

# *Multicultural Senior Meal Pantry Cookbook*

Easy at-home recipes to try  
while socially distancing



# Kimchi Fried Rice

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Servings:** 3 Servings

## Ingredients:

- ½ cup onion
- 2 cloves garlic
- 1 cup kimchi
- 2 teaspoon sesame oil
- 2 cups rice
- 2 scallions
- Add any protein you have available—egg, meat, tofu, canned fish, etc.
- Add any vegetables you have available—fresh, frozen, or canned

## Directions:

### Step 1:

Dice the onions, mince the garlic, and chop the scallion



### Step 2:

Grease the large saucepan with oil and toss in the onions, garlic, and a pinch of salt. Cook until onions soften and turn brown.



**Step 3:**

Add the kimchi and cook for a few minutes until the kimchi turns crisp at the edges.



**Step 4:**

Add the rice, sesame oil, and scallion. Stir thoroughly and cook for about 5 minutes.



**Step 5:**

Add vegetables and a protein (egg, meat, tofu, canned fish, etc) and enjoy!!



**Source:** <https://spoonuniversity.com/recipe/get-your-korean-food-fix-with-this-easy-kimchi-fried-rice-recipe>

# Burrito Bowl

**Prep time:** 5 minutes

**Cook Time:** 20 minutes

**Total Time:** 25 minutes



## Ingredients:

- 1 cup uncooked rice
- ¼ teaspoon salt
- 1 15 oz can black beans
- ¼ teaspoon cumin
- Pinch of garlic powder
- Top with salsa, shredded cheese, green onions, jalapeño, or anything you have available

## Directions:

1. Add the rice, salt, and 3 cups water to a medium sauce pot. Place a lid on top, turn the heat on to high, and allow the water to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it sit, with the lid in place, for an additional five minutes. Fluff just before serving.
2. While the rice is cooking, make the beans. Add both cans of black beans (undrained) to a small sauce pot, along with the cumin, and garlic powder. Heat over medium, stirring often, until heated through.
3. Slice the green onions and jalapeño (if using).
4. Once the rice is cooked, build the bowls. Add one cup cooked rice, 1/2 cup warm black beans, salsa, and shredded cheese (about 1/4 cup) to each bowl. Top with a few sliced green onions and jalapeños, then serve.

**Source:** <https://www.budgetbytes.com/poor-mans-burrito-bowls/>

# Basic Congee Recipe

**Total Time:** 1 hr 30 minutes

**Serves:** 4

Dress up this classic white rice porridge with your favorite savory toppings like boiled egg, Chinese sausage or onions.



## Ingredients:

- 1 cup raw long-grain white rice, rinsed
- 7 cups chicken or vegetable stock
- ½ teaspoon salt
- One-inch knob of ginger, peeled, and sliced thin
- Sliced green onion, for garnish (optional)
- Sesame seed oil or soy sauce (optional)

## Directions:

1. In large pot add stock, rice, salt and ginger. Bring the mixture to a boil, then reduce the heat to a low simmer. Stir occasionally so that the rice doesn't clump or stick at the bottom.
2. Simmer the congee for about 1 hour or until the congee is thickened and creamy. Add salt to taste. Serve the congee hot.

## Notes:

- As the congee cools, it will become thicker. Add additional stock or water if necessary to make the congee to your desired thickness.
- Add sliced green onion and optional sesame oil or soy sauce to taste.
- Add a boiled egg for protein

**Source:** <https://www.foodandwine.com/recipes/basic-chinese-congee>

# Easy Chicken Tinola

## Ingredients:

- 1 Tablespoon cooking oil
- 2 cloves garlic, minced
- ½ onion, chopped
- ¼ cup sliced ginger
- 3-4 chicken thighs
- 1-2 cups water (or chicken broth)
- 1 Tbs Bouillon (optional)
- Bok choy, spinach and/or any other vegetables you have available



## Directions:

1. Heat the oil in a large pot over medium heat
2. Sauté the onion and garlic in hot oil until fragrant
3. Quickly stir the ginger into the onion and garlic mixture
4. Add the chicken thighs and cook for 5 minutes
5. Pour in 1-2 cups of water with bouillon cube (or 1-2 cups chicken broth) and cook approximately 15 minutes (or until chicken is no longer pink in the center).
6. Season with salt and pepper.
7. Add the bok choy and spinach; cook until the spinach is just wilted, 1 to 2 minutes. Serve hot.

