

## Jeff Novick's Fast Food

The following are examples of my 5 Basic Recipes. They all consist of 5 basic ingredients and all meals can be cooked in around 5–15 minutes from start to end. All are prepared in a large pasta "style" pot which will make plenty for everyone and enough for leftovers

These meals are very low in calorie density and very high in nutrient density so you can eat all you want till you are comfortably full without having to worry about portions size or going hungry.

However, realize I do not measure and weigh food, so I do not have "exact" recipes and encourage you to adapt these to your own liking. All dishes make up enough for 2 people to get at least 2 meals (or more) and can easily be refrigerated and/or frozen for later use.

### **The 5 main ingredients:**

- 1) Canned (or Aseptic Packaged) Tomatoes (whole and/or pureed), No Salt Added, 28 oz.
- 2) Canned Beans, No Salt Added (Eden Foods are my favorite and BPA free), 14 oz
- 3) Frozen Vegetables (individual and/or variety mixes without any of the sauce/spice packs)
- 4) A Starchy Vegetables (brown rice, potato, sweet potato, barley, etc)
- 5) Spice/Seasoning

By changing the type of bean, type of vegetables, the type of starch and the seasoning, you can come up with different dishes. I make everything salt free and no salt added. You are welcome to sprinkle some salt on top at the table before eating.

## **Dish 1 – Curried Indian Potato Stew**

- 1) 2 cans whole tomatoes
- 2) 2 cans Garbanzo Beans
- 3) Frozen Cauliflower (2 lb) , peas (1/2 lb), onions (1/4–1/2 pound)
- 4) 2 large potatoes
- 5) Salt Free Curry spice mix

Microwave the potatoes and when done, cut into 1 inch pieces. (If you do not want to use a microwave, you can dice the potatoes into 1 inch pieces and cook them in the pot in just enough water to cover them. Either way, when the potatoes are done, put all other ingredients in the pot and heat. Add seasoning and top with fresh cilantro Enjoy.

(can be served with brown rice which you can cook in 10 minutes while potatoes are cooking by using Success Brand Quick Cooking Brown Rice

## **Dish 2– Mexican Beans and Rice**

- 1) 2 cans whole tomatoes (or 1 can whole, 1 can pureed)
- 2) 1 cans Pinto Beans, 1 can black beans
- 3) Birdseye Frozen Pepper and Onion Mix (3 lb), and Corn (1/2 lb)
- 4) Success Quick Cooking Brown Rice (1 large bag)
- 5) Mexican Spice Mix, or Hot Sauce

Cook Brown rice in a separate pot. While brown rice is cooking, add all other ingredients to a large pot and heat. When rice is done place rice in a bowl. Top with beans, veggie and tomato mix. Top with fresh cilantro. Enjoy

## **Dish 3 – Italian Pasta Primavera**

- 1) 1 Can whole tomatoes, 1 can tomato puree
- 2) 2 cans Dark Red Kidney Beans
- 3) Frozen Broccoli, Cauliflower, Carrots (3 lbs total)
- 4) Whole Grain Pasta (1 lb)
- 5) Italian Spice Mix

Cook Pasta in separate pot. While pasta is cooking, put all other ingredients into large pot and heat. When pasta is done, rinse, and them mix together with the tomato vegetable mix. Top with seasonings and fresh parsley or basil. Enjoy!

#### **Dish 4 – Longevity Soup**

- 1) 1 can whole tomatoes, 1 can pureed
- 2) 2 Cans of your favorite beans (I use kidney or garbanzo)
- 3) 3– 4 lbs of Your favorite frozen veggies plus 1 lb of frozen collards
- 4) Your favorite starch (potato, sweet potato rice, barley) cooked separate then added
- 5) your favorite seasoning (I use fresh ginger, garlic)

Place tomatoes in large pot. Add in 2 28 oz cans of water. Then add in all other ingredients. Bring to a boil and then simmer 15 minutes. Enjoy!

