



Healing & Easy Eats

*Recipes for Head and Neck Cancer
Patients & Survivors*



HEAD AND NECK CANCER
ALLIANCE

Official Cookbook
Second Edition

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BEEF

Beef

Beef Arezzio	51
Beef with Baguio Beans	52
Beef Barley Soup	53
Beef & Black Beans	54
Beef Bourguignon	55
Beef Brisket Tzimmes	56
Beef in Hoisin Sauce	57
Beef Stroganoff	58
Caribbean Jerked Rubbed & Slow Roasted Beef Tenderloin	59
Cheeseburger Soup	60
Eastern European Cholent	61
French Beef Stew	62
Harbin Northern Beef	63
Irish Beef & Cabbage	64
Italian Beef	65
Nagano Japanese Beef	66

Beef Arezzio

2 tbsp olive oil
3 lb boneless pot roast, cut in 1/2
inch slices
1 c beef stock
6 tomatoes, peeled & quartered
4 portabella mushrooms, cut in
half & sliced
1/2 c pitted black olives
1 clove garlic, crushed
1/2 tsp Salt
1/4 tsp white pepper
1/4 tsp dried basil
1 bay leaf

Yield: 8 servings

1. Heat oil in a non-stick stock pot. Add meat and brown well on both sides.
2. Add beef stock and the rest of the ingredients to the pot. Cover tightly and simmer for 2 1/2 to 3 hours.
3. Serve with small red potatoes.

Beef with Baguio Beans

1/4 c canola oil
1 lb beef minced
4 cloves garlic peeled & smashed
1 roma tomato diced
1 sweet onion cut in half & sliced
3 tbsp soy sauce
1 tbsp fish sauce
1 lb baguio beans or green beans
1 tsp salt & pepper mix

Yield: 4 servings

1. Rinse beans and slice them in one inch long pieces.
2. In a non-stick stock pot heat canola oil. Add ground beef and sauté for 5 minutes.
3. Add garlic and cook for 3 minutes.
4. Stir in tomato and sliced onion. Cover and cook for 2 minutes.
5. Add soy sauce, fish sauce, beans, salt and pepper. Cover and simmer for 15 minutes on medium heat or until the beans are tender.
6. Serve over white cooked rice.

Beef Barley Soup

2 qt beef stock
1 small slab of beef flank steak
2 tbsp olive oil
1 large carrot, finely diced
2 celery stalks, finely diced
2 large white potatoes, finely diced
1 small sweet onion, finely diced
1 c pearl barley
1/2 tbsp browning sauce
1 tsp worcestershire sauce
2 tsp salt
1 tsp sugar

Yield: 8 servings

1. In non-stick stock pot cook flank steak in beef stock over medium heat until tender.
2. Remove flank steak from pot, let it cool for 10 minutes.
3. Cut the flank steak into small cubes.
4. Heat oil in a large skillet, sauté vegetables until tender.
5. Add vegetables to the stock with the diced meat.
6. Add barley, season with browning sauce, Worcestershire sauce, salt and sugar.
7. Cover and cook on low heat for 45 minutes.



Beef & Black Beans

- 1 stalk celery, finely diced
 - 2 carrots, finely diced
 - 2 onions, finely diced
 - 3 cloves garlic, minced
- 1 small green pepper, finely diced
 - 2 tbsp olive oil
- 1/4 tbsp grated orange zest
- 5 vine ripened tomatoes, finely diced
- 1 1/2 lb stew beef or flank steak,
 - cut into 1/2 inch cubes
- 5 c canned black beans,
 - drained & rinsed
- 1/2 tsp ground cumin

Yield: 6 servings

1. In non-stick stock pot sauté celery, carrots, onions, garlic, and bell pepper in olive oil. Cover and simmer for 5 minutes, stirring every few minutes to prevent sticking.
2. Add orange zest and tomatoes, along with the beef. Cover and simmer for 30 minutes, stirring occasionally.
3. Add black beans and simmer uncovered for 25 minutes more, until stew is nice and thick.
4. Season with cumin.

Beef Bourguignon

3 lb lean beef, cubed
1 c red wine
1 c water
1/3 c olive oil
1 tsp thyme
1/2 tsp black pepper
8 slices bacon, diced
2 cloves garlic, crushed
1 sweet onion, diced
1 lb white mushrooms, sliced
1/3 c flour

Yield: 8 servings

1. Marinate beef in wine, water, oil, thyme and pepper mixture for 12 hours in refrigerator.
2. Drain beef, reserving liquid. Heat reserved marinade in sauce pan until it boils. Reduce heat and simmer for 3 minutes.
3. In a non-stick pan, cook bacon until soft. Add garlic and onion, sauté until soft.
4. Add mushrooms and cook until slightly wilted.
5. Place beef in a non-stick stock pot. Sprinkle flour over the beef stirring until well coated.
6. Add mushroom mixture on top. Pour reserved marinade over all. Cook on low until tender, about 30 to 45 minutes.

