

# PANTRY MEALS



## 28 EASY RECIPES

USING MOSTLY SIMPLE + COMMON PANTRY ITEMS

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## PANTRY NECESSITIES

A list of the items that I stock in my pantry + freezer. Having these items makes it easy to prepare a variety of meals.



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## MEAL PLANNER PAGE

A weekly meal planner page that you can print out over and over again to simplify your week.





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# RECIPE TIPS

## SUBSTITUTING INGREDIENTS:

So what would you do if had to live out of your pantry/fridge/freezer for two weeks? Even three weeks? Longer? Without reloading at the grocery store in that time? Well, for a start, we won't panic. This guide

includes 28 recipes you can make if you're at home.

We can make use of canned and frozen vegetables, frozen meat, etc. Shop responsibly and then make delicious, homemade food!

Replace fresh herbs for dry, use different pasta shapes, substitute grains and use whatever vegetables you have on hand for these recipes. The simplest recipes are the bread recipes. Short and sweet.

I hope this book helps you and your family.

Check the pantry list to see what I usually keep on hand in my pantry.



# IN MY PANTRY

These are the pantry, fridge and freezer basics that are good to have on hand and can make a large variety of meals. Choose from each category and use what makes sense in your home. Consult the recipes in this book and on [pipercooks.com](http://pipercooks.com) for ideas on how to use these ingredients.

## CANNED GOODS

- Vegetables
- Diced tomatoes, tomato sauce + tomato paste
- Tuna, canned chicken, etc.
- Soup
- Lentils + Beans
- Coconut Milk

## BAKING

- Flour
- Baking Powder
- Baking Soda
- Oats
- Cocoa Powder
- Sugar
- Chocolate Chips
- Yeast

## FROZEN

- Chicken/Fish
- Vegetables
- Fruit
- Tortellini, Ravioli

## FRIDGE

- Butter
- Eggs
- Tofu
- Cream

## EXTRAS

- Stock
- Curry Paste
- Sweet Potatoes, Potatoes
- Spices
- Pasta, Quinoa + Rice
- Peanut Butter
- Jam
- Olives
- Onion
- Garlic
- Spices

## SAUCES

- Soy Sauce
- Cooking Oils
- Vinegar
- Oyster Sauce
- Fish Sauce
- Sriracha



# ONE-POT CHIPOTLE PUMPKIN PASTA

*Use canned pumpkin for a creamy sauce.*

## INGREDIENTS

- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 teaspoon chipotle powder or less (to taste)
- 2 teaspoons salt (for cooking the pasta)
- 1/2 teaspoon ground black pepper
- 1 cup pumpkin puree
- 4 1/2 cups water
- 1 lb. Bucatini pasta or pasta of your choice
- 1/4 cup cream (18%)
- 1/2 cup grated Gouda cheese
- 2 tablespoons grated Parmesan cheese
- 1 sprig of fresh oregano leaves chopped, optional
- 1 Parmesan cheese rind, optional

## TIPS

- Use whatever long pasta you have. Watch the pasta while it cooks if you use something other than Bucatini.
- I keep my Parmesan cheese rinds in the freezer rather than throwing them out. If you don't, simply leave it out of the recipe.

## PREP TIME

- Prep | 5 min
- Cook | 25 min
- Ready in | 30 min
- Servings | 4
- Calories | 554



# ONE-POT CHIPOTLE PUMPKIN PASTA

...CONTINUED

## INSTRUCTIONS

- 01** Heat butter over medium. Add garlic and cook for 30 seconds or until golden brown.
- 02** Add chipotle powder, salt, pepper and tomato paste. Stir and cook for 30 seconds.
- 03** Add pumpkin puree and parmesan cheese rind if using. Stir.
- 04** Add water. Turn heat to high and bring to boil.
- 05** Add pasta. Boil pasta about 8-10 minutes, or until liquid has cooked away.
- 06** Add cream and both kinds of cheese. Stir. Turn off heat and add the lid. Let sit for 10 minutes. Serve right away for a creamier pasta with more liquid.
- 07** Garnish with more Parmesan cheese and fresh oregano leaves.



# EASY VEGETABLE CHOW MEIN

*Use frozen vegetables and noodles.*

## INGREDIENTS

### **For the Noodles:**

- 1 tablespoon oil
- 2 cloves garlic, minced
- 1/2 onion, thinly sliced
- 1/2 head of cabbage, thinly sliced
- 3 cups mixed vegetables, fresh or frozen
- 5 green onions, sliced
- 16 oz noodles, see notes

### **For the Sauce:**

- 1/2 cup cold water
- 1/4 cup oyster sauce
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- ground black pepper

## TIPS

- Use whatever noodles you prefer. I like the ones that are already cooked and in the frozen section at my local Asian grocery store. You can also use, linguine, spaghetti, spaghetti, or rice noodles.

## PREP TIME

- Prep | 5 min
- Cook | 20 min
- Ready in | 25 min
- Servings | 4
- Calories | 389



# EASY VEGETABLE CHOW MEIN

...CONTINUED

## INSTRUCTIONS

- 01** Heat the oil in a large non-stick frying pan over medium-high heat. Mix the sauce ingredients together and set aside.
- 02** Add the onion and cook, stirring for about 2 minutes until softened and browned. Add the cabbage and cook, stirring for 4 minutes or until browned and shrinking in volume. Add the frozen vegetables and cook, stirring until warmed through, about 4-5 minutes.
- 03** Clear a spot in the middle of the pan and add the garlic and green onions. Let sit about 10-15 seconds, then stir around for another 10 seconds. Stir to incorporate into the rest of the dish.
- 04** Add the noodles and the sauce. The noodles will seem too big for the pan. Use tongs to cook toss them as they cook, mixing them in with the cooked vegetables and they will soften up and mix in after about 4 minutes or so. Allow them to get crispy in places. Serve with more fresh green onions and sriracha sauce if you like.



