

# UTAH CONSERVATION CORPS HITCH COOKBOOK



**A collection of recipes, tips, and tricks from UCC Staff and Alumni.**

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Recipes with this symbol are vegan-friendly and do not require substitutions. Some may have option toppings like cheese that can be omitted. Most, if not all, of the recipes in this cookbook can be easily modified to accommodate any dietary need. See page 2 for more information on this.

These recipes are designed for 5-person crews. Be mindful of the work your crew is doing during your hitch, the number of crew members you have, and the resources available before selecting your meals as you may need to adjust the quantity of your ingredients.

## Food = Fuel!

Sometimes quantity can be more important than quality. Spices and hot sauce can revive a mediocre meal, but when the food is gone... it's gone.



When planning your dinners, think about the UCC Food Groups: **Carbs, Protein, Fiber.**

When planning your personal groceries for snacks, lunches, and breakfast, think about items that are salty, sweet, savory, and provide **protein.**

## Tips to Hitch-ify your meals:

Crews usually get started on dinner pretty quickly after returning to camp in the evening. Having some tricks up your sleeve to simplify your meal can help get food on the table faster. These are some basic tips to get you started, then you'll learn your own tricks!

- Use Minute or Instant rice - it cooks way faster than normal rice on the camp stove.
- Don't be afraid of canned meat and cured sausages! Trying to keep raw chicken in the cooler is scarier than eating canned chicken.
- Bouillon cubes can work wonders in adding flavor to your meal while taking up minimal space in your bucket.
- Keep your kitchen kit stocked with cooking oil and spices.
- Carbs that cook quickly:
  - **Bulgur** (contains gluten): Pour boiling water over it and let it sit while you prep the rest of the meal.
  - **Couscous** is another quick carb (contains gluten) that requires minimal cooking. **Pearl couscous** is the larger version that takes more cooking time but has a more substantial bite.
  - **Quinoa (gluten free!)** is a protein-packed carb that is simple to cook and pairs well with lots of meals (especially Mason's Mediterranean Bowls on pg. 9)

Any of these can be turned into a salad with the addition of chopped veggies, herbs and oil/vinegar dressing. Make a pilaf beginning with some sauteed onions and/or garlic, using broth for the liquid and adding herbs of your choice.



### Lunch/ Snack Related Tips:

- Variety is important! Beware of granola bar burnout. Before buying in bulk, try a few options first. It's important to bring food that you will actually eat to make sure you have enough energy throughout the day.
  - Avocado can add variety to tuna packets, or can be enjoyed with honey and red pepper flakes + seaweed if you're feeling crazy
- Tortillas store better than bread in your bucket.
- Pack your lunch and snacks the night before.
- Pack it in, pack it out. Think about what you will do with your trash ahead of time.

## Catering to Dietary Needs:

Meat Alternatives: If you/your crew member does not eat meat, try other protein sources like chickpeas, tofu, and lentils. Plant-based protein options like soy-rizo and veggie sausage more are great when you have access to a cooler. If cooking meat separately, make sure to avoid cross contamination of dishes.

- **Tofu Tips:** Tofu can be a make-ahead substitute for ground meat. Tear a block in half or quarters and squeeze water out using hands or wring with a towel. Crumble or tear the tofu into a bowl. Season for your use (see ideas below) and then spread onto a greased baking sheet. Bake at 350 until dry and chewy. If you get it very dry, it will not need refrigeration but may need a little water to rehydrate when using. If you don't have an oven, just do this in a frying pan.
  - If you are pan frying tofu and want it to be crunchy, toss the cubes or chunks with corn starch or rice flour before cooking. The thicker the coating, the more crunch (you can add liquid to get it to stick if necessary). If using a marinade, coat with starch after marinating.
    - For use in Asian dishes, add garlic powder, oyster sauce (use vegetarian mushroom based "oyster" sauce to keep it veg), and/or hoisin to taste.
    - For Mexican dishes, add garlic powder, onion powder, chili powder, cumin, salt and pepper, or use a taco seasoning blend.
    - For Italian dishes, add garlic powder, onion powder, chili flakes, Italian seasoning, and fennel seeds (optional).
- **Tofu Jerky:** Slice extra firm tofu ¼" thick. Place on a greased baking sheet. Brush with Bragg's Aminos. Place a few inches under broiler and cook until the edges start to turn light brown. Remove from oven, flip the slices, brush with Bragg's again and return to the broiler. The second side will cook much faster than the first. Allow to cool and then store in a container or baggies. This should be refrigerated but will keep in a pack for a day. It can be a snack or cut up and used as a meat substitute in your recipes (but adjust the salt).

Dairy Alternatives: Plant-based cheese and cream, almond/soy milk. If using almond milk to make something like mac and cheese, purchase the unsweetened and unflavored option.

