



7 Healthy Pantry Recipes

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Meal Prep Black Bean & Sweet Potato Burritos

10 servings

45 minutes

Ingredients

6 Sweet Potato (large, peeled and sliced)
 2 tbsps Extra Virgin Olive Oil
 2 Yellow Onion (medium, diced)
 4 Garlic (cloves, minced)
 4 cups Black Beans (cooked, from the can)
 1 cup Frozen Corn
 1 Green Bell Pepper (diced)
 1 cup Water
 1/4 cup Dijon Mustard
 2 tsps Cumin
 3 tbsps Tamari
 1/4 tsp Sea Salt (or more to taste)
 10 Brown Rice Tortillas (11 inches)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	66g
Fiber	13g
Sugar	9g
Protein	12g
Sodium	643mg
Potassium	622mg
Riboflavin	0.1mg
Magnesium	78mg

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven, Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave, Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy, Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With, Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas, Use corn or whole wheat tortillas instead.

Less Work, Use refried beans, or process the beans in a food processor.



Cozy Curried Lentils with Kale & Cauliflower

8 servings

40 minutes

Ingredients

- 1 Yellow Onion (diced)
- 4 cups Organic Vegetable Broth (divided)
- 3 Garlic (cloves, minced)
- 2 tbsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Sea Salt (divided)
- 2 tbsps Tomato Paste
- 2 cups Organic Coconut Milk (full-fat, from the can)
- 1 1/2 cups Dry Green Lentils
- 1/2 head Cauliflower (chopped into small florets)
- 3 cups Kale Leaves (stems removed, chopped)

Nutrition

Amount per serving	
Calories	267
Fat	12g
Carbs	31g
Fiber	6g
Sugar	5g
Protein	11g
Sodium	659mg
Potassium	576mg
Riboflavin	0.2mg
Magnesium	32mg

Directions

- 1 In a pot over medium-high heat, sauté the onions with a splash of the vegetable broth. Cook until browned, stirring frequently and adding more broth as needed to prevent the onions from sticking.
- 2 Add the garlic, curry powder, garam masala, half the salt and tomato paste. Stir for one minute.
- 3 Add the remaining vegetable broth, coconut milk and lentils. Bring to a simmer and cook for 20 minutes. Add the cauliflower and simmer for another 15 minutes or until tender.
- 4 Stir in the kale leaves until wilted and season to your preference with the remaining salt. Divide into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size, One serving is approximately 1 1/2 cups.

More Flavor, Include a pinch of cinnamon and cumin, maple syrup, celery, carrots, grated ginger, and/or bay leaves..

Additional Toppings, Top with yogurt, cream, parsley, brown rice, barley, quinoa or crusty bread.



Tuna Noodle Casserole

9 servings
45 minutes

Ingredients

- 3 cups Brown Rice Fusilli (dry)
- 3 cups Mushrooms (sliced)
- 2 cups Frozen Peas
- 1 2/3 cups Organic Coconut Milk (canned, full fat)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Nutritional Yeast
- 1 tbsp Dijon Mustard
- 2 tsps Sea Salt
- 1/4 cup Tapioca Flour
- 2 cans Tuna (drained)
- 2 cups Sweet Potato Chips (crushed)

Nutrition

Amount per serving	
Calories	404
Fat	14g
Carbs	53g
Fiber	7g
Sugar	7g
Protein	15g
Sodium	760mg
Potassium	349mg
Riboflavin	1.8mg
Magnesium	22mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Prepare pasta according to the directions on the package, making sure to slightly undercook. Strain and run cold water over the pasta.
- 3 In a large saucepan over medium-high heat, add mushrooms, peas, coconut milk, almond milk, nutritional yeast, mustard and salt. Once boiling, reduce heat to a simmer.
- 4 Whisk in tapioca flour. Continue simmering until the sauce thickens, about 10 minutes.
- 5 Add tuna and cooked pasta to the sauce and mix well. Transfer to a baking dish and sprinkle crushed chips overtop. Bake on the lowest rack for 20 minutes. Let cool before serving. Enjoy!

Notes

Leftovers, Refrigerate in an air-tight container up to 3 days. The sauce can also be stored separately in the freezer for future use. Add a splash of almond milk, water or broth when reheating.

