



## Cooking with OFS

### Recipe

# QUICK AND EASY DAIRY- AND FAT-FREE COLOMBIAN VEGETABLE SOUP



For # people

4 to 6 servings



Cooking time

30 minutes

### Ingredients:

- 2 large russet potatoes, peeled and cut into 3/4-inch dice
- 1 medium carrot, peeled and cut into medium dice
- 1 cup fresh or frozen peas,
- 1 canned fava beans
- 1 medium onion chopped
- 2 cloves garlic minced
- 1 cup frozen corn
- 6 cups vegetable stock or water
- Salt and pepper to taste
- 1 bunch minced fresh cilantro
- 2 Tbsp oil

### Directions:

- Combine potatoes, carrots, half of peas, half of favas, and vegetable stock (or water) Bring to boil and cook for 15 minutes.
- Using a potato masher or a stick whisk, mash vegetables until broth is thickened but some large pieces still remain, keep it aside.
- Heat the 2 Tbsp oil and cook onion and garlic, when soft add the other half of peas and fava beans and mix well, taste seasoning.
- Mix mashed vegetables and corn and add to the onion mixture.
- Simmer for 5 minutes and serve garnish with fresh chopped coriander.



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**Recipe**

# SWEET POTATO AND LENTIL SOUP



For # people

6 servings



Cooking time

1 hour

### Ingredients:

- 1 Tablespoon of corn oil
- 1 red onion, chopped
- 2 inch piece of ginger, minced
- 2 teaspoon of curry powder
- 3 cups of skinned sweet potatoes, cubed (approx. 2 medium sweet potatoes)
- ½ cup red lentils, pre-soaked for 20 minutes
- 5 cups of chicken or vegetable broth or water
- 1 ½ cups of coconut milk or regular milk or milk of your choice
- 1 tablespoon of lemon juice
- Sea salt & black pepper to taste

### Directions:

- Pre-soak lentils for an hour or minimum 30 minutes.
- In a pot, heat oil over medium heat.
- Sauté onion until soft.
- Add sweet potatoes and sauté for 5 minutes.
- Add ginger, curry powder and stir well.
- Add lentils and broth to the pot and cover. Bring to a boil and then simmer, until sweet potatoes are tender and lentils are cooked.
- Use a hand-held blender inside the pot to make the soup smooth.
- Stir in the coconut milk and lemon juice.
- Season with salt and pepper to taste. Serve !!



# Cooking with OFS

## Recipe

# SPAGHETTI SQUASH WITH MEAT SAUCE



For # people

8 servings



Cooking time

1 hour and 15 minutes

## Ingredients:

### For the Meat sauce:

- 1 tsp butter
  - 1 tsp olive oil
  - 1 medium onion, finely chopped
  - 1 carrot, peeled and chopped
  - 1 celery stalk, finely chopped
  - 1 lb lean beef, grounded
  - 28 oz can of crushed tomatoes,
  - 1/4 cup water or stock
  - 1 bay leaf
  - salt and fresh pepper, to taste
  - 1 tsp oregano
  - grated parmesan cheese for garnish.
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- 8 cups cooked spaghetti squash, from 2 medium, about 6 lbs total
  - Salt and fresh pepper, to taste
  - Regular Spaghetti Noodles

## Directions:

- Preheat oven to 400°F.
- Cut spaghetti squash in half lengthwise and scoop out seeds.
- Season with salt and bake about 1 hour, or longer if needed on a baking sheet, cut side up. If you prefer the microwave, cut squash in half lengthwise, scoop out seeds and place on a microwave safe dish and cover. Microwave 8-9 minutes or until soft.
- Meanwhile, in a large deep sauté pan, melt butter and add oil. Add onions, celery and carrots and sauté on medium-low for about 3 to 4 minutes, until soft.
- Add the beef and season with salt. Brown the meat and cook, breaking it into smaller pieces with your spoon until cooked through.
- When cooked, add the tomatoes and adjust salt and pepper to taste. Add water or stock and simmer until it reduces a bit, then add bay leaf and cover, reducing heat to low. Simmer at least 1 hour, stirring occasionally.
- When spaghetti squash is cooked, let it cool for about 10 minutes. When cool, use a fork to remove flesh, which will come out in spaghetti looking strands.
- Keep covered and set aside keeping warm until sauce is ready. Serve topped with meat sauce and grated parmesan cheese, if desired.



# Cooking with OFS

## Recipe

# BULGUR, CHICKPEA AND TOMATO SALAD



For # people

6 servings



Cooking time

30 minutes

## Ingredients:

- 1 cup bulgur
- 3 plum tomatoes, chopped
- 3 green onion, chopped
- 1 can(540ml can) rinsed drained canned chickpeas
- 2/3 cup finely chopped fresh Italian parsley
- 4 hard cooked eggs
- ¼ cup grated parmesan, asiago or romano cheese
- Dressing
- 3 Tbsp each lemon juice
- 3 Tbsp olive oil
- Salt and Pepper to taste

## Directions:

- In saucepan, bring 1 ½ cups water to boil, stir in bulgur, cover and remove from heat, let stand for 20 minutes.
- Meanwhile in bowl whisk together lemon juice, oil, salt and pepper to make the dressing.
- In a large bowl combine bulgur, tomatoes, onions, chickpeas and parsley, drizzle with dressing and toss.
- Coarsely chop eggs, gently stir into salad.
- Garnish with parmesan cheese and serve.



