

ROCHESTER
MUTUAL
AID
NETWORK



COOKBOOK

ROCMUTUALAID.COM

585-200-5630



IN THIS ZINE

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INGREDIENTS

adobo
black beans
black pepper
brown sugar
cannellini beans
chilli seasoning (onion powder,
garlic powder, cumin,
paprika, oregano, crushed
red pepper flakes, cinnamon,
black pepper)
coconut milk
cooking oil
corn (canned)
curry powder (onion powder,
garlic powder, turmeric,
cumin, coriander, powdered
ginger, crushed red pepper,
cinnamon, black pepper)
garbanzo beans (chickpeas)
garlic
italian seasoning (onion
powder, garlic powder,
parsley, rosemary, oregano,
crushed red pepper, black
pepper)
kidney beans
lemon
lentils
oats
olives
onion
raisins
rice
pasta
potatoes
salt
tomato paste
tomato sauce
tuna (canned)
veggie bouillon

IF YOU KNOW ANYONE
THAT NEEDS HELP
HAVE THEM REACH
OUT TO US AT
ROCMUTUALAID.COM
OR 585-200-5630



EQUIVALENT MEASUREMENTS

1 dash = 1/16th teaspoon

1 pinch = 1/8 teaspoon

3 teaspoons = 1 tablespoon

5 tablespoons + 1 teaspoon = 1/3 cup

16 tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

16 ounces = 1 pound

15 oz. can = 1 1/2 cups



PANTRY BASICS

FOR ALL DRY GOODS

Store these in sealed containers, out of direct sunlight, at room temperature or a cool temperature.

After opening a tin can, transfer any remaining food into a sealable container* to put in the fridge - don't leave it in the can!

SPICES

Keep spices in a dark, cool space - that means, not over your stove or any other hot area. To make your spices last a long time, don't shake them directly over a hot pot. The steam from a hot pan will make your spices stick to the container and age them prematurely.

POTATOES

Potatoes do best in the dark, in a cool well-ventilated area, away from onions, ideally in a basement.

LEMONS

Refrigerate lemons in one of the drawers. If about to go bad, juice them and freeze in ice cube trays.

ONIONS

Keep onions in a dry, cool, well-ventilated area, out of direct sunlight, in a paper bag or wire basket, away from potatoes.

TO CHOP ONIONS

Slice the onion in half from the stem to the top, then remove the outer skin layer. Cut the onion halves into slices one way, then the other, and chop off the root ends.

GARLIC

Keep garlic out of the fridge, but in a cool place in the kitchen away from sunlight.

TO MINCE GARLIC

Break off cloves one at a time, and press down on the clove with the flat side of your knife to release the skin from the clove. Then cut into thin slices, and chop the slices cross-wise to make minced pieces.

*If you need containers, contact us at rocmutualaid.com or 585-200-5630 for some!



STAPLE SOUP

COOKING TIME

30-40 minutes

SERVES

4

INGREDIENTS

2 tbsp oil
1 medium onion, diced
3 cloves garlic, minced
2 tsp italian seasoning (*see first pg of this zine*)
6 cups vegetable broth
1 tbsp tomato paste
1/2 cup corn
1 1/2 cups cooked beans/lentils of your choice
2 cups starch of choice (pasta, cubed potatoes, or rice)
the juice of 1/2 a lemon
salt & pepper to taste

INSTRUCTIONS

1. In a large pot, heat the oil on medium heat. Add in the onion and garlic and cook until browned and softened.
2. Add the parsley, rosemary, broth, and tomato paste and stir until the paste is dissolved.
3. Pour in the corn, beans, and starch that you like. Cook, partially covered, on medium heat until the starch is done. (About 20 minutes, depending on what you use - and you may have to add more broth.)
4. When everything is ready, serve hot with a squeeze of lemon, salt & pepper.



COOKING GRAINS + LENTILS

WHITE RICE

1 cup rice to 1.5 cups
water for 20 minutes

ROLLED OATS

1 cup oats to 1.5 cups
water for 5 minutes

BROWN RICE

1 cup rice to 2 cups
water for 45 minutes

LENTILS

1 cup dry lentils to
2 cups water for 25
minutes

Pour your rinsed grains/lentils into a pot with the amount of water specified. Add a pinch of salt and let it come to a boil, then turn the heat to medium, partially cover, and let simmer for the time needed, until tender.

