



# Cooking with OFS

## Recipe

## FISH TACOS



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 2 cans corn kernnels (341ml each can)
- 1 poblano pepper, halved and seeds removed
- 4 tilapia fillets (4 ounces each)
- 1/8 teaspoon salt
- 1 zuchinni sliced
- 1 medium tomato, chopped
- 1/3 cup chopped red onion
- 3 tablespoons coarsely chopped fresh cilantro
- 1 teaspoon grated lime zest
- 3 tablespoons lime juice
- 8 taco shells, warmed
- 1/2 medium ripe avocado, peeled and sliced

### Directions:

- Turn oven on to 350 F and get a baking tray ready.
- Sprinkle fish with salt. Also sprinkle zucchini with salt.
- Cook fish and squash, for about 7-9 minutes or until fish just begins to flake easily with a fork and squash is tender, turning once.
- Open cans of corn, drain them and put them in a pot to warm them up, then place in a bowl.
- Stir in tomato, onion, cilantro, lime zest and lime juice.
- Serve fish and zucchini on a taco shell top with corn mixture and avocado.



## Cooking with OFS

### Recipe

# LATIN CHICKEN PAELLA



For # people

6 servings



Cooking time

1 hour

### Ingredients:

- 1 Tbsp. oil
- 8 bone-in skinless chicken thigh (2-1/2 lb.)
- 3 plum tomatoes, finely chopped
- 1 small onion, finely chopped
- 3 large cloves garlic, minced
- 3 cups water
- 1 tsp. paprika
- 1-1/2 cups long-grain white rice, uncooked
- 1 cup green peas
- 1 medium carrot, cubed
- 1 red pepper, chopped
- Salt and pepper to taste
- 1 tsp oregano
- 2 Tbsp Grated Parmesan Cheese( optional)

### Directions:

- Heat oil in large skillet on medium-high heat. Add chicken; cook on each side until browned on both sides. Move chicken to a plate. Add tomatoes, onions and garlic to skillet, cook until soft and tomatoes are a paste.
- Add peas, carrots, pepper, salt, pepper, oregano and paprika, stir and cook for 5 minutes.
- Add water and boil, ADD rice, stir, cover and lower the fire to minimum.
- Simmer on medium heat 20 min. or until rice and vegetables are done, stirring occasionally. Remove from heat; let stand 5 min.
- Top with cheese if using.



# Cooking with OFS

## Recipe

## PERFECT REFRIED BEANS (FRIJOLES REFritos)



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 2 cans black beans(540ml each can)
- 1 medium white onion, minced
- 2 medium cloves garlic
- Salt and pepper to taste
- 6 tablespoons oil
- 1 tsp oregano

### To cook quinoa

- 1 cup quinoa
- Salt to taste
- 2 cups water or vegetable broth

### Directions:

- In a large skillet, over medium-high heat put the 6 Tbsp oil.
- Add minced onion and cook, stirring occasionally, until translucent and lightly golden, about 7 minutes.
- Stir in beans and cook for 2 minutes.
- Add 1 cup of water or vegetable stock. Using bean masher, potato masher, or back of a wooden spoon, smash the beans to form a chunky purée; alternatively, use a stick blender to make a smoother purée.
- Reduce heat to medium and cook, stirring, until desired consistency is reached; if refried beans are too dry, add more liquid, 1 tablespoon at a time, as needed. Season with salt, pepper and oregano and serve.
- Serve over cook rice or quinoa.

### How to cook quinoa

- Rinse quinoa in a fine mesh sieve until water runs clear.
- Transfer quinoa to a medium pot with water or broth and salt, bring to a boil, then lower heat and simmer, uncovered, until quinoa is tender, about 15 minutes.
- Cover and set aside off heat for 5 minutes, uncover and fluff with a fork.



# Cooking with OFS

## Recipe

## ONE-POT QUINOA CHILI



For # people

6 servings



Cooking time

45

### Ingredients:

- 2 teaspoons olive oil
- 1 onion , chopped
- 3 cloves garlic , minced
- 1 can (156 mL) tomato paste
- 2 tablespoons ground cumin
- 1 tablespoon each chili powder and smoked paprika
- 1 tablespoon oregano
- 4 cups vegetable broth
- 1 can (796 mL) diced tomatoes
- 3/4 cups quinoa , rinsed
- 1 can (540 mL) black beans , drained and rinsed
- 1 can (540 mL) kidney beans , drained and rinsed
- 1 can corn
- 3 tablespoons fresh cilantro , chopped
- 1 teaspoon pepper
- 1/2 teaspoon salt (optional)

### Directions:

- In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook onion, stirring frequently, until softened, about 5 minutes. Add garlic; cook, stirring occasionally, until fragrant, about 1 minute.
- Stir in tomato paste, cumin, chili powder and paprika; cook for 2 minutes.
- Add broth and tomatoes; bring to boil over high heat, stirring frequently.
- Stir in quinoa; reduce heat to low, cover and simmer for 15 minutes. Add black beans, kidney beans, corn, cilantro, pepper and salt (if using); simmer, uncovered, until quinoa is fluffy, 8 to 10 minutes.
- Ladle into serving bowls; garnish with toppings such as sliced avocado, slivered red onion, thinly sliced radish, pickled jalapeño peppers.
- You won't miss the meat in this satisfying vegan take on the classic soul warmer! When slow-simmered, the quinoa swells to absorb all the spicy flavours we crave in a bowl of chili. Customize with your favourite toppings.



