



# Cooking School

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## Recipe: Teriyaki Beef/Chicken

### Ingredients

- ½ onion, thinly slices into strips
- 3 Tb. olive oil
- 1 lb. Beef, thinly sliced (or 1 b. chicken strips)
- 1 lb. Stir-Fry Vegetables (Carrots/Broccoli/Cauliflower/Napa/Bamboo Shoots/Baby Corn)

### **Homemade Teriyaki Sauce**

- 3 teaspoons. soy sauce
- 2 teaspoons. sugar
- 2 teaspoons. Rice wine known as Sake)
- 1 teaspoon mirin

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 2-3 days.*

### Instruction

1. Optional Step: Marinate the beef with a mixture of 1 teaspoon of corn starch, 1 tsp rice wine, and a dash of salt for about ½ hour.
2. In a frying pan, heat 2 Tb. oil over medium high heat for 1 minute. Add onion to sauté for 3 minutes. Then add beef and cook until done, about 4-5 minutes. Set aside.
3. Using the same frying pan, add 1 Tb. oil. Add in mixed vegetables to sautee for about 3 minutes. Add the cooked beef mixture to mix well.
4. Add Teriyaki Sauce (from store-brought brand or homemade) to meat and vegetable mixture. Mix Well.
5. Serve with cooked rice.

### Variation

Instead of teriyaki sauce, you can also make your own Asian Sauce (see ratio below)

#### **Asian Sauce Mixture:**

3 tsp. oyster sauce, 2 tsp soy sauce, 1 tsp. sugar, 1 tsp sesame oil, 1 tsp corn starch and 2 Tb. water



## Recipe: Curry Chicken/Beef

### Ingredients

- 1 medium onion, cut into dime size
- 1 Tb. olive oil
- 1 lb. beef thinly sliced into small cubes (or 1 lb. skinless cubed chicken thigh)
- 1 medium potato, diced into 1"x1" cubes
- 1 carrot, peeled and diced into dime size.
- Optional: 1 cup vegetable of choice such as peas and corn for color contrast

### Curry Sauce

1 block of the curry mix ( e.g. House Food's Vermont Curry. It comes with two blocks. Each block has 4 cubes)

- See video on how to make it (<https://www.sbfoods-worldwide.com/recipes/010.html>)

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. In a medium soup pot, heat 1 Tb. oil over medium high heat for 1 minute. Add onion to sauté for 3 minutes. Then add beef/chicken strips, and cook until done, about 4-5 minutes. Set aside.
6. Using the same soup pot, add potato and carrots, and/or vegetable of choice. Add 2.5 cups of water. Bring everything to boil. Then add the curry cubes.
7. Turn the heat to low, cooked until meats, vegetables are soft about 20 minutes.
8. Serve over cooked rice.

### Notes;

You can easily double the recipe and freeze ½ of it for future use. This meal freezes quite well.



## Recipe: Easy Enchilada Casserole

### Ingredients

- Fillers
  - 1 small onion, cut into dime size
  - 1 Tb. olive oil
  - 1 lb. lean ground beef/turkey
  - 18 6" corn tortilla
  - 1 (19 oz) Old El Paso Mild Enchilada Sauce
  - 1 lb. frozen chopped spinach
  - ½ cup shredded cheddar cheese
- Herbs & Spices
  - 1 teaspoon cumin powder
  - ½ teaspoon chili powder
  - ½ teaspoon salt

### Equipment

- 13"x9" baking dish pan
- Oil spray bottle

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. Pre-heat oven to 375 °F.
2. Cook the frozen spinach under microwave or stove top. See package direction for details. Drain the liquid.
3. In a frying pan, heat 1 Tb. oil over medium high heat for 1 minute. Add chopped onion to sauté for 3 minutes. Then add ground beef/turkey and cook until done, about 4-5 minutes. Season with 1 tsp cumin powder and ½ teaspoon chili powder and salt. Set aside.
4. Spray 13"x9" baking dish pan with cooking spray. Lay about 6 pieces of corn tortilla to cover the entire base.
5. Add ½ of the beef mixture and then ½ of the chopped spinach. Pour about ½ cup of enchilada sauce evenly in baking dish. (Optional: Sprinkle about 1/3 cup cheese on top)
6. Repeat step #4 and #5 almost like making lasagna.
7. Cover the top with more corn tortilla. Drizzle over more enchilada sauce.
8. Top with casserole with ½ c cheese and bake for about 20 minutes or until well heated.



