



SPARE STARTER[®] RECIPES

from the

SPARE FOOD *Shed*

sparefood.com // [@sparefoodco](https://www.instagram.com/sparefoodco)

ABOUT SPARE FOOD

The Spare Food Co. is a public benefit corporation committed to building a post-food waste world. Co-founded by Chef Adam Kaye (Blue Hill, Blue Hill at Stone Barns, wastED) and his brother Jeremy (Patagonia, Nike), the Kaye Brothers bring generations of culinary entrepreneurship and social activism to their mission to heal our broken food system.



SPARE STARTER® VERSATILE VEGGIE BLEND

Spare Starter is a multi-purpose blend of 6 real vegetable ingredients, made from surplus produce that would otherwise go to waste. Save water, CO₂, and time with this on-hand shortcut to endless delicious, nutritious meals.



- VEGAN
- FAT FREE
- ALLERGEN FREE
- NO ADDED SUGAR
- GLUTEN FREE
- SHELF STABLE

reach out at sales@sparefood.com



SPARE
STARTERTM
VERSATILE
VEGGIE BLEND
10 RECIPE BOOSTER
FROM SPARE FOOD





Nutrition Facts

varies - servings per container

Serving Size 1/3 cup (3.4oz)

Amount per serving

Calories **35**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 7g **3%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