# ITALIAN PASTA SALAD

*Use whatever short pasta you have.*

## INGREDIENTS

### For the Salad

- 1 lb short pasta shape of your choice (I used Radiatore)
- 1 cup cherry tomatoes, halved
- 1/2 cup fresh mozzarella balls
- 1/4 cup artichokes, chopped
- 1/4 cup roasted red peppers, chopped
- 1/4 cup green olives, halved
- 1/4 cup pepperoncinis, chopped
- 1/2 cup Genoa salami, chopped
- fresh basil

### For the Italian Dressing

- 3/4 cup oil
- 1/4 cup vinegar
- 1 teaspoon yellow or dijon mustard
- 1 tablespoon Italian Seasoning
- salt and pepper

\*Check my blog for a homemade Italian Seasoning recipe.

## INSTRUCTIONS

1. Boil noodles according to package instructions. Drain and rinse with cold water to stop cooking process. Set noodles into a large mixing bowl.
2. Mix together all of the dressing ingredients - set aside 1/2 cup.
3. To the bowl of pasta, add the sliced tomato, mozzarella balls, artichokes, roasted red pepper, green olives, pepperoncini, and salami. Add chopped basil and the 1/2 cup of dressing and then toss everything together. Garnish with more fresh basil.

## PREP TIME

- Prep | 10 min
- Cook | 10 min
- Servings | 8
- Calories | 335





# PAD THAI WITH TOFU

*Easy Thai inspired dish with Tofu*

## INGREDIENTS

### For the Noodles

- 1 tablespoon oil
- 1 medium shallot, sliced
- 2 cloves garlic, minced
- 12 oz firm tofu, cut into small slices
- 16 oz rice stick noodles
- 2 large eggs

### For the Sauce

- 1/2 cup fish sauce
- 1/2 cup brown sugar
- 1/2 cup tamarind concentrate

### For the Garnish

- 1/4 cup chopped peanuts
- 1 small handful cilantro, chopped
- Sriracha Hot Sauce
- 1 medium lime, cut into wedges

## TIPS

- For some heat, add 3 bird's eye chilis or some red pepper flakes.
- Feel free to substitute the tofu with chicken.

## PREP TIME

- Prep | 10 min
- Cook | 20 min
- Soak Noodles | 30 min
- Servings | 6
- Calories | 490

# PAD THAI WITH TOFU

...CONTINUED

## INSTRUCTIONS

- 01** Soak noodles in warmish water for 30-45 minutes, until softer and pliable.
- 02** Mix sauce ingredients.
- 03** Heat a pan over medium heat and add oil. Cook the shallots for 2-3 minutes, until softened. Add the garlic and cook for 30 seconds. Add the tofu and cook for 2-3 minutes. Add the rice noodles and the pad thai sauce. Cook for 5-6 minutes or until the noodles are done, stirring constantly and tasting to check. Add water as necessary if the noodles are too dry.
- 04** Push noodles to the side of the pan and add the eggs. Swirl them around and cook for about a minute. Mix everything together and cook for a minute or so, until the eggs are done.
- 05** To serve, plate the noodles and then garnish with lime juice, chopped peanuts and cilantro, and sriracha sauce.





# 15-MINUTE SESAME NOODLES

*Makes a great meal with a side of vegetables.*

## INGREDIENTS

- 1/2 lb noodles, see notes
- 1/4 soy sauce low sodium
- 2 tablespoons rice vinegar
- 1 tablespoon white miso paste, optional
- 1 tablespoon sesame oil
- 1 tablespoon brown sugar
- 3 cloves garlic, minced
- 2 teaspoon minced fresh ginger
- For optional garnish: sesame seeds sliced green onions, Sriracha hot sauce

## TIPS

- Use whatever long pasta you have. I used spaghetti in these photos. Thick udon noodles are great too.
- Serve with vegetables and a protein for a full meal.

## INSTRUCTIONS

1. Whisk together everything except the noodles and garnish.
2. Cook your choice of noodles according to package directions.
3. Drain noodles then add pot back to heat. Add noodles and sauce, stir to combine and heat through then remove from heat and serve.
4. Garnish with green onions, sesame seeds and sriracha sauce (optional).

## PREP TIME

- Prep | 5 min
- Cook | 10 min
- Ready in | 15 min
- Servings | 2
- Calories | 542



# INSTANT POT CHICKPEA CURRY

*Vegetarian curry dish with chickpeas.*

## INGREDIENTS

- 2 tablespoons oil, divided
- 1 red onion, diced
- 3 garlic cloves, minced
- 1/2 inch ginger, grated
- 1 teaspoon cumin seeds
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 1 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon garam masala
- 1/2 teaspoon turmeric
- 1/2 teaspoon amchur \*see notes
- 2 potatoes, peeled and cubed
- 2 cans chickpeas (15 oz each)
- 1 can crushed tomatoes (28 oz)
- 1 can coconut milk (15 oz)
- 2 handfuls spinach, chopped
- juice of half a lemon
- Basmati rice to serve, optional
- cilantro to serve, optional

## TIPS

- If you can't find Amchur Powder (dried mango powder), just leave it out. It adds a sharp, tart flavor. Taste your final dish and add more lemon juice instead if you think it needs it. Or simply leave it out.

