



realfoodphilosopher

Healthy Pantry Sourced Meals

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Any Nut Butter Oatmeal Cookie Granola

12 servings

45 minutes

Ingredients

2 cups Oats (rolled)
1/2 cup Oat Flour
1/2 cup Sunflower Seeds (could sub pumpkin seeds)
1/2 cup Organic Raisins
1 tsp Cinnamon
1/2 cup Sunflower Seed Butter (or nut butter of choice)
1/4 cup Maple Syrup
2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, stir together all ingredients until well combined. Transfer to the baking sheet and use your hands to press down into a formed even layer. Bake for 15 minutes.
- 3 Remove from oven and use a spatula to flip over sections of the granola, gently breaking up the granola into chunks. Return to oven and bake for 10 more minutes at 300F.
- 4 Turn off the oven completely and leave the granola for another 20 minutes, or until crisp.

Notes

Storage, Refrigerate in an airtight container up to one week or less. Freeze if longer.
Serve it With, Oatmeal, yogurt, milk, our Slow Cooker Applesauce, or Slow Cooker Baked Apples recipe.

Optional Add-Ins, Chocolate chips, nuts, coconut flakes or pumpkin seeds.

Substitute any nut butter you like! This recipe uses Sunflower seed butter, but you can choose your favorite.



Cinnamon Maple Brown Rice Porridge

2 servings

1 hour

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 1 1/2 tsps Cinnamon
- 1 tsp Vanilla Extract
- 1/2 cup Brown Rice (long grain, rinsed well under cold water)
- 2 cups Strawberries (chopped)

Directions

- 1 Add the almond milk, maple syrup, cinnamon and vanilla to a large saucepan with a tight-fitting lid. Bring to a gentle boil then stir in the rice.
- 2 Reduce heat to low and cover the pot with the lid. Let it cook, stirring occasionally, for 50 to 55 minutes, or until the rice is very tender and the porridge has thickened.
- 3 Divide the porridge between bowls and top with the chopped strawberries. Serve with additional almond milk, maple syrup and cinnamon if desired and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is approximately 3/4 cup of porridge.

Nut-Free, Use coconut milk, oat milk or dairy milk instead of almond milk.

Additional Toppings, Top with hemp seeds, chia seeds, chopped nuts, sunflower seeds, pumpkin seeds, extra berries or a drizzle of almond butter.

No Maple Syrup, Use honey or agave instead.

Cooking Tip, To keep the porridge from boiling over while cooking, use a bigger pot than necessary and stir frequently or remove from heat briefly until the cooking liquid goes back down.



Spicy Coconut Lentil Soup

4 servings

40 minutes

Ingredients

1/2 cup Brown Basmati Rice (uncooked)
1/2 cup Dry Lentils (uncooked)
1/4 cup Unsweetened Shredded Coconut
2 tsps Smoked Paprika
1 tsp Chili Powder
1/4 tsp Turmeric (ground)
1 tsp Cumin (ground)
1/2 tsp Sea Salt
7 cups Water
1/4 cup Cilantro (optional, chopped)

Directions

- 1 Rinsing the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 2 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size, One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep, This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers, Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy, Swap out some of the water for coconut milk.

Likes it Really Spicy, Add cayenne pepper.

No Smoked Paprika, Use regular paprika.

More Veggies, Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.



Garlicky Broccoli & Chickpea Pasta

2 servings

25 minutes

Ingredients

2 cups Broccoli (finely chopped)
1 cup Chickpeas (cooked, patted dry)
1 tbsp Avocado Oil
1/2 tsp Sea Salt (divided)
1 1/2 cups Whole Wheat Penne
3 tbsps Extra Virgin Olive Oil (divided)
2 Garlic (cloves, minced and divided)
1 tbsp Nutritional Yeast
1/4 cup Water
2 tps Lemon Juice

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 5 Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 6 Divide between plates and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

Serving Size, One serving is equal to approximately 2 1/4 cups.

Gluten-Free, Use rice pasta or quinoa pasta instead of whole wheat pasta.

More Flavor, Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

Additional Toppings, Top with additional nutritional yeast, vegan parmesan cheese,

fresh parsley, lemon zest, black pepper or red pepper flakes.



Turmeric Chili Rice

4 servings

15 minutes

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 tsp Turmeric
- 1 1/2 tsps Chili Powder
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
- 3 Divide into bowls and enjoy!

Notes

No Jasmine Rice, Use any type of rice or quinoa instead.

No Olive Oil, Use butter or ghee instead.

