

Recipes for Reducing Burnout

Leah Grace Barack, MS



Turkey White-Bean Soup

Ingredients:

- 3 tablespoons olive oil
- 1 yellow onion, diced
- 2 large carrots, diced
- 1 bunch collard greens, chopped into small pieces
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin, plus more to taste
- 1/4 tsp red-pepper flakes
- 1 pound ground turkey
- 4 garlic cloves, minced
- 1 Tbs finely grated fresh ginger
- 1 tsp salt
- 1 quart chicken stock
- 1.5 cups water
- 2 (15-ounce) cans cannellini beans, drained and rinsed well
- 1 cup chopped fresh parsley
- Fresh lemon juice, to taste

Directions:

1. Heat a large pot or dutch oven over medium-high heat. Add oil, then add onion and carrots. Saute for 7-8 minutes, stirring frequently.
2. Add tomato paste, cumin, and red pepper flakes and stir to combine. Cook for 1 minute, then add turkey, ginger, garlic, and salt. Break up turkey with the back of a spoon, and cook until turkey gets browned (~5 minutes).
3. Add chicken stock, water, and beans, and bring to a boil. Reduce heat to a simmer, and cook for 20 minutes.
4. Add greens to the pot and simmer until soft (about 10-15 minutes).
5. Add herbs and lemon juice, stir and taste. Add more salt, cumin, and/or lemon if needed.



Apple Cabbage Quinoa Salad

Ingredients:

- ½ cup quinoa
- 1 small head red cabbage (or half a large head), shredded (about 3-4 cups total)
- 1 large apple, diced
- 1.5 cups spinach, chopped
- ⅓ cup sunflower seeds
- ¼ cups raisins
- ¼ cups tahini
- 3 Tbs apple cider vinegar
- 2 Tbs olive oil
- 1 Tbs nutritional yeast
- 1 tsp salt
- 1 tsp pepper
- 3 Tbs water

Directions:

1. Cook quinoa according to package directions. Let cool and set aside.
2. Put quinoa, cabbage, apple spinach, sunflower seeds, and raisins in a large bowl and stir.
3. In a separate small bowl, mix together tahini, vinegar, olive oil, nutritional yeast, salt, pepper, and water. Whisk until well-mixed.
4. Add dressing to large bowl, and stir thoroughly to combine.

Chocolate Peanut Butter Smoothie

Ingredients:

- 1 frozen banana, sliced
- Large handful spinach
- 1 cup dairy-free milk
- 1.5 Tbs peanut butter
- 1 Tbs raw cacao
- 1 Tbs chia seeds
- 1 serving protein powder or collagen peptides
- 3 ice cubes

Directions:

1. Put all ingredients into a high-speed blender. Blend on high for 1-2 minutes, or until smooth. Enjoy!