



Cougar Cupboard **RECIPE BOOK**



Using ingredients commonly found in the Cougar Cupboard, making it easy to create simple, nourishing meals with accessible staples. Combating food insecurity while encouraging confidence in the kitchen making cooking approachable, affordable, and empowering for everyone.

By Bianca C & Marianna G

BREAKFAST



SERVINGS

1



TIME

15 min



DIFFICULTY

Easy



CALORIES

430 kcal

Oatmeal Power Bowl

INGREDIENTS

- ½ CUP DRY OATMEAL
- 1 CUP MILK
- ½–1 CUP CHOPPED MELON OR BERRIES
- 1 GRANOLA BAR OR ½ MUFFIN
- 1–2 OREOS (OPTIONAL, FOR SWEETNESS)

DIRECTIONS

Step 1: Cook the Oatmeal

Stovetop Method (Creamier)

1. In a small pot, combine:
 - ½ cup oats
 - 1 cup milk
2. Bring to a gentle simmer over medium heat.
3. Stir often so it doesn't stick.
4. Cook 5–7 minutes until thick and creamy.
5. Remove from heat and let sit 1–2 minutes to thicken more.

If it gets too thick, add a splash of milk.

Microwave Method (Quick)

1. In a microwave-safe bowl, mix oats + milk.
2. Microwave 1½–2 minutes.
3. Stir halfway through.
4. Let sit 1 minute to thicken.

Watch carefully so it doesn't overflow.

Step 2: Prepare the Toppings

- Chop melon or berries into small bite-sized pieces.
- Crumble the granola bar or muffin with your hands.
- Crush Oreos in a small bag or with the bottom of a cup.

Step 3: Assemble the Bowl

1. Pour hot oatmeal into a bowl.
2. Add chopped fruit on one side.
3. Sprinkle crumbled granola bar or muffin over the top.
4. Add crushed Oreos if you want it sweeter.
5. Optional: drizzle a small amount of warm milk on top for extra creaminess.



BREAKFAST



SERVINGS

1



TIME

5 minutes



DIFFICULTY

easy



CALORIES

300-450kcal

yogurt parfait

INGREDIENTS

- 1 CUP PLAIN OR VANILLA YOGURT (GREEK YOGURT MAKES IT THICKER)
- ½ CUP MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES — FRESH OR FROZEN)
- ¼ CUP GRANOLA (USE NATURE VALLEY CRUNCHY BARS)

DIRECTIONS

Step 1: Prepare the Yogurt Base

1. Spoon yogurt into a bowl or tall glass, spreading it evenly across the bottom.

Step 2: Prepare the Fruit

1. Wash berries thoroughly and pat dry.
2. If using larger berries (like strawberries), chop them into bite-sized pieces for even layering.

Step 3: Create the First Layer

1. Add a layer of berries over the yogurt, making sure they are evenly distributed so each bite has fruit.

Step 4: Add Crunch Layer

1. Crush the Nature Valley Crunchy Bars into small chunks (not too fine—you want texture).
2. Sprinkle a layer over the fruit.

Step 5: Build Additional Layers (Optional but Recommended)

1. Repeat the layering process:

- Yogurt
- Berries
- Granola bar pieces

Step 7: Add Sweetness (Optional)

1. Drizzle honey or maple syrup lightly over the top.

Start small—you can always add more.



BREAKFAST



SERVINGS

1-2



TIME

30 min



DIFFICULTY

Medium



CALORIES

550–780kcal

Breakfast Skillet

INGREDIENTS

- 2–3 MEDIUM POTATOES, DICED SMALL
- 1 SAUSAGE OR 2 SLICES BACON
- 1 EGG
- 1 CUP CHOPPED KALE
- ½ TEASPOON SALT
- OPTIONAL: TOASTED BREAD
- ½–1 TEASPOON SPICE BLEND
- 1 TEASPOON OIL

DIRECTIONS

Step 1: Prepare the Ingredients

1. Wash and dice potatoes into small cubes. Chop kale into bite-sized pieces.
2. Slice sausage if using. If using bacon, leave strips whole for cooking.

