

Cooking on a Budget

Fall 2022

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Stewed Beans and Greens

Serves 3-4

Time: 30 minutes

Vegan

Common Allergens: Soy (can be omitted)

Ingredients

- ½ yellow onion, diced
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 bunch greens, such as collard greens or kale, chopped
- 1 15-ounce can white beans, rinsed and drained or 1 ¾ cup cooked white beans
- 1 tomato, chopped (1 cup)
- 1 ½ cups vegetable broth
- 1 teaspoon miso
- salt and pepper to taste

Optional

- 1 teaspoon smoked paprika

Instructions

1. Heat oil in a skillet over medium-high heat. Add onions and cook until they start to brown, stirring occasionally, about 5 minutes. Add garlic and cook until fragrant, 30-60 seconds. Add greens, beans, tomatoes, broth, miso, and paprika if using.
2. Bring to a simmer, stir occasionally, and gently mash some of the beans as they soften, which will help thicken the liquid. Cook until the greens are tender, tomatoes have broken down, and the sauce has thickened, about 15 minutes. If the sauce is pretty watery and clear, mash more of the beans to thicken. Add salt and pepper to taste. For hearty greens like collards, you can add more water and cook it for longer if you would like them to be more tender.
3. Serve alone or with rice, another grain, cornbread, or other bread.



Notes

- Miso is added for richness of flavor, but can be omitted for a soy allergy or if you cannot find it.

Soba Noodle Salad

Serves 4

Time: 20 minutes

Vegan

Common Allergens: wheat, soy, sesame

Ingredients

- 7 ounces dried soba noodles
- 2 cups cucumber, chopped
- ½ red bell pepper, sliced
- 2 cups shelled edamame
- 3 stalks green onion, sliced
- 4 teaspoons reduced sodium tamari or soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon toasted sesame oil
- 1-2 cloves garlic, minced

Notes

- This recipe can be customized to your taste or whatever you have on hand
 - Other ingredient options: carrots, cabbage, tomato, bean sprouts, sautéed mushrooms, boiled egg, chicken, peanuts, sesame seeds, cilantro
 - Chili oil – store-bought or make your own: Heat chili flakes (and Sichuan peppercorns if you'd like) in oil in a saucepan over low heat for a few minutes. Strain if using peppercorns.

