



IRON RICH RECIPES



CHILI

Ingredients

- 1 lb lean ground beef
- 19 oz can tomatoes, diced
- 14 oz can beans in tomato sauce
- 14 oz can red kidney beans, drained
- 1 cup lentils, cooked
- 1 cup green bell pepper, diced
- 1 cup red bell pepper, diced
- 1 cup white or red onion, chopped
- 1 tbsp plain or hot chili powder



Directions

1. In a large saucepan or Dutch oven over medium-high heat, brown meat until no longer pink inside. Drain fat.
2. Add tomatoes, beans in tomato sauce, red kidney beans, lentils, green peppers, red peppers, onions and chili powder.
3. Reduce heat and simmer, covered and stirring occasionally for 20 to 30 minutes.

Makes 6 servings

Nutrients per serving

Calories 395; carbohydrates 43 g; iron 7.1 mg; protein 28 g

From dieticians of Canada 2017. Iron rich Recipes



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IRON RICH RECIPES



BLUEBERRY BRAN MUFFINS

Ingredients:

- 1 ½ cup wheat bran
- ½ cup all-purpose flour
- ½ cup wheat germ
- 1 tsp baking powder
- ½ tsp baking soda
- ½ cup brown sugar, lightly packed
- 2 eggs, beaten
- 1 cup milk
- ¼ cup canola oil
- ¼ cup blackstrap molasses
- 1 cup blueberries, fresh or frozen



Directions:

1. In a large bowl, combine bran, flour, wheat germ, baking powder and baking soda.
2. In a medium bowl, whisk together brown sugar, eggs, milk, oil and molasses until blended. Pour over flour mixture and stir until just combined. Fold in blueberries.
3. Divide batter evenly among prepared muffin cups. Bake in preheated oven for 15 to 17 minutes or until tops are firm to the touch and a tester inserted in the center of the muffin comes out clean. Let cool in pan on a wire rack for 10 minutes, then transfer to rack to cool completely.

Makes 12 muffins

Nutrients per serving

Calories 175; carbohydrates 28 g; calcium 70 mg; fat 6.4 g; fiber 4 g; iron 2.9 mg; protein 5 g

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SLOW COOKER CHICKPEA CURRY

Ingredients:

- 14 oz package firm cubed tofu, drained
- 1 tsp olive oil
- 1 medium size onion, diced
- 4 garlic cloves, minced
- ½ cup light coconut milk
- 1 cup tomato puree
- 1 tbsp garam masala
- 1 tbsp curry powder
- 1 tsp chili powder
- ½ tsp ground ginger
- Salt and pepper to taste
- 1 15 oz can garbanzo beans, rinsed and drained
- 1/8 cup cilantro, finely chopped



Directions:

1. Remove tofu from the package and rinse. Wrap tofu in several paper towels and place on a cutting board. Position a small plate on top of tofu, then place something heavy on the plate (like a can of beans or tomatoes) for about 15 minutes. This will remove some of the excess liquid from the tofu.
2. In a saucepan, heat the olive oil over medium heat and add the onion. Cook until soft and translucent, about 3 minutes. Add the garlic and stir to combine, whisk in the coconut milk, tomato puree, garam masala, curry powder, chili powder, ground ginger and a pinch of salt and pepper. Cook until slightly thick, about 5 minutes.
3. While the sauce is cooking, finely cut the tofu. Place the tofu and garbanzo beans in the base of slow cooker. Pour the sauce on top. Cook on low for 4-5 hours until thick.
4. Before serving, stir in the cilantro. Serve with brown rice.

Makes 4 servings

Nutritional information

Calories 300; total fat 13 g; total carbohydrates 33 g; protein 17 g; iron 6 mg.

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SPINACH AND BLACK BEAN PASTA

Ingredients:

- 500 g whole wheat pasta
- 1 Tbsp Canola oil
- 1 cup onion, chopped
- 1 garlic clove minced
- 1 tsp oregano, dried
- 1 tsp cumin, ground
- ½ tsp pepper
- ¼ tsp cayenne pepper
- 28 oz can tomatoes, diced with juice
- 5 ½ oz can tomato paste
- 19 oz can black beans, drained and rinsed
- 10 oz bag fresh spinach, trimmed and torn into bite-sized pieces
- 2 cups broccoli, chopped
- 1 ¼ cups vegetable broth



Directions:

1. In a large pot of boiling water, cook pasta for 6 - 8 minutes or until almost al dente. Drain and set aside.
2. Meanwhile, in a large skillet, heat oil over medium heat. Sauté onion for 3-4 minutes or until softened. Add garlic, oregano, cumin, black pepper and cayenne; sauté for 1 minute. Stir in tomatoes with juice, tomato paste, beans, spinach, broccoli, broth and 1 cup water; bring to a boil. Reduce heat to low and simmer stirring occasionally, for 7 - 8 minutes or until broccoli is tender.
3. Gently stir in pasta; simmer for 5 minutes or until pasta is al dente.