# Cooking with OFS

## Recipe

## CHICKEN VEGETABLE STIR-FRY



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 1 lb boneless skinless chicken breast
  - 2 tablespoons vegetable oil
  - 1 teaspoon minced gingerroot
  - 3 cloves garlic minced
  - 2 carrots thinly sliced
  - 1 sweet green pepper thinly sliced
  - 2 cups thinly sliced mushrooms
  - 1/4 teaspoon pepper
  - 2 cups bean sprouts rinsed
  - 2 green onions thinly sliced
- Sauce:**
- 1/2 cup chicken stock
  - 2 tablespoons soy sauce
  - 1 tablespoon rice wine vinegar
  - 2 teaspoons cornstarch
  - 2 teaspoons sesame oil
  - 1/4 teaspoon hot pepper sauce

### Directions:

- Cut chicken across the grain into thin strips. In wok or large deep skillet, heat half of the oil over high heat; stir-fry chicken, in 2 batches, until no longer pink inside, about 4 minutes. Set aside on plate.
- Add remaining oil to wok; stir-fry ginger and garlic until fragrant, about 1 minute. Add carrots, green pepper, mushrooms and pepper; stir-fry for 1 minute. Add 1/4 cup (50 mL) water; cover and steam until vegetables are tender-crisp, about 4 minutes.
- Sauce: Meanwhile, in bowl, whisk together chicken stock, soy sauce, vinegar, cornstarch, sesame oil and hot pepper sauce; pour into centre of wok and boil, stirring, until thickened, about 2 minutes.
- Return chicken to pan; stir-fry until sauce is thickened and glossy. Spread bean sprouts all over platter; top with chicken mixture. Sprinkle with green onions.
- Serve over rice.



# Cooking with OFS

## Recipe

# VEGETARIAN OVEN ROASTED STUFFED PEPPERS



For # people

12servings



Cooking time

1 hour and 15 minutes

## Ingredients:

- 6 Red Bell pepper, yellow, green or 2 each colour
- 2 cups Rice , cooked
- 1 Onion , finely chopped
- 1 medium tomatoe, chopped
- 2 cloves Garlic , minced finely
- 2 Celery stalks, finely chopped
- 1 can(540ml) Kidney Beans
- 1 teaspoon Paprika powder , smoked, or red chilli powder
- 1 teaspoon Cumin powder
- 1 cup mozzarella chesse, grated
- 1 cup Cheddar cheese , grated
- Salt and Pepper , to taste
- 1/4 cup Coriander Leaves , finely chopped

## Directions:

- To begin making the Mexican Inspired Vegetarian Oven Roasted Stuffed Peppers, the first step is to half-roast the peppers. Begin by preheating your oven at 400 F for 15 minutes.
- Meanwhile, thoroughly wash the peppers and pat them completely dry. Then, slice the tops off to create a cavity in the peppers. Using a spoon, scoop out the seeds. You may need to also gently slice off a little from the bottom of the peppers, so as to flatten the peppers and stabilize them when placed upright.
- Next, line a baking tray with foil. Coat the peppers generously, on the outside with olive oil and line them on the baking tray, standing upright, with the open tops facing upwards. Place them in the oven, reduce the temperature to 375F and let them roast for 15 minutes, until they are partially roasted, but not cooked fully. Take care to keep a watch over them, as they should not overcook and wilt down too much. Roasting just for flavour.
- In the meantime, prepare the rice filling. Warm some olive oil in a skillet. Add in the onions and garlic and toss it on a high heat until the onions are wilted and pale. Add the chopped celery and sauté for 3-4 minutes.
- The next step is to add the tomatoe, salt, pepper and allow the whole mixture to cook till mushy. At this stage, add the paprika and cumin powder and allow the spices to cook through.
- Next, add in the drained kidney beans too. Mash up a few of them to create a little thickness. The mixture should be glossy and rich.
- Add the cooked rice next, and toss together on a high flame till the rice is well incorporated. Turn off stove.
- When the peppers have roasted partially, remove them from the oven and allow them to cool. Allow the oven to continue to pre heat, so you can put the peppers back inside once you have stuffed them.
- Using a tablespoon, fill the peppers with the rice mixture, taking care to press it in and fill the cavity tightly, garnish the tops with grated cheeses. Line the stuffed peppers back on the baking tray and return them to the oven for another 15-17 minutes or until they begin to shrivel and char in some places.
- Remove from the oven and serve garnish with fresh coriander chopped on top of each pepper.
- Serve as main course and followed by a dessert. Is a full meal.



# Cooking with OFS

## Recipe

## BEST ALBONDIGAS SOUP (MEATBALLS SOUP)



For # people

8 servings



Cooking time

1 hour

### Ingredients:

#### MEATBALLS

- 1 lb lean ground beef
- 1 egg, beaten
- 2 garlic cloves, minced
- 1 small carrot, grated
- 1 cup oats
- 1 bunch cilantro, chopped
- Salt and pepper to taste
- 1 tsp ground cumin

#### ALBONDIGAS SOUP(meatballs soup)

- 6 cups chicken or beef broth (I usually use nonfat and low sodium)
- 1 medium cup onion, chopped
- 3 stalks celery, cut in small chunks
- 2 cups diced tomatoes (with nothing added)
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- Cilantro to garnish
- 1 large zucchini, cubed
- Salt and pepper to taste

### Directions:

- Make the meatballs first: Combine everything and mix thoroughly.
- Form meatballs and roll between your palms (Otherwise, meatballs will fall apart in the soup).
- You should make around 20 to 24 meatballs, set aside.
- Combine broth, onion, celery, tomatoes and their liquid, cumin, oregano and cilantro leaves in a large pot.
- Bring to boil, and reduce heat and simmer for 10 minutes.
- Drop meatballs in the soup (Make sure the soup is slightly boiling, the meatballs need to be cooked quickly).
- Return to simmer and cook another 10 minutes.
- Add zucchini and cook 10 minutes.
- Season with salt and pepper, to taste.
- Add chopped coriander and serve the soup hot.
- Can be serve with cooked quinoa o boiled rice.