## Recipe: Easy Chili with Meat Sauce

### Ingredients

- Main Ingredients
  - 1 medium onion, cut into dime size
  - 1 Tb. olive oil
  - 1 lb. lean ground beef/turkey
  - 1 (14.5 oz) diced tomatoes
  - 1 (15 oz) pinto bean, drained liquid
  - 1 (15 oz) garbanzo bean, drained liquid
  - 1 bell pepper, dice into pea size
  - Optional toppings: Sour Cream, Green Onion, Broccoli florets, and shredded cheddar cheese
- Herbs & Spices
  - 2 teaspoons ancho chili powder (for mild chili flavor)
  - 1 teaspoon cumin powder
  - 1 teaspoon oregano
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon salt

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. In a medium-size soup pot, heat 1 Tb. oil over medium high heat for 1 minutes. Add onion to sauté for 3 minutes. Then add ground beef/turkey and cook until done, about 4-5 minutes. Season with chili powder, cumin, oregano, garlic powder and salt. Another option is substituting the spice mix with McCormick's' chili seasoning mixture, but only use only 1/2 of the package.
2. With the same pot, add diced tomato, pinto bean, garbanzo bean, pepper and 1 cup of water. When boiled, turn the heat to low.
3. Stew the mixture for about 30 minutes.
4. Serve with cornbread or baked potato. Top with optional toppings like sour cream, cheese, green onion, and cooked broccoli florets.

### Note:

You can double the recipe and freeze 1/2 of the dish. This dish freeze quite well!



## Recipe: Easy Spaghetti Meat Sauce

### Ingredients

- Main Ingredients
  - 1 Tb. olive oil
  - 1 medium onion, cut into dime size
  - 4 gloves of garlic (or 2 teaspoon garlic powder)
  - 1 lb. cooked pasta
  - 1 lb. lean ground beef/turkey
  - 1 (28 oz) diced tomatoes
  - 1 (16 oz) tomato Sauce
  - Optional: 1 Zucchini, grated; 1 pepper, finely chopped
  - Optional: ½ cup shredded mozzarella cheese/parmesan cheese
- Herbs & Spices
  - ½ teaspoon nutmeg
  - 2 teaspoon oregano & 2 teaspoon basil (or 4 teaspoon Italian Mixed Herbs)
  - Salt & Pepper to taste

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. In a large skillet, heat 1 Tb. oil over medium high heat for 1 minute. Add onion to sauté for 3 minutes. Then add garlic. Sautee for 1 minute more. Add ground beef/turkey to cook until done, about 4-5 minutes. Drain the fat. Season with ½ teaspoon nutmeg. Stir well.
2. Add diced tomato and tomato sauce to the pan. Season with oregano and basil or Italian herb mixture. Cook the mixture under very low heat (to stew the sauce) for about 1 hour. Stir occasionally. (Optional: Instead of using this method, you can transfer everything to a crock pot and let it simmer for about 2 hours.)
9. While the sauce is “stewing,” bring a pot of water, about 8 cups, to boil. Add 1 Tb. oil and ½ teaspoon of salt to boiling water. Then add dry pasta to cook. Read the package direction for the time it needs to be cooked. Best to undercook a little bit. Do not overcooked the pasta. (Note: If you are sensitive to gluten, substitute with rice, rice noodle, or rice pasta)
10. Season the pasta sauce with salt and pepper. Serve with cooked pasta and cheese.



## Recipe: Pot Roast (Clear broth)

### Ingredients

- Main Ingredients
  - 2 Tb. olive oil
  - 2-2.5 lb. beef loin
  - 1 medium onion, cut into dime size
  - 1 large carrot, peeled and cut into carrot stick size.
  - 2 stalks of celery, diced into small cubes
  - 1 medium potato diced into medium cubes
  - 2 cups of beef broth
- Herbs & Spices
  - 1 teaspoon oregano
  - 1 teaspoon thyme or 2 springs of fresh thyme
  - 1 bay leave

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. Best to season the meat with salt and pepper overnight.
2. In a medium sauté pan, heat 2 Tb. oil over medium high heat for 2 minutes. Add the meat to sear the surface, about 2 minutes on each side. Set aside when all surfaces have been seared.
3. Transfer the meat to a medium soup pot. Add onion, celery, carrots, and potato. Then add 2 cups of beef broth and the rest of the seasoning. Bring everything to boil, then turn down to very low heat. Cover the pot with a top.
4. Stew the meat for about 2 hour or until meat is tender. (Optional: Instead of using this method, you can transfer everything to a crock pot and let it cook on high for about 4-6 hours until meat is tender)
5. Serve with cooked rice/pasta

**Notes:** You can substitute this recipe for chicken. But use chicken thigh or chicken with bones. Don't use chicken breast, because it is too dry! Also note that once you use chicken you need to use chicken broth and chicken takes less time to cook to tender. You may choose to double the recipe and freeze the leftover. This meal freezes quite well.



