

Self-Isolate and Cook!

Staying healthy, happy,
and well-fed





During the Covid-19 pandemic, safety should be the number one priority for all citizens. Numerous trips to the grocery store can put people at risk, so it's important to plan ahead.

This mini-cookbook has recipes that can be made in bulk and frozen in order to reduce number of trips to the grocery store.

Cooking is a great way to pass the time and relieve stress. And in all this uncertainty, one thing that you shouldn't have to worry about is eating good food 😊

Cleaning:

The FDA does **not** recommend using bleach, dish soap or other disinfectants on produce or meat products.

Rinse and scrub each produce item under water for 20 seconds and dry with a paper towel.

Meat does not need to be washed.



*Make sure to wash hands with soap and water for at least 20 seconds

after handling meat and packaging!*

Kitchen Safety



- ⇒ Wash hands before and after handling food, especially raw meat and eggs.
- ⇒ When using a knife, always cut away from yourself and downward.
- ⇒ Move knives away from the counter edge.
- ⇒ Turn handles of pots and pans toward the back of the stove.

- ⇒ Use pot holders when taking pans out of the oven or off of the stove.
- ⇒ Clean surfaces after meal preparation is complete.
- ⇒ Check that all stove burners and ovens are turned off once done cooking.

Turkey Chili

INGREDIENTS

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream



INSTRUCTIONS

1. Place **2 teaspoons** oil in a large pot and place over medium high heat. Add in **1 chopped onion**, **3 cloves minced garlic** and **1 chopped red pepper** and saute for 5-7 minutes, stirring frequently.

2. Add in **1 pound ground turkey or chicken** and break up the meat; cook until no longer pink.
3. Next add in **4 Tablespoons chili powder, 2 teaspoons cumin, 1 teaspoon dried oregano, ¼ teaspoon cayenne pepper** and **½ teaspoon salt**; stir for about 20 seconds.
4. Next add in **28-oz. can tomatoes, 1 ¼ cups chicken broth, 2 cans kidney beans** and **1 can corn**. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
5. Garnish with anything you'd like: tortilla chips, cheese, sour cream, cilantro, lime juice
6. If you would like to freeze the chili, wait for it to cool, put in plastic or glass Tupperware, and freeze for up to 3 months.

Adapted from: <https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>

Chicken Fajita Bake with Quinoa

****Note:** you can prepare this dish ahead of time, cover, and refrigerate until ready to bake.

INGREDIENTS

- 2 pounds uncooked boneless skinless chicken breasts, cut into bite-sized pieces
- 1 cup uncooked quinoa
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 small yellow onion, diced
- 1- 15 ounce can petite diced tomatoes, NOT drained
- 2 tablespoons fajita seasoning
- 1 teaspoon salt
- 1 cup water
- 1 cup taco sauce
- Optional toppings: diced avocado, sliced green onion, olives, shredded cheese



INSTRUCTIONS

1. Preheat oven to 375°F. Spray a 13x9-inch baking dish with cooking spray.
2. In the baking dish, stir together **2 pounds diced chicken, 1 cup uncooked quinoa, 1 diced red bell pepper, 1 diced green bell pepper, 1 diced onion,** and **1 can diced tomatoes (with juices)**. Sprinkle with **2 Tablespoons fajita seasoning** and **1 teaspoon salt**; toss to coat.
3. In a small bowl, whisk together **1 cup water** and **1 cup taco sauce**. Pour over ingredients in baking dish and stir to combine.
4. Cover dish with aluminum foil and bake for about 1 hour. Remove the cover and check to make sure that the quinoa and chicken are both cooked through. If necessary, stir and return to the oven for a few more minutes (or until done). $\frac{1}{2}$ cup cheese can be added to the top and baked uncovered for 3-5 more minutes. Turn off the oven.
5. Serve immediately with optional toppings: avocado, sliced green onion, black olives, diced tomatoes, etc.

Adapted from: <https://www.theseasonedmom.com/dump-bake-chicken-fajita-quinoa/>

Chicken Rice Soup

INGREDIENTS

- 3 boneless, skinless chicken breasts
- 2 Tablespoons Olive oil
- $\frac{1}{4}$ tsp ground thyme
- $\frac{1}{2}$ tsp Salt and $\frac{1}{2}$ tsp freshly ground black pepper
- 2 Tbsp butter
- 3 stalks celery, finely diced
- 2 carrots, finely diced
- 1 yellow onion, finely diced
- 1 red bell pepper, finely diced
- 2 sprigs fresh thyme, leaves only
- 1 pinch turmeric
- 8 cups low-sodium chicken broth
- 2 cups long-grain rice



INSTRUCTIONS

1. Preheat the oven to 400°F.

2. Drizzle the 3 chicken breasts with **2 Tablespoons olive oil** and sprinkle with $\frac{1}{4}$ **teaspoon ground thyme** and $\frac{1}{2}$ **teaspoon salt** and $\frac{1}{2}$ **teaspoon pepper**. Put the chicken in a roasting pan and roast until cooked through, about 20 minutes. Set aside. Turn off oven.
3. In a pot over medium heat, melt **2 Tablespoons butter** and saute the **3 stalks diced celery**, **2 diced carrots**, **1 diced onion** and **1 diced red bell pepper** for 3 to 4 minutes. Sprinkle with the **2 sprigs fresh thyme leaves** (or $\frac{1}{2}$ teaspoon dried thyme) and **pinch of turmeric** and cook for another 2 minutes.
4. Pour in **8 cups chicken broth**, cover, bring to a simmer and let simmer 30 minutes.
5. Prepare the **2 cups rice** according to the package instructions; keep warm.
6. Shred or chop the cooked chicken and add it to the pot with the soup. Simmer for another 15 minutes.
7. 7. Stir in the cooked rice and serve.