Step 2: Cook the Potatoes

1. Heat a large pan over medium heat. Add oil if available.
2. Add diced potatoes in a single layer. Sprinkle lightly with salt and optional spice blend.
3. Cook 10–15 minutes, until golden brown and fork-tender.

If potatoes begin to stick, add a small splash of water and cover briefly to soften.

Step 3: Add the Meat

If using sausage:

1. Add sliced sausage to the pan with potatoes.
2. Cook 5–7 minutes until heated through and slightly browned.

If using bacon:

1. Push potatoes to one side of the pan. Add bacon strips and cook 3–5 minutes per side until crispy.
2. Remove bacon, chop into pieces, and mix back into potatoes.

Step 4: Add the Kale

1. Add chopped kale to the pan. Stir into potato and meat mixture.
2. Cook 2–4 minutes until kale is wilted and tender.

Step 5: Cook the Egg

Option A: Fried Egg (on top)

1. Make a small space in the center of the skillet.
2. Crack egg directly into the pan. Cover and cook 3–5 minutes until white is set.

Option B: Scrambled

1. Crack egg into a small bowl and beat lightly.
2. Pour into skillet and stir gently until cooked through.

Step 6: Serve

1. Spoon skillet mixture into bowls or serve directly from pan.
2. Top with egg if fried.

Serve with:

- Toasted bread



LUNCH



SERVINGS

2



TIME

50-65 min



DIFFICULTY

Medium



CALORIES

600 kcal

Halal Chicken & Brown Rice Bowl

INGREDIENTS

- 1 HALAL CHICKEN DRUMSTICK
- 1 CUP BROWN RICE (DRY)
- 1-2 CUPS FROZEN KALE
- 1-2 BOK CHOY
- HOT SAUCE (TO TASTE)
- OPTIONAL: 4-6 OLIVES, SLICED

DIRECTIONS

Step 1: Cook the Brown Rice

1. Rinse 1 cup of brown rice under cool water.
2. Add to a pot with 2 cups water. Bring to a boil over medium-high heat.
3. Once boiling, reduce to low and cover. Simmer 35-45 minutes until water is absorbed.
4. Turn off heat and let it sit covered 5-10 minutes. Fluff with a fork.

Step 2: Cook the Chicken Drumstick

Option A: Oven

1. Preheat oven to 400°F (200°C).
2. Place drumstick on a baking sheet. If you have oil, lightly rub with a small amount of oil on a baking sheet.
3. Bake 35-45 minutes until fully cooked.
4. Let it rest 5 minutes before cutting.

Option B: Stovetop

1. Heat a pan over medium heat. Add a small splash of oil.
2. Place drumsticks in pan. Cover and cook 10-12 minutes per side.
3. Cook until juices run clear and meat is fully done.

After cooking, remove meat from bone and slice or shred it.

Step 3: Prepare the Vegetables

1. Chop bok choy: Separate white stems from leafy tops.
2. If using frozen kale: Let it thaw slightly.

Step 4: Sauté the Vegetables

1. Heat a pan over medium heat.
2. Add Bok choy stems first. Cook 2-3 minutes.
3. Add kale and bok choy leaves. Stir and cook another 3-5 minutes.

5. Add a small amount of hot sauce while cooking for flavor.

Step 5: Assemble the Bowl

1. Add rice to bottom of bowl. Top with sliced/shredded chicken. Add sautéed kale and bok choy.
4. Drizzle hot sauce over top. Sprinkle sliced olives if using.



LUNCH



SERVINGS

2-4



TIME

30 min



DIFFICULTY

Medium



CALORIES

450-500 kcal

Vegetarian Sweet Potato Black Bean Bowl

INGREDIENTS

- 2 MEDIUM SWEET POTATOES, PEELED & CUBED
- 1 CAN (15 OZ) BLACK BEANS, DRAINED & RINSED
- 1 CUP BROWN RICE OR QUINOA
- 2 CUPS VEGETABLE BROTH OR WATER

SEASONING:

- 2 TBSP OLIVE OIL
- 1 TSP CHILI POWDER
- 1 TSP CUMIN
- ½ TSP SMOKED PAPRIKA
- ½ TSP GARLIC POWDER
- SALT & BLACK PEPPER

TOPPINGS (OPTIONAL BUT RECOMMENDED):