#### **Dish 5 – New Orleans Jambalaya**

- 1) 2 28oz can Whole Tomatoes (No Salt Added)
- 2) 2 cans 14oz can red beans or kidney beans (No Salt Added)
- 3) 2–3 lbs frozen Vegetables, corn, carrots, zucchini, yellow squash (equal parts)
- 4) Success Quick Cooking Brown rice (1 large bag)
- 5) Spice mix

Cook Brown Rice (Success Quick Cooking), While rice is cooking, place tomatoes, and veggies in pot and heat. Add in 4 cloves garlic, diced, 1 bay leaf, 1/2 tsp thyme, 4 tsp paprika, .25 to .5 tsp cayenne pepper. And heat.

When rice is done, place in a bowl and serve tomato vegetable mix on top.

Good luck.

Remember, there are no rules. The main issue is that they can all be made simple and inexpensively in 10–15 minutes with almost no preparation, cutting, chopping, dicing, or much of a clean up.

If you try them and have ways to improve them, feel free to share them here.

Thanks

In Health  
Jeff Novick

## **PACKAGED FOODS**

The healthiest foods are the foods that come straight out of the garden and are consumed in their natural form or as simply prepared as possible. These foods are fresh fruits, vegetables, starchy vegetables, legumes, and intact whole grains and should be the focus of anyone's diet if they want to be healthy.

Packaged and processed foods are usually loaded with too much fat, unhealthy fats, salt, refined sugars/sweeteners and refined carbohydrates/grains, They are also almost always calorie dense.

However, there are some packaged and processed foods that can be included as part of a healthy diet. And in fact, keeping some of them around and on hand, can actually make following a healthy diet, easier.

Here they are.

### **1) Frozen Vegetables**

Vegetables are the most nutrient dense food there is and including more of them in your diet is a key to improving the nutritional quality of your diet. Unlike many canned vegetables, plain frozen individual vegetables usually have no other added ingredients. Frozen peas and beans may have some added salt, but they usually make my 1:1 sodium/calorie guideline. They can easily be thawed and included as part of a healthy recipe and/or meal.

Caution: Be careful of all the new fancy frozen vegetable mixes as many come with added sauces that can be high in salt, sugar and or fat. Look for the plain mixes.

### **2) Frozen Fruits**

The same reasoning for frozen vegetables also applies to frozen fruits. Look for the ones that are just frozen fruit and avoid the ones with added sugars. Frozen berries are one of my favorites to keep on hand. While fresh berries are very seasonal, and often mold and rot very quickly and easily, frozen berries do not and are

available year round. In addition, you can often find wild berries, including blueberries and strawberries, which are often sweeter and more nutrient dense.

### **3) Success Quick Cooking Brown Rice**

My favorite kind of rice, is basmati brown rice. I love the taste and the aroma, especially when it is cooking. It smells like popcorn popping. However, I do not always have the 40 minutes to prepare the basmati brown rice from scratch. Nor do I always have some cooked up ahead of time. The solution, Success brand Quick Cooking Brown Rice. This has to be the simplest and easiest version of quick cooking brown rice ever invented. Many versions require the measurement of water and rice (which can be troublesome for many). However, with this version all you do is place a pre-measured bag in a pot of boiling water and in 10 minutes, perfect brown rice.

### **4) Eden Foods No Salt Added Canned Beans**

Next to green leafy veggies, beans may be one of the healthiest foods there is. They are rich in nutrients and fiber, very filling and relatively low in calorie density. The problem for most of us is that most beans can take hours to cook and most canned beans are extremely high in sodium. For those in a hurry, the solution is Eden Foods No Salt Added Canned Beans. There are about 12 varieties of beans available, including Kidney, Red, Black, Garbanzo, Pinto, Adzuki, etc and not only are they available online, and in health food stores, I find most local grocery stores are now carrying them also. Just open a can, rinse the beans and add them to your favorite dish, recipe or meal. Eden Foods canned beans are all packed in PBA free cans.

### **5) No Salt Added Tomato Products**

Tomatoes make a great base for many dressings, sauces, soups and meals (i.e., stews, chili's, etc). However, good fresh tomatoes are not always available year round and some of the one that are available are literally tasteless. In addition, most canned tomato

products are extremely high in sodium. However, if you look carefully, you will find several varieties of tomato products that are no salt added and often times, they are not even labeled as such or carried in the health food store. Even some of the more well known brands, like Huntz and Heinz offer "no salt added" varieties of tomato products. While these tomato product could never substitute for a fresh "in season" tomato on a salad, they can help make excellent soups, sauces, and meals when fresh tomatoes are out of season or when you are in a pinch.

