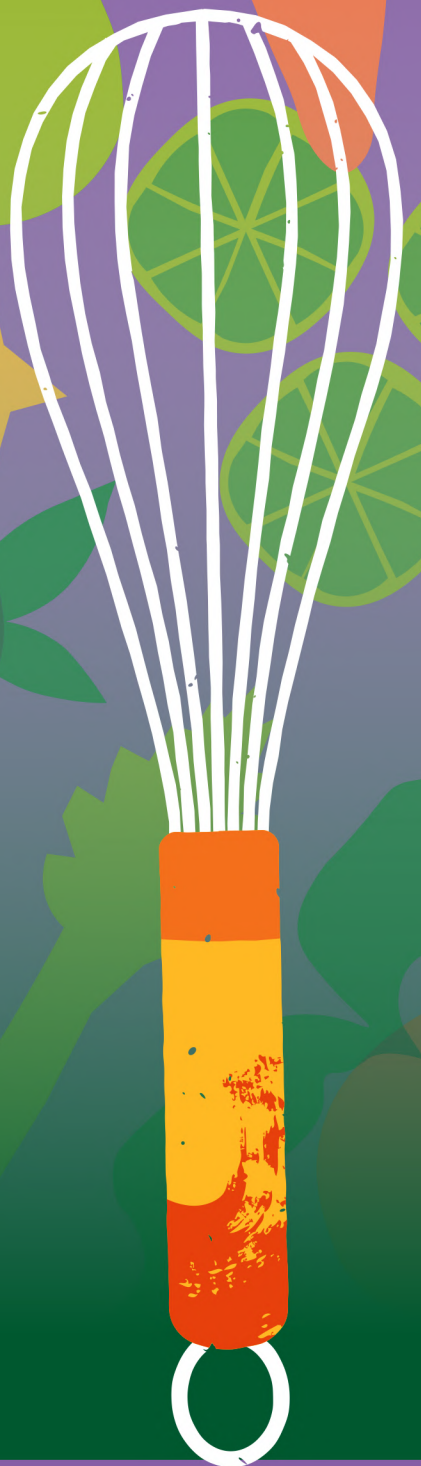
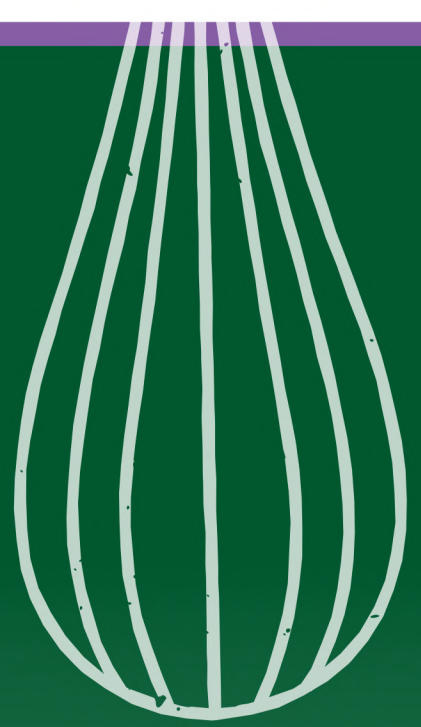


# RANDOM RECIPES



# WELCOME!

Welcome to Random Recipes, a mini-cookbook designed to help students fuel their bodies with delicious, nutritious meals, even during the busy and stressful times of midterms and exams.

The USC understands that students face many challenges when it comes to finding the time, money, and resources to cook healthy meals. We also recognize the important role that food plays in overall health and academic success. Which is where this cookbook comes in - to provide you with quick and easy recipes that are made with staple or easily accessible ingredients, some of which you may be able to pick up at Food Support Services.

We hope that this cookbook will inspire you to get creative in the kitchen, try out new recipes, and discover the joys of cooking for yourself. Whether you're a seasoned cook or a beginner, there's something in these pages for everyone.

