



Recipes to Make When You Really Don't Feel Like Cooking

Created For Cornell Students,
By Cornell Students



Produced for The Sophie Fund
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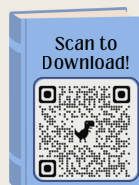




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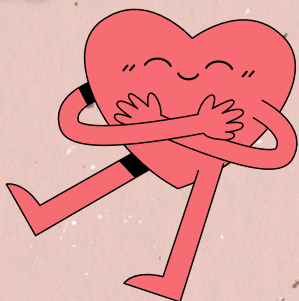
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Chickpeas and Rice

Ingredients

- Canned chickpeas
- Diced or sliced veggies (broccoli, cauliflower, carrots, mushrooms)
- Bell peppers
- Onion
- Milk or nut beverage
- Peanut butter
- Turmeric (or curry powder)
- Salt
- Cumin
- Black pepper
- White rice



“This is a recipe I came up with one day when I felt like my heart needed a hug...

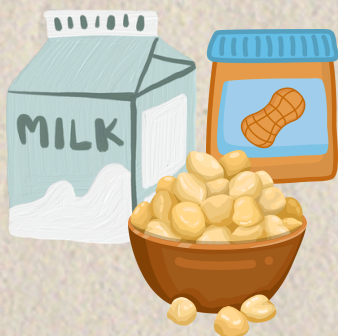
I started putting together ingredients I had at home and improvised the whole thing. The way I felt after taking my first bite was exactly what I expected.

It's quick, easy, and cozy.”

—Daniela

Cooking Instructions:

1. Pan-fry bell peppers and onions, add sliced veggies, add seasonings, stir-fry for a couple of minutes.



2. Add the canned chickpeas (previously strained and washed). Once the chickpeas are in, add peanut butter (to taste), and lastly add the milk (enough to make it brothy, not soupy).

Did you know?

Chickpeas are REALLY good for you!
They contain a lot of vitamins and minerals that keep your gut, heart, and brain healthy.



Cooking Instructions (continued):

3. Stir and taste before adding more seasoning to taste.

4. Cook rice in a rice cooker or in a pot if you don't have a rice cooker.



To cook rice in a pot:

1. Add 1 cup of rice and 1 1/2 cups of water, and let it simmer.

2. Once it simmers, put the lid on.

3. After 2 minutes, you can turn the burner off. Let it rest and don't take the lid off.

5. Once you have your rice and your chickpeas ready, serve the rice and add the chickpeas on top.

...Et Voilà! Enjoy!

While you wait for your rice to rest, you deserve to rest too! Relax and read a few pages of your favorite book or take a moment to be proud of your cooking.



Miso-Basil Ground Turkey Rice Bowl

Ingredients:

- 1 lb ground turkey (or beef)
- 3 cloves garlic
- 1 medium onion
- 1-1.5 tbsp white miso
- 1 handful fresh basil leaves
- 2 tsp fish sauce
- 2 tsp soy sauce
- 1-1.5 tsp sugar/honey, vegetable of choice
- instant rice

"Instant rice, jarred garlic, jarred basil, onion powder are fine substitutions when time and energy are limited!"



Cooking Instructions:

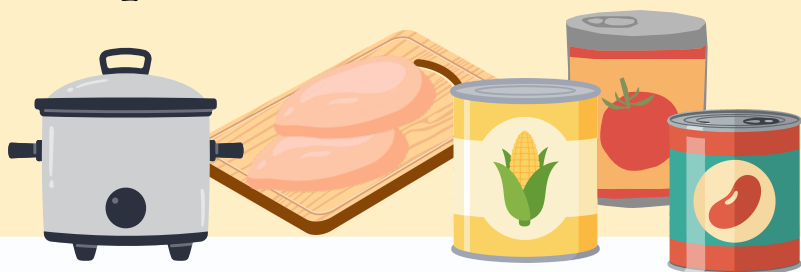
1. Prepare your instant rice.
2. Brown the ground meat in the pan on ~medium-high heat.
3. Add minced garlic and diced onion, sauté until onions semi-translucent.
4. Dissolve miso in hot water, add to pan.
5. Cook to reduce water if needed.
6. Add fish sauce, soy sauce, sugar/honey to round out the umami/salt.
7. Mix.
8. Add fresh basil leaves and mix; they'll cook fairly fast.
9. Steam a vegetable on the side for fiber. (You can microwave frozen vegetables too!)



