

Healthy and Nutritious Recipe Ideas

Creamy Vegetable Soup

Via myfoodstory.com

The perfect blend of light and easy to make a quick, hearty meal.

Ingredients:

- 2 tablespoons Butter
- 1 tablespoon Olive Oil
- ½ cup Onions chopped
- ½ cup Celery chopped
- 1 cup Carrots chopped
- 1 tablespoon Garlic minced
- 1 cup Green Beans chopped
- 1 cup Mushrooms sliced
- 1 cup Broccoli Florets
- 1 cup Corn Kernels
- 1 teaspoon Thyme dried
- 1 teaspoon Oregano dried
- 3 tablespoons All Purpose Flour
- 4 cups Whole Milk
- Salt and Pepper to taste

Instructions:

1. Heat butter and olive oil in a skillet and add onions, celery and carrots. Cook for a few minutes till the onions soften, making sure not to brown them. Add the garlic, beans, mushrooms, broccoli and corn and saute for 2-3 minutes. Mix in the thyme and oregano and add the flour.
2. Add the flour along with thyme and oregano and cook the flour with veggies for a minute and a half. Add the whole milk slowly, while stirring continuously. Keep stirring while you bring this to a boil, and then reduce to a simmer.
3. Add salt and pepper and let everything simmer for 6-7 minutes or till the soup thickens. Add a little broth or more milk to thin it out if its too thick. Serve hot.

Notes:

- You can use pre-cut or frozen veggies to make this soup even faster.
- Feel free to add half & half or cream if you prefer, in combination with the milk
- To make this soup non vegetarian, add some cooked chicken, ham or shrimp towards the end
- To make this into a meal, you can also add cooked pasta to the soup.

Lemon Herb Cauliflower Bean Dip

Via edibleperspective.com

For a fun and exciting new lunch meal, look no further than this delightful cauliflower bean dip.

Ingredients:

- 2 cups cauliflower
- 1 small/medium garlic clove
- 1 cup cannellini beans, rinsed + drained
- 2 tablespoons tahini
- 1 tablespoon extra virgin olive oil
- 2 teaspoons lemon juice
- 2-3 teaspoons lemon zest
- 2 teaspoons fresh thyme
- 1 teaspoons chopped fresh rosemary
- salt + pepper, to taste

Instructions:

1. Steam the cauliflower until fork tender (about 10min) then rinse with cold water or place in an ice bath until chilled. Drain water.
2. Place the garlic in a large food processor and turn on to mince.
3. Add in the cauliflower, beans, tahini, oil, lemon juice, 2 teaspoons zest, thyme, rosemary, salt, and pepper and process until smooth. Scrape the sides as needed.
4. Taste and add more salt, pepper, and/or lemon zest if needed.
5. Chill in the fridge until ready to serve. Flavors will develop more as it sits.
6. Top with a drizzle of olive oil, toasted pepitas (optional), and a sprinkle of salt + pepper.

Quinoa (or Rice) and Black Bean Burrito Bowls

Via toriavey.com/toriskitchen

Easy, healthy, and gluten free lunch or dinner.

Ingredients:

- 1 cup quinoa (or swap quinoa for an equal amount of rice and cook according to package instructions)
- 1 tbsp olive oil
- 1/4 cup onion minced
- 1 clove garlic minced
- 30 oz cooked black beans or 2 cans, drained and rinsed
- 1/4 cup fresh cilantro chopped
- 1/4 tsp chili powder mild
- Pinch cayenne pepper spicy
- 1/4 cup fresh lime juice
- 1 cup shredded lettuce
- Salt

Optional Topping Ingredients:

Grated cheddar or jack cheese
Sour cream or Greek yogurt
Pico de gallo or salsa
Diced seeded tomatoes
Hot sauce or sriracha
Sliced avocado
Guacamole
Corn

Instructions:

1. Rinse the quinoa (if using) thoroughly in a mesh strainer or sieve, drain.
2. Pour quinoa into a saucepan along with 2 cups of water. Bring the quinoa to a boil, then reduce heat to a low simmer. Cover the pot. Let the quinoa simmer for about 20 minutes until it becomes tender and all the liquid has been absorbed. Keep a close eye to make sure the quinoa doesn't burn.
3. While quinoa is cooking, heat 1 tbsp of oil in another saucepan over medium heat. Pour minced onion into the saucepan and saute for a few minutes till it softens and begins to turn brown. Add the minced garlic to the pot and let it saute for 1-2 minutes longer till aromatic.

4. Add the black beans to the pot of onions along with 1/2 cup water, 2 tbsp of chopped fresh cilantro, chili powder and cayenne pepper. Bring the beans to a boil, then reduce heat to medium low. Let the beans simmer for 15 minutes till the liquid is mostly evaporated. Stir in 2 tbsp of fresh lime juice. Season with salt to taste.
5. When the quinoa is fully cooked, remove from heat and fluff with a fork. Use the fork to mix in 2 tbsp of chopped cilantro and 2 tbsp fresh lime juice. Season with salt to taste.
6. Assemble your burrito bowls. Divide the cilantro lime quinoa between four bowls.
7. Top each portion of quinoa with 1/4 cup of shredded lettuce.
8. Top each portion of lettuce with simmered black beans.
9. Top the black beans with your choice of Optional Topping ingredients (ideas listed above). Serve warm.

Simple Homemade Tomato Soup

Via pinchofyum.com

Deliciously rich in flavour and comes together in just under an hour.