This cookbook was made in collaboration with Food Support Services, a USC student service dedicated to relieving hunger among Western undergraduate students. With the rising costs of tuition, housing, childcare, and food, many students are struggling and Food Support Services provides essential support those who need it.

If you're in a position to give back, we invite you to donate to Food Support Services so that they can continue to support our Western community.

## HAPPY COOKING!





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# SPAGHETTI WITH LENTILS AND MARINARA

Prep time: 10 minutes  
Total time: 35 minutes

Cook time: 25 minutes  
Serves: 4



## Ingredients:

- ½ cup dry lentils (French green lentils or regular brown lentils), or 1 ½ cups cooked lentils (leftover or from a can, rinsed and drained)
- 1 large garlic clove, peeled but left whole
- ¼ teaspoon salt
- 2 cups vegetable broth or water
- 2 cups marinara sauce
- 8 ounces pasta
- Optional garnishes: grated Parmesan and/or chopped fresh basil



# SPAGHETTI WITH LENTILS AND MARINARA



1. To cook the lentils, first, pick through the lentils for debris and then rinse them in a fine-mesh colander.
2. In a small saucepan, combine the lentils, garlic, salt and broth.
3. Bring the mixture to a simmer over medium-high heat, then reduce heat to maintain a gentle simmer.
4. Simmer until the lentils are cooked through and tender, which will take somewhere between 20 to 35 minutes, depending on the age and variety of the lentils.
5. Drain the lentils, and set the pot aside, uncovered.
6. Meanwhile, bring a large pot of salted water to boil.
7. Cook the pasta until al dente, according to the package directions.
8. Drain, then return the pasta to the pot and set it aside.
9. Stir the marinara into the lentils and warm them together over medium heat.
10. Divide pasta into bowls, top with warm marinara and lentils, and garnish with Parmesan and/or chopped fresh basil, if you'd like. Serve warm.
11. Leftovers will keep well, covered and refrigerated, for up to 4 days.

Recipe modified from: [www.cookieandkate.com/hearty-spaghetti-with-lentils-marinara/](http://www.cookieandkate.com/hearty-spaghetti-with-lentils-marinara/)

# TOMATO SOUP

Prep time: 5 minutes  
Total time: 45 minutes

Cook time: 40 minutes  
Serves: 2-4



## Ingredients:

- 4 tablespoons unsalted butter
- ½ large onion, cut into large wedges
- 1 (28-ounce) can tomatoes, can obtain from the USC Food Support Services (in UCC Basement, Room 40F)
- 1 ½ cups water, low sodium vegetable stock, or chicken stock
- ½ teaspoon fine sea salt, or more to taste



# TOMATO SOUP



1. Melt butter over medium heat in a Dutch oven or large saucepan.
2. Add onion wedges, water, can of tomatoes with their juices, and 1/2 teaspoon of salt. Bring to a simmer.
3. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.
4. Blend the soup, and then season to taste.

## Notes

The soup doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender does make quick work of this, or you can use a blender. If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. We like to remove the center insert of the lid and cover it with a kitchen towel while blending — this helps to release some of the steam and prevents the blender lid from popping off (which can be a big, hot mess).

Recipe modified from: [www.inspiredtaste.net/27956/easy-tomato-soup-recipe/](http://www.inspiredtaste.net/27956/easy-tomato-soup-recipe/)

# FETTUCCINE ALFREDO

Prep time: 15 minutes

Total time: 30 minutes

Cook time: 15 minutes

Serves: 6



## Ingredients:

- 24 ounces dry fettuccine pasta (available at the FSS)
- 1 cup butter
- $\frac{3}{4}$  pint heavy cream
- salt and pepper to taste
- 1 dash garlic salt
- $\frac{3}{4}$  cup grated Romano cheese
- $\frac{1}{2}$  cup grated Parmesan cheese



# FETTUCCHINE ALFREDO



1. Bring a large pot of lightly salted water to a boil.
2. Add fettuccine and cook for 8 to 10 minutes or until al dente.
3. Drain.
4. Melt butter into cream in a large saucepan over low heat.
5. Add salt, pepper, and garlic salt.
6. Increase the heat to medium.
7. Stir in grated Romano and Parmesan cheese until melted and sauce has thickened.
8. Add cooked pasta to sauce and toss until thoroughly coated; serve immediately.