Gluten substitutes: Make sure to double check the package and verify with the GF member of your crew that you are using a legit substitute. If you're not sure what items have gluten, check the ingredient list. Quinoa and rice are generally safe options. If making a meal like stir-fry, use tamari sauce instead of soy sauce. It is very likely that your crew member with a gluten sensitivity may opt to provide their own substitutes.

**Be careful to avoid cross contamination of dishes while cooking with meat or gluten products.**

## Quick Breakfast ideas:

- Oatmeal or overnight oats – making time to boil water in the morning can be tough.
  - Empty Talenti ice cream containers have a trusty seal for cold-soaking oats or using as a container for leftovers.
- Granola bar + fruit
- Tortilla + banana + peanut butter
- Apple + peanut butter

## Simple Lunches:

- Pre-cooked rice + bagged protein, like Tasty Bite
- Tuna packet
  - Mix it up by adding avocado or bell pepper and putting it in a tortilla.
- Shelf stable meat (pepperoni) and hard cheese (sharp cheddar) with crackers
- Can of soup or chili
  - Be brave and eat it cold or set the can in the sun all morning. You likely will not have access to a stove during the workday.
- Peanut butter + jelly/ honey on a tortilla
- Veggies + hummus
- Cold-soaked ramen with textured vegetable protein (TVP). One ramen packet fits perfectly in an empty Talenti jar. Get it soaking during first break and it'll be ready by lunch time!
- LEFTOVERS = best option. Make extra food during dinner and pack it up for lunch.



Craving something fresh? Try this French Carrot Salad!

This is a nice side dish, especially for the end of a trip when you want something fresh. Whole carrots keep better than pre-shredded. Prep this the night before and try to keep it cool until lunch or first break.

- Grate carrots or use packaged shredded carrots. Toss with a vinaigrette salad dressing, salt and pepper to taste. Add a little Dijon mustard and fresh chopped parsley or dried parsley if you have them. Let sit for 10 minutes or more to allow flavors to blend.

# Pasta

## Fiona's Pesto Pasta

### Ingredients:

- 2 boxes of Penne Pasta
- 2 jars Pesto
- 2 Zucchini
- 1 Onion
- 2 Yellow Squash
- 1 head of Broccoli
- 1 package of Jimmy Dean breakfast sausage (or 2 cans of white beans)

Spices: Garlic powder, Onion powder, paprika, cayenne, red chili flakes, salt, pepper

### Directions:

1. Boil water and add salt to the water.
2. Chop up onions and broccoli. Start cooking them first since they take the longest to cook.
3. Pour a dash of oil into the pan and throw onions into the pan.
4. Chop up the zucchinis and yellow squash then put them into the pan with the onion and broccoli. Add spices.
5. Stir the pasta once you pour it into the boiling water; it tends to stick to the bottom.
6. Chop up the sausage into small pieces and place them face down in the pan, so it gets a nice sear on the cut sides.
7. Strain the pasta once it's al dente. Keep a little bit of the pasta water to help the pesto de-clump and mix better.
8. In the big pot you used to cook the pasta, combine the veggies and sausage (or beans, or both) with the jars of pesto.

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## Gabe's Choose-Your-Own-Adventure Zucchini Pasta



### Ingredients:

- 2 bottles of selected sauce
- 2-3 Zucchini
- 2 pounds of selected pasta
- Parmesan cheese

Suggested spices: salt, pepper, garlic powder, onion powder, Italian seasoning

### Directions:

1. Boil Pasta.
2. Sauté zucchini, add spices.
3. Drain Pasta.
4. Add sauce to pasta and simmer to heat.

**Gabe's tip:** Keep the parmesan, pasta, and zucchini separate and allow people to serve themselves.



### Chancellor's Simple Pasta

#### Ingredients:

- 1 ½ - 2 boxes of pasta (I use rotini)
- 2 Peppers
- 1 Onion
- 32 oz of red sauce
- Vegetable oil!!!!!!!
- Protein of your choice

Suggested spices: salt, pepper, Italian seasoning

#### Directions:

1. Fill pot with water, add salt, cover the top, and bring to boil.
2. Dice up the peppers and onions.
3. Add some vegetable oil to a pan and cook the peppers and onions on high heat until they reach a nice dark color.
4. When water reaches a boil, throw in the pasta and stir it around for a moment, allow it to cook for 8-10 minutes and continuously check on pasta. Stir occasionally to make sure it does not stick to the bottom of the pot.
5. When pasta is finished, strain and put pasta back in pot.
6. Add peppers, onions, sauce, black pepper, salt, and any other seasoning you would like, then stir it all around.
7. FOOOOOD'S READDYYYYY

### Isabelle's Day-5 Remedy Spaghetti



#### Ingredients:

- 2 boxes of spaghetti
- 2 jars of marinara sauce
- 1 red onion
- 1 zucchini
- 4 long carrots
- 1 bag of kale
- 1 bag of spinach
- 2 cloves minced garlic
- 1 can of corn
- 1 can of green beans
- Parmesan cheese

#### Directions:

1. Chop vegetables while water comes to a boil. Add pasta.
2. Add chopped vegetables to pan with oil and sauté until soft. Then, add canned vegetables and additional spices. Stir for 5-10 minutes until everything is cooked thoroughly.
3. Combine veggies with drained pasta. Add sauce and put burner on low heat.

