


White rice


Serves **8**

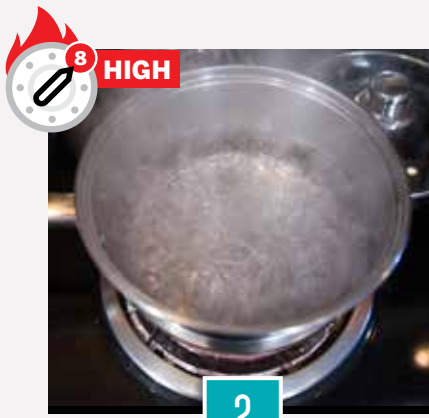

About
20 minutes
to cook


• Rice
• Water
• Salt



1

Fill a large pot with 4 cups of water. Add a $\frac{1}{4}$ teaspoon of salt.



2

Turn heat to high. Bring to a boil.



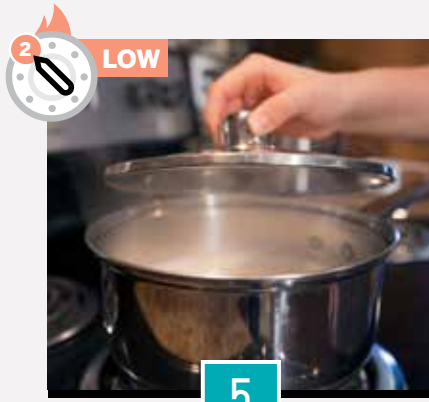
3

Add 2 cups of rice.



4

Bring water and rice to a boil.



5

Turn heat to low and cover.



6

Cook for 20 minutes. Fluff with a fork and serve.

Tips



Long grain parboiled white rice is a healthier option than minute rice.



If rice is too dry after 20 minutes, add $\frac{1}{4}$ cup of water. If water remains after cooking, drain before serving.

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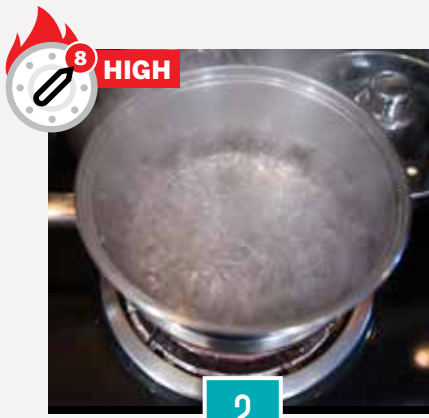


Brown Rice



1

Fill a large pot with 4 cups of water. Add a $\frac{1}{4}$ teaspoon of salt.



2

Turn heat to high. Bring to a boil.



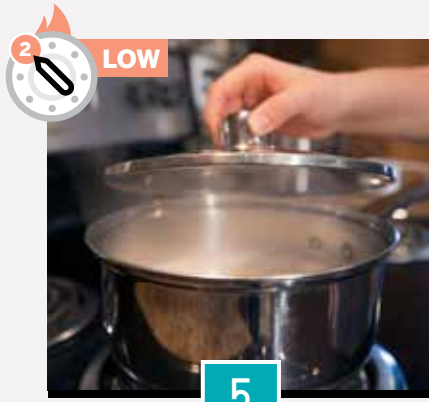
3

Add 2 cups of long grain brown rice.



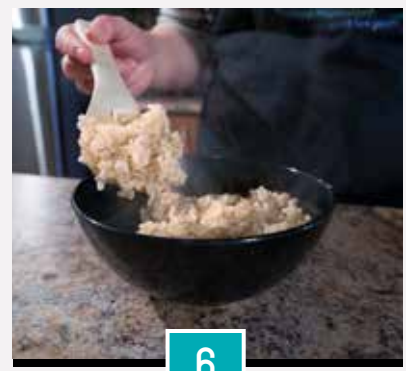
4

Bring water and rice to a boil.



5

Turn heat to low and cover.



6


Cook for 45 minutes. Fluff with a fork and serve.

Tip




Add Cajun spice mix, garlic powder or your favourite spices and herbs for extra flavour.

Basic Pasta


Serves **4**

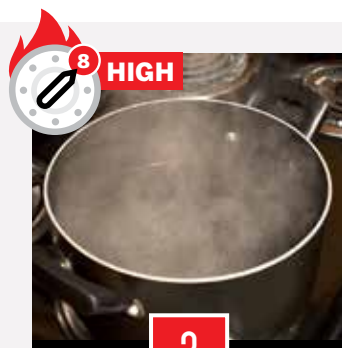

About
15 minutes
to cook

- 
- Pasta
 - Water
 - Salt



1

Fill a large pot with at least 6 cups of water. Add a $\frac{1}{4}$ teaspoon of salt.