Add in 1/4 cup extra water at a time if you find your water is evaporating too quickly. When it's ready, let stand off heat, covered for five minutes. Fluff small grains with a fork.

notes

Thoroughly rinse them before cooking, to remove dirt and debris. Remove any discolored or "off" looking pieces during the rinsing.

You can add in herbs, onion, and a bay leaf for flavor, or use stock instead of water.

Store in an airtight container. Rice & grains do best when eaten quickly, but you can rehydrate them especially if you use them in soups, stir fries, casseroles, etc.



EASY OATMEAL

COOKING TIME

5-10 minutes

SERVES

1

INGREDIENTS

1/2 cup water
1/3 cup oats
2 tbsp raisins
pinch of salt
1 tbsp brown sugar

INSTRUCTIONS

1. Stir together the water, oats, raisins, and salt in a medium saucepot. Cover and cook on medium-low heat for 5-10 minutes, or until softened.
2. Stir in the brown sugar or sprinkle on top, and serve hot.



SIMPLE MARINARA SAUCE

COOKING TIME

40 minutes

SERVES

2-4

- 3-4 cloves of garlic, crushed
2 tbsp olive oil
3 cups tomato sauce
1 tsp italian seasoning (*see first pg of this zine*)
1/2 tsp salt, or to taste
1 tbsp butter (optional)

INSTRUCTIONS

1. Cook the garlic in the oil in a large skillet till sizzling.
2. Stir in the tomato sauce, pepper flakes, oregano, and salt. Simmer until thickened and reduced, 25-30 minutes.
3. Stir in the butter, if desired, and serve with pasta.



PASTA WITH VEGAN CREAM SAUCE

COOKING TIME

20 minutes

SERVES

4-6

1/4 cup plus 2 tbsp olive oil
5 cloves garlic, crushed
2 1/2 tsp italian seasoning (*see first pg of this zine*)
2-15 oz. cans cannellini

beans (white beans)
2 cups vegetable stock
2 cups tube pasta such as rigatoni or penne
the zest + juice of 1 lemon
salt + pepper to taste

INSTRUCTIONS

1. Get your pasta cooking as you start the sauce.
2. In a large pot, such as a dutch oven, cook the garlic in 1/4 cup of oil until it begins to brown. Stir in the pepper flakes and rosemary. (And parsley, if you like!)
3. Add the beans and cook on medium heat until the beans begin to take on color, about 3 minutes.
4. Add the vegetable stock. Using a wooden spoon, gently mash 3/4 of the beans into a creamy sauce. Add the cooked pasta and stir in the remaining 2 tbsp of oil. Mix well, increase the heat to medium high and simmer until sauce coats the pasta, about 2 minutes.
5. Stir in the zest and juice from the lemon, season with salt and pepper to taste, and serve.

ONE PAN LEMON GARLIC ROAST

COOKING TIME

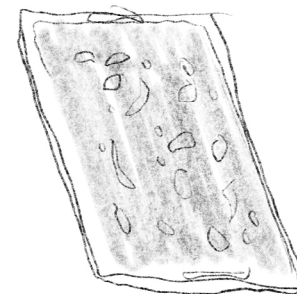
40 minutes

SERVES

2-4

INGREDIENTS

1-2 tbsp oil
2 russet potatoes, scrubbed + cubed into 1-2" pieces
1-15 oz. can chickpeas, drained + rinsed
1 large onion, sliced
4 cloves garlic, minced
zest + juice of 1 lemon
1/4 cup chopped olives
1 1/2 tbsp italian seasoning or curry powder (*see first pg of this zine*)
salt + pepper to taste



INSTRUCTIONS

1. Preheat an oven to 400°F. In a big bowl, toss all the ingredients together until well coated.
2. Spread everything out onto one or two baking sheets, being careful not to overcrowd the pans too tightly. (The less on the pan, the more crispy it will get.) Roast for 20-30 minutes, or until everything is golden and crispy.
3. Serve hot.

ROCD SA RICE & BEANS

COOKING TIME

40 minutes

SERVES

2-4

- | | |
|--|---|
| 1 tbsp olive oil | 2 tsp salt |
| 1/2 an onion (optional) | 2 tbsp tomato paste (or chili-based hot sauce) |
| 2 tbsp chopped canned olives/peppers | 1-15 oz. can beans of your choice |
| 1 tsp adobo | 2 cups white rice |
| 1 1/2 tbsp chilli seasoning or curry powder <i>(see first pg of this zine)</i> | 4 cups vegetable broth |

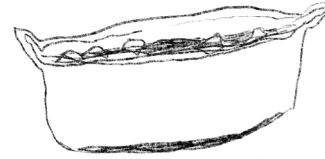
IN RICE COOKER

Add all ingredients and set to cook.



