

USSU Food Centre Cookbook

Created by Amy Remeshylo, Food Centre Coordinator 2023-2024

Introduction

The following are ideas for low-budget, low-ingredient, easy-to-prepare meals for students.

The meals in this section can be made primarily with ingredients available from the USSU Food Centre's Fresh Market and uFood Hamper programs, making them ideal for students who may be struggling with food insecurity.

Necessary ingredients are purposefully chosen to be as minimal as possible. Optional additional ingredients are listed for students who wish to use more in the recipes. In any recipe, canned items may be substituted for fresh or frozen.

Each recipe has an expected prep time, cook time, and difficulty. Prep time includes the time used to prepare ingredients for cooking, including cutting, draining, and mixing ingredients. Cook time is the time during which your prepared ingredients are being cooked, ie. on the stove or in the oven. Some recipes have no cook time. The difficulty rating shows how much skill or experience is expected to be needed for the recipe - for example, combining ingredients in one pot and letting them cook is considered less difficult than cooking meat or eggs. The difficulty rating of each recipe is represented on a scale of 1 to 5.

Ingredients that cannot be obtained as part of the Food Centre's programs are marked with an asterisk (*).

Cooking and kitchen terminology used throughout the following recipes are defined in the Glossary section at the end of this document.

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Bean Chili

Inspiration: <https://spoonuniversity.com/recipe/easy-vegetarian-chili> ;
<https://www.allrecipes.com/recipe/282453/5-ingredient-vegetarian-chili/>

Prep Time	Cook Time	Difficulty
5 minutes	15 minutes (25 minutes with beef)	★☆☆☆☆ (★★★ with beef)

Ingredients:

- ☐ 1 can black beans, drained
- ☐ 1 can kidney beans, drained
- ☐ 1 can corn, drained
- ☐ 1 can diced tomatoes
- ☐ 1-2 tablespoons chili powder (or to taste)
- ☐ 1 cup water

Optional Additional Ingredients:

- ☐ 1 onion
- ☐ 1 tablespoon water
- ☐ 1lb ground beef *
- ☐ Shredded cheddar cheese, for serving *

Directions:

1. Optional: cook ground beef, using a spatula or spoon to separate, until browned all the way through (no pink colour).
2. Optional: Heat 1 tbsp of water in a medium-sized pot over medium heat. When the water begins to simmer, add the onions and sauté until softened, about 5 minutes.
3. Combine all ingredients in a pot.
4. Cover and let simmer on low to medium heat for at least 10 minutes (the longer the better). Stir occasionally.
5. Serve warm. Optionally, top with shredded cheese.



Bean Chili Ingredients



Bean Chili

Chicken Casserole

Inspiration:

<https://kirbiecravings.com/chicken-rice-casserole-and-a-giveaway/#recipe> ;
<https://simple-nourished-living.com/easy-chicken-wild-rice-casserole-recipe/>

Prep Time	Cook Time	Difficulty
10 minutes	35 minutes	★☆☆☆☆

Ingredients:

- ☐ 2 ½ cups cooked rice
- ☐ 1 can chicken (or turkey, ham, tuna, or other protein of your choice)
- ☐ 1 can green beans
- ☐ 1 can cream soup (cream of celery, cream of chicken, or cream of mushroom)

Optional Additional Ingredients:

- ☐ ¼ cup celery (chopped)
- ☐ Cheddar cheese (shredded), to taste *

Directions:

1. Preheat oven to 350°F. Lightly grease a casserole dish or oven-safe pan and set aside.
2. In a pot large enough to combine all ingredients, cook the rice according to package instructions.
 - 2.1. Put rice and water in a pot and bring to a boil.
 - 2.2. Stir, cover, and reduce heat. Let cook for 15 minutes or until rice is tender.
 - 2.3. Remove from heat. Let stand for 5 minutes or until water is absorbed.
 - 2.4. Fluff the rice with a fork.
3. Add the chicken, green beans, cream soup, and celery (optional) to the cooked rice. Mix well.
4. Transfer the mixture to the greased dish. Optionally, sprinkle with cheddar cheese before baking.
5. Bake for 20 minutes, or until bubbly. Serve warm.



