

# Cancer Prevention Pantry

## Bean and Veggie Chili Recipe

### Ingredients

- 2 teaspoons canola oil
- 1 pound extra-lean ground beef or extra-lean ground turkey, or
- 1 10-ounce package frozen meatless crumbles, thawed
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 medium-size green bell pepper, chopped
- 1 medium-size red bell pepper, chopped
- 1 carrot, scrubbed and sliced thinly
- 1 15½-ounce can dark or light kidney beans, drained and rinsed
- 2 14½-ounce cans diced tomatoes
- 1 6-ounce can no-salt-added tomato paste
- 2 tablespoons chili powder
- 1 teaspoon ground oregano
- 1 teaspoon ground cumin
- 1 teaspoon paprika

- ½ teaspoon black pepper
- 3 green onions, sliced thin (optional)
- ½ cup chopped fresh cilantro (optional)
- ½ cup fat-free sour cream

### Directions

1. Combine the oil, meat or meatless crumbles, onion and garlic in a large pot over medium heat.
2. Cook and stir until the onion is wilted and the meat is lightly browned. About 6 to 8 minutes.
3. Add the remaining ingredients except the optional ones and the sour cream. Stir well, cover and reduce heat; simmer gently for 20 minutes. Adjust the chili powder, oregano and black pepper to taste.
4. Serve with green onions, cilantro and/or sour cream.



<https://www.eatright.org/food/planning-and-prep/recipes/bean-and-veggie-chili-recipe>

## Mike's Sicilian Cauliflower Recipe

### Ingredients

- 2 tablespoons of extra virgin olive oil
- 2 garlic cloves, minced
- 2 cups Vidalia onions, diced
- 1 pound can, low sodium crushed tomatoes
- 1 cup low sodium vegetable broth, or water
- 1 large head of cauliflower, broken into florets
- 1 pound ground beef, 85% lean
- 1 tablespoon fresh thyme
- 1 tablespoon fresh basil
- ¼ cup Parmesan cheese

### Directions

1. In large saucepan over medium heat, cook olive oil and garlic for about 1-2 minutes.
2. Add onions and cook until translucent.
3. Add crushed tomatoes, vegetable broth and cauliflower florets. Stir thoroughly and bring to a boil then simmer for 20-30 minutes.
4. In a separate pan, brown ground beef, drain fat and set aside.
5. Once cauliflower is ready (if you can place a fork through it you know it is done), add browned ground beef, and fresh herbs. Stir and simmer for another 15 minutes.
6. Scoop one serving into individual bowls and top with fresh Parmesan cheese.



<https://www.eatright.org/food/planning-and-prep/recipes/mikes-sicilian-cauliflower-recipe>

## Sweet Potato Kwanzaa Bread Recipe

### Ingredients

- Vegetable cooking spray
- 1 ⅓ cups all-purpose flour
- 1 cup wheat germ
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1 cup oats (not instant)
- 1 cup packed brown sugar
- 1 ¾ cup cooked, mashed sweet potato
- 3 eggs, lightly beaten
- ⅓ cup extra-virgin olive oil
- ⅓ cup orange juice
- 1 carrot, grated
- 1 cup raisins, packed

### Directions

1. Preheat oven to 350°F. Spray two 9x5x3-inch loaf pans with cooking spray.
2. Combine the flour, wheat germ, baking powder, baking soda, cinnamon, oats and brown sugar in a large bowl; set aside.
3. In a medium bowl, mix the remaining ingredients, then add the wet mixture to the dry ingredients and stir just until combined.
4. Spoon the batter evenly into the pans. Bake 45 to 50 minutes or until a toothpick inserted in the middle comes out clean.

**Substitution:** Instead of cooked sweet potato, you can use one 15-ounce can yams, drained and mashed; 1 pound fresh yams, peeled, boiled and mashed or one 15-ounce can pure pumpkin.