Makes 8 - 10 servings

Nutrients per serving

Calories 280; carbohydrates 53 g; calcium 176 mg (16%); fat 3.9 g; fiber 9 g (36 DV); iron 4.7 mg (34%); sodium 470 mg (20% DV); protein 14 g

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PORK TENDERLOIN WITH COCONUT LENTILS AND SPINACH

Ingredients:

1.5 lb pork tenderloin

Pork tenderloin rub:

¼ tsp salt

¼ tsp garlic salt

¼ tsp cayenne powder

¼ tsp chili powder

¼ tsp onion powder

½ tsp black pepper

Lentils:

1 cup lentils

1 cup coconut milk

2 cups water

2 chicken base bouillon cubes

Spinach:

1 lb fresh spinach

¼ cup onion, diced

2 tsp garlic, diced

Salt and pepper to taste



Directions:

1. Preheat oven to 350 degrees. In a small bowl, combine all rub ingredients and rub all over pork tenderloin. Marinate tenderloin for 10 to 30 minutes in the refrigerator. Place tenderloin on a baking sheet and cook for 30 - 40 minutes or until a meat thermometer reaches 145 degrees. Let the meat rest for 3-5 minutes, then serve.
2. While pork is cooking, heat a pot on the stove at medium high heat. Add lentils, bouillon cubes, coconut milk and water and bring to a simmer. Cover and cook for 15 to 20 minutes or until lentils are fork tender.
3. Heat a stovetop skillet and 1 tablespoon olive oil on medium heat. Sauté garlic for 30 seconds or until slightly brown. Add onions and sauté for 2 minutes. Add spinach and cook until spinach is wilted, but still bright green. Season with salt and pepper to taste. Serve sliced tenderloin over lentils and spinach.

Makes 5 servings

Nutritional information

Calories 460; total fat 16.9 g; total carbohydrates 29.2 g; protein 48.2 g; iron 7 mg

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BEEF FAJITAS

Ingredients:

- 2 tsp ground cumin (divided)
- 1 tsp ground chili powder, or to taste
- 1 tsp salt
- 1 ¼ lb lean beef steak (flank or top sirloin recommended)
- 3 tbsp olive oil, divided
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 large onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 medium avocado
- Prepared tomato salsa
- Fresh cilantro (optional)
- 8 tortillas (corn or flour)



Directions:

1. Combine 1 tsp ground cumin, chili powder and salt in a small bowl. Rub spice mix over the surface of the steak. Place in a flat dish. In a small bowl, mix together 1 tbsp of the olive oil, lime juice, Worcestershire sauce and half the minced garlic. Pour half of the marinade over the meat and set the other half aside. Turn to coat both sides. Cover meat and let marinate in the refrigerator for several hours or overnight.
2. Heat remaining tbsp of oil in a large frying pan over medium-high heat. Add the onions and cook for several minutes, stirring until they begin to soften. Add the bell peppers and cook for several more minutes until peppers are soft.
3. Turn heat down to low and add the other half of the garlic and the remaining tsp of cumin. Stir until vegetables are softened and starting to caramelize, about 5-6 minutes. Pour in the remaining marinade and stir for a minute or two, cover and remove from heat.
4. Remove meat from marinate and pat dry, if necessary, using a paper towel. Heat a large skillet over medium-high heat. When hot, add remaining tbsp of oil to the skillet. Cook steak 3-4 minutes on each side, until medium rare. When meat is cooked, transfer to a cutting board, cover with foil and let rest for 10 minutes.
5. Thinly slice meat across the grain into strips. Toss meat and any juices from the cutting board into the pan with the cooked vegetables. Spoon meat-vegetable mixture into tortillas and top with avocado, prepared tomato salsa and cilantro.

Makes 4 servings

Nutritional information

Calories 445, total fat 17 g, total carbohydrates 33 g, protein 37 g, iron 4.5 mg



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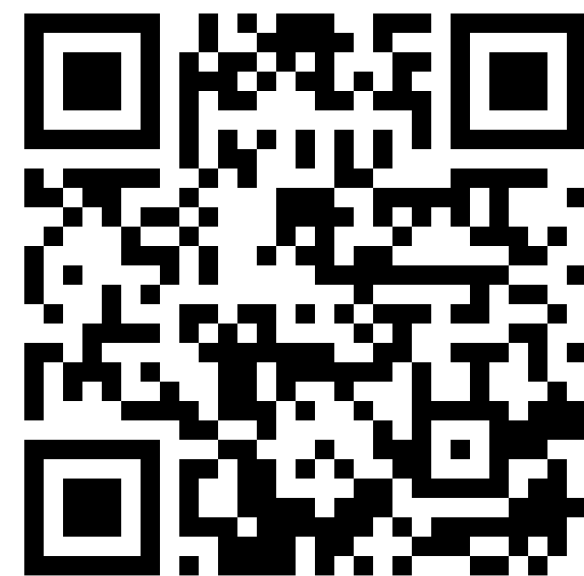


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