EASY
SUSTAINABLE COOKING

Made for students, by students
ABOUT THE COOKBOOK
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As McMaster students, we’ve come to realize how difficult it can be to cook homemade meals while balancing a heavy workload. When you add the matter of purchasing local food into the mix, cooking sustainable meals can seem like a daunting task. We decided to make a cookbook for McMaster students consisting of healthy and easy recipes. Because it is often difficult to find the time to go grocery shopping, we made sure that each of our recipes only requires some combination of the same 20 ingredients, 5 basics, and 5 spices, which you’ll find listed on page 3. You’ll also notice a number of “sustainability tips” scattered throughout the cookbook, which provide you with information about purchasing and eating local food in Hamilton. Cooking homemade meals does require a larger time investment than purchasing ready-made food, but if cook and share meals with friends, we think you’ll find it a very rewarding and enjoyable experience!
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WHAT YOU’LL NEED

Only 20 ingredients, 5 basics, and 5 spices!

20 INGREDIENTS:
- Canned tomatoes
- Potato
- Onion
- Red Pepper
- Spinach
- Mushrooms
- Squash
- Broccoli
- Eggs
- Cheese
- Butter
- Milk
- Chickpeas
- Beans
- Chicken
- Veggie broth
- Soy sauce
- Peanut butter
- Rice Vinegar
- Tortillas

5 BASICS:
- Olive oil
- Garlic
- Rice
- Pasta
- Salt & Pepper

5 SPICES:
- Curry powder
- Oregano
- Basil
- Ginger
- Cumin
SPINACH AND POTATO FRITATTA

INGREDIENTS:
- 2 tbsp olive oil
- 3 medium red potatoes, sliced
- 1 1/2 cups spinach, torn
- 2 tbsp onions, diced
- 2 cloves garlic, diced
- 6 eggs
- 1/4 cup milk
- 1/2 cup cheddar cheese, grated
- Salt and pepper to taste

DIRECTIONS:
1. Pour oil into large skillet and warm over medium heat.
2. Cook potatoes in onions in the covered skillet for approximately ten minutes, or until soft.
3. Mix in garlic and spinach, and continue cooking until spinach is wilted. Season with salt and pepper.
4. In a medium bowl, mix eggs and milk together, then pour into the skillet.
5. Sprinkle the cheese over the mixture in the skillet.
6. Cover skillet and let cook on low heat for 10-15 minutes, or until eggs become firm.

Serves six.
Adapted from allrecipes.com
VEGETARIAN OMELETTE

INGREDIENTS:
• 2 eggs
• 1/8 cup mushrooms, sliced
• 1/8 cup broccoli, chopped
• 1/8 cup red pepper, chopped
• 1/8 cup cheddar cheese, grated
• 3 tbsp milk
• 1 tbsp butter
• Salt and pepper to taste

DIRECTIONS:
1. In a medium-sized bowl, whisk together eggs and milk.
2. Add mushrooms, broccoli, red pepper, and cheese to the milk and egg mixture.
3. Warm up a small frying pan to medium heat, then add butter.
4. Once butter is melted, add the omelette mixture to the pan.
5. Once the omelette begins to bubble, flip it with a spatula. Once brown on both sides, remove from heat, fold, and serve.

Serves one.

SUSTAINABILITY TIP:
Check out MacFarmstand, a student-run farm stand that provides McMaster students with access to local produce in the summer and fall. They are open Tuesdays and Wednesdays outside of the Nina de Velliers Rose Garden.
CHEESY QUESADILLAS

INGREDIENTS:
• 1/2 small onion, chopped
• 1 red pepper, chopped
• 1/2 cup mushrooms, chopped
• 1 1/4 cups shredded cheddar cheese, grated
• 3 tbsp olive oil
• 4 (9 inch) whole wheat tortillas

DIRECTIONS:
1. Preheat oven to 350° Farenheit.
2. Warm up a large frying pan to medium-high heat and add olive oil. Add the onion, red pepper, and mushrooms, and cook for about 7 minutes, or until just tender. Remove vegetables from pan.
3. Grease a large baking sheet with olive oil. Place one tortilla flat on the baking sheet and evenly sprinkle about 1/4 of the grated cheese over it.
4. Pour half of the vegetable mixture over the cheese, then add another layer of cheese on top, followed by a second tortilla.
5. Repeat steps 5 & 6 to make the second quesadilla.
6. Put the baking sheet with the quesadillas in the oven for ten minutes, flipping them halfway through. Serve hot.

