

Sustainable Recipe Cookbook:

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Sustainable Vegan Red Coconut Curry Recipe

Serves 3-5 | Prep 10 mins | Cook 40 mins | Ready 50 mins

Ingredients:

- Canned Chickpeas
- Canned Green Beans
- Potatoes (fresh or canned)
- Coconut Milk
- Fresh Broccoli
- Onion
- Cilantro
- Baby Corn
- Sliced Sweet Peppers
- Black Pepper
- Himalayan Salt
- Curry Powder
- Honey or Brown Sugar
- Wok
- Big spoon to stir

Directions:

1. Open all cans and add to the Wok.
2. Slice any veggies and add them to the Wok.
3. Add all other veggies to the Wok.
4. Apply all seasoning
 1. 2-3 tablespoons of curry powder
 2. Salt
 3. Brown Sugar or Honey
5. Simmer on medium heat until thoroughly cooked. This will take 40 minutes.
6. Enjoy your curry over rice or simple and plain.

Sustainable Tuna Sandwich Recipe

Serves **2-4** | Prep **10 mins** | Cook **15 mins** | Ready **45 mins**

Ingredients:

- Mayonnaise
- Tomato
- Relish
- Onion
- Cilantro
- Spinach
- Four Boiled Eggs
- Black Pepper
- Himalayan Salt
- Old Bay
- Tuna (canned or fresh)
- Mixing Bowl
- Large Spoon

Directions:

1. Boil eggs for 12 minutes on a medium temperature.
2. Slice onions to preference. Add to the mixing bowl or add to the side.
3. Dice tomatoes to preference.
4. Add to the mixing bowl or add to the side.
5. Add 2 tablespoons of mayo to the mixing bowl.
6. Add 2 tablespoons of relish to the mixing bowl.
7. Add 2 cans of tuna or fresh tuna to the mixing bowl.
8. Add all seasonings to the mixing bowl, base these portions on your diet. Too much salt and black pepper can lead to cardiovascular disease. Reducing your intake and opting in for a natural seasoning like cilantro or basil can add more flavor.
9. Once boiled eggs are finished, run them under cold water immediately. I prefer to use a bowl to reduce my water usage.
10. After eggs have cooled and the shell is removed, dice or mash them to add to the mixing bowl.
11. Thoroughly stir the ingredients together.
12. On a toasted or untoasted bread of choice, add a scoop and preferred portion of spinach to create a delicious tuna sandwich.
13. You may add more toppings based on your preferences. I like to add jalapenos and cilantro.

Sustainable Tuna Salad Recipe

Serves **2-4** | Prep **10 mins** | Cook **15 mins** | Ready **45 mins**

Ingredients:

- Mayonnaise
- Tomato
- Relish
- Onion
- Cilantro
- Spinach
- Four Boiled Eggs
- Black Pepper
- Himalayan Salt
- Old Bay
- Tuna (canned or fresh)
- Mixing Bowl
- Large Spoon

Directions:

1. Boil eggs for 12 minutes on a medium temperature.
2. Slice onions to preference. Add to the mixing bowl or add to the side.
3. Dice tomatoes to preference.
4. Add to the mixing bowl or add to the side.
5. Add 2 tablespoons of mayo to the mixing bowl.
6. Add 2 tablespoons of relish to the mixing bowl.
7. Add 2 cans of tuna or fresh tuna to the mixing bowl.
8. Add all seasonings to the mixing bowl, base these portions on your diet. Too much salt and black pepper can lead to cardiovascular disease. Reducing your intake and opting in for a natural seasoning like cilantro or basil can add more flavor.
9. Once boiled eggs are finished, run them under cold water immediately. I prefer to use a bowl to reduce my water usage.
10. After eggs have cooled and the shell is removed, dice or mash them to add to the mixing bowl.
11. Thoroughly stir the ingredients together.
12. In a separate bowl, add spinach and on top add your desired portion to create a delicious tuna salad.
13. You may add more toppings based on your preferences. I like to add jalapenos and cilantro.