## PREP TIME

- Prep | 5 min
- Cook | 8 min
- Ready in | 18 min
- Servings | 6
- Calories | 416

# INSTANT POT CHICKPEA CURRY

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## INSTRUCTIONS

- 01** Keep 1/2 cup chickpeas back to pan fry for garnish
- 02** Set Instant Pot to Saute. Heat oil, then cook onions with cumin seeds until softened. Add garlic and ginger and cook a further 30-60 seconds, stirring. Add all spices. Cook, stirring for a minute or so to allow spices to bloom and turn aromatic. (Add a splash of water if too dry.) Add potatoes, chickpeas, tomato and coconut milk. Stir.
- 03** Add the lid to your Instant Pot, turn it to lock it, set the valve to cook, not release (mine does this automatically when I place the lid on and lock it in) and then set to pressure cook on high pressure for 8 minutes. It will build pressure and then cook.
- 04** In the meantime heat a frying pan over medium-high heat. Heat oil and then add chickpeas. Fry to 5-6 minutes, until crispy.
- 05** When the cooking time is done, allow to natural release for 5 minutes and then release the rest of the pressure.
- 06** Stir in spinach and the lemon juice, let sit a minute then serve with rice and top with the crispy chickpeas and fresh cilantro.





# VEGETARIAN ENCHILADA PASTA

*Add the meat of your choice if you prefer.*

## INGREDIENTS

- 1 tablespoon cooking oil
- 1/2 large onion, diced
- 1 jalapeno, diced
- 1 large tomato, chopped
- 2 cloves garlic, minced
- 1/2 (540 ml) can black beans
- 1/2 (340 ml) can corn kernels
- 1 red bell pepper, diced
- 2 cups enchilada sauce, homemade or store bought
- 4 cups water
- 500 grams dried pasta
- 1 cup shredded cheddar cheese plus more for topping
- garnish optional: crema, yogurt, sour cream, cheese, lime, avocado

## TIPS

- My Smoky Chipotle Enchilada Sauce takes about 25 minutes to make. The recipe is on my blog.
- Use the small pasta shapes you prefer.

## PREP TIME

- Prep | 5 min
- Cook | 20 min
- Ready in | 25 min
- Servings | 4
- Calories | 709

# VEGETARIAN ENCHILADA PASTA

...CONTINUED

## INSTRUCTIONS

- 01** Make the enchilada sauce if necessary.
- 02** Heat 1 tablespoon oil over medium. Cook the onion + jalapeno for about 5 minutes. Add the tomatoes and let cook for another few minutes until they start to break down.
- 03** Add the beans, pasta, enchilada sauce and water. Bring to boil, keep at a gentle boil until pasta is cooked, about 10-12 minutes.
- 04** Stir in the corn and red peppers and let cook for about a minute until heated through. Stir the cheese in to melt.
- 05** Serve as is or with optional garnishes of Mexican crema, sour cream or yogurt and some lime slices, cilantro and avocado.



# GROUND TURKEY QUINOA SKILLET

*One-pot quinoa and turkey skillet.*

## INGREDIENTS

- 1 tablespoon oil
- 1 onion, diced
- 1 lb ground turkey
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- ½ 7 oz can of pickled jalapeno diced, optional (adds a bit of heat. Sub: diced green chilies, or diced fresh jalapeno)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 (14 oz) can corn, drained
- 1 (19 oz) can black beans, drained and rinsed
- 1 (28 oz) can diced tomatoes
- 1 cup quinoa, cooked
- Optional: diced avocado, shredded cheddar cheese, sour cream, for serving

## TIPS

- Use whatever canned vegetables and beans you have.
- Serve with rice, couscous or pasta if you prefer.
- Use ground beef, pork or turkey if that's what you have.

## PREP TIME

- Prep | 5 min
- Cook | 45 min
- Ready in | 50 min
- Servings | 4
- Calories | 612

# GROUND TURKEY QUINOA SKILLET

...CONTINUED

## INSTRUCTIONS

- 01** Sauté onion in oil, over medium about 4-5 minutes.
- 02** Add turkey, cook until brown, about 5-7 minutes.
- 03** Add peppers, jalapenos and garlic, cook about 3 minutes.
- 04** Add corn, beans, tomatoes and spices. Add water if needed. Bring to boil, then lower heat and simmer about 25 minutes.
- 05** Add quinoa and serve.
- 06** Garnish with diced avocado, shredded cheddar cheese and sour cream, if desired.



# SLOW COOKER MEDITERRANEAN CHICKEN + ORZO

## INGREDIENTS

- 1 onion, peeled and quartered
- 3 chicken breasts, cut into large chunks
- 660 ml (23 oz) strained crushed tomatoes (tomato passata)
- 2 teaspoons Homemade Italian Seasoning or Herbes de Provence Seasoning
- pinch of red pepper flakes
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/2 cup dried orzo
- 12-15 large olives

## TIPS

- Serve with a side salad or green vegetable for a full meal.

## INSTRUCTIONS

1. Lay the onion petals across the bottom of the slow cooker. Lay the chicken chunks on top. Season with salt and pepper. Cover with the tomato, herbs and red pepper flakes. Add lid.
2. Slow cook on high for 2 1/2 hours.
3. Add the orzo and olives, stir, replace the lid and cook for another 30 minutes.

## PREP TIME

- Prep | 5 min
- Cook | 3 hours
- Ready in | 3 hours 5 min
- Servings | 4
- Calories | 334





# CHICKEN POT PIE SOUP

*The classic, in soup form.*

## INGREDIENTS

- 1 tablespoon cooking oil
- 4 cups mirepoix (carrot, onion, celery mix)
- 2 chicken breasts, cubed
- 1/2 cup butter
- 1/2 cup flour
- 6 cups chicken stock
- 2 potatoes, peeled and diced
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- 1/2 teaspoon ground sage
- 1 cup frozen baby peas
- 1/2 cup cream (18%)
- salt and pepper, to taste

## TIPS

- I use a frozen mirepoix for this soup - it eliminates all the chopping and keeps for a long time in the freezer.