Serves four.
Adapted from allrecipes.com

SUSTAINABILITY TIP:
Interested in getting involved in the local food movement? Volunteer or join Hamilton’s Mustard Seed Co-op. Check out their website for more information: http://mustardseed.coop/
PEANUT BUTTER CHICKEN

INGREDIENTS:
• 1/8 cup hot water
• 1/8 cup creamy peanut butter
• 1 tbsp soy sauce
• 2 cloves of garlic, diced
• 1/2 tbsp olive oil
• 1/2 tbsp rice vinegar
• 1/2 tsp ginger root, finely grated
• 2 boneless skinless chicken breasts
• Pinch of black pepper

DIRECTIONS:
1. Preheat oven to 350° Farenheit.
2. In a medium-sized bowl, combine peanut butter and hot water and mix well. Add soy sauce, olive oil, and rice vinegar.
3. Add the diced garlic, grated ginger root, and black pepper to the mixture and mix well.
4. Place the chicken breasts in a bowl and pour the sauce on top, making sure that the sauce completely covers the chicken. Let stand for 15 minutes.
5. Place the chicken and sauce into a glass baking dish. Bake in the oven for 15-20 minute or until fully cooked.

Serves two.
Adapted from allrecipes.com

SUSTAINABILITY TIP:
McMaster’s Good Food Box provides monthly cooking classes for the price of $2. Bring along a friend and learn valuable cooking skills in a friendly environment.
INGREDIENTS:
- 1 head of broccoli
- 1 red pepper
- 3 tbsp olive oil
- 1 tsp oregano
- 1 tsp salt
- Pinch of basil
- Pinch of pepper

DIRECTIONS:
1. Preheat oven to 350°F.
2. Chop broccoli florets and pepper into bite-sized pieces and place them in a large container (make sure the container has a lid).
3. Add the olive oil, oregano, salt, basil, and pepper to the vegetables.
4. Put the lid on the container and shake well until all the vegetables are coated with the oil and spices.
5. Place the vegetables on a large baking sheet and spread them out evenly.
6. Put tray in oven for 15-20 minutes or until broccoli is slightly crispy.

Serves two.

SUSTAINABILITY TIP:
Interested in getting your hands dirty? The McMaster Teaching and Community Garden is open to all McMaster students. Located outside of the General Science Building, students can help weed and enjoy the garden's offerings on a drop-in basis.
INGREDIENTS:

- 4 medium-sized red skin potatoes
- 2 cloves garlic, minced
- 2 tbsp butter
- Milk to moisten
- Salt and pepper to taste

DIRECTIONS:

1. Fill a medium-sized pot with water and bring to a boil.

2. Clean potatoes by hand or with a scrub brush and cut into quarters, making sure that the pieces are approximately equal in size. Leave the skin on.

3. Once water is boiling, place potatoes in the pot and boil until potatoes are soft enough to cut with a spoon.

4. Strain out the water and put the potatoes back in the pot.

5. Add garlic and butter and mash with a large fork or a masher. Add milk to moisten the mashed potatoes.

6. Garnish with salt and pepper and serve.

Serves three.

SUSTAINABILITY TIP:

The Hamilton Farmers’ Market is a great source of locally produced fruits, vegetables, meats, cheeses, breads, and baking. In addition to groceries, they have flower stalls! The Hamilton Farmers’ Market is located downtown in Jackson Square Mall beside the Hamilton Public Library.
HEARTY INDIAN CHILI

INGREDIENTS:
• 2 medium onions, diced
• 2 bell peppers, diced
• 4 garlic cloves, smashed and minced
• 10 white mushrooms, sliced
• 5-6 medium potatoes, cleaned
• 1 can chickpeas, rinsed
• 1 can each diced and crushed tomatoes
• 1 can each white and kidney beans, rinsed
• 1-2 tbsp. olive oil
• 1 cup cheddar cheese, shredded
• Salt and pepper to taste
• 4-5 tbsp. curry powder depending on desired spiciness

DIRECTIONS
1. Warm up medium-sized pot on the stove at medium heat, add olive oil. Put the onion, peppers, mushrooms, and garlic, and curry powder in the pot. Sauté for approximately 5 minutes, or until onion is translucent.

