

11 Quick and Healthy Meal Ideas

Potato Stew 1

Boil big chunks of potatoes with fresh green beans, chopped onion, and salt.

- If you don't have an onion, it may be omitted.
- Yukon gold potatoes are best but any will do.

Potato Stew 2

Boil big chunks of potatoes with big pieces of chopped onion, celery, and carrots and salt.

Potato Onion Simmer

- Slice potatoes and slice onions and throw in a skillet
- Barely cover with water
- Add salt to taste
- Bring to boil then let simmer until cooked.
- Add small amount of water if necessary.

-- Yukon gold potatoes are best but any will do.

-- Serve with one or more of the following: red beans (or other beans), corn on the cob, broccoli, mushrooms, green salad.

Mashed Potatoes

- Boil potatoes with diced onion, garlic (optional), and salt.
- Remove from the water it was boiled in, but retain the water (pot liquor).
- Mash potatoes with large fork, hand masher, or mixer, etc.
- Add enough of the pot liquor to the mash to make it moist and desired consistency for mashed potatoes.

-- Yukon gold potatoes are best but any will do.

-- Serve with mushroom gravy or beans, or corn on the cob, or salad, or broccoli, or avocado.

Mushroom Gravy

1 pkg. of sliced mushroom

1 medium onion

2 cloves garlic (minced)

Basil

Oregano

1/4 cup tamari or 2T soy sauce.

- Simmer all ingredients in 2 cups water until cooked.
- Dissolve 1 T cornstarch in 1/4 cup water.
- Bring cooked mixture to boil over med heat
- Add cornstarch slowly while stirring constantly.
- Cook 2 minutes more until slightly thickened.

-- If you want it thicker add more dissolved corn starch and slow boil another 2 minutes.

-- Serve on potatoes, rice, pasta, and steamed veggies.

Spaghetti

- Boil cook and drain 1/2 lb. pasta.
- Open a can of tomato sauce add a little more basil and oregano.
- Heat sauce and pour over pasta.

-- Eat with a salad or plain spinach leaves.

-- For variety add any steamed veggies to the sauce. Or cook veggies in the sauce, i.e. mushrooms.

Tomato Pasta

- Boil 1/2 lb. elbows, sea shells, rigatoni, penne or any small macaroni.
- Drain off water.
- Open 1 can of petite diced tomatoes and heat.
- Add to cooked pasta then salt to taste.

-- May add basil or basil & oregano if desired.

Veggie Sandwich

Make 2 veggie sandwiches with good whole grain bread (like Ezekiel 4:9 bread).

Add lettuce and tomatoes, sweet onion, small amount of avocado, and salt to taste.

Bean Burritos

- Get whole wheat tortillas at the health food section or store (Ezekiel 4:9 makes a great one and so does Alvarado St. Bakery).
- Warm the tortilla
- Put a couple spoonfuls of black beans or red beans or pinto beans in the center
- Add a little rice
- Add diced onion and tomato and salt,
- Add any of the following fresh veggies: cilantro, corn, mushrooms, bell pepper, shredded carrots, Pico de Gallo, salsa etc.
- Top with shredded Romaine lettuce or any green leaf lettuce or spinach.
- Roll it and eat immediately.

Brown Rice (stove top)

- Boil 2 1/2 cups of water
- Add 2 cups brown rice
- Boil 1 minute then turn down to low and cover with tight lid
- Let simmer for 35-45 minutes.
- Set timer and check it at 35 minutes
- When all liquid is steamed off and little holes are on surface, rice is done. (Be careful not to burn it.)

Brown Rice & Veggies

- Serve cooked brown rice, or barley, or pasta with beans, mushroom gravy, or steamed veggies.
- Steamed veggies include any combination of the following: carrots, celery, onions, bell pepper, mushrooms, broccoli, cauliflower, and asparagus.
- Add as a side dish corn on the cob, or salad.
- Rice may be eaten as is or with tamari or soy sauce.
- Veggies may be mixed with the rice.

Pinto Beans

Boil beans with onion, garlic, basil, and oregano. Do not salt beans until after they are cooked, then salt to taste.