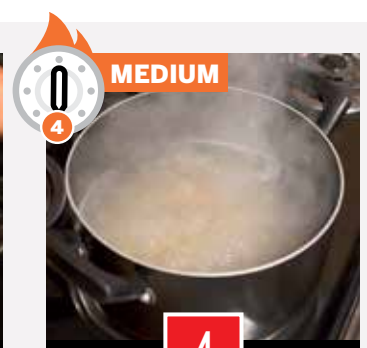
2

Turn heat to high. Bring to a boil.



3

Add 2 cups of dry pasta and stir.



4

Bring to a boil. Turn heat to medium high. Cook for 8 to 10 minutes.



5

Take one noodle out of the pot. Test it to see if it is done.



6

Use the lid or a colander to drain the pasta when it's done.



7

Mix with your favorite sauce and enjoy!



Tips



Smaller pasta cooks faster. It will take only 4 to 6 minutes!



Toss leftover pasta with a little bit of oil to keep it from sticking together in the fridge!

Basic Tomato Sauce Recipe

Adapted from the Basic Shelf Cookbook.



Serves **4**



About **30 minutes** to cook



MEDIUM



1

Heat oil in pan on medium heat.



2

Add onion and cook until soft.



3

Stir in tomatoes, tomato paste, water, oregano, salt and pepper.



4

If using, add vegetables and garlic powder. Stir.



LOW



5

Bring to a boil. Turn heat to low.



6

Partially cover and cook for 25 minutes. Stir several times.

Ingredients

- 1 tablespoon vegetable oil
- 1 chopped onion
- 1 can (796 mL) diced tomatoes
- 1 can (156 mL) tomato paste
- ½ cup water
- 2 teaspoons oregano (or other dried seasoning)
- ½ teaspoon salt
- ½ teaspoon pepper

YOU CAN ALSO ADD

- 1 cup of fresh or frozen vegetables (chopped carrot, green pepper, mushrooms)
- 1 teaspoon garlic powder
- 1 pound well-cooked ground beef to make meat sauce

Tip



Store extra sauce in the refrigerator for up to one week, or in the freezer for up to six months.

This resource was created with financial contributions from Health Canada and the Public Health Agency of Canada.



Mashed Potatoes



Serves **8**



About
30 minutes
to cook



- Potatoes
- Water
- Milk
- Margarine or butter



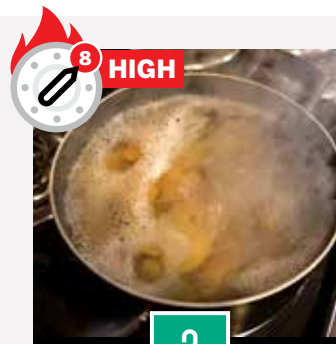
1

Wash 8 large potatoes and cut into chunks.



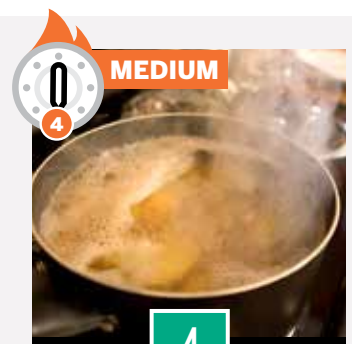
2

Put potatoes in pot and cover with water.



3

Turn heat to high. Bring to a boil.



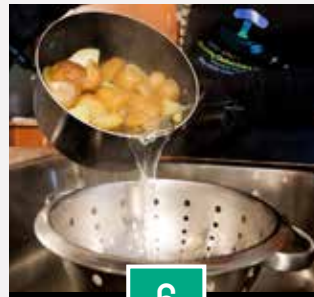
4

Turn heat to medium low. Cook for 20 minutes.



5

Use a fork to check if soft. Cook longer if needed.



6

Drain water using the lid or a colander.



7

Add 2 tablespoons butter or margarine. Mash using a fork or potato masher.



8

Add ½ cup of milk or broth. Mix until smooth.

Tips



One large potato serves one person.



Add garlic powder or herbs for more flavour.