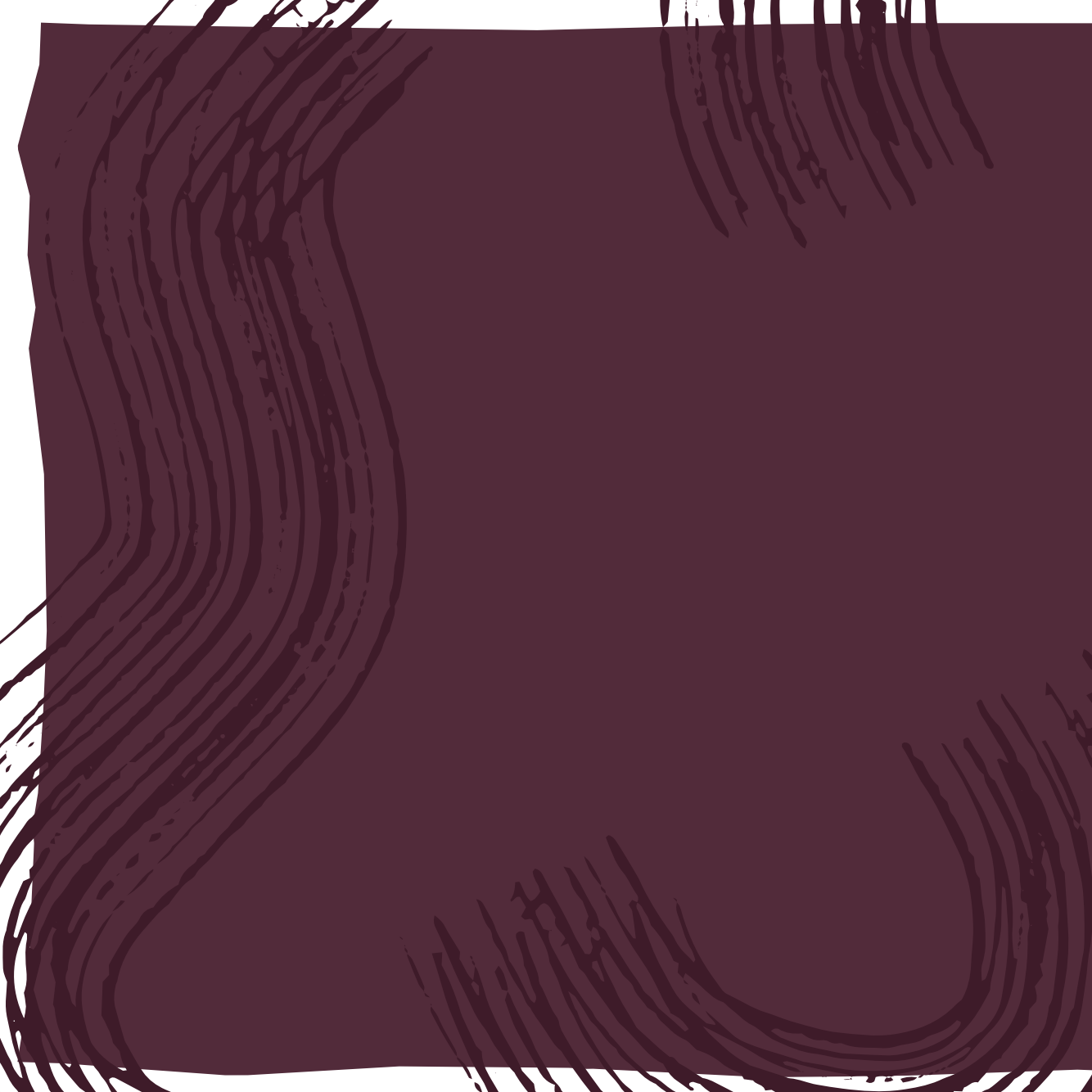
Calcium 20mg **2%**

Iron 0.8mg **4%**

Potassium 340mg **8%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

INGREDIENTS: EGGPLANT, CAULIFLOWER, TOMATOES, ZUCCHINI, PEPPERS, ONIONS, RED WINE VINEGAR, SALT, PAPRIKA, GARLIC POWDER, L-MALIC ACID






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**SPARE
SOUPS**



Moroccan Lentil Soup



A perfect cold weather meal, this spiced lentil soup is best enjoyed with a hunk of crusty bread or grilled pita.

INGREDIENTS

- 2 tbsp olive oil
- 1 garlic clove, minced
- 1½ cups Spare Starter
- ¼ tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp cayenne pepper
- ½ tsp ground black pepper
- 1 cup red lentils, rinsed
- 5 cups vegetable stock
- 2 tsp salt

DIRECTIONS

Heat the oil in a large pot over medium heat. Add the garlic and cook until fragrant, about 30 seconds. Stir in the Spare Starter and spices, and cook for an additional 3 minutes, stirring frequently.

Add the lentils and vegetable stock and bring to a simmer. Cover and cook on a low simmer for 20-25 minutes, or until the lentils are tender.

Using an immersion blender, purée the soup for about 10 seconds until it is slightly puréed, but not completely smooth.

Serves 8-10



Vegetable and Turkey Chili



Eaten on its own with traditional fixings, or as a topping on a baked potato, this turkey chili packs a ton of flavor (and vegetables too!)

INGREDIENTS

2 tbsp olive oil
½ lb ground turkey
2 garlic cloves, minced
3 cups Spare Starter
1 tbsp ground cumin
¼ tsp ground cinnamon
1 tbsp chili powder
1 tbsp salt
2 cups crushed tomatoes
1 x 15 oz can kidney beans, drained and rinsed
1 x 15 oz can black beans, drained and rinsed
1 x 15 oz can cannellini beans, drained and rinsed
1½ cups corn, fresh or frozen
¼ cup chipotle in adobo, chopped
3 cups vegetable stock

DIRECTIONS

Heat the oil in a medium pot over medium heat. Add the ground turkey and garlic and sauté for 5 minutes.

Add the Spare Starter, spices, salt, and cook on medium heat for 4 minutes.

Stir in the tomatoes, beans, corn, chipotle in adobo, and vegetable stock. Bring the chili up to a simmer and cook uncovered for 25 minutes.

Serves 8-10



Spicy Tomato Coconut Soup

This chunky vegan tomato soup is blended with coconut milk, the perfect balance for a little chili heat.



INGREDIENTS

- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp ground coriander
- 2 tsp red pepper flakes
- 2 tsp smoked paprika
- 2½ cups Spare Starter
- 2 tsp salt
- 2 x 28 oz cans crushed tomatoes
- 2 cups vegetable stock
- 2 x 14 oz cans coconut milk
- 1 cup basil, chiffonade

DIRECTIONS

Heat the olive oil in a medium sized pot over medium heat. Add the minced garlic and cook for 30 seconds. Add the spices and continue cooking, stirring, for 1 minute. Add the Spare Starter and salt and cook for an additional 2-3 minutes.

