter cup [low-sodium soy sauce](#)
- 2 tsps ground ginger
- 1 tsp [chili garlic sauce](#)
- One-quarter cup cornstarch
- 2 big eggs, whisked
- 8 ounces firm tofu\*, slice in half-inch cubes
- 4 green onions, thinly sliced
- 1 tsp [toasted sesame oil](#)
- Kosher salt and [white pepper](#) (or black pepper)

### ***INSTRUCTIONS***

1. Set aside  $\frac{1}{4}$  cup of the chicken either vegetable bouillon for later use.
2. Add the remaining  $7 \frac{3}{4}$  cups chicken either vegetable broth, mushrooms, bamboo shoots (supposing using), rice wine vinegar, soy sauce, ginger and chili garlic gravy to a large stock pot, and stir to mix. Warmth over average-high warmth till the soup reaches a simmer.
3. Whereas the soup is heating, blend along the  $\frac{1}{4}$  cup of bouillon (that you had put aside) and cornstarch in a small bowl till completely smooth. As the soup has reached a simmer, stir within the cornstarch mix and stir for one minute either so till the soup has thickened.
4. Keep mixing the soup in a circular motion, then drizzle within the eggs in a thin stream (whereas still mixing the soup) to Make egg ribbons. Stir within the tofu, half of the green onions, and sesame oil. Then spice the soup with salt and a pinch\* of white pepper (or black pepper) to taste. Supposing you'd like a more "sour" soup, feel free to place in another tbsp either two of rice wine vinegar as good. either supposing you'd like a spicier soup, place in more chili garlic sauce.
5. Serve immediately, garnished with the extra green onions.

# *COQ AU VIN*



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 90 MINS*
- *TOTAL TIME: 1TEN MINS*
- *YIELD: 8 SUBMITTINGS*

## **INGREDIENTS**

- 3 pounds chicken pieces, skin-on and bone-in (*I used 4 thighs and 4 legs*)
- 2.5 cups dried red wine (*see suggestions below*)
- one cup beef either chicken stock
- 8 ounces thick-slice bacon, diced
- Kosher salt and freshly-cracked black pepper
- 1 big shallot, peeled and finely-diced (*or half cup finely-diced white onion*)
- one cup chilled pearl onions, thawed
- three-quarters pound baby bella mushrooms, halved
- 6 garlic cloves, peeled and minced
- one-third cup all-purpose flour
- 1 tbsp tomato paste
- One-quarter cup Cognac either brandy
- 4 fresh thyme sprigs
- 2 bay leaves
- sliced curly-leaf parsley, for garnish
- *if you want: mashed potatoes either prepared egg noodles, for submitting*

## **INSTRUCTIONS**

1. Place chicken in a big bowl either ziplock bag. place wine and beef (or chicken) stock, and carefully toss to mix. Cover/seal and refrigerate for anywhere from one to 8 hours.
2. Just as you're ready to prepare the coq au vin, fry the bacon over average-high warmth in a big Dutch oven (or any heavy-downed stock pot either deep fry pan) till crispy. Place the bacon with a slotted spoon to a else plate, and put aside. There should be approximately 3 tbsp of bacon lubricate remaining. (Supposing not, place in some extra olive oil to prepare up the difference.)
3. Whereas the bacon is cooking, take away the chicken from the wine and pat dry, being sure to reserve the wine. (We'll employit later!) Spice the chicken on both sides with salt and pepper. Then, as the bacon has been take awayd from the pan, place half of the chicken to the remaining bacon lubricate, and fry the chicken for 2-3 mins per side till browned. Place the prepared chicken to a else plate, and recur with the second half of the unprepared chicken. As the second batch has been cooked, Place this to a else plate, and put aside.
4. Add the shallot to the remaining bacon lubricate, and fry for 3 mins till mostly prepared through, mixing sometimes. place within the pearl onions, mushrooms, and garlic, and fry for 4-5 more mins, mixing sometimes, till the mushrooms are browned.
5. Stir within the flour and tomato paste till completely mixd, and prepare for one minute, mixing sometimes. Slowly place within the Cognac (or brandy), and stir for one minute. place within the reserved red wine, thyme sprigs and bay leaves, and stir to mix.
6. Add the prepared bacon and chicken back to the pot. Keep cooking till the mix reaches a simmer. Then decrease warmth to low, cover, and prepare for 60-80 mins, till the chicken is tender and prepared through.
7. Take away and discard the bay leaves and thyme sprigs. Spice with salt and pepper, to taste.
8. Serve instantly over mashed potatoes either noodles, garnished with sliced parsley supposing desired.