## PREP TIME

- Prep | 5 min
- Cook | 25 min
- Ready in | 30 min
- Servings | 4
- Calories | 647

# CHICKEN POT PIE SOUP

...CONTINUED

## INSTRUCTIONS

- 01** Heat oil in a large pot, over medium. Add chicken and vegetables, and cook for 7-8 minutes, or until chicken has turned white, vegetables are starting to cook and soften.
- 02** Add the butter and melt it. Add the flour and whisk it into the butter, then use a wooden spoon or similar to mix in with the rest of the ingredients. Cook for a minute or so.
- 03** Add the herbs and mix. Add the stock and potatoes. Bring to boil, then to a simmer and cook potatoes for about 10 minutes, adding the baby peas for the last three minutes.
- 04** Add the cream, heat through, season and serve. Soup will thicken even further while it cools.



# EASY MINESTRONE SOUP

*Simple tomato based soup with pasta*

## INGREDIENTS

- 1 tablespoon cooking oil
- 3 cups mirepoix (carrot, celery, onion mix)
- 1 heaping tablespoon tomato paste
- 600 ml tomato passata
- 4 cups chicken stock (use vegetable stock or water for vegetarian)
- 1 (540 ml) can chickpeas
- 2 teaspoons Italian Seasoning
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon sugar
- 1 medium zucchini, quartered
- 3/4 cups dried pasta alphabets or other small shapes

## TIPS

- Use whatever small pasta you have.
- I use frozen mirepoix.
- I use tomato passata because it's nice and smooth. You can use tomato sauce or crushed tomatoes as well.
- Check my blog for a Homemade Italian Seasoning Spice Mix recipe.

## PREP TIME

- Prep | 2 min
- Cook | 25 min
- Ready in | 27 min
- Servings | 4
- Calories | 367

# EASY MINESTRONE SOUP

...CONTINUED

## INSTRUCTIONS

- 01** Heat oil over medium. Add mirepoix. Cook about 8-9 minutes, until softening.
- 02** Add the rest of the ingredients.
- 03** Bring to boil, then simmer about 10 minutes, or until pasta is done cooking.
- 04** Serve with freshly grated Parmesan cheese and crusty bread.



# EASY POTATO SOUP

*The easiest 4 ingredient soup.*

## INGREDIENTS

- 4-5 large potatoes
- 4 cups chicken or vegetable stock
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- salt and pepper to taste

## TIPS

1. To make this soup vegetarian, use vegetable stock instead of chicken stock.
2. I use white potatoes for this soup.

## INSTRUCTIONS

1. Add stock and potatoes to a large soup pot. Bring to boil, then simmer until potatoes are cooked, about 10-12 minutes.
2. Add herbs and seasoning.
3. Puree soup, either in a blender in batches (be careful, it's hot) with an immersion blender (my personal fave). Blend to your preferred consistency. I blend mine almost all the way, leaving a few potatoes chunks.

## PREP TIME

1. Prep | 5 min
2. Cook | 20 min
3. Servings | 4
4. Calories | 209





# EGG DROP SOUP

*Simple chinese inspired chicken + corn soup.*

## INGREDIENTS

- 2 large boneless skinless chicken breast, cut in small cubes
- 4 cups chicken stock
- 1 (14 oz) can creamed corn
- ½ tablespoon rice wine vinegar or dry sherry
- 2 tablespoons cornstarch, dissolved in 3 tablespoons water
- 2 large eggs, beaten
- ½ teaspoon sesame oil
- 2 green onions, sliced
- Cooked rice optional, to serve

\*calorie count doesn't include rice

## TIPS

- Use canned corn or frozen corn for this soup. If you don't use creamed corn, add more cornstarch slurry to thicken the soup.
- You can leave the chicken out of this for a meatless soup.

## PREP TIME

- Prep | 5 min
- Cook | 15 min
- Ready in | 20 min
- Servings | 4
- Calories | 305

# EGG DROP SOUP

...CONTINUED

## INSTRUCTIONS

- 01** Fry chicken in a minimal amount of oil, just until cooked.
- 02** Add the corn and stock, bring to boil then lower heat and simmer 5 minutes.
- 03** Add the rice wine vinegar and the cornstarch slurry. Simmer to 2-3 minutes, until thickened.
- 04** Stir soup slowly while drizzling in the beaten eggs.
- 05** Turn off the heat, add the sesame oil and stir.
- 06** Serve hot, over rice if desired and garnish with the green onions.



# THAI GREEN CURRY SOUP WITH SHRIMP

*Thai takeout at home. Addicting.*

## INGREDIENTS

- 1 tablespoon cooking oil
- 1/2 large onion, diced
- 1/2 inch ginger, grated
- 1 1/2 tablespoons lemongrass paste
- 3 tablespoons Thai green curry paste
- 2 tablespoons fish sauce
- 6 Kaffir lime leaves
- 150 grams raw shrimp, peeled and deveined
- 1 (550 ml) can bamboo shoots, drained
- 1 (400 ml) can baby corn, drained
- cups chicken stock
- 2 cans coconut milk
- rice to serve, optional
- cilantro to serve, optional

\*calories count doesn't include rice

## TIPS

- I prefer the Thai curry pastes by the brand Thai Kitchen.
- To use chicken instead of shrimp, add the chicken in with the onions in Step 1 and cook fully before moving on with the recipe.

## PREP TIME

- Prep | 5 min
- Cook | 25 min
- Ready in | 30 min
- Servings | 4
- Calories | 512

# THAI GREEN CURRY SOUP WITH SHRIMP

...CONTINUED

## INSTRUCTIONS

- 01** Heat a large pot over medium. Add oil, then onions. Cook for 4-5 minutes, until starting to soften.
- 02** Add ginger, lemongrass paste, curry paste, and 2 tablespoons of the cream from the coconut milk.
- 03** Cook for a few minutes, until the cooked through a bit and thoroughly combined.
- 04** Add the bamboo shoots, baby corns, leaves, stock and fish sauce.
- 05** Bring to boil, then simmer for 10 minutes.
- 06** Add the shrimp, let simmer for 2 minutes or until shrimp is pink and cooked.
- 07** Serve immediately with rice and cilantro, if you prefer.