Adapted from: <https://www.allrecipes.com/recipe/212929/chicken-tinola/>

# Spinach Palusami

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Total Time:** 55 minutes

**Servings:** 2



## Ingredients:

- 1 (10 ounce) frozen whole leaf spinach, thawed and squeezed dry
- 1 ½ cups coconut milk
- ½ onion, chopped
- Salt and pepper to taste

## Directions:

1. Preheat the oven to 350 degrees
2. Squeeze the excess moisture from the thawed spinach. You can use your hands to squeeze the spinach dry. Set aside.
3. Pour coconut milk into a measuring cup and season with salt and pepper to taste.
4. Spread spinach in the middle of a piece of 12 inch foil, add chopped onions and pour coconut milk on top of spinach. Bring the foil ends together and secure it so the coconut milk does not spill out, put the foil on a baking sheet.
5. If you do not have foil, spray an 8x8 inch baking dish with cooking spray. Add spinach to the bottom of the pan, add onions, then pour coconut milk mixture on top of spinach. Cover pan.
6. Bake for 40-45 minutes. Enjoy!

**Source:** <https://homecookingafterretirement.com/spinach-palusami/>

# “Build it Yourself” Vegetable Soup



## Ingredients:

- Any veggies you can put together chopped small
- Veggie broth and/or chicken broth no sugar added, low sodium
- No sodium vegetable bouillon
- Garlic powder
- Onion powder
- Cooked beans (optional) or meat (optional)

## Instructions:

1. For every cup of chopped vegetables, use approximately 2 cups broth
2. For every 2 cups broth, use 1 bouillon cube
3. For every 2 cups broth, stir in 2 teaspoons onion powder and garlic powder
4. Bring everything to a boil and cook until the veggies are fully cooked
5. Allow to cool and season with salt, pepper, herbs to taste.

**Note:** If you are using onions and/or fresh garlic, sauté them first in the soup pot using 1 Tablespoon olive oil. Then add everything else in.

**Source:** <https://www.thegraciouspantry.com/clean-eating-build-it-yourself-vegetable-soup/>

# Healthy Oatmeal Recipe

**Prep Time:** 1 minute

**Cook Time:** 5 minutes

**Total Time:** 6 minutes

**Yield:** 1

*A basic healthy oatmeal recipe with instructions for how to cook old fashioned oatmeal on the stovetop OR in the microwave.*



## Ingredients:

- ½ cup rolled oats
- 1 cup water or milk
- Dash of sea salt
- Toppings of choice (fresh, frozen, or dried fruit; nuts; seeds; peanut butter; cinnamon, nutmeg, vanilla extract; jam)

## Stovetop Instructions

1. Add oats, water or milk and salt to a pot over medium/high heat
2. Bring mixture to a boil, reduce heat and continue to cook for about 5-7 minutes; stirring occasionally
3. Your oatmeal is ready when the oats have soaked up most of the liquid and are creamy. Transfer to a bowl and add your favorite toppings.

## Microwave Instructions:

1. To make old-fashioned oats in the microwave: add ½ cup oats and ¾ cup liquid (water or milk) into a microwave-safe bowl and stir to combine. Microwave for 1 minute, then stir and continue to microwave in 30 second increments, stirring between each, until the oatmeal is the consistency you like. This will take approximately 3 minutes, but you'll know when it is done when most of the liquid is absorbed and oats are hot.
2. Carefully remove from microwave (bowl will be hot) and top with your favorite oatmeal toppings.

**Source:** <https://www.eatingbirdfood.com/healthy-oatmeal-recipe-roundup/>