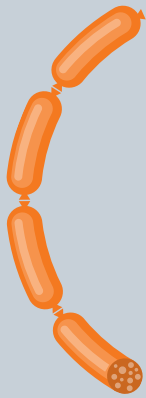




One Pot Meals

Use what you already have on hand to make your own one pot wonder! Get creative and use any combination of protein, starch, vegetables and spices.

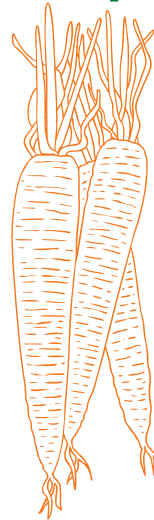
Protein



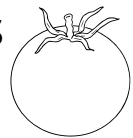
beef
fish
pork
chicken
eggs
sausage
meatballs
lentils
beans



Vegetables

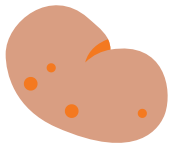


peppers
onions
mushrooms
squash
green beans
tomatoes
carrots

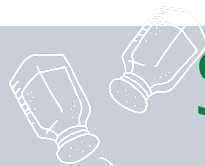


Use what you have including fresh, frozen or canned vegetables.

Starch



potatoes
rice
quinoa
pasta
corn



Spices

garlic powder, onion powder, Italian herbs, chili powder, red pepper flakes

Flavor boosts: tomato sauce, cream of mushroom soup, barbecue sauce, hot sauce, soy sauce, chicken broth

See the back for specific recipes to try!

Example:
Fried Rice: egg, meat of choice, mixed vegetables, soy sauce, rice (cooked)



Lentil Stew

8 servings

- 2 Tablespoons butter
- 1 cup chopped onion
- 6 cups water
- 1 cup dried lentils, rinsed
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- 6 large chopped carrots
- 4 chopped celery stalks
- 1 (14.5 ounce) can diced tomatoes

1. Melt butter in large pot. Sauté onion until tender.
2. Add water, lentils, Worcestershire sauce, garlic powder.
3. Cover, bring to boil, reduce heat and simmer for 45 minutes.
4. Add carrots, celery.
5. Cover and simmer until vegetables are tender.
6. Add tomatoes and heat thoroughly.
7. Serve with a slice of whole grain toast for a complete meal.



Choosemyplate.gov

Nutrition per 1/8 Recipe (about 1 1/3 cups): 220 Calories, 4 g Fat, 36 g carbohydrate, 13 g protein

Pasta Primavera

3 servings

- 1 cup uncooked noodles
- 1 tablespoon vegetable oil
- 2 cups chopped mixed vegetables
- 1 cup chopped tomatoes
- 1 tablespoon butter
- 1/4 teaspoon garlic powder

- Optional:
- 1/4 teaspoon black pepper
 - 3 tablespoons parmesan cheese

1. Cook noodles according to package. Drain.
2. Use the same pot to heat oil.
3. Add vegetables and sauté until tender, stirring constantly.
4. Add tomato and sauté 2 more minutes.
5. Toss vegetables with noodles, butter and spices.

Add your favorite protein to make a complete meal!



FoodNetwork.com

Nutrition per 1/3 Recipe (about 1 1/2 cups): 336 Calories, 11 g Fat, 48 g carbohydrate, 11 g protein

Quick Chili

4 servings

- 1/2 pound ground beef
- 1 can kidney beans, with liquid
- 1 cup tomato sauce
- 1 tablespoon dried minced onion
- 1 1/2 tablespoon chili powder

1. Thoroughly cook ground beef in pot until browned and internal temperature reaches 160 degrees F. Drain off fat.
2. Stir in remaining ingredients.
3. Bring to a boil. Reduce heat, cover and simmer for 10 minutes.
4. Serve over a cooked potato or with your favorite slice of toast.



MyRecipes.com

Nutrition per 3/4 cup serving (just chili): 222 Calories, 6 g fat, 24 g Carbohydrate, 18 g protein

Broccoli, Beans & Rice

4 servings

- 3 cups chopped or 10 ounces frozen broccoli
- 2 (14.5 ounce) cans stewed tomatoes
- 1 cup cooked rice
- 1 (15.5 ounce) can white beans, drained and rinsed (cannellini, white, navy, or great northern)
- Pepper to taste
- Optional: oregano, basil, cayene pepper

1. Add broccoli and stewed tomatoes into a medium pot on medium-high heat.
2. Cook 10-20 minutes, until broccoli is soft. Stir gently.
3. Add rice, canned beans and seasonings.
4. Cook until heated through.



Cooking.nytimes.com

Nutrition per 1 1/2 cups serving: 276 Calories, 1 g Fat, 55 g Carbohydrate, 16 g Protein

Recipes Source: Choosemyplate.gov