# BUTTERNUT SQUASH + BEAN BURGER

*Check the blog post to watch the video for this recipe.*

## INGREDIENTS

- ½ butternut squash, roasted
- 1 (19oz) can white kidney beans
- ½ onion, finely diced
- 1 stick celery, finely diced
- 2 cloves garlic, minced
- 1 large egg
- ½ cup all-purpose flour
- ½ cups quick oats
- 1 ½ tsp ground cumin
- 1 tsp chili powder
- 1 ½ tsp dried oregano
- 1 tsp sea salt
- ½ tsp ground black pepper

## TIPS

- Roast your butternut squash. Half, peel and then cube your squash. Roast at 400°F for 30-40 minutes.
- Check the blog post for this recipe to watch the video about how to make these veggie burgers.
- <http://www.pipercooks.com/butternut-squash-bean-burger/>

## PREP TIME

- Prep | 10 min
- Cook | 10 min
- Ready in | 20 min
- Servings | 6
- Calories | 196



# BUTTERNUT SQUASH + BEAN BURGER

...CONTINUED

## INSTRUCTIONS

- 01** Sauté the onion and celery for 3 to 5 minutes, or until softened, then add garlic, cook for additional 30-60 seconds, then remove from heat and set aside to let cool.
- 02** Mash beans and butternut squash together.
- 03** Add the rest of the ingredients and mix to combine.
- 04** Using wet hands form into 6 patties.
- 05** Fry in an oiled non-stick skillet for about 5-7 minutes per side, until done.



# CHEESY CAYENNE + CHIVE SCONES

*Scones with cheddar cheese and cayenne pepper.*

## INGREDIENTS

- 210 grams all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon sugar
- ¾ teaspoons sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cayenne
- 57 grams (4 tablespoons) butter, cold
- 2/3 cup buttermilk
- 1 tablespoon dried chives
- ¾ cups grated cheddar cheese

## TIPS

- I used half Spelt flour and half all-purpose flour for the scones in the photos.
- I use 1 cup almond or cashew milk plus 1 tablespoon white vinegar to make a buttermilk substitute.
- I weigh my flour and count each 120 grams as 1 cup.

## PREP TIME

- Prep | 10 min
- Cook | 20 min
- Ready in | 30 min
- Servings | 6
- Calories | 223

# CHEESY CAYENNE + CHIVE SCONES

...CONTINUED

## INSTRUCTIONS

- 01** Preheat oven to 400 F (200 C). (I also line my baking sheet with a silicone liner)
- 02** Mix together the flour, baking powder, sugar, salt, pepper and cayenne.
- 03** Grate in the cold butter and mix so it's all covered in flour. Add the cheese and chives.
- 04** Add milk, starting with half of the amount and mix together with a fork or your hands until it comes together in a ball. It shouldn't be sticky, should just come together. Don't over mix. Add more flour, a little at a time if you need to.
- 05** Place ball on floured counter, flatten into about an 8-inch round.
- 06** Cut like a pizza or pie, into 6 wedges.
- 07** Place on baking sheet, brush with a bit of milk and bake for 20-25 minutes, or until done.



# COCONUT JASMINE RICE

*Flavorful rice using pantry staples.*

## INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon brown sugar
- 2 cups jasmine rice
- 1 teaspoon sea salt
- 1 can coconut milk
- 1 1/2 cups water
- 1/4 cup shredded coconut (I use unsweetened)
- cilantro or lime for serving, optional

## TIPS

- Jasmine rice and coconut milk last a long time in the pantry.
- Easy way to add some flavor into stovetop rice.

## PREP TIME

- Prep | 5 min
- Cook | 25 min
- Ready in | 30 min
- Servings | 4
- Calories | 304

# COCONUT JASMINE RICE

...CONTINUED

## INSTRUCTIONS

- 01** Melt butter over medium high heat. Add brown sugar, then rice. Cook rice, stirring, for a minute or two, until covered in butter and sugar has melted.
- 02** Turn heat to high and add coconut milk and water. Bring to boil, put lid on a simmer for 18-20 minutes or so.
- 03** Remove from heat and let sit for 10 minutes. (Don't peek!)
- 04** Add water. Turn heat to high and bring to boil.
- 05** Toast coconut while you wait, over medium high in a non stick pan, until golden brown (only a few minutes).
- 06** Fluff rice and serve with coconut on top. Add cilantro and a small squeeze of lime juice if you like.





# 5 INGREDIENT PEANUT BUTTER COOKIES

## INGREDIENTS

- 1 cup peanut butter
- 1/4 cup sugar
- 1 large egg
- 1/2 cup quick oats
- 1 teaspoon vanilla extract

## TIPS

- Ovens vary so watch your cookies. You want them golden brown around edges. They will probably look a bit underdone.
- Let cookies cool before moving them so they don't crumble.

## INSTRUCTIONS

- Preheat oven at 350°F. Prepare cookie sheet with silicone mat (or parchment paper).
- Mix together all ingredients.
- Form into 12 portions.
- With wet hands, roll them into balls. Then flatten slightly.
- Sprinkle sugar on top if desired.
- Bake for 15 minutes.
- Let cookie cool on pan for 5 minutes then move to cooling rack to cool completely.

## PREP TIME

- Prep | 5 min
- Cook | 15 min
- Servings | 12
- Calories | 157



# ROASTED SWEET POTATO HUMMUS

*Easy flavorful hummus for dips or sandwiches.*

## INGREDIENTS

- 1 (400 ml) can chickpeas
- 1 medium sweet potato, cubed
- 3 cloves garlic
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons tahini
- 1 tablespoon olive oil
- 4-6 tablespoons water or as needed

## TIPS

- Mostly pantry staples plus sweet potatoes which last a long time on your counter.
- Use this hummus as a dip for vegetables or crackers, as a sandwich spread or as a pasta sauce.

