

Zero Waste Recipes

Courtesy of Zero Waste Providence and the [Zero-Waste Chef](#)

Naturally Carbonated Lemonade

Ingredients

- 4 cups water
- ½ cup sugar (or to taste)
- ½ cup lemon juice (with or without pulp)
- ¼ cup strained liquid from a ginger bug ([recipe here](#))

Instructions

1. Make lemonade. Boil water in a kettle. When the water has boiled, combine 1 cup hot water with ½ cup sugar. Once the sugar has completely dissolved, add remaining 3 cups cool water. You need your lemonade at room temperature. By making it this way – with 1 cup hot water plus 3 cups cool – you don't have to wait long for the water to cool down. **Do not add your bug to hot water.** You will kill the microbes and the fermentation will not work.
2. Add ½ cup lemon juice the sugar-water. Make sure to add it after the water has cooled to room temperature.
3. Add the ginger bug to the lemonade & stir.
4. Bottle your drink. Fill flip-top bottles & set them aside for two days, three if you have a very cool kitchen. As the microbes eat the sugar, they release carbon dioxide, which carbonates your drink. **Be Careful!** If you let the fermentation go too long, the bottles may explode. If you let the bottle sit for longer than a couple days, please burp it (i.e. open it) to release gas.
5. Chill for a few hours before serving

Balsamic Vinaigrette

Ingredients

- 1 cup olive oil
- ½ cup balsamic vinegar
- 4 cloves minced garlic
- 1 tsp. salt
- 1 tsp. freshly ground pepper

Instructions

1. Whisk together ingredients in a measuring cup or bowl. Transfer to a glass bottle.
2. Store in the refrigerator. Use it within a couple weeks.

Notes

- If you have lots of lemons, you can swap out balsamic vinegar for lemon juice.
- You can also use half balsamic & half red wine vinegar and it is delicious!

Zero Waste Tip

Buy in bulk with reusable containers to avoid unnecessary packaging!



Hummus

Ingredients

- ½ cup dried chickpeas, soaked, and cooked
- 2 tbsps. tahini ([recipe here](#))
- 1 tbsp. lemon juice
- ¼ tsp. sea salt
- 1 clove peeled garlic
- ¼ cup olive oil

Instructions

1. Add the chickpeas, tahini, lemon juice, salt, and garlic to a food processor. Process until smooth.
2. While the food processor is running, slowly pour in the olive oil. Process until all the oil is completely mixed in.

Notes

- Makes about 1 ½ cups.

Zero Waste Tip

Save glass jars or bottles from store-bought items to reuse later for things like tomato sauce, preserving fruit or veggies, or making your own beverages like ginger beer or kombucha!

Sourdough Crackers

Ingredients

- ⅔ cup unfed starter from the refrigerator ([instructions to start your own](#))
- 3 heaping tbsps. coconut oil or olive oil
- ¾ cup whole wheat flour
- ¼ tsp. salt
- ¼ tsp. baking soda
- extra coarse salt for topping

Instructions

1. Combine starter and oil in a non-metallic bowl. In a separate bowl, mix together flour, salt, and baking soda.
2. Add dry ingredients to bowl with wet ingredients. Combine. If necessary, knead the dough a few times to incorporate the last bit of flour. Cover bowl with a plate or towel and let rest for six hours at room temperature. Store in the fridge after this if you won't bake right away. The dough will keep in the refrigerator for about a week. Let it warm at room temperature for 15 minutes to half an hour to make rolling easier.
3. When you're ready to bake, divide the dough into two halves on a generously floured surface
4. Pre-heat oven to 350°F.
5. Roll the dough out about two millimeters thick. If necessary, sprinkle with flour between rollings to prevent dough from sticking to your work surface.
6. Transfer the dough to ungreased cookie sheets.
7. Cut into rectangles with a pizza cutter or a knife. Sprinkle with salt.
8. Bake for 6 to 8 minutes, turn trays and bake 6 to 8 minutes longer. Crackers are done with crispy and slightly browned
9. Transfer crackers to a rack to cool, store in a glass jar. These freeze well also.



Scratch Pizza

STEP ONE – Make the Ricotta

Ingredients — Yields 1½ cups of ricotta (enough for two 12-inch pizzas)

- ½ gallon whole milk
- 1/3 to ½ cup lemon juice
- 1 tsp. salt (if desired)

Instructions — Make the ricotta the night before

1. Heat milk slowly in a pot until it reaches between 190°F and 200°F – the temperature it hits just before it boils. Turn off the heat.
2. Add lemon juice, and if desired, salt. Ricotta for pizza tends to need salt. Wait 10 minutes for the curds to sink to the bottom of the pot.
3. Over a bowl, place a sieve lined with a thin towel. Pour the curdles and whey through the sieve.
4. Let the ricotta strain for about 15 minutes, depending on how wet you want it. Transfer it into a glass container and store in the fridge for up to a week or so.