## Cooking with OFS

### Recipe

# BLACK BEAN QUESADILLAS



For # people

6 servings



Cooking time

30

### Ingredients:

- 2 teaspoons vegetable oil
- medium onion chopped
- 1 sweet green pepper chopped
- tablespoon chili powder
- teaspoon ground cumin
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon pepper or to taste
- can black bean drained and rinsed ( 540ml can)
- cup salsa
- 1 can corn kernels (341 ml can)
- 6 large flour tortillas
- cups shredded Cheddar cheese
- 1 cup sour cream light

### Directions:

- In large nonstick skillet, heat oil over medium heat; cook onion, green pepper, chili powder, cumin, salt and pepper until softened, about 8 minutes. Add black beans, salsa and corn; cook, stirring often, until heated through, about 5 minutes. (Make-ahead: Let cool for 30 minutes;
- Evenly spoon bean mixture over half of each tortilla; sprinkle with cheese. Fold uncovered half over top and press lightly. Place a flour tortilla on a griddle or in a sauté pan. Cover the entire tortilla with cheese and spread the filling over one side, when the cheese is mostly melted, fold the tortilla over the filling into a half-moon shape, Cook until crisp and golden, a few minutes per side. Repeat with the remaining tortillas. Serve immediately with sour cream and lime wedges, if desired.
- Serve with: Coleslaw salad. Beans are packed with both soluble and insoluble fibre, which can help to keep your digestive system regular, regulate blood sugar, lower cholesterol and protect against some cancers.



## Cooking with OFS

### Recipe

# PUMPINK SOUP



For # people

6 servings



Cooking time

1 hour and 20 minutes approx.

### Ingredients:

- 3Tbsp olive oil to drizzle over the Calabaza.
- 2 pounds Calabaza(pumpkin), peeled and cut in large pieces
- Salt and freshly ground black pepper
- 2Tbsp olive oil
- 2 medium white onions, large dice
- 1 green pepper, large dice
- 6 plum tomatoes, quartered
- 1 cup washed red lentils
- 4 cups water or vegetable stock
- 2 quarts heavy cream or milk
- 1/2 bunch thyme, about 12 sprigs, leaves picked or dried thyme leaves.
- 1 red pepper, large dice
- 2 cloves garlic, crushed
- 1 bunch fresh coriander for garnish.

### Directions:

- Preheat oven to 350 degrees F.
- Drizzle a little bit of olive oil over the calabaza. Season with salt and pepper, and roast in the oven until tender, about 1/2 hour.
- In a large stockpot, heat 2 Tbsp olive oil and saute onions, green pepper, red pepper, and garlic. Add lentils, 1 cup of water or stock and mix well.
- Add the tomatoes and cook for 10 minutes or until the lentils are very soft.
- Add water or stock and heavy cream and the roasted calabaza. Add the thyme. Simmer about 20 minutes. Puree or blend all the ingredients, taste the seasonings. Garnish with fresh coriander chopped.
- Serve hot with garlic bread.



# Cooking with OFS

## Recipe

## ONE-POT ENCHILADA RICE



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 1 tablespoon oil
- 1 tablespoon minced garlic, minced
- ½ cup red onion chopped
- 1 cup bell pepper chopped
- 1 cup tomato chopped
- 3 cups water
- 1 ½ cups rice
- 1 can black beans (540ml) drained.
- 1 tablespoon fresh cilantro, chopped
- 1 cup tomato sauce
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup shredded cheese
- ½ avocado, cubed, for garnish

### Directions:

- Preheat oven to 400°F
- Put oil in a cast-iron skillet over medium heat. Add garlic and onion to skillet and stir until garlic is slightly golden and onion has softened.
- Add pepper and sauté 2-3 minutes or until peppers have softened.
- Add tomatoes and sauté 1 minute.
- Pour water into the skillet and wait for it to come to a boil.
- Add rice and stir.
- Make a circle in the center of the rice vegetables and add black beans to the skillet and mix.
- Add cilantro, tomato sauce, chili powder, cumin, salt, and pepper, and stir.
- Add cheese on top (optional).
- Bake in a preheated oven for 20-25 minutes.
- Allow to cool for 5 minutes.
- Garnish with cilantro and avocado (optional).