Baked Potato Fries



Serves **8**



About **30 minutes**
to cook



- Potatoes
- Oil
- Salt



1

Preheat the oven to bake at 425°F (220°C).



2

Wash 8 potatoes and cut into sticks.



3

Mix with 2 tablespoons oil. Add ¼ teaspoon salt.



4

Lay fries flat on a baking sheet.



5

Bake for 15 minutes then flip fries over.



6

Cook for another 10 minutes.



7

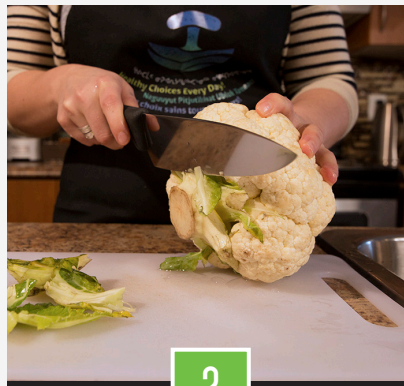
Use a fork to check if soft. Cook longer if needed.

Broccoli and Cauliflower



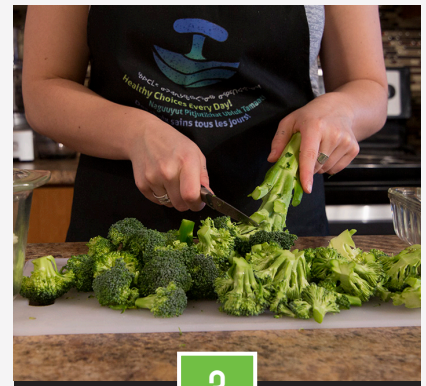
1

Rinse broccoli or cauliflower.



2

Cut off leaves and any brown pieces.



3

Cut the florets off the stalk. Cut the florets to be about the same size.

Tips



Sometimes there is a hole in the middle of the stalk, and that is okay.



An average head of broccoli can feed four people. Each serving is about ½ cup.



Broccoli that is going yellow is safe to eat, but it is not as fresh as bright green.



Broccoli and cauliflower have vitamin C and fibre. Vitamin C keeps your immune system strong. Fibre helps food move easily through your gut.



4

Peel the stalk and cut off the end.



5

Slice the stalk in half and cut up.

Store-Bought Food Skills



1

Put about 1 inch of water into a pot or steamer. Add the broccoli.



2

Turn heat to high. Bring to a boil.



3

Cover and turn heat to medium.



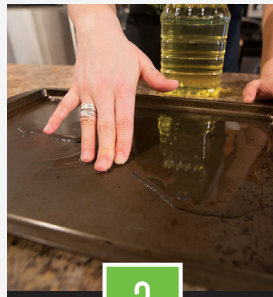
4

Cook for 5 minutes or until soft. Check with a fork. Cook longer if needed.



1

Preheat oven to bake at 425°F (220°C).



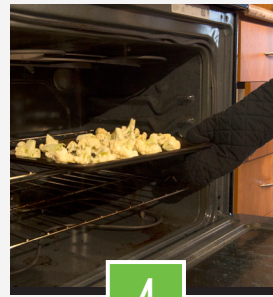
2

Lightly oil a baking sheet.



3

Mix cauliflower with 2 tablespoons of oil in a bowl. Place on baking sheet.



4

Bake for 10 minutes. Stir. Bake for another 15 minutes.



5

Use a fork to check if soft. Cook longer if needed.



1

Fill a large pot with 6 cups of water.



2

Turn heat to high. Bring to a boil.



3

Add your broccoli and cauliflower and cook for 8 minutes.



4

Use a fork to check if soft. Cook longer if needed.

Tip



Top with shredded cheese before serving.



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Squash



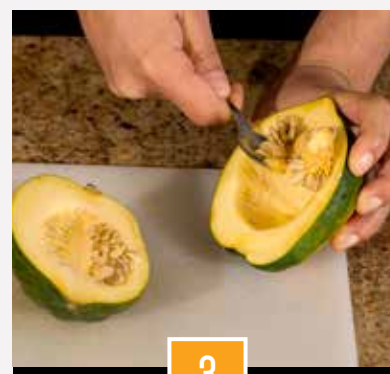
1

Rinse squash with water.



2

Use a large, sharp knife to cut squash in half.



