5 Ingredient Pantry Dinners
Easy & delicious pantry meals from your campus dietitian.
Black Bean stuffed peppers

Ingredients:
- 1 can black beans, drained and rinsed
- 3 medium bell peppers, tops and seeds removed
- 1 cup cooked quinoa (sub rice or couscous)
- 2/3 cup salsa
- grated cheese or nutritional yeast (optional)

Directions:
1. Mix salsa, quinoa and beans until well combined.
2. Fill peppers with bean mixture and place in glass baking dish. Bake for 25 minutes at 350 F.
3. Top with cheese (if using) and bake an additional 5 minutes to melt cheese.

Makes 3 servings.

Recipe adapted from @enjoyyoutfoodrd
WHITE CHICKEN CHILI

INGREDIENTS:
- 6 cups chicken or vegetable stock
- 3 cups cooked chicken, shredded
- 2 cans beans, rinsed and drained
- 2 cups salsa verde (store-bought or homemade)
- 2 teaspoons ground cumin

DIRECTIONS:
1. Stir together chicken stock, chicken, beans, salsa and cumin in large stockpot.
2. Bring to a simmer. Then reduce heat to medium-low to maintain the simmer.
3. Serve garnished with your favorite toppings.

Makes 4 servings.

Optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, green onions, sour cream, crumbled tortilla chips

Recipe adapted from: www.gimmesomeoven.com
Savoury salmon burgers

Ingredients:
- 3/4 cup old fashioned oats
- 1 x 6 in oz. can wild salmon, drained
- 1/2 yellow onion, diced
- 1 tsp garlic, minced
- 1 egg

Directions:
1. In the bowl of a food processor, add in oats, pulsing into a flour-like consistency.
2. Add remaining ingredients. Pulse to combine until mixture forms paste-like consistency.
3. Form into 4 patties. Refrigerate 15-20 minutes.
4. When ready to cook, heat pan over medium-high heat and spray with cooking spray. Place patties in pan when hot, and allow to cook for 3-4 minutes on each side.

Makes 4 patties.

Recipe adapted from www.holleygrainger.com
5 INGREDIENT BAKED PASTA

Ingredients:

- 340 g dried pasta (rotini, penne, ziti)
- 450 g ground beef or 2 cans lentils, drained
- 680 ml jar marinara sauce
- 1 1/2 cups mozzarella cheese, shredded
- 1 tsp. dried Italian seasoning
- Fresh basil, optional

1. Preheat oven to 350°F. Grease a 9×13-inch baking dish and set aside.
2. Add ground beef or lentils to skillet. Season to taste. Break up meat with spatula and cook on medium high until no longer pink.
4. Cover pan with foil and bake for 30 minutes. Remove foil for the last 10 minutes to allow cheese on top to melt.

Prep in two smaller pans instead of one large and freeze half to cook later!

Recipe adapted from: www.therealfoodrds.com/