Recipe modified from: [www.allrecipes.com/recipe/23431/to-die-for-fettuccine-alfredo/](http://www.allrecipes.com/recipe/23431/to-die-for-fettuccine-alfredo/)

# TUNA PASTA SALAD

Prep time: 5 minutes  
Total time: 25 minutes

Cook time: 20 minutes  
Serves: 6-8



## Ingredients:

- 8 ounces small shells pasta , or your favorite bite-size pasta\* pasta not needed; can also use other grains, we recommend quinoa!
- 7 ounces canned tuna, packed in water, drained
- 2 ribs celery , chopped
- 1/4 cup red onion , chopped
- 1 cup frozen peas (or any frozen veggie, I like to use corn!)
- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- dried dill weed, to taste (OPTIONAL)
- salt and freshly ground black pepper, to taste



# TUNA PASTA SALAD



1. Cook noodles according to package instructions, until al dente. Drain.
2. In a large bowl add chopped onion and celery, peas, cooked pasta, and drained tuna.
3. In a separate bowl, mix the mayo and Greek yogurt.
4. Stir half of the sauce into the pasta mixture and toss to evenly coat.
5. Season with salt and pepper and dried dill, to taste.
6. Refrigerate pasta and remaining sauce separately, covered, for 30 min.
7. Stir in remaining sauce and serve immediately.

Recipe modified from: [www.food.com/recipe/simple-tuna-pasta-salad-64320](http://www.food.com/recipe/simple-tuna-pasta-salad-64320)

# NO BAKE ENERGY BITES

Prep time: 10 minutes  
Total time: 40 minutes

Cook time: 30 minutes  
Serves: 20 bites



## Ingredients:

- 1 cup of rolled oats
- 2/3 cup of peanut butter
- 2 tablespoons of raisins/chopped dates/chocolate chips
- 2 tablespoons of honey (optional)



# NO BAKE ENERGY BITES



1. In a bowl mix the oats, peanut butter, and raisins/cranberries/chocolate chips/chopped dates/honey until well combined.
2. Take a spoon sized amount, roll into a ball and place on a plate.
3. Place the balls in the refrigerator to make them less sticky.
4. Will keep for up to 2 weeks or can be frozen to last longer!

Recipe modified from: [www.allrecipes.com/recipe/245429/no-bake-energy-balls/](http://www.allrecipes.com/recipe/245429/no-bake-energy-balls/)

# BLACK BEANS AND RICE

Prep time: 10 minutes  
Total time: 35 minutes

Cook time: 25 minutes  
Serves: 6



## Ingredients:

- 1 cup uncooked long-grain white rice
- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped
- 1/2 green bell pepper, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 3 cloves garlic, minced
- 2 (16-ounce) cans black beans, rinsed and drained
- 2 tablespoons white vinegar
- Salt and pepper



# BLACK BEANS AND RICE



1. Cook the rice. It usually takes 15 minutes to cook once the water is simmering, and 10 minutes to sit and steam
2. Saute the onions, bell peppers, and garlic.
3. Heat oil in a large skillet on medium high.
4. Saute onions and bell peppers for 3 to 4 minutes, until just beginning to soften.
5. Then add garlic and saute a minute more.
6. Add beans and vinegar, then simmer. You can also add other spices or flavourings.
7. Reduce heat, cover , and let simmer for 5 more minutes.
8. Stir the rice and add salt and pepper. You can also add oregano, or cilantro if you like.