**Isabelle's tip:** If you want to be fancy, put the carrots in first then onions for a few mins before adding the vegetables for more even cooking. If you have time... sometimes on hitch you're starving and want to eat as soon as possible.



### Anna's Famous Lemon Orzo

#### Ingredients:

- 4 large lemons
- 2 medium zucchinis
- 1 small box of white mushrooms
- 1 shallot
- 1 large can of chicken/ chickpeas
- 1 box of orzo (or any pasta that excites you)
- 3-4 cups chicken/ veggie broth

Suggested spices: salt, pepper, garlic powder, Italian seasoning

#### Directions:

1. Add the entire box of pasta and enough broth to cover the noodles in a large pot. Bring to a boil then simmer until noodles absorb all liquid. Stir occasionally to make sure pasta doesn't stick to pot (you may need to add more broth/ water).
2. Chop vegetables and lemons while pasta starts to cook. Cut 1 lemon into slices, and 3 lemons in half to use for lemon juice.
3. Add shallot to a pan with oil on medium-low heat. After a few minutes, add remaining vegetables and season to taste.
4. Add canned chicken or chickpeas (drained) to the vegetable pan (if there is enough room). Add more seasoning and cook until veggies are brown and protein looks done. Add lemon slices to deglaze pan for the last 5-7 mins.
5. Squeeze 2 lemons into pasta, and 1 onto vegetables/ protein– **watch out for seeds!**

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### Cheesy Asparagus One Pot Orzo

#### Ingredients:

- ½ lb. asparagus
- 2 cups of water
- 1 cup orzo
- Oil
- ½ cup shredded cheese
- 1 jar sun-dried tomatoes

Suggested spices: salt, pepper, garlic powder, Italian seasoning, red pepper flakes

#### Directions:

1. Cut and discard tough ends of asparagus, then chop into 1" pieces.
2. Add asparagus, water, orzo, oil, and all of your spices into a pot. Bring to a low boil then cook until orzo is tender.
3. Reduce heat and add cheese and sun-dried tomatoes. Stir until cheese is melted.
4. Remove from heat, season to taste with salt and pepper, and enjoy!

**Kirstin's tip:** This dish has minimal clean up and can be easily scaled to feed a hungry crew.



## Wic's Pad Thai with Veggies and Tofu

### Ingredients:

- Tofu-
  - 2 Blocks of tofu
  - Onion powder
  - Garlic powder
  - Olive oil
- Noodles-
  - ½ jar of peanut butter
  - Gochujang sauce
  - 1 box of fettuccini
- Veggies-
  - 1 family sized bag of stir fry veggies
  - 2 bell peppers
  - 1 bundle of green onions (Optional)
  - Everything but the bagel seasoning (Optional)

### Directions:

1. Add oil to a large pan and set to medium-high heat. Warm garlic and onion powder in pan until fragrant. Chop tofu into bite sized pieces then add to pan and flip when sides become dark brown. Set aside once browned on both sides.
2. Boil a large pot of water and add noodles once boiling. Chop bell peppers into bite sized pieces, set aside. Chop green onions.
3. Warm oil on empty pan with spices. Throw bag of veggies and bell pepper in. Heat until the hard veggies are done.
4. Once noodles are cooked, drain and add peanut butter and lots of gochujang. Combine.
5. Serve with everything but the bagel seasoning and green onions.

**Wic's tip:** Substitute regular fettuccini noodles with edamame noodles. Triple the protein without sacrifice to taste or texture. This meal is more suitable for front country camping.

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Wic making his Pad Thai at Antelope Island, March 2024.



## Temis' Lemon Hummus Pasta

### Ingredients:

- 1 box of spaghetti or other pasta
- ¼ cup olive oil
- 4 garlic cloves, finely chopped
- ½ onion or 1 large shallot, finely chopped
- 1 cup hummus
- 1 lemon, zested and juiced
- Parsley or other herbs, optional
- Toasted sesame seeds, optional

### Directions:

1. Cook pasta and drain, reserving 1 cup of cooking water.
2. Heat the olive oil in a large skillet over medium and add the garlic, onion, and a pinch of salt. Cook until onions are softened, then add the hummus and ½ cup of the reserved pasta water. Stir until the hummus becomes a looser, smoother sauce. Stir in lemon zest and juice. Turn heat down to medium-low.
3. Add the pasta to the pan, toss to coat, season with salt to taste, and add more pasta water if necessary. Serve with a drizzle of olive oil, herbs, and sesame seeds if desired.

