



# Quick and Easy Suppers Recipe Collection



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## Meatloaf

Ingredients	For 4	For 8	For 12
Extra lean or lean ground meat (beef, moose, caribou, veal, chicken)	1 lb (454g)	2 lbs (900g)	3 lbs (1.36kg)
Milk	¼ cup	½ cup	¾ cup
Onion, finely chopped	1	2	3
Celery stalks, finely chopped	1	2	3
Clove garlic, minced	1	2	3
Worcestershire sauce	1 tbsp	2 tbsp	3 tbsp
Black pepper	¼ tsp	½ tsp	¾ tsp
Eggs, slightly beaten	2	4	6
Rollled oats	¾ cup	1 ½ cups	2 ¼ cups

1. Preheat oven to 375°F and grease a loaf pan.
2. In a large bowl, combine all ingredients and mix well. Place into loaf pan.
3. Cook for about 1 hour. Remove from oven and drain any fat from top. Can be served with tomato sauce or beef gravy.



## Parmesan Herb Baked Fish Fillets

Ingredients	For 4	For 8	For 10	For 12
Fish fillets (if frozen thaw and pat dry)	1 lb (~454g)	2 lbs (~900g)	2 ½ lbs (~1.14 kg)	3 lbs (~1.4kg)
Light mayonnaise	¼ cup	½ cup	⅔ cup	¾ cup
Parmesan cheese, grated	¼ cup	½ cup	⅔ cup	¾ cup
Green onions, chopped	2 tbsp	¼ cup	Just over ¼ cup	¼ cup plus 2 tbsp
Red pepper, chopped	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Bread crumbs	½ cup	1 cup	1 ¼ cups	1 ½ cups
Basil, dried	½ tsp	1 tsp	1 ¼ tsp	1 ½ tsp
Black pepper to taste				

1. Preheat the oven to 350°F.
2. Place fish fillets in a single layer in the bottom of a baking dish.
3. In a small bowl, stir together mayonnaise, parmesan, onions and red pepper. Spread this evenly over the fish.
4. In a separate bowl, mix bread crumbs, basil and pepper; sprinkle over top of the fish.
5. Bake 15-20 minutes or until fish flakes easily with a fork.



## Chicken and Chickpeas

Ingredients	For 4	For 8	For 10	For 12
Chicken, cooked and cut into cubes	½ lb (500g)	1 lb (454g)	1 ¼ lbs (1250g)	1 ½ lbs (680g)
Chickpeas	1 can (19 or 540mL) (about 1 ½ cups of cooked chickpeas)	2 cans (3 cups of cooked chickpeas)	2 ½ cans (3 ¾ cups of cooked chickpeas)	3 cans (4 ½ cups of cooked chickpeas)
Tomatoes, chopped	½ cup	1 cup	1 ¼ cup	1 ½ cups
Carrots, shredded or grated	½ cup	1 cup	1 ¼ cup	1 ½ cups
Green onions, chopped	¼ cup	½ cup	½ cup	¾ cup
Lime or lemon juice	2 tbsp	¼ cup	⅓ cup	¼ cup plus 2 tbsp
Olive oil	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Garlic powder	½ tsp	1 tsp	1 ¼ tsp	1 ½ tsp
Optional: add grated cheese if you would like				

1. Drain and rinse the chickpeas. Place into a large bowl.
2. Cut up your vegetables and add to the bowl of chickpeas. Add the cooked chicken to the bowl as well.
3. In a small bowl, mix the lime/lemon juice, oil and garlic. Pour dressing over the vegetables, chickpeas and chicken; mix well. Add salt and pepper if you'd like.



## Three Bean Chili

Ingredients	Cooking for 6	Cooking for 12
Can tomatoes (28 oz or 796mL can)	1	2
Tomato paste (6 oz)	¼ cup	½ cup
Chili powder	1 tbsp	2 tbsp
Sugar (to cut the acidity)	½ tbsp	1 tbsp
Cumin	½ tsp	1 tsp
Pepper	¼ tsp	½ tsp
Onion, chopped	1	2
Cloves garlic, minced	2	4
Carrot, chopped	2	4
Celery, chopped	2 stalks	4 stalks
Kidney beans, black beans and chickpeas (can size 19oz or 540mL)	1 ½ cups of <i>each</i> type of bean <u>OR</u> 1 can of each	3 cups of <i>each</i> type of bean <u>OR</u> 2 cans of each
If using canned, drain and rinse		
<b>**Optional:</b>		
Ground beef or caribou	1 lb	2 lbs

