

Insulated container enable you to eat healthy, hot meals !

Selection criterias

- Containers with a stainless-steel exterior are more effective.
- Cheap containers, for example, those made of plastic, do not guarantee that heat will be retained for more than five hours.

To take advantage of the benefit of these containers :

- Ensure that the container is clean;
- Reheat the container by filling it with boiling water, covering it, and waiting ten minutes. Empty the water just before you fill it with food;
- Heat the food that it will be filled with;
- Ensure that the food is boiling or has reached 80°C;
- In your bag, avoid placing the insulated container near frozen foods or ice packs;
- When it's time to eat, stir the contents to ensure even heat;
- Carefully wash the container after each use and store it uncovered.

Choose the right food!

Some meals are well suited...

- Dishes with sauce : stew, chili, spaghetti, pasta and sauce, fricassee, hash, risotto, stir-fry, etc.
- Soups : as a side dish or a meal.

... others should be avoided !

- Drier foods : pizza, quiche, chicken and rice, etc.
- Foods that will become deformed in a round container : meat pie, tourtière, etc.
- More delicate foods : fish, steamed vegetables.



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For more information, visit alliancesherbrookoise.ca

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Insulated containers

To ensure that homemade meals stay warm until lunch !





Some good choices of insulated containers

List in order of best value for money

Brand	Price*	Description
Stanley	\$ 28	<ul style="list-style-type: none"> • 500 ml • Stainless steel • Double wall cup • Cap with silicone seal • Lifetime warranty
Thermos	\$ 30	<ul style="list-style-type: none"> • 470 ml • Stainless steel • Double wall cup • Cap with silicone seal
Arcosteel	\$ 25	<ul style="list-style-type: none"> • 750 ml • Stainless steel • Double wall cup • Watertight cap
Thermos	\$ 40	<ul style="list-style-type: none"> • 750 ml • Stainless steel • Handle • Simple cap
Thermos	\$ 20	<ul style="list-style-type: none"> • 500 ml • Stainless steel • Double wall insulation • Spoon included inside
Thermos	\$ 26	<ul style="list-style-type: none"> • 290 ml • Stainless steel • Simple cap

* Prices are provided for reference only and may vary from one retailer to another.

A few good recipes

Lentil and Rice Soup

Ingredients

- 2 medium onions, finely chopped
- 30 ml vegetable oil (2 tbsp)
- 2 cloves garlic, finely chopped
- 2 medium carrots, sliced
- 2 celery stalks, diced
- 2 curry powder (1 tbsp)
- 15 ml milk (2 cups)
- 500 ml chicken broth (10 cups)
- 2,5 l green lentils (2 cups)
- 500 ml bay leaf
- 1 salt
- 125 ml brown rice (½ cup)
- 300 g chopped spinach (one 10-oz. bag)

Directions

1. In a large pot, brown the onions in the oil over medium heat, stirring often.
2. Add the garlic, carrots, celery, and curry powder to the pot. Cook stirring constantly to coat with the oil.
3. Add the milk, chicken broth, lentils, and bay leaf to the pot.
4. Simmer partially covered for 45 minutes.
5. Add the rice and salt, and continue cooking for 45 minutes.
6. Add the spinach, cook until the spinach is wilted.

6 servings



Chicken and Vegetable Stir-fry

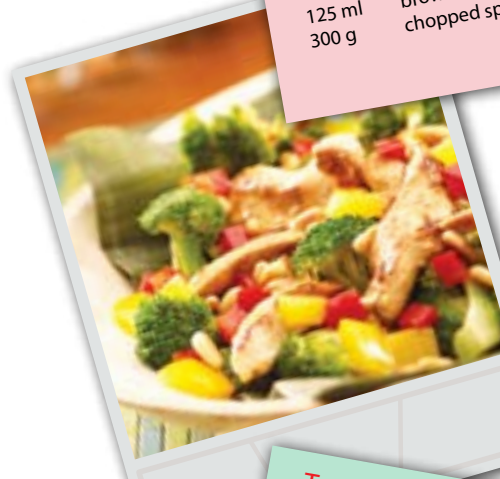
Ingredients

- 4 boneless chicken breasts
- 60 ml soy sauce (¼ cup)
- 80 ml orange juice (⅓ cup)
- 30 ml honey (2 c. à s.)
- 2 cloves garlic, finely chopped
- 30 ml vegetable oil (2 tbsp)
- 1 white onion, coarsely chopped
- 250 ml broccoli florets (1 cup)
- 2 peppers, cut into strips

Directions

1. Cut the chicken breasts into strips; mix them with 45 ml (3 tbsp) soy sauce, 45 ml (3 tbsp) orange juice, honey, and garlic. Refrigerate for 1 hour. Drain.
2. In a large frying pan or wok, heat 15 ml (1 tbsp) oil and cook the chicken for 4 minutes or until it is cooked through. Remove from the pan and set aside.
3. In the same pan, heat the rest of the oil and cook the onion and broccoli for 2 minutes.
4. Add the chicken, the peppers, and the rest of the soy sauce and orange juice to the pan.
5. Cook for 6 minutes, or until the liquid has evaporated.

4 servings



Tex-mex Chili

Ingredients

- 30 ml olive oil (2 tbsp)
- 2 onions, chopped
- 500 g extra-lean ground beef (1 lb.)
- 1 red pepper, diced
- 1 yellow pepper, diced
- 4 tomatoes, diced
- 1 can of white beans rinsed and drained (540 ml)
- 1 can of corn rinsed and drained (341 ml)
- 1 packet of chili seasoning
- 15 ml garlic (1 tbsp), chopped
- 250 ml beef broth (1 cup)
- 375 ml tomato sauce (1 ½ cup)
- 4 salt to taste
- 4 pitas

Directions

1. In a pot, heat the oil and brown the onions and meat.
2. Add the rest of the ingredients, except the pitas.
3. Cover and cook for 15 to 20 minutes over medium heat, stirring occasionally.
4. Cut the pitas into four and lightly toast them in the oven.
5. Serve the chili with the pitas.

4 servings