**Temis' Tip:** Make this a one-dish meal by adding veggies to the pasta a few minutes before it is done. Strain with pasta, and make extra sauce to coat the veggies, too.



A crew's kitchen view while working in Grand Teton NP – October 2023

# Mixed Bowls



## Mason's Quinoa Bowls

### Ingredients:

- 2 cups quinoa
- 4 cups veggie broth
- 3 cans garbanzo beans
- 2 zucchinis
- ½ red onion
- 1 cucumber
- 1 box cherry tomatoes
- Tzatziki
- Feta
- Pita bread (optional)

### Directions:

1. Bring quinoa and veggie broth to a boil then reduce to simmer and cook for 10-20 minutes, until quinoa is fully cooked.
2. Cook garbanzo beans, onion and zucchini in oil with choice of seasoning.
3. Add to quinoa.
4. Let members create their own bowls by topping with Tzatziki, feta, cucumber, and cherry tomatoes.  
**Bonus:** toast the pita bread in used pan.

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## Kody's Teriyaki Bowls



### Ingredients:

- Instant white rice
- 1 large cucumber
- 3 large carrots
- 2 bell peppers
- 1 small white onion
- 1 large can of chicken or similar amount of meat alternative
- Teriyaki or Soy Sauce

Suggested spices: salt, pepper, garlic powder, onion powder

### Directions:

1. Cook rice according to package with enough servings to satisfy your crew.
2. Dice carrots and onions then sauté with selected protein. Add spices.
3. After your veggie and protein mixture has cooked for 15 minutes, add the teriyaki sauce.
4. While rice and protein mixture are cooking, dice cucumber and bell pepper for toppings.
5. Once finished, assemble the meal and enjoy.

## Conner's Rice Bowls



### Ingredients:

- Minute rice
- Lime juice
- 1 small bunch of cilantro
- 1 large can of chicken/ plant-based option
- 1 can of beans
- 1 large can of diced tomatoes
- 2 bell peppers
- 1 yellow onion

### Toppings:

- 1 container of sour cream
- Cheese
- Lettuce

### Directions:

1. Cook rice according to package with enough servings to satisfy your crew.
  2. Cut peppers and onion into small pieces.
  3. Add peppers, onion, meat, canned tomatoes, and beans to pan and heat on medium. Mix together until warm.
  4. When rice is done, add in some lime juice and cilantro and stir. Add toppings and serve.
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## Manny's Chicken and Cilantro Lime Rice

### Ingredients:

- 3-4 large cans of chicken
- 1 can of hot diced tomatoes (or any seasoned diced tomatoes)
- 1 can of corn
- 1 bunch cilantro (fresh is best)
- Lime juice (bottled or fresh)
- 1 tbsp chili powder, paprika, salt and pepper
- 1 yellow onion (diced)
- 2-3 cloves of garlic (chopped)
- White Rice (minute rice works)

### Directions:

1. Begin cooking rice according to package with enough servings to satisfy your crew.
2. Once rice is finished, add one half bunch of finely chopped cilantro to rice and add lime juice until you reach desired flavor.
3. Heat a large pan at medium heat. Add one tablespoon of olive oil (or butter if available) and add diced onion and cook until onion turns clear.
4. Once onion is translucent, add tomatoes, drained can of corn, and cilantro. Cook uncovered for 15-20 minutes stirring occasionally. Add garlic and continue to cook at low heat for another 5 minutes.
5. Season with more salt and pepper if needed and enjoy!

### Austin's Quick Butter Chicken

#### Ingredients:

- Vegetable oil
- Basmati rice
- 1 large yellow onion
- 1-2 bell peppers
- 1 large can of chicken/ chicken alternative
- 2 jars butter chicken simmer sauce (Patak's/Passage to India/ Private Selection)
- 1 bunch cilantro
- Optional: naan (contains gluten)

#### Directions:

1. Cook rice according to package with enough servings to satisfy your crew.
  2. While water is coming to a boil, dice onion and pepper(s), mince cilantro.
  3. Sauté onion and peppers in vegetable oil until the onion begins to become translucent. Add chicken, cook thoroughly if raw. If precooked, sauté until heated through.
  4. Once chicken and vegetables are cooked, add the sauce and simmer for 5-10 minutes, stirring consistently to avoid burning.
  5. Toast naan if desired. Plate accordingly and top with cilantro.
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### Thai Green Curry

#### Ingredients:

- Rice (instant or pre-cooked)
- 1 can coconut milk
- 2-3 tsp Thai green curry paste
- 2-3 cloves garlic, diced
- 1 small/medium yellow onion
- 2-3 large carrots
- 2 Bell peppers
- 1 medium Zucchini
- Oil
- To elevate this meal, add a squeeze of lime, a spoonful of sugar, and some fish sauce!

