

COOKING FOR WELLNESS

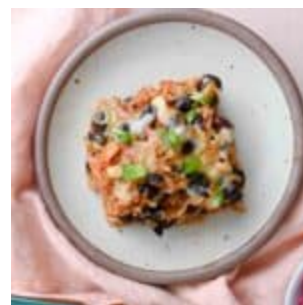
January 2025



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Rice and Bean Casserole with Sweet Potatoes

This is a dump-and-bake recipe that uses white rice, black beans, and a handful of smoky and spicy ingredients. It's great for weeknight dinners or meal prep.



Prep Time	Cook Time	Total Time
15 mins	40 mins	55 mins

★★★★★
5 from 10 votes

Course: Main Dishes Cuisine: American Diet: Vegetarian Servings: 6 servings

Calories: 432kcal Author: [Cassidy Reeser, MS, RD](#)

Ingredients

- 1 and ½ cups long grain white rice
- 1 tablespoon olive oil or other neutral oil
- 1 medium red bell pepper diced
- 1 medium sweet yellow onion diced
- 1 medium sweet potato peeled and diced into ½ inch pieces
- ½ teaspoon salt
- 3-4 cloves garlic minced
- 1 jalapeno diced
- 2 tablespoons finely diced chipotle pepper in adobo sauce see note #1
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon dry oregano
- ½ teaspoon chipotle chili powder
- ¼ teaspoon onion powder
- 2 and ¾ cup vegetable broth
- 8 ounces tomato sauce
- 15 ounce can black beans drained and rinsed
- 1 cup Mexican blend shredded cheese
- suggested garnishes: cilantro, avocado, salsa, sliced radish

Instructions

1. Preheat the oven to 375F. Lightly oil a 9x13 casserole dish. Rinse the rice well in a fine mesh strainer. Set aside.
2. Heat a large skillet over medium heat. Drizzle with oil to coat. Once hot, add in the diced peppers, onions, and sweet potato. Cook until the onions are golden, just 5-6 minutes. The sweet potato will not be cooked through.
3. Sprinkle with salt. Add in the garlic, jalapenos, diced chiles, and adobo sauce. Continue cooking, stirring frequently, until the garlic is golden.

4. Stir in the spices (chili powder, paprika, oregano, chipotle chili powder, onion powder) and toast for 30 seconds, stirring frequently.
5. Pour in the vegetable broth and tomato sauce and bring to a simmer over medium-high heat.
6. Transfer the simmering broth and vegetables to the 9x13 dish. Add in the rice and black beans. Stir so that everything is well combined.
7. Cover with foil, a heat-safe lid, or an upside down sheet-pan to trap in the steam. Bake at 375F for 30 minutes. After 30 minutes the rice should be mostly cooked. If not, cover and cook an additional 5 minutes.
8. Remove the lid and sprinkle the bake with cheese. Return to the oven for an additional 10 minutes, cooking until the cheese is melted and bubbly. Remove from the oven and enjoy!

Notes

1. **Chipotle peppers:** This is from a can of chipotle peppers in adobo sauce. You can find this in the international aisle at most grocery stores.
2. **Rice:** Long-grain is my go-to, but this recipe should also work with short-grain and medium, with slight variations in cook time. Brown rice will not work in this recipe.
3. **Leftovers:** Let the casserole dish cool before covering and refrigerating. Keeps well for 3-4 days.
4. **Reheating:** Reheat individual portions in the microwave. Reheat the entire casserole in the oven at 325 degrees F for 20-30 minutes, or until warmed through. Cover with foil if the casserole starts to dry out too much.
5. **Freezing:** This freezes well as a full casserole or as individual slices. Cover the casserole in plastic wrap and foil or plastic wrap and a lid before freezing. If reheating in the oven, add an extra 10-15 minutes of cook time. or let thaw overnight in the fridge.

Nutrition

Calories: 432kcal | Carbohydrates: 73g | Protein: 16g | Fat: 9g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 18mg | Sodium: 530mg | Potassium: 708mg | Fiber: 11g | Sugar: 8g | Vitamin A: 6699IU | Vitamin C: 35mg | Calcium: 196mg | Iron: 3mg

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Veggie pot pie soup

This veggie pot pie soup is packed with vegetables, and goes beautifully with some crusty bread - it tastes indulgent, but is full of nutrition too!

