

 COOKING SHOW #113 - 10 MINUTE MEALS

# Dillon's Not So Favorite Meal

## INGREDIENTS

- 1 10-12 oz. bag frozen onion
- 1 10-12 oz. bag frozen bell pepper
- 6-8 mushrooms, chopped
- 1 10-12 oz. bag frozen riced cauliflower
- 1 15 oz. can black beans, rinsed and drained
- 1 tablespoon minced garlic
- 1-2 tablespoons of your favorite no-salt seasoning, like Italian, curry, Mexican, etc.
- 1 28 oz. bag frozen Potatoes O'Brien

### Chef's Notes

Use these Well Your World Galaxy Dust or Zesty seasoning blends to make it even faster!



## METHOD

I'm not gonna lie, this recipe was not as favorite as my normal "Dillon's Favorite Meal" with fresh ingredients. For me, the texture of the frozen potatoes compared to fresh cooked potatoes did not quite work. But I still wanted to provide this recipe so you can play around with the idea and see what you think. So here it is...

Add the onion, bell pepper, mushrooms, riced cauliflower, and black beans to a skillet and sauté for a few minutes over medium-high heat just to heat everything through.

Add the garlic along with 1-2 tablespoons of your favorite no salt seasoning, such as curry, Italian, Mexican, etc., stir and continue to sauté for another minute.

Add the potatoes, stir and close the lid to cook through for just another minute or two. Once everything is heated through, it's done.

Top with avocado, pine nuts, chopped olives, or tahini to serve.



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# Stir-Fried Rice

## INGREDIENTS

### Teriyaki Sauce

- 5 tablespoons water
- 6 deglet dates
- 1/2" ginger root
- 2 garlic cloves
- 3 tablespoons rice vinegar
- 1 teaspoon sriracha
- 1 tablespoon tamari (optional)
- 1/4 cup pineapple
- 1 green onion

### Stir-Fried Rice

- 1 large handful of fresh snow peas
- 1/2 14-16 oz. bag frozen onion and bell pepper mix
- 1/2 14-16 oz. bag frozen San Fran Blend (green beans, broccoli, onions, mushrooms, and red bell pepper)
- 1/4 14-16 oz. bag frozen peas and carrots mix
- 1/2 8 oz. can water chestnuts, drained
- 2 10-12 oz. bags frozen rice, thawed

green onions, to top  
black sesame seeds, to top

### Chef's Notes

This one would also be delicious with some fresh bean sprouts in the stir-fry mix.

You could also serve this with fresh chopped cilantro, chopped avocado, or a drizzle of tahini.

## METHOD

Prepare the Teriyaki Sauce by adding all the ingredients to a high speed blender and blend until smooth, adding any additional water necessary to reach your desired consistency. Set aside.

In a large skillet add the stir-fry ingredients and cook on medium-high heat. Once everything begins to heat through, add the Teriyaki Sauce. Mix well and continue to cook. Then, add the thawed brown rice and stir. Continue to cook until the rice is done and everything is cooked through.

Serve with chopped green onions and black sesame seeds.



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# Simple Chickpea Bruschetta

## INGREDIENTS

- 1 15 oz. can chickpeas, drained and rinsed
- 1 tablespoon minced garlic
- 1/4 teaspoon crushed red pepper (optional)
- 2 tablespoons tahini
- 1 lemon, juiced
- 1 handful fresh parsley, chopped
- 1/4 cup sun dried tomatoes, chopped

### Serve with:

- whole wheat lavash
- cucumber chips
- carrot chips
- a bed of greens

### Chef's Notes

Try these out-of-this-world seasoning blends!



## METHOD

Add the chickpeas, garlic, and crushed red pepper to a mixing bowl and mash slightly into a coarse texture with a potato masher or fork.

Next, add the remaining ingredients to the bowl and mix well.

Enjoy on toast or whole wheat lavash, a bed of lettuce, with carrot chips, cucumber chips, crackers, and so much more! Make it a wrap, make it a dip, make it a spread, or make it a topper!

Instead of sun-dried tomatoes, you can also try this with chopped cherry tomatoes for a juicier bite.



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# Veggie Fajitas

## INGREDIENTS

### I-Need-A Fajita Sauce

- 1/4 cup tahini**
- 1/2 lime, juiced**
- 2 teaspoons nutritional yeast**
- 1 teaspoon garlic powder**
- 1 teaspoon onion powder**
- 1/2 teaspoon paprika**
- 1/2 teaspoon cayenne pepper**
- 2 deglet dates, soaked**  
**water, to reach desired consistency**

### Fajitas

- 1 10-12 oz. bag frozen bell pepper and onion strips**
- 1 portobello mushroom, sliced**
- 1/2 cup frozen char roasted corn**
- 1 15 oz. can black beans, drained and rinsed**
- 1 teaspoon ground cumin**
- 2 teaspoon dried oregano**
- 1 teaspoon paprika**
- 1/2 teaspoon chili powder**

### Serve with:

- **corn tortillas**
- **pico de gallo**
- **salsa**
- **avocado**
- **bagged broccoli slaw or coleslaw mix**
- **chopped fresh cilantro**

## METHOD

To prepare the Ineeda Fajita Sauce, add all of the ingredients to a small bullet blender and add water until you reach your desired consistency. Blend until it is nice and smooth, then set aside.

To prepare the Veggie Fajitas, add all the ingredients to a large skillet and cook over medium heat. Add water or veggie broth along the way to prevent sticking. Once everything is cooked through, remove from the heat.

To make the perfect taco, on a corn tortilla add some of the veggies, the Magic Fajita Sauce, some pico, slaw, and avocado!

### Chef's Notes

**Instead of measuring all the spices, sub for 1-2 tablespoons of a mix of our Chili Lime and Fiesta Fire Blend seasonings!**