STEP TWO – Make the Dough

Ingredients — Yields dough for two 12-inch pizzas

- 1 tbsp. active dry yeast
- 1 tsp. sugar
- 1 cup warm whey or water (105°F to 115°F)
- 1 ½ cups white flour
- 1 ¼ to 1 ½ cups whole wheat flour
- 1 tsp. salt
- 2 tbsps. olive oil plus extra to grease the proofing bowl

Instructions

1. Add the sugar and yeast to the whey or water and stir to combine. Let sit 5 minutes until bubbly.
2. Combine flour and salt.
3. Add olive oil to the yeast mixture.
4. Add liquid ingredients to dry ingredients and stir to combine.
5. Knead the ball a few times in the bowl to incorporate the flour into the dough. Add more flour if the dough is extremely sticky

6. Dump the dough out into a floured surface and knead for about four or five minutes.
7. Place dough into a greased bowl and cover with a towel. Let rest. You can make your pizzas after about 1 ½ to 2 hours, when the dough has doubled in size.

STEP THREE – Make the Sauce

Ingredients — Yields about 2 cups

- 4 tbsps. olive oil
- 2 tbsps. minced garlic
- 4 cups chopped tomatoes
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. salt

Instructions — Make this while the dough rises or before and store

- Heat the olive oil in a frying pan and cook the garlic for one minute.
- Add the remaining ingredients and cook for about 10 minutes, mashing the tomatoes with the back of your utensil as you stir
- Once the consistency is thickened, remove from heat. If yours contains a lot of tomato peels, purée it with an immersion blender (or standard blender) if you prefer.
- Use immediately or store in the refrigerator for about a week. You can also freeze the sauce

STEP FOUR – Bake the Pizza

Instructions

1. Heat the oven to 375°F.
2. Punch down the dough and divide it into two halves. If you want to bake only one pizza, put one ball in the refrigerator in a container and use it later in the week.
3. Roll out the dough into desired thickness.
4. Pre-bake the dough for about five minutes
5. Remove from the oven, spread on about ½ cup pizza sauce (or more), and sprinkle with cheese and toppings.
6. Bake for another 5 to 7 minutes.



Minestrone Soup

Ingredients

- 2 tbsp. olive oil
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1 tbsp. dried oregano
- 1 tbsp. dried thyme
- 1 bay leaf
- 1 pound tomatoes, chopped
- 1 cup dried borlotti, cannellini or pinto beans, soaked for 8 hours
- 8 cups water
- 1 parmesan rind (optional)
- 1-2 pork bones (optional)
- 3 pounds vegetables such as carrots, leeks, celery, cabbage, cauliflower, parsnips, turnips, bell peppers, squash, pumpkin, potatoes, chopped
- 1 tsp. salt or to taste
- ½ tsp. pepper or to taste

Instructions

1. Heat olive oil in a large pot or Dutch oven over medium heat. Sauté onions and garlic for 5-10 minutes, until onions are translucent.
2. Add the oregano, thyme and bay leaf and stir for one minute.
3. Stir in tomatoes and break them with the back of a wooden spoon. Cook for 5-10 minutes, until broken down.
4. Add the soaked beans, water, and if using, parmesan rind and pork bones. Bring to a boil, reduce to a simmer, cover and cook until beans are tender, about an hour.
5. Add the vegetables, salt and pepper and cook until the vegetables are tender, about 30 minutes

Notes

- This recipe uses up ingredients you may have on hand to help you reduce your food waste & save money. To clean out your fridge:
 - o use veggies you have on hand & need to be eaten soon
 - o add leftover cooked pasta or rice
 - o if you eat cheese or meat, toss in parmesan rinds or bones to add flavor – or bits of leftover cooked meat

Use-it-Up Vegan Apple Crumble

Ingredients

- 8 medium apples, peeled (use the peels to make vinegar – [recipe here](#))
- juice of 1 lemon
- ⅛ tsp. cinnamon
- ⅛ tsp. nutmeg
- ½ cup all-purpose flour
- ½ cup leftover almond pulp from making almond milk ([recipe here](#))
- ¼ cup rolled oats
- ½ cup brown sugar
- ½ cup coconut oil

Instructions

1. Preheat the oven to 350°F
2. Toss the apples in lemon juice, arrange in a 9-inch glass pie dish or square baking dish and sprinkle with cinnamon & nutmeg
3. Combine the flour, almond pulp (if using), oats and brown sugar in a small bowl. Add coconut oil and use a fork to work it evenly into the dry mixture until the topping looks crumbly. Sprinkle onto the fruit.
4. Bake for about 25 minutes until the topping is golden and the fruit is soft.

Zero Waste Tip

Shop for produce at a local co-op or farmers market to buy more flavorful ingredients in season & without unnecessary packaging!



Zero Waste Sweet Potato Lentil Bean Burgers

Ingredients

- 2 sweet potatoes (1/3 ratio)
- 1 cup lentils (1/3 ratio)
- 1 cup dry beans (1/3 ratio)
- Olive oil to taste
- Flour, if too watery
- Spices to taste

Instructions

1. Soak dry beans overnight
2. Crockpot beans for two hours
3. While beans are brewing, boil sweet potatoes until soft
4. While sweet potatoes are boiling, boil lentils until all water is absorbed
5. Peel & mash sweet potatoes
6. Add beans to potato mix
7. Add lentils to mix
8. Mix in olive oil and spices
9. Add flour, if needed
10. Stir fry patties
11. Enjoy or freeze for later!

Zero Waste Tip

Use up fruit peels and skin in creative ways to avoid waste!

Guarapo de piña

From @supersizedwellnessisa

Ingredients

- Fruit peels & skins (pineapple, lime, ginger)
- ¼ cup sugar
- water
- 64 oz mason jar & top breathable cloth

Instructions

1. Add all ingredients to mason jar
2. Let sit for a week depending on the temperature & voila!