- 1 AVOCADO, SLICED
- 1 CUP CHERRY TOMATOES OR PICO DE GALLO
- ½ RED ONION, THINLY SLICED
- CORN (FRESH, CANNED, OR GRILLED)
- FRESH CILANTRO
- LIME WEDGES

CREAMY LIME SAUCE (OPTIONAL):

- ½ CUP GREEK YOGURT OR DAIRY-FREE YOGURT
- JUICE OF 1 LIME
- 1 TBSP OLIVE OIL
- PINCH SALT
- OPTIONAL: HOT SAUCE OR CHIPOTLE POWDER

DIRECTIONS

Step 1: Cook the Grains

1. Prepare rice or quinoa according to package instructions using broth for extra flavor

Step 2: Roast the Sweet Potatoes

1. Preheat oven to 400°F (200°C)
2. Toss sweet potatoes with olive oil and seasonings
3. Spread on a baking sheet
4. Roast for 25–30 minutes until tender and lightly caramelized

Step 3: Warm the Black Beans

1. Heat beans in a small saucepan
2. Add a pinch of salt, cumin, and a squeeze of lime

Step 4: Make the Sauce

1. Add Greek yogurt or dairy-free yogurt to a bowl
2. Squeeze in the juice of 1 lime
3. Add olive oil and a pinch of salt
4. Whisk until smooth and creamy

Adjust Flavor (Optional)

5. Add hot sauce or a pinch of chipotle powder if desired
6. Mix again until combined

Step 5: Assemble the Bowls

1. Layer rice, roasted sweet potatoes, and black beans
2. Add desired toppings
3. Drizzle with lime sauce



SNACKS



SERVINGS

1



TIME

5 min



DIFFICULTY

Easy



CALORIES

200-400 kcal

Infant Snack Ideas

DIRECTIONS

INGREDIENTS

- SMALL PIECES OF BANANA
- FINELY CHOPPED STRAWBERRIES
- SMALL WATERMELON CUBES
- 2-3 WHOLE-GRAIN BABY CRACKERS

Step 1: Prepare the Fruit

1. Slice banana into small, soft pieces
2. Finely chop strawberries
3. Cut watermelon into small, manageable cubes

Step 2: Prepare the Crackers

1. Take 2-3 whole-grain baby crackers
2. Break them into smaller, easy-to-hold pieces if needed

Step 3: Assemble the Plate

1. Place a few pieces of each
2. fruit on the tray
3. Add the crackers alongside the fruit.

Step 4: Serve

1. Offer the plate and allow baby to explore and self-feed

Step 5: Follow Safety Tips

1. Always supervise baby while eating
2. Ensure all fruit pieces are small and soft to reduce choking risk
3. Avoid hard, dry, or large chunks of food
4. Check that crackers soften easily in saliva before serving.



BREAKFAST



SERVINGS

1



TIME

10-15 min



DIFFICULTY

Easy



CALORIES

180-220kcal

Infant Breakfast Plates

INGREDIENTS

- EGGS
- TANGERINES
- OATMEAL OATS

DIRECTIONS

1. Soft Scrambled Eggs (Protein + Healthy Fats)

How to prepare:

Step 1.: Prepare the Eggs

1. Heat a pan on low and add a small amount of butter or olive oil.

Step 2: Cook the Eggs

1. Pour in the egg and cook slowly, stirring gently.
2. Keep the eggs soft and slightly moist (avoid browning).
3. Keep eggs soft and slightly moist (not dry or browned).

Step 3: Serve the Eggs

1. Serve in large soft curds or scoop onto a pre-loaded spoon.

Easy to mash with gums

Great iron & choline source

2. Tangerine Segments (Vitamin C)

Step 1: Prepare the Tangerine

1. Peel completely
2. Remove seeds.
3. Gently peel off the thin membrane if thick.
4. Break into smaller pieces if segments are large.

Helps iron absorption

Soft and juicy for self-feeding

3. Thick Oatmeal (Iron + Fiber)

Use plain rolled oats or quick oats.