Recipe modified from: [www.simplyrecipes.com/recipes/easy\\_black\\_beans\\_and\\_rice/](http://www.simplyrecipes.com/recipes/easy_black_beans_and_rice/)



# RAJMA MASALA (KIDNEY BEAN CURRY)

Prep time: 15 minutes  
Total time: 75 minutes

Cook time: 60 minutes  
Serves: 4



## Ingredients:

- 1 tablespoon oil
- 1 onion diced
- ½ tablespoon ginger, grated or powdered
- ½ tablespoon garlic, minced or powdered
- 1 can (15oz) red kidney beans
- 1 can (15oz) crushed tomatoes
- ½ tablespoon cumin
- 1 tablespoon garam masala
- 1 teaspoon red pepper flakes (optional)
- Cilantro (optional)



# RAJMA MASALA (KIDNEY BEAN CURRY)



1. Soak kidney beans overnight in water. In the morning, drain the water.
2. Add oil, onions, ginger, and garlic to a large pan until cooked through.
3. Add kidney beans, tomatoes, cumin, garam masala, and red pepper flakes (optional) and cook for about 5 minutes or until heated throughout.
4. Plate and add cilantro for a flavorful topping.

## Notes

Pairs well with rice and/or naan!

Recipe modified from: [www.capitalareafoodbank.org/](http://www.capitalareafoodbank.org/)

# TANGY CHICKEN SALAD

Prep time: 10 minutes  
Total time: 15 minutes

Cook time: 5 minutes  
Serves: 4



## Ingredients:

- 1 can chicken (10 oz.), drained
- ½ jalapeño, remove seeds and mince (optional)
- 1 cup cherry tomatoes, quartered
- ½ cup cilantro, finely chopped
- 1 tablespoon lime juice
- 3 tablespoons mayonnaise
- 4 cups salad greens



# TANGY CHICKEN SALAD



1. In a medium bowl, mix the cilantro, lime juice, jalapeño, and mayonnaise.
2. Toss the chicken in the bowl with the mayo mixture.
3. Put greens on a plate, spoon on dressed chicken, and top with tomatoes.  
Serve this as a main course or make 4 servings for a side dish
4. NOTE: You can make this with roasted or sautéed chicken rather than canned. Add more jalapeño for extra heat.

Recipe modified from: [www.capitalareafoodbank.org/](http://www.capitalareafoodbank.org/)

# SPICY BIBIM GUKSU (COLD NOODLE SALAD)

Prep time: 20 minutes  
Total time: 10 minutes

Cook time: 30 minutes  
Serves: 6



## Ingredients:

- 8 oz thin noodles (soba, spaghetti, angel hair pasta)
- ½ medium cabbage (red or green), peeled or thinly sliced
- 1 small carrot, peeled or thinly sliced
- 1 small cucumber, peeled or thinly sliced
- 4 lettuce leaves, thinly sliced
- 2-3 tablespoons gochujang (or sracha)
- 2 tablespoons honey
- 2 tablespoons vinegar (rice or apple cider vinegar)
- 1 tablespoon soy sauce



# SPICY BIBIM GUKSU (COLD NOODLE SALAD)



1. Prepare noodles as directed on the package and let cool.
2. Chop or peel vegetables into small/thin pieces.
3. Mix together gochujang (or siracha), honey, vinegar, and soy sauce in a small bowl.
4. Combine noodles, vegetables, sauce and desired toppings and serve.

Recipe modified from: [www.capitalareafoodbank.org/blog/2019/06/09/bibim-guksu-spicy-cold-noodle-salad/](http://www.capitalareafoodbank.org/blog/2019/06/09/bibim-guksu-spicy-cold-noodle-salad/)

# PASTA WITH CHICKPEA SAUCE

Prep time: 30 minutes  
Total time: 60 minutes

Cook time: 30 minutes  
Serves: 4



## Ingredients:

- 1 tablespoon butter
- 1 - 2 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 tablespoon rosemary
- 2 cups canned chickpeas
- 2 tablespoon tomato paste
- Salt (to taste)
- Pepper (to taste)
- 1 cup pasta of choice