Chicken Casserole Ingredients



Chicken Casserole

Chicken/Tuna Salad Sandwiches

Inspiration: <https://www.mealgarden.com/recipe/tuna-or-chicken-salad/> ;
<https://downshiftology.com/recipes/tuna-salad/>

Prep Time	Cook Time	Difficulty
10 minutes	—	★☆☆☆☆

Ingredients:

- ☐ 1 can tuna OR chicken OR turkey, drained
- ☐ ¼ cup mayonnaise
- ☐ Sliced sandwich bread *

Optional Additional Ingredients:

- ☐ 1 teaspoon mustard (dijon mustard recommended)
- ☐ 1 stalk celery
- ☐ 1 green onion *
- ☐ Dill pickles (for serving) *

Directions:

1. In a bowl, flake drained tuna or chicken with a fork.
2. Add mayonnaise, dijon mustard (optional), chopped green onion and/or celery (optional) and stir to combine.
3. Spread mixture onto bread. Top with sliced pickles (optional) and a second slice of bread to create a sandwich.



Chicken/Tuna Salad Sandwiches Ingredients



Chicken/Tuna Salad Sandwich

Chickpea Curry

Inspiration: <https://chocolatecoveredkatie.com/chickpea-curry-recipe/> ;
<https://www.nogettingoffthistrain.com/recipes/chickpea-curry-recipe/>

Prep Time	Cook Time	Difficulty
10 minutes	35 minutes	★☆☆☆☆

Ingredients:

- ☐ 2 ½ cups rice
- ☐ 2 cans chickpeas, drained and rinsed
- ☐ 1 can coconut milk
- ☐ 1-2 tablespoons curry powder, or to taste
- ☐ 1 can mixed vegetables, drained
- ☐ 1 can diced tomatoes

Optional Additional Ingredients:

- ☐ 1 handful fresh or frozen spinach
- ☐ Pepper, to taste
- ☐ Salt, to taste

Directions:

1. Cook the rice according to package instructions.
 - 1.1. Put rice and water in a pot and bring to a boil.
 - 1.2. Stir, cover, and reduce heat. Let cook for 15 minutes or until rice is tender.
 - 1.3. Remove from heat. Let stand for 5 minutes or until water is absorbed.
 - 1.4. Fluff the rice with a fork.
2. Combine all ingredients except rice and spinach (if using) into a pot. Bring to a boil and simmer for 10 minutes, or until desired thickness is reached.
3. Remove from heat. Stir in the spinach (optional) and add pepper and salt to taste (optional).
4. Serve warm over cooked rice.



Chickpea Curry Ingredients



Chickpea Curry

Creamy Mushroom Pasta

Inspiration:

<https://www.budgetbytes.com/creamy-tuna-pasta-with-peas-and-parmesan/> ;

<https://www.rivertenkitchen.com/white-pasta-sauce-canned-soup.html>

Prep Time	Cook Time	Difficulty
5 minutes	15 minutes	★☆☆☆☆

Ingredients:

- ☐ 300g-500g pasta (any shape)
- ☐ 1 can cream of mushroom soup (or cream of celery or cream of chicken)
- ☐ 1 cup water
- ☐ ½ teaspoon garlic powder
- ☐ 1 can peas OR mixed vegetables OR green beans, drained
- ☐ 1 can tuna OR ham OR chicken OR turkey, drained

Optional Additional Ingredients

- ☐ 1 cup half and half (half milk, half cream; about 12% fat content) *
- ☐ Parmesan cheese, grated, to taste *

Directions:

1. Cook pasta according to package directions.
 - 1.1. In a pot on high heat, bring water to a boil (use approximately 2 cups of water per 100g of pasta).
 - 1.2. Add pasta to boiling water. Stir occasionally until water returns to a boil.
 - 1.3. Reduce heat to medium-high. Cook pasta, stirring occasionally, for 10-12 minutes or until pasta is tender.
 - 1.4. When pasta is cooked, drain excess water.
2. In a separate pot or pan, pour the canned cream soup, garlic powder, and water (or optional half and half). Mix and simmer for 2-3 minutes, stirring to prevent the sauce from sticking to the sides of the dish.
3. Add the cooked pasta, vegetables, and protein to the sauce. Stir to coat the pasta in the sauce.
4. Sprinkle with grated parmesan (optional). Serve warm.



Creamy Mushroom Pasta Ingredients



Creamy Mushroom Pasta

Dress Up Your Mac and Cheese!