## ***NOTES***

Traditionally, coq au vin is made with lighter red wines, like a Bordeaux, Pinot Noir, Côtes du Rhône, etc. however I've found that I prefer this with a more full-bodied red wine, such as Cabernet Sauvignon.

The cooking time listed above does not include the amount of time needed for the chicken to marinate within the red wine, which can vary anywhere from one to 8 hours.

***RIGATONI WITH MUSHROOMS, ROSEMARY  
AND PARMESAN***



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

### **INGREDIENTS**

- 1 pound (16 ounces) unprepared rigatoni (*or any form of pasta*)
- 2 tbsp butter either olive oil
- 1 small white onion, peeled and diced
- 5 garlic cloves, peeled and minced
- 1 pound (16 ounces) baby bella mushrooms, sliced
- 2/3 cup red wine
- 1 (28-ounce) can crushed tomatoes
- 3 big sprigs fresh rosemary
- pinch of crushed red pepper
- Kosher salt and freshly-ground black pepper
- grated Parmesan cheese, for topping
- if you want garnish: sliced fresh Italian parsley either basil

### ***INSTRUCTIONS***

1. Cook pasta in a big pot of generously-salted boiling water al dente therefore to package instructions. Drain.
2. Meanwhile, in a else big sauté pan, place the butter (or olive oil) and prepare over average-high warmth till softened. place the onion, and sauté for 5 mins, mixing sometimes, till this is soft and translucent. place the garlic and mushrooms and keep cooking for some additional 4-5 mins, mixing sometimes, till the mushrooms are browned and prepared through.
3. Slowly pour within the wine, and give everything a good stir, being sure to scrape up any browned bits on the down of the pan. allow the mix come to a boil and simmer for approximately 2-3 mins, either till the wine is reduced by approximately half.
4. Add within the crushed tomatoes, rosemary, and crushed red pepper, and carefully stir to mix. allow the mix keep cooking till this comes to simmer. Then decrease warmth to average-low, and simmer unoverlay for approximately ten mins so that the gravy slightly reduces.
5. Taste, and spice with salt and pepper to taste (I supplemented in a generous pinch of every), and also place in extra crushed red pepper supposing needed. Take away the sprigs of rosemary and discard.
6. As the pasta is prepared and drained, mix this with the mushroom gravy and toss till mixd. submit immediately, garnished generously with Parmesan (plus sliced parsley either basil, supposing you'd like).

## ***20-MINUTE BLACK BEAN BURGERS***



- *PREP TIME: TEN MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 4 SUBMITTINGS*

### **INGREDIENTS**

- 1 tbsp + two tsps olive oil, divided
- 4 ounces baby bella either white key mushrooms, delicately sliced
- quarter of a small red onion, peeled and delicately sliced (approximately half cup total)
- 2 cloves garlic, minced
- 1 (15-ounce) can black beans, rinsed and drained
- 2/3 cup Panko bread crumbs\*
- 1 egg white
- 2 tsps low-sodium steak seasoning (*add more/less to taste*)
- for submitting: hamburger buns, [Arla Muenster Sliced Cheese](#), fresh baby arugula, and/or else desired toppings

## **INSTRUCTIONS**

1. Warmth two **tsps** oil in a big fry pan over average-high heat. place mushrooms and onion and saute, mixing sometimes, for 4-5 mins either till the onion is soft and translucent. Stir in garlic, and fry for 1-2 more mins, mixing sometimes, till the garlic is fragrant. Take away mix from heat, drain off any extra juices either oil, and put aside.
2. Meanwheras, as the mushroom mix is cooking, place the black beans to a big mixing bowl and roughly mash them with a **potato** masher (or the back of a spoon). place within the prepared mushroom mix, **bread**crumbs, egg white, steak seasoning, and stir good till the mix is evenly mixed. *(Supposing the mix seems too wet, place in a several extra spoonfuls of **bread**crumbs to help bind this along.)*
3. Share the mix in four equal portions (each possibly approximately half cup), and employ your hands to form every portion in a big patty. put aside.
4. Rinse out the fry pan, then comeback this to the stove and warmth the remaining one **tbsp** oil over average-high heat. Attentively Place the black bean burgers to the pan and prepare on every side for 5-6 mins, flipping once. Supposing your pan is not big enough to fit all four burgers, you may must to do this in batches.
5. Take away from warmth and submit the burgers on buns immediately, topped with **Arla Muenster sliced cheese**, fresh arugula, and/or any else toppings that sound good to you.