Beef Brisket Tzimmes

2 tbsp canola oil
3 lb beef brisket trimmed
1 lb carrots sliced
4 large white potatoes diced
3 sweet potatoes diced
2 large onions thinly sliced
1/2 lb pitted prunes
2 c tomato juice
1 c beef broth
1/2 c brown sugar
2 tbsp honey
2 tsp salt

Yield: 8 servings

1. Heat oil in a large skillet. Add beef and brown well on all sides. Discard all fat.
2. Place beef in a stove top, oven proof casserole dish. Arrange alternate layers of carrots, white and sweet potatoes, onions and prunes over beef.
3. In a mixing bowl, combine tomato juice, broth, brown sugar, honey and salt; pour into casserole.
4. Bring liquid to a boil; cover and simmer 1 hour. Bake in 350°F oven for about 2 hours, until meat is tender.

Beef in Hoisin Sauce

- 2 tbsp roasted sesame oil
- 1 large green pepper, cut into 1/8 inch strips
- 1 large carrot cut into 1/8 inch matchstick strips
- 1 sweet onion, cut into 1/8 inch strips
- 1 lb beef (round or chuck), cut into 1/8" by 2 to 3" strips
- 2 tbsp dry sherry
- 2 tbsp hoisin sauce
- 1 tbsp black bean sauce
- 1 tbsp rice vinegar
- 1 tsp sugar

1. Heat oil in non-stick stock pot, stir fry green peppers, carrots, and sweet onion for 2 minutes. Put aside.
2. Stir-fry the slivers of beef in the same pot for 2 minutes and recombine with vegetables.
3. Add remaining ingredients. Stir and heat thoroughly. Serve at once with rice.

Yield: 4 servings



Beef Stroganoff

3 lb beef round steak, ½ inch thick
1/2 c flour
1 tsp salt
1/8 tsp black pepper
1/2 tsp dry mustard
2 medium sweet onions, cut in half & sliced thinly
1/2 lb white mushrooms
1 c beef stock
1/4 c dry white wine
1 1/2 c sour cream
3 tbsp parsley, fresh, minced

Yield: 8 servings

1. Trim all fat from steak and cut meat into strips about 3 inches long and 1/2 inch wide.
2. Combine flour, salt, pepper and dry mustard. Toss with steak strips to coat thoroughly.
3. Place coated steak strips in non-stick stock pot, stir in onion and mushrooms. Cook until beef is tender.
4. Before serving, stir sour cream into pot. Serve Stroganoff over hot noodles garnished with chopped parsley.

About Beef Stroganoff

A combination of beef, mushrooms, and sour cream, beef stroganoff was the prize-winning recipe created for a cooking competition held in the 1890s in St. Petersburg, Russia. The chef who created the recipe worked for the Russian diplomat Count Pavel Alexandrovich Stroganov, a member of one of Russia's grandest noble families.



Caribbean Jerk Rubbed & Slow Roasted Beef Tenderloin

5 lb beef tenderloin, fat trimmed

1/2 c teriyaki sauce

1/4 c olive oil

3 tbsp Caribbean jerk seasoning

Yield: 8 - 10 servings

1. Using a sharp knife, remove the chain and layers of outer fat from the tenderloin.
2. The silver skin, which is a tough, silver colored membrane should also be completely removed. If it is not removed, it tends to shrink during cooking, which causes uneven roasting.
3. Baste the meat with teriyaki sauce (till all is absorbed), rub the meat with olive oil, then roll it in Caribbean jerk seasoning. Let tenderloin stand at room temperature for 20 minutes.
4. Preheat oven to 400°F.
5. Place the tenderloin on a rack inside a roasting pan and roast in a 400°F oven for 30 minutes or until done to taste. Rare (140°F); med-rare (145°F); medium (160°F); well (165°F).
6. Remove the beef from the oven and let stand for 10 minutes before slicing.

Cheeseburger Soup

1 lb ground beef
4 tbsp butter, divided
3/4 c chopped onion
3/4 c shredded carrots
3/4 c diced celery
1 tsp dried basil
4 c cubed, peeled potatoes
3 c chicken broth
1/4 c flour
16 oz Velveeta cheese, cubed
1 1/2 c milk
Salt & pepper to taste

1. In a large saucepan over medium heat, cook and crumble ground beef until no longer pink; drain and set aside.
2. In same saucepan, melt 1 tablespoon butter over medium heat. Sauté onion, carrots, celery and basil until tender, about 10 minutes.
3. Add potatoes, beef and broth; bring to a boil. Reduce heat and simmer, covered, until potatoes are tender, 10-12 minutes.
4. Meanwhile, in a small skillet, melt remaining butter. Add flour, cook and stir until bubbly, 3-5 minutes.
5. Add to soup; bring to a boil. Cook and stir 2 minutes.
6. Reduce heat to low. Stir in cheese, milk, salt and pepper. Cook until cheese melts.



