

Slow cooker | Serves 6  
Time: 4-6 hrs + prep  
time (10 mins)

## Ingredients

1 lb. boneless, skinless  
chicken breasts (about 2)

1 Tbsp extra virgin olive oil

1 clove garlic, chopped

1 tsp ground cumin

Salt & pepper (to taste)

1 15-oz. can white beans

1 15-oz. can chickpeas

1 12-oz. can (or frozen bag)  
sweet corn

1 4-oz. can green chiles

2 chicken bouillon cubes

Shredded Monterey Jack  
cheese (to taste)

## Directions

- 1 Brown the chicken breasts in the oil, garlic, and seasonings.
- 2 Once the chicken is browned, transfer it to a slow cooker.
- 3 Add all remaining ingredients to the slow cooker, except for the cheese.
- 4 Cook on low for 4-6 hours, or until chicken reaches a safe temperature (165 F).
- 5 Once chicken is cooked through, remove from the pot and shred with a fork.
- 6 Add shredded chicken back into the pot.
- 7 Add shredded cheese to the pot and stir to combine.
- 8 Cook for another 5 minutes or until cheese is melted.
- 9 Serve the soup with another sprinkle of cheese on top.
  - Other topping ideas: plain Greek yogurt, avocado slices, tortilla strips, fresh diced tomatoes, cilantro



## Notes

Use pre-shredded rotisserie chicken for a quicker, easier meal. Just skip the browning step.

For a **stovetop version**, add in 2 cups of low-sodium chicken broth after the chicken is browned. Add remaining ingredients, except the cheese, and bring to a boil. (Omit the bouillon cubes.) Cover, reduce to a simmer, and continue cooking until the chicken is done (165 F), about an hour. Top with cheese and enjoy.

Stovetop | Serves 4-6  
Time: 30 mins + prep  
time (10 mins)

## Ingredients

2 cups uncooked long grain  
white rice

Small amount of extra  
virgin olive oil (2 tsps or so)

1 lb. uncured, lean smoked  
sausage, diced

1 15-oz. can black beans  
(undrained)

½ cup canned crushed  
tomatoes

Low-sodium chicken broth  
(about ½ cup)

Salt & pepper (to taste)

2-3 tsps ground cumin

2-3 tsps garlic powder

1-2 tsps paprika

½ tsp ground mustard  
(optional)

Shredded medium cheddar  
cheese (for topping)

## Directions

- 1 Cook rice according to directions on bag, or use a rice cooker.
- 2 In a separate pot or pan, heat a small amount of olive oil on medium. Once heated, add smoked sausage (if using).
- 3 Once the sausage is charred, add in the remaining ingredients: black beans, crushed tomatoes, broth, and seasonings. Stir until mixed well.
- 4 Bring the bean mixture to slight boil, then reduce the heat, cover with lid, and allow to simmer for at least 15 minutes, up to 30 minutes.
- 5 After simmering, remove the lid, stir, and allow the mixture to sit, uncovered, for a few minutes. This helps to thicken the sauce.
- 6 Add to rice and enjoy. Optional: add a sprinkling of cheddar cheese.



## Notes

The meat is optional, but smoked sausage gives this dish extra flavor. Choose a lean, uncured variety if possible. You can also use turkey sausage or another meat if you prefer.

For bonus nutrients, add in extra veggies, such as frozen okra, when you add in the beans and other ingredients.

# AVGOLEMONO

(GREEK LEMON CHICKEN SOUP)

Stovetop | Serves 6  
Time: 45 mins + prep  
time (10 mins)

## Ingredients

2 Tbsp extra virgin olive oil

1 large onion, chopped

3 cloves of garlic, minced

4 cups low-sodium chicken  
broth

1 bay leaf

½ tsp salt

½ tsp black pepper

2 boneless, skinless chicken  
breasts

½ cup long-grain white rice

Juice from 1 lemon

3 eggs

¼ cup fresh dill, chopped  
(or 1-2 tsps dried dill)

## Directions

- 1 In a large pot or Dutch oven, heat olive oil on medium. Once hot, add onion and cook until soft and translucent, about 5 mins.
- 2 Add garlic and cook for another minute.
- 3 Add broth, bay leaf, salt & pepper, and chicken to the pot. Bring to a boil over medium-high heat. Cover and let simmer on low for about 20 mins.
- 4 Once chicken is cooked through, remove from the pot, shred, and add back in. Add the rice at this step, too. Cover and simmer on low-medium heat until the rice is cooked, about 20 mins.
- 5 Once the rice has cooked, remove the lid and discard bay leaf.
- 6 In a small bowl, whisk the eggs and lemon juice together. Take a ladle of the soup broth (about ½ to 1 cup) and slowly add to the egg mix. This helps cook the egg without scrambling it.
- 7 Once the broth is thoroughly mixed, add the egg mix into the soup pot. Stir to combine. Add dill to taste. Cook for an extra 5 minutes.
- 8 Serve with additional dill as a garnish, if desired.



## Notes

Use rotisserie chicken in place of the raw chicken to save on time and effort. Simply add it in when you add in the rice.

You can chop up the lemon peel and cook it alongside the onions for added flavor. Just remove before you add the rice, or when you remove the bay leaf.

