Easy Recipes for Cooking in Your SRO.

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Introduction: This cook book was inspired and created by the people who live and work in the Tenderloin neighborhood. After the Food Justice Forum in September 2018 that was centered around the question, “What does a healthy Tenderloin look like?” We learned that residents weren’t cooking available healthy food for two reasons:

1. Residents didn’t have full kitchens to cook in and
2. Residents didn’t know how to cook the available healthy food.

This cook book and the subsequent SRO cooking class is a direct response to those concerns raised from our September forum.

With invaluable input from resident leaders at Glide and Central city SRO collaborative, and with input from community organizers at TNDC, the Healthy Corner Store Coalition sought out recipes that were quick to make, filling, cheap, and healthy.

Inspired by the community and influenced by resident leaders this cook book is truly a result of the community working together to make our neighborhood a more healthy place for everyone.

Insider Tips for Coffee Pot Cooking

Fish and vegetables:
Total cost: $4.91 for canned mackerel (3 filets) and medium broccoli stock.
Cook time: 30 minutes
Fullness: High–Very High
Purchased from: Amigos market on Leavenworth and Ellis.
Servings: 1 with extra fish
Tips: The fish is easy to get out if you pour the water out of the coffee pot with the lid down and then slide the fish onto the plate. Using tongs or your hand will break the fish into pieces.

Oatmeal:
Total cost: $4.49 for: 18 ounce container of quick oats.
Cook time: 5 minutes
Fullness: High
Purchased from: Dalda’s on Eddy and Taylor. I added one pack of sugar to sweeten.
Servings: One 18 ounce container will give you 13 servings
Tips: Add peanut butter to fill up.

Soft boiled eggs:
Total cost: $2.00
Cook time: 30 minutes
Fullness: Medium
Purchased from: Dalda’s on Eddy and Taylor.
Servings: 6 pack of eggs will give you 3 servings.
Tips. Let the eggs cook for a minimum 25 minutes or the yolks will be too soft.

Noodle soup:
Total cost: $1.84 for: 2 jalapenos for flavoring (I only used one) 1 tomato, 1 ramen pack, and 1 medium squash.
Cook time: 20 minutes
Fullness: Very high
Purchased from: Radmans on Turk and Jones.
Servings: 1 very large serving or 2 medium servings.
Tips: I used steak seasoning from the pantry and a jalapeno to add heat.
Soft Boiled Egg

**Ingredients:**
- 2 eggs
- Salt
- Pepper
- 3 cups of water
- Bread (optional)

**Instructions:**
1. Wash eggs.
2. Put the eggs in the coffee pot.
3. Fill the reservoir with three cups of water.
4. Turn the coffee maker on and let the water fill up the pot so the eggs are submerged (about 3-4 minutes). The water will heat up and start to cook the eggs.
5. Let the eggs cook for about 25 minutes.
6. Take eggs out and carefully let cool for 2-3 minutes. Break the top of the egg off with a metal spoon. Season and enjoy.

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Microwave and Coffeepot Safety

Microwave safety tips:
- Never put any sort of metal or tinfoil in the microwave. Dangerous sparks will occur.
- Microwaving in plastic containers can be very dangerous. Salad containers, water bottles, yogurt tubs and most takeout containers can leach plastic into your food.
- Never put long necked bottles in the microwave. Liquids will erupt out of and can burn.

Coffee Pot Safety Tips:
- Always turn your coffee pot off when there is nothing in it. The pot could crack if empty and sitting on the hot plate.
- The hot plate is HOT. Be very careful not to burn yourself.
- Unplug and let cool for a few minutes before cleaning.

Noodle Soup

Ingredients:
1 package ramen noodles
Throw the seasoning packet away. It is very bad for you.
1 pack taco seasoning (better for you)
Soup ingredients: Your choice. Cooked meat, broccoli, carrots, tomato, onion, squash, cilantro are all good topics.
Seasoning: Your choice. Jalapenos, soy sauce, chopped garlic or onion, paprika, steak seasoning or taco seasoning.