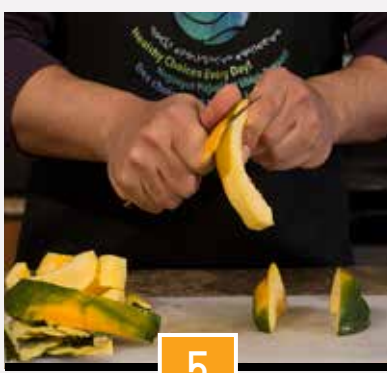
3

Remove seeds with a spoon.



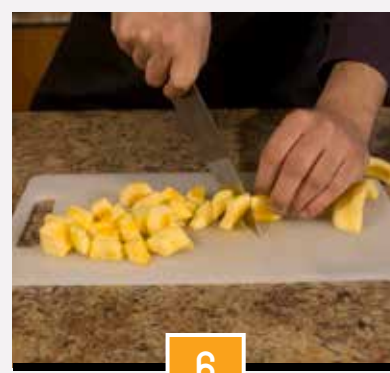
4

Cut into slices.



5

Use a small knife or peeler to peel the squash.



6

Cut into bite-sized pieces.

Tips



Squash has vitamin A for healthy eyes.



Wash vegetables before cutting them to prevent germs from getting into your food.

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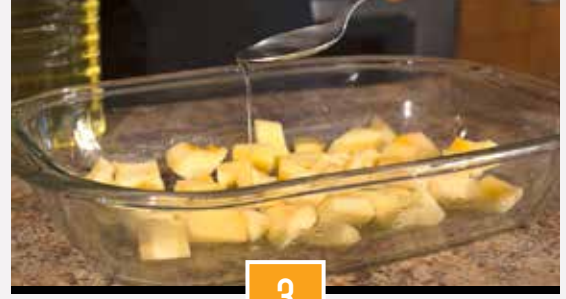
1

Preheat oven to bake at 375°F (190°C).



2

Lightly oil a baking sheet or casserole dish.



3

Mix squash pieces with 2 tablespoons oil.
Optional: add spices such as salt, pepper, garlic powder or cinnamon.



4

Bake for 15 minutes. Stir. Bake for 10 more minutes.



5

Use a fork to check if soft. Cook longer if needed.



1

Put 1 inch of water in a pot.



2

Turn heat to high. Bring to a boil.



3

Gently place squash in the pot so that the water does not splash.



4

Cover and steam for 10 minutes. It is cooked when a fork easily goes into the squash.

Tip



For mashed squash, mix in 1 tablespoon margarine and mash with a fork. Add spices such as salt, pepper, garlic powder or cinnamon for more flavour.

Measuring Ingredients

DRY MEASURING CUPS



Recipes taste best when you use the right amount of each ingredient.



A full set includes a 1/4 cup, 1/3 cup, 1/2 cup, and a 1 cup measure.



Use for dry ingredients



Butter has measurement lines right on the package. Cut on the measurement you need. When measuring margarine from a tub, use dry measuring cups.



Scoop the ingredient into the cup and level it with a knife.

Tips



To prevent adding too much of an ingredient, do not measure ingredients over the bowl.



Wash vegetables before cutting them to prevent germs from getting into your food.

Measuring Ingredients

WET MEASURING CUPS & SPOONS



Wet measuring cups come in many sizes. They are glass or plastic and have a pouring spout.



Use for liquid ingredients like water, milk or oil. Measure at eye level.



Look for amounts marked in both cups and millimeters.



A set of measuring spoons. Note: Tsp means teaspoon and Tbsp means tablespoon



Use to measure small amounts.



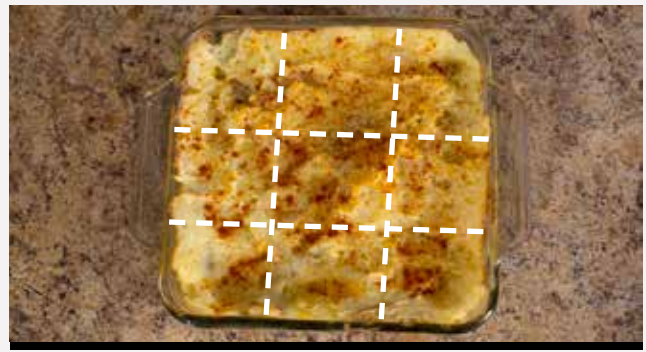
Level ingredients with a knife.

Reading a Recipe

Follow the recipe instructions to get the best results.



Do you have all the ingredients?
Before you start, gather the ingredients.



How many people will this recipe feed?
Do you need to double the recipe?



