Easy Pantry Meals
from your UW Food Services Culinary Team
Tips for Eating on a Budget

- **Cook with whole foods** rather than using prepared food.
- **Try to set a little time each week for preparing meals.** It can be challenging to find time, but even 20-30 minutes can go a long way!
- **Batch cook with a friend** or housemate to share the cost and the work.
- **Store prepared food in meal sized containers** so that you can take them each day when you go to school or work. Consider making some freezer friendly options which can be easy to grab and go on busy weeks.
- **Bring nutritious snacks** (like apples with peanut butter, or a homemade muffins) with you if you know you're going to be out for most of the day.
- **Take advantage of versatile and affordable staple foods** and use them to make a batch of food go farther. Some of these are potatoes, carrots, apples, pasta, rice, other grains, bananas, and beans.
- **Buy local and buy seasonal.** Local seasonal food tend to be less costly than imported produce.
Cooking Terms to Know

- **Cubed**: To chop into small, uniform cube shapes. About 1/2 inch size.

- **Diced**: To chop foods into smaller, uniform cubes. About 1/8 to 1/4 inch in size.

- **Drained**: To pour off excess liquid or fat from food such as liquid from a canned item or fat from ground beef.

- **Minced**: To finely chop foods into very tiny pieces so they are distributed throughout the dish.

- **Sauté**: A high heat quick cooking method that uses a small amount of butter, oil or fat in a flat pan to brown meat or vegetables. Grab the handle of the pan and use a quick, jerking motion to “toss” or “stir” items in the pan.

- **Simmer**: To cook food in hot liquid just below the boiling point. You should see tiny bubbles forming and gently rising to the surface.

- **Tbsp**: Tablespoon (15ml)

- **Tsp**: Teaspoon (5ml)
Simple Overnight Oats

Submitted by Chef Djura Novta

**Ingredients:**
- 1/2 cup rolled oats or quick oats
- 1/2 cup milk of choice
- 1/4 cup yogurt or additional milk of choice
- 1/2 cup fruit (fresh, canned or frozen)
- 1/8 tsp salt

Optional add in's
- 1-2 tbsp nut butter
- 1 tbsp chia, flax or hemp seed
- 1-2tsp jam, honey or maple syrup

**Directions:**
1. Mix all ingredients together and store in airtight container in the fridge overnight. Makes 1 serving.

Overnight oats make an easy and healthy meal year round! You can adapt the recipe to whatever you have on hand and no cooking equipment is required.
YUMMY PUMPKIN BREAD
Submitted by Nicole Pin, RD

Ingredients:
- 1/2 cup of applesauce
- 1/3 cup of vegetable oil
- 1/2 cup sugar
- 1 cup pumpkin puree
- 1 tsp vanilla extract
- 1 cup rolled oats or quick oats
- 1 cup flour
- 1/4 tsp salt
- 1 tsp of baking powder
- 1/2 tbsp cinnamon

Directions:
1. Preheat the oven to 350 °F.
2. In a large bowl, mix together the applesauce, oil, sugar, pumpkin puree, and vanilla. Add the remaining ingredients, mix until combined.
3. Pour batter into a greased loaf pan and bake for 50 to 55 min or until a toothpick inserted into the centre of the loaf comes out clean. Cut into 12 slices.

Alternatively, make this loaf into muffins. For muffins reduce time to 25-30 minutes.
**Tasty Tuna Cakes**

Submitted by Executive Chef Javier Alacro

**Ingredients:**

- 1 can tuna, drained
- 1/8 of a red onion, finely diced
- 1/2 clove crushed garlic
- 1/4 cup bell pepper, finely diced
- 2 sprigs fresh cilantro, chopped
- 1 egg yolk
- 1 tsp. mayonnaise
- 1/4 lemon zest and juice of lemon
- 2 tbsp. breadcrumbs
- 1 small can of chickpeas
- salt and pepper to taste

**Directions:**

1. In a greased pan, sauté garlic and onions until translucent. Transfer to a bowl to cool.
2. Sauté peppers till lightly caramelized and soft. Add to onions along with tuna, cilantro, egg, mayo, and seasonings. Add breadcrumbs, mix and form a loose cakes.
3. Lightly pan fry with oil until golden brown. Serve with chickpea salad or greens.

*Side Chickpea Salad:* Add leftover pepper, onion, cilantro, garlic, and lemon juice to a drained can of chickpeas. Season to taste.
5 MINUTE FIESTA GRAIN BOWL

Submitted by Nicole Pin, RD

INGREDIENTS:

- 1 cup cooked rice, quinoa, couscous or another grain
- 2 tbsp sundried tomato salad dressing (can substitute with other dressings)
- 1/2 cup canned corn
- 1/2 cup black beans, rinsed and drained
- 1/2 cup chopped tomatoes
- 1 tsp chili powder or taco seasoning (optional)

Optional: cheese, avocado, cilantro or tortilla chips for garnish.

DIRECTIONS:

1. In a medium sized microwaveable bowl, combine rice (or other grain) and dressing. Microwave on high for 1 minute.
2. Add corn, black beans, and tomatoes. Mix well.
3. Sprinkle with chili powder/taco seasoning (if using) and garnish with desired toppings. Makes 1 serving.
Anything Goes Bean Soup

Submitted by Chef Mark Meinzinger

Rather than static recipe, this is a guideline that allows you to improvise and be creative with the ingredients you have on hand.

Ingredients:

- Rice
- Canned or dried beans/legumes (lentils, black beans, chickpeas, white beans, red kidney beans)
- Your choice of spices
- Water or broth (with bouillon cube if available)

Directions:

1. Soak dried beans/legumes (if using; skip this step if you have canned)
2. In a large pot, simmer vegetables of choice with broth and add legumes/beans.
3. Add seasonings of choice, rice and simmer until desired flavour.