**Variation:** Add some crunch by stirring in ½ to 1 cup walnut pieces before baking.

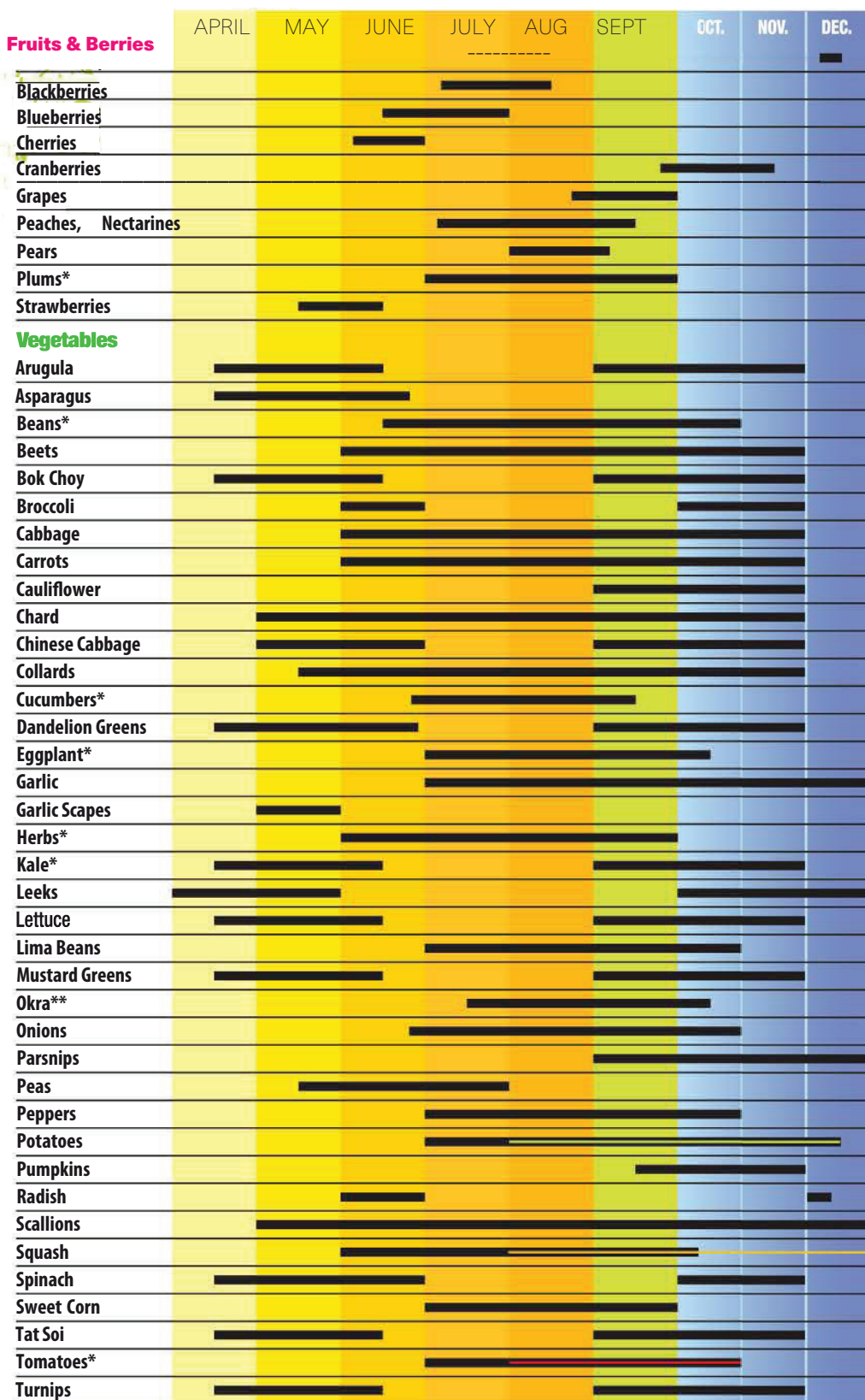
**Variation:** Spoon the batter into 24 muffin cups coated with cooking spray. Bake 30-35 minutes, or until the toothpick inserted in the middle of a muffin comes out clean.



<https://www.eatright.org/food/planning-and-prep/recipes/sweet-potato-kwanzaa-bread-recipe>

# New Jersey Seasonality Chart

What's  
in  
season  
when?



- Plums
- Traditional
- Fall Bearing
- Cucumbers
- Pickle
- Salad
- Herbs
- Basil
- Chives
- Cilantro
- Dill
- Mint
- Parsley
- \*Kale
- Curly
- Lacinata
- Lettuce
- Bibb
- Green/Redleaf
- Romaine
- Spring Mix
- Peppers
- Bell
- Jalapeno
- Poblano
- Serrano
- Potatoes
- Idaho (baking)
- Wax
- YukonGold
- Purple
- Sweet Potato
- Squash
- Yellow
- Zucchini
- Winter Squash
- Hubbard
- Acom
- \*Tomatoes
- Grape
- Roma
- Beefsteak
- Heirloom

Note: Seasonal variations exist in the northern and southern parts of the state. This information has been sourced with information provided by NJ Farm Bureau, the NJ Department of Agriculture and Rutgers Cooperative Extension. Funding was provided by a 2010 USDA Specialty Crop Block Grant 05/2011