\*if you're using beef or caribou, brown the meat first until all of the pink is gone. Then add to large pot with the rest of the ingredients

1. In a large pot, mash tomatoes with potato masher. Add tomato paste, chili powder, cumin, pepper and sugar. Stir to blend.
2. Add onion, garlic, carrot, celery and all of the beans.
3. Cover and cook medium for 35-40 minutes, stirring often. Add water if chili is too thick.





## Honey Ginger Tofu

\*Tip: Serve this dish with brown rice or whole wheat noodles, and steamed broccoli or green beans.

Ingredients	For 4	For 8	For 10	For 12
Package of tofu (either firm or extra firm texture)	1 package	2 packages	2 ½ packages	3 packages
Vegetable oil	2 tsp	4 tsp	5 tsp	2 tbsp
Soy sauce	¼ cup	½ cup	½ cup	⅔ cup
Honey	2 tbsp	¼ cup	⅓ cup	⅓ cup = 1tbsp
Grated ginger	4 tsp	2 tbsp + 2 tsp	¼ cup	¼ cup = 2 tsp

1. Drain liquid from tofu package and pat tofu dry with paper towel.
2. Cut the block of tofu in ½ inch slices and then cut each half diagonally into triangle-shaped pieces (or just cut into cubes if that's what you prefer!)
3. Mix honey, soy, ginger and oil in a shallow dish. Add tofu and turn to coat each side. Let sit for 15 minutes.
4. Heat a frying pan over medium heat. Add tofu and cook until golden brown (2-3 minutes per side), saving some of the marinade to pour over after cooking.



## Tuna macaroni and cheese

Ingredients	For 4	For 8	For 12
Whole wheat macaroni	½ cup uncooked (=about 1 cup cooked)	1 cup uncooked	1 ½ cups uncooked
Tuna, drained	1 can (120g can)	2 cans	3 cans
Garlic powder	¼ tsp	½ tsp	¾ tsp
Shredded cheddar cheese	1 cup	2 cups	3 cups
Milk	1 cup	2 cups	3 cups
Flour	2 tbsp	¼ cup	6 tbsp
Pepper	¼ tsp	½ tsp	½ tsp
Frozen peas or broccoli	1 cup	2 cups	3 cups
Parmesan cheese	1 tbsp	2 tbsp	3 tbsp

1. Cook macaroni for about 8-10 minutes and drain well. Set aside. Preheat oven to 325°F.
2. Combine flour, pepper and milk in saucepan. Heat and stir until thickened.
3. Add cheddar cheese to saucepan and stir until blended.
4. Mix together sauce with macaroni; add in tuna and peas or broccoli. Pour mixture into greased casserole dish. Sprinkle with Parmesan cheese.
5. Bake, uncovered, for 30 minutes at 325°F until golden brown.





## Chicken or Turkey Cacciatore

Ingredients	For 6	For 10	For 12
Vegetable oil	2 tsp	3 $\frac{1}{3}$ tsp	4 tsp
Chicken thighs, skinless and cubed, bone removed	2 pounds (about 900g)	3.3 pounds (about 1.5kg)	4 lbs (about 1.82kg)
Onion, chopped finely	1 cup	1 $\frac{2}{3}$ cups	2 cups
Clove garlic, minced	2	3-4	4
Bay leaf	1	1-2	2
Can of tomatoes, Italian style, diced (28 oz or 540mL can)	1	1 $\frac{1}{2}$	2
Tomato paste	One 6oz can	About 1 $\frac{2}{3}$ 6oz cans	Two 6oz cans
Can of mushrooms (10oz or 284mL can)	1	About 1 $\frac{2}{3}$ cans	2
Pepper	$\frac{1}{4}$ tsp	Just under $\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp
Italian seasoning	2 tsp	3 $\frac{1}{3}$ tsp	4 tsp
Low sodium chicken or vegetable stock	$\frac{1}{4}$ cup	Just under $\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Serve with pasta or rice			

1. Heat vegetable oil on medium, in a deep frying pan or pot. Add cubed chicken and cook until cooked through.
2. Add in the rest of the ingredients into the pot or pan.
3. Cover and cook on medium for 45 minutes. Serve with pasta or rice.

