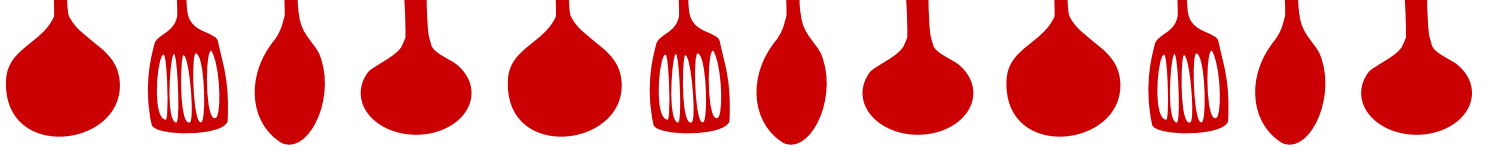


Spice Groups *Recipe Book*



BUNKER HILL
COMMUNITY COLLEGE





Mexican Inspired Spice Group

- Chili Powder
- Mexican Oregano
- Cumin
- Chili Lime
- Paprika
- Cayenne Pepper

Taco Seasoning



Prep Time: 5 minutes
Cook Time: 0 minutes
Total Time: 5 minutes
Serves: 12 people

Ingredients

*= current DISH Pantry item

- 1/4 cup cumin*
- 2 tsp paprika*
- 1 tsp cayenne pepper*
- 2 tsp garlic powder*
- 1/2 tsp black pepper
- 2 tsp salt
- 1 tsp chili powder*

Preparation

1. Add all ingredients to a mixing bowl
2. Stir until fully incorporated
3. Store in an airtight container

Tips

- This spice combination can be stored for up to 3 months
- This spice combination can be used to flavor any meat, tofu, or vegetables
- This spice combination can also be used to flavor chili or in many other recipes
- This recipe equates to 5 points at the DISH Pantry

Spanish Rice and Beans

Ingredients

*= current DISH Pantry item

- 2 tbsp oil*
- 1 medium onion, diced*
- 3 tsp minced garlic*
- 1 1/2 tsp paprika*
- 1 1/4 tsp salt
- 2 tsp chili powder*
- 1 tsp dried oregano*
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 2 cups long-grain white rice*
- 1 can fire-roasted diced tomatoes
- 2 cans kidney beans, drained and rinsed*
- 3 cups chicken broth

Preparation

1. Heat oil in a large covered skillet over medium heat
2. Add onion and cook for 5 minutes
3. Add garlic, paprika, salt, chili powder, oregano, black pepper, and cayenne; cook 2 minutes, stirring often
4. Stir in rice; cook 2 minutes, until slightly translucent
5. Stir in tomatoes, beans, and broth
6. Bring mixture to a boil, reduce to medium-low, and simmer, covered, until liquid is absorbed and rice is tender, about 25 mins

Tips

- This recipe can be made in one pot
- This recipe can be eaten on its own or paired with additional protein like chicken or shrimp
- This recipe equates to 8 points at the DISH Pantry



Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Serves: 6 people

Chili Lime Fajitas



Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Serves: 5 people

Ingredients

*= current DISH Pantry item

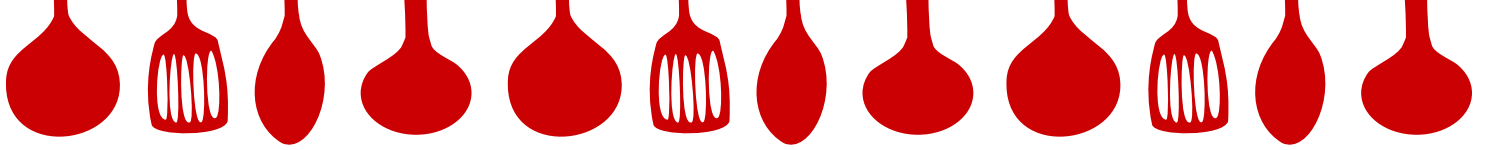
- 2 chicken breasts cut thinly into strips
- 2 green peppers thinly sliced
- 1 red pepper thinly sliced
- 1 medium onion thinly sliced*
- 1/4 cup oil*
- 2 tbsp chili lime seasoning*
- 2 tsp fresh lime juice
- 2 tbsp cilantro