Step 1: Cook oats

1. Add oats (rolled or quick) to a pot with water.
2. Cook until very soft.
3. Stir and let it thicken so it is not runny
4. Allow it to cool completely before

Option A: Spoon into a small bowl and offer with a pre-loaded spoon.

Option B: Spread into thick, scoopable clumps for easy grabbing.

Optional: Stir in breastmilk or formula for added creaminess.



DINNER



SERVINGS

2



TIME

45-60 min



DIFFICULTY

Easy



CALORIES

450 kcal

Halal Beef Stir Fry

INGREDIENTS

- 1 PORTION HALAL BEEF
- 1-2 BOK CHOY
- 1-2 CUPS CHOPPED CABBAGE
- 1 PACK INSTANT NOODLES OR 1 CUP BROWN RICE
- 1-2 TEASPOONS HOT SAUCE
- OPTIONAL: A FEW OLIVES, SMALL SQUEEZE CHEESE SPRAY

DIRECTIONS

If Using Brown Rice (Start This First)

1. Rinse 1 cup of brown rice. Add to a pot with 2 cups water and bring to a boil.
2. Cover, lower heat, and simmer 35-45 minutes until tender.
3. Let sit covered 5-10 minutes, then fluff.

If Using Instant Noodles

1. Boil water and cook noodles for 2-3 minutes.
2. Drain most of the water (leave a little for moisture). Set aside.

Step 1: Prep the Beef

1. If frozen, thaw safely in the fridge or microwave.
2. If you have oil, toss lightly in 1 teaspoon oil.

Step 2: Prep the Vegetables

1. Chop Bok choy: Separate white stems from leafy tops (stems cook longer).
2. Thinly slice cabbage. Slice olives if using.

Step 3: Cook the Beef

1. Heat a pan on medium-high. Let it cook without stirring for 1-2 minutes (this helps browning).
2. Stir and cook 2-3 more minutes until fully cooked.

Step 4: Cook the Vegetables

1. In the same pan, add Bok choy stems first. Cook 2 minutes.
2. Add cabbage and bok choy leaves.
3. Stir-fry 3-5 minutes until slightly softened but still crisp.

Step 5: Combine Everything

1. Return beef to the pan. Add noodles or spoon mixture over brown rice.
2. Toss everything together for 1-2 minutes.



DINNER



SERVINGS

4



TIME

40-55 min



DIFFICULTY

Medium



CALORIES

500 kcal

Asian-Inspired Tofu Stir-fry Bowl

DIRECTIONS

INGREDIENTS

- 1 BLOCK TOFU (ABOUT 14–16 OZ)
- 1 1/2 CUPS WHITE RICE
- 3 CARROTS
- 1 HEAD BROCCOLI
- 3 TABLESPOONS GRAVY
- 1–2 TEASPOONS SPICE BLEND
- 1/2–1 TEASPOON SALT
- OPTIONAL: 1 HANDFUL KALE
- SMALL PINCH COFFEE POWDER

Step 1: Cook the White Rice

1. Rinse 1½ cups white rice under cool water.
2. Add to a pot with 3 cups water. Bring to a boil over medium-high heat.
3. Once boiling, reduce to low and cover. Simmer 15 minutes until water is absorbed.
4. Turn off heat and let it sit covered 5 minutes

Step 2: Prepare the Tofu

1. Drain 1 block of tofu. Wrap in a clean towel and place a heavy pan on top. Press 10–15 minutes to remove excess moisture.
2. Cut into bite-sized cubes. Lightly season with a pinch of salt and ½ teaspoon spice blend.

Step 3: Cook the Tofu

Option A: Pan-Fry (Crispier)

1. Heat a pan over medium-high heat. Add 1 teaspoon oil (if available).
2. Place tofu cubes in a single layer. Cook 3–4 minutes without moving until golden. Flip and cook another 3–4 minutes.

