

BAKED SALMON

shiloh curtis 2020 | 6-2 | East Campus

Ingredients

salmon filet
1-2 lemons
butter
rosemary

1. Grease a baking dish with butter and leave a couple chunks in the dish to melt.
2. Put the salmon filet in the baking dish, slice up the lemons and arrange them on top of the salmon, and sprinkle rosemary over the whole stack.
3. Bake at 425 for 20 minutes or so (until salmon flakes with a fork).
Goes well with basmati rice



LENTIL STEW

elina sendonaris

2020 | 8 + 6-I | No. 6 Society

Ingredients

lentils

tomato paste

white vinegar

onion

rice

salt

optional:

olive oil and greek yogurt



1. In boiling water, put 4 handfuls of lentils, some tomato paste, white vinegar, chopped onions, 1/4 cup rice, and salt.
2. Leave simmering and covered for ~25-30 mins, or until soft enough. Serve with olive oil and greek yogurt.



CHEESY GARLIC BREAD

zehreen etwarooh 2019 | 20 | McCormick

Ingredients

french baguette or any loaf of bread that is not super dense inside. you want something that is crusty on the outside and soft and fluffy on the inside. this is the item that is hardest to find a good quality type. I know Star Market has the best fresh French baguette.

fresh garlic

butter

fresh parsley

a mozzarella/cheddar cheese blend. usually the pizza blend works great. if not, just cheddar is fine too.

oregano

olive oil





1. Cut an appropriate size of baguette and slice it half.
 2. Peel and mince several cloves of fresh garlic.
 3. Wash and chop some fresh parsley.
 4. Put two large scoops of butter into a bowl, along with some olive oil and minced garlic and chopped parsley.
 5. Mix until it has a smooth consistency. Evenly spread the mixture onto the baguette .
 6. Close the baguette and wrap it in aluminium foil .
 7. Toast it in oven.
 8. Take the baguette out from the oven and open the aluminium foil wrap (be careful because it's hot!).
 9. Layer as much cheese as you want!
 10. Put the baguette back to the oven without foil covered on top for 15 minutes at 375F.
- Enjoy!



MISO SOUP

florence lo 2019 | I | Burton Conner

Ingredients

organic dashi miso paste

soft tofu

scallions

broccoli

1. Dice 2 scallions without the roots, 4-7 pieces of broccoli and 1/4 of a tofu.

2. Boil a pot of water [3-4 cups].

3. When the water boils, put in the diced tofu, broccoli and scallions as well as a spoon of miso paste [1/2 - 1 spoonful depending on how heavy you want the soup].



STIRY FRY BEEF

florence lo 2019 | 1 | Burton Conner

Ingredients

bottom sirloin flap beef
oil
soy sauce
green pepper
tomato
sugar

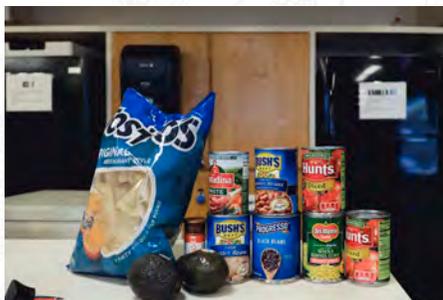


1. Dice tomato and green pepper into small edible pieces.
2. Put the diced tomato in a bowl and sprinkle some sugar on it.
3. Cut the beef into thumb-sized pieces.
4. Put oil in the pan and make sure the pan is dry.
5. Place the beef in the pan and let it sit for 2 minutes, flip each piece over and leave it for 1 minute
6. Add the soy sauce, diced pepper and tomato into the pan. Stir and mix for 2-3 minutes.



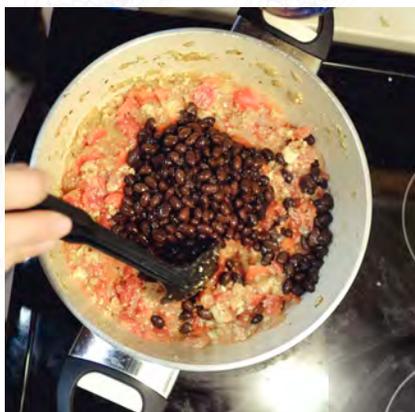
VEGAN CHILI

ari grayzel 2022 | 16 | next house



Ingredients

- 1 large yellow onion
- 1 red bell pepper
- 6-12 large cloves of garlic
- 1 block super firm tofu
- olive oil
- 1 28-oz can of crushed tomatoes
- 1 14-oz can of black beans
- 1 14-oz can of pinto beans
- 1 14-oz can of kidney beans
- 1 14-oz can of sweet corn kernels
- 1 bag of frozen mixed vegetables (e.g. peas, carrots, etc.) Fresh are even better!
- ~6 bay leaves
- cumin
- oregano
- chili powder
- 2 tbsp. tomato paste
- avocado
- 1 cup vegetable broth





1. Press tofu under cutting board and some weight to drain out excess water. This takes a bit of time so I recommend doing it when you start.
2. Mince onion, garlic and bell pepper. Put in bottom of large pot (cast iron is ideal but not necessary).
3. Coat in olive oil and heat over high heat. Add cumin and oregano liberally (the mixture should slightly change color) and continue to heat until onions and peppers are brown and slightly translucent. Stir frequently.
4. Crumble tofu into pot. Heat until and stir until tofu begins to turn a little brown.
5. Add tomatoes, all the beans, vegetables, bay leaves, and vegetable broth and stir well. The consistency should be a little watery, if it is too thick then add some water or more broth. Add other spices to taste
6. Simmer for 45-90 minutes. Stir periodically and add water if needed. Take care to ensure the bottom does not stick and burn.
7. Taste and add varying spices as desired.
8. Serve hot with corn chips, avocado and cheddar cheese (not needed for vegans)!