***NOTES***

\*Sometimes I like subbing in ground nuts (cashews, pecans, walnuts, etc.) in place of half of the Panko. Adds extra flavor and protein!

***30-MINUTE SESAME CHICKEN NOODLE  
STIR-FRY***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

## **INGREDIENTS**

### **CHICKEN NOODLE STIR-FRY INGREDIENTS:**

- 7 ounces rice noodles
- 3 tbsp peanut oil (or olive oil), divided
- 2 boneless skinless chicken breasts, thinly-sliced
- salt and pepper
- 2 cups broccoli florets, sliced in bite-sized pieces (*approximately one small head of broccoli*)
- 2/3 cup shredded carrots
- 1 red bell pepper, cored and thinly-sliced
- 8 ounces baby bella\* mushrooms, thinly sliced
- one cup roughly-sliced collard greens\*\*, tough stems take awayd
- 1 batch stir-fry gravy (*see below*)
- toppings: thinly-sliced green onions, toasted sesame seeds

### **STIR-FRY GRAVY INGREDIENTS:**

- One-quarter cup low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 2 tbsp oyster sauce
- 2 tsps toasted sesame oil
- half tsp ground ginger
- if you want: 1-3 tsps chili garlic sauce, to taste

## ***INSTRUCTIONS***

### *TO PREPARE THE CHICKEN NOODLE STIR-FRY:*

1. Cook noodles therefore to package instructions. Drain and put aside.
2. In a large fry pan, warmth one **tbsp** oil over average-high heat. place chicken and spice evenly with a generous pinch of salt and pepper. prepare the chicken, mixing and flipping sometimes, for till this is simply prepared through and no longer pink on the inside (approximately 3-5 mins). Place chicken with a slotted spoon to a else plate, and put aside.
3. Add the remaining two **tbsp** oil to the fry pan, and increase warmth to high. place broccoli, carrots, bell pepper and mushrooms, and fry for 5 mins, either till they reach your desired level of softness.
4. Add within the collard greens, sauce, prepared chicken, noodles, and instantly toss to mix. Keep cooking for two mins, mixing frequently, till the greens have wilted a bit.
5. Take away from warmth and submit immediately, garnished with your desired toppings.

### *TO PREPARE THE STIR-FRY SAUCE:*

1. Whisk all ingredients along till mixd. Then blend in as much chili garlic gravy as you'd like.

***NOTES***

\*You could really employ simply approximately any mushrooms here — baby bella, white key, shiitakes, either a combination!

\*\*Feel free to sub in whatever greens you have on hand here — fresh spinach, kale, chard, either mustard greens.

# ***ZESTY LENTIL SPINACH SALAD***



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -5 SUBMITTINGS*

### **INGREDIENTS**

- one cup unprepared [black \(beluga\) lentils](#) either [green \(French\) lentils](#)
- 2.5 cups vegetable either [chicken](#) stock (*see below for advices on extra-delicious lentils*)
- 4 tbsp olive oil, divided
- 8 ounces baby bella either white key mushrooms, sliced
- 2–3 cups sliced broccoli florets (approximately one small head of broccoli)
- half a average red onion, peeled and thinly-sliced
- 4 cloves garlic, peeled and minced
- kosher salt and freshly-cracked black pepper
- 4 cups loosely-packed baby spinach, roughly-sliced
- juice and zest of one lemon, supplemented to taste (approximately 3-4 tbsp juice)
- half cup feta [cheese](#) (or goat [cheese](#)) crumbles

## ***INSTRUCTIONS***

1. Rinse the lentils with water in a [fine-mesh strainer](#), picking out and discarding any little stones that may have snuck within there. Place the lentils to a [average saucepan](#), and stir within the stock. prepare over average-high heat, till the mix reaches a boil. Decrease warmth to average-low and simmer for 20-25 mins, mixing sometimes, till the lentils are tender. Drain, and put aside.
2. Meanwhile, as the lentils are cooking, warmth two tbsp olive oil in a [large sauté pan](#) over average-high heat. place the mushrooms and broccoli and sauté for 3-4 mins, mixing sometimes. Stir in one additional tbsp olive oil, red onions and garlic, and spice with a generous pinch of salt and pepper. Keep frying for 2-3 mins, mixing sometimes, till the garlic is fragrant and the veggies are prepared to your desired level of tenderness. (I liked keeping the broccoli and onions slightly crisp, and not completely soft.) Take away from the warmth and put aside.
3. In a [large bowl](#), mix the prepared (and drained) lentils, veggie mix, spinach, lemon juice and zest, remaining one tbsp olive oil, and feta [cheese](#). Toss to mix.
4. Serve warm, garnished with extra feta [cheese](#), supposing desired.