#### Directions:

1. Cook rice according to package instructions or bring pre-cooked bagged rice.
2. Chop veggies and sauté.
3. Pour coconut milk over vegetables and bring to simmer.
4. Add curry paste to the pan and mix thoroughly. Taste curry and add red pepper flakes if you like an extra kick.
5. Add rice to curry in the pan or serve over rice in a bowl.

### Luca's Spam Musubi Rice Bowls

#### Ingredients:

- 5-6 cups of instant rice
- 3 cans of low sodium Spam
- Teriyaki sauce
- 1 crown of broccoli
- Sesame oil

#### Toppings (Optional):

- Furikake
- Kimchi
- Green onion

Suggested seasonings: garlic powder, onion powder, salt, pepper

#### Directions:

1. Heat sesame oil in skillet. Chop broccoli and spam into bite sized pieces.
  2. Add spam and broccoli to skillet once oil is heated.
  3. Cook rice according to package instructions.
  4. Once spam is browned and broccoli is mostly tender, add teriyaki sauce.
  5. Serve spam mixture over rice with desired toppings.
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### Creamed Bulgur with Spinach



#### Ingredients:

- 3 T oil or butter
- 1 onion, thinly sliced
- ½ -1 lb. spinach, or use a bag of frozen
- 1 cup bulgur
- 1 cup cream, half and half, milk, or unsweetened non-diary milk (or use reconstituted powdered milk)
- 2 cups veg broth or water
- Salt and pepper
- Dash nutmeg (if you have it)
- 1 can garbanzo beans, drained (optional)

#### Directions:

1. Sauté onions in a large pot. When soft, add spinach and cook until wilted (if fresh) or thawed (if frozen). Add the remaining ingredients.
2. Turn heat to low, cover, and cook 10 minutes. Turn off heat and let sit about 15 minutes until bulgur is tender.

### Anna's Jambalaya:

#### Ingredients:

- 1 family size box of Zatarain's Jambalaya rice
- 1 summer sausage (or canned chicken)
- 1 zucchini
- 2 bell peppers, 1 green 1 red
- Olive oil

#### Directions:

1. Chop veggies and add to pan with olive oil. Sauté.
2. Cook rice according to instructions on box.
3. Once veggies are sautéed, remove from pan and add sausage. Cook until brown.
4. Combine everything into pot with rice and serve.

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### Gabe P.'s "Stick to Your Ribs" Red Beans & Rice



#### Ingredients:

- 2 cans of red beans or kidney beans
- 1 green bell pepper
- 1 large onion
- 2-4 celery stalks
- At least 3 cloves of garlic
- 4 cups chicken/ veggie stock
- 1 lb summer sausage – meat alternative (Morning Star chorizo crumbles)
- 1 cup of rice
- Oil
- Salt and pepper to taste

#### Directions:

1. Dice vegetables and garlic. Cut sausage into ~half inch slices.
2. Heat oil in large pot, add sausage/ meat alternative and sauté until browned and fragrant.
3. Add veggies, garlic, and salt. Sauté for a few mins until soft. Add beans and bean juice; stir.
4. Add stock, bring to a boil then cover. Let simmer on medium-low heat for at least 30 minutes, stirring occasionally and smashing beans against side of pot to release starch and make stew creamier.
5. While beans are stewing, cook rice according to package instructions. Once rice is cooked, add to pot with beans/ everything and let sit for a few minutes so the rice can soak up some flavor.
6. Add seasoning and hot sauce to taste and enjoy!

**Gabe's tip:** I like to add jalapeño for an extra kick. Change measurements and ingredients to your liking. Like most southern foods this recipe is endlessly customizable and guaranteed to warm your heart and soul on a cold night!

# Soups & Sandwiches

## Keillor's Basic Soup

Soup is, in essence: 1. A Flavor Base 2. Water. That's it. Although it may seem daunting to a novice, it's all just one large pot, and completely modular for any dietary consideration. So we'll begin with what you'll need to make a simple tomato-based soup for a crew of 5.

### Ingredients Needed:

- Water or Stock (7 cups)
- Salt (1/4 cup)
- Pepper (3 Tbsp.)
- Basil (Dried, 1 Tbsp.)
- Olive Oil or Butter (enough to coat bottom of pot)
- Garlic (3-4 cloves, minced)
- Yellow Onion (1/2, diced)
- Diced or Crushed Tomatoes (1 large can)
- Carrots (2-3, sliced)
- Celery (2-3, sliced)

### Ingredients one could (and maybe should) add:

- Carbs (potatoes, pasta, bread cubes, etc.)
- Protein (canned beans, sausage, shredded chicken, etc.)
- More veggies (squash, kale, zucchini, etc.)
- More spices (thyme, paprika, turmeric, etc.)

