

Soups

Corn Chowder

This soup is a favourite for lunch, dinner, or anytime! If you have any leftover vegetables or leftover cooked meat, just add them to the soup too!

Basic Shelf+ Servings

Cream style corn 6 (each serving is 1 cup/250 mL)

1 tbsp	margarine	15 mL
1	onion, chopped	1
1½ cups	diced, raw potatoes	375 mL
2 cups	Homemade Chicken Stock*	500 mL
1½ cups	milk**	375 mL
1	can (19 oz/540 mL) cream style corn	1
	salt and pepper	

* See recipe on page 23 or use store bought broth or bouillon cubes.

** Use fluid milk or make enough milk from skim milk powder.

1. Turn on stove to medium heat. Melt margarine in a large pot. Add chopped onion and cook until soft, about 5 to 7 minutes.
2. Add diced potatoes and Homemade Chicken Stock to the pot. Heat to boiling. Turn down the heat, cover and simmer until potatoes are almost tender, about 20 minutes.
3. Add milk and corn. Cook and stir mixture constantly over medium-low heat for about 4 to 5 minutes.
4. Add salt and pepper to taste.

Nutrition information per serving

- Excellent source of: folate
- Good source of: niacin, vitamin D
- A source of fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Homestyle Tomato Sauce with Herbs

You can double this recipe. Store extra sauce in the refrigerator for up to one week, or in the freezer for up to six months.

**Basic Shelf +
Yield**

**Nothing to add
about 4 cups (1 L)**

1 tbsp	vegetable oil	15 mL
1	chopped onion	1
1	can (28 oz/796 mL) tomatoes	1
3 tbsp	tomato paste	45 mL
2 tsp	sugar	10 mL
1 tsp	basil	5 mL
1 tsp	Italian seasoning	5 mL
1 tsp	dried oregano	5 mL
¼ tsp	garlic powder (or 2 garlic cloves minced)	1 mL
¼ tsp	pepper	1 mL
	salt	

1. Turn on stove to medium heat. Heat oil in medium saucepan. Add chopped onion and cook until soft, about 5 to 7 minutes.
2. Stir in tomatoes, tomato paste, sugar, salt, basil, Italian seasoning, oregano, garlic powder and pepper. Heat to boiling. Then turn down heat, cover and simmer for 40 minutes. Stir several times.
3. Add salt to taste.

Recipes in *The Basic Shelf Cookbook* which use **Homestyle Tomato Sauce with Herbs** are:

- Mini Pizzas – page 45
- Sloppy Joes – Page 52
- Italian-Style Meat Balls – page 53
- Tuna Rice Casserole – page 61
- Spinach Lasagna – page 67
- Carrot-Potato Pancakes – page 71
- Pasta with Vegetarian Sauce – page 73
- Cheesy Cauliflower – page 86
- Rice-Stuffed Green Peppers – page 95

Nutrition information per 1 cup (250 mL)

- Excellent source of: vitamin C, vitamin E
- Good source of: iron
- A source of fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Sweet Potato Baked Fries

Sweet potatoes are more nutritious than white potatoes. The kids will love these too!

**Basic Shelf +
Servings**

**Sweet potatoes
4**

4	sweet potatoes	4
2 tbsp	vegetable oil	30 mL
	salt and pepper	
	Parmesan cheese (optional)	

1. Heat oven to 450°F (230°C).
2. Peel sweet potatoes. Rinse and dry well. Cut into wedges or small sticks.
3. Put sweet potatoes in a bowl and coat well with vegetable oil.
4. Arrange potatoes on a baking sheet. Bake 15 minutes. Turn the fries over and bake for another 15 minutes until slightly crispy.
5. Season to taste with salt and pepper and Parmesan cheese if you wish.

Nutrition information per serving

- Excellent source of: vitamin A
- Good source of: vitamin E
- A source of fibre

Recipe from: *Colour It Up Resource Binder*, by Nutrition Resource Centre 2007.

Green Bean and Chick Pea Salad

Use fresh green beans when they are in season. In the winter, use a 19 oz (540 mL) can of cut green beans instead.

Basic Shelf + Green Beans Servings 4 (each serving is about 1 cup/250 mL)

1 lb	fresh green beans, trimmed, cut into 1-inch (2.5 cm) pieces	500 g
1	can (19 oz/540 mL) chickpeas, drained* and rinsed	1
¼ cup	finely chopped onion	60 mL
3 tbsp	vegetable oil	45 mL
3 tbsp	vinegar	45 mL
1 tsp	dried basil	5 mL
½ tsp	garlic powder	2 mL
	salt and pepper	

* Or use about 2 cups (500 mL) of cooked dried chickpeas. See page 14 for how to cook dried beans.