★★★★★ 4.89 from 18 votes

Prep Time:

5 mins

Cook Time:

25 mins

Total Time:

30 mins

Servings: 3 bowls

Calories: 291kcal

Author: Becca Heyes



Recipe printed from www.easycheesyvegetarian.com

Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 small head broccoli
- 350 g (~ 2 1/2 cups) frozen vegetable mix (mine had peas, sweetcorn, carrots and green beans)
- 2 cloves garlic, minced
- 500 ml (~ 2 cups) vegetable stock
- 1/2 tsp dried oregano
- Black pepper
- 2 tbsp butter
- 2 tbsp plain flour
- 250 ml (~ 1 cup) milk
- 2 bay leaves
- 1/2 tsp English mustard

Instructions

1. Heat the oil in a large saucepan. Add the chopped onion and broccoli, and cook over a medium heat for a few minutes until the onion is slightly softened. Add the frozen vegetables

- and garlic, and cook for a further 5-10 minutes, stirring regularly, until all the vegetables are fairly well cooked.
2. Add the vegetable stock, oregano, bay leaves, mustard, and a good pinch of black pepper.
 3. In a separate pan, make a small batch of white sauce by melting the butter and adding the flour. Mix well, and cook for a minute or so over a low heat. Add the milk a little at a time, stirring until it's smooth each time before adding more. If you need more detailed instructions about how to make a white sauce, you can find them [here](#).
 4. When the white sauce is ready, add it to the soup, and mix to combine. Simmer until the vegetables are cooked to your liking, and the soup has reached your desired consistency. Remove the bay leaves, then you can blend (or partially blend) with a hand blender if you want to. Serve hot.

Nutrition

Nutrition Facts	
Veggie pot pie soup	
Amount Per Serving (1 bowl)	
Calories 291	Calories from Fat 131
% Daily Value*	
Fat 14.5g	22%
Saturated Fat 6.6g	33%
Cholesterol 27mg	9%
Sodium 158mg	7%
Potassium 514mg	15%
Carbohydrates 33.1g	11%
Fiber 7.9g	32%
Sugar 10.1g	11%
Protein 9.3g	19%
Calcium 140mg	14%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutritional information is approximate, and will depend on your exact ingredients. Please calculate your own nutritional values if you require accuracy for health reasons.

Veggie-Loaded Lasagna Soup (vegetarian)



5 from 11 votes

*This **Vegetarian Lasagna Soup** is loaded with veggies, is easy to make, and has all the cozy flavors of lasagna! Easily dairy-free and vegan, this hearty soup is a complete meal all by itself!*

Prep Time
10 mins

Cook Time
22 mins

Course: Main Course, Soup Cuisine: Italian Diet: Vegetarian

Keyword: healthy family dinner, healthy lasagna, hearty soup, lasagna soup, vegetable soup, vegetarian soup

Servings: 6 servings Calories: 225kcal Author: Taesha Butler

Ingredients

- 2 tablespoon olive oil
- 1 cup diced onion about 12/ a large onion
- 1 cup diced carrots about 2 large carrots
- 1 cup diced zucchini about 1 small zucchini
- 3/4 teaspoon salt divided
- 2 tablespoons balsamic vinegar
- 2 cups pasta sauce
- 2 cups vegetable broth
- 3-4 cups loosely packed baby spinach roughly chopped
- 6 ounces lasagna noodles (6-8 sheets), broken into about 2-inch pieces
- 1/3 cup grated parmesan cheese optional, omit for dairy-free or vegan option
- shredded mozzarella cheese and/or ricotta cheese, for serving optional, omit for dairy-free or vegan option
- fresh basil, chopped for garnish, optional

Instructions

1. Heat olive oil in a large pot over medium-high heat. Add onion and carrot and cook for 2-3 minutes.
2. Add zucchini and cook until it begins to soften, about 2 more minutes. Stir in 1/2 teaspoon of salt.
3. Add balsamic vinegar and scrape up any browned bits stuck to the bottom of the pot. Stir in marinara and broth and bring soup to a simmer.
4. Once simmering, add broken lasagna noodles to the pot and cook until noodles are tender, about 10 to 12 minutes or according to the cooking time on the box of your lasagna noodles.
5. After the soup is done cooking, stir in the last 1/4 teaspoon of salt, spinach and grated parmesan (if using) and let the spinach wilt in the hot soup for a minute or two. Taste soup for seasoning and add more salt and pepper as needed.

6. Ladle soup into bowls and sprinkle with a little shredded mozzarella and/or top with a dollop of ricotta cheese, if desired. Sprinkle with fresh basil and enjoy.

Nutrition

Serving: 1.5cups | Calories: 225kcal | Carbohydrates: 33g | Protein: 8g | Fat: 7g | Saturated Fat: 2g | Cholesterol: 5mg | Sodium: 1149mg | Potassium: 591mg | Fiber: 4g | Sugar: 8g | Vitamin A: 5581IU | Vitamin C: 17mg | Calcium: 111mg | Iron: 2mg