



# **Struggle Care Cookbook**

THE MORALLY NEUTRAL COOKBOOK



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The morally neutral cookbook.

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# INTRODUCTION



*Many people struggle with care tasks. You are not alone!*

Care tasks describes any task, chore, or errand that is required to care for self and keep life going. Typically, these tasks are recurring, never-ending, and are required to be completed in order to “get on with living.” The overarching tasks of feeding, cleaning, and health and hygiene (both on for yourself and those for whom you are responsible) may seem like simple or noncomplex tasks to most. But when you actually break down the amount of time, energy, skill, planning, and maintenance that go into care tasks, we begin to see that they are not always simple.



For example, the care task of feeding yourself is not simply the act of putting food into your mouth. It is also making time to purchase that food, deciding what food to purchase, knowing what nutritional needs should be guiding your decisions, being knowledgeable on what foods meet those needs, planning how to prepare that food and setting aside the time to do so, ensuring that feeding comes at correct intervals, and taking into consideration health needs and preferences of all people you are feeding. It also requires the energy and skills necessary to plan, execute, and follow through on these steps every day multiple times a day. It requires the coping skills to deal with any barriers related to one’s relationship with food and weight, a lack of appetite due to medical or emotional factors, and the frustration tolerance to deal with any messes you may create in the process. You must have the emotional energy to deal with the feeling of being overwhelmed when you don’t know what to cook, the anxiety it can produce to create a kitchen mess, and possibly the skills to multitask while working, dealing with physical pain, or watching over children.

Even when one possess optimal mental and physical health, care tasks can become insurmountable in the face of some pretty simple life changes. Having a baby, losing a spouse, coming down with a debilitating illness, or having to pick up a second (or third) job can quickly make care tasks switch from something done on “auto pilot” to something that can only be done with purposeful thought and energy expenditure, of which someone in these circumstances may now have none to spare.

When barriers to functioning make completely care tasks difficult, you can experience an immense amount of shame. “How can I be failing at something so simple?” you think to yourself. You may be hesitant to reach out for help with these tasks due to intense fear of judgment and rejection. As shame and isolation increase, mental health plummets. Self-loathing sets in and motivation vanishes. The critical internal dialogue quickly forms a vicious cycle, paralyzing you even further.

This cookbook is different than any you’ve had before. It is designed to help you create a gentle and kind experience with cooking. The recipes are accessible and easy. It includes quotes to help you feel motivated and compassionate, simple recipes, and how-tos for grocery shopping, and cooking.

This cookbook and all its recipes are morally neutral. You are under no moral obligation to cook. Cooking itself is a morally neutral task. The type of food one eats does not make one a better person or a worse person. Cooking out of guilt or perfectionism is not helpful. Please do not bully yourself into cooking these meals. These recipes are for when it would feel good to eat something warm and yummy made on the stove or in the oven. This cookbook is for caring for yourself. Sometimes caring for yourself is a granola bar 4 times a day and sometimes it’s a casserole.



## AS FEW DISHES AS POSSIBLE

Since a large part of why cooking is overwhelming can be cleaning up the dishes, everything in this recipe book can be cooked with one 1-2 cooking dishes (a pot, pan, cookie sheet, or casserole dish). Some recipes call for transferring to a casserole dish to bake, however this step can be skipped if you are short on time or energy. If you need to purchase paper or plastic plates in order to make feeding yourself easier, you should not hesitate to do so. If you are worried about the environment, please see the appendix “A note on environmentalism and barriers to functioning” in this cookbook.

There are those of us who are on our own for the first time and have nothing. Some maybe are restarting their lives after leaving an abusive situation. I have provided a list of what is needed to cook all of these recipes if you need to start creating a kitchen.

### What you need to cook everything in this cook book:

1. A big pan
2. A big pot
3. A lid that fits your pot
4. Cookie sheet
5. Foil
6. Colander
7. Crock pot (one recipe)
8. Loaf pan (one recipe)
9. Blender or food processor (one recipe)
10. Measuring cups
11. Measuring spoons
12. Can opener
13. Big knife
14. Optional: Cheese grater
15. 8x8 square casserole dish (good for 1-2 people) or 9x13 rectangle casserole dish (good for 3 or more people)
16. Optional: Cast iron pan (used for one recipe) you can sub for a casserole dish if you wish





## A NOTE ON SIDES



You will notice this cookbook only contains main dishes. There are no recipes for sides. This is because:

- 1.** Learning a new recipe can be overwhelming. Having to look up two different recipes and then figure out how to do them at once is not possible for many people with executive dysfunction and other functional barriers.
- 2.** Sides are not required for a meal. Many of us have been conditioned that “real meals” must have multiples side dishes. This is simply not true. If you like them, they are wonderful addition! But starting today we are not serving sides just because somewhere along the way we got the message adult meals had to have multiple dishes. We now serve sides only because we want to.
- 3.** When functional barriers make life difficult, keeping things as simple as possible is a form of self care. Steamable veggies in a bag, 90 second microwave rice, or ready-cooked noodles are perfect additions to any meal.