Preparation

1. Preheat oven to 425° F
2. Cover sheet pan with foil or parchment paper
3. Add chicken, peppers, onions, oil, and seasoning to baking sheet and toss until evenly spread
4. Bake for 25-30 minutes stirring halfway through
5. Remove from oven and allow to cool
6. Squeeze lime juice over chicken and veggies and garnish with cilantro

Tips

- This recipe pairs well with cilantro lime rice
- This recipe can be made using one sheet pan
- This recipe equates to 5 points at the DISH Pantry



Asian Inspired Spice Group

- Sesame Seeds
- Ginger
- Turmeric

Fried Rice with Egg



Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Serves: 4 people

Recipe adapted from Eat Smarter

Ingredients

*= current DISH Pantry item

- 1 1/4 cup rice*
- 1 tsp salt
- 1/2 tsp minced garlic*
- 2 tbsp fresh or ground ginger*
- 4 scallions chopped
- 3 tbsp sesame oil
- 4 eggs
- 1 tsp turmeric*
- 1 tsp pepper
- 1 tsp sesame seeds

Preparation

1. Over medium heat, add 3 3/4 cups water to a medium pot and lightly salt the water
2. Once boiling, add rice to the pot and return to a boil then cover pot and reduce to a simmer for about 25 minutes
3. Once rice has cooked and cooled, add oil to a pan over medium heat then fry the rice in hot oil for 2-3 minutes
4. Stir and add the chopped or ground ginger, minced garlic, and chopped scallions and fry for 3-4 minutes
5. Beat the eggs with turmeric and pour over the rice
6. Allow to thicken for 2-3 minutes, stirring constantly and season with salt and pepper and top with sesame seeds

Tips

- For additional protein, add tofu or meat like ground chicken
- Ginger can be used to help soothe an upset stomach
- This recipe equates to 6 points at the DISH Pantry

Chinese Turmeric Chicken



Ingredients

*= current DISH Pantry item

- 8 medium skinless boneless chicken thighs cut into 1 inch long strips
 - 1 tsp fresh or ground ginger*
 - 1 tbsp minced garlic*
 - 4 green onions
 - 2 tbsp oil*
 - 1 tsp sesame seeds*
- Marinade
- 1 tsp salt
 - 1 tsp sugar
 - 1 tbsp soy sauce*
 - 1 1/2 tsp cornstarch
 - 2 tbsp water
 - 2 tbsp turmeric*
 - 1 tbsp oil*

Preparation

1. Rub marinade except the oil evenly into the meat, then coat with oil and leave for at least an hour
2. Heat oil on medium, add garlic and when fragrant add ground ginger
3. Add chicken, increase heat to high and leave to sear for 1 minute
4. Turn meat over to sear for another minute. Reduce heat to medium and stir to mix well
5. Cover pan and cook for 5 minutes. Remove cover and stir well
6. Reduce heat to medium low, cover pot and cook for 10 minutes
7. Uncover pot, turn heat to medium high, add green onions and sesame seeds and sauté for 1 minute

Tips

- Patting meat dry with paper towels helps the marinade coat the meat better
- This dish pairs well with white, brown, or coconut rice
- This recipe equates to 7 points at the DISH Pantry

Prep Time: 20 minutes
Cook Time: 20 minutes
Additional Time: 1 hr
Total Time: 1 hr 40 mins
Serves: 6 people