### Directions:

1. Place pot on burner over medium heat. Add oil. Add your diced onion and minced garlic. Allow to cook in oil until soft and maybe a little see-through.
2. Add in your sliced carrots and celery, followed by your spices.
3. Open the can of tomatoes and drain out the juices into a separate bowl for later. Add the remaining solids to pot with other veggies, cooking until they start to dry and get sticky (if you've got whole tomatoes, chop/break them up while you're stirring them into everything else).
4. With everything set for our flavor base, we can add our water and our spare tomato juice. Stir occasionally, tasting every so often to see if you need more salt. After it's been simmering for long enough that the hardest veggies have gotten soft, it is ready.

### Ijoma's Tom Kha Soup

#### Ingredients:

- Chicken (I use pre-cooked Tyson strips)
- 3 cloves fresh garlic (I use "jarlic")
- 1-inch fresh ginger, minced
- 1 cup coconut milk
- 4 cups low sodium chicken broth
- Juice of one lime
- Bell peppers & carrots (however many your heart desires)
- Low sodium soy sauce
- 1-2 shallots (optional, but offers a sweetness)
- Salt & pepper to taste

#### Directions:

1. Heat oil in a large pot over medium-high heat
2. Add chopped chicken pieces, minced garlic, shallot, and ginger into pot, stirring until aromatic
3. Pour in chicken broth and coconut milk, stirring until smooth
4. Add bell peppers and carrots, simmering until vegetables become tender
5. Remove from heat, stir in lime juice and soy sauce before serving

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### Lauren's Chicken Pesto Paninis

#### Ingredients:

- 2 cans of chicken
- 1 loaf of thicker sandwich bread (I often go for sourdough)
- 1 jar of pesto (jars found near pasta sauce are shelf stable until open)
- 1 jar/bag of sun-dried tomatoes cut julienne
- 1 bag of either shredded mozzarella, or fresh mozzarella slices.

#### Directions:

1. Spread pesto on one side of each piece of bread.
2. Put a few sun-dried tomatoes on one side of bread, and some shredded chicken on the other. Add mozzarella.
3. Grill like you would a grilled cheese, flipping halfway through. To really get all the ingredients melted together I will often squish down with a spatula!

**Lauren's Tip:** Sourdough or a French bread works best to keep the sandwiches from getting soggy and oftentimes is an amazingly crunchy sandwich like a good grilled cheese! Also, this is one pan and if you're smart with plates, a minimal dish dinner - woo hoo!

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### Sam's Meatball Marinara Subs

#### Ingredients:

- 1 package of sub buns
- 2 packages of frozen Italian style meatballs (Impossible meatballs also work well)
- 1 jar of marinara sauce
- Mozzarella or provolone cheese
- 1 small zucchini
- 1 small yellow squash
- 1 small onion
- 4 cloves of garlic (or more if you like it)
- Olive oil (enough to coat pan)

Suggested spices: salt, pepper, Italian seasoning

#### Directions:

1. Chop zucchini and squash into bite size pieces, dice the onion, and mince the garlic.
  2. Pour olive oil onto the larger pan and bring to medium flame. Add vegetables and spices. Cook until the zucchini and squash are tender and the onions become translucent.
  3. Add the marinara sauce to a small pan and bring to a simmer.
  4. Once the sauce is hot, add the meatballs and stir occasionally to make sure that the sauce doesn't burn on the bottom of the pan.
  5. When the vegetables are done, stir them into the sauce and continue to simmer till the meatballs are heated all the way through
  6. When the meatballs are getting close to heated up, you can toast the buns by putting a little bit of olive oil onto the pan that was used to cook the vegetables.
  7. Once a bun has been toasted, fry the cheese in the pan to get it nice and melted. Scoop the melted cheese onto the toasted bun.
  8. By then the meatballs should be heated up. Place 3-4 on the bun and add a little sauce with it.
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# Breakfast for Dinner

## Sean's Eggadillas

### Ingredients:

- Tortillas
- 1 dozen eggs
- Cheese of your choice
- Oil/ butter

Suggested spices: salt, pepper, garlic powder, onion powder, red pepper flakes

### Directions:

1. Heat skillet on medium-low heat with oil or butter. Place tortilla in pan to coat in grease, then remove from pan and set aside.
2. Crack egg and place non-greased side of tortilla down on top of the egg. Rotate tortilla and squish that egg to evenly distribute it.
3. Fry until egg is mostly cooked, then flip onto greased side of tortilla. Distribute cheese and fold tortilla in half. Continue cooking on medium-low heat until you reach desired crispness.

**Sean's tip:** Eggadillas are great as you can top with your favorite burrito fillings (sour cream, guac, salsa, beans, more cheese, peppers, etc.). You can also make these in the morning (if you have time) and enjoy them for lunch!

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## Avocado Toast Sandwiches

Recipe written for one sandwich.