Stir in the tomatoes and stock and bring the soup to a gentle simmer. Cover and cook for 20 minutes, stirring occasionally.

Add the coconut milk and cook for an additional 5 minutes.

Remove the soup from the heat and stir in the basil.

Serves 8-10



Vegetable Minestrone



This hearty Spare version of a minestrone gets a lift from sautéed kale and a generous portion of extra veggies.

INGREDIENTS

½ cup olive oil
4 cups kale, roughly chopped
1 tsp garlic powder
8 cups vegetable broth
2 x 14 oz cans cannellini beans, drained and rinsed
1 cup canned diced tomatoes
3½ cups Spare Starter
2 tsp salt
½ tsp ground black pepper
2½ tsp mixed dried Italian herbs
2½ tsp sugar
5 oz small pasta shells (dried)

DIRECTIONS

Heat ¼ cup of the olive oil in a large pot on medium-high heat. Add the kale and half of the salt. Sauté until wilted, about 3-4 minutes.

Add the garlic powder and cook until fragrant, about 1 minute.

Reduce the heat to medium-low and add the remaining ingredients, except for the pasta shells. Bring the soup to a gentle simmer and cook uncovered for 10 minutes.

Separately, cook the pasta shells until al dente. Don't forget to season the pasta water!

Add the pasta shells to the soup, simmer for another 5 minutes. Stir in the remaining ¼ cup of olive oil and serve.

Serves 8-10



Tortilla Soup



It's hard to improve on a classic, but our Spare version of tortilla soup hits all the right notes. It's truly a soup that eats like a meal!

INGREDIENTS

- 1 tbsp olive oil
- 2 tsp chili powder
- $\frac{3}{4}$ tsp ground cumin
- $\frac{3}{4}$ tsp garlic powder
- 6 cups vegetable stock
- $\frac{3}{4}$ cup tomato puree
- 1 tbsp chipotle in adobo, finely chopped
- 2 tsp salt
- 2 cups Spare Starter
- 1 cup corn, fresh or frozen
- 1 cup shredded cooked chicken breast or thigh (optional)

DIRECTIONS

Heat the oil in a soup pot over medium-low heat. Add the spices and gently toast them for 30 seconds until fragrant.

Add the stock, tomato puree, and chipotle in adobo. Bring to a simmer and cook uncovered for 10 minutes.

Stir in the salt, Spare Starter, corn, and chicken (if using). Simmer for an additional 10 minutes.

Serves 6-8





SPARE SAUCES



Vegan Puttanesca

For puttanesca lovers out there who aren't fans of anchovies, this bold-flavored sauce is for you.



INGREDIENTS

- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp red pepper flakes
- 1 tsp ground black pepper
- 2 tsp dried oregano
- 3 cups canned crushed tomatoes
- 2¾ cups Spare Starter
- ¾ cup green olives, pitted and chopped
- ¼ cup capers, drained and coarsely chopped
- 2 tsp salt
- ¼ cup basil, chiffonade

DIRECTIONS

Heat the oil in a medium pot over medium heat. Add the garlic and sauté for 1 minute.

Add the red pepper flakes, black pepper, and oregano. Sauté for 30 seconds until fragrant.

Add the crushed tomatoes, Spare Starter, olives, capers, and salt and stir to combine. Leave uncovered and bring to a simmer for 10 minutes.

Remove from the heat and stir in the basil.

Serves 8-10



Vegetable & Pancetta Vodka Sauce

Now you can eat your creamy vodka sauce and get your portion of veggies too.



INGREDIENTS

2 tbsp olive oil
1½ oz pancetta, finely chopped
2 garlic cloves, minced
1 cup Spare Starter
2 tsp dried oregano
1 tsp dried basil
1 tsp salt
½ tsp ground black pepper
2 tbsp tomato paste
½ cup vodka
2 cups tomato puree
¾ cup heavy cream
1¾ cups half and half
½ cup Parmesan, finely grated

DIRECTIONS

Heat the oil in a medium pot over medium low heat. Add the pancetta and cook for about 5-7 minutes, until rendered and crispy.

Add the garlic and sweat for 1 minute. Add the Spare Starter, dried oregano, basil, salt, and black pepper and cook for another minute.

