

A little collection of recipes I've accumulated over time. Future additions will include the stracciatella with pasta that I've lost, and minestrone. Most recent update: January 17, 2020

## 1 Entrees

### *Black beans & rice*

*Source* Improvised between two recipes, implemented for flavor and nutrition on a limited budget. Even surprised myself a bit with it.

*1 tbsp olive oil*

*1 onion, diced* Sauté in oil until translucent.

*15 oz. canned tomatoes  
with green chilis*

*1 cup white rice*

*2 cups vegetable broth*

*1 tsp. cumin* Add tomatoes, rice, vegetable broth, and cumin. Bring mixture to boil, then simmer covered until rice is done.

*Modification* For some extra vegetables, a can of corn should also work well.

*15 oz. canned black  
beans* Rinse beans, then mix in and serve.

### *Pasta e ceci*

*Source* Sourced from Connoisseurus Veg.

*1 tablespoon olive oil*

*1 onion, diced*

*1 carrot, diced*

*1 stalk celery, diced* Sauté in oil until onion is translucent.  
*4 cloves garlic* Add garlic, allow to cook briefly without burning.  
*4 cups vegetable broth*  
*15 oz. canned diced tomatoes*  
*15 oz. canned chickpeas*  
*1 tbsp rosemary* Add broth, tomatoes, drained and rinsed chickpeas, and rosemary. Bring to a boil, then simmer for 10 minutes.  
*1 cup small pasta* Add pasta, cooking at low boil for slightly longer than package time. Stir occasionally to prevent sticking. Remove from heat and serve.

### *Cacio e pepe*

*Source* Bon Appétit  
*1 tbsp. salt*  
*3 quarts water* Bring water to boil in 5 quart pot, seasoning with salt.  
*6 oz. pasta, such as egg tagliolini, bucatini, or spaghetti* Add to water, cooking until 2 minutes before tender. Drain pasta, reserving  $\frac{3}{4}$  cup of the water.  
*2 tbsp. butter*  
*1 tsp. fresh-cracked black pepper* Melt butter in a heavy skillet over medium heat. Add pepper, swirling in pan for roughly a minute until toasted.  
 *$\frac{1}{2}$  cup reserved water* Add to skillet, bringing to a simmer. Add pasta and remaining tablespoon of butter.

*3/4 finely grated Grana Padano or Parmesan* Reduce heat to low. Add cheese, stirring with tongs to melt evenly.

*1/3 cup finely grated Pecorino* Remove pan from heat. Add cheese, stirring with the tongs to melt evenly. Add water if sauce seems dry. Serve in bowls.

### *Red beans and rice*

*Source* Sourced from South Dish.

*Hint* All portions of the seasonings and spices are done as heaping spoonfuls. Mince a full cayenne pepper for extra heat.

*1 lb. dried red kidney beans* Soak beans overnight in twice their volume of water.

*2 tbsp. olive oil*

*1 green bell pepper*

*2 stalks celery*

*1 onion* Dice vegetables, then sauté in oil until softened.

*2 tbsp. minced garlic* Add garlic, cooking briefly but not burning.

*6 cups water* Add water to pot, along with vegetables.

*1 tsp. Cajun seasoning*

*1 tbsp. parsley*

*2 bay leaves*

*1/4 tsp. sage*

*1/4 tsp. cayenne pepper*

*1 tsp. thyme*

*1/4 tsp. oregano* Add all seasonings. Bring to a boil, then reduce to low simmer for a few hours. Cover for part of this to reserve water. When beans begin to soften, mash some with the back of a spoon to thicken the mixture.

*2 cups white rice*

*1 lb. andouille* Slice sausage and add to pot, and cook for 30 minutes. Cook rice separately, serving beans over rice.

### *Refried beans*

*2 tbsp. canola oil* Heat oil in large skillet over medium heat.

*2 cloves garlic* Sauté garlic briefly, without burning. If using full cloves, cook until brown then smash with a fork.

*2 15 oz. cans pinto beans*

*1 tsp. cumin*

*1 tsp. chili powder* Do not drain beans. Stir beans and seasonings into garlic, simmering until beans are soft enough to mash.

*1/2 lime, juiced* Add lime juice, stirring into beans.

## **2 Dessert**

### *Quebecois maple sugar pie*

*Source* From *Maple Sugar Cookbook*.

*9 inch pie crust* Prepare crust. Preheat oven to 450°F.

*3 eggs*

*3/4 cup plus 2 tbsp. packed brown sugar* Whisk eggs and sugar.

*3/4 cup maple syrup*

*6 tbsp. melted butter*  
*¼ cup brewed tea*  
*2 tbsp. plus ½ tsp. apple*  
*cider vinegar*

*1 pinch salt* Add ingredients, whisking until smooth.

*¾ cup coarsely chopped*  
*walnuts*

Stir in walnuts. Place pie shell onto heavy baking sheet and pour in the filling. Place on center rack of oven, baking for ten minutes. Lower temperature to 350°F, baking about 25 minutes until center is set. Cool on a wire rack, serving warm or at room temperature.

### *Maple cornbread*

*Source* Modification of the recipes on bags of Indian Head corn meal.

*1 cup corn meal*  
*1 cup flour*  
*3 tsp. baking powder*

*1 tsp. salt* Combine dry ingredients. Preheat oven to 400°F.

*⅔ cup milk*  
*½ cup vegetable oil*  
*¼ cup maple syrup*

*2 eggs* Combine wet ingredients separately. Combine all ingredients, stirring only until just blended. Bake in a greased 8" × 8" pan for 20–25 minutes.