### Ingredients:

- 2 slices of bacon, sausage, or breakfast meat alternative
- 2 slices bread/ English muffin
- 1 egg
- 1 avocado

Suggested spices: salt, pepper, everything bagel seasoning

### Directions:

1. Cook meat, then place on paper towel-lined plate.
2. Toast/ fry the bread in the same skillet, flipping after about 1 minute so both sides are brown. Remove and set aside.
3. Add more fat or oil to the skillet if needed. Crack an egg and cook to your liking.
4. Assemble sandwich and enjoy! Add hot sauce if desired.



### Chickpea Breakfast hash with veggies

#### Ingredients:

- Oil
- 1-2 squash or zucchini
- 1 red onion
- 2 bell peppers
- 1-2 cans of chickpeas, drained
- Enough eggs for your crew

Suggested spices: salt, pepper, cumin, cinnamon

#### Directions:

1. Heat oil in skillet on medium-high heat until hot and shimmering.
  2. Chop onions, peppers, and zucchini and sauté until they start to soften. Add drained chickpeas and spices. Cook until vegetables and chickpeas are cooked through and browned.
  3. Move veggies and chickpeas to edges of pan. Add oil if needed before cracking eggs in the middle of the pan. Serve vegan crew members before cooking eggs to make this vegan friendly.
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### Super Simple Shakshuka

#### Ingredients:

- Oil
- 1 clove garlic
- 1 small onion
- 1-2 potatoes
- 1 can diced tomatoes
- 1-2 eggs per person
- Baguette/ bread (optional)

Suggested spices: salt, pepper, cayenne

#### Directions:

1. Dice onion, mince garlic, and chop potatoes.
2. Add oil to large skillet and sauté onion and garlic until translucent. Chop
3. Add potatoes to skillet with a pinch of salt and cook until they can be pierced with a fork. (Tip: don't stir too much to begin with so one side will get a little browned and crispy).
4. Make ring with potato/ onion mixture so the center of the pan is open. Add more oil if needed then crack the eggs into the center.
5. Pour can of diced tomatoes around the eggs. Add seasonings.
6. Cover with lid (or cutting board) to trap the steam and cook the top of eggs.
7. When thin white layer has formed over eggs and all the whites are cooked, remove from heat. Cook shorter or longer depending on how you like your eggs.
8. Toast bread in skilled once shakshuka is dished out to soak up extra flavor.



### Savory Chickpea Pancakes

The veggies are optional, but this recipe is a good way to use up things from your fridge or cooler. The pancakes are gluten-free and infinitely adaptable. If you make them without veggies, you can make them as thin and crispy as a flatbread, or go thin and flexible to use as a wrap. Thick, they can be a high-protein side or main. They can be dipped into a fake tomato chutney made of ketchup and hot sauce to taste.

#### Ingredients:

- 1 cup water
- 1 cup chickpea flour
- 2 Tbsp oil (plus more for cooking)
- 1 tsp salt
- Vegetables of your choice (e.g., onions, peppers, zucchini, spinach)

#### Directions:

1. Combine chickpea flour, water, oil, and salt. Whisk together to remove as many lumps as possible. Let stand 15 minutes or up to 12 hours. Adjust the thickness of your batter according to your intended use.
  - If using vegetables, dice them into small pieces and sauté in oil until soft. Spread veggies out and pour chickpea batter over them.
  - If not using veggies, coat a frying pan with oil. Pour batter into pan and tilt to spread around if needed.
2. Cook until the edges start to turn golden or the pancake starts to crisp (depending on your preference). Flip and cook the other side.

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### Grits/Polenta for Dinner

Buy instant grits in single-serve packages (found next to the instant oatmeal in the grocery store). Plan on several per person for dinner (3-4 each for a really hungry bunch). Boil water and stir with grits in a bowl.

- Breakfast for dinner – top with your choice of sausage, ham, bacon, cheese, green onions, and fried, boiled, or scrambled eggs.
- Polenta style – make the grits a little thicker and top with your choice of Italian sausage (or veg substitute), tomatoes, fresh or sautéed vegetables (e.g., peppers, onions, green onions, zucchini, spinach, mushrooms), spaghetti sauce, Italian cheese blend, parmesan, fresh parsley or basil, Italian seasoning.

## Emily's Red Lentil Breakfast Burrito Bowls & Home Fries



### Burrito Bowl Ingredients:

- 2 tbsp extra virgin olive oil
- 2 small yellow onions, diced
- 2 tbsp garlic, minced
- 2 tbsp cumin
- 1 tbsp chili powder
- 4 tbsp tomato paste
- 2 cups dry red lentils (rinsed)
- 4 cups water + 1-2 more cups on reserve
- 2 chopped tomatoes
- 3 sliced avocados

### Home fries Ingredients:

- 4 large gold potatoes
- 1 tablespoon olive oil
- 1 small yellow onion
- 1 tablespoon garlic minced
- Salt or other seasonings to taste

### Burrito Bowl Directions:

1. Heat up a large skillet. When hot, add olive oil then add the onions and sauté on medium-low heat until browned (About 10-12 minutes).
2. Add the garlic and sauté for 1-2 minutes.
3. Add the cumin and chili powder and sauté until fragrant.
4. Add the tomato paste and increase the heat to medium. Sauté until the tomato paste becomes dark red.
5. Add the lentils and stir. Add 2 cups of water and bring to a simmer.
6. Cover and simmer until the lentils become soft. You will need to add more water as the lentils absorb it.
7. Serve with avocado, home fries (see below), chopped tomatoes.

