

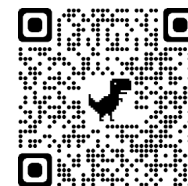
Recipe:

- 1** Preheat oven to 375° F. Place cut peppers, side up, into a baking dish/rimmed tray.
- 2** Heat oil in a large pan over medium heat. Sauté onion until softens, then stir in garlic and cook for about 1 minute.
- 3** Add ground beef and cook until no longer pink, breaking up meat with a wooden spoon, for 5-6 minutes. Stir in cooked brown rice, diced tomatoes, tomato paste, oregano, and smoked paprika.
- 4** Cook until sauce is slightly reduced, about 4-5 minutes. Taste and season with salt and pepper as needed.
- 5** Stuff each pepper with beef mixture and bake until peppers are mostly tender. Takes about 10-12 minutes.
- 6** Sprinkle with cheese and bake for 5-7 minutes more. Garnish with fresh chopped parsley before serving.

Ingredients:

<i>7 bell peppers</i>	<i>2 tbsp extra-virgin olive oil</i>
<i>2-3 garlic cloves</i>	<i>1 onion</i>
<i>1 ½ cup cooked brown rice</i>	<i>1 lb. lean ground beef</i>
<i>1 tbsp tomato paste</i>	<i>Can of diced tomatoes</i>
<i>Kosher salt and pepper</i>	<i>1 tbsp dried oregano</i>
<i>1 cup shredded cheddar jack cheese</i>	<i>Chopped parsley</i>

Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes
Servings: 7



STUFFED BELL PEPPERS



Nutritional Information:

Calories: **262kcal** | Carbohydrates: **23g** | Protein: **21g** | Fat: **9g** | Saturated Fat: **3g** | Cholesterol: **44mg** | Sodium: **168mg** | Potassium: **683mg** | Fiber: **5g** | Sugar: **8g** | Vitamin A: **5696IU** | Vitamin C: **2mg** | Calcium: **98mg** | Iron: **3mg**

Recipe:

- 1** In a large heavy pot, add cabbage, ham, onion, potatoes, carrots, celery, and garlic.
- 2** Season with salt and pepper.
- 3** Add broth and bring to a boil over medium heat.
- 4** Reduce heat, cover and simmer for 15-20 minutes until the potatoes are tender.
- 5** In a small pan make a roux by melting butter and adding flour over low heat.
- 6** Stir to mix to a paste consistency and cook for 2-3 minutes.
- 7** Gradually add milk and cream to pan while whisking until smooth.
- 8** Add thickened mixture to soup and stir until mixed completely.
- 9** Simmer for another 15 minutes.
- 10** Garnish with parsley.

Ingredients:

<i>1 cabbage</i>	<i>½ of a 24 oz. bag of potatoes</i>
<i>Celery</i>	<i>Carrots</i>
<i>Onion</i>	<i>Chicken broth</i>
<i>Garlic</i>	<i>Butter</i>
<i>Flour</i>	<i>Milk</i>
<i>Heavy whipping cream</i>	<i>Salt and pepper</i>

Prep Time: 10 Minutes

Cook Time: 35 Minutes

Total Time: 45 Minutes

Servings: 8



CREAMY CABBAGE SOUP



Nutritional Information:

Calories: **379kcal** | Carbohydrates: **23g** | Protein: **15g** | Fat: **26g** | Saturated Fat: **15g** | Cholesterol: **105mg** | Sodium: **1685mg** | Potassium: **560mg** | Fiber: **3g** | Sugar: **6g** | Vitamin A: **4804IU** | Vitamin C: **38mg** | Calcium: **103mg** | Iron: **2mg**

Recipe:

- 1** Rinse, peel, and chop potatoes and carrots into large bite-sized pieces. Then add to a large pot. Cover with water by about 1 inch until they are submerged.
- 2** Bring water to a boil over high heat. Once boiling, slightly reduce heat to medium-high. Continue cooking at a slightly reduced boil for about 10-15 minutes, or until the potatoes and carrots are tender.
- 3** Drain carrots and potatoes and add back to the pot (or to a food processor or blender). Add butter, minced garlic, ginger, turmeric, and sea salt to taste. Mash (or purée) until smooth.
- 4** Add more butter (or a bit of water) as needed to get creamy and smooth. Taste and adjust flavor as needed, adding more butter for creaminess or spices and sea salt to taste.
- 5** Serve hot. Garnish with additional butter of choice, fresh parsley, and salt and pepper (optional). Store leftovers in the refrigerator for 4-5 days.