Option B: Dry Sear (No Oil)

1. Heat nonstick pan over medium-high heat. Place tofu cubes in pan.
2. Cook 4–5 minutes per side until lightly browned.

Step 4: Prepare the Vegetables

1. Slice 3 carrots thinly. Chop 1 head of broccoli into small florets. (Optional: Thinly slice a small handful of kale.)
2. Using the same pan over medium-high heat: Add carrots first. Cook 2–3 minutes. Add broccoli. Stir and cook another 4–5 minutes until tender but still slightly crisp.
3. Sprinkle remaining ½–1 teaspoon spice blend over vegetables. Add a small pinch of salt.

Step 5: Make the Sauce

1. In a small bowl, mix: 3 tablespoons gravy. 3 tablespoons water. (Optional: Add a tiny pinch of coffee powder for deeper savory flavor.)
2. Pour into the pan with vegetables. Let simmer 1–2 minutes. Return tofu to pan and gently stir to coat.

Step 7: Assemble the Bowl

1. Divide rice evenly among 4 bowls.
2. Top with tofu and vegetable mixture. Spoon a small amount of sauce over each bowl.



DINNER



SERVINGS

1



TIME

30 min



DIFFICULTY

Medium



CALORIES

190-220kcal

Infant Dinner Plate

INGREDIENTS

- SHREDDED CHICKEN
- PEAS
- SHREDDED CARROTS
- WHITE RICE

DIRECTIONS

Step 1: Prepare the Shredded Chicken

1. Cook chicken by baking, boiling, or slow-cooking until very tender.
2. Shred the chicken finely.
3. Mix with a small amount of warm water, low-sodium broth, or breastmilk/formula to keep it moist.
4. Serve in small soft piles or press lightly into soft clumps for easy scooping.

Step 2: Cook the Soft Rice

1. Add rice to a pot with water and cook until very soft (slightly overcooked is fine).
2. Use sticky rice if possible for easier grasping.

Option: Mix rice with shredded chicken to help with self-feeding.

Form small rice mounds that baby can pick up.

Step 3: Prepare the Shredded Carrots

1. Steam shredded carrots until very soft.
2. Allow them to cool before serving.

Step 4: Prepare the Soft Peas

1. Steam or boil peas until soft.
2. Gently mash slightly if desired.

Step 5: Portion the Meal

1. Serve about 2–4 tablespoons of rice.
2. Add 2–3 tablespoons of shredded chicken.
3. Include about 2 tablespoons of carrots.
4. Add a small handful of peas.

Step 6: Serve and Observe

1. Offer the food and allow baby to explore and self-feed.
2. Expect small intake amounts, as this stage focuses on exposure.



DINNER



SERVINGS

4



TIME

30 min



DIFFICULTY

Medium



CALORIES

758 kcal

Hearty Tofu, Kale & Rice Bowl

DIRECTIONS

INGREDIENTS

- 1 TOFU
- 1 WHITE OR JASMINE RICE OR BROWN RICE
- 2 BEANS (CANNED OR DRY)
- 1 LENTIL
- 2 KALE (FRESH OR FROZEN)
- 1 SAUCE
- 2 SMALL SPICE CUPS
- POTATOES (OPTIONAL, UNLIMITED)

Step 1: Cook the Rice

1. Cook white/jasmine rice (15–20 min)
2. OR brown rice (35–40 min).
3. Set aside.

Step 2: Cook Lentils (if dry)

1. Simmer lentils in water for about 20–25 minutes until soft.
2. Drain excess water.

(If canned, just rinse and heat.)

Optional: Add Potatoes for Extra Heft

3. Dice potatoes.
4. Pan-cook with a little oil (if available) or dry sauté.
5. Season with spices.

Step 3: Cook the Tofu

1. Drain and press tofu.
2. Cut into cubes.
3. Heat pan on stovetop.
4. Add tofu and cook until golden on all sides.
5. Add your sauce and let it caramelize slightly.

Step 4: Add Kale + Beans

1. Add chopped kale (fresh or frozen).
2. Add beans (rinsed if canned).
3. Sprinkle your spice cups (garlic powder, chili powder, seasoning blend — whatever they are).
4. Cook until kale softens.

Step 5: Assemble Bowl

Layer:

1. Rice
2. Lentils
3. Tofu/kale/bean mix
4. Potatoes (if using)



Breakfast

Lunch

Dinner

Infant Plate