



*Carmen Ohling*  
Eat. Move. Live.

## Simple 6 Ingredients or Less Recipes!!

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## Cooking healthy & delicious from your pantry & freezer: All with 6 ingredients or less!

If you're like me, with the outbreak of the Coronavirus across the world, you stocked up on your pantry and freezer items. If you're feeling stuck making the same old basic tacos, spaghetti and cream of whatever casserole, I am here to help! Today I am digging deep back into my nutrition arsenal of recipes and bringing back some favorites, **all with 6 ingredients or less**. Don't worry though, they all taste freaking awesome, are healthy and totally kid and husband approved!

### Here are a few tips when cooking at home during social distancing:

1. Season your food. Buy simple, single ingredient foods and season them yourself when you cook. Often we are accustom to letting the grocery store help us with this, but guess what? They are added a ton more than just salt and pepper, like: sugar, preservatives and other chemicals to make the foods last longer and encourage our bodies to crave them more. Ya, the food industry is pretty sneaky like that! My favorite go-to seasonings are: sea salt, black pepper, garlic powder, chili power, cumin, Italian seasoning (so simple & make everything taste like pizza!), a blend called "Chicago Style" seasoning (for meat), cinnamon, and stevia or monkfruit (for natural no-calorie sweeteners.)
2. Start batch cooking, even though you are home all the time. What is batch cooking? It's basically cooking in bulk foods that you know you like and enjoy and can re-purpose into different meals. I recommend batch cooking 2 proteins (think grass-fed beef into taco meat and grilled chicken breast), 2 carb sources (think potatoes and rice) and 4 veggies sources (think frozen veggies baked on a sheet tray and prepped cold veggies for snacking.) Batch cooking will help you put together meals quickly for your and your family and keep you away from eating everything in the pantry when you tell yourself your "too tired to cook!"
3. The key to cooking and eating at home is eating more, not less. Let me clarify here: eating more of the foods that nourish your body and make you feel good vs the foods that make you feel like shit. If you're asking yourself, what are those food that I should be eating... Okay, I am going to call BS here! You already know! Veggies, fruits, lean meats, healthy fats and non-processed carbohydrates. I recommend to make your plate following [this guide](#), which always starts with 1/2 a plate of veggies!

Enjoy these recipes!!!

Do you want more recipes like this, but also a full weekly meal plan, shopping list, nutrition info and support and accountability around your nutrition? Well then, I invite you to try my best selling group nutrition program, [The Clean Eating Transformation Program](#) FREE for 30 days! No string attached, cancel anytime if it's not for you- but hey... I know that you will love it!

### Seeds, Nuts & Spices

- 1/4 cup Chili Powder
- 2 tbsps Italian Seasoning
- 1 Sea Salt & Black Pepper

### Frozen

- 2 cups Frozen Corn

### Vegetables

- 3 Carrot
- 2 stalks Celery
- 1 head Green Lettuce
- 1/4 cup Red Onion
- 1 Spaghetti Squash
- 1 White Onion
- 1/2 Yellow Onion

### Boxed & Canned

- 6 cups Canned Whole Tomatoes
- 1 cup Marinara Sauce
- 4 cups Red Kidney Beans
- 1 1/4 lbs White Albacore Tuna

### Bread, Fish, Meat & Cheese

- 1 lb Extra Lean Ground Beef

### Condiments & Oils

- 1/4 cup Avocado Oil Mayonnaise
- 1 tbsp Sriracha

### Cold

- 3 Egg

### Other

- 2 Sea Salt And Pepper



## Slow Cooker Vegan Chili

8 servings

8 hours

### Ingredients

- 6 cups Canned Whole Tomatoes
- 4 cups Red Kidney Beans ((any beans work or a combo!)cooked, drained and rinsed)
- 2 cups Frozen Corn
- 3 Carrot (chopped, or sub 2 zucchini)
- 1 White Onion (diced)
- 1/4 cup Chili Powder
- 1 Sea Salt And Pepper (to taste)

### Nutrition

Amount per serving	
Calories	207
Fat	1g
Carbs	39g
Fiber	13g
Protein	12g

### Directions

- 1 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 2 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 3 Ladle into bowls and enjoy!

### Notes

**Serve it With,** Organic toast, quinoa, brown rice or a salad.

**Storage,** Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

**Make Ahead,** Chop celery, bell peppers, carrot and onion ahead of time.

**Kid-Friendly,** Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

**Extra Spicy,** Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

**More Greens,** Mix in chopped kale or spinach. Stir until wilted.

**Extra Toppings,** Top with green onion or diced avocado.



## Sriracha Canned (chicken or tuna) Salad

4 servings

5 minutes

### Ingredients

- 1 1/4 lbs White Albacore Tuna (canned, or sub canned chicken)
- 1/4 cup Avocado Oil Mayonnaise
- 1 tbsp Sriracha
- 1/4 cup Red Onion (minced)
- 2 stalks Celery (minced)
- 1 head Green Lettuce (I like butter lettuce!)
- 1 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	264
Fat	11g
Carbs	3g
Fiber	1g
Protein	36g

### Directions

- 1 Mix all ingredients in a bowl until combined. Chill for 1 hour. When ready to eat serve in lettuce cups!

### Notes

**Flavor Adds,** Try bell pepper, apple, sliced grapes, sliced almonds or sunflower seeds!



## Spaghetti Casserole

5 servings  
40 minutes

### Ingredients

- 1 Spaghetti Squash (large, about 600g cooked)
- 1 cup Marinara Sauce
- 2 tbsps Italian Seasoning
- 1/2 Yellow Onion (diced)
- 1 lb Extra Lean Ground Beef
- 3 Egg (lightly beaten)
- 1 Sea Salt And Pepper (to tasted)

### Nutrition

Amount per serving	
Calories	242
Fat	12g
Carbs	10g
Fiber	2g
Protein	23g

### Directions

- 1 Preheat the oven to 400 degrees. Line a baking sheet with foil, spray with cooking spray. Cut the squash in half and scoop out the seeds. Roast until tender, around 25 minutes. Once done, cool slightly and scrap out the "spaghetti" with a fork. Place in a large bowl.
- 2 In a large pan on the stove cook the beef and onion, add the marinara sauce and Italian seasoning along with the salt and pepper to tasted.
- 3 Add the beef mixture to the bowl with the squash. In a small bowl, lightly whisk the eggs, and then mix in the bowl.
- 4 Spray an 8x8 pan with cooking spray and dump the ingredients from the bowl in, spread into an even layer. Bake for about 60 minutes until the top has a little crust and the middle is set. Let rest for 5 minutes before serving.

### Notes

**Flavor Adds,** Add mushrooms and diced garlic or try garlic powder and cayenne pepper!