Inspiration: <https://www.wikihow.com/Make-Kraft-Macaroni-and-Cheese> ;
<https://bakeitwithlove.com/how-to-make-kraft-mac-cheese-better/> ;
<https://food52.com/blog/22982-upgrade-boxed-mac-and-cheese-tasty-combinations-simple-ingredients>

Prep Time	Cook Time	Difficulty
5 minutes	15 minutes (25 minutes with beef)	★ ★ ★ ★ ★ (★ ★ with beef)

Ingredients:

- ☐ 1 box pre-packaged macaroni and cheese
- ☐ 6 ⅓ cups water

Optional Additional Ingredients:

- ☐ ¼ cup margarine OR butter *
- ☐ ⅓ cup milk *
- ☐ ¼ cup shredded cheddar cheese *
- ☐ 1 can peas OR mixed vegetables, drained
- ☐ 1 can ham OR tuna OR chicken OR turkey, drained and flaked
- ☐ 1 can kidney beans, drained
- ☐ 1 can corn, drained
- ☐ 1 teaspoon chili powder
- ☐ 1 lb ground beef *
- ☐ Ketchup, to taste

Directions:

1. Make macaroni and cheese according to package instructions:
 - 1.1. In a pot, bring 6 cups of water to a boil.
 - 1.2. Remove the cheese sauce mix from the mac and cheese box and set aside.
 - 1.3. Pour the pasta into the boiling water and reduce heat. Cook, stirring occasionally, for 6-8 minutes or until tender.
 - 1.4. Remove from heat and drain excess water.
 - 1.5. Add margarine (optional), ⅓ cup water (or optional milk), cheddar cheese (optional), and cheese sauce mix to drained pasta. Stir until smooth.
2. Additional recipe option #1: vegetables and protein

- 2.1. Optional: add choice of vegetable and mix into pasta.
- 2.2. Optional: add choice of protein and mix into pasta.
3. Additional recipe option #2: chili mac and cheese
 - 3.1. Optional: Season beef with chili powder. In a separate pan, cook beef, using a spatula or spoon to separate, until browned all the way through (no pink colour) before adding to the prepared macaroni and cheese.
 - 3.2. Optional: mix in drained kidney beans and/or corn.
 - 3.3. Optional: if not adding seasoned beef, mix in chili powder.
4. Serve warm. Optionally, add ketchup.



Dressed Up Mac and Cheese Ingredients (Opt. 1)



Dress Up Your Mac and Cheese! (Option 1)



Dressed Up Mac and Cheese Ingredients (Opt. 2)



Dress Up Your Mac and Cheese! (Option 2)

Fried Rice

Inspiration:

<https://therecipecritic.com/easy-fried-rice/#wprm-recipe-container-44017> ;

<https://www.eggs.ca/recipes/simple-scrambled-eggs>

Prep Time	Cook Time	Difficulty
20 minutes	15 minutes	★★★★☆ (★★★ with egg)

Ingredients:

- ☐ 4 cups rice, cooked and cooled (leftover rice is perfect for this)
- ☐ 1 tablespoon water
- ☐ 1 can peas, drained
- ☐ 1 can mixed vegetables, drained
- ☐ 1 onion
- ☐ 3-4 tablespoons soy sauce (or to taste)

Optional Additional Ingredients:

- ☐ 2-3 eggs *
- ☐ 2 tablespoons sesame oil *
- ☐ 1 can chicken, ham, turkey, OR tuna
- ☐ 2 green onions, chopped *

Directions:

1. Cook the rice according to package directions. Let cool.
 - 1.1. Put rice and water in a pot and bring to a boil.
 - 1.2. Stir, cover, and reduce heat. Let cook for 15 minutes or until rice is tender.
 - 1.3. Remove from heat. Let stand for 5 minutes or until water is absorbed.
 - 1.4. Fluff the rice with a fork.
2. In a large pan, heat 1 tablespoon water or cooking oil on medium heat.
3. When the water (or oil) begins to simmer, add the onions and sauté until softened, about 5 minutes.
4. Add the peas, mixed vegetables and optional sesame oil. Stir and allow to heat through.
5. Optional eggs - In a small bowl, whisk the eggs together until the yolk is mixed through.

6. Optional eggs - Push the vegetables to one side of the pan. Pour the beaten eggs into the open side.
7. Optional eggs - Scramble the eggs.
 - 7.1. While cooking, move and separate the eggs. Cook until no liquid egg remains.
8. Optional eggs - Once the eggs are cooked, mix in the vegetables.
9. Add the rice to the vegetable mixture. Pour the soy sauce on top. Add the canned meat (optional). Stir and fry the rice mixture until warmed through and combined.
10. Top with green onion (optional). Serve fried rice warm on its own or as a side to a main dish.