Instructions:
1. Chop your vegetables into small pieces
2. Take out basket where coffee grounds will go and add chopped vegetables. Fill up halfway. This will be where you steam your vegetables.
3. Add the maximum amount of water into the coffee maker’s reservoir (the back part). Turn the coffeemaker on and let the hot water go into the coffee pot as if you were making coffee. This will steam your veggies. Mix up the vegetables with a fork to ensure they steam even.
4. Poor water out of coffee pot.
5. Place noodles in coffee pot and add seasoning.
6. Poor four cups of the water into the coffee makers reservoir.
7. Keep the vegetables in the basket (it takes two cycles to steam-cook them).
8. Let the noodles sit in the coffee pot with the water for about 3 minutes.
9. Combine noodles with your steamed vegetables and soup ingredients. Turn off coffee pot. Enjoy!
Oatmeal

Ingredients:

- 1/2 cup of oats
- Toppings. (Banana’s, berries, peanut butter, sugar, cinnamon, milk)

What ever you like! Mixing peanut butter is a good option for a filling dish.

Instructions:

1. Put 1/2 cup of oats in the coffee pot.
2. Poor one cup of water in the reservoir (in the back). You need the water to just cover the oats.
3. Turn on the coffee pot. The hot water will fill up the pot and cook your oatmeal.
4. For instant oats, this will take about 2 minutes. If you are using "old fashion" oats, it may take 4 to 10 minutes.
5. Turn off coffee pot and enjoy.

Food storage! This is important!
Storing your food improperly can lead to bacteria that can make you sick. Here’s some tips that will prevent that from happening:

- Put food that can go bad (dairy, meat, fish etc...) into a refrigerator within two hours of buying.
- Always securely wrap meats and fish in order to prevent juices from leaking and contaminating other foods.
- Store meats and fish at the bottom of your refrigerator.
- Canned food should be stored in cool dry places.
- Bananas, apples, potatoes, garlic and some other fruits and vegetables can be stored outside the fridge in cool dry places.
General Food Safety

♦ Always wash your produce. You don’t know how your produce got to you. Many people have touched your veggies, there could be leftover pesticides, boxes could have dropped and spilled. Wash your fruits and vegetables.

♦ Avoid cross contamination. Cross contamination is when bacteria is unintentionally transferred from one surface to another. This process can make you very sick. An example of cross contamination is cutting raw chicken and then using that same surface to chop your newly washed vegetables. Harmful bacteria from the chicken can transfer to the broccoli that you then consume. Always clean your surfaces.

♦ Smell your food. If you think something has gone bad then give it a whiff. If it smells sour or just generally bad then throw it out.

♦ Wash your hands before cooking and handling food. Like your vegetables your hands have many bacteria that can spread onto and contaminate your food.

Poached Fish and Steamed Vegetables

**Ingredients:**
- Fish. Pre cooked in cans or raw.
- Vegetables. Whatever is in season will work. Try for broccoli, asparagus, cauliflower or squash.
- Seasoning. Whatever you prefer! I used olive oil and steak seasoning.

**Instructions:**
1. Chop your vegetables into small pieces.
2. Take out the basket where the coffee grounds go and add chopped vegetables, fill up halfway. This will be where you steam your vegetables.
3. Add the maximum amount of water into the coffee maker’s reservoir. Turn the coffeemaker on and let the hot water go into the coffee pot as if you were making coffee. Mix up the vegetables with a fork to ensure they steam even.
4. Pour water out of coffee pot.
5. Drain liquid out of canned fish and place the fish in the coffee pot. Add your seasoning.
6. Keep the vegetables in the basket (it takes two cycles to steam-cook them).
7. Fill the reservoir with about 3 cups of water (enough to cover fish) and start the cycle.
8. Let the fish sit in the hot water until it’s opaque and flaky (about 7 minutes). Turn off coffee pot. Enjoy!
Food Resources:

1. **Double up food bucks.** Double your CalFresh dollars by buying healthy fruits and vegetables: doubleupca.org

2. **CalFresh.** Formerly EBT: **415-558-1001**

3. **Senior Farmer Market Nutrition Program (SFMNP).** The SFMNP provides a booklet of fruit and vegetable vouchers to seniors age 60 and up. The vouchers can be used at farmers’ markets: **415-355-6774**

4. **Tenderloin Peoples Garden.** Free harvest of healthy vegetables every second and fourth Wednesday of every month. 324 Larkin (the corner of Larkin and McAllister).

5. **Food pantries.** Call 211 or visit sfmfood-bank.org/get-food to find a pantry near your home.
Microwave recipes

**Egg omelet**

- Total cost: $3.85
- Cook time: 10 minutes
- Fullness: Medium–High

Purchased from: Dalda’s on Eddy and Taylor streets. Ask for 1/2 dozen eggs. Ingredients can be used to make recipe 3 times. **Didn’t use spinach.**

Servings: 3

Tips: The older the microwave the longer it will take to cook. The omelet is finished when eggs look fluffy.

