

## **Nacho Soup (Classic tortilla soup)**

Makes about 1 gallon of soup (about 16 portions)

1 onion – peeled and diced  
1 red pepper – seeded and diced  
1 green pepper – seeded and diced  
1 jalepenio (optional) – seeded and diced  
2 garlic cloves – sliced  
oil  
1 28oz. can whole tomatoes  
3 28oz. cans vegetable stock or water  
6 oz. tortilla chips (or about what's left over from 2-3 bags of tortilla chips)  
chili powder  
cumin  
coriander  
rice vinegar  
Salt to taste

- Place the onions, peppers, jalepenio (if using), garlic, oil, and a pinch of salt in a large (1.5 gallon) pot and place over medium heat. Sweat the vegetables until translucent; about 5-6 minutes.
- Add the tomatoes, veg stock (or water), and tortilla chips into the pot and bring to a boil. Turn off the heat.
- Puree the soup using a hand-held stick blender or in batches in a table-top blender. If using the table-top blender, be very careful as hot liquids can become very volatile- work in batches and don't fill the blender more than 1/3 of the way.
- Season the finished soup with the chili powder, cumin, coriander, and rice vinegar. Taste and season with salt to your liking. Depending on which chips you use, it may take more or less to get to where you'd like it.
- Serve with a sprinkle of fresh cilantro if desired. Will keep for several days in the refrigerator, or many months in the freezer!

## Broccoli Stem Hummus

4 cups (approx.) broccoli stems – sliced thin

1 gallon of water

¼ cup salt

½ teaspoon baking soda

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3 Tablespoons tahini

1 Tablespoon Extra Virgin Olive Oil (EVOO)

1 clove garlic - minced

chili flakes

salt

lemon juice

soy sauce

- Bring the water to a boil along with the ¼ cup of salt and baking soda. Blanch the broccoli stems until they are very tender and remove from water. Spread on a baking sheet and place in a refrigerator to cool.
- Once cooled, combine the rest of the ingredients in a food processor and puree until smooth. Taste and adjust seasoning to your liking. Will keep for a few days in the fridge, although color will fade.

## Aquafaba Chocolate Mousse

1 cup aquafaba (about what's left over from a 14oz can)

140g dark chocolate

1 Tablespoon milk (or plant milk)

1 Tablespoon sugar

1 teaspoon lemon juice

- Place the chocolate in a bowl with the milk and set over a pot of boiling water until melted. Allow to cool to room temperature.
- While the chocolate is cooling, place the aquafaba and lemon juice in a stand mixer attached with a whisk and bring to stiff peaks. Add the sugar and rewhip to bring back to stiff peaks. Unlike eggs, aquafaba cannot be over whipped!
- Gently fold the chocolate in the aquafaba until it is completely combined. Pour divide into 4 glasses and allow to set in a fridge for at least 3 hours. Garnish with chocolate shavings if desired!

## Kale Stem Pesto

About 1 cup kale stems

2-3 cloves garlic

¼ cup toasted walnuts

¼ cup olive oil

2 chunks hard cheese

Juice and zest of 1 lemon

Red pepper flakes

Salt

- Place stems and garlic in a pot of water and bring to a boil with a bit of baking soda. Allow to cook until stems are knife tender- about 5 minutes. Drain and allow to cool.
- Combine the stems and garlic with the remaining ingredients in a food processor and pulse until smooth. Adjust seasoning to your liking.

## Cauliflower Core Slaw

Cauliflower stems

Carrot & other root vegetable shavings

Scallion – white part in rounds, green in 1” pieces

Celery greens

Garlic - minced

Dijon mustard

Cider vinegar

Maple syrup

Salt

- Thinly slice all of the vegetable shavings so they are about the same size and toss with the scallion, celery greens, and garlic in a bowl. Add the mustard, vinegar, and maple and stir to combine. Season to taste with salt.

## Leftover Spaghetti Pancakes (Asian Style)

3 eggs

½ cup flour

¼ cup corn starch

2 Tablespoons water

About 2 cups leftover spaghetti

About 2 cups shredded veggies

Ginger powder

Garlic powder

Few splashes soy sauce

Oil for frying

- Make the batter- combine the eggs, flour, corn starch, and water in a bowl and whisk to combine. Mix into the leftover spaghetti and veggies, and season with the ginger, garlic, and soy sauce. Taste for seasoning.
- In a nonstick pan, heat a little oil over medium heat. Place about 1 cup of the batter into the pan and crisp on one side. Flip the pancake over and cook through. Repeat with remaining batter. Serve with sweet and sour sauce.

\*Experiment with your own flavors- omit the garlic, ginger, and soy and make any style of pancakes you'd like!!

**HERO RECIPE!**  
**Moroccan Chick Pea Stew**

Ground beef, lamb, or pork (optional)  
Onions – large dice  
Red Pepper – large dice  
Root Vegetables – large dice  
Potatoes and/or sweet potatoes – large dice  
Other veg? - large dice  
1 cup apricots – halved  
1 small jar green olives - sliced  
1 large can diced tomatoes  
1 large can chick peas  
Water or stock  
Tomato Paste  
Moroccan Spices  
Cinnamon  
Cilantro – rough chopped

- In a large pot, brown the meat. Once cooked through, add the onions, peppers, and root vegetables. Cook over medium heat with a little salt until they become translucent. Add the potatoes, sweet potatoes, apricots, olives, tomatoes, and chick peas to the pot and add enough water to just cover. Bring to a simmer and cook until the potatoes are tender.
- Add the spices and enough tomato paste to thicken the cooking liquid slightly. Check for seasoning and add salt if needed. Serve in a large bowl and garnish with plenty of the chopped cilantro. Serve with couscous.

## HERO RECIPE

### Kitchen Sink Chili

#### Chili Powder

2 cups ground chilies of your choice

1 cup whole cumin

½ cup whole coriander

¼ cup whole fenugreek

¼ cup whole black pepper

½ cup cocoa powder

- In a pan, toast the coriander, fenugreek, and black pepper in an oven or on the stove for a few minutes. Transfer to a spice grinder and ground fine
- Mix together all of the ingredients. Will keep in an airtight container indefinitely, although flavors will fade over time.

#### Chili

Ground beef (optional)

Onion – large dice

Root vegetables – large dice

Other veggies – large dice

Soaked and cooked beans – about ½ as much as the vegetables you have

Peeled and crushed tomatoes – (either from can or save up wilted ones in freezer), enough to cover veg

Chili powder

Thyme

Salt

- In a large pot, brown the meat. Add all of the vegetables and cook over medium heat with a little salt until they become translucent. Add the tomatoes and beans and bring to a simmer. If it's a little dry, add more tomatoes (if you have more) or water or stock. Season with the chili powder, thyme, and salt to your liking, tasting as you go.

## Food Waste Worksheet

Food	Spoilage Issue	Safe to Use?	Why or Why Not?	How would you safely prepare this item?	Ideas for Use?
block of cheese	white and green mold spots				
strawberries	fuzzy green spots				
carrots	black skin and limp				
ground meat	slightly brown in color				
shredded cheese	green mold spots throughout				
eggs	past expiration date by 4 weeks				
frozen meat	white spots and dried in appearance				
tomatoes	black spots				
milk	past expiration date by 4 weeks				
large cut of meat	slimy outside (and a little stinky)				