Fried Rice Ingredients



Fried Rice

Lentil Bolognese

Inspiration:

<https://www.asaucykitchen.com/20-minute-vegetarian-lentil-bolognese/> ;
<https://thealmondeater.com/lentil-bolognese-recipe-vegan-gluten-free/#recipe>

Prep Time	Cook Time	Difficulty
15 minutes	35 minutes	★ ★ ☆ ☆ ☆

Ingredients:

- ☐ 300-500g pasta (any shape)
- ☐ 1 tablespoon water
- ☐ 1 onion, diced
- ☐ 2 stalks celery, chopped
- ☐ 2 teaspoons garlic powder
- ☐ 1 can diced tomatoes
- ☐ 1 can lentils, drained and rinsed
- ☐ 2 tablespoons soy sauce
- ☐ ¼ teaspoon salt

Optional Additional Ingredients:

- ☐ Chili flakes, to taste
- ☐ Parmesan cheese, to taste *

Directions:

1. In a pot, cook pasta according to package directions.
 - 1.1. In a pot on high heat, bring water to a boil (use approximately 2 cups of water per 100g of pasta).
 - 1.2. Add pasta to boiling water. Stir occasionally until water returns to a boil.
 - 1.3. Reduce heat to medium-high. Cook pasta, stirring occasionally, for 10-12 minutes or until pasta is tender.
 - 1.4. When pasta is cooked, drain excess water.
2. Heat 1 tbsp of water in a medium-sized pot over medium heat.
3. When the water begins to simmer, add the onions and 1/4 tsp salt and sauté until softened, about 5 minutes.
4. Add the celery to the onions and sauté another few minutes.
5. Stir in the diced tomatoes, lentils, soy sauce, and optional chili flakes. Mix well.

6. Reduce heat and let simmer for 15 minutes.
7. Serve warm over cooked pasta noodles.



Lentil Bolognese Ingredients



Lentil Bolognese

Liven Up Your Ramen!

Inspiration:

<https://www.seriousseats.com/easy-ways-to-upgrade-your-instant-noodles-japanese-what-to-do-with-ramen> ;

<https://www.loveandlemons.com/how-to-make-hard-boiled-eggs/>

Prep Time	Cook Time	Difficulty
5 minutes	5 minutes (20 minutes with egg)	★☆☆☆☆ (★★ with egg)

Ingredients:

- ☐ 1 package instant ramen noodles (any flavour)
- ☐ 2 cups water

Optional Additional Ingredients:

- ☐ 1 can peas, mixed vegetables, corn, OR green beans
- ☐ ½ cup fresh or frozen baby spinach
- ☐ 1 can tuna, ham, chicken, OR turkey
- ☐ Soy sauce, to taste
- ☐ Sriracha sauce, to taste *
- ☐ Chili flakes, to taste
- ☐ 1 egg *

Directions:

Most of this recipe is optional. You are encouraged to mix and match the additional optional ingredients as you prefer.

1. Using a pot or kettle, cook the instant ramen noodles according to package directions.
 - 1.1. Method 1: using a pot, boil the water until bubbling. Add the noodles and cook until they are soft and begin to separate. Drain the excess water (optional to leave some hot water to create a “soupy” dish) and mix in the packaged seasoning. Note: if adding canned meat, add only half the seasoning to avoid making the meal overly salty.
 - 1.2. Method 2: using a kettle, bring the water to a boil. Place the noodles in a dish and pour the boiling water over them, ensuring that the water completely covers the noodles. Cover the dish and

allow the noodles to soften and separate. Drain the excess water (optional to leave some hot water to create a “soupy” dish) and mix in the packaged seasoning. Note: if adding canned meat, add only half the seasoning to avoid making the meal overly salty.

2. Optional: drain and mix in a can of vegetables (options include peas, corn, green beans, mixed vegetables).
3. Optional: drain and use a fork to gently mix and flake the canned tuna, ham, chicken, or turkey. Mix the meat into the noodles.
4. Optional: add the baby spinach to the hot noodles. Allow the heat to cook and wilt the leaves.
5. Optional: mix additional sauces and/or spices into the noodles. Add small amounts and gradually increase how much of a sauce/spice you mix in, tasting periodically, until you find a taste that you enjoy. Suggested flavours include soy sauce, sriracha, and chili flakes.
6. Optional: top the noodle mixture with a boiled egg. To boil an egg:
 - 6.1. Put the egg (in shell) in a pot and cover with water. Boil the water on high heat.
 - 6.2. Once boiling, turn off the heat and cover the pot.
 - 6.3. Let the egg remain in the boiling water for 10-12 minutes.
 - 6.4. Once the time is up, drain the hot water and shock the egg in an ice bath; place the egg in cold/ice water for at least 10 minutes to end the cooking process and make the egg easy to peel.
 - 6.5. To eat, crack the egg and remove the shell.
 - 6.6. To store boiled eggs as a snack for later, leave the shell on and store in a refrigerator.



