

EASY MEALS

[STRAIGHT FROM YOUR WELL-STOCKED PANTRY]

Cheater's Tom Kha (Thai coconut soup)

This soup is almost too good to be true – the only prep work is squeezing a lemon and maybe mincing some ginger, if you have any fresh ginger on hand (otherwise, ground ginger will work fine). The end result is rich and creamy – you can sip it out of a mug for an anytime snack or unconventional breakfast, or you can add proteins, grains and vegetables as it simmers for a more filling meal.

- 2 cans of coconut milk (full fat)
- 1 quart of broth (chicken or vegetable)
- ½ teaspoon ground ginger
- 1 Tablespoon fish sauce (optional)
- 1 pinch red pepper flakes
- 1 box rice noodles
- Juice from one lemon (or use vinegar in a pinch)
- Cilantro and scallions, chopped, for garnish (optional)

1. Put all ingredients except for noodles and lemon juice in a large pot and bring to a boil
2. Add noodles and cook, about 9 minutes
3. Add lemon juice, season with salt and pepper, and enjoy!

This soup will last in the refrigerator for about five days. The cream rises to the top and looks a little funky, but fear not! Just shake or stir it up before reheating and it will be as good as new.

Better marinara sauce

Pasta with red sauce has a spot in the easy meal hall of fame. Jarred sauces are overpriced and can contain sugar, tomato paste and water instead of real tomatoes. The next time you want a quick pasta dish, start boiling your water for noodles and by the time they are finished you can whip this recipe up:

- 1 Tablespoon extra virgin olive oil
- 4 cloves garlic, minced
- 1 Tablespoon oregano
- 1 28 ounce whole peeled tomatoes
- Salt and pepper to taste

1. Heat oil in a medium pot
2. Add garlic and oregano and stir for 30 seconds or until fragrant
3. Pour in tomatoes, crushing them through your fingers as you do (a word of warning – poke a hole and gently squeeze out the liquid hiding inside first!), season with salt and pepper, bring to a boil and simmer until your pasta is ready.
4. Get creative! Good add ins:

Canned artichoke hearts.

Any spice or herb that suits your fancy.

If you like anchovies chop one or two up and add in with the garlic.

Add a spoonful of chopped capers and/or chopped and pitted olives.

Add in chopped vegetables (frozen or fresh) just before you add the tomatoes.

Add leafy greens like spinach, chard or kale for the last few minutes of cooking.

Save the rinds of your parmesan cheese and let one simmer in the sauce for umami.

Oat Groats

This is one example of a grain that you can make a big batch of and use for anything during the week. Cook out groats (simply oats, before they are smashed into oatmeal, available in most bulk sections of any grocery store) in boiling water as directed and use in the following ways:

- Hot breakfast porridge: Heat oats with milk, dried fruit, sweetener (we like good maple syrup but anything will work), and chopped nuts.
- Breakfast cereal: Pour some cooked and cooled oat groats into a bowl, cover with milk, sprinkle with sugar, honey, or maple syrup, add anything you like (fresh fruit, chopped nuts, spices, etc) and enjoy.
- Side dish: Add some fat to a pan, sauté some onion and garlic, then add the oat groats and stir until heated through. Season with salt and pepper. Add anything! (Scrambled egg, vegetables, soy sauce, greens, herbs, etc.).

Shopping List

If you want to have all items on hand, here is the complete ingredient list. Check off what you already have in the pantry and purchase whatever's left.

- 1 bulb garlic
- Extra virgin olive oil
- Ground ginger
- Oregano
- Red pepper flakes
- Salt
- Pepper
- 2 15 oz cans of coconut milk (full fat)
- 1 quart of broth (chicken or vegetable)
- 28 oz whole peeled tomatoes
- Fish sauce
- Oat Groats (or any other whole grain like quinoa, faro, kamut, etc)
- 1 box of pasta, any type

[Additional Not-Really-Pantry-Ingredients, Optional:]

- 1 lemon (if not, use vinegar)
- Cilantro
- Scallions