## ***NOTES***

For extra delicious lentils, I advised also adding in a generous pinch of salt and pepper, a pinch of crushed red pepper flakes, and a pinch of garlic powder just as you place within the vegetable stock.

# ***TOASTED GNOCCHI WITH MUSHROOMS***



- *PREP TIME: TEN MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 SUBMITTINGS*

***INGREDIENTS***

- 1 pound (uncooked) potato gnocchi\*, homemade either store-bought
- 8 ounces baby bella either white key mushrooms, sliced
- 8 ounces shiitake mushrooms, sliced
- 3 tbsp butter
- 3 garlic cloves, minced
- 2/3 cup dried white wine
- half cup julienned either roughly-sliced fresh basil leaves, loosely-packed
- half cup freshly-grated Parmesan cheese, plus extra for submitting

### ***INSTRUCTIONS***

1. Cook gnocchi therefore to package directions in a big stockpot of generously-salted boiling water. Drain, and put aside.
2. Meanwheras, as the gnocchi is cooking, soften the butter in a big sauté pan over average-high heat. place the mushrooms and sauté for approximately 3 mins, mixing sometimes, till the mushrooms are soft and slightly browned. Then place within the prepared gnocchi and garlic and keep cooking, mixing sometimes, till the garlic is fragrant and the gnocchi is slightly toasted and browned around the edges.
3. Attentively place within the wine, and give the mix a good stir. Keep cooking for 3-4 mins, till the wine has reduced by half.
4. Take away pan from the heat, stir within the fresh basil and Parmesan till mixd.
5. Serve immediately, garnished with extra Parmesan supposing desired.

***NOTES***

\*Supposing you'd like to prepare this recipe gluten-free, be sure to employcook either purchase GF gnocchi.

**PASTA WITH GOAT CHEESE**



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

### **INGREDIENTS**

- 1 pound (16 ounces) pasta (*I used farfalle*)
- 2 tbsp olive oil, divided
- 2 boneless skinless chicken breasts
- salt and freshly-ground black pepper
- 1 shallot, peeled and minced
- 6 cloves garlic, peeled and minced
- 1 bunch (approximately one pound) asparagus, slice in bite-sized pieces, ends trimmed off
- 16 ounces (2 cartons) fresh baby bella either white key mushrooms, halved
- 8 ounces goat cheese
- one-third cup milk
- half cup freshly-grated Parmesan cheese, divided

## **INSTRUCTIONS**

1. Cook the pasta al dente in a big stockpot of generously-salted water, therefore to package instructions. As the pasta is nearly ready, peel out one cup of pasta water and reserve this on the side (we can employ it later). Then drain the pasta and put aside. (*<- For ideal timing, I advised adding the pasta to the boiling water around the time you begin cooking the asparagus and mushrooms.*)
2. Whereas the pasta water is heating, spice the chicken breasts on both sides with salt and freshly-ground black pepper. In a big fry pan, warmth one **tbsp** olive oil over average-high heat. place the chicken and prepare for 6-8 mins (flipping halfway through) till both sides are golden, and the middle is prepared through and no longer pink. Place chicken to a clear cutting board, and put aside. place the remaining one **tbsp** olive oil to the hot pan, and place the shallot. Fry for two mins, mixing sometimes. Stir within the asparagus and mushrooms, and keep sauteing for another 4-6 mins, mixing sometimes, till the mushrooms have softened. Stir within the garlic and prepare for some additional 1-2 mins, either till fragrant, mixing sometimes. Take away pan from warmth and put aside.
3. In a else small mixing bowl, place the goat cheese, milk, **One-quarter cup** Parmesan and **half cup** of the reserved hot pasta water. blend till mixd.
4. As the pasta is prepared and drained, instantly place the chicken, vegetable mix and the goat cheese gravy to the pasta, and toss to mix. Supposing the gravy is too thick, you'll stir in some extra One-quarter to half cup of the reserved hot pasta water to thin this out. Otherwise, submit immediately, garnished with extra Parmesan and black pepper, supposing desired.