

# Make-Ahead Meals

## Spring 2019

For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](http://uhs.berkeley.edu/cookwellberkeley)

### African Peanut Stew

Vegan, gluten-free. Common allergens: peanuts

Serves 6-8



#### Ingredients

- 1 tablespoon canola oil
- 1 medium yellow onion, diced
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 4-5 cups sweet potato, chopped
- 8 plum tomatoes, chopped (or 28 oz. can or jar)
- 1 ½ cups cooked chickpeas (or 15 oz. can)
- 4 cups vegetable broth
- ½ cup peanut butter
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- 1 bunch collard greens or kale, ribs removed and roughly chopped
- Optional: ¼ teaspoon cayenne
- Garnish: ¼ cup roasted peanuts, chopped

#### Instructions

1. In a large stock pot, heat oil over medium high heat.
2. Add onion and stir occasionally until it starts to brown, about 3-5 minutes.
3. Add all other remaining ingredients except greens and peanuts. Cook, stirring occasionally, until sweet potatoes soften, about 15-20 minutes.
4. Add greens and cook until wilted, 1-2 minutes.
5. Serve warm and garnish with peanuts.

#### Other Make-Ahead Methods

1. Cook the stew and freeze leftovers
2. Cook on low for 8 hours in a slow cooker, reduce broth by 1 cup, add greens in last 5 minutes
3. Freeze uncooked ingredients without broth, then thaw in refrigerator and cook in slow cooker

### Beans, Greens and Grains

Vegetarian, can be vegan, gluten-free. Common allergens: none as written

Serves 3



#### Ingredients

- 3 cups cooked quinoa
- 1 ½ cups cooked black beans (or 15 oz. can, rinsed and drained)
- 1 pound broccoli, cut into florets
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ cup salsa
- 1 cup tomatoes, chopped
- 1 medium avocado, diced
- Optional toppings: guacamole, sour cream or plain Greek yogurt, cheese, lettuce

#### Instructions

1. Preheat oven to 400°F.
2. Toss broccoli with olive oil and salt and spread into one layer on a baking sheet. Bake for 15-20 minutes, stirring halfway, until broccoli is just tender and lightly browned.
3. In a bowl or storage container, place 1 cup quinoa, ½ cup beans, and 1/3 of the broccoli. Top with tomatoes, salsa, avocado, and any optional toppings. Repeat with remaining ingredients.

#### Other Ideas

Grains: brown rice, buckwheat, barley, or a vegetable such as corn or roasted potatoes  
Greens, or other vegetables: cauliflower, mushrooms, bell pepper, onion, etc. Roast w/spices.  
Beans or other protein: white beans, chickpeas, lentils, baked tofu or tempeh

#### Mediterranean Variation

Make a Mediterranean version with any of the following: cucumber, tomato, chickpeas, hummus, tahini sauce, olives, feta cheese.