

OMS Live Cook-Along with Rachel Detroit

6pm BST on the 12th July 2022 via Zoom



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Thank you for signing up for this webinar. It is more than possible to make delicious food while following the OMS protocol. These menu items are packed with fiber and the whole family will love them.

If you want to cook-along, please prepare these things in advance.

BLACK BEAN BURGER

- Boil 1 cup of cubed sweet potato! (~1 medium potato)
- 1 flax egg (Add 1 tbsp ground flaxseed mixed with 3 tbsps. water, and let it stand for 10 minutes)

[Boiling instructions: Cube the potatoes and add them to a pot with water. Bring the water to a boil & reduce heat to medium low. Cover the pot with a lid and let simmer until fork-tender, about 10 minutes for small and/or cubed potato.] ****Do not overcook, burger will be too mushy****

CHEESE SAUCE (Same batch for Mac & Cheese and Burger)

Boil:

- 3 medium peeled, Yukon Gold Potatoes
- 1-2 large, peeled carrots
- 1 medium onion

*Save 1 cup of the boiled potato water. *

[Boiling instructions: add all contents into the same pot. Bring to a boil. Let simmer for 15-20 minutes until everything is very soft.]

MAC & CHEESE

Cook 16 oz. pasta ahead of the session according to the package.

****Chop everything prior to the class. ****

Recipe 1 - Black Bean Burger



Servings: 7-8 patties

INGREDIENTS

3 cups soaked & cooked black beans (or 2-15 oz. cans, drained and rinsed-no need to cook this)

½ cup onion, chopped

3 garlic cloves, chopped

¾ cup any color bell pepper, finely chopped

1 tsp BBQ sauce or ketchup

2 tsp liquid smoke (optional)

1 ½ tsp ground cumin

1 tsp of chili powder

½ tsp garlic powder

½ tsp of smoked paprika

1 cups of sweet potato (boiled)

1 flax egg (1 tbsp ground flaxseed mixed with 3 tbsps. water, let stand 10 minutes)

2 tbsp cornstarch

½ tsp salt

Whole grain OMS compliant bread/bun (I like Ezekiel bread with sesame seeds)

Toppings/Condiments

Pickles

Tomatoes

Onions
BBQ sauce
Mustard

PROCESS

1. Line a baking sheet with parchment paper or silicone mat and preheat the oven to 425 degrees F (220 Celsius or Gas Mark 7).
2. Heat a large nonstick skillet over medium high heat for 2 minutes and add the onions. Cook for 5 minutes, add a tbsp of water if they start to stick. Add the garlic and cook for a couple more minutes.
3. Place the cooked onions, garlic, beans and rest of the burger ingredients, except into the sweet potatoes, into the food processor. Pulse 2-3 times. Remove the lid and scrape down the sides.
4. Add the sweet potato and pulse a few more times. Everything should be combined but not too mushy. We want chunks of beans and sweet potatoes!
5. Place the mixture into a bowl and combine it more with your hands if you like.
6. Form 8 patties and place on the baking sheet lined with parchment paper.
7. Bake at 425 degrees F (225 Celsius / Gas Mark 7) for 13 minutes, take out! Flip and bake for 10 minutes more.
8. Let cool, the burgers will firm up more.

Recipe 2 - Mac & Cheese & Peas

Servings: 6



INGREDIENTS:

Cheese:

- 3 medium Yukon Gold Potatoes (or any kind)
- 1-2 large, diced carrots
- 1 medium diced onion
- ¼ cup diced red pepper
- ½ cup nutritional yeast
- ½ cup of boiled potato water
- 2 tbsp lemon juice
- 1 tsp apple cider vinegar
- ½ tsp onion Powder
- ½ tsp garlic Powder
- 2 tsp salt

Pasta:

16oz preferred pasta. I use Banza chickpea pasta. (pre-cooked for the live session)

1-2 cups of frozen peas!

PROCESS

1. Peel & cube the potatoes. Boil the potatoes, carrot & onions until you can pierce the potato with a fork. ****DO THIS IN ADVANCE!!****
2. Drain and save 1 cup of boiled potato water for the blending of the sauce. You will start with ½ cup and add tbsp by tbsp as needed.
3. Add all the ingredients and water into the blender. Blend until a creamy cheese is made.

Pasta:

1. In a large pot, heat up the peas for a couple minutes with half the blender of cheese sauce. the cheese sauce.
2. Add the pre-cooked pasta and combine.
3. Enjoy!

Travel Cookies

[Not made during live class but will be displayed.]



Ingredients

- 3/4 cup oat flour (you can make this in your blender or buy it, just blend oats until flour forms)
- 1/4 cup oats
- 1/4 cup pure maple syrup
- 1/4 cup almond butter or any nut butter you like
- 1 tbsp ground flax seed
- 1/2 tsp of cinnamon (optional)
- 1 1/2 tsp vanilla extract
- 1/4 cup raisins, dried fruit, nuts of your choice

Process

1. Preheat the oven to 350°F (177 degrees C, Gas Mark 4) then line a baking sheet with parchment paper or a silicone mat.
2. In a large bowl, combine all of the ingredients then stir together until a dough forms.
3. Scoop the dough out 1 and 1/2-to-2 tbsp at a time and roll into balls. Press down with the bottom of a glass (or your hand) to form a round disc shape (or leave as balls).
4. Bake in the oven for 10-13 minutes, until light golden brown on the edges.
5. Enjoy! :)

Thank you for joining! We can all live well with MS by following the OMS Program!

Questions?

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