# MASTER INGREDIENT LIST

## STOCKING UP

If you are going through a difficult season, it's helpful to have lots of frozen and non-perishable (food that can be kept in the pantry and does not spoil for a very long time) foods on hand so that you can easily make a meal without a large grocery run. The frozen and non-perishable ingredients in this cookbook are listed below so you can purchase them all ahead of time. It's often easier to run to the store and grab 3 items (or have those items delivered) than it is to stare at an ingredient list and shop for several items while trying to remember what you have at home. I have tried to include many recipes that use the same ingredients so you can get the most out of each item.



### PRICE

I have priced each item according to its price on the Walmart website as of October 2020. I have chosen to price at Walmart price because it is the affordable store most likely to be accessible to people in all parts of the USA. I have priced the most affordable version for those who are staying on a budget. Feel free to use the brand you like most.



### PERISHABLE INGREDIENTS

In each recipe, items that are perishable, meaning they will spoil if not used quick enough, will have an asterisk\* next to them in the ingredient list. Dairy can be purchased up to a week in advance, fresh produce and meat up to 3 days in advance. If you have stocked up all of your non-perishable items, you will only need to pick up asterisk items from the store for that recipe.

# MASTER INGREDIENT LIST

## READING FOOD WEIGHT

Every package of food will list how many ounces (or oz. for short) is in a package.



## SUBSTITUTIONS AND VARIATIONS

When a recipe calls for shredded chicken you have lots of options. Choose the one that works best for you:

### Shredded Chicken

- Canned chicken is great because it can sit in your pantry for a long time. Choose this option if you don't think you'll be able to get to the store everytime you want to make a recipe.
- Cooked, whole rotisserie chickens are sold at lots of grocery stores. It's a great option if you'd like to eat a warm chicken meal and then pull all the chicken off the bone for a later meal that requires shredded chicken.
- Pre-cooked, pre-shredded chicken is sold at many grocery stores. Choose this option if you are looking for a quick and low energy way to add shredded chicken. (note: you can also freeze pre-shredded chicken)
- Raw chicken breasts can be cooked at home and shredded with a fork. This is one of the more budget friendly ways to get shredded chicken but it takes more time and energy.

### Shredded Cheese

- Bagged shredded cheese is great for easy of use. Choose this if time or energy is a factor.
- Block cheese can be shredded at home with a cheese grater. The benefit of block cheese is that it melts a little better than bagged cheese.

### Ground Beef

- Ground turkey can be subbed for any ground beef recipe if you are looking for a white meat or lighter option.

## Freezing Foods

- Freezing foods is a great option if you want to make something last longer. The downside is that it often takes more effort to prepare a meal when you must remember to defrost an item ahead of time.
- Bread, tortillas, cheese, and meat can all be frozen for later use.

## Spices

- Take some time next time you are at the grocery store to browse the aisle and look at the McCormicks brand of spice blends. There are pot roast packs and meatloaf packs. If seasoning on your own seems intimidating spice blend packets are a great way to go.

**Note: The brand you choose is not important for the recipe. They are only listed here so you know which brand I used to price the item.**

NONPERISHABLE		
GRAINS	BRAND	PRICE
2 Packages Spaghetti (32 oz total)	Great Value	\$1.43
12 oz Egg Noodles	Skinner	\$1.58
Panko Bread Crumbs	Panko	\$1.68
Rice Noodles	Thai Kitchen	\$2.97
Tortilla chips	Great Value	\$2.00
CONDIMENTS		
Ketchup (small)	Great Value	\$0.92
Worcestershire	Great Value	\$1.00
Yellow Mustard (small)	Great Value	\$0.92
Large Mayonnaise	Great Value	\$1.28
Soy Sauce	Great Value	\$1.36
Jar Sweet Relish	Great Value	\$0.98