# PASTA WITH CHICKPEA SAUCE



1. In a medium skillet, melt the butter with olive oil.
2. Add the onion, garlic, and rosemary; cook until the onion is tender, about 3 minutes
3. Add the chickpeas, tomato paste, and salt; simmer for about 10 minutes.
4. Remove about 250mL (1 cup) of the chickpea mixture to a blender and puree
5. Return mixture to skillet, stir to combine, and heat through (do not continue to cook or it will thicken too much)
6. Toss with cooked pasta. Add pepper to taste.
7. Garnish with a few cubes of fresh tomatoes and a sprig of fresh rosemary and serve

Recipe modified from: [www.serious-eats.com/pasta-chickpea-sauce-recipe](http://www.serious-eats.com/pasta-chickpea-sauce-recipe)



# MIXED BEAN SALAD

Prep time: 20 minutes  
Total time: 30 minutes

Cook time: 10 minutes  
Serves: 4



## Ingredients:

### Salad

- Canned black beans, drained
- Canned kidney beans, drained
- Canned chick peas, drained
- Canned corn, drained
- 1 Red onion, chopped
- 1 Red pepper, chopped
- 1 Celery stalk, chopped

### Dressing

- 1 ½ teaspoon dried basil
- 1 ½ dijon mustard
- 1 garlic clove, finely minced
- ¼ cup parsley
- ¼ cup cider vinegar
- Salt and pepper (to taste)
- 2 tablespoons vegetable oil



# MIXED BEAN SALAD



1. Prepare the ingredients as mentioned
2. Combine salad ingredients in a bowl
3. In another bowl, combine all dressing ingredients except oil
4. Using whisk, gradually mix oil into dressing ingredients
5. When finished, pour dressing over bean mixture and toss

Note: If you'd like, you can let this marinate 2 hours before serving

Recipe modified from: [www.simplyrecipes.com/recipes/three\\_bean\\_salad/](http://www.simplyrecipes.com/recipes/three_bean_salad/)

# GREEN BEAN CASSEROLE

Prep time: 10 minutes  
Total time: 25 minutes

Cook time: 15 minutes  
Serves: 6



## Ingredients:

- 2 (14.5 ounce) cans green beans, drained
- 1 (10.5 ounce) can condensed cream of mushroom soup
- 1/2 cup shredded Cheddar cheese (optional)
- 1 (6 ounce) can french-fried onions (optional)



# GREEN BEAN CASSEROLE



1. Preheat the oven to 350 degrees F (175 degrees C).
2. Mix green beans and condensed soup together in a large microwave-safe bowl until well combined. Microwave on high until warm, 3 to 5 minutes.
3. Transfer mixture to a casserole dish and spread evenly over the bottom. Optionally, sprinkle French-fried onions and cheddar cheese over top
4. Bake in the preheated oven until cheese is melted and the onions are just turning brown, about 10 minutes.

Recipe modified from: [www.allrecipes.com/recipe/18379/best-green-bean-casserole/](http://www.allrecipes.com/recipe/18379/best-green-bean-casserole/)

# EGGLESS SALMON PATTIES

Prep time: 10 minutes  
Total time: 25 minutes

Cook time: 15 minutes  
Serves: 6 patties



## Ingredients:

- 1 (15 ounce) can of Salmon
- 12 crushed saltine crackers (can substitute with breadcrumbs)
- ½ cup of chopped onions (red, white or yellow)
- Black Pepper (to taste)
- Salt (to taste)
- Herbs of your choice (optional)
- 1 tablespoon of vegetable oil



# EGGLESS SALMON PATTIES



1. Saute onions in a skillet
2. Drain salmon and place in a bowl
3. Add the sautéed onions and the rest of the ingredients into the bowl
4. Now that all the ingredients are in the bowl, mix them well. Use a fork to mix the ingredients together.
5. When it's all mixed, use your hands to get some of the mixtures and shape them into patties. (try not to over mix)
6. Preheat the skillet over medium to medium-high for about a minute then add in your oil
7. Cook the patties for around 2-3 each side

## Notes

Before cooking, refrigerate patties for about 10 minutes to keep them firm.

Recipe modified from: [www.lovekitchentoday.com/how-to-make-salmon-patties-without-eggs/](http://www.lovekitchentoday.com/how-to-make-salmon-patties-without-eggs/)