Liven Up Your Ramen! Ingredients



Liven Up Your Ramen!

Minestrone Soup

Inspiration: <https://www.loveandlemons.com/minestrone-soup/> ;
<https://www.5ingredients15minutes.com/en/recipes/minestrone-soup-with-kidney-beans/>

Prep Time	Cook Time	Difficulty
5 minutes	30 minutes	★☆☆☆☆

Ingredients:

- ☐ 2 cans mixed vegetables, drained
- ☐ 1 can diced tomatoes
- ☐ 4 cups vegetable broth *
- ☐ 1 can kidney beans, drained
- ☐ 1 tablespoon italian seasoning (or to taste)

Optional Additional Ingredients:

- ☐ 200g pasta (short shape preferred)

Directions:

1. Combine all ingredients except pasta (if using) in a pot and bring to a boil.
2. Reduce heat and simmer for 15 to 20 minutes, stirring occasionally.
3. Optional - stir in the pasta and cook until soft, about 10 minutes.
4. Serve warm.



Minestrone Soup Ingredients



Minestrone Soup

Tomato Rice

Inspiration: <https://www.fivehearthome.com/easy-spanish-rice/> ;
<https://www.food.com/recipe/spanish-rice-using-tomato-sauce-182403>

Prep Time	Cook Time	Difficulty
5 minutes		★ ★ ☆ ☆ ☆

Ingredients:

- ☐ 2 cups rice
- ☐ 2 tablespoons oil *
- ☐ 1 onion, diced
- ☐ 1 can tomato sauce
- ☐ 1 ¾ cups chicken OR vegetable broth *
- ☐ 1 teaspoon garlic powder

Optional Additional Ingredients:

- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 1 can chicken, turkey, ham, OR tuna

Directions:

1. Heat the oil in a medium pan over medium heat.
2. When the oil begins to simmer, add the onions and garlic powder and sauté until they begin to soften, about 2 minutes.
3. Add in dry rice. Stir and cook until the rice is golden brown, about 5 minutes.
4. Slowly add in broth and tomato sauce onto rice. Add chili powder (optional) and cumin (optional). Stir to mix. Increase heat to high and bring to a boil.
5. Reduce heat to low, cover, and simmer for 20 minutes.
6. If the rice is not cooked or has not absorbed the liquid after 20 minutes, re-cover and let simmer for 2-4 minutes longer.
7. Remove from heat. Fluff rice with a fork.
8. Optional - drain and flake canned meat. Mix into rice.
9. Serve warm.

Tomato Sauce Pasta

Inspiration:

<https://pipandebby.com/pip-ebby/spaghetti-sauce-made-using-tomato-sauce/> ;
<https://www.liveeatlearn.com/quick-pasta-sauce/#wprm-recipe-container-75108>

Prep Time	Cook Time	Difficulty
5 minutes	20 minutes (30 minutes with beef)	★☆☆☆☆ (★★ with beef)

Ingredients:

- ☐ 300-500g pasta (any shape)
- ☐ 1 can tomato sauce
- ☐ 1 teaspoon garlic powder, or to taste

Optional Additional Ingredients:

- ☐ 1 can ham, tuna, chicken, OR turkey, drained
- ☐ 1 can peas, mixed vegetables, OR corn, drained
- ☐ 1 teaspoon italian seasoning, or to taste
- ☐ 1 teaspoon salt, or to taste
- ☐ 1 teaspoon pepper, or to taste
- ☐ ½ teaspoon onion powder, or to taste
- ☐ 1 teaspoon oregano, or to taste *
- ☐ 1 teaspoon sugar, or to taste *
- ☐ 1 lb ground beef *
- ☐ Parmesan cheese, to taste *

Directions:

1. In a medium pot on medium heat, combine the canned tomato sauce and garlic powder. Optionally, mix in your choice of additional seasonings (if adding optional canned meat to this dish, skip the salt). Cook, stirring occasionally, for 15 minutes.
 - 1.1. Optional: create a meat sauce by adding ground beef. In a separate pan, cook beef, using a spatula or spoon to separate, until browned all the way through (no pink colour) before adding to the sauce mixture.
2. While the sauce is being prepared, cook pasta according to package directions.