Turmeric Ginger Noodles



Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Serves: 5 people

Recipe adapted from Lively Meals

Ingredients

*= current DISH Pantry item

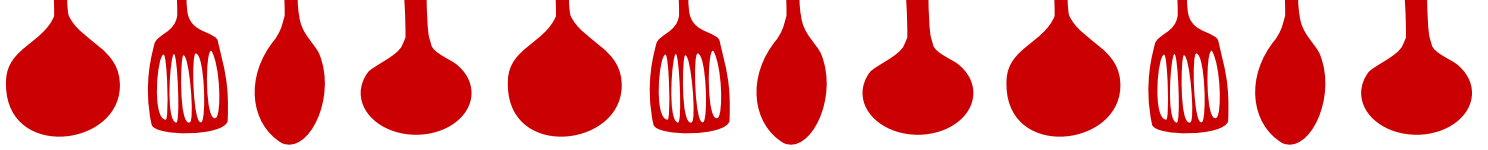
- 8 oz package of stir fry noodles*
- 1 1/2 tbsp soy sauce*
- 1 tsp ground ginger*
- 1 tsp sesame seeds*

Preparation

1. Cook noodles according to instructions and drain
2. Add soy sauce, ground ginger, maple syrup, turmeric, and lime juice to a bowl and mix until combined
3. Heat a large pan over medium/high heat and add oil and cooked noodles then add the turmeric ginger mixture
4. Toss noodles over medium/high heat until fully coated with turmeric ginger mixture
5. Top with chopped scallions and sesame seeds

Tips

- This dish pairs well with stir fried vegetables like broccoli, red pepper, carrots, mushrooms, and onion
- Turmeric can help decrease inflammation
- This recipe equates to 11 points at the DISH Pantry



Italian Inspired Spice Group

- Basil
- Italian Seasoning
- Oregano
- Parsley
- Crushed Red Pepper
- Garlic and Herb

Italian Meatballs



Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Serves: 6 people

Recipe adapted from Ahead of Thyme

Ingredients

*= current DISH Pantry item

Meatballs

- 1 1/2 lb ground beef
- 3/4 cup breadcrumbs*
- 1/4 cup milk
- 1 egg
- 1 tbsp minced garlic*
- 2 1/2 tbsp parsley*
- 1/4 cup Parmesan cheese
- 1 tsp Italian seasoning*
- 1 tsp salt
- 1/2 tsp pepper
- 2 tbsp oil*

Tomato Sauce

- 1/2 cup onion finely chopped*
- 1 tbsp minced garlic*
- 1 (15 oz) can crushed tomatoes*
- 1/4 cup tomato paste
- 3-4 bay leaves
- 1/2 tsp salt
- 1/3 tsp pepper

Preparation

1. In a large mixing bowl, combine beef with breadcrumbs, milk, egg, garlic, parsley, Parmesan, Italian seasoning, salt and pepper and mix well
2. Take 2 spoonfuls of the beef mixture at a time and roll them into meatballs and set aside
3. Heat oil in a pan over medium-high heat for 2 minutes until the hot oil sizzles. Slowly add the meatballs and gently stir to cook until browned on all sides, about 6 to 8 minutes. Make sure to stir gently to prevent meatballs from disintegrating. Transfer the meatballs to a plate and set aside (Note that the meatballs are not fully cooked at this point).
4. In the same skillet, add onion and garlic and sauté until fragrant, about 1 minute. Stir in crushed tomatoes, tomato paste and bay leaves, and season with salt and pepper.
5. Return the meatballs to the skillet and bring the sauce mixture to a simmer over medium heat, stirring occasionally. Cover the lid and let it simmer for 8-10 minutes until the meatballs are fully cooked.

Tips

- This recipe equates to 10 points at the DISH Pantry

Baked Tomatoes with Goat Cheese



Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Serves: 4 people

Recipe adapted from Seasons & Suppers

Ingredients

*= current DISH Pantry item

- 4 large tomatoes
- 1 tsp salt
- 1 tsp pepper
- 1/3 cup goat cheese
- 3/4 cup bread crumbs*
- 1 tsp minced garlic*
- 1 1/2 tsp dried parsley*
- 1 1/2 tsp dried basil*
- 1/4 cup salted butter melted