## PREP TIME

- Prep | 10 min
- Cook | 45 min
- Ready in | 55 min
- Servings | 4
- Calories | 210

# ROASTED SWEET POTATO HUMMUS

...CONTINUED

## INSTRUCTIONS

01

Preheat oven to 400°F.

02

Slice the top off of a bunch of garlic. Drizzle with oil and then wrap in tin foil. Bake for 20 minutes.

03

Cube the sweet potato. I don't bother peeling it. Drizzle with oil and salt and pepper. Add into the oven with the garlic and bake for about 20-25 minutes. Let both cool.

04

When sweet potatoes and garlic have cooled, empty a tin of chickpeas into a food processor. Add the potato and three cloves of the garlic. Add the spices, tahini and oil and blend until smooth, adding water as you go until you reach your preferred consistency.



# CINNAMON ROLL OVERNIGHT OATS

*Easy satisfying breakfast that feels like a treat.*

## INGREDIENTS

- 2/3 cup plain Greek yogurt
- 1 1/3 cup cashew milk
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- a pinch of salt
- 2 tablespoons chia seeds
- 2 tablespoons brown sugar (or other sweetener, to taste)
- 1 cup rolled oats
- 1/4 cup sultana raisins

## TIPS

1. Great for meal prepping for the week. Easy to double the recipe, or half it.
2. Use thick Greek yogurt for a thicker end result.

## INSTRUCTIONS

1. In a large bowl, mix together liquids.
2. Add remaining ingredients and mix together.
3. Portion into jars or into a large container and add a lid. Refrigerate overnight.
4. Top with whipped heavy cream, if preferred. Eat hot or cold.

## PREP TIME

1. Prep | 5 min
2. Chill | Overnight or 4-6 hours
3. Servings | 4
4. Calories | 184



# CHOCOLATE PEANUT BUTTER OVERNIGHT OATS

## INGREDIENTS

- 1/3 cup plain Greek yogurt
- 1/2 cup quick oats
- 2/3 cup milk of choice I use almond
- 1 tablespoon chia seeds
- 2 tablespoons peanut butter (I use natural)
- 2 tablespoons dark cocoa powder
- 1-2 tablespoons maple syrup or to taste
- 1/2 teaspoon vanilla extract
- pinch salt

## TIPS

- Use whatever long pasta you have. Watch the pasta while it cooks if you use a different size.

## INSTRUCTIONS

1. Mix all ingredients together and refrigerate overnight. Serve with your choice of garnish. Serve cold or warm.

## PREP TIME

- Prep | 5 m
- Cook | 25 m
- Ready in | 30 m
- Servings | 2
- Calories | 316



# MAPLE SPICE GRANOLA

*A great weekly staple recipe for quick breakfasts.*

## INGREDIENTS

- 2 cups large flake oats
- 2 cups quick oats
- 1 ½ cup mixed nuts, chopped if desired
- ½ cup unsweetened coconut
- ¼ cup butter melted
- ¼ cup maple syrup
- 2 teaspoon vanilla extract
- ½ teaspoon maple extract
- 2 teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon sea salt

## TIPS

- Use whatever mixed nuts and seeds you have. Pumpkin and sunflower seeds would be good in here.
- Add mini chocolate chips once the granola has cooled.
- Serve with Greek yogurt for a breakfast parfait.

## PREP TIME

- Prep | 5 min
- Cook | 30 min
- Ready in | 35 min
- Servings | 12
- Calories | 280

# MAPLE SPICE GRANOLA

...CONTINUED

## INSTRUCTIONS

- 01 Preheat oven to 350
- 02 Line baking sheet with parchment.
- 03 Melt butter and add syrup to it. Mix all other ingredients then add butter and syrup mix and stir to evenly coat.
- 04 Spread on baking sheet for 30 minutes or so, stirring halfway. (I bake mine about 40 sometime, I like mine extra crispy)
- 05 Store in airtight container.





# PUMPKIN PIE OVERNIGHT OATS

*Make your own pumpkin pie spice.*

## INGREDIENTS

- 2 cups rolled oats\*
- 3 tablespoons white chia seeds
- 1 tablespoon ground flax seeds
- 2-4 tablespoons coconut sugar
- 2 teaspoons DIY pumpkin pie spice
- 1 pinch of salt
- 1 can of coconut milk mixed with water to make 3 2/3 cups liquid
- 1/2 cup pumpkin puree
- 2 teaspoons vanilla extract

## TIPS

- I use half rolled oats and half large flake oats.
- Check my website for how to make pumpkin pie spice at home.

## PREP TIME

- Prep | 5 min
- Chill | 4 hours - Overnight
- Servings | 4
- Calories | 404

# PUMPKIN PIE OVERNIGHT OATS

...CONTINUED

## INSTRUCTIONS

- 01 In a large container with a lid, mix together the oats, chia seeds, ground flax seeds, coconut sugar, spice mix and salt.
- 02 In a 4 cup measuring container, pour in the coconut milk and then add enough water to make 3 2/3 cups of liquid. Add the pumpkin puree and vanilla extract and whisk together.
- 03 Add the wet ingredients to the dry ingredients and mix together.
- 04 Place on lid and set in the fridge overnight.



# BASIC WHITE BREAD

*4 ingredients for fresh homemade bread.*

## INGREDIENTS

- 500 grams all-purpose flour
- 1 1/4 cups warm water
- 1 1/2 teaspoons instant yeast
- 1 tablespoon sugar
- 1 1/2 teaspoon sea salt

## NOTE:

This is the only recipe that's not on my blog yet but will be shortly after this guide is published. I decided at the last minute that I wanted to include it here early, because homemade bread is a good recipe to share and it's so helpful to know how to make it.