- 2.1. In a pot on high heat, bring water to a boil (use approximately 2 cups of water per 100g of pasta).
- 2.2. Add pasta to boiling water. Stir occasionally until water returns to a boil.
- 2.3. Reduce heat to medium-high. Cook pasta, stirring occasionally, for 10-12 minutes or until pasta is tender.
- 2.4. When pasta is cooked, drain excess water.
3. Add the sauce to the cooked pasta. Mix well.
4. Optional: add your choice of peas, mixed vegetables, or corn to the pasta. Mix well.
5. Optional: use a fork to flake your choice of canned meat. Add meat to pasta. Mix well.
6. Serve warm. Optionally, top with parmesan cheese.



Tomato Sauce Pasta Ingredients



Tomato Sauce Pasta

Strawberry Spinach Salad

Inspiration:

<https://www.allrecipes.com/recipe/16409/spinach-and-strawberry-salad/> ;

<https://www.gimmesomeoven.com/salad-dressing/>

Prep Time	Cook Time	Difficulty
15 minutes	—	★☆☆☆☆

Ingredients:

- ☐ 4 cups fresh spinach
- ☐ 1 ½ cups strawberries, sliced
- ☐ Choice of salad dressing *

Optional Additional Ingredients:

- ☐ ½ cup cucumber, chopped
- ☐ ½ cup celery, chopped
- ☐ ½ cup pecans OR walnuts OR almonds, chopped *
- ☐ ¼ cup red onion, thinly sliced *
- ☐ ½ cup crumbled feta cheese *

Directions:

1. Place all ingredients except salad dressing into a large bowl.
2. Top with choice of salad dressing and toss to combine.



Strawberry Spinach Salad

Glossary

<https://www.goodhousekeeping.com/food-recipes/cooking/tips/a16958/dictionary-cooking-terms/>

Term	Definition
Cooking Methods	
Cook	To prepare food for eating by applying heat.
Bake	To cook food using dry heat, often using an oven
Boil	To cook with water or other liquid that has reached its boiling point; bubbles form and pop on the surface, and liquid begins to evaporate into steam.
Sauté	To cook food in a small amount of fat or grease over relatively high heat.
Simmer	To cook in liquid just below the boiling point; bubbles form but do not burst on the surface of the liquid.
Measurements	
High Heat	A level of heat on a stove, often displayed as the range 7-8 or "Max" on a dial.
Medium Heat	A level of heat on a stove, often displayed as the range 4-6 or "Med" on a dial.
Low Heat	A level of heat on a stove, often displayed as the range 1-3 or "Min" on a dial.
Cup	A unit of measuring volume, equal to 250mL. Commonly divided in recipes into fractions including $\frac{1}{2}$, $\frac{1}{3}$, or $\frac{1}{4}$ cups.
Tablespoon	A unit of measuring volume, equal to $\frac{1}{2}$ fluid oz or 15mL. Commonly divided in recipes into fractions.
Teaspoon	A unit of measuring volume, equal to 5mL. Commonly divided in recipes into fractions.
To Taste	A small volume of an ingredient, depending on personal taste preferences.

Cutting Food	
Chop	To cut food into smaller pieces.
Dice	To cut food evenly into small ($\frac{1}{4}$ to $\frac{1}{2}$ -inch) cubes.
Mince	To cut into tiny pieces, usually with a knife.
Shred	To cut food into narrow strips with a knife or a grater.
Slice	To cut food into thin, broad strips.
Dishes	
Pan	A flat-bottomed metal dish used for frying, searing, and browning foods. It is typically 20 to 30 cm in diameter with relatively low sides that flare outwards, a long handle, and no lid.
Pot	A deep round metal dish used for cooking stews, soups, and other food. It typically has a flat bottom and straight sides, and may have a lid.
Casserole Dish	A kind of large, deep pan or bowl used for cooking a variety of dishes in the oven. It is usually made of ceramic, porcelain, or glass.
Kettle	A container or device in which water is boiled, having a lid, spout, and handle.
Instructions	
Drain	Remove excess liquid.
Flake	Gently loosen and break apart a compacted ingredient.
Fluff	Gently loosen and break apart a compacted ingredient, allowing it to expand in volume.
Reduce Heat	Lower heat by one or two levels (ie. from high to medium, or medium to low heat).
Season	To flavour food with spices or seasonings.
Top	Add an ingredient on top of a dish, without mixing it into the meal.
Whisk	Stir rapidly, often using a whisk (utensil) or fork.

Questions or suggestions? Email them to foodcentre@ussu.ca!