Preparation

1. Cut the tomatoes in half just above the equator (cutting about the top 1/3 off)
2. Using a spoon, dig out the inside of the tomato leaving just the outer shell
3. Sprinkle the inside of the outer shells with salt and pepper
4. Place the tomato shells upside down on a paper towel and let them sit for 5-10 minutes
5. Preheat oven to 350° F
6. In a medium bowl, combine bread crumbs, minced garlic, parsley, chopped basil, and melted butter and mix well
7. Place drained tomatoes right-side up on a parchment-lined baking sheet.
8. Spoon one heaping tablespoon of goat cheese into the center of each tomato and sprinkle with pepper
9. Divide the bread crumb mixture evenly on top of the 4 tomatoes
10. Bake for 20 minutes, or until the top is golden and allow to cool for a few minutes

Tips

- This dish can also be made with feta cheese
- Large tomatoes like beefsteak, brandywine, and heirloom work well for this dish
- This recipe equates to 6 points at the DISH Pantry

Tuscan White Bean Dip



Ingredients

*= current DISH Pantry item

- 1 10 oz can of cannellini beans
- 1/2 large white onion diced*
- 1 14.5 oz can of diced tomatoes*
- 1 1/2 teaspoons minced garlic*
- 1 tbsp dried basil*
- 2 tsp dried parsley*
- 1 tsp dried oregano*
- 1 tsp crushed red pepper*
- 1 tsp kosher salt
- 1 cup oil*

Preparation

1. Drain the cannellini beans and pat dry with a paper towel
2. In a medium bowl, combine beans, onions, tomatoes, garlic, herbs, salt, and pepper and mix well. Stir in olive oil
3. Refrigerate in an airtight container for 2 hours to let the flavors marinate

Prep Time: 10 minutes

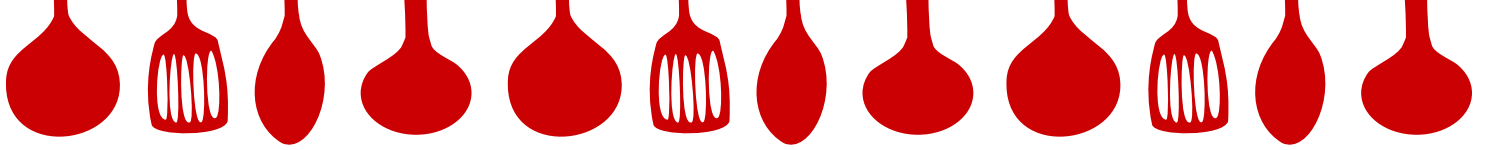
Cook Time: 2 hours

Total Time: 2 hrs 10 mins

Serves: 6 people

Tips

- This dish makes a great appetizer
- It can be served with bread or pita chips
- This recipe equates to 11 points at the DISH pantry



Middle East Inspired Spice Group

- Cumin
- Turmeric
- Cinnamon
- Ginger
- Paprika

Lebanese Chickpea Stew



Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Serves: 6 people

Recipe adapted from Holy Cow Vegan

Ingredients

*= current DISH Pantry item

- 2 15 oz cans of chickpeas drained*
- 5 tsp minced garlic*
- 1 tbsp cumin*
- 2-3 tsp za'atar
- 2 dried bay leaves
- 1 tsp red pepper flakes*
- 1 tsp paprika*
- 2 tbsp tomato paste
- 1 jar of roasted red peppers chopped
- 2 tsp oil*
- 4 cups of water
- 1 tsp salt
- 1 tbsp dried parsley*

Preparation

1. Using a food processor, crush the cumin and garlic together until a coarse paste forms
2. In a saucepan, heat the oil
3. Add the cumin and garlic paste and sauté for a minute
4. Add the tomato paste, red pepper flakes, and paprika and sauté for about two minutes
5. Add the chickpeas, water, za'atar, bay leaves, and the roasted red peppers and mix well
6. Once the mixture comes to a boil, lower the heat until it boils gently and cook for 15 minutes
7. Mix in salt and parsley and remove from heat

Tips

- To thicken the stew, mash some of the chickpeas
- This dish pairs well with rice, crusty bread, or pita bread
- This recipe equates to 11 points at the DISH Pantry