### Home Fries Directions:

1. Add the potatoes to a large skillet with enough water to cover the potatoes. Simmer, covered, until the potatoes are slightly soft (About 10 minutes). Be careful not to overcook them.
2. Drain the water and put the skillet back on the burner with a little heat to evaporate any excess moisture. Then add the oil and yellow onion. Cook, undisturbed, on medium heat until the potatoes begin to brown. Add the garlic and cook for 1-2 minutes more.

## Simmering Skillets

### Keillor's Personal Pizzas

#### Ingredients:

- 1 package of pita bread
- 1 jar pizza sauce
- Shredded mozzarella
- 1 bag pepperoni
- 1 small box of mushrooms
- 1 large green bell pepper
- Additional pizza toppings of your choice

#### Directions:

1. Spread pizza sauce on pita bread, leaving room for crust if desired.
  2. Let members choose their toppings then toast on skillet for a few minutes on low-medium heat. Be careful not to burn the pizzas.
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### Walking Tacos



#### Ingredients:

- 4-5 cans of chili
- 5 (1-oz) bags of Fritos
- 1 jalapeño (optional)
- 1 white onion
- Shredded cheddar cheese
- Sour cream

#### Directions:

1. Heat chili per package instructions. Purchase vegan chili if needed.
  2. Open Frito bags and add chili + other toppings.
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### Justus' Easy Vegan Tacos



#### Ingredients:

- Tortillas
- 2 bags of plant-based ground beef
- 1 packet of taco seasoning
- 2 cans of diced tomatoes with chilies
- Jalapeños (optional if you're weak willed)
- Hot sauce + other desired toppings

Suggested seasonings: salt, pepper, garlic powder, onion powder, paprika

#### Directions:

1. Heat oil in pan then add plant-based protein. After a few minutes, add taco seasoning. Diced tomatoes can be added to this pan or served as a topping. Drain if adding to pan.
2. Chop vegetables and prepare toppings.
3. Optional – heat tortillas in pan before serving.

### Nina's Chilaquiles

#### Ingredients:

- ~32 oz of salsa (two small bottles)
- 2 bags of tortilla chips
- 1 onion
- 3 cans of chicken
- Queso fresco
- Crema or plain Greek yogurt
- Seasonings of choice

#### Directions:

1. Put salsa in a pot, add water to thin it a bit, bring to a simmer
2. Once it is simmering add the tortilla chips bit by bit, give them an occasional stir without crushing them
3. Keep on low heat until salsa has been absorbed by chips
4. In a separate pan, sauté diced onion, add drained chicken and seasonings to taste. Then serve! :)

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### Alejandro's Burritos



#### Ingredients:

- 1 pound of ground beef, soyrito, or tofu
- 1 onion/ onion powder
- 1 can refried beans
- 1 small can of tomato sauce
- Oil
- Tortillas
- 1 potato (optional)
- Small canned corn (optional)
- Lettuce (optional)
- Sour cream (optional)
- Cheese (optional)

Suggested spices: salt, pepper, onion powder, garlic powder, paprika, red pepper flakes.

#### Directions:

1. Add oil to a pan and small pot.
2. Chop up a quarter of an onion and 1 potato.
3. Add the ground beef/ tofu to the pan and break up the meat to small pieces. For tofu, cut into cubes before adding to pan. Add onion and potato, season to taste.
4. Cook until slightly browned then add 2 tbsp of tomato sauce and 3 tbsp of water. Let simmer.
5. Heat beans in separate pot.
6. Put everything on a tortilla and add toppings.

**Alejandro's tip:** The beautiful thing about burritos is that you can just heat up some beans in a pot, add some spices, put it on a tortilla and you're good. You should probably add some vegetables.

## Mark's Stop and Go Fajitas

### Ingredients:

- 1 large can of chicken
- 1 red, green, and yellow bell pepper
- ½ green or red onion, thinly sliced
- Oil
- Tortillas
- Optional: shredded cheese, taco sauce, salsa, guac, sour cream

### Directions:

1. In large skillet, sauté peppers and onions until crisp-tender. Remove and keep warm.
2. In same skillet, cook chicken and add seasonings. Add peppers and onions, heat through.
3. Add filling into tortilla and add toppings as desired.

**Mark's tip:** Hot sauce makes everything better!

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Don't let your skillets  
simmer too long!



**Reach out to your field staff if you have a recipe or tip you'd like to contribute!**