## Recipe: Easy Beef Stew (Tomato Broth)

### Main Ingredients

- 2 Tb. flour
- 2 lb. cubed stew beef
- 1 Tb. olive oil
- 1 onion, cut into dime size
- ½ package baby carrot
- 2 stalks of celery, diced into small cubes
- 1 potato diced into medium cubes
- 1 (14.5 oz) stewed tomatoes
- 1 (6 oz) tomato paste

### Seasoning

- Salt & pepper
- 2 cups of beef broth
- 1 teaspoon oregano
- 1 teaspoon thyme or 2 springs of fresh thyme
- 1 bay leave

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. Season the meat with salt and pepper. Coat the meats with 2 Tb. flour. In a medium skillet, heat 1 Tb. oil over medium high heat for 1 minutes. Add the meat to sear the surface, about 2 minutes on each side. Set aside when all surfaces have been seared.
2. Transfer the meat to a soup pot, add onion, celery, carrots, and potato, tomatoes and tomato paste. Mix well. Add 2 cups of beef broth and the rest of the seasoning (oregano/thyme/bay leaf). Bring everything to boil then turn down to very low heat. Cover the pot with a top. Cooked under low heat for 2 hours. (Optional: Instead of cooking everything on the stovetop, after the soup is boiled, you can transfer everything to a crock pot and let it cook on high for 4-6 hours until meat is tender)
3. Season with salt & pepper as desired. Serve with cooked rice/pasta.

**Notes:** You can double the recipe and freeze the leftover. This meal freezes quite well



## Recipe: Moroccan Stewed Chicken

### Main Ingredients

- 1 Tb. olive oil
- 1.5 lb. skinless chicken thigh (about 6 large pieces)
- 1 medium onion, cut into dime size
- 1 red pepper, chopped
- 6-8 pitted olive, Manzanilla olives
- 6-8 pitted olives, Kalamata
- 6-8 dried dates
- 2 cups chicken broth
- Optional: ½ "Fresh ginger

### Seasoning

#### • **Dry Rubs for Chicken**

- 1 Tb garlic, chopped
- 1 Tb cumin
- 1 Tb light brown sugar
- 2 tsp ground ginger
- 2 tsp salt
- 1 tsp ground pepper

4 springs of thyme or 2 teaspoons of dried thyme

*Note: This food is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. It is best to consume this dish within 2-3 days.*

### Instruction

1. In a small bowl, combines all the spices.
2. Dry rub the mixture onto the chicken. Set aside. Best to marinate overnight.
3. Heat a large skillet over medium high heat and coat it with 1 Tb oil. When the oil is hot, add the chicken to sear, about 2 minute each side. Remove seared chicken to a platter.
4. Using the same skill, add onion and pepper. Coat and stir for about 5 minutes or until vegetables soften. Add olives, dates broth and thyme (fresh ginger if have it) Bring to boil and then lower the heat to simmer. Simmer under low heat for about 20 minutes
5. Serve with Israeli Couscous or long grain rice and steamed vegetables.



## Recipe: French Stewed Chicken

- 2 Tb melted butter
- ½ c dry white wine
- 6 pc. chicken thighs
- 1 large onion, cut into dime size
- 3 garlic cloves, minced
- 2 Tb. olive oil
- 1 (28 oz) diced tomatoes or 4 fresh roma tomatoes, diced
- ¾ c olives (green and black)
- ½ c white wine
- Salt & Pepper to season
- ½ c slivered almonds, slightly toasted
- 2 red peppers, cut into strips
- Garnish: Parsley, finely chopped

### Instruction

1. Heat a large skillet over medium high heat. Add the butter to melt. When melted, add the chicken to sear, about 2 minute each side. Add ¼ c of white wine to season. Remove the brown chicken to a platter. Set aside.
2. Using the same skillet, add 2 Tb olive oil. Stir in onion and garlic and cook for about 4-5 minutes or until soften. Stir in tomatoes, olives and remaining ½ cup of wine. Add the chicken back in. Season with salt and pepper. Top it with red pepper strips and almond. Simmer for 15 minutes. Served with fresh or dried parsley on top!
3. Serve with pasta/rice and steamed vegetables.

**Notes:** Every time you wish to stew chicken under low heat for a longer period, do not use chicken breast. It produces a very dry texture. Instead, use chicken thigh or bone-in chicken. You can double the recipe and freeze the leftover. This meal freezes quite well