## Salmon with pesto

Ingredients	For 4	For 8	For 12
Salmon steak or fillet	1lb (454g) cut into 4 pieces	2 lbs (900g)	3 lbs (1.36kg)
Vegetable oil	1 tsp	2 tsp	1 tbsp
Lemon juice	1 tsp	2 tsp	1 tbsp
Garlic, minced	2 cloves	4 cloves	6 cloves
Pesto sauce	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

1. Preheat oven to 425°F.
2. In a small bowl, combine oil, lemon juice, and garlic.
3. Place salmon on a baking sheet. Brush it with oil mixture and spread on pesto
4. Bake about 15-20 minutes or until fish flakes easily when tested with a fork

***\*Did you know?***  
Pesto is an Italian sauce made of crush basil leaves, pine nuts, garlic, parmesan cheese and olive oil. It is

## Lentil and Bean Casserole

Ingredients	For 4	For 8	For 12	For 16
Vegetable oil	1 ½ tsp	1 tbsp	4 ½ tsp	2 tbsp
Large onion, chopped	½	1	1 ½ tsp	2
Celery stalks, chopped	2	4	5	6
Cooked kidney beans	¾ cup (OR ½ can)	1 ½ cups (OR 1 can)	2 ½ cups (OR 1 ½ cans)	3 cups (OR 2 cans)
Cooked lentils	¾ cup (OR ½ can)	1 ½ cups (OR 1 can)	2 ½ cups (OR 1 ½ cans)	3 cups (OR 2 cans)
Tomatoes, drained (28oz/796ml)	½ can	1 can	1 ½ cans	2 cans
Thyme	½ tsp	1 tsp	1 ½ tsp	2 tsp
Pepper	½ tsp	1 tsp	1 ½ tsp	2 tsp
Grated mozzarella cheese	¾ cup	1 ½ cups	2 ¼ cups	3 cups

1. Preheat the oven to 350°F.
2. In a frying pan, heat the oil over medium heat. Cook the onion and celery until softened, then transfer to casserole dish.
3. Add all of the remaining ingredients, except the cheese, to casserole dish. Mix well.
4. Cook for 40 minutes. Sprinkle the grated cheese on top to melt, just before serving.



## Homemade burgers

Ingredients	For 4	For 8	For 12
Egg	1	2	3
Water	2 tbsp	¼ cup	¼ cup plus 2 tbsp
Onion, grated or sliced finely	½ small	1 small	1 ½ small
Breadcrumbs, whole wheat	¼ cup	½ cup	¾ cup
Mustard, Dijon	1 tbsp	2 tbsp	3 tbsp
Worcestershire sauce	1 tbsp	2 tbsp	3 tbsp
Garlic clove, minced	1	2	3
Lean ground beef	1 lb (454g)	2 lbs (900g)	3 lbs (1.36kg)
Salt and pepper to taste			

1. In bowl, beat egg with water; stir in rest of ingredients.
2. Shape into four ¾ inch (2cm) thick patties.  
\*If you make ahead, you can wrap each patty in wax paper and store in the fridge for up to 24 hours or freeze up to 1 month; thaw in refrigerator.
3. Cook hamburgers on the barbeque or in a frying pan (medium high) until they reach an internal temperature of at least 71°C (160°F).

\*If you make ahead, you can wrap each patty in wax paper and store in the fridge for up to 24 hours or freeze up to 1 month; thaw in refrigerator.



## Stir fry

**\*You can easily add meat (beef, pork, chicken) or tofu to this stir fry. It can be pre-cooked meat or raw meat (just make sure you let it cook all the way through).**

Tofu Tip: 1) press the tofu to get the excess water out (try placing a can of tomatoes on a plate on top of the block of tofu 2) pat it dry; cut into cubes, thin slices or sticks 3) coat the tofu with the marinade below in a dish and let sit (in the fridge) for 30 minutes to 24 hours.

- 1-2 tablespoons sesame oil
- 1-2 tablespoons soy sauce
- 1-2 tablespoons rice vinegar
- 1-2 tablespoons water

*Other marinade ideas:* minced ginger, minced garlic, lemon, lime or orange juice, hot sauce, Worcestershire sauce, barbecue sauce (thinned with water).