1. Turn on stove to high heat. Half fill a medium pot with water and heat to boiling. Add green beans and cook until they are crisp-tender, about 5 minutes. Drain.
2. Put green beans, chickpeas and onion in a large bowl.
3. Mix oil, vinegar, basil and garlic powder in a small bowl. Add salt and pepper to taste. Pour over the green bean mixture. Mix well.
4. Cover and refrigerate until cold. Just before serving, stir gently.

Nutrition information per serving

- Excellent source of: folate
- Good source of: vitamin E, iron, magnesium, zinc
- Very high in fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Vegetable Frittata

A perfect recipe if you have a leftover cooked potato. This tastes good even without the potato!

Basic Shelf+ Servings

Eggs, Green pepper, Mushrooms, Cheese 2

2	eggs	2
1 tsp	margarine	5 mL
1 tbsp	chopped onion	15 mL
1 tbsp	chopped green pepper	15 mL
1 tbsp	chopped mushrooms (about 1 mushroom)	15 mL
½ cup	thinly sliced cooked potato	125 mL
2 tbsp	grated cheese	30 mL

1. Beat eggs in a small bowl. Set aside.
2. Turn on stove to medium heat. Melt margarine in a small frypan. Add onion, green pepper and mushrooms and cook until soft, about 5 to 7 minutes. Drain off any liquid.
3. Next, pour eggs over vegetables in frypan. Turn heat to low, cover and cook until eggs are cooked but still soft in the middle.
4. Arrange potato slices on top of eggs. Sprinkle with cheese. Cover and cook a few minutes longer until cheese is melted. Serve right away.

Nutrition information per serving

- Excellent source of: vitamin B₁₂
- Good source of: riboflavin, folate, vitamin D

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Serving idea: *Serve with bread or toast. Have yogurt with fruit for dessert.*

Mini Pizzas

Everyone loves this snack! Look for whole wheat English Muffins for extra nutrition. Use other toppings such as canned pineapple, ham or leftover cooked meat.

Basic Shelf + English muffins, Green pepper, Mushrooms, Cheese

Servings 6 (each serving is 2 pieces)

6	English muffins, cut in half	6
1½ cups	Homestyle Tomato Sauce with Herbs*	375 mL
¼ cup	finely chopped onion	60 mL
¼ cup	finely chopped green pepper	60 mL
¼ cup	sliced mushrooms (about 1 medium mushroom)	60 mL
1 cup	grated cheese	250 mL
	dried basil and dried oregano	
	salt and pepper	

* See recipe on page 22.

1. Turn on oven to 350°F (180°C).
2. Place English muffin halves on a baking sheet.
3. Spread Homestyle Tomato Sauce with Herbs on each muffin half. Sprinkle with basil, oregano, salt and pepper, to taste.
4. Put onion, green pepper and mushrooms on top of each muffin half. Sprinkle with cheese.
5. Bake until hot and bubbly, about 20 to 25 minutes.

Nutrition information per serving

- Excellent source of: folate
- Good source of: thiamine, niacin, calcium, iron
- A source of fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Italian-Style Meatballs

Instead of making ten meatballs, you could shape the meat into two hamburgers! Ground chicken, ground turkey or ground pork taste good in this recipe too!

Basic Shelf + Servings

Ground beef, Eggs 2

½ lb	ground beef	250 g
¼ cup	rolled oats	60 mL
1 tbsp	ketchup	15 mL
2 tbsp	finely chopped onion	30 mL
1	egg, beaten	1
½ tsp	Italian seasoning	2 mL
¼ tsp	pepper	1 mL
	salt	
2 tsp	vegetable oil	10 mL
¼ cup	water	60 mL
⅛ tsp	dry mustard	½ mL
2 tbsp	ketchup	30 mL

1. Put beef, oats, ketchup, onion, egg, Italian seasoning, pepper and salt to taste in a large bowl. Mix well.
2. Shape meat mixture into ten small balls.
3. Turn on stove to medium-high heat. Put oil in a small frypan. Add the meatballs. Cook and gently turn until browned on all sides. Turn heat to low. Cover and cook 10 to 15 minutes. Drain off fat.
4. Mix water mustard and ketchup in a small bowl. Pour over meatballs. Cover and cook 5 minutes longer.