## TIPS

- Double the recipe and make half into a loaf and half into 9 dinner rolls.
- Brush with an egg wash for golden brown tops.
- I weigh my flour and count each 120 grams as 1 cup.

## PREP TIME

- Prep | 10 min
- Cook | 25 min
- Rise | 1 hour
- Servings | 12
- Calories | 143

# BASIC WHITE BREAD

...CONTINUED

## INSTRUCTIONS

- 01 Mix together warm water, yeast and sugar.
- 02 Add flour and salt. Mix until it comes together.
- 03 Move dough to a counter-top and knead for about 5 minutes, or until it comes together in a smooth ball of dough.
- 04 Place dough back in the bowl, cover with plastic wrap and a towel and let sit somewhere warm to rise for about 30 minutes, or until doubled in size.
- 05 Punch dough down and grease a bread pan.
- 06 Place dough on the counter. Pat out into a rectangle shape. Fold each side into the middle. Pat down again into a rectangle. Roll the dough tightly like you would for cinnamon rolls. Pinch the seam together and fold the ends over to the seam side of the dough, pinching those tightly closed as well.
- 07 Place dough seamside down into the bread pan. Let rise, covered with a towel for another 30 minutes until almost doubled in size. 10 minutes into rise time, preheat oven to 400°F.
- 08 Brush the top of the dough with the egg wash. Bake for 20-25 minutes, or until loaf is golden brown and firm. Tapping on the bottom should sound hollow. Let cool on a rack before slicing.



# BRIOCHE BUNS FOR BURGERS

*Quick + Light Brioche Buns*

## INGREDIENTS

- 2/3 cup milk warm
- 1 1/2 tablespoons instant yeast
- 2 tablespoons honey or sugar
- 4 tablespoons butter melted
- 2 large eggs at room temperature
- 450-500 grams all-purpose flour (about 4 cups)
- 1 teaspoon sea salt
- 1 large egg (for egg wash)

## TIPS

- I weigh my flour and count each 120 grams as 1 cup.
- Check the blog post for tips on how to make this recipe by hand
- Rising time is between 30 and 60 minutes depending on whether you do one rise or two.

## PREP TIME

- Prep | 15 min
- Cook | 15 min
- Ready in | 60 min
- Servings | 8
- Calories | 314

# BRIOCHE BUNS FOR BURGERS

...CONTINUED

## INSTRUCTIONS

- 01** In the bowl of a stand mixer, whisk together warm milk, melted butter, sugar or honey and yeast. Add eggs and whisk well.
- 02** Add flour and salt. Use dough hook, and mix on medium-low for 8 to 10 minutes or so. The dough should come away from the side mostly, and be a bit sticky, soft and smooth.
- 03** Optional: Let rise until doubled in size, covered with a damp, warm towel, then punch down and move on to next step.
- 04** Divide into 8 equal pieces (or 10 for sliders size). Shape each dough ball, by cupping your hand on top of it on the counter, and circling your hand over top of it, rolling the dough ball around gently until the top is smooth. Pinch together the bottom if needed and set on lined baking tray.
- 05** Preheat oven to 400 F
- 06** Let rise in a warm spot until almost doubled, about 30-45 minutes or so (depending on warmth in your kitchen).
- 07** Whisk an egg with a teaspoon of water and brush over top of the buns. Bake for 15 – 20 minutes, until golden brown and completely cooked.



# BUTTERMILK BISCUITS

*Tea biscuits for a quiet Sunday evening.*

## INGREDIENTS

### For the Biscuits

- 360 grams all-purpose flour (about 3 cups)
- 1 teaspoon baking powder
- 1 1/2 teaspoon baking soda
- 3/4 teaspoons salt
- 70 grams butter (5 tablespoons)
- 250 ml buttermilk (1 cup)

\*see notes on how to make

### Lemon Butter

- 1 stick salted butter, at room temperature (8 tablespoons)
- 1 lemon, zested and juiced
- 1 1/2 tablespoon honey
- 1 1/2 teaspoon fresh thyme

## TIPS

- When cutting biscuits, be careful not to twist your cookie cutter, this can keep your biscuits from rising as they bake.
- I weigh my flour and count each 120 grams as 1 cup.
- I use 1 cup almond or cashew milk plus 1 tablespoon white vinegar to make a buttermilk substitute.

## PREP TIME

- Prep | 10 min
- Cook | 12 min
- Ready in | 22 min
- Servings | 8
- Calories | 253



# BUTTERMILK BISCUITS

...CONTINUED

## INSTRUCTIONS

- 01 Ready your buttermilk. Preheat oven to 400°F.
- 02 Mix together the dry ingredients. Grate in the cold butter. Mix with hands, snapping/pinch to keep the butter in small pieces.
- 03 Add most of the buttermilk. Mix the dough with a fork until shaggy and holding together. Don't over mix. Add more buttermilk or flour as need.
- 04 Turn dough out onto a floured countertop. Press out to about an inch thick.
- 05 Cut circles, using a cookie cutter, biscuit cutter or glass, being careful not to twist the cutter.\*
- 06 Place biscuits on a lined cookie sheet and bake for 12-15 minutes, until lightly golden.
- 07 Serve warm with the butter.
- 08 **For the Lemon Butter**
  - Whisk together the butter, lemon zest, and salt, honey, and thyme.
  - Place mixture on a piece of plastic wrap.
  - Gather together into a log shape and wrap with the plastic wrap, lengthwise.
  - Twist the end in different directions to tighten shape.
  - Refrigerate until solid.
  - Slice rounds off for serving.



