



Kitchen Staples Cook-Along

Spring 2020



Berry Chia Jam

Vegetarian, can be vegan. Common allergens: none.

Serves 8

Ingredients	Instructions
<ul style="list-style-type: none">• 10 ounce bag frozen blueberries (about 2 cups), thawed• 2 tablespoons chia seeds• Optional: Sweetener to taste (honey, maple syrup, etc.)	<ol style="list-style-type: none">1. Mash blueberries with a fork.2. Add optional sweetener to taste, then mix in chia seeds.3. Refrigerate for at least 1 hour to set. Add more chia seeds to thicken if necessary. Store in the refrigerator up to 5 days.

Notes

- To make this recipe vegan, do not use honey.
- Serving suggestions: chia pudding, plain yogurt, oatmeal, or baked goods.
- Try other berries too - raspberries, blackberries, or strawberries



Easy Flatbread

Vegan. Common allergens: wheat.

Source: [Beehive Shoppe](#)

Serves 6

Ingredients	Instructions
<ul style="list-style-type: none">• 2 cups all purpose flour (or ½ whole wheat)• 1 ¼ cups of lukewarm water• 1 tablespoon baking powder• 1 teaspoon salt• 3 tablespoons canola oil	<ol style="list-style-type: none">1. Mix flour, salt, baking powder & 2 teaspoons canola oil in a mixing bowl and add most of the water. Continue mixing and adding water until it has the consistency of tacky pizza dough.2. Knead for a few minutes.3. Let rest in greased bowl for 30-60 minutes.4. Divide into 6 pieces and roll out very thin (tortilla thickness) onto a floured surface.5. Heat cast iron skillet or griddle over medium-high heat & add 1 tablespoon canola oil.6. Cook until golden brown spots appear on one side, then flip and cook the other side until done.



Chickpea Blondies

Vegetarian, can be vegan. Common allergens: peanuts, check chocolate label.

Serves 9

Ingredients	Instructions
<ul style="list-style-type: none">• ½ tablespoon oil (for greasing)• 1 can chickpeas (rinsed and drained)• ½ cup natural peanut butter• ⅓ cup agave syrup or honey• 2 teaspoons vanilla extract• ½ teaspoon baking soda• ⅓ cup mini dark chocolate chips	<ol style="list-style-type: none">1. Preheat oven to 350°F. Grease an 8x8 baking pan with oil.2. In a food processor, puree all remaining ingredients except for chocolate chips and salt. Blend until completely smooth. Stir in chocolate chips, then spoon batter into prepared baking pan.3. Bake for 25-30 minutes, until lightly golden brown on top and a toothpick inserted into the middle comes out clean. Let cool, then cut into squares and sprinkle lightly with salt.

Notes

Alternative: Use a small cookie scoop or tablespoon to drop round cookies onto a baking sheet lined with parchment paper. Bake 12-15 minutes or until light golden brown.



Easy Chili

Vegan. Common allergens: none.

Adapted from [Minimalist Baker](#)

Serves 6

Ingredients	Instructions
<ul style="list-style-type: none">● 1 medium yellow onion, diced● 1 tablespoon grapeseed or canola oil● 3 medium sweet potatoes, chopped● 1 16-ounce jar chunky salsa● 1 15-oz can black beans, drained● 2 cups vegetable broth● 1 tablespoon chili powder● Other ingredients as desired (cumin, avocado, etc)	<ol style="list-style-type: none">1. In a large pot over medium heat, sweat onions in 1 tablespoon oil and season with a healthy pinch each salt and pepper. Stir and continue cooking on medium heat until translucent and soft.2. Add sweet potato and chili powder. Cook for 3 minutes. Then add salsa and vegetable broth.3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the chili is thickened. This chili is at its best when prepared the night before or allowed to rest for a few hours so the flavor marries with the vegetables and beans.4. Serve with fresh cilantro, onion, avocado, and/or lime juice.

Note

This can also be made in a slow cooker. Place all ingredients in slow cooker and cook on low for 8-10 hours or high for 4-6 hours. Sauté the onions first for better flavor.



Quick Pickled Onion

Vegan. Common allergens: none.

Serves 6

Ingredients	Instructions
<ul style="list-style-type: none">● 1 medium onion (red preferred)● ½ cup white vinegar (can sub ½ apple cider vinegar or rice vinegar)● 1 teaspoon salt● 1 tablespoon sugar● Optional: peppercorns, mustard seeds, cloves, cumin seeds, chili flakes, dried dill or thyme, Italian seasoning	<ol style="list-style-type: none">1. Slice the onion as thinly as possible, about ⅛ inch, using a sharp knife or mandolin.2. Pour hot water into a large jar to reduce the risk of shattering. Empty before adding the onion and brine.3. Microwave the vinegar, ½ cup water, salt and sugar in a microwave-safe container for 1 minute or heat on the stovetop until sugar dissolves.4. Combine the onion and brine in the jar, pushing the onion down into the brine. It's okay if a little sticks out - the salt will draw out some water in the onion and it will eventually be submerged.5. Let cool to room temperature. Refrigerate for at least 30 minutes, preferably overnight. These pickled onions should last up to 2 weeks. Just check for any signs of spoilage.