2. Add tomatoes, beans, and chickpeas. Cover and simmer for 1 hour. Meanwhile, get a microwave safe bowl and fill with a few centimeters of water. Place potatoes in the bowl and microwave for 5-7 minutes or until soft. Fill halfway through.

3. Serve the chili over a chopped baked potato, garnish with cheese and pepper and serve.

Serves five. Feel free to freeze leftovers in an airtight container.
SCRAMPTIOUS STIR FRY

INGREDIENTS:
• 1 red pepper
• 1 head of broccoli
• 1 onion
• 2 cloves garlic, minced
• 1 1/2 tbsp olive oil
• 1/8 cup hot water
• 1/8 cup creamy peanut butter
• 1 tbsp soy sauce
• 1/2 tbsp rice vinegar
• 1/3 cup dry white rice
• 2/3 cups water
• Salt and pepper to taste

DIRECTIONS:
1. Boil the 2/3 cups of water in a pot on the stove.
2. When the water is boiling, add the rice to the pot, cover it, and turn down the heat to low. Cook rice for 20 minutes.
3. In a medium-sized bowl, combine peanut butter and hot water and mix well. Add soy sauce, 1/2 tbsp olive oil, and rice vinegar.
4. Chop red pepper, broccoli florets, and onion into bite-sized pieces.
5. Warm up 1 tbsp of olive oil in a large frying pan on medium heat. Add onion and garlic to the pan and cook for 4-5 minutes. Add pepper and broccoli to the pan.
6. Pour peanut sauce over the stirfry and serve.

Serves two.

SUSTAINABILITY TIP:
The Hamilton Farmers’ Market, located in Jackson Square, features a number of local vendors and cooking classes, open to people of all skill levels.
BIG OL’ BEAN BURRITOS

INGREDIENTS:
• 4 (9 inch) whole wheat tortillas
• 1 onion, finely sliced
• 1 red pepper, finely sliced
• 2 cloves garlic, minced
• 1 can of black beans, drained
• 1/3 cup dry white rice
• 2/3 cups water
• 1/2 cup cheddar cheese, shredded
• 1/2 tsp salt
• 1/2 tsp pepper
• 1 tsp basil
• 1 tsp oregano

DIRECTIONS:
1. Boil the 2/3 cups of water in a pot on the stove.

2. When the water is boiling, add the rice to the pot, cover it, and turn down the heat to low. Cook rice for 20 minutes.

3. Warm up olive oil in a large frying pan on medium heat.

4. Add onion and garlic to the pan and cook for 4-5 minutes. Add red pepper, beans, salt, pepper, basil, and oregano. Cook for another 4-5 minutes, then turn stove to low, cover pan, and allow vegetables to simmer for 6-7 minutes.

5. Add cheese to the pan and stir, making sure that the melted cheese covers the vegetable mixture evenly.

6. Place a tortilla on a plate and place a large spoonful of rice in the middle, followed by a large spoonful of the vegetable mixture. Fold two sides of the tortillas toward the middle, then roll tightly (beginning from one of the other two sides. Serve hot.

Serves four.