Spicy Roasted Red Pepper Hummus



Prep Time: 15 minutes

Cook Time: 0 minutes

Total Time: 15 minutes

Serves: 12 people

Recipe adapted from The Toasty Kitchen

Ingredients

*= current DISH Pantry item

- 2 15 oz cans of chickpeas drained, rinsed, skins removed*
- 1 12 oz jar of roasted red peppers drained
- 1 tsp minced garlic*
- 1/4 cup tahini
- 3 tbsp lemon juice
- 2 tbsp oil*
- 1 tsp cayenne pepper*
- 1 tsp paprika*
- 1/2 tsp salt
- 1/4 cup water

Preparation

1. Add chickpeas, roasted red peppers, garlic, tahini, lemon juice, olive oil, cayenne pepper, paprika, and salt to a food processor and
2. Puree until smooth (up to 2 minutes)
3. Add water as needed to reach smooth texture

Tips

- This dish can be paired with pita bread, pita chips, pretzels, or fresh veggies
- Hummus can be stored in a sealed container in the refrigerator for 4-5 days
- 3 tbsp of lemon juice = about 1 large lemon
- This recipe equates to 8 points at the DISH Pantry

Turkish Red Lentil Soup



Prep Time: 5 minutes
Cook Time: 25 minutes
Total Time: 30 minutes
Serves: 5 people

Recipe adapted from The Spruce Eats

Ingredients

*= current DISH Pantry item

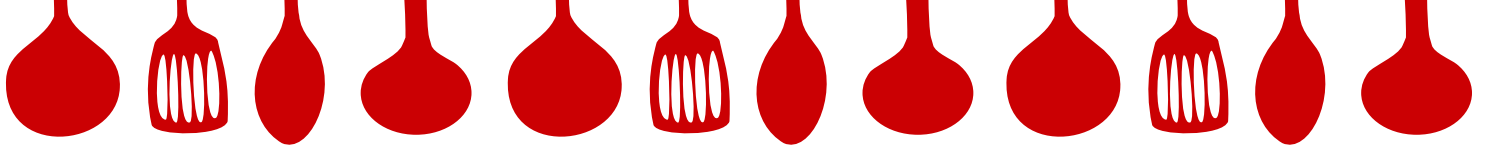
- 1 small onion diced*
- 1 small carrot diced
- 1 small potato peeled and diced*
- 3/4 cup red lentils
- 1 tsp cumin*
- 6 cups water
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp unsalted butter
- 1 tbsp all-purpose flour
- 1/2 tsp red pepper flakes*

Preparation

1. Add onion, carrots, and potato to a large saucepan over medium heat
2. Add red lentils, cumin, salt, pepper, and water and bring to a boil
3. Once boiling, reduce the heat to low and cover
4. Let the mixture simmer until the vegetables are very soft and the lentils fall apart then turn off the heat
5. Use an immersion blender, food processor, or blender to puree the soup
6. In a small skillet, melt the butter then stir in the flour (do not let the flour burn)
7. Add the butter and flour mixture to the soup
8. Stir well then let the soup simmer on low for 15 minutes
9. Garnish with red pepper flakes

Tips

- Use caution when blending hot ingredients
- Additional water can be added to make soup thinner
- This dish pairs well with crusty bread
- This dish equates to 4 points at the DISH Pantry



South Asian Inspired Spice Group

- Turmeric
- Cinnamon
- Cumin
- Ginger

Curried Butternut Squash Soup



Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Serves: 6 people

Recipe adapted from My Heart Beets

Ingredients

*= current DISH Pantry item

- 1 tbsp oil*
- 1 onion chopped*
- 1 1/3 tbsp minced garlic*
- 1 1/4 tsp ground ginger*
- 1 serrano pepper chopped
- 2 tsp curry powder*
- 1 tsp paprika*
- 1/2 tsp turmeric*
- 1/2 tsp cumin*
- 1/4 tsp cinnamon*
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/4 tsp pepper
- 5 cups chicken stock
- 3 large carrots chopped
- 1 medium butternut squash peeled and cubed*
- 1/2 tbsp raisins