Ingredients:

- 4 slices bacon, cut into small pieces
- 2 carrots, chopped
- Half of a yellow onion, chopped
- 1 ½ tablespoons tomato paste
- 1 tablespoon flour
- 4 cups chicken broth (more to thin out the soup at the end as needed)
- ½ teaspoon dried thyme
- 1 bay leaf
- 1 28-ounce can whole San Marzano tomatoes
- Cream (optional, to add at the end as desired)
- Kosher salt, to taste

Instructions:

1. Fry the bacon in a large soup pot over medium low heat until bacon starts to get crispy and browned, about 5-8 minutes.
2. Add the carrots, onion, and garlic to the bacon in the pan; sauté for 5-10 minutes until the vegetables are very aromatic and tender.
3. Add the tomato paste – stir for a few minutes until you can see/smell the tomato paste starting to brown and caramelize. Add the flour and stir for a minute or so.
4. Pour the tomatoes and their juice into a bowl and crush them with your hands. Add the crushed tomatoes, broth, thyme, and bay leaf to the soup pot. Simmer for 30 minutes. Puree in batches and return to the pot. Add cream if you want. Season with salt.

Stuffed Green Peppers

Via myplate.gov

Delicious and full of protein and vitamins and minerals. This recipe is perfect for August 28th, which is “Stuffed Green Bell Pepper Day”!

Ingredients:

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cups tomato sauce, unsalted
- Ground black pepper (to taste)

Instructions:

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.

One Pot Garlic Parmesan Pasta

Via damndelicious.net

The easiest and creamiest pasta made in a single pot!

Ingredients:

- 2 tablespoons unsalted butter
- 4 cloves garlic, minced
- 2 cups chicken broth
- 1 cup milk, or more, as needed
- 8 ounces uncooked fettuccine
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons chopped fresh parsley leaves

Instructions:

1. Melt butter in a large skillet over medium high heat. Add garlic and cook, stirring frequently, until fragrant, about 1-2 minutes.
2. Stir in chicken broth, milk and fettuccine; season with salt and pepper, to taste.
3. Bring to a boil; reduce heat and simmer, stirring occasionally, until pasta is cooked through, about 18-20 minutes. Stir in Parmesan. If the mixture is too thick, add more milk as needed until desired consistency is reached.
4. Serve immediately, garnished with parsley, if desired.

Turkey and Root Vegetable Meatloaf

Via kelliesfoodtoglow.com

Ingredients:

- 1 tbsp olive oil or rapeseed oil
- 1 large onion, peeled and finely diced
- 2 cloves garlic, peeled and minced
- 2 medium carrots, peeled and grated
- 1 medium parsnip, peeled and grated (optional)
- 1 tbsp Worcestershire sauce
- 1 ½, tsp dried thyme
- 1 ½ tsp no-salt 'chicken seasoning' or 1 tsp salt and ½ tsp ground pepper
- 2 rounded tbsp tomato puree or ketchup
- 60ml/2 oz vegetable or chicken stock
- 1 kg/2 lb turkey mince
- 100g/3.5 oz porridge oats
- 2 eggs, beaten
- 10 g parsley, chopped
- 100 ml best tomato ketchup OR barbecue sauce

Instructions:

1. In a frying pan, over a low-medium heat, sauté the onions in the oil for about five minutes.
2. Add the garlic, carrots and parsnip to the pan and cook for a further eight minutes, or until the vegetables begin to soften.
3. Add the next five ingredients, cooking for one minute; set aside to cool a bit.
4. Put the turkey mince and porridge oats into a large bowl and mix together.
5. Add in the cooled vegetable mixture, beaten eggs and parsley. Mix well; it will look quite sloppy.
6. Pat the meatloaf mixture into oiled baking tins and cover with the ketchup or barbecue sauce. You can also form the mixture into a rectangular shape – about 10 cm/4 in high- on a well-oiled baking sheet.
7. I tend to put it in the fridge for half an hour to firm up, but this is not necessary if you are putting the mix into a baking tin.
8. Bake at 170C/340F for 50 minutes to one hour, or until a meat thermometer registers 70C/165F. If you don't have a thermometer, ensure that the loaf is starting to pull away from the sides, or cut into the middle and see if steam escapes. Because turkey remains quite pale don't rely on colour change as a test for doneness.
9. Serve 3-4 cm thick slices of the turkey meatloaf with mashed potato and celeriac, steamed dark greens (such as purple sprouting broccoli) and carrots, or red pepper strips.

Coconut Chickpea Curry

Via modernhoney.com

A flavourful vegan meal that offers up protein and healthy fats.

Ingredients:

- 1 Tablespoon Coconut Oil (or canola or olive oil)
- 1 large Onion (finely diced)
- 4 Garlic Cloves (minced)
- 1 medium knob Fresh Ginger (grated and minced)
- 1 teaspoon Salt
- 1/2 teaspoon Pepper
- 1 to 1 1/2 Tablespoon Curry Powder
- (1) 14.5 ounce can Full-Fat Coconut Milk (in a can, may use lite)
- (1) 14.5 ounce can Crushed Tomatoes
- (1) 14.5 ounce can Chickpeas (aka garbanzo beans, drained and rinsed)
- 1-2 fresh Lime Juice
- Fresh Cilantro (chopped)
- Basmati Rice or Naan Bread

Instructions:

1. Heat a large skillet or pot over medium-high heat. Add oil and let sizzle. Add onions and let cook for about 8 minutes, stirring often. Stir in garlic and ginger and cook for 1 minute longer. Stir in salt, pepper, and curry powder.
2. Add coconut milk and crushed tomatoes. Turn down heat to medium-low and let simmer for 15-20 minutes. Stir in chickpeas and continue to cook for 5 minutes longer, stirring often.
3. Remove from heat and sprinkle with lime juice. Serve with basmati rice and sprinkle with fresh cilantro.