Do you have the equipment you need?
Before you start, gather the equipment.



Check the time it takes to make the recipe.
Make sure you have enough time to make and cook the recipe before you need to serve it.

Reading a Recipe

Follow the recipe instructions to get the best results.



Servings



Ingredients



Instructions

Tip



Some recipes use short forms for measurements, like:

lb = pound
g = gram
ml = millilitre

Beef, Corn and Potato Casserole

Try frozen or other canned vegetables such as peas or carrots, or use leftover vegetables. Leave the skins on the potato for extra nutrition.

Basic Shelf + Servings

Ground beef
4

4	medium potatoes, washed and eyes removed	4
1 lb	ground beef	500 g
1	onion, chopped	1
½ cup	milk*	125 mL
2 tbsp	margarine	30 mL
	salt and pepper	
1	can (12 oz/341 mL) whole kernel corn niblets, drained and rinsed	1
	paprika	

* Use fluid milk or make enough milk from skim milk powder.

1. Turn on stove to medium-high heat. Put potatoes in a large saucepan, cover with water and heat to boiling. Lower heat, cover saucepan and boil potatoes until tender.
2. While potatoes are cooking, turn on another burner to medium heat. Cook and stir beef and onion in a large frypan until beef is browned. Drain off fat. Place meat mixture in an 8x8x2-inch (2 L) baking dish.
3. Drain potatoes. Put potatoes back in saucepan. Use a potato masher and mash potatoes with milk and margarine. Add salt and pepper to taste. Set aside.
4. Turn on oven to 350°F (180°C).
5. Pour corn on top of meat. Spread potatoes over corn. Sprinkle lightly with paprika.
6. Bake for about 30 minutes or until heated through.

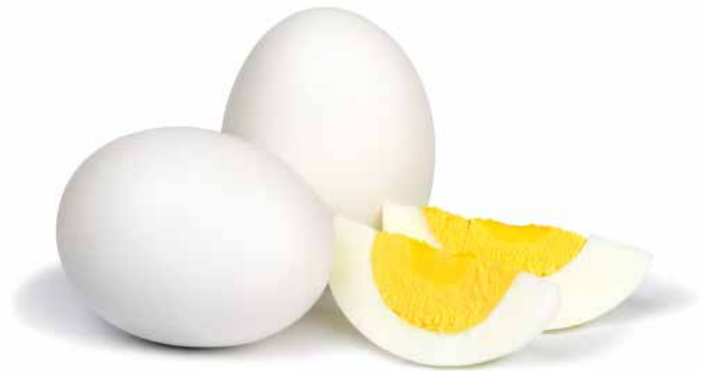
Nutrition information per serving

- Excellent source of: niacin, folate, vitamin B₁₂, vitamin C, vitamin D, iron, magnesium, zinc
- Good source of: thiamine, riboflavin
- High in fibre

Recipe from: *The Basic Shelf Cookbook*, First Edition 1994.

Serving idea: Have a small whole grain bun, bread or pita on the side. Serve with a glass of milk or a glass of fortified soy beverage.

Hard Boiled Eggs



About **20 minutes**
to cook

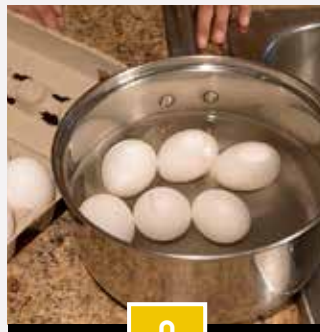


- Eggs
- Water



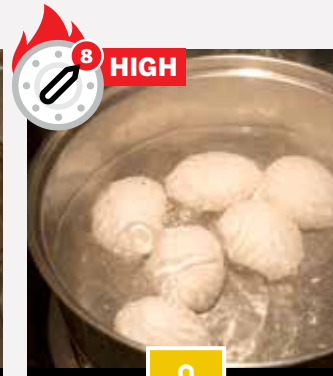
1

Count 2 eggs per person. Do not use eggs with cracked eggshells. Germs can get in and make you sick.



2

Cover eggs completely in a pot of cold water.



3

Turn heat to high. Bring to a boil.



4

Cover and turn heat off. Leave the pot on the stove.



5

Let the eggs sit covered for 10 to 12 minutes [15 minutes if they're extra-large].



6

Drain and serve warm or cold.

Tips



Keep shells on and store in the fridge for up to one week.



Hard boiled eggs are a simple snack. Use to make egg salad sandwiches!