Ingredients	For 4	For 8	For 12
Chicken stock (or water)	½ cup	1 cup	1 ½ cups
Soy sauce	¼ cup	½ cup	¾ cup
Garlic, minced	3 cloves	6 cloves	9 cloves
Rice wine vinegar	1 tbsp	2 tbsp	3 tbsp
Cornstarch	1 tsp	2 tsp	3 tsp
Vegetable oil	1 tbsp	2 tbsp	3 tbsp
Lemon juice	Splash	~1 tbsp	~1 ½ tbsp
Vegetables, chopped (onions, red peppers, broccoli, cauliflower, carrots, etc)	3-4 cups	6-8 cups	9-12 cups
Optional: fresh ground ginger	1 tbsp (or 1 tsp powdered ginger)	2 tbsp	3 tbsp
Salt and pepper to taste			

1. Pre heat a non stick frying pan on medium heat; add oil.
2. Add vegetables, ginger, salt and pepper. Sauté.
3. In a bowl, mix water, soy sauce, lemon, vinegar, cornstarch, and garlic.
4. When vegetables are almost tender, add in the sauce from step 3 and simmer for 5 minutes until the sauce thickens.
5. Serve with rice or noodles.



## Chicken Macaroni Casserole

This is a great way to stretch your leftover cooked chicken to make many meals out of it.

Ingredients	For 4	For 8	For 12
Whole wheat elbow macaroni (uncooked)	1 cup	2 cups	3 cups
Shredded cheddar cheese	1 cup	2 cups	2 cups
Diced cooked chicken or turkey	1 cup	2 cups	3 cups
Chopped celery	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup
Cream of mushroom soup (10oz can)	1 can	2 cans	3 cans
Milk	1 cup	2 cups	3 cups
Curry powder	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Red pepper, chopped	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups

1. Preheat oven to 350°F.
2. Stir all ingredients together. Pour into ungreased casserole dish.
3. Cover and bake 1 hour at 350°F.



## Teriyaki Tofu

Ingredients	For 4	For 8	For 12
Package of tofu (either medium firm, firm or extra firm texture)	1 package (454 g)	2 packages	3 packages
Vegetable oil	2 tbsp	$\frac{1}{4}$ cup	6 tbsp
Teriyaki sauce	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup (175 mL)

1. Pat the tofu dry with a paper towel. Cut the block of tofu in half lengthwise and then cut each half diagonally into triangle-shaped pieces. In a bowl, pour half of the sauce onto the tofu and mix.
2. Turn on the stove to medium-high heat. Heat the oil in a frying pan. Add the tofu and cook until lightly brown and crispy.
3. Add the other half of the sauce to the tofu and cook for a couple more minutes.

## One Pot Mexican Rice

Ingredients	For 4	For 8	For 10	For 12
Can of black beans, 15oz	1	2	2 ½	3
Vegetable oil	1 tbsp	2 tbsp	2 ½ tbsp	3 tbsp
Corn kernels	1 cup	2 cups	2 ½ cups	3 cups
Onion, diced	½ cup	1 cup	1 ¼ cup	1 ½ cups
Garlic cloves, minced	2	4	5	6
Can of diced tomatoes (14.5 oz)	1	2	2 ½ cups	3
Vegetable/chicken broth	1 cup	2 cups (500mL)	2 ½ cups (625mL)	3 cups (750mL)
Rice (parboiled or “15 minute rice”) or quinoa	1 cup	2 cups	2 ½ cups	3 cups
Taco seasoning	2 tsp	4 tsp	5 tsp	2 tbsp
Cheese, grated	Sprinkle on top			
Avocado slices (optional)	Place slices on top			

1. Heat the oil in a deep pot. Cook onions and garlic, until soft. About 5 minutes.
2. Stir in the rice or quinoa, vegetable/chicken broth, corn, peppers (if using), tomatoes, taco seasoning and beans.
3. Bring to boil, reduce heat and simmer until rice or quinoa is done (about 15 minutes).
4. Sprinkle cheese on top just before serving. Optional: Place avocado slices on top of dish before serving.



# References

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*Adapted from:*

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