Add the tomato paste and cook for 1 minute. Stir in the vodka and reduce by half.

Add the tomato puree, heavy cream, and half & half and simmer for 10 minutes. Remove the pot from the stove and stir in the Parmesan cheese.

Serves 8-10



Blended Beef Bolognese



Trust us: you won't miss the 50% of ground beef we removed from this recipe and replaced with vegetables. The proof is in the eating.

INGREDIENTS

2 tbsp olive oil
10 oz ground beef (80:20 blend)
2 garlic cloves, minced
2 tsp dried oregano
2 tsp dried Italian herbs
1 tsp ground black pepper
3½ cups canned crushed tomatoes
2¾ cups Spare Starter
½ cup chicken stock
2½ tsp salt
¼ cup basil, chiffonade

DIRECTIONS

Heat the oil in a medium pot over medium heat. Add the beef and garlic and sauté for 5 minutes.

Add the dried oregano, dried Italian herbs, and black pepper. Sauté for 30 seconds until fragrant.

Add the crushed tomatoes, Spare Starter, stock and salt and stir to combine. Leave uncovered and bring to a simmer for 15 minutes.

Remove from the heat and stir in the basil.

Serves 8-10



Roasted Vegetable Pesto



Who said pesto has to be green? Spare Starter gets a makeover as the base for a deep-flavored pesto with walnuts and sundried tomatoes.

INGREDIENTS

- ½ cup toasted walnuts
- 1 garlic clove, roughly chopped
- ¼ cup Parmesan, grated
- ¼ cup olive oil
- ¼ tsp red pepper flakes
- 1 tsp ground black pepper
- 2 tsp salt
- ½ cup sundried tomatoes in oil, drained and chopped
- 1 cup Spare Starter
- ¼ cup vegetable stock, chilled

DIRECTIONS

In a food processor, combine the walnuts, garlic, Parmesan, olive oil, and spices. Pulse the ingredients into a medium-fine paste.

Add the sundried tomatoes, Spare Starter, and vegetable stock and pulse until the pesto has a medium-fine consistency.

Serves 8-10



Vegetable Marinara



Not your basic marinara, this vegan pasta sauce is packed with equal parts taste and texture.

INGREDIENTS

2 tbsp olive oil
2 tbsp garlic, minced
2 tsp dried oregano
2 tsp dried Italian herbs
1 tsp ground black pepper
3½ cups canned crushed tomatoes
2¾ cups Spare Starter
2 tsp salt
¼ cup basil, chiffonade

DIRECTIONS

Heat the oil in a medium pot over medium heat. Add the garlic and sauté for 1 minute.

Add the dried oregano, dried Italian herbs, and black pepper. Sauté for 30 seconds more until fragrant.

Stir in the crushed tomatoes, Spare Starter, and salt. Leave uncovered and bring to a simmer for 15 minutes.

Remove from the heat and stir in the basil.

Serves 8-10





**SPARE
BLENDS**



Fifty-Fifty Chorizo



This Spare take on a classic loose chorizo mix replaces half of the ground meat with Spare Starter, creating a perfect veg-forward filling for tacos, breakfast burritos or nachos.

INGREDIENTS

- 2 tbsp salt
- 1 tbsp smoked paprika
- 1 tbsp red pepper flakes
- 1 tbsp ground cumin
- 2 tsp garlic powder
- 3 tsp Ancho chili powder
- 1¼ tsp ground black pepper
- 3 lbs ground pork or turkey
- 3 lbs Spare Starter

DIRECTIONS

Combine all the spices in a small bowl and mix well.

Add the ground pork and the spice blend to the bowl of a stand mixer fitted with a paddle attachment. Mix on medium-low speed for 1 minute.

Slowly add the Spare Starter and mix on medium-low speed for 2 minutes, until the chorizo mixture is blended and has a slightly tacky consistency. Refrigerate for a minimum of 3 hours before using.

Sauté the chorizo in a cast iron pan set over high heat, crumbling the mixture with a spatula as it cooks.

Serves 10-12 as a taco filling



Blended Burger



We've built a better burger. It's packed with vegetables, but it's not a veggie burger! That's right - the all American beef burger with 30% less beef. Yes chef!