DID YOU KNOW?

Frozen veggie have just as many vitamins and nutrients as fresh vegetables!

Crockpot White Chicken Chili



Ingredients :

- 1 ½ - 2 lbs. boneless skinless chicken breasts (or thighs)
- 1 cup chicken broth, plus an extra 1-2 cups to thin the chili at the end
- 1 10 oz. can of diced tomatoes with green chilies, not drained
- 1 15.25 oz. can corn, drained
- 1 16 oz. can navy beans, drained and rinsed
- 1 ounce packet dry ranch seasoning mix
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp onion powder
- 8 ounces cream cheese, softened at room temperature and cubed
- *Optional for serving: chips or cornbread; sliced green onions; sour cream; cilantro; grated cheese

"I love this recipe because you can throw everything in a crockpot and go about your day. Also, you can choose your favorite toppings!"

Cooking Instructions :

1. Layer in the Crockpot: Add the chicken first, then pour in the broth, tomatoes with chilies, beans, corn, and seasonings.

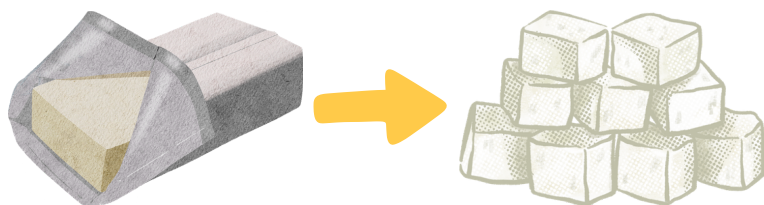


2. Let it Cook: Cover and cook on low for 6–8 hours or on HIGH for 3–4 hours.

3. Shred the Chicken: Remove the chicken from the pot, shred with two forks, and return it to the slow cooker. Stir to combine.

4. Stir in the cubed cream cheese, cover, and let it melt for about 10 minutes. Stir again until smooth (use a whisk, if necessary).

**Quick Note: For best results, make sure the cream cheese is softened to room temperature and add it after the chicken is cooked.*



Cooking Instructions (continued) :

5. Taste and adjust: Check the seasoning, adding more salt, pepper, or spice if needed. Once it's creamy and flavorful, you're ready to serve.

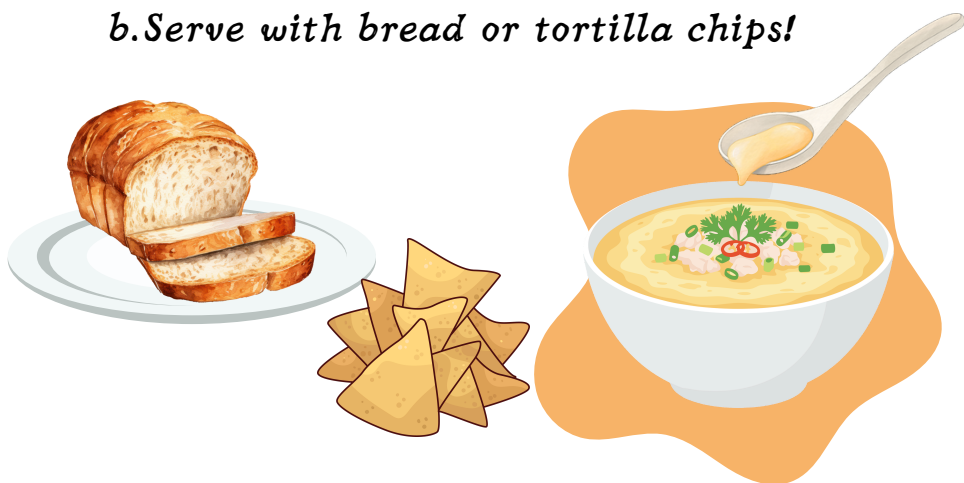
a. Add additional toppings if you'd like to:

i. Shredded cheese

ii. Sour cream or Greek yogurt

iii. Fresh cilantro, sliced green onions, diced avocado

b. Serve with bread or tortilla chips!