No Tuna, Use edamame, chicken or chickpeas instead.

No Tapioca Flour, Use arrowroot powder or cornstarch instead.



Sun Butter Oatmeal Cookie Granola

12 servings

45 minutes

Ingredients

2 cups Oats (rolled)
 1/2 cup Oat Flour
 1/2 cup Sunflower Seeds
 1/2 cup Organic Raisins
 1 tsp Cinnamon
 1/2 cup Sunflower Seed Butter
 1/4 cup Maple Syrup
 2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	227
Fat	12g
Carbs	26g
Fiber	4g
Sugar	10g
Protein	6g
Sodium	4mg
Potassium	222mg
Riboflavin	0.1mg
Magnesium	63mg

Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, stir together all ingredients until well combined. Transfer to the baking sheet and use your hands to press down into a formed even layer. Bake for 15 minutes.
- 3 Remove from oven and use a spatula to flip over sections of the granola, gently breaking up the granola into chunks. Return to oven and bake for 10 more minutes at 300F.
- 4 Turn off the oven completely and leave the granola for another 20 minutes, or until crisp.

Notes

Storage, Refrigerate in an airtight container up to one week or less. Freeze if longer.
Serve it With, Oatmeal, yogurt, milk, our Slow Cooker Applesauce, or Slow Cooker Baked Apples recipe.

Optional Add-Ins, Chocolate chips, nuts, coconut flakes or pumpkin seeds.



Brown Rice Noodles & Veggies

2 servings
20 minutes

Ingredients

- 113 grams Brown Rice Fettuccine
- 2 tbsps Tamari
- 1 1/2 tsps Maple Syrup
- 1 tbsp Lime Juice
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 1/2 Red Bell Pepper (sliced)
- 1/3 cup Frozen Edamame (thawed)
- 2 tbsps Raw Peanuts (chopped)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	326
Fat	8g
Carbs	54g
Fiber	6g
Sugar	7g
Protein	12g
Sodium	1012mg
Potassium	469mg
Riboflavin	0.2mg
Magnesium	46mg

Directions

- 1 Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Add back to the pot.
- 2 While the pasta cooks, in a small pot over medium-low heat add the tamari, maple syrup, lime juice, garlic and water. Bring to a low boil. Add the pepper and edamame and cook for 3 to 5 minutes, until cooked through.
- 3 Pour the sauce and edamame mixture over the pasta and toss to combine. Serve with chopped peanuts and cilantro on top. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Nut-Free, Omit the peanuts.

More Flavor, Add chili flakes.

Additional Toppings, Add additional vegetables such as broccoli, snap peas or mushrooms.



Coconut Black Rice Pudding

3 servings

35 minutes

Ingredients

- 1 cup Black Rice (uncooked)
- 1 2/3 cups Organic Coconut Milk (from the can)
- 1/2 cup Water
- 1/4 tsp Sea Salt
- 1/2 tsp Vanilla Extract
- 1 cup Strawberries (sliced)
- 1 Peach (sliced)
- 1/3 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	545
Fat	32g
Carbs	60g
Fiber	4g
Sugar	9g
Protein	8g
Sodium	235mg
Potassium	371mg
Riboflavin	0mg
Magnesium	12mg

Directions

- 1 Rinse the rice and add it to a large bowl. Cover with water and soak for at least one hour, or overnight.
- 2 Drain and rinse the soaked rice and add to a medium sized pot with the coconut milk, water and sea salt. Cook over medium heat until it begins to boil, then reduce heat to medium-low. Simmer for about 20 to 25 minutes, stirring frequently. Once it is done cooking, stir in the vanilla and set aside.
- 3 Divide the rice into bowls and top with sliced fruit and coconut flakes. Enjoy!

Notes

Prep Ahead, Make the rice ahead of time and serve it cold in the morning.

Likes it Sweet, Add maple syrup or honey to taste.

No Time for Soaking, If you are unable to soak the rice ahead of time, the cooking time will increase to about 35 minutes and you will need to add extra water.

Leftovers, Keeps well in the fridge up to 4 to 5 days.



Lentil Masala Soup

4 servings
30 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Organic Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Organic Coconut Milk (canned, full-fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Sodium	1308mg
Potassium	804mg
Riboflavin	0.1mg
Magnesium	14mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish, Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.