# SIMPLE TURKEY CHILI

Stovetop | Serves 8  
Time: 45 mins + prep  
time (15 mins)

## Ingredients

1 ½ tsps olive oil

1 lb. ground turkey

1 onion, chopped

2 cups water

1 can crushed tomatoes  
(28-ounce)

1 can kidney beans -  
drained, rinsed, and  
mashed (16-ounce)

1 Tbsp minced garlic

2 Tbsps chili powder (or to  
taste)

½ tsp\* each of the  
following spices:

Paprika, dried oregano,  
ground cayenne pepper,  
ground cumin, salt, and  
pepper

\*or to taste

## Directions

- 1 Heat oil in a large pan over medium-high heat. Add turkey and brown, about 6 to 8 minutes.
- 2 Add onion and cook until soft.
- 3 Stir in water, tomatoes, beans, and garlic.
- 4 Add seasonings and stir until combined.
- 5 Bring to a boil, then reduce heat to low and let simmer for about 30 minutes.
- 6 Top with a sprinkle of cheese, fat-free plain Greek yogurt, or extra veggies (optional), and serve.



## Notes

You can use any bean and meat combo you like. Replace black beans with red beans, for example, or sub lean ground beef or ground chicken for the ground turkey.

Chili is also a great way to add or use up leftover vegetables. Get creative. Carrots, butternut squash, sweet potatoes, and other mild seasonal vegetables will mix in well while adding extra fiber and nutrients.

# EASY MINESTRONE SOUP

Stovetop | Serves 6-8

Time: 40 mins + prep  
time (25 mins)

## Ingredients

2 large carrots, diced

2 celery ribs, chopped

1 medium onion, chopped

1 Tbsp olive oil

1 Tbsp butter

2 garlic cloves, minced

2 cans low-sodium chicken  
broth (14.5 oz. each)

2 cans no-salt-added tomato  
sauce (8 oz. each)

1 can kidney beans, rinsed  
and drained (16 oz.)

1 can garbanzo beans or  
chickpeas, rinsed and  
drained (15 oz.)

1 can diced tomatoes,  
undrained (14.5 oz.)

1 ½ cups shredded cabbage

1 Tbsp dried basil

1 ½ tsps dried parsley

1 tsp dried oregano

½ tsp pepper

1 cup uncooked whole  
wheat elbow macaroni

## Directions

- 1 Heat a large pot to medium heat, then add oil and butter.
- 2 Add carrots, celery, and onion and cook until soft. Add garlic and cook 1 more minute.
- 3 Stir in all remaining ingredients except for the macaroni noodles.
- 4 Bring to a boil, then reduce heat, cover, and simmer for 15 minutes.
- 5 After simmering, add macaroni. Cook uncovered for 6 to 8 minutes, or until macaroni and all vegetables are tender.
- 6 Serve with a sprinkle of grated Parmesan cheese (optional).



## Notes

Use any kind of pasta you like. Chickpea pasta, lentil pasta, and other higher fiber pastas may boost the nutrition content. (Other pasta types may require more or less cooking time.)

Add in other vegetables to your taste, such as green beans.

# ONE POT LENTIL STEW

Stovetop | Serves 6  
Time: 20 mins + prep  
time (20 mins)

## Ingredients

1 ½ cups green lentils

Extra virgin olive oil

1 medium yellow onion,  
chopped

1 large carrot, chopped

2 celery stalks, chopped

1 small russet potato, diced

3-4 garlic cloves, minced

1 small zucchini, diced

A pinch of salt

A pinch of black pepper

1 can diced tomatoes (28  
oz.)

2 ½ cup water or low-  
sodium broth

1 cup chopped fresh  
parsley, stems removed (or  
dried parsley to taste)

Juice from half a lemon or  
lime

Seasonings to taste  
(optional):

Ground coriander

Ground cumin

Turmeric powder

Ground cinnamon

Cayenne pepper

## Directions

- 1 Wash and soak the lentils by putting them in a bowl and covering with water for about 10 minutes. Then drain.
- 2 In a large pot or Dutch oven heated to medium-high, add the olive oil (about 2 Tbsp).
- 3 Once oil is shimmery, add onions, carrot, celery, and potatoes, and cook for about 4 to 5 minutes. Stir often.
- 4 Add garlic and zucchini and cook for another 5 minutes, stirring often.
- 5 Add lentils and all seasonings (to taste), and toss to combine.
- 6 Add tomatoes and water (or low-sodium broth, if using).
- 7 Bring the mixture to a boil and let it boil for 5 minutes. Reduce heat to low, then cover and simmer for about 20 minutes. Stir occasionally. Add more liquid if needed.
- 8 Once the lentils and vegetables are tender, remove from heat and stir in parsley and lemon (or lime) juice.



## Notes

To serve, drizzle with olive oil. You can also add plain, nonfat Greek yogurt and/or avocado slices for added flavor and nutrients.

# MEDITERRANEAN WHITE BEAN SOUP

Stovetop | Serves 6  
Time: 25 mins + prep  
time (10 mins)

## Ingredients

1 Tbsp olive oil

1 large onion, chopped

2 garlic cloves, minced

3 large carrots, chopped

3 celery ribs, chopped

6 cups low-sodium  
vegetable broth

1 tsp dried thyme

1 tsp oregano

½ tsp salt (plus more to  
taste)

½ tsp black pepper (plus  
more to taste)

3 can white beans, drained  
and rinsed (15 oz. each)

5 oz. baby spinach

Grated Parmesan cheese  
for serving

## Directions

- 1 In a large pot, heat olive oil over medium-high heat.
- 2 Add onions and cook until translucent, about 5 minutes.
- 3 Add garlic, carrots, celery, and seasonings. Cook for another 2 to 3 minutes.
- 4 Stir in vegetable broth and beans. Bring to a boil, then reduce heat and simmer for about 15 minutes.
- 5 Stir in spinach and continue simmering for about 2 minutes or until the spinach wilts.
- 6 Remove from heat and serve, adding any extra seasonings as desired. Top with grated Parmesan, to taste.



## Notes

To boost the protein content, try adding in pre-cooked shredded chicken breast.

Use frozen diced vegetables to cut down on prep time and effort. You may even find a bag of mixed carrots, onions, and celery in your grocery store's frozen vegetable section.