Serve it With, Our Lime Basil Grilled Tuna Steaks, 15 Minute Halibut with Dill Pesto or One Pan Salmon with Rainbow Veggies.



Cozy Curried Lentils with Kale & Cauliflower

8 servings

40 minutes

Ingredients

- 1 Yellow Onion (diced)
- 4 cups Organic Vegetable Broth (divided)
- 3 Garlic (cloves, minced)
- 2 tbsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Sea Salt (divided)
- 2 tbsps Tomato Paste
- 2 cups Organic Coconut Milk (full-fat, from the can)
- 1 1/2 cups Dry Green Lentils
- 1/2 head Cauliflower (chopped into small florets)
- 3 cups Kale Leaves (stems removed, chopped)

Directions

- 1 In a pot over medium-high heat, sauté the onions with a splash of the vegetable broth. Cook until browned, stirring frequently and adding more broth as needed to prevent the onions from sticking.
- 2 Add the garlic, curry powder, garam masala, half the salt and tomato paste. Stir for one minute.
- 3 Add the remaining vegetable broth, coconut milk and lentils. Bring to a simmer and cook for 20 minutes. Add the cauliflower and simmer for another 15 minutes or until tender.
- 4 Stir in the kale leaves until wilted and season to your preference with the remaining salt. Divide into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size, One serving is approximately 1 1/2 cups.

More Flavor, Include a pinch of cinnamon and cumin, maple syrup, celery, carrots, grated ginger, and/or bay leaves..

Additional Toppings, Top with yogurt, cream, parsley, brown rice, barley, quinoa or crusty bread.



Maple Turmeric Chickpeas & Grain

4 servings

25 minutes

Ingredients

- 1 cup Freekeh (uncooked - or another grain of choice)
- 2 1/2 cups Water
- 3 cups Kale Leaves (stems removed, leaves torn)
- 3/4 cup Chickpeas (cooked)
- 3 tbsps Maple Syrup
- 1 1/2 tsps Turmeric
- 3/4 tsp Sea Salt

Directions

- 1 Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Meanwhile, add kale to a pan with enough water to cover the leaves halfway. Cook over medium-high heat until lightly steamed, about 3 to 5 minutes. Drain and set aside.
- 3 In a mixing bowl, combine the cooked freekeh with the chickpeas, maple syrup, turmeric and sea salt. Divide the freekeh and kale onto plates or into containers if on-the-go. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving equals approximately 1 cup of maple turmeric chickpeas and freekeh, and 1/2 to 3/4 cup of steamed kale.

Gluten-Free, Use quinoa instead of freekeh.

More Flavor, Cook with broth instead of water.

Additional Toppings, Top with red pepper flakes.

Substitute any grain, Not everyone has freekah in their cupboard!! No worries...you can substitute many things for freekah in this recipe. Use your favorite rice, quinoa, buckwheat, millet - you name it. Just follow package directions when preparing your substitute of choice.



One Pot Taco Pasta

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 4 stalks Green Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin (ground)
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1 Tomato (large, diced)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Black Beans (cooked, from the can)
- 1 Red Bell Pepper (diced)
- 2 1/2 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 2 cups Brown Rice Pasta Shells (dry, uncooked)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

No Ground Beef, Use ground chicken or turkey instead.

Vegan & Vegetarian, Swap the ground meat out for cooked lentils.

Optional Toppings, Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy, Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells, Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



Meal Prep Black Bean & Sweet Potato Burritos

10 servings

45 minutes

Ingredients

6 Sweet Potato (large, peeled and sliced)
2 tbsps Extra Virgin Olive Oil
2 Yellow Onion (medium, diced)
4 Garlic (cloves, minced)
4 cups Black Beans (cooked, from the can)
1 cup Frozen Corn
1 Green Bell Pepper (diced)
1 cup Water
1/4 cup Dijon Mustard
2 tsps Cumin
3 tbsps Tamari
1/4 tsp Sea Salt (or more to taste)
10 Brown Rice Tortillas (11 inches)

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven, Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave, Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy, Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With, Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas, Use corn or whole wheat tortillas instead.

Less Work, Use refried beans, or process the beans in a food processor.



Slow Cooker Black Beans & Rice

6 servings

6 hours

Ingredients

- 2 cups Dry Black Beans (uncooked)
- 1 White Onion (diced)
- 1 1/2 cups Diced Tomatoes (fresh or canned)
- 1 tbsp Cumin
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 5 cups Water
- 2 Bay Leaf (optional)
- 3 cups Jasmine Rice (dry)

Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

More Toppings, Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

Leftovers, Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.