While there are no BPA free canned tomatoes on the market, you can purchase tomatoes in glass jars or you can purchases tomatoes in aseptic packaging. The most popular brand is POMI and is widely available in most grocery stores.

## **6) Whole Grain Pasta**

The problem with many whole grain processed products (like bread, dry cereals, bagels and crackers) is that even if they are whole grain, they are still calorie dense. The only exception is whole grain pasta. The reason is, when you cook whole grain pasta, it absorbs some of the water it is cooked in, which is absorbed into the structure of the pasta, lowering its calorie density. Foods with high water content, are lower in calorie density and generally higher in satiety.

Unlike most processed whole grains, which have a calorie density of 1200–1500 calories per pound, the calorie density of most cooked whole grain pasta is the same as most intact whole grains and starchy vegetables, which is around 300–600 calories per pound. It is also very quick and easy to cook and can be ready in under 10 minutes. Mix in some fresh or frozen vegetables and you have a healthy, nutritious and filling meal.

## **7) Dried Fruit**

Dried fruit is nature's candy. Unlike fresh fruit, it is shelf stable and will not spoil easily. Adding dried fruit to dishes can add both nutrition and sweetness. A few raisins or dates can really sweeten up a bowl of fruit or a fresh fruit smoothie. They also go great in a bowl of whole grain cereal like oatmeal or as part of a dessert like

baked apples. In addition, they make great additions by adding a little sweetness to a large vegetables salad, or even some cooked dishes like stews and rice.

However, due their high calorie density, go easy on them. A serving of dried fruit is only 1/8 to 1/4 cup (compared to 1/2 cup for fresh fruit) so they are easy to overeat on.

## **8) Unsalted Raw Nuts/Seeds and Nut/Seed Butter**

Raw nuts and seeds, and the "butters" made from them, are rich in nutrients especially minerals. A few of them, like walnuts, flax seeds and chia seeds are also excellent sources of the omega 3 essential fat. They are also shelf stable and will not spoil easily. They can also add creaminess and texture to some home made dressings and dips/spreads and/or soups. I make a salad dressing that is made from a little tahini (sesame seed butter)mixed with lemon and water. I also add a small amount of tahini to blended garbanzo beans to add some texture to my homemade hummus.

However, due to their extremely high calorie density, go very easy on them. I recommend consuming no more than 1-2 oz a day at most. Also, if you are struggling with your weight, I recommend either eliminating them or limiting them even more, to no more than 1 oz, no more than 1-5x a week. And, when you do use them, make sure you mix them with something low in calorie density, like a vegetable or fruit salad.

## **9) Intact Whole Grains (Buckwheat, Brown Rice, Oatmeal, etc)**

Whole grains that are consumed in their "intact" form are low in calorie density, high in satiety, nutrient rich and shelf stable. They are easy to cook (just add water) and can be the base of many healthy meals and dishes. They also make great additions to soups and salads. Oatmeal, buckwheat, and barley all make a great breakfast and a great way to start the day. Brown rice, cracked wheat, quinoa, and/or millet mixed with vegetables make a great meal, side dish and or salad.

## **10) Salt Free Spices/Seasonings/Herbs**

As you decrease the amount of salt, sugar and oil in your diet, you will begin to appreciate the wonderful natural flavors of food. However, some people still like to add a little "spice" to their life. Fortunately, there are many salt-free spices, seasonings and blends available. Probably the most popular one is Mrs. Dash, which has many varieties available. In addition, for those of you who are not a chef and not familiar with the different flavor combinations of spices, you can now buy many salt free blends that can help. There are pre-mixed blends of salt-free Italian, Mexican, Indian, Southern and many other blends available.

There you go. My favorite 10 packaged staple foods that are not only good for you and can be included as part of a healthy diet. And in fact, keeping some of them around and on hand, can actually make following a healthy diet, easier.

## NOTES ON MY DVD RECIPES

### NOTES:

- 1) Tomatoes – All tomatoes are 28 oz cans of no salt added or POMI Aseptic Packages
- 2) Beans – All Beans are 14 oz cans of Eden Foods no Salt Added Beans
- 3) Brown Rice is Success Brand Instant Brown Rice
- 4) All Spice mixes are salt free
- 5) all recipes are general measurements and I encourage you to experiment and adapt them to your likings.