Eastern European Cholent

1 c lima or white beans, soaked overnight
4 tbsp canola oil
3 lb beef: chuck, short ribs, brisket or shoulder
3 medium carrots cut into thick slices
2 large onions cut into thick slices
1 lb Yukon gold potatoes peeled & quartered
4 cloves garlic, minced
1/2 c regular barley, soaked for a few hours
1 tsp salt & pepper mix
1/4 tsp ground sweet Spanish paprika
4 c beef stock
Yield: 6 servings

1. Place the beans in large non-stick stock pot; add 6 cups of cold water. Bring to a boil, and immediately reduce heat. Cover the pot and simmer for 10 minutes. Remove from heat. Let stand covered for an hour. After an hour, drain the beans and set aside.
2. Trim excess fat from the meat and discard the fat. Season the meat to taste with salt and ground black pepper. In the same stock pot, heat 4 tablespoons canola oil over medium-high heat; do not burn the oil. Brown the meat on all sides in the oil. Remove the meat and set aside.
3. Add carrots, onions, potatoes and garlic to the stock pot and sauté in meat drippings for 5 minutes until golden. Remove vegetables from the stock pot with a slotted spoon and set aside.
4. Drain off all fat remaining in the stock pot. Add the beans and the barley to the pot. Add salt, black pepper and paprika. Top with the meat. Pour the beef stock over the ingredients. Bring to a boil and then immediately reduce heat to simmer. Cover the pot and simmer for about 45 minutes.
5. Stir all the vegetables into the pot. Cover the pot and simmer for one hour, or until the meat and beans are tender.

About Cholent

Cholent is the most ancient and best-preserved of all traditional Jewish foods. It survived for several thousand years, dating back to times when Jews buried the cholent in hot embers in cooking pottery and let the flavors slowly melt and marry overnight for the Sabbath meal. It was often referred to in Talmudic days and dates back to the ancient Hebrews.

French Beef Stew

2 lb beef (rump or brisket),
trimmed, cut in 2 inch chunks

1 c red wine

1 bay leaf

1 clove, whole

1 sweet onion, peeled & coarsely
diced

1 clove garlic

4 tbsp butter

4 oz apple-smoked bacon, cut
into 1/2 inch pieces

1/2 c flour

1 tsp thyme

1 tsp salt & pepper mix

1 tsp sugar

1 1/2 c beef stock

14 white mushroom caps,
quartered

2 tbsp parsley, chopped

1/4 c water

Yield: 8 servings

1. In a large bowl combine wine, bay leaf, clove, diced onions and garlic mix well. Add beef chunks to the bowl. Toss the bowl contents to coat the meat. Cover bowl with plastic wrap and refrigerate for 12 hours.
2. In non-stick stock pot, melt 2 tablespoons of butter, cook bacon until just crispy. Drain the bacon, reserving the drippings and set aside.
3. Take out beef from marinade and pat dry with paper towels. Toss in a bowl with flour to coat. Shake off excess flour. Brown the floured beef in the reserved drippings. Using slotted spoon, remove diced onion and garlic from marinade and add to stock pot. Add thyme to the stock pot. Season with salt and pepper and sugar. Add the beef stock. Bring to boil. Reduce heat and simmer for 1 1/2 hours or until meat is tender.
4. In another skillet melt remaining 2 tablespoons of butter add mushrooms and cook until golden brown. Stir in crispy bacon bits and season with salt and pepper to taste.
5. When the beef is tender, remove meat with a slotted spoon to a bowl. Add mushroom mixture, stirring to thicken sauce. Return beef to pot and bring stew to a boil. May be served with boiled potatoes, pearl onions, mushrooms and a garnish of chopped parsley.

