

# Recipes for Buying in Bulk

**Items to buy in bulk:** dry rice, dry beans, dry pasta, oatmeal, grains and legumes, dried fruit, condiments, spices, chicken/vegetable stock, nuts, sugar, chicken, meat, olive oil, snack

## Middle Eastern Couscous with Dried Fruit (4 servings)-Food Network

### Ingredients:

|                              |                                 |  |
|------------------------------|---------------------------------|--|
| 2 tbs. olive oil <b>BULK</b> | ¼ tsp. ground cumin <b>BULK</b> | 1 ½ cups packaged couscous <b>BULK</b>         |
| ½ cup raisins <b>BULK</b>    | ½ tsp. cinnamon <b>BULK</b>     | 2 cups boiling water                           |
| 1 garlic clove, minced       | 1/8 tsp. coriander <b>BULK</b>  | ¾ tsp salt                                     |
|                              |                                 | ½ cup almonds, chopped or slivered <b>BULK</b> |

### Directions:

1. Heat oil in a saucepan. Add raisins, garlic, cinnamon, cumin, and coriander. Cook for 1 minute
2. Add couscous and 2 cups boiling water and salt. Stir, cover and remove from heat for 5 minutes.
3. Stir in almonds and serve.

## Minestrone Soup (4 servings)-Food Network

### Ingredients:

|   |                                |                                 |
|---|--------------------------------|---------------------------------|
| 3 cups vegetable or chicken broth <b>BULK</b> | 1 celery stock, chopped        | Salt and pepper <b>BULK</b>     |
| 1 can diced tomatoes <b>BULK</b>              | 1 cup onion, chopped           | 2 cups cooked pasta <b>BULK</b> |
| 1 can white beans <b>BULK</b>                 | 1 tsp. dried thyme <b>BULK</b> | 2 cups spinach, chopped         |
| 2 carrots, chopped and peeled                 | ½ tsp. dried sage <b>BULK</b>  | 4 tbs.. Grated Parmesan cheese  |

### Directions:

1. Heat 1 TBLS olive oil in a large pot. Cook onion, celery, and carrots until tender.
2. Mix in thyme, sage, salt and pepper, broth, tomatoes, and beans. Cover and cook on low for 1 hour.
3. Add pasta and spinach and cook for an additional 30 minutes.
4. Serve into bowls and sprinkle cheese on top. Serve.

## Chicken Fried Rice (4 servings)- Family Circle

### Ingredients:

|   |  |
|---|--|
| 3 eggs  | 1 (16oz.) Asian stir-fry frozen vegetables, thawed |
| Rice (cooked in Vegetable or Chicken broth) <b>BULK</b> | 1 can bamboo shoots, drained <b>BULK</b>           |
| 2 cups shredded cooked chicken <b>BULK</b>              | 2 tbs.. Soy sauce                                  |

### Directions:

1. Cook eggs in a nonstick pan with olive oil over medium heat. Remove and cut into pieces.
2. Prepare rice in pan (as instructed) with broth. Add chicken, vegetables, bamboo shoots and soy sauce during the last 7 minutes of cooking.
3. Add sesame oil and scallions. Take off heat and cover for 5 minutes. Serve.