Things you can do while you wait for your chili to finish cooking:

- 1. Listen to some music.***
- 2. Draw a silly doodle.***
- 3. List three things you are grateful for.***
- 4. Stretch or do some yoga.***
- 5. Call a friend and tell them how excited you are to enjoy this chili.***

BAKED FETA

INGREDIENTS:

- 1 block feta cheese
- 1 jar sundried tomatoes
- Your favorite kind of bread or pita chips
- Salt, pepper, red pepper flakes and any other desired seasonings to taste



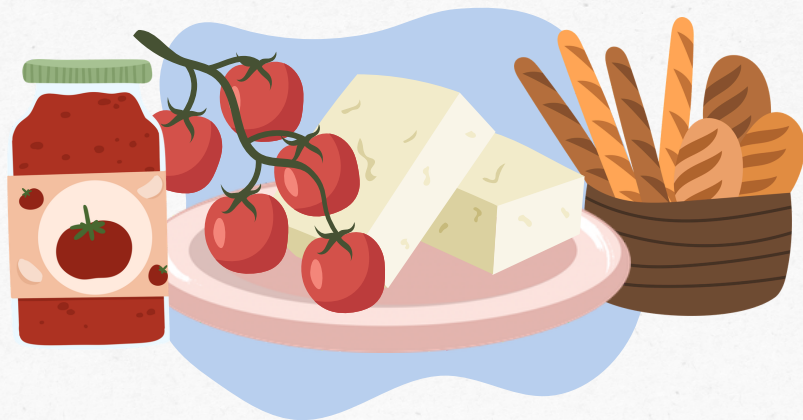
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“ I love making this recipe on a cold day. It’s quick and easy for times when I’m tired but want a nice warm meal at the end of the day. I hope it warms your day too! :)”

”

COOKING INSTRUCTIONS:

1. Preheat the oven to 400F.
2. In any baking dish you've got, line the dish with parchment paper.
3. Add in your block of feta to the middle of the dish.
4. Surround the feta with sundried tomatoes in their oil.
 - a. Optional: you can also add whole roma tomatoes and/or slices of onion if you have them.
5. Top with the seasonings.
6. Cook in the oven for about 15–20 minutes.
7. Eat with crusty bread and/or pita chips!



Broccoli and Cheddar Soup

Ingredients:

- 2 tbsp Chicken Better than Bouillon paste
- 2 tbsp Vegetable Better than Bouillon paste
- 4-5 cups of warm water
- 5 tbsps of flour
- 5 tbsp butter
- 2 tbsp of olive oil
- 2 diced yellow onions
- 2-3 cloves of garlic diced
- 2 12 oz. bags of frozen broccoli
- 1 10 oz. bag of shredded carrots
- 1 16 fl oz. of heavy whipping cream
- 1 block of cheddar
- 1 block of extra sharp cheddar
- 1 sprig of rosemary
- 1 large bay leaf
- 1-2 tbsp of Dijon mustard (if you like mustard use more, if not use less)
- Salt to taste black pepper to taste



Prep:

1. Mix the warm water with stock paste and mustard.
2. Dice yellow onions and garlic.
3. Grate cheese.

Cooking Instructions:

1. In a heavy bottom pot or dutch oven, add oil and butter over medium heat.
2. Add diced onions to pot and cook till slightly clear (10-15 minutes).
3. Add diced garlic to pot and cook for 2 minutes until fragrant.
4. Add flour and cook for 5 minutes to remove the raw taste of flour.



"This is an **incredibly easy** and **inexpensive** recipe! **A single serving is less than a dollar!** I love making this recipe to share with friends and neighbors, and it can get you through a week."

-Alex

Cooking Instructions (continued):

5. Add stock and mustard slowly to the onion, garlic, and flour; add the stock slowly and the mixture will reach a "heavy cream" consistency.
6. Add broccoli, shredded carrots, rosemary, and bay leaf; simmer until broccoli and carrots are tender (20-30 minutes).
7. Turn off the heat, and add in the container of cream.
8. After adding the cream, add the cheese slowly to incorporate into the soup.
9. Continuously stir soup to melt cheese.
10. Enjoy with crusty bread!



"This soup freezes soup-er well! You can **keep it in the fridge for up to a week or freeze it for up to 3 months.**"

The soup will be very hot! Be careful, and remember to take a deep breath in and blow on your soup before taking each sip.