****If you would like to freeze this soup, wait for it to cool, put in plastic or glass Tupperware, and freeze for up to 3 months.**

Adapted from: <https://www.foodnetwork.ca/recipe/chicken-rice-soup/15639/>

Turkey Bolognese Sauce

INGREDIENTS

- 2 tablespoons olive oil
- 1 large white onion finely diced
- 3 carrots peeled and finely diced
- 3 stalks celery finely diced
- 4 cloves garlic minced
- 1 tablespoon dried Italian seasoning
- $\frac{1}{4}$ teaspoon crushed red pepper flakes
- 2 teaspoons Worcestershire sauce
- 2 lbs ground turkey
- 2 tablespoons tomato paste
- 1 cup red wine or chicken broth
- 2 28 ounce cans crushed tomatoes
- Salt and pepper to taste

INSTRUCTIONS

1. In a large soup pot or skillet, heat **2 Tablespoons olive oil** over medium heat.



2. Add **1 diced onion, 3 diced carrots, 3 stalks diced celery, 4 cloves minced garlic, 1 Tablespoon dried Italian seasoning, ¼ teaspoon red pepper, and 2 teaspoons Worcestershire** and cook until softened, about 5 minutes.
3. Add **2 pounds turkey** and cook until no longer pink, breaking it up into smaller pieces as you go.
4. Add **2 Tablespoons tomato paste** and cook another 2 minutes.
5. Add **1 cup red wine or chicken broth**, and deglaze the pan.
6. Add **2 cans crushed tomatoes, and 1 teaspoon salt and 1 teaspoon pepper.**
7. Let simmer on the stove for at least one hour.
8. Serve over spaghetti noodles, pappardelle noodles, or zucchini noodles!

****Sauce can be frozen for up to 3 months****

Adapted from: <https://www.greensnchocolate.com/slow-cooker-turkey-bolognese/>

Easy-to-Make Soda Bread

INGREDIENTS

- 2 cups all-purpose flour, plus more for kneading
- ¾ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 cup buttermilk or buttermilk substitute
- 3 Tablespoons unsalted butter, melted and divided



To make buttermilk: Add 1 tablespoon of lemon juice or vinegar to a liquid measuring cup, then pour in milk (any variety) up to the "1 cup" mark. Stir the mixture then let it sit for 5 minutes until it curdles and thickens slightly. Proceed with the recipe as directed.

INSTRUCTIONS

1. Preheat the oven to 375°F.

2. In a large bowl, whisk together **2 cups flour**, $\frac{3}{4}$ **teaspoon baking soda** and $\frac{1}{2}$ **teaspoon salt**.
3. Add **1 cup buttermilk** and **2 Tablespoons melted butter** and mix just until combined.
4. Generously flour your work surface. Scrape the dough onto your work surface then sprinkle the top of it with additional flour. With very light pressure, turn the dough so that it is coated on all sides with flour then **knead it a maximum of eight times**. Shape it into a 6-inch domed round.
5. Transfer the dough to a nonstick baking sheet or a baking sheet lined with parchment paper.
6. Using a sharp knife, cut a large "X" across the top then brush the top with the remaining **1 tablespoon melted butter**.
7. Bake the bread for about 35 minutes or until it is no longer doughy in the center. Remove it from the oven and set it aside to cool before slicing and serving.

**If you do want to freeze the bread, let it cool completely then wrap it very securely in plastic wrap. Pop the loaf into a sealable plastic bag then squeeze out as much air as possible before sealing the bag shut and stashing it in the freezer. Will last for 2 weeks.

Adapted from: <https://www.justataste.com/easy-homemade-bread-no-yeast-recipe/>

Chocolate Chip Cookies

(makes 60 cookies!)

INGREDIENTS

- 2 $\frac{1}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups chocolate chips (semi-sweet, chocolate chunk, mini chocolate chips, etc.)
- Optional: 1 cup chopped nuts, 1 cup old-fashioned oats



INSTRUCTIONS

1. Preheat oven to 375° F. Take butter out of fridge and let soften on counter.

2. Combine **2 ¼ cups flour**, **1 teaspoon baking soda** and **1 teaspoon salt** in small bowl.
3. Beat **1 cup softened butter**, **¾ cup granulated sugar**, **¾ cup brown sugar** and **1 teaspoon vanilla extract** in large mixer bowl until creamy. Add **2 eggs**, one at a time, beating well after each addition.
4. Gradually beat in flour mixture. Stir in **2 cups chocolate chips** and **1 cup nuts/oats**, if desired. Drop by rounded tablespoon onto ungreased baking sheets.
5. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

SLICE AND BAKE COOKIE VARIATION:

Prepare dough as above. Divide in half; wrap in waxed paper. Refrigerate for 1 hour or until firm. Shape each half into 15-inch log; wrap in wax paper. Refrigerate for 30 minutes.* Preheat oven to 375° F. Cut into 1/2-inch-thick slices; place on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

* May be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.

Adapted from: <https://www.verybestbaking.com/recipes/18476/original-nestle-toll-house-chocolate-chip-cookies/>