Eggs are an inexpensive source of protein.



Check the carton to make sure you do not buy cracked or broken eggs.

Scrambled Eggs



About
20 minutes
to cook



- Eggs
- Milk
- Oil
- Salt & Pepper



1

Crack 2 eggs per person into a bowl.



2

Add 1 tablespoon of milk for every 2 eggs. Beat with a fork.



3

Mix in ¼ teaspoon of salt, pepper or your favourite spice.



4

Add 1 tablespoon of vegetable oil to a frying pan. Turn heat to medium.



5

Pour in the egg mixture.



6

Stir often. Cook until you don't see any more liquid.

Tips



Scrambled eggs are quick and easy to make. Combine with cheese, salsa and wrap in a tortilla to make a breakfast burrito!



Serve with bread and a piece of fruit for a complete meal.



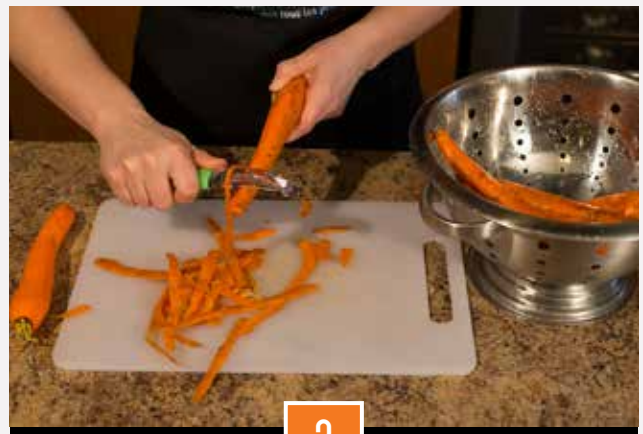
For added calcium, add cheese when eggs are cooked.

Carrots



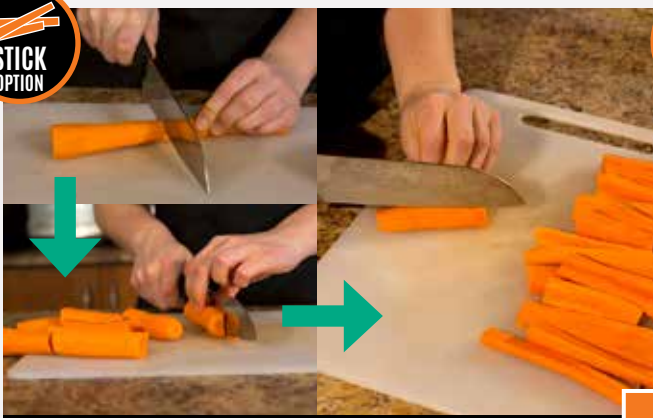
1

Wash carrots.



2

Optional: peel with a vegetable peeler.



3

Cut carrot in half. Carefully cut lengthwise. Lay flat side down and cut lengthwise again.



Use a sharp knife to cut into coins.



1

Cover carrots with water.



2

Turn heat to high. Bring to a boil.



3

Let the carrots boil for 3 minutes or until soft enough to easily stick a fork in them.



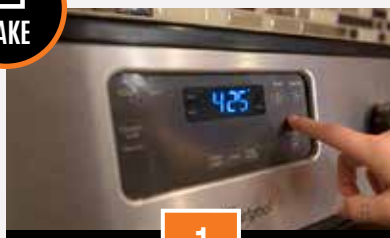
4

Drain and serve.



5

Optional: Add a teaspoon of butter, some salt and pepper.



1

Preheat the oven to bake at 425°F (220°C).



2

Lightly oil a baking sheet or casserole dish.



3

Toss carrot pieces in 1 to 2 tablespoons of oil.



4

Optional: Add some salt, pepper, cumin, paprika or chili powder.



5

Bake for 10 minutes. Stir. Bake for 10 more minutes.

General Food Safety

Use these tips when cooking to keep food safe from bacteria that can make us sick. Store-bought meat is more likely to have unhealthy bacteria than vegetables.



1

Wash your hands with soap and warm water for 20 seconds.



2

Clean all counters, cutting boards and equipment.



3

Wash all fresh fruits and vegetables - gently rub them under warm water.