SUSTAINABILITY TIP:
Talk to your friends and create a barter and trade network to swap recipes, food, and other goods!
Chickpea Curry

**Ingredients:**
- 1 can of chickpeas, drained
- 1 can crushed tomatoes, drained
- 1 tbsp ginger, minced
- 1 onion, diced
- 1 tbsp olive oil
- 3 tbsp curry powder
- 2 tbsp cumin
- 1 tsp salt
- 1 tsp pepper
- 1/3 cup dry white rice
- 2/3 cups of water

**Directions:**
1. Boil the 2/3 cups of water in a pot on the stove.
2. When the water is boiling, add the rice to the pot, cover it, and turn down the heat to low. Cook rice for 20 minutes.
3. Place tomatoes, ginger, and half of the onion in a bowl. Use a masher to crush the mixture as much as possible.
4. In a large frying pan, heat up oil on medium heat. Add the rest of the onion and cook for 5-6 minutes.
5. Add the mashed tomato, ginger, and onion mixture to the pan, followed by the chickpeas. Add curry powder, cumin, salt, and pepper and stir thoroughly.
6. Cover the pan with a lid, turn heat down to low, and allow mixture to simmer for 6-8 minutes until hot. Serve over rice.

Serves three.

**Sustainability Tip:**
OPIRG McMaster has a working group called Food for Life that meets once a month to cook a delicious meal and share it with others. It’s a great way to meet new friends and will allow you to expand your culinary horizons.
INGREDIENTS:
• 2 medium onions, diced
• 1.5 lbs. chicken breast or thigh
• 1 red pepper, diced
• 2 cans crushed tomatoes
• ½ head of garlic, minced
• 1 handful of basil
• 1 handful oregano
• 1-2 tbsp. Olive oil
• 1 box of pasta noodles

DIRECTIONS:
1. In large frying pan, heat up oil on medium heat. Add the garlic, basil, oregano, and chicken and sauté for 2-3 minutes. Flip and add the onions. Continue to cook until chicken is mostly cooked (cannot see any pink).

2. Preheat oven to 350° F Once chicken is done, place in a casserole dish with the contents of the pan. Add the red pepper. Cover chicken with the crushed tomatoes. Cover the casserole with a lid or tinfoil and bake for at least 2 h, stirring occasionally.

3. Once chicken is tender, turn off heat and boil water for pasta. Add pasta, cook to desired tenderness and strain. Garnish with basil.

Serves four.

*This sauce is great for freezing and eating with potatoes or as part of a lasagna!

SUSTAINABILITY TIP:
The Dundas Farmers’ Market is open every Thursday from 3:00-7:00pm from June to October, providing the community with fresh, local produce. Follow them on Twitter (@DundasMarket) for more information.
INGREDIENTS:
• 2 cups of spinach
• 1/2 cup of mushrooms, sliced
• 1/2 cup red pepper, sliced
• 3 tbsp olive oil
• 1 tsp salt
• 2 tbsp rice vinegar
• 1/2 tsp basil
• 1/2 tsp oregano

DIRECTIONS:
1. Warm up a small frying pan to medium heat with 1 tbsp of olive oil.

2. Add mushrooms and sprinkle salt on top. Cook until mushrooms are soft and browned, for 4-5 minutes. Stir occasionally.

3. Place spinach in a bowl and pour mushrooms on top. Add sliced red pepper.

4. Mix the rice vinegar, basil, oregano, and 2 tbsp of olive oil in a small bowl and pour on top of the salad. Mix well and serve.

Serves two.
BUTTERNUT SQUASH SOUP

INGREDIENTS:
• 3 tablespoons butter
• 1 medium yellow onion, diced
• 1 butternut squash, cubed
• 3-4 medium potatoes, peeled and cubed
• 1 red pepper, chopped
• 1-2 containers of vegetable broth
• 2 tbsp. curry powder
• Salt and pepper to taste

DIRECTIONS:
1. Melt butter in a large pot on medium heat and add vegetables. Cook for 2-4 minutes, making sure the vegetables become tender.

2. Add vegetable broth until the vegetables are covered and bring to a boil. Once boiling for 5-10 minutes, reduce heat to low-medium and let cook until vegetables are tender.

3. Once vegetables are tender, remove from heat and blend, either with an immersion blender, a Magic Bullet or a blender. Return soup to pot if necessary, season with curry powder, salt, and pepper.

Serves five.

SUSTAINABILITY TIP:
This recipe is great because it makes a lot - feel free to freeze it in tupperware or glass jars and enjoy it later on!
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