Sustainable Peanut Triple Berry Smoothie Recipe

Serves 1 | Prep 7 mins | Cook 4 mins | Ready 11 mins

Ingredients:

- Triple Berry Smoothie Frozen Blend
- Coconut or Almond Milk
- Honey or Agave
- Peanuts
- Optional:
 - Bee pollen
 - Flax Seeds
 - Chia Seeds

Directions:

1. Add all ingredients to a blender, a Nutribullet or Magic Bullet is convenient and fast for this recipe.
2. Simply blend all ingredients together to create a delicious smoothie.

Sustainable Parfait Recipe

Serves 1 | Prep 10 mins | Cook 15 mins | Ready 45 mins

Ingredients:

- Yogurt of Choice
- Fruit of choice
- Granola of choice
- Chia seeds
- Bee pollen
- Flax seeds
- Honey

Directions:

1. Apply yogurt to base of a bowl.
2. Add fruit of choice, preferable cut.
3. Add Granola of choice.
4. Add chia seeds.
5. Add bee pollen
6. Add flax seeds
7. Add honey
8. Enjoy your parfait! Either store it in a mason jar or eat it right away. They can last for two days in a jar.

Mango and Strawberry Smoothie Recipe

Serves 1 | Prep 7 mins | Cook 4 mins | Ready 11 mins

Ingredients:

- Mango Smoothie Frozen Blend
- 1-2 Fresh Strawberry
- Coconut or Almond Milk
- Honey or Agave
- Optional: (I prefer them as a topping for this recipe)
 - Bee pollen
 - Flax Seeds
 - Chia Seeds

Directions:

1. Add all ingredients to a blender, a Nutribullet or Magic Bullet is convenient and fast for this recipe.
2. Simply blend all ingredients together to create a delicious smoothie.

Sustainable Dairy Free Veggie Stew Recipe

Serves 2-4 | Prep 10 mins | Cook 35 mins | Ready 55 mins

Ingredients:

- Potatoes
- Tomatoes
- Onion
- Cilantro
- Sweet peppers
- Asparagus
- Broccoli
- Black Pepper
- Olive oil
- Himalayan Salt

Directions:

1. Cut all veggies into desirable sizes.
2. Once sliced, put them in a ceramic cooking pan on 375 degrees.
3. Let them cook for 35 minutes all together.
4. Once thoroughly cooked, remove from the oven and serve.
5. This recipe can be altered and changed to the needs of the diet.

Sustainable Vegan Chili Recipe

Serves **2-4** | Prep **10 mins** | Cook **2 hrs** | Ready **2-3 hrs**

Ingredients:

- ½ pack of French Onion
- ½ pack of Mushrooms
- 1 Jalapeno
- Cilantro
- 3 Peppers
- 1 canned dark red kidney beans
- 1 canned kidney beans
- 1 canned corn
- 1 canned tomato paste
- 2 canned stewed tomato
- 1 canned tomato sauce
- Black Pepper
- Himalayan Salt
- Chili Mix
- Garlic Powder
- Medium sized slow cooker

Directions:

1. Add all ingredients to a crockpot
2. After 2 hours of cooking, you can eat the prepared chili.

Learn More:

So, I guess you are wondering?

What exactly makes this chili sustainable or environmentally just?

Typically, mainstream media presents sustainability as the ability to be maintained at a certain rate or level. A Sustainable product is those products that provide environmental, social, and economic benefits while protecting public health and the environment over their whole life cycle, from the extraction of raw materials until the final disposal. However, from my experience working in the field, I have learned that this definition does not protect communities that face

socio-economic barriers. This chili recipe is a family recipe. My mother from Cleveland, Ohio taught me how to make chili at a very young age. The community I was raised in still faces food justice concerns. Our community garden was our only source of vegetables, and my mother took me with her to volunteer and purchase what was available. The fact is that there are not enough sustainable options for people of color in low socio-economic parts of a major city. Reasons for this include lack of culturally relevant food, lack of transportation, and lack of availability.

This chili recipe is just as sustainable as a recipe from a farmer's market because of many different factors that are not traditionally explored in mainstream media. This chili is considered one of the three components of sustainability and that is economics. It is a cost-effective meal for large families. This meal is also nutritionally balanced, and if you recycle your cans and compost your vegetables, there is no difference in what we call sustainable food choices. When I studied sustainable food and nutrition, I learned that sustainable food choices are about maintaining a healthy lifestyle, not being flashy in an overpriced farmers' market. If that were truly the only sustainable option, in economics our economy would have already failed.