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Soup Inspirations:

- **TUSCAN BEAN**: Vegetable (Carrot, Celery, Onion, Garlic) diced, simmered in broth with a can of trained and rinsed white beans.

- **BLACK BEAN**: Black Beans drained and rinsed simmered in broth then pureed and topped with fresh onion and cilantro and sour cream.

- **SPLIT PEA**: Soak dried split peas for at least an hour, drain and rinse. Sauté onion and ham in a pot add soaked peas and simmer until tender. Mash lightly.

- **DAHL**: Drain and rinse dark lentils and red kidney beans add your choice of curry spices and simmer then mash.

- **HASH**: Sauté onion, corn, sweet potato and black bean. Keep fairly dry and serve as a side or a top rice for a vegetarian dish.

As always you can add spices to your liking: Tex Mex for black bean, curry and turmeric for dahl, basil for Tuscan.

With beans your options are endless they take different spices well and are hard to overcook. Add dry spices to substitute for the flavour of some of your fresh vegetable if you are short the basics. Garlic powder and onion powder are inexpensive and flavourful.

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**Chef’s Note:** Beans are a wonderfully nutritionally dense vegetable that can be purchased and stored, even cooked in an incredible variety of ways. Beans have provided sustenance for many different cultures over an incredible amount of human history. A simple red beans and rice is a staple for many cultures. Indian cultures make use of a wide variety of beans and lentils to make their dahls. French Canadians have ham and pea soup. Jamaican black bean soup is another fantastic option. Asian cultures will make red bean desserts! There are wonderful hash’s that can be made with beans and vegetables.
Cozy Beef & Veggie Stew

Submitted by Chef Denise McMaster

Ingredients:
- 1 tbsp oil
- 1-1.5 lbs ground beef (or turkey, chicken, pork)
- 1 small onion diced
- 1 can diced tomatoes
- 6 beef bouillon cubes and 8 cups water (or broth of your choice)
- 6 potatoes, peeled and diced
- Salt & pepper to taste
- 1 tsp oregano
- 2 cups fresh or frozen vegetables

Directions:
1. Heat oil in large pot over medium heat and cook ground meat until no longer pink.
2. Add onion and cook until soft.
3. Add tomatoes, stock, diced potatoes, salt, pepper, and oregano. Cover and simmer over low heat for 30 minutes.
4. Add vegetables and continue to simmer 10 minutes. Makes 6-8 servings.

This soup is so easy to make from pantry staples. Freeze in portions for a quick meal on a cold day. Add your favorite crackers or bread for a hearty quick meal.
3 Bean Salad
Submitted by Nicole Pin, RD

Ingredients:
For the Salad:
- 1 can chickpeas
- 1 can cannellini beans
- 1 can green beans
- 1 can corn
- 1 large carrot, diced
- 1 small onion, diced

Dressing:
- 1/4 cup apple cider vinegar
- 3 tbsp olive or canola oil
- 1 tbsp white sugar (optional)
- Salt and pepper to taste

Directions:
1. Drain and rinse chickpeas, cannellini beans, corn and green beans. Add to a large bowl with carrots and onion.
2. Whisk together vinegar, oil and sugar.
3. Pour dressing over salad and toss. Season with salt and pepper to taste. Makes 4-6 servings.

An easy bean salad for a summer picnic, or lunches during a busy week. Store leftovers in the refrigerator for up to 3 days. Swap chickpeas or cannellini beans for any legume you have on hand.
**Fruit Cobbler**

*Submitted by Chef Roland Lynn*

**Ingredients:**
- 3 oatmeal packets
- 4 cups of cereal or breadcrumbs (low sugar, e.g. corn flakes)
- 1/4 cup melted butter
- 2 x 796 ml cans fruit (peaches, pears, apple) half drained liquid
- 1 1/2 tbsp corn starch
- White sugar (optional)
- Spices - cinnamon, cardamom, etc. (optional)
- 1/4 cup nuts (optional)
- 2 tbsp coconut (optional)

**Directions:**

**Preheat oven to 350 F**

**Fruit:**
1. Drain fruit, **reserving half of the liquid**. Chop fruit roughly with knife.
2. Add fruit to bowl with reserved liquid and corn starch. Mix well. Taste to see if sweet enough.
3. Spread evenly in oven proof baking pan.

**Crumble:**
1. Mix oatmeal and cereal/breadcrumb in a bowl with nuts, coconut and spices (if desired). Taste for sweetness.
2. Add melted butter and mix. Sprinkle evenly on fruit.

**Bake:**
1. Bake 30-45 min or until golden brown and bubbling.
   Let cool 10 minutes. Serve warm with ice cream, yogurt or whipped cream (optional).
Classic Bread Pudding

Submitted by Chef Daniel Lemay

Ingredients:
- 6 slices of day-old bread
- 2 tbsp of melted butter (29 g)
- 4 eggs, beaten
- 1/2 cup raisins (57 g)
- 1/2 cup milk (480 ml)
- 3/4 cup white sugar (170 g)
- 1 tsp ground cinnamon (14.3 g)
- 1 tsp vanilla extract (14.3 g)

Directions:
1. Preheat oven to 350 F
2. Break bread into small pieces in an 8-inch square baking pan, drizzle melted butter over bread.
3. In a medium bowl combine the eggs, milk, sugar, cinnamon and vanilla. Beat until well mixed. Pour over bread, and lightly push down with a fork until bread is covered and soaking up the egg mixture.
4. Bake for 45 minutes, or until the top springs back when lightly tapped. Let rest 10 min. and serve warm.

A delicious comfort food or dessert on a cold day!