IN A POT

1. Add the olive oil and when shimmering, add the onion and cook until soft.
2. Add the olives/peppers and cook until fragrant, then add the spices, tomato/chili paste, and a 1/2 cup of the vegetable broth and cook until the color has darkened, about 5 minutes.
3. Then add the rest of the vegetable stock and bring it to a simmer, add the rice and beans, and partially cover until the rice is done, about 30 minutes.



POTATOES IN TOMATO SAUCE (PATATAS BRAVO)

COOKING TIME

40 minutes

SERVES

2

INGREDIENTS

- 1 onion, diced
- 2 tbsp olive oil
- 2 tbsp garlic, minced
- 2-3 large potatoes, peeled + cubed
- 1 cup tomato sauce
- 1/2 tsp italian or chilli seasoning *(see first pg of this zine)*
- salt + pepper

INSTRUCTIONS

1. Fry the onions in olive oil until soft. Add the garlic, potatoes, tomato, and enough water to cover the potatoes.
2. Season with oregano, salt and pepper.
3. Cook for about 30 minutes until the potatoes are cooked through, stirring from time to time.
4. Serve while hot.

COCONUT LENTILS

COOKING TIME

1 hour

SERVES

4-6

INGREDIENTS

2 cups white rice
1 tbsp oil
1 onion, diced
1 tbsp garlic, minced
2 tbsp tomato paste
2 tsp curry powder (*see first pg of this zine*)
1 cup dry lentils, rinsed
1-15 oz. can diced tomatoes
1-15 oz. can coconut milk



INSTRUCTIONS

1. Cook the rice while you get everything else together.
2. Put a pan to medium high, add olive oil, and cook the onion until softened. Add garlic, tomato paste, and spices, and cook one minute. Then add the lentils and tomatoes and cook for 15 minutes.
3. Pour in the coconut milk and cook 30 minutes on low.
4. Salt & pepper to taste, add spinach if available.

PASTA WITH TOMATO SAUCE AND TUNA (OR WHITE BEANS)

COOKING TIME

30 minutes

SERVES

4

6 cups (1 pound) pasta
3 cloves garlic, minced
1 tbsp olive oil
1 tsp italian seasoning (*see first pg of this zine*)
1-16oz. jar tomato sauce
1 small (7oz.) can of tuna or 1-16oz. can white beans
2 tbsp of butter (optional)
salt & pepper to taste



INSTRUCTIONS

1. Put the pasta on to cook while you make the sauce.
2. Sauté the garlic in oil over low heat until soft and shiny. Add the oregano and tomato sauce and cook over medium heat until reduced. (Approx. 30 minutes.)
3. Stir in the drained tuna (or beans), butter, and salt & pepper.
4. Serve hot with pasta.

SPANISH RICE

COOKING TIME

40 minutes

SERVES

2

INGREDIENTS

2 cloves of garlic, minced
1/4 cup chopped onion
2 tbsp oil
1 1/2 cups rice
2 cups vegetable broth
1 cup tomato sauce
salt + pepper to taste

INSTRUCTIONS

1. Cook the garlic and onion in the oil over medium heat until softened.
2. Add the rice and stir for 5 minutes until golden. Slowly add the broth and tomato sauce.
3. Bring to a boil, turn the heat to low, and cover. Simmer 20-25 mins.
4. Fluff with a fork and serve.

3-BEAN CHILLI

COOKING TIME

40 minutes

SERVES

4-6

INGREDIENTS

2 tbsp oil
1 onion, diced
3 cloves garlic, minced
3 tsp chilli seasoning (*see first pg of this zine*)
1-15 oz. can black beans, drained + rinsed
1-15 oz. can red kidney beans, drained + rinsed
1 1/2 cups cooked lentils
1-15 oz. can of corn, drained
2-15 oz. cans tomato sauce
2 tbsp tomato paste
1 tbsp brown sugar
1 tsp salt

INSTRUCTIONS

1. In a large pot on medium heat, cook the onion and garlic in oil until softened and golden brown. (About five minutes.) Add the spices and stir, then add in the rest of the ingredients.
2. Cook on medium-low, covered, for 30 minutes or until fragrant and darkened. Serve hot.