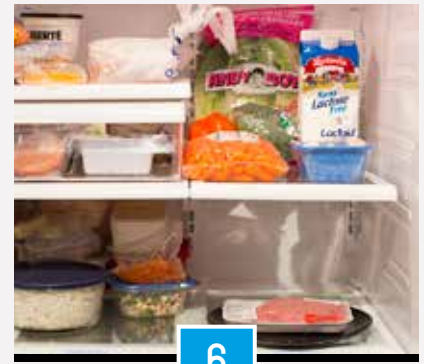
4

Put groceries away within 1 hour of getting home.



5

Keep raw meat or its juices away from vegetables in the fridge. Store meat on the bottom shelf of the fridge.



6

Do not thaw food at room temperature. Leave it in the fridge overnight, use a microwave or thaw it in cold water.

Tip

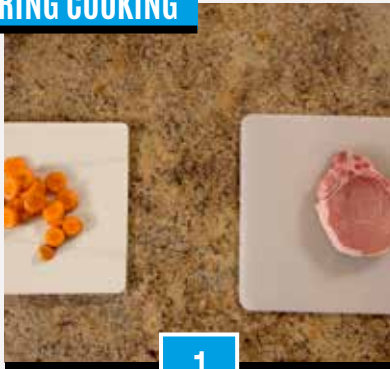


Food thawed in the microwave should be cooked as soon as possible after thawing.

General Food Safety



DURING COOKING



1

When preparing food, keep raw meat, fish, and poultry away from other food.



2

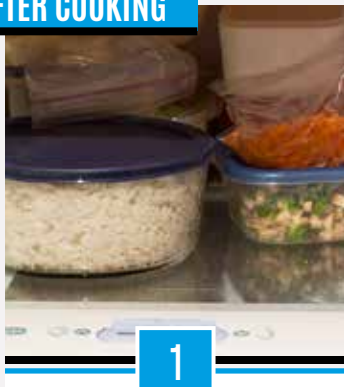
Use separate cutting boards for raw meat and vegetables. Another option is to wash the cutting board before using it for vegetables.



3

Store-bought meat should be cooked until it gets hot enough to kill germs. See chart.

AFTER COOKING



1

Place leftovers in the fridge within 2 hours of cooking. Store in clean containers.

Tip



Use refrigerated leftovers as soon as possible. It is best to use leftovers within two to four days.

SAFE INTERNAL TEMPERATURE CHART (Keep at these temperatures for at least 15 seconds)

Ground Meat (Beef and Lamb)	71°C (160°F)
Steaks and Roasts (Beef and Lamb)	63°C (145°F)
Chicken and Turkey	85°C (185°F)
Pork	71°C (160°F)
Fish and Shellfish	74°C (165°F)
Leftovers and Casseroles	74°C (165°F)

Dried Beans



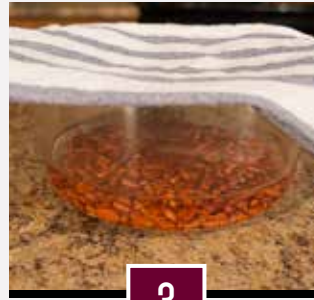
1

Measure 1 cup of dried beans. Pick out any broken beans or small stones.



2

Put beans in a large bowl, rinse and drain



3

Add 5 cups of water. Soak for about 6 hours or overnight.



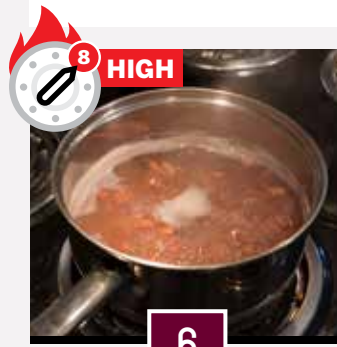
4

Drain.



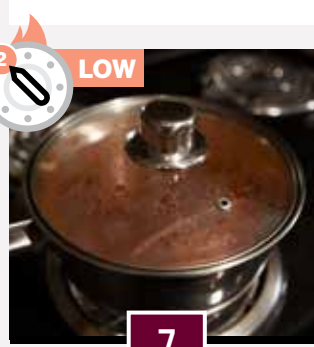
5

In a large pot, add beans and 3 cups of water.



6

Turn heat to high. Bring to a boil.



7

Turn heat to medium/low and cover.



8

Most beans take between 30-50 minutes to cook. Cooking times vary. Add more water if needed.



9

Beans are cooked when they are soft.

Tip



Beans will almost double in size; 1 cup of dried beans will make 2 cups of cooked beans!



Onion



1

Take off loose skin.