Nutrition information per serving

- Excellent source of: riboflavin, niacin, vitamin B₁₂, zinc
- Good source of: thiamine, vitamin D, vitamin E, iron, magnesium
- A source of fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Serving idea: Serve meatballs on a whole wheat bun or with spaghetti and **Homestyle Tomato Sauce with Herbs** (page 22). Have some fresh veggies or fruit, and a glass of milk or fortified soy beverage.

Tuna Broccoli Bake

A fast and easy meal!

Basic Shelf + Servings	Broccoli, Cheese	4
1	large bunch broccoli, cut into bite-sized pieces	1
1	can (10 oz/284 mL) condensed mushroom soup	1
½ cup	milk*	125 mL
1	can (170 g) light tuna, drained, flaked	1
1 cup	grated cheese, divided	250 mL

* Use fluid milk or make enough milk from skim milk powder.

1. Turn on stove to high heat. Half fill a medium pot with water and heat to boiling. Add broccoli and cook until crisptender, about 3 to 5 minutes. Drain.
2. Turn on oven to 350°F (180°C).
3. Lightly grease an 8x8x2-inch (2 L) casserole dish. Arrange the broccoli on the bottom of the dish.
4. Mix soup, milk, tuna and ½ cup (125 mL) of the cheese in a medium bowl. Spoon over broccoli.
5. Sprinkle remaining ½ cup (125 mL) cheese on top. Cover.
6. Bake casserole until hot and bubbly, about 20 to 30 minutes.

Nutrition information per serving

- Excellent source of: vitamin A, riboflavin, niacin, folate, vitamin B₁₂, vitamin C, calcium
- Good source of: vitamin E, iron, magnesium, zinc
- A source of fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Serving idea: *Serve on rice, pasta or toast.*

Quick Macaroni and Cheese

A warm and satisfying “comfort food”.

Basic Shelf + Servings

Cheddar cheese 4

1 cup	elbow macaroni, uncooked	250 mL
2 tbsp	margarine	30 mL
2 tbsp	flour	30 mL
¼ tsp	dry mustard	1 mL
1 cup	milk*	250 mL
1 cup	grated Cheddar cheese	250 mL
	salt and pepper	

* Use fluid milk or make enough milk from skim milk powder.

1. Turn on stove to high heat. Add about 4 cups (1 L) of water to a large saucepan and heat until it boils. Add the elbow macaroni. Starting from the time the water boils again, cook for about 10 minutes, stirring several times. Drain and set aside.
2. Meanwhile, melt margarine in a medium saucepan. Stir in flour and mustard. Add milk slowly, stirring all the time. Cook and stir until mixture boils and thickens.
3. Turn stove to low heat. Add cheese and stir until cheese is melted and sauce is smooth.
4. Add drained macaroni. Mix gently. Stir over low heat until mixture is hot. Add salt and pepper to taste.

Nutrition information per serving

- Excellent source of: folate, vitamin D, calcium
- Good source of: vitamin A, thiamine, riboflavin, niacin, vitamin B₁₂, zinc

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Serving idea: Toss in any leftover chicken, ground beef, ham or tuna. Have some carrots, beans, peas or other vegetable.

Oatmeal Raisin Cookies

This makes a big batch. Freeze extra cookies.

Basic Shelf + Yield

Egg 24 cookies

1¾ cups	rolled oats	425 mL
½ cup	whole wheat flour	125 mL
1 tsp	ground cinnamon	5 mL
½ tsp	baking soda	2 mL
½ cup	margarine	75 mL
¾ cup	lightly packed brown sugar	175 mL
1	egg	1
1 tsp	vanilla extract	5 mL
½	cup raisins	125 mL
¼ cup	water	60 mL

1. Turn on oven to 350°F (180°C). Lightly grease a baking sheet.
2. Mix oats, flour, cinnamon and baking soda in a medium bowl. Set aside.
3. Put margarine in a large bowl. Mash it with the back of spoon to soften it. Add sugar and beat well.
4. Add egg and mix well. Stir in vanilla extract. Add dry ingredients. Mix well. Stir in raisins and water.
5. Drop 12 teaspoonfuls of cookie dough onto the baking sheet, and press each one down slightly. Use about half the batter. Bake until golden brown around the edges. This will take 12 to 15 minutes. If you like your cookies crisper, bake them a few minutes longer.
6. Lift baked cookies off the baking sheet and cool. Repeat Step 5 until all the cookies are baked. Keep any extra cookies in the freezer for 4 months.

Nutrition information per cookie

- Source of: thiamine, vitamin D, magnesium

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.