Ingredients:

<i>2 sweet potatoes</i>	<i>2 carrots</i>
<i>2-3 tbsp dairy-free butter</i>	<i>2 cloves garlic, minced</i>
<i>¼ tsp ground ginger</i>	<i>½ tsp ground turmeric</i>
<i>Sea salt</i>	

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Total Time: 30 Minutes

Servings: 8



CARROT AND SWEET POTATO PUREE



Nutritional Information:

Calories: **65kcal** | Carbohydrates: **9.9g** | Protein: **0.9g** | Fat: **2.6g** | Saturated Fat: **2g** | Cholesterol: **0.04mg** | Sodium: **128mg** | Potassium: **215mg** | Fiber: **1.9g** | Sugar: **2.8g** | Vitamin A: **9706IU** | Vitamin C: **2.8mg** | Calcium: **21.7mg** | Iron: **0.42mg**

Recipe:

- 1 Place all ingredients in a blender.**
- 2 Blend until smooth, adding more milk if needed to reach desired consistency.**
- 3 Serve immediately.**

Ingredients:

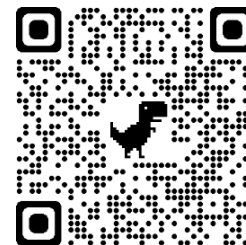
Banana *Greek yogurt*
Milk *Vanilla extract*

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Total Time: 5 Minutes

Servings: 1-3



BANANA SMOOTHIE



Nutritional Information:

Calories: **203kcal** | Carbohydrates: **39g** | Protein: **9g** | Fat: **3g** | Saturated Fat: **1g** | Cholesterol: **9mg** | Sodium: **46mg** | Potassium: **688mg** | Fiber: **4g** | Sugar: **23g** | Vitamin A: **195IU** | Vitamin C: **13mg** | Calcium: **124mg** | Iron: **1mg**

Recipe:

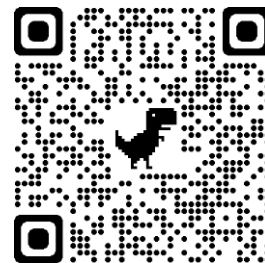
- 1** Add all prepared fruit to a large mixing bowl.
- 2** In a small mixing bowl, whisk together the honey, lime zest, and lime juice.
- 3** Pour mixture over fruit. Toss to evenly coat. Serve immediately.

Ingredients:

<i>1 lb. strawberries, chopped</i>	<i>1 lb. pineapple, chopped</i>
<i>12 oz. blueberries</i>	<i>12 oz. red grapes, sliced into halves</i>
<i>4 kiwis, peeled and chopped</i>	<i>3 mandarin oranges (or clementines)</i>
<i>2 bananas</i>	<i>Apples</i>

Honey Lime Dressing:

<i>¼ cup honey</i>	<i>2 tsp lime zest of 2 limes</i>
<i>1 ½ tbsp fresh lime juice</i>	



Prep Time: 20 Minutes
Cook Time: 0 Minutes
Total Time: 20 Minutes
Servings: 10

HONEY LIME RAINBOW FRUIT SALAD



Nutritional Information:

Calories: **163kcal** | Carbohydrates: **41g** | Protein: **1g** | Fat: **0g** | Saturated Fat: **0g** | Cholesterol: **0mg** | Sodium: **4mg** | Potassium: **456mg** | Fiber: **4g** | Sugar: **31g** | Vitamin A: **300IU** | Vitamin C: **96.4mg** | Calcium: **42mg** | Iron: **0.8mg**