Harbin Northern Beef

2 tbsp sesame oil
2 c bok choy, cut into 1 1/2 inch squares
1 small onion, halved & cut into 1 1/2 inch squares
1 lb beef (flank, rump, or Sirloin), sliced 1/2x2x3 inch strips
2 cloves garlic, minced
1/2 tsp ginger, ground

Sauce

1/2 tbsp honey
1 tbsp mirin or sherry wine
1 tbsp soy sauce
1/2 c water
1/2 tbsp arrowroot
1/2 tsp Chinese 5-spices (optional)

Yield: 4 servings

1. Mix sauce ingredients in a small bowl. Set aside.
2. Heat oil in non-stick stock pot. Slosh around. Add vegetables and stir fry until half done, about 2 minutes. Remove to platter.
3. Add beef, garlic and ginger. Stir fry for about 3 minutes.
4. Add pre-mixed sauce when meat is pink in color. Stir fry for another minute or until thickened.
5. Add precooked vegetables. Stir fry another minute to blend and heat thoroughly.

Irish Beef & Cabbage

- 5 lb corned beef brisket
- 1 large sweet onion, stuck with 6 whole cloves
- 6 carrots, peeled & sliced
- 8 potatoes, peeled & cubed
- 1 tsp thyme, dried
- 1 small bunch parsley
- 1 large green cabbage, cut in to 8 wedges

Yield: 8 servings

1. Put beef in non-stick stock pot and cover with cold water. Add all other ingredients except cabbage and bring to a boil.
2. Turn to simmer and cook for 3 hours.
3. Remove thyme, parsley and onion. Add cabbage. Simmer for 20 minutes until cabbage is cooked.
4. Remove the meat and cut into slices. Place on center of a large platter.
5. Strain the cabbage. Surround the beef with the cabbage, carrots and potatoes.



Italian Beef

1/4 c white wine or champagne
vinegar

1/2 tbsp worcestershire sauce

5 lb round or rump roast

1/2 tbsp marjoram, dried

1 clove garlic, minced

1 small sweet onion, diced

1 tsp salt & pepper mix

Sauce

1 c beef stock

2 tbsp worcestershire sauce

2 tsp marjoram, dried

1/2 packet Italian dressing mix

1 tsp basil, dried

1 packet (6 oz) Knorr au jus mix
(natural style gravy)

Yield: 8 servings

Beef

1. Combine champagne vinegar and Worcestershire sauce in a plastic bag.
2. Add roast to the bag and massage marinade onto the meat.
3. Remove roast from bag and place in baking pan.
4. Pour remaining marinade over roast, sprinkle with marjoram, garlic, diced onion and salt and pepper mix.
5. Cover dish loosely with aluminum wrap, poking several holes for ventilation. Roast at 350°F for 3 hours or until done. Slice before serving.

Sauce

Combine ingredients. Bring to boil. Cook for 10 minutes, and then pour over sliced beef. Serve over pasta.

Nagano Japanese Beef

2 1/2 lb rump roast
1 1/2 tbsp Japanese miso
3 tbsp mirin (rice wine)
3 tbsp soy sauce
1 tbsp distilled white vinegar
1 tbsp brown sugar
2 tbsp + 2 tsp roasted sesame oil
1 c beef stock

Sauce

2 tbsp sake
3 tbsp mirin (rice wine)
3 tbsp teriyaki sauce
2 tbsp brown sugar
1 tsp fresh ginger, grated

Yield: 8 servings

Ginger-Teriyaki Sauce

Place all ingredients into a saucepan and bring to a boil. Lower heat and simmer into a light syrupy consistency.

Roast

1. Slice roast across grain into 1/4 inch thick slices.
2. Prepare marinade by combining Japanese miso, mirin, soy sauce, vinegar, brown sugar and 2 teaspoon sesame oil.
3. Place beef in self-sealing plastic bag, add marinade, turn bag, and massage to coat. Refrigerate for 24 hours.
4. Remove meat from marinade; wipe off excess. Heat 2 tablespoon of oil in non-stick stock pot and sear the meat on each side until well brown.
5. Add beef stock. Turn heat on high and let the stock evaporate quickly (about 5 – 10 minutes).
6. Serve hot with ginger-teriyaki sauce, over noodles or rice.

Healing and Easy Eats is addressed to anybody who is affected by cancer of the head, neck, tongue, throat or anyone undergoing surgery, chemotherapy, and/or radiation therapy. The time during and after treatment will be hard for you and your family. Based on the experience on the head and neck cancer survivors and patients who have contributed to this collection of recipes, we understand that nutrition is one of the most important parts of your recovery. Your battered body will need high calorie foods, but your ability to eat, drink, and swallow foods will be very limited. Therefore you will need a special menu that will enable you to get the right amount of calories and avoid a huge weight drop during your treatment. The Head and Neck Cancer Alliance wishes you the best of luck on your recovery and that this book can help you along your journey.



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ALLIANCE

The Head and Neck Cancer Alliance is a nonprofit organization working to increase the early detection of these cancers by partnering with local health facilities to conduct awareness programs and health screenings.

Visit us at www.headandneck.org or email us at info@headandneck.org.