"Boosted" Ramen

Recipe Ingredients:

- *A pack of instant ramen*
- *Pre-washed baby spinach, kale, or other green veggie*
- *Protein of choice*
 - *examples: egg, tofu, canned fish*
- *Optional toppings*
 - *Kimchi, cheese slice, scallions/green onions*



Cooking Instructions:

1

Boil a little extra water (1/2 cup or so) more than what the package says.

When the water boils, add two handfuls of greens, topped with the noodles and flavor packet.

2

Use your chopsticks/cooking utensil to create a spot in the pot for the egg.

Crack the egg into it (make sure it's in the boiling water!).

3

Cook for 3 minutes for a runny yolk, or cook longer if you prefer a more solid yolk.

Remember to put perishables back in the fridge!



4

Finally, add tofu to cool down the soup. (If you don't want tofu to cool down the soup, add it earlier!)

5

Add any toppings you'd like (scallions, canned tuna, cheese slice, etc.) and enjoy!

"This is my go-to compromise recipe. It's a great way to add some healthy components to something you might be eating because you are going through some stuff and you just want some instant noodles.

You're adding all the goodness from greens (vitamins, minerals, fiber, etc.), making sure you get your protein, and diluting the sodium."

-Hiroko

Tip: Try to chew your food thoroughly!

Take your time to enjoy your meal and be present with your food to promote digestion and mindfulness.



GARLIC SOUP

Ingredients:

- 2 tbsp olive oil
- 2 tbsp butter
- 4 medium onions, chopped
- 2 cups garlic cloves, chopped
- 2 quarts chicken stock or broth
- 1/2 loaf day-old French bread, cut into chunks
- 1 bundle of herbs:
 - 6 parsley stems
 - 9 sprigs fresh thyme OR 1/2 tsp dried
 - 1 dried bay leaf
- 1 1/2 tsp kosher salt
- 2 cups Half & Half
- 1/4 tsp black pepper
- croutons (optional)



Cooking Instructions:

1. Heat oil and butter in a large, heavy-bottomed pot or Dutch oven over low heat until the butter has melted.
2. Add onions and garlic, then cover the pot.
3. Stir occasionally until onions and garlic are soft and golden (about 30 minutes).
4. Remove the lid, and set to medium heat, and keep cooking until deep golden. Stir frequently (about 10 minutes).
5. Add the stock, bread, herb bundle, and salt to the pot.
6. Bring to a boil, then reduce heat and simmer for 15 minutes.



Cooking Instructions (continued):

7. Remove the herb bundle and throw it away.
8. Let the soup cool a bit.
9. Blend it in a blender or food processor in small batches.
10. Strain the soup back into the pot.
11. Add Half & Half and pepper.
12. Bring back to a boil.
13. Cool before serving with croutons or bread, if you like!



“

“I make this soup with my parents every fall. It's delicious, creamy, and so comforting!”

-Shelby

”

The soup will be very hot! Be careful, and remember to take a deep breath in and blow on your soup before taking each sip.

TEDDY'S GNOGCHI RECIPE

INGREDIENTS:

- PACKAGED GNOGCHI
- SEASONINGS
 - OREGANO, PEPPER,
BASIL, WHATEVER YOU
LIKE!
- OLIVES
- POMEGRANATE SEEDS
- RAISINS
- HONEY



COOKING INSTRUCTIONS:

1. BOIL GNOCCHI FOR AROUND 3 MINUTES.
2. ADD YOUR SEASONINGS.
3. TOP WITH OLIVES, POMEGRANATE SEEDS, AND RAISINS.
4. FINISH WITH A GLAZE OF HONEY.
5. ENJOY!



WHAT ARE SOME OF
YOUR FAVORITE
SEASONINGS?

Acknowledgement & Resources

A **huge** thank you to everyone who submitted recipes for The Sophie Fund's "Recipes to Make When You Reeaally Don't Feel Like Cooking" cookbook!

Thank you to everyone who viewed the cookbook and gave some of these recipes a try (or are about to!).

If you would like to submit a recipe for future editions of this cookbook, please scan or click the QR code below.



<https://tinyurl.com/yty4tnd2>

If you or someone you know is struggling, please call 988 for the Suicide and Crisis Lifeline.



For mental health resources, scan this QR code or visit <https://thesophiefund.org/my-mental-health-resources/>