Preparation

1. Heat oil in a large pot over medium heat
2. Add chopped onion and a pinch of salt
3. Once the onions turn translucent (around 10 minutes), add the garlic, ginger, and serrano pepper
4. After 2-3 minutes add the remaining spices
5. After 2-3 minutes, add chicken stock, carrots, and butternut squash and cover
6. Cook until the vegetables are soft
7. Puree with an immersion blender, food processor, or blender
8. Garnish with raisins

Tips

- Use caution when blending hot ingredients
- This hearty soup is perfect for the fall and winter months
- Butternut squash is an excellent source of vitamin A
- This recipe equates to 12.5 points at the DISH pantry

Red Lentil Dahl



Prep Time: 15 minutes
Cook Time: 50 minutes
Total Time: 1 hr 5 mins
Serves: 6 people

Ingredients

*= current DISH Pantry item

- 1 cup lentils
- 2 tsp oil*
- 1 medium onion chopped*
- 2 tsp minced garlic*
- 1 tbsp cumin*
- 1 tsp ground ginger*
- 1 tsp cinnamon*
- 1 tsp paprika*
- 1 tsp salt
- 1/2 tsp coriander
- 1/2 tsp turmeric*
- 1/4 tsp ground white pepper
- 4 cups water

Preparation

1. Heat medium saucepan over medium heat and add oil
2. Add onions and cook just until soft
3. Add minced garlic and cook for 1-2 minutes
4. Add spices and cook for 1 minute
5. Add lentils and coat with the spice mixture
6. Add water and bring to a simmer
7. Reduce heat to low and simmer for 40-45 minutes stirring regularly
8. Summer uncovered for 5 minutes then let cool for 5 minutes

Tips

- This dish pairs well with rice, naan bread, or potatoes
- Lentils are a good plant source of protein
- This recipe equates to 11 points at the DISH Pantry

Thai Coconut Rice



Prep Time: 5 minutes
Cook Time: 30 minutes
Total Time: 35 minutes
Serves: 4 people

Recipe adapted from Food.com

Ingredients

*= current DISH Pantry item

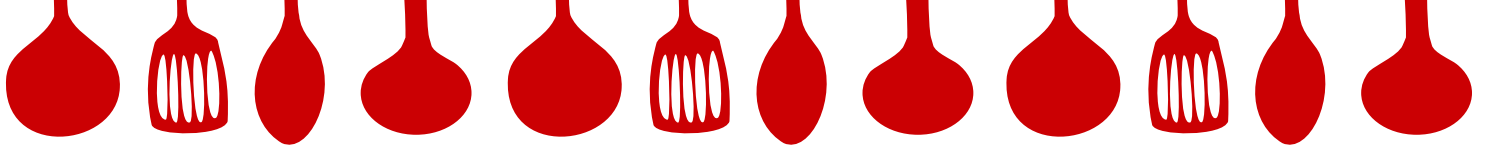
- 1 cup rice*
- 1 14 oz can coconut milk
- 1/4 cup water
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/2 tsp red pepper flakes*
- 1/8 tsp turmeric*
- 1/2 tsp ground ginger*
- 1 tbsp sliced almonds

Preparation

1. Combine rice, coconut milk, water, salt, sugar, red pepper flakes, turmeric, and ginger into a medium saucepan and stir well to combine
2. Cook over medium heat stirring until the mixture comes to a low boil
3. Once boiling, reduce heat to low
4. Cover and cook for about 18 minutes
5. Fluff with a fork and let rice sit for 5 minutes
6. Garnish with sliced almonds

Tips

- This dish pairs well with stews, curries, grilled meat and fish, stewed beans, and roasted vegetables
- This dish can be made in one saucepan
- This recipe equates to 5 points at the DISH Pantry