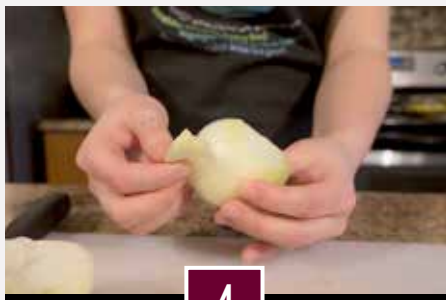
2

Cut off the top and bottom.



3

Chop in half.



4

Peel onion.



5

Place each half flat-side down.



6

Slice.



7

Hold the onion together, slice the other way.

Tip



It's normal for eyes to water when cutting onions. Rinse peeled onion, hands and knife under cold water to help stop this.

Turnip (Rutabaga)



1

Cut off the top and bottom.



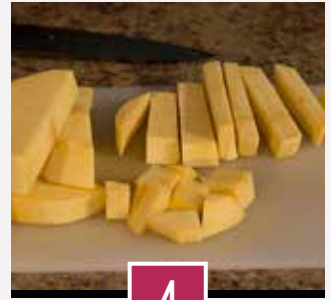
2

Place turnip flat side down and slice.



3

Use a peeler or small knife to remove skin.



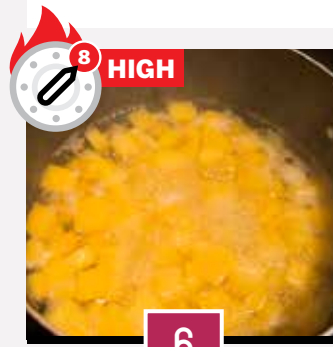
4

Cut into pieces.



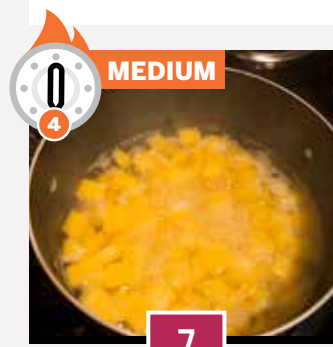
5

Put turnip in a large pot and cover with water.



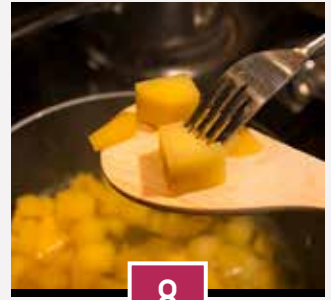
6

Turn heat to high. Bring to a boil.



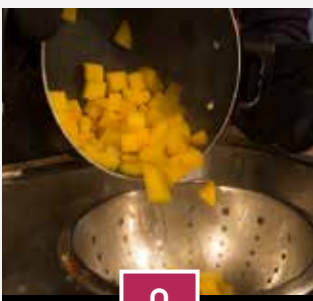
7

Turn heat to medium. Cook for 20 minutes.



8

Use a fork to check if soft. Cook longer if needed.



9

Drain water with a lid or colander.



10

Add 2 tablespoons of butter or margarine. Serve.

Tips



For mashed turnip, add $\frac{1}{4}$ cup of milk or broth. Mash using a fork or potato masher.



Carrots and squash can also be cooked in the same way as turnip.

Cabbage



1

Remove outer leaves.



2

Use a large, sharp knife to cut cabbage in half. If the cabbage is big save one half for later.



3

Carefully cut out the hard centre. Throw it away.



4

Slice each half. Then chop into pieces.



5

Put 2 tablespoons of butter and 2 cups of water or broth into a large pot.



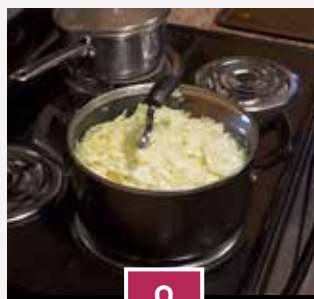
6

Turn heat to high. Bring to a boil.



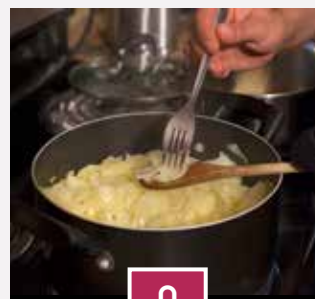
7

Add the cabbage. Turn heat to low.



8

Cover for about 45 minutes.



9

Use a fork to check if soft. Cook longer if needed.