**Potato soup**:

- Total cost: $3.75
- Cook time: 30 minutes
- Fullness: Very High

Purchased from: Amigos on Leavenworth and Ellis streets. This serving size can be broken up for two meals if in a pinch. Did not use optional meat.

Servings: 1-2 depending on how hungry you are.

Tips: This soup is heavy. Enjoy!

**Sloppy joe**:

- Total cost: $11.50
- Cook time: 10 minutes
- Fullness: Medium

Purchased from: Radmans on Turk and Jones. This recipe can be made more than once with the purchased ingredients. Ground beef is sold at Radmans, ask for half a pound.

Servings: 2-3

Tips: Make sure you microwave for the entire 3 minutes to ensure meat is thoroughly cooked. Check to make sure meat is no longer pink before eating.

**Fajitas**:

- Total cost: $15
- Cook time: 25 minutes
- Fullness: Medium-High

Purchased from: Amigos Market on Leavenworth and Ellis streets.

Servings: 1 serving yields 5 tacos. 2 servings possible.

Tips: I used the Banquet brand fried chicken from Amigos Market and had an extra three pieces to make another meal out of. This is more pricy but two meals can be stretched. Put chicken in microwave for 5 minutes to defrost.
Sloppy Joe Sandwiches

Ingredients:
- 2 tablespoons 2% milk
- 1 tablespoon ketchup
- 2 tablespoons quick cooking oatmeal
- 1 tablespoon canned French onion soup mix, 1/4 LB lean ground meat (beef, turkey, chicken).
- 1 bag whole wheat bread

Instructions:
1. In a small bowl combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and stir well. Pat into a microwave-safe mug coated with cooking spray or oil.
2. Cover and microwave on high for 3 minutes, 5 if your microwave is a little older. Cook until meat is no longer pink, then drain liquid.
3. Take out of microwave and let cool.
4. Take hamburger buns or pieces of bread and slop the meat mixture in the middle. Enjoy!

Chicken Fajitas

Ingredients:
- 1 package chicken tenders or four chicken breasts cut up into slices
- 1 red bell pepper
- 1/2 white onion
- 1 packet of fajita or taco seasoning
- 1 large microwaveable dish

Tortillas

Instructions:
1. If chicken is frozen microwave for 5–6 minutes or until defrosted. Place aside to cool.
2. Remove seeds from pepper and cut onion and pepper into long slices. Place on large microwaveable dish.
3. Sprinkle onion and pepper with seasoning to your liking.
4. Cut chicken into strips and place on top of onion and peppers. Season to liking.
5. Microwave on high for 10 minutes.
6. Enjoy with tortillas as tacos or eat as is.
**2 minute Microwave Egg Omelet**

**Ingredients:**
- Cooking spray or oil
- 2 eggs
- 1 tablespoon diced red pepper
- 1/4 cup spinach
- 1 tablespoon diced white onion
- 1 teaspoon salt
- 1 teaspoon pepper

**Instructions:**
1. Chop red pepper and onion into small chunks.
2. Coat inside of mug with oil or cooking spray.
3. Crack eggs into cup and using a fork mix until the yokes are combined.
4. Add red pepper, spinach, and onion to cup.
5. Gently stir together.
6. Add mug with ingredients to the microwave and cook on high for 1 minute 30 seconds, 3 minutes if you have an older microwave. Let cool 30 seconds.
7. Sprinkle with salt and pepper and enjoy!

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**Potato Soup**

**Ingredients:**
- 2 cups of potatoes cubed and peeled
- 1/2 cup finely chopped onion
- 1 cup water
- 1 1/2 cup half and half
- 1 tablespoon salt
- 1 tablespoon pepper
- Optional: bacon or ham.

**Instructions:**
1. Cut potatoes into small pieces.
2. Combine potatoes, onion and water.
3. Microwave on high 8 to 10 minutes until potatoes are soft.
4. Cover and let rest 5 minutes.
5. Mash potatoes with a fork. This helps to thicken the soup.
6. Add half and half, pre cooked meat and salt and pepper.
7. Cook on high for 5 to 6 minutes.
8. Let cool and enjoy!