African Inspired Spice Group

- Cumin
- Paprika
- Cayenne pepper
- Cilantro
- Turmeric

Moroccan Beef Stew



Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

Serves: 6 people

Recipe adapted from Epicurious

Ingredients

*= current DISH Pantry item

- 3 tbsp oil, divided*
- 1 3/4 lbs beef tenderloin cubed
- 1 large onion chopped*
- 1 large carrot chopped
- 2 tsp minced garlic*
- 1 tbsp paprika*
- 2 tsp cumin*
- 1 1/2 tsp ground cinnamon*
- 2 cups beef broth
- 1/3 cup halved pitted Kalamata olives
- 1/2 cup golden raisins
- 1 15 oz can chickpeas beans drained*
- 1/4 cup dried cilantro*
- 1 tsp lemon peel

Preparation

1. Heat 2 tbsp oil in large saucepan
2. Season beef with salt and pepper, add to the pan, and brown on all sides
3. Once beef is browned, transfer it to a plate
4. Add remaining 1 tbsp oil, onion, carrot, and garlic to pan and cook until vegetables are soft stirring frequently (about 10 minutes)
5. Add paprika, cumin and ground cinnamon and stir
6. Add broth, olives, raisins, chickpeas, and cilantro and bring to a boil
7. Simmer until juices thicken (about 5 minutes)
8. Add beef, accumulated juices and lemon peel and stir

Tips

- This dish pairs well with rice, couscous, potatoes, or pita bread
- This dish is traditionally made in a tagine pot which is a cone-shaped clay cooking vessel
- This recipe equates to 11 points at the DISH Pantry

Moroccan Eggplant Dip



Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Serves: 8 people

Ingredients

*= current DISH Pantry item

- 1/2 cup oil*
- 2 medium eggplants
- 4 tomatoes chopped
- 2 tbsp tomato paste
- 2 tbsp minced garlic*
- 4 tsp dried parsley*
- 2 tbsp dried cilantro*
- 1 tbsp smoked peeled and chopped paprika*
- 1 1/2 tsp cumin*
- 1/4 tsp cayenne pepper*
- 2 tbsp lemon juice
- 1 tsp salt

Preparation

1. Heat oil in a skillet over medium heat
2. Add eggplant, tomatoes, tomato paste, garlic, parsley cilantro, smoked paprika, cumin, and cayenne pepper and mix well
3. Cover and simmer, stirring occasionally until eggplant and tomatoes are soft (about 25-30 minutes)
4. Once cooked, use a potato masher to mash the mixture
5. Simmer uncovered to allow some liquid to cook off
6. Stir in fresh lemon juice and salt

Tips

- For a chunkier dip, skip step 4 (mashing)
- This dip makes a great appetizer or side dish
- Serve with toasted bread or pita bread
- This recipe equates to 10 points at the DISH Pantry

Kenyan Spiced Coconut Bean Soup



Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Serves: 6 people

Ingredients

*= current DISH Pantry item

- 1/2 large onion chopped*
- 1/2 large red bell pepper chopped
- 1 tbsp minced garlic*
- 2 tsp turmeric*
- 2 tsp cumin*
- 1 tsp coriander
- 1/4 tsp cardamom
- 1/2 tsp red pepper flakes*
- 1 tsp ginger paste
- 1 medium jalapeño chopped
- 2 tsp agave
- 1 tsp salt
- 1 tsp pepper
- 2 15 oz cans kidney beans drained*
- 1 14.5 oz can diced tomatoes with juice*
- 1 13.5 oz can full-fat coconut milk
- 1 cup water

Preparation

1. In a soup pot over medium heat sauté onions, bell pepper, and garlic in 1/4 inch of water until soft (7-10 mins)
2. Add turmeric, cumin, coriander, cardamom, red pepper flakes, ginger paste, and jalapeño
3. Stir to create a paste-like consistency and cook for about 1 minute while not letting the mixture get too dry (add a splash of water if needed)
4. Reduce heat to low and stir in the agave, salt, pepper, beans, tomatoes, and coconut milk. Add water to thin and reach desired consistency
5. Simmer for 20 mins and stir occasionally

Tips

- This dish is also referred to as maharagwe
- This dish pairs well with Chapati, rice, cornbread, or Ugali
- This dish can be stored in the refrigerator for up to 5 days
- This recipe equates to 8 points at the DISH Pantry