### I) Curried Potato Dish

- 1 Can Whole Tomatoes
- 1 Can Garbanzo Beans
- 1 lb Bag Frozen Cauliflower
- 1/2 lb Bag Frozen Peas
- 4 oz Frozen Kale or Collards
- 2 Potatoes
- Curry Powder

1) Microwave the Potatoes and cut them into 1 inch cubes when done

or

- 1) Cut potatoes into 1 inch cubes and place in large pot. Add water to cover potatoes and simmer till done. Then drain excess water.
- 2) Add in all other ingredients
- 3) Simmer 5 minutes.

### II) Mexican Fiesta

- 1 Can Tomato Puree

- 1 Can Pinto Beans
- 1 Lb Bag Frozen Pepper/Onion Mix
- 1/2 lb bag Frozen Corn
- 4 oz Frozen Kale or Collards
- 1 Large Bag Success Instant Brown Rice
- Chile Powder

Cook brown rice in separate pot. Place all other ingredients in a large pot and simmer for 10 minutes.

Serve over rice.

### III) Oatmeal

- 1/2 Cup Regular Oat
- 1 Cup Frozen Berry Mix
- 1 TB Flax Seed
- 2 TB Raisins
- Cinnamon

- Place oatmeal in pot and add 1 cup water. Bring to a boil and then simmer 5 minutes. While oatmeal is simmering, add all other ingredients.

### IV) Banana Berry Smoothie

- 1 cup Water
- 2 Medjool Dates
- 1 Very Ripe Banana
- 1 Cup Frozen Berry Mix
- 1 TB Ground Flax

- Place water, bananas and dates in blender and blend.  
 - Add Berries and flax and blend again.

### V) Chocolate Berry Parfait

- 2 TB Cocoa Powder
- Flesh From 1 Very Ripe Mango (Or 2 very Ripe Bananas)
- Fresh or Frozen Berries

Place Mango (or banana) in food processor and blend till smooth.  
Add cocoa powder and blend till smooth.

- Layer Parfait glass with alternating layers of berries, chocolate, berries, chocolate till full.

#### VI) Almond Butter Stuffed Dates

- Medjool Dates
- Almond Butter

- Carefully open Medjool Dates in half and remove pits.
- Fill each half with 1 tsp almond Butter.
- Top each one with sliced almond

#### VII) Hummus

- 1 Can Garbanzo Beans, drained
- 1 TB Tahini
- 1/4 Cup Lemon Juice
- 1/4 Cup Water
- 2 Garlic Cloves

Place all ingredients in a food processor and blend till smooth.

#### VIII) Tomato Sauce

- 1 Can Tomatoes
- 4 oz frozen onions
- Minced Garlic
- Basil

Place tomatoes in a saucepan. Add all other ingredients and simmer 10 minutes

#### (VIII)) Pasta Primavera

- 1 Can Whole Tomatoes
- 1 Can Kidney Beans
- 1 lb bag Frozen Broccoli, Cauliflower, Carrots mix
- 4 oz Frozen Kale or Collards
- 1 lb Whole Grain Pasta
- Italian Spice Mix

#### X) Vegetable Jambalaya

- 1 28 OZ Can Tomatoes
  - 1 Can Red Beans
  - 4 oz Frozen Corn
  - 4 oz Frozen Carrots
  - 4 oz Frozen Zucchini
  - 4 oz Frozen Yellow Squash
  - 1 Large Bag Success Instant Brown Rice
  - Jambalaya Spice Mix
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- Cook Rice in a separate pot.
  - Place all other ingredients in a large pot and simmer 10 minutes
  - Serve over rice

#### XI) Longevity Soup

- 1 Can Whole Tomatoes
  - 1 Can Adzuki Beans
  - 1 lb bag Frozen Mixed Veggies
  - 4 oz Frozen Kale or Collards
  - 1 Bag Success Instant Rice
  - Minced Garlic
  - Fresh Ginger
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- Cook Rice In seperate pan
  - Place all other ingredients in a large pot.
  - Add in 28 oz water
  - Simmer 10 minutes
  - Add rice to large pot.