



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 4 Recipes

Vivacious Veggie Broth

- **Prep time:** 5 minutes
- **Pressure Cooker time:** 15 minutes - plus pressure build and release time
- **Stovetop Cook time:** 45 minutes
- **Yields:** About 6–8 cups

Ingredients:

- **1 - 2** onions, washed and roughly chopped
- **3 - 5** carrots, washed and cut into 2-inch chunks
- **3 - 5** stalks of celery, washed and cut into 2-inch chunks
- **8 - 12 cups** of water



Primary Method: The Pressure Cooker

1. **Load:** Put the chopped onions, carrots, and celery into the pressure cooker.
2. **Fill:** Pour in the 8 - 12 cups of water.
 - ⚠️ **Safety Tip:** Never fill pressure cooker past the "Max Fill" line when making liquids, as it needs room to build pressure safely!
3. **Lock & Cook:** Secure the lid and ensure the steam release valve is set to the **Sealed** position. **Pressure Cook on HIGH for 15 minutes.**

4. **Cool Down:** Once the timer goes off, let the pressure release **naturally**. This prevents hot broth from spraying out the valve.
5. **Strain:** You're ready to roll. Use within a few days or freeze.

Alternate Method: The Stovetop

If you don't own a pressure cooker, you can easily make this the traditional way:

1. **Toss:** Put the onions, carrots, and celery into a large stockpot.
2. **Fill:** Pour in the 8 - 12 cups of water - make sure the veggies are comfortably submerged.
3. **Simmer:** Bring the pot to a boil over high heat. Then reduce heat to low, cover with a lid, and simmer gently for **45 minutes**.
4. **Strain:** Carefully pour the contents through a strainer into a large heat-safe bowl, pressing the veggies to extract maximum flavor.

Lentil-icious Garden Soup

- **Prep time:** 10 - 15 minutes
- **Cook time:** 15 minutes for red lentils, 20 - 25 minutes for brown, and 30 - 45 minutes for green and black
- **Yields:** 4-6 servings

Ingredients:

- **1 cup** red, brown, or green lentils (rinsed and picked over)
- **1 medium** red onion, diced
- **2 medium** carrots, diced
- **2 stalks** celery, diced
- **3 cloves** garlic, minced
- **1 teaspoon** ground cumin
- **1 teaspoon** smoked paprika
- **1 teaspoon** dried oregano
- **2 cups** tomatoes, diced (with their juices) - **or 1 can (14 oz)** diced tomatoes (with their juices)
- **4 cups** *Veggie Broth*

- **2 cups** tightly packed fresh spinach or chopped kale
- **Black pepper** to taste - (Salt to taste, optional)
- **1 splash** of fresh lemon juice (added at the very end)

Instructions:

1. **Sauté:** Heat a large soup pot over medium heat. Add the onion, carrots, and celery. If they start to stick, add 1 or 2 tablespoons of water. Sauté for 5 minutes until soft, adding a splash more water if needed.
2. **Spices:** Add the minced garlic, cumin, smoked paprika, and oregano. If using fresh tomatoes, add them now. Stir constantly for 1 - 2 minutes until fragrant.
3. **Simmer:** Pour in the rinsed lentils, diced tomatoes (if using instead of fresh), and veggie broth. Bring to a boil, then turn the heat down to low, cover with a lid, and simmer for 15 to 45 minutes - depending on lentil variety - until lentils are tender.
4. **Finish:** Stir in the spinach or kale during the last minute of cooking. Turn off the heat, stir in a squeeze of fresh lemon juice, and season with pepper and more of any of the other seasonings you'd like.



Ingredient Alternatives:

- **Instead of the spice blend:** Swap the cumin, paprika, and oregano for 1 tablespoon Italian seasoning, or shift the flavor profile completely by using 1 tablespoon of curry powder.
- **Add any of the following:** Corn, mushrooms, diced potatoes, or diced sweet potatoes. Add them at the same time as the lentils
- **Instead of spinach/kale:** Try chopped Swiss chard, bok choy, or finely chopped broccoli florets.
- **Instead of lemon juice:** Use lime juice, apple cider vinegar, red wine vinegar, or white wine vinegar

No Fuss Navy Beans

Cooking soaked beans from scratch in a pressure cooker is a money and a health saver—no added sodium, no chemical can-liners, just pure, creamy goodness.

- **Soak time:** 8–12 hours (overnight)
- **Prep time:** 5 minutes
- **Cook time:** 10 minutes on High Pressure
- **Release time:** 15 minutes natural release

Ingredients:

- **1 cup** dry navy beans - soaked overnight and thoroughly rinsed
- **Water** - cover the beans by about 1.5 to 2 inches

Instructions:

1. **Prep:** Soak the beans overnight in a bowl of water. Before cooking, drain and rinse under cold water.
2. **Load:** Put the rinsed, plump navy beans in the pressure cooker insert.
3. **Pour:** Add fresh water until it sits about 1.5 to 2 inches above the top of the beans.
4. **Lock & Cook:** Secure the lid and switch the valve to **Sealing**. Set the pressure cooker to **High Pressure for 9 - 10 minutes** (follow the instructions for Navy beans in your device).
5. **Natural Release:** Let the cooker release pressure naturally. A "quick release" on beans can cause the water inside to boil violently, which makes the beans explode and turn to mush. A slow, natural release keeps them beautifully whole and intact!
6. **Drain & Serve:** Strain the beans and enjoy.

Ingredient Alternatives & Tweaks:

Instead of Navy Beans: Use Great Northern beans or Cannellini beans. (Great Northern will cook in the exact same 10 minutes; large Cannellini beans might need 12–13 minutes). This method also works perfectly for **Black Beans** (cook for 10–12 minutes).

Smooth Sailing Navy Hummus

Using navy beans creates an incredibly silky, "smooth sailing" texture that mimics traditional chickpea hummus but blends up much faster and lighter.

- **Prep time:** 5 minutes
- **Cook time:** None
- **Yields:** About 1.5 cups

Ingredients:

- **1 can (15 oz)** navy beans, rinsed and drained
- **2 tablespoons** tahini (made with 100% sesame seeds)
- **3 tablespoons** fresh lemon juice (about 1 large lemon)
- **1 clove** of garlic, roughly chopped
- **1/2 teaspoon** ground cumin
- **For Serving:** A dust of smoked paprika, plus fresh cucumber slices, carrot sticks, celery, and bell pepper strips.

Instructions:

1. **Load the Blender:** Toss the drained navy beans, tahini, lemon juice, garlic, cumin into a food processor or high-speed blender.
2. **Blend Until Silky:** Process on high for 1 to 2 minutes. Stop and scrape down the sides of the bowl with a spatula.
3. **Adjust the Texture:** If the hummus is too thick to dip, add a splash of water and continue blending until smooth.
4. **Garnish & Serve:** Scoop into a serving bowl, dust the top with smoked paprika for color, and serve with colorful raw veggie sticks.

Ingredient Alternatives:

- **Instead of navy beans:** Use Cannellini beans or Great Northern beans - both keep that ultra-creamy texture. You can also use traditional chickpeas, though it will require a bit more blending to get it perfectly smooth.

- **Instead of tahini (Sesame Allergy/Low Fat):** Swap the tahini for 2 tablespoons of sunflower seed butter, cashew butter, or 1/4 of a ripe avocado.
- **Fun Flavor Variations:** * *Zesty Herb:* Blend in a handful of fresh dill, parsley, or basil.
- *Smoked Red Pepper:* Throw in 1/2 cup of oil-free roasted red peppers (from a jar) and a bit extra smoked paprika.

You can do it when you make it fun!