



ethos

Recipe Book

We hope you get a chance to share with us what your family creates in the kitchen by tagging us and using #EthosLearn

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Favorite recipes shared by South Boston Families

Breakfast

1. [Healthy Pumpkin Breakfast Bars](#)
2. [Healthy Apple Carrot Pancakes](#)
3. [Power Packed Fruit And Veggie Muffin Recipe For Picky Eaters](#)
4. [Sweet Potato Toast \(A Healthy Warm Breakfast!\)](#)
5. [Almond Flour Banana Bread](#)

Lunch/Dinner

6. [Baked Tofu With Peanut Sauce And Coconut-lime Rice](#)
7. [Crock Pot Chicken Taco Chili](#)
8. [Pumpkin And Sausage Stuffed Shells](#)
9. [Cheddar-stuffed Sweet Potato Bbq Turkey Meatloaf](#)
10. [One Pot Moroccan Chicken Stew With Sweet Potato & Couscous](#)
11. [Baked Black Pepper Ranch Chicken Fingers With Honey Mustard](#)
12. [Hidden Veggie Mac & Cheese](#)
13. [The Best Chicken Marinade Recipe](#)

Chipotle Corn Chili - Serves 4

Instructions

1. In a large heavy pot, heat 2 tbsp veg oil over med-hi.
2. Add 1 medium red onion, diced and cook 4 min.
3. Add 4 cloves garlic, chopped, and cook 1 min.
4. Stir in 1/4 cup chili powder and cook 30 sec.
5. Add 1 1/2 lbs ground beef and 3/4 tsp salt.
6. Cook stirring to break until cooked through, about 5 min.
7. Stir in one 28 oz can crushed tomatoes; one 15.5 oz can red kidney beans, drained and rinsed; one 15.5 oz and pinto beans drained and rinsed; 1 cup frozen corn; 1 to 2 chipotles in adobo, finely minced and 3/4 tsp salt.
8. Reduce heat to low, cover and simmer 15 min.
9. Serve 1 1/ cups chili in each of 4 bowls with desired toppings.

Ingredients

- 2 tbsp veg oil
- 1 medium red onion diced
- 4 cloves garlic chopped
- 1/4 cup chili powder
- 1 1/2 lbs ground beef
- 3/4 salt
- 28 oz can crushed tomatoes
- 1 15.5 oz can red kidney beans
- 1 15.5 oz pinto beans
- 1 cup frozen corn
- 1 chipotle in adobo

Rice balls

Instructions

1. Mix all ingredients with rice in a bowl and shape them into balls about the size of golf ball.
2. Serve in room temperature.

“The keys to making these work are that the rice needs to be sticky, any other ingredients need to be smaller than the rice grains so they stick together when you roll them into balls, and don't add too much liquid so, again, the rice remains sticky. You can mold them by hand but we use this ([Rice Ball Mold](#)) which makes it a bit easier (and cleaner)” - Ethos Parent

Ingredients

- Asian medium/short grain white rice
- [Seaweed seasoning](#)
- Finely diced vegetables of your choice like carrots
- Finely diced meat/tofu if you want to add a protein but it is not necessary
- Soy sauce
- Sesame oil to taste (Not too much!)

Pressure-Cook Mexican Shredded Beef - Serves 8

Instructions

1. Place beef on your pressure cooker. Place all other ingredients on top. Adjust to pressure-cook on high for 2.5 hours.
2. Allow pressure to naturally release.
3. Remove roast; shred with 2 forks. Skim fat from cooking juices.
4. Serve over rice or tortillas for burritos & tacos with your favorite toppings (lemon, salsa, sour cream, cilantro, etc).

Ingredients

- 2 pounds beef stew meat, (chuck roast or round roast works well)
- 1 [Tostitos Chunky Salsa Mild 15.5oz](#)
- 1 Small onion
- 1 Red pepper cut in big chunks without the seeds.
- Cilantro
- Salt & pepper to taste