<b>SPICES &amp; CAPERS</b>	<b>BRAND</b>	<b>PRICE</b>
Salt	Great Value	\$0.40
Pepper	Great Value	\$4.98
Onion Powder	Great Value	\$0.98
Garlic Salt	Lowreys	\$2.78
Jar Minced Garlic	Spice World	\$2.45
Enchilada or Taco Seasoning	Bolners	\$2.54
Jar Chopped Ginger	Spice World	\$3.99
Pot Roast Seasoning Packet	McCormick	\$2.14
Tarragon	Organic Great Value	\$3.97
Dill	Organic Great Value	\$2.35
Italian	Great Value	\$0.98
Capers	Great Value	\$1.42
2 Packets Taco Seasoning	Great Value	\$0.88
2 Packages Ranch Dressing	Great Value	\$0.96
<b>VINEGARS AND LEMON JUICE</b>		
Red Wine Vinegar	Great Value	\$1.57
White Vinegar	Great Value	\$1.57
Lemon Juice	Concord Foods	\$0.88
<b>CANNED FOOD</b>		
5 Cans Black Beans (15 Oz Cans)	Great Value	\$2.90
1 Can Refried Beans (31 Oz)	Great Value	\$1.47
1 Can Pinto Beans (15 Oz)	Great Value	\$0.58
1 Can Corn (15 Oz)	Great Value	\$0.44
1 Can Enchilada Sauce	Old El Paso	\$1.79
2 Cans Rotel (10 Oz Can)	Rotel	\$1.94
2 Cans Cream of Mushroom Soup (10 Oz)	Great Value	\$1.00

<b>CANNED FOOD</b>	<b>BRAND</b>	<b>PRICE</b>
3 Cans Tuna (5 Oz Cans)	Starkist	<b>\$2.97</b>
7 Cans Chicken Broth (14 Oz Cans)	Great Value	<b>\$3.50</b>
Marinara Sauce	Great Value	<b>\$0.88</b>
Pizza Sauce (14 Oz)	Great Value	<b>\$1.14</b>
Small Can Diced Green Chiles	La Preferida	<b>\$0.99</b>
1 (14oz) Can Diced or Crushed Tomatos	Great Value	<b>\$0.64</b>
<b>FROZEN FOOD</b>		
Frozen Peas- 12 Oz Bag	Great Value	<b>\$0.84</b>
Frozen Broccoli - 12 Oz Bag	Great Value	<b>\$1.00</b>
Frozen Carrots	Great Value	<b>\$0.84</b>
Frozen Hashbrowns	Great Value	<b>\$1.76</b>
<b>MISC.</b>		
Brown Sugar (Small)	Imperial	<b>\$1.78</b>
Sliced Almonds (10 Oz)	Great Value	<b>\$5.78</b>
<b>TOTAL (before tax)</b>		<b>\$83.20</b>



*2020 had a very crying-in-your-car-at-a-red-light vibe. We experienced collective trauma like never before and we should all be treating ourselves with the compassion a survivor deserves.*

## EASY RANCH CHICKEN

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### What you need:

1. 1.5 lb Pre-cooked, shredded chicken\*
2. 1 ranch seasoning packet
3. 1 block of cream cheese\*
4. Optional: Bacon bits



### Directions:

1. Place all ingredients in a large pot and heat on medium high heat.
2. Stir until melty and mixed well
3. Eat by itself or on a bun





*You're only nutritional requirement when you are struggling is to feed yourself. All calories are good calories when your soul is tired.*

## CHICKEN SALAD

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### What you need:

1. 2 lb cooked shredded chicken\*
2. 1 cup Mayonnaise
3. 1 cup chopped onion\*
4. 0.5 cup sliced almonds
5. 2 Tbsp sweet relish
6. 1 cup sliced grapes\*
7. 1.5 Tbsp Dill
8. 1.5 Tbsp Tarragon
9. 2 tsp Garlic powder
10. 1 tsp yellow mustard



### Directions:

1. Mix together
2. Eat alone or on a sandwich with toasted bread



# TUNA SALAD



## What you need:

1. One can of tuna
2. 2 Tbsp mayo
3. A sprinkle of chopped onion\*
4. 1 tsp sweet relish
5. Salt and pepper to taste



## Directions:

1. Combine all ingredients
2. Eat alone or on toasted bread



*Health is not a white woman at Whole Foods. Health is multi-faceted. Health is complex and dynamic. Health is more than what foods you put in your body. An easy dinner made without guilt may be the healthiest meal you've had in weeks.*

## MINI PIZZAS



### What you need:

1. 6 tortillas
2. 1 cup pizza sauce
3. Mozzarella cheese\*
4. 1/3 cup Parmesan cheese
5. 1 tsp Italian seasoning



### Directions:

1. Preheat oven to 400 degrees.
2. Spray a muffin pan with cooking spray and set aside.
3. Using the edge of a large can, cut out 12 circles from the tortillas and place them down into the muffin tin
4. Mix 3/4 cup pizza sauce with 1 tsp Italian dressing, 1/2 onion powder, and 1/3 cup parmesan cheese.
5. Drop a bit of pizza sauce mixture into each tortilla cup and top with a sprinkle of mozzarella cheese.
6. Add toppings if you desire.
7. Bake for 10-12 minutes.



*You do not have to care about yourself to start caring for yourself.*

## MEATLOAF

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### What you need:

*For the Loaf:*

1. 1 lb. ground beef\*
2. 1 cup panko bread crumbs
3. 1/2 chopped onion\*
4. 1/2 cup milk\*
5. 1 egg\*
6. 2 Tbsp ketchup
7. 1 Tbsp Worcestershire sauce
8. 3/4 tsp garlic salt
9. 1/4 tsp black pepper



*For the Topping:*

1. 1/4 cup ketchup
2. 2 tbsp. packed light brown sugar
3. 1 tbsp. red wine vinegar



### Directions:

1. Pre-heat oven to 350 degrees.
2. Combine all loaf ingredients, mixing well with hands until ingredients and spread through.
3. Place into loaf pan
4. In a small bowl, mix together topping ingredients and spread topping onto loaf.
5. Bake 55 minutes
6. Let sit for 10 mins

# MEATLOAF



## FAQ:

### ▶ *Why do we pre-heat the oven?*

When a recipe tells you to cook a dish at say, 400 for 20 minutes, it means that in order to be fully cooked the meal must spend all of those 20 minutes inside an oven that is 400 degrees. When you first turn on your oven it takes some time for it to reach that temperature. This time is called “pre-heating.” When a dish includes all cooked ingredients (such as the chicken spaghetti or mini pizza rolls) the worse that can happen by slipping your dish in to the oven before it’s at the full recipe temperature is the cheese doesn’t melt all the way or it doesn’t blend together as well. However, when you are cooking meat, such as in this recipe, the time specified is necessary to actually cook the meat to a safe temperature. Meat must be cooked to a certain temperature in order to protect you against food borne illnesses.

### ▶ *Why does a recipe sometimes say to let a dish sit?*

Because your food retains some heat inside of it, it’s actually still cooking after it comes out of the oven. In this recipe, the meatloaf needs to sit so that it doesn’t fall apart right when you cut into it. For meats such as chicken or steak, sitting gives the flavorful juices time to redistribute into the meat. If you cut it open too quickly, the juices run out and the flavor and tenderness with it.



*You have no moral obligation to be skinny. Diet is the patriarchy's way of getting women to voluntarily shrink themselves into nonexistence. Don't think you'll escape it because you are a man, either. The patriarchy abuse of women is like that of a physical abuser, leaving bruises and welts. But he handles his men with the invisible trauma of emotional abuse, leaving scars on the soul no one can see and you doubt even to yourself are real.*

## BUTTERED NOODLES

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### What you need:

1. Spaghetti
2. Butter\*
3. Parmesan cheese\*
4. Garlic
5. Salt and pepper



### Directions:

1. Salt your pasta water like the ocean
2. Cook your spaghetti
3. Drain your spaghetti with a bowl under the colander to catch the pasta water
4. Put a serving of pasta into a bowl with a little pasta water, garlic, and parmesan cheese.
5. Sprinkle with salt and pepper



# SPAGHETTI AND MEAT SAUCE

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## What you need:

1. Spaghetti
2. 1 lb ground beef
3. 1/2 cup chopped onion
4. 1 tbsp Italian seasoning
5. Salt and pepper to taste
6. Parmesan cheese
7. Jar of marinara sauce



## Directions:

1. Salt your pasta water like the ocean
2. Boil spaghetti according to package, stirring occasionally
3. While spaghetti boils, put in onions and beef. Brown beef on high heat, chopping up into little pieces as it cooks.
4. Add Italian seasoning, salt and pepper, cook until grease has evaporated.
5. Drain pasta, saving a little pasta water.
6. Place 1/4 cup pasta water into the pan with the beef, add jar of marinara sauce.
7. Put sauce on top of spaghetti in a bowl and add parmesan cheese



*Quit beating yourself for having a skill deficit when what you really have is a support deficit. Striving to "be better" will exhaust the little energy you have and it's probably better spent letting yourself cry and sleep and finding small pockets of joy to keep you going. Support deficit is not always someone's fault. There are just some seasons of life we have to limp through.*

## BLACK BEAN SOUP



### What you need:

1. 3 cans of black beans
2. 1 can of black refried beans
3. 2 cups chopped onion\*
4. 2 Tbsp diced garlic
5. 2 tsp Onion powder
6. 2 tsp Garlic salt
7. Crushed tortilla chips
8. Chicken broth (about 1/2 a cup)
9. Optional (sour cream, shredded cheese, cilantro)\*



### Directions:

1. (Optional) Saute onion and garlic in butter or oil
2. Place garlic, onion, 2 cans of black beans (with juice) and 1 can of refried beans into a blender or food processor. Add onion powder and garlic salt and blend. Add chicken broth until it has the consistency you want.
3. Pour into pot and heat. Serve with toppings of your choice.



*I was told "postpartum is not a sprint, it's a marathon" but no one prepared me for running with two broken legs. I crawled, I tell you. I crawled and I cried and I made easy enchiladas. You can get through a lot if someone shows you easy enchiladas.*

## EASY ENCHILADAS



### What you need:

1. Tortillas
2. 1 can black beans
3. 1 can green enchilada sauce
4. Enchilada or taco seasoning
5. Shredded cheese
6. Optional additions for inside your enchiladas:
  - i. Cooked shredded chicken\*
  - ii. Chopped onion\*
  - iii. Sour cream\*
  - iv. Refried beans
  - v. Onion powder
  - vi. Garlic powder



### Directions:

1. Preheat oven to 350
2. Rinse your beans
3. In a bowl, mix beans (plus any additional ingredients you want inside your enchiladas) and seasoning.
4. Place this mixture inside a tortilla and wrap it up, placing them side by side in a 8x8 casserole dish.

# EASY ENCHILADAS

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## Directions: (Continued)

5. Pour enchilada sauce on top
6. Top with shredded cheese
7. Bake for 15 min
8. Broil for 3 min

## FAQ:

### ▶ *What does it mean to broil?*

When you use the bake setting on your oven, the heat is coming from the bottom of your oven at lower temperature. This heats up the air inside the oven, and that hot air cooks your food. Broiling causes the heat to come just from the top of the oven at a much higher temperature, effectively cooking food via infrared radiation. This is why baking will melt cheese but broiling will burn cheese. When you want a bit of crispy burn to the top of a dish (think how the cheese on pizza has little brown spots on it) you can use the broil feature. But watch it carefully as it happens fast!



*You are not good when you eat vegetables or bad when you eat ice cream. De-value your food. Focus less on being "good" and more on being kind to yourself. Cooking can only be self-care if it's morally neutral. If not cooking brings you shame or guilt, if it's something you "should be doing," then cooking only offers nothing more than a temporary stay from the shame until the next meal by which you feel overwhelmed. You're just always barely keeping your head above water. But if cooking means nothing? If it's absolutely morally neutral? Well then Mayo Chicky from the oven is a grand romantic gesture to yourself. And that feeling can carry you for days.*

## PARMESAN CRUSTED CHICKEN

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### What you need:

1. 2 chicken breasts\*
2. 1/2 cup helmann's
3. 1/2 cup parmesan cheese\*
4. Panko bread crumbs
5. Salt + pepper
6. **Optional:** Onion powder and garlic powder

# PARMESAN CRUSTED CHICKEN



## Directions:

1. Preheat oven to 425
2. Cover the top of your cookie sheet with foil
3. Mix mayo and parmesan cheese
4. Place chicken on cook sheet and sprinkle salt and pepper on top then cover with mayo mixture.
5. Sprinkle bread crumbs on top of the chicken, patting lightly to get the bread crumbs to stick
6. Bake for 25 mins
7. Let sit for 5 mins

*Note: This is a great base recipe to add different herbs and seasonings to the mayo mixture. This topping is also great on salmon.*

## FAQ:

### ▶ *Why do people freak out about raw chicken?*

Raw chicken can carry certain germs that cause food borne illness. Unlike beef, chicken must be cooked all the way through in order to kill these germs. When you touch raw chicken and then touch other objects you can transfer these germs easily. That is why after handling raw chicken it is important to wash your hands, especially before handling other foods. It is also important not to set cooked food onto any dish or utensil that was used for raw chicken. You should also not wash your chicken before cooking it, as this can spread the germs into your sink.

### ▶ *Why do I have to let the chicken sit?*

For meats such as chicken or steak, sitting gives the flavorful juices time to redistribute into the meat. If you cut it open too quickly, the juices run out and the flavor and tenderness with it.



*You do not have to earn the right to rest, connect, or recreate. Unlearn the idea that "chores" (aka care tasks) must be totally complete before you can sit down. Care tasks are a never-ending list and if you wait until everything is done to rest you will never rest. A quick meal that lets you rest and enjoy is much healthier than an 8 course organic home-cooked meal that stresses you out.*

## TUNA NOODLE CASSEROLE



### What you need:

1. 12 oz bag of egg noodles
2. 1 8oz can of cream of mushroom soup
3. 2 small cans of tuna, drained
4. 1 cup frozen peas
5. 1/2 milk\*
6. Shredded cheese\*

# TUNA NOODLE CASSEROLE



## Directions:

1. Pre-heat oven to 350
2. Salt your water like the ocean and boil egg noodles for 6-8 minutes. Drain and put back in the pot
3. Combine the rest of the ingredients except the shredded cheese.
4. Mix well (you can heat and eat now or proceed to the next step)
5. Place in 8x8 casserole dish and bake 15 mins
6. Broil for 3 mins (this makes the cheese burn a little and get crispy)

## FAQ:

### ▶ *What if I don't like tuna or peas?*

This dish works with canned or shredded chicken as well! You can also substitute the peas for a different veggie such as broccoli.

### ▶ *Why are we baking and broiling?*

Baking will warm the dish and broiling will melt and slightly char the cheese.



*You are not responsible for saving the world if you are struggling to save yourself. If you must use paper plates for meals or throw away recycling in order to gain better functioning you should do so. When you are healthy and happy you will gain to capacity to do real good for the world. In the meantime, your job is to survive.*

## BBQ GROUND BEEF



### What you need:

1. 2 lbs ground beef\*
2. 3/4 cup chopped onion\*
3. 1 cup ketchup
4. 1/4 cup brown sugar
5. 1/4 cup white vinegar
6. 4 tsp yellow mustard
7. 4 tsp Worcestershire sauce
8. Salt to taste
9. Optional: Tortilla chips or hamburger buns



### Directions:

1. Put 2 lbs ground beef and 3/4 cup chopped onion into a pan and turn on medium high heat until the ground beef is all brown and the grease has evaporated.
2. Add 1 cup ketchup, 1/4 cup brown sugar, 1/4 cup white vinegar, 4 tsp yellow mustard, 4 tsp Worcestershire sauce, a few sprinkles of salt.
3. Stir and simmer (on low heat) 20 minutes.
4. Enjoy by itself, with tortilla chips, or with hamburger buns.



*There are people in this world who are raising themselves. Somewhere out there, somebody had a baby in a pandemic and there is no one to help them. Right now, someone is lying in bed hungry but unable to summon the energy to get up and make themselves food. Feed yourself like you would feed them, with kindness and warmth and non-judgment, and the collective unconsciousness that is our human existence will relay the message. For just as suffering ripples so does kindness, even when it is only done to ourselves.*

## GINGER CHICKEN NOODLE SOUP

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### What you need:

1. 1 lb cooked and shredded chicken\*
2. 4 oz of rice noodles
3. 32 oz of chicken broth
4. 1 cup water
5. Handful of sliced or shredded carrots
6. 2 Tbs white vinegar
7. 2.5 tsp ginger
8. 1 Tbsp soy sauce
9. Shake of black pepper



### Directions:

1. Put everything except the noodles into the pot, bring to boil (lots of big bubbles), then turn down to a simmer, cover and cook 20 minutes.
2. Bring the soup to a boil again and add noodles, turn down to a simmer (small soft bubbles) and cook uncovered another 8-10 minutes.



Throw away what you think cooking "should" look like and work towards a way of doing them that works for YOU. The goal is not to do them to Gordon Ramsey's standards. You should be aiming for good enough. The extra energy to move from good enough to #instagrangoals could be better spent on something that really matters. That is why we don't say "good enough is good enough" but instead "good enough is perfect."

## POT ROAST



### What you need:

1. 2 lb of chuck roast\*
2. Pot roast seasoning packet
3. 1/4 cup of water
4. 1-2 cups of baby carrots (fresh or frozen)
5. Baby potatoes (red or brown). I use 10-12\*
6. Half an onion (any kind)\*



### Directions:

1. Place meat on the bottom, mix seasoning and water and pout on top, add veggies.
2. Cover and cook on high for 8 hours



*If you are struggling to function you need to start using whatever form of food is easiest for you. Do not feel guilty about packaging or waste. You can't save the rainforest if you're depressed anyways. Even if all the depressed people in the world started living zero waste it would not undo the ongoing impact of corporations and their destruction of the environment. If you really care about the environment then it's better to do whatever makes it easier to care for yourself since caring for yourself is the first step in getting better. Then you're better you can storm the capital and change the world. Doesn't that sound better than being depressed with your little mason jar of trash? I'm telling you there is no point of saving the world if we have to lose you.*

## CHICKEN SPAGHETTI



### What you need:

1. A 13x9 glass or metal pan (13x9 is the big rectangle)
2. 16 oz of pasta
  - i. (Check the package to see how many oz are in it)
  - ii. Any pasta is good. Spaghetti is a favorite but I prefer shells.
3. 2 cans of cream of mushroom soup
4. 1 can of rotel
5. 1 teaspoon of onion powder
6. 2 teaspoons of garlic salt
7. 1 lb of shredded chicken\*
8. 1 cup of sharp cheddar cheese\*
9. 16 oz of Velveeta\*

# CHICKEN SPAGHETTI

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## Directions:

1. Preheat oven to 350
2. Cook and drain your pasta
3. In a big pot, combine all ingredients except cheddar cheese. Turn stove on low and let it all melt together.
4. If you are low on energy or time, can stop here if you want and just throw the cheddar in the pot and eat.
5. Put into casserole pan and put shredded cheese on top.
6. Bake 15 min.
7. Broil on high for 3 minutes.





*If your ideal weight doesn't coincide with your ideal mental health, ideal happiness, and ideal relationships then it's not ideal at all.*

## TACO SOUP



### What you need:

#### *For the Seasoning:*

1. 1 packet Taco Seasoning Mix
2. 1 tsp Garlic salt
3. 1/2 tsp Onion Powder
4. 1/2 tsp Oregano
5. 1/2 tsp Salt
6. 1/2 tsp Pepper
7. 1 packet Ranch Dressing Mix (optional)

#### *For the Soup:*

1. 1-2 lbs Ground Beef\*
2. 1 (10 oz) can Rotel (cilantro and green chile kind)
3. 1 (7 oz) can Diced Green Chiles, With juice (optional)
4. 4 cups Chicken Broth, low sodium
5. 2 (14 oz) can Black Beans, rinsed & drained
6. 1 (14 oz) can Red Kidney or Pinto Beans, rinsed & drained
7. 1 (14 oz) can Diced or Crushed Tomatoes, with juice
8. 1 can of corn

#### *For the Garnishes (optional):*

1. Sour Cream\*
2. Cheddar or Monterey Jack Cheese, shredded\*
3. Tortilla Chips

# TACO SOUP



## Directions:

1. Place beef in large pot on medium high.
2. Add the taco seasoning, garlic powder, onion powder, oregano, salt, and pepper. Continue cooking, stirring occasionally, until meat is cooked.
3. Add the Ranch packet, if using, Rotel, green chiles, and chicken broth. Stir, and place a glass lid on the pot to help the broth heat up faster. Once the broth is at a slow simmer, add all of the beans and stir well.
4. Add the can of diced tomatoes, but don't stir. Place the lid on the pot and let cook on medium for 10 mins.
5. Taste and adjust salt, if needed, then add the corn. Stir well and let sit for a few minutes

**Serve with any of the garnishes you like!**



*Microwave food is valid.*

## BREAKFAST CASSEROLE

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### What you need:

1. Cast Iron Pan
2. 12 eggs\*
3. 1/2 cup heavy cream\*
4. 2 cups shredded cheese\*
5. 4 cups veggies (optional) I like broccoli and cherry tomato
3. 2 cup meat (optional)\*
4. 20 oz (small bag) frozen hashbrowns



### Directions:

1. Pre-heat oven to 375
2. Wipe bottom and sides of cast iron pan with olive oil. Smush hash browns inside to along bottom and sides. Salt and pepper
3. Bake for 45 mins.
4. Mix eggs, heavy cream, cheese, veggies, and cooked meat in a bowl. Add salt and pepper.
5. Pour into hash brown crust.
6. Bake again for 30-35 minutes.



### Info:

- Any oil (canola, vegetable oil, olive) will work. So will pam or butter.
- A cast iron pan is required because you can put them in the oven. Regular pans cannot go into the oven because they have plastic on the handles that will melt.
- A “heavy whipping cream” is what is used but if it says “whipping cream” or “heavy cream” that is the same or similar product that will also work.
- You can also use onion, spinach and/or bell pepper for veggies.

# BREAKFAST CASSEROLE

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## FAQ:

### ▶ *How do I care for a cast iron pan?*

Cast iron pans have what is referred to as “seasoning” on them which is a layer of fat and oil on the surface of the pan. This is what prevents foods from sticking and gives it a better flavor. It is important that this seasoning coat stay on the pan. After most meals, you can wash a cast iron pan with water and a scrub brush to get leftover food bits off. Pat dry to prevent rust. You will often hear it recommended not to use soap on a cast iron pan. You actually can use soap, but if you do be sure to rub it down with olive oil immediately after washing and drying to re-season.



*You tell yourself if I could just get better at this I won't hate myself so much. But you've got it the wrong way around. You deserve love and compassion regardless of your level of functioning. True skill building can only happen in an atmosphere of profound self-compassion and gentleness.*

## SALMON WITH HERB SALAD

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### What you need:

#### *For the Herb Salad:*

1. 1/2 cup sliced almonds
2. 1.5 cups chopped Italian parsley\*
3. 2 Tbsp chopped chives\*
4. 1/2 tsp chopped fresh oregano\*
5. 1/2 tsp chopped fresh thyme\*  
(you will pull the little leaves off and throw away the stems)
6. 3 Tbsp capers
7. 3 Tbsp lemon juice
8. 2 Tbsp shallot\*
9. 2 Tbsp diced garlic
10. 1/2 cup olive oil
11. Salt and pepper

#### *For the Salmon:*

1. 2-4 salmon filets\*
2. Mayonnaise
3. Salt and pepper



# SALMON WITH HERB SALAD



## Directions:

1. Chop all of your herbs and mix together in a bowl
2. Lay the salmon out on a foil-lined cookie sheet.
3. Brush with a light coat of mayo and liberally salt and pepper. (the mayo is going to make the salmon get crispy on top. Don't worry you won't taste it)
4. Place the top rack of the oven on the highest setting and broil salmon 8 minutes.
5. Turn off broil and let salmon sit in the hot oven for 3 minutes.
6. Top salmon with salad and enjoy.

**Note: This herb salad is great on chicken too!**

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# APPENDIX 1:

## ENVIRONMENTALISM AND FUNCTIONAL BARRIERS

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People who struggle to function are not choosing between recycling and not recycling, they are choosing between letting the cardboard pile up and staying paralyzed and throwing the cardboard out and being able to get unstuck enough to move forward in gaining functioning. Either way the recycling isn't getting done that day. However, if we sacrifice one day of cardboard (or Tupperware, or paper, or plastics) we may well have a chance at gaining a functioning human being capable of engaging in and making a difference in high level causes such as environmentalism.

Feeling shame for not being sustainable, for eating meat, or purchasing fast fashion when someone is struggling to get through the day is not going to cause them to magically gain the ability to do something different. Shame is a horrible long-term motivator. It is more likely to contribute to dysfunction and continue cycles of unsustainable practices. Feeling anger at someone with clinical depression or ADHD for not engaging in eco-optimal behaviors is also misplaced. The overwhelming majority of environmental damage is done by a few companies. Individual consumer habits have absurdly little impact and there is no ethical consumption under capitalism.

One of the major tenets of health professions is harm reduction. No one is made functional overnight and some people may always have barriers. The goal then is to take steps that reduce harm, first to self, then to those individuals around us, then to our community. You cannot jump right to community harm reduction before first addressing individual harm reduction. Therefore, if a newly widowed woman struggles to eat, she is released from the obligation to eat ethically. Not because eating ethically is unimportant but because when the real world choices for someone are eating dairy or eating nothing, it is always the ethical choice to eat. It is always the ethical choice to encourage that person to eat whatever they can manage. Harm reduction is always ethical.

Now that you understand why this approach of harm reduction is what's best for both the person and the earth, know that those who would shame you for not being "sustainable" are not activist but performance artists hoping to feel superior.