INGREDIENTS

1 lb ground beef (80:20)
7 oz Spare Starter

DIRECTIONS

Squeeze a little liquid out of the Spare Starter.

In a large mixing bowl or in the bowl of an electric mixer fitted with a paddle attachment, blend the Spare Starter with the ground beef until well combined.

Form into $\frac{1}{4}$ or $\frac{1}{2}$ pound patties and refrigerate until ready to use.

Sear burger patties on a hot cast iron pan or grill and serve as you like them!

Makes 6 4oz patties



Barbecue Turkey Meatloaf



Lighter than a traditional beef meatloaf and studded with diced vegetables, this recipe is comfort food at its best.

INGREDIENTS

1 lb ground turkey
¾ cup Spare Starter
1 egg
1½ tsp salt
1 tsp ground black pepper
¾ cup bread crumbs or panko
½ cup barbecue sauce plus 3 tbsp for glazing

DIRECTIONS

Preheat a convection oven to 375°F.

Combine all the ingredients in a large bowl and mix thoroughly by hand. Refrigerate the mixture for 1-2 hours.

Line a baking tray with parchment paper or foil and form the mixture into a loaf. Bake the meatloaf for 30-40 minutes until well-caramelized on the surface and a thermometer inserted into the thickest part of the meatloaf reads 160°F.

Remove the meatloaf from the oven and glaze the surface with a little more barbecue sauce. Cook for an additional 2 minutes under a hot broiler.

Allow to rest for 10 minutes before serving.

Serves 6-8



Chicken Kofta



Charred on a grill, ground chicken blended with Spare Starter and fragrant spices and herbs makes a delicious veg-forward riff on a classic kofta.

INGREDIENTS

- 1½ tsp salt
- 1 tbsp ground cumin
- ½ tsp Aleppo pepper or red pepper flakes
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 lb ground chicken
- 1¼ cups Spare Starter
- ½ cup white onion, finely chopped
- ½ cup parsley, finely chopped
- 2 tbsp olive oil (for cooking)

DIRECTIONS

Combine the spices in a small bowl and mix well.

Add the ground chicken and the spice mix to the bowl of a stand mixer fitted with a paddle attachment. Mix on medium-low speed for 1 minute.

Slowly add the Spare Starter, onion, and chopped parsley. Mix on medium-low speed for 2 minutes, until the mixture is blended and has a slightly tacky consistency. Refrigerate for a minimum of 5 hours or up to 24 hours to allow the mixture to bind and develop flavor.

Heat a grill or cast iron grill pan over medium-high heat. Form the kofta by hand into 3-4 oz logs on flat skewers or into patties and brush them with olive oil. Cook for about 3 minutes per side, until charred and cooked through.

Serves 6



Blended Meatballs



Meatballs so flavorful and moist with the addition of Spare Starter, you'll come back for seconds (and thirds and fourths!)

INGREDIENTS

½ cup Parmesan, grated
¾ cup panko breadcrumbs
1 egg
12 oz ground beef (80:20 blend)
1½ tsp salt
1 cup Spare Starter
3 garlic cloves, minced
½ cup parsley, finely chopped
1½ tsp dried oregano
1 tbsp Calabrian chili paste

DIRECTIONS

Preheat a convection oven to 425°F.

In a small bowl, combine the bread crumbs, cheese, and egg. Set aside.

Add the ground beef and salt to the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed until well-combined and the meat begins to stick to the side of the bowl, about 2-3 minutes.

Slowly add the Spare Starter, spices, garlic, breadcrumb mixture, dried oregano, Calabrian chili, and chopped parsley. Mix on low speed for 1-2 minutes until all the ingredients are fully incorporated.

Portion 1 ½-oz meatballs and arrange them on a parchment-lined sheet pan, about 1 inch apart.

Bake the meatballs for about 10 - 12 minutes until they are well-browned and the internal temperature reaches 160°F. Serve drenched in sauce over pasta or creamy polenta.

Serves 6-8

**WHY CHEFS LOVE
SPARE STARTER:**

**CREATE PLANT-FORWARD
MENUS**

REDUCE COSTS

**ACHIEVE SUSTAINABILITY
GOALS**

**THE
SPARE
FOOD CO.**

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