# EVERYTHING BAGEL SOFT PRETZELS

*Looks like a lengthy recipe but the steps are easy.*

## INGREDIENTS

### For the Soft Pretzels

- 1 1/2 cups warm water
- 2 tablespoons light brown sugar
- 2 1/2 teaspoons active dry yeast
- 1/4 cup melted butter
- 480-540 grams all-purpose flour
- 1 1/2 teaspoons sea salt
- 1 egg + 1 tablespoon water
- 8 cups water + 1/3 cup baking soda

### Everything Bagel Seasoning

- 2 tablespoons sesame seeds
- 2 tablespoons black sesame seeds
- 1 tablespoon poppy seeds
- 1 tablespoon dehydrated garlic
- 1 tablespoon dehydrated onion flakes

### Sriracha Honey Mustard Sauce

- 1/4 cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons liquid honey
- 1 1/2 teaspoons sriracha or to taste
- pinch each of salt and pepper

## TIPS

- I weigh my flour and count each 120 grams as 1 cup.
- See the blog post for step by step photos of the dough and forming the pretzels
- <http://www.pipercooks.com/everything-bagel-soft-pretzels/>

## PREP TIME

- Prep | 15 min
- Cook | 25 min
- Rising time | 1 hour
- Servings | 8
- Calories | 290

# EVERYTHING BAGEL SOFT PRETZELS

...CONTINUED

## INSTRUCTIONS

- 01** In a large mixing bowl, stir together the warm water, yeast, and brown sugar. Let sit 8-10 minutes until foamy/frothy on top.
- 02** Add melted butter and stir. Add flour and salt. Mix together with a fork until the dough comes together in a ball.
- 03** Turn the dough out onto a lightly floured counter.
- 04** Knead the dough for a few minutes, by hand until it comes together in a smooth ball. This should be a soft dough, not a stiff dough.
- 05** Set the dough back into the mixing bowl, cover with plastic wrap, pressing it flat against the top of the dough, then cover the bowl with a towel. Let rise in a warm place, for about an hour or until doubled in size.
- 06** Set a large pot with 8 cups of water and 1/3 cup of baking soda over high heat, and bring to boil.
- 07** Prepare a sheet pan by lining it with a silicone baking mat.
- 08** Turn dough out onto a counter and divide it into eight pieces.
- 09** Roll each piece into a long rope, about 18-24 inches long.
- 10** Place the dough rope in a U shape. Twist the top of the dough twice. Fold over the twisted ends of the dough onto the U bend in the dough rope to form a pretzel shape. Pinch the ends into the bend in the dough.

# EVERYTHING BAGEL SOFT PRETZELS

...CONTINUED

## INSTRUCTIONS

**11** Once the water has come to a boil, carefully lower 2 – 3 pretzels into the water. Boil for about 30 seconds, flipping once. Place each boiled pretzel onto the sheet pan. Repeat with all pretzels.

**12** Whisk together the eggs and 1 tablespoon of water. Using a pastry brush, brush each pretzel with the egg wash.

**13** Sprinkle each pretzel with the Everything Bagel Seasoning mix. Sprinkle with your choice of salt. I used flaked sea salt on half, and large grain pink Himalayan on the other half. Larger grains of salt work well for pretzels.

**14** Bake at 450 for 20-25 minutes, or until dark golden brown and cooked through.

**15** **For The Everything Bagel Seasoning:**

Mix everything together and store in a container with a lid.

**16** **Sriracha Honey Mustard Sauce**

Mix everything together and whisk until smooth. Season with salt and pepper to taste. Store refrigerated, in a container with a lid.

## NOTES:

1. You can also form the dough into ropes and then cut them into pretzel bites instead of forming large typical pretzels.
2. Use whatever seasoning you prefer, or just salt. Try cinnamon sugar.



# FOCACCIA BREAD

*Simple base for focaccia bread. Add your favorite extras like olives or herbs.*

## INGREDIENTS

- 1 1/2 cups warm water (350 ml)
- 2 1/4 teaspoons active dry yeast
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 500 grams all-purpose flour (about 4 cups)
- cornmeal or semolina for dusting
- olive oil, to drizzle

## TIPS

- I weigh my flour and count each 120 grams as 1 cup.
- Optional: Add in some dried or fresh herbs when mixing the dough and on top. Scatter cheese on top before baking if you'd like.

## PREP TIME

- Prep | 10 min
- Cook | 20 min
- Rise | 30 min
- Servings | 12
- Calories | 147

# FOCACCIA BREAD

...CONTINUED

## INSTRUCTIONS

- 01 In the bowl of your stand mixer, stir together the warm water, yeast and sugar. Let sit a few minutes, until foamy.
- 02 Add the flour and salt and mix on medium until you have a smooth, slightly tacky dough that has come away from the sides of the bowl into a neat ball.
- 03 Sprinkle the bottom of a 12 inch cast iron pan with cornmeal or semolina. Stretch out dough and lay in the pan. Cover with a towel and let rise for half an hour.
- 04 Preheat oven to 400°F.
- 05 Using your fingers, push down little dimples all over the dough. Drizzle with olive oil.
- 06 Bake for 20 minutes, or until done.



# JACQUELINE PIPER

AUTHOR OF [WWW.PIPERCOOKS.COM](http://WWW.PIPERCOOKS.COM)

I cook and I bake and I share those recipes. I believe in fresh ingredients and homemade food and try to help others put healthy homemade and accessible dishes on the table for their families. My favorite saying is "We can make it!" (And also, "What's for dessert?" :D)



You can find all of the recipes in this book and more at my website: [www.pipercooks.com](http://www.pipercooks.com)



Calories: All calorie counts are an estimate based on an online calculator. They are not meant to be medical or dietary advice or facts.



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# WEEKLY MEAL PLANNER

WEEK OF: \_\_\_\_\_

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

BREAKFAST/LUNCH  
*ideas*

NOTES

write your weekly dinners above

# Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION