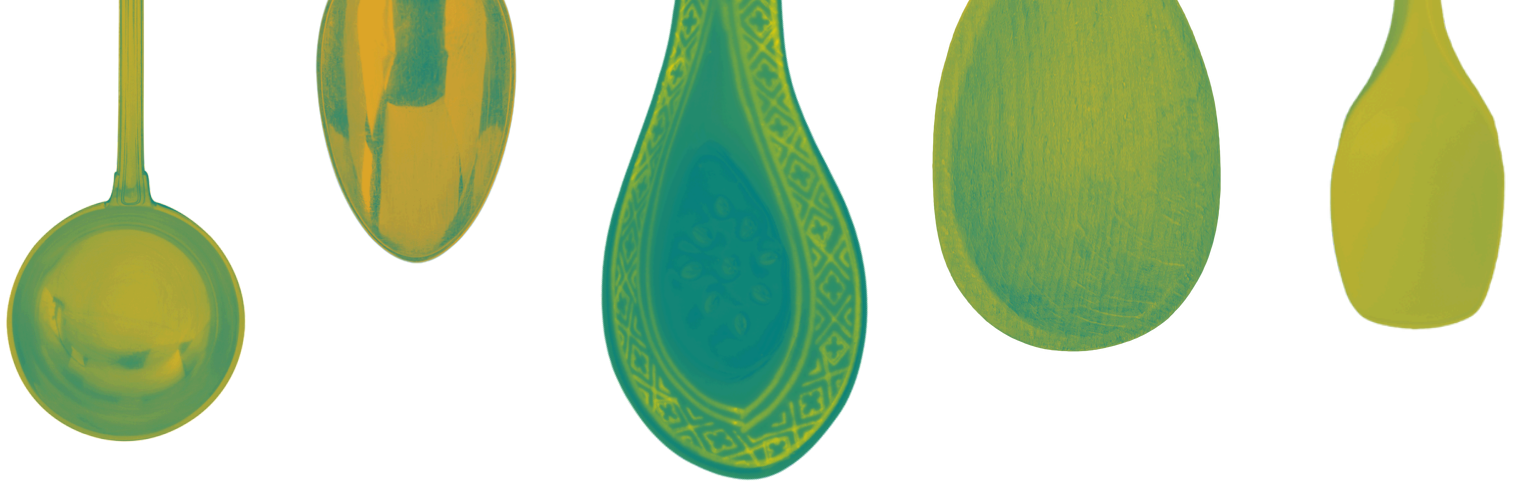




ACCESSI-RECIPES

exploring ways to make cooking and the
celebration of food more accessible for
every body





Accessi-recipes is an evolving resource of recipes, tools, perspectives, and methods exploring ways to make cooking and the celebration of food more accessible for every body. Not regardless of disability, but very much in regard to the broad and diverse experiences of disabilities of our community members and community partners.

We hope to offer a few delicious dishes and more importantly, the opportunity for any body to rethink how they cook and how they eat. What are your favorite parts of cooking? What are the tedious things that deter you from cooking? What would make interacting with food easier and more comfortable? Tactile bump dots to help identify different utensils or spices? A food processor to skip the fine motor tedium of dicing vegetables? A bag of frozen comfort food you pre-made, for when the energy to cook simply cannot be found? Letting go of the “guilty” part of “guilty pleasures?”

As you explore these recipes, we invite you to share any thoughts, questions, suggestions, or modifications with us at hello@threesisterskitchen.org.

Happy cooking and eating!

These recipes were curated and developed in 2024 through various events, focus groups, and conversations exploring radical accessibility and interdependence in our food community in Albuquerque and were made possible by the City of Albuquerque.

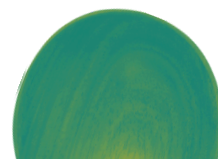
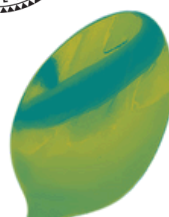
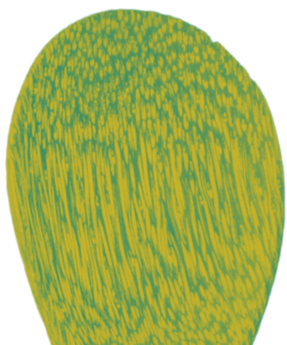
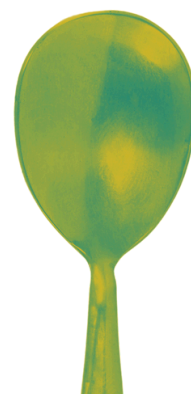
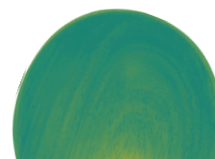
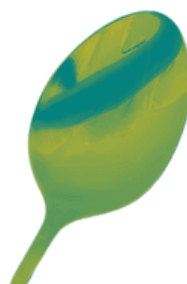
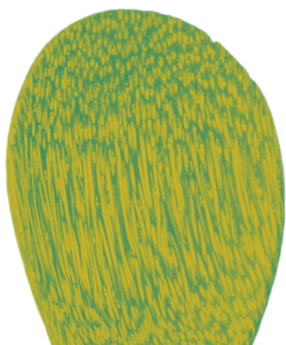




Table of Contents

- p 4.....Instant Pot Beans
- p 5.....Mollete
- p 6.....Microwave Enchiladas
- p 8..... Aloo Gobi
- p 10.... Sri Lankan Lamb Curry
- p 11.... Sheet Pan Bibimbap
- p 14....Maque Choux – A Creamy Corn Fry
- p 16.... Cheesecake Bites
- p 18....No-Bake Peanut Butter Oat “Cookies”
- p 19....Red Chile Chocolate Pecan Cake in a Mug



Instant Pot Beans

Beans are a food of abundance. It's hard to make just a little bit of beans, so we share them with each other (and our future selves if we remember to freeze them) and explore new ways to enjoy a comforting ingredient. This recipe is for dried beans that have not been soaked. If you have presoaked your beans, the cooking time can be reduced from 50 minutes to 25 minutes. This recipe can be used in the following mollete recipe as well as the enchiladas recipe!

Ingredients

- 2 cups dried pinto beans
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp baking soda
- 2 bay leaves
- 4 cups chicken or vegetable stock
- 1 Tbsp salt

Equipment

Instant pot

A great tool to have in the kitchen is an Instant Pot or other electric multicooker. Its different settings like “Saute” mode or “Stew” enable a wide range of cooking techniques. Its use of pressure cooking (instead of letting the steam from cooking with liquid evaporate, it traps the steam, which increases the cooking temperature to a point that breaks food down faster and more thoroughly), hugely reduces cooking time and doesn't keep people tied to the stove—in fact you don't even need a stove to begin with! And its ease of use and versatility is helpful for folks with a wide variety of abilities.

As Jules Sherred writes in *Crip Up the Kitchen: Tools, Tips, and Recipes for the Disabled Cook*, “With the Instant Pot, if you are disabled and have mobility issues, you don't have to stand in the kitchen while cooking. If you are neurodivergent, there aren't a lot of things vying for your attention. When cooking under pressure, you just set it and walk away...Not only are they helpful for those with mobility issues and pain disorders, but electric pressure cookers are great if you have certain conditions that make eating food difficult.”

Wash your pinto beans and check for tiny stones—there's always one! Combine ingredients in an Instant Pot or electric pressure cooker and select the Bean setting (or Manual for 50 minutes). Allow the pot to release naturally, and once the lid is able to be removed, taste for salt and serve.

To make this recipe into refried beans, sautee 1 diced onion and 2 minced garlic cloves in 1 tablespoon of oil. When the onions turn translucent, add the beans and stock to the pan. Use a potato masher or fork to mash and mix the beans into your desired consistency.

Mollete



1 Serving = 2 slices of bread

Ingredients

Bolillo roll, halved, or 2 slices baguette or country loaf per person
Refried beans (See Beans recipe—or pick up a side order of beans from your favorite local restaurant!)
Oaxaca Cheese
Avocado, sliced
Pico de gallo (8 servings)
2 Tomatoes diced
1 Clove Garlic, minced
½ small onion, finely diced
½ jalapeno, seeded and minced
¼ bunch cilantro, minced
Salt to taste

Method

Assemble the pico de gallo, and set aside. Toast slices of bread in an oven/toaster oven at 400 degrees. When toasted to preference, spread ⅓ cup of beans and a heap of cheese (about ¼ cup) to each slice. Return the toast to the oven/toaster oven for long enough to melt the cheese, about two minutes. (If you don't have access to an oven or toaster oven, you can melt the cheese on the bread on the stovetop, by putting the bread topped with cheese on a pan over medium-high heat, and putting a lid on it until the cheese melts, about 3–4 minutes.) When cheese is melted, remove the toast, add avocado slices on cheese, and top with pico de gallo.

Equipment

Medium Bowl
Cutting board
Oven or toaster oven
Knife
Manual food processor

Manual Food Processors!

Don't want to spend time chopping up salsa ingredients or setting up an electric food processor? Try a manual food processor, a hand-powered blender that is great for breaking down ingredients quickly and without the need for an outlet. Most models either have a hand crank or a draw string. You may feel some resistance with the first few turns of the blade, but as long as the bowl is kept in place, the blades are sharp, and you turn the blade at a good pace (not too slow!), your ingredients will be chopped up, or diced, or minced, in a matter of moments. You can easily make salsas or pestos—and even mince an entire head of garlic cloves to prep for a big meal!



Microwave Enchiladas

Serves 1

Ingredients

4 corn tortillas
1 cup red chile
1 cup beans (See Beans recipe—or pick up a side order of beans from your favorite local restaurant!)
1¼ cup shredded cheese
⅓ cup finely chopped onions
Cooking spray

Equipment

Cutting board
Knife
Bowls
Small microwave-safe plate
Microwave safe dish with 2 inch rim
Microwave



Microwaves!

They're not just for TV dinners anymore. Microwaves are a great way to cook from scratch if you don't have access to a stove, don't feel safe with exposed heating elements, or don't feel like washing pots and pans. Of course, as with any cooking method, cooking with a microwave requires an understanding of microwave power, cook times of ingredients, and microwave-safe cookware, but there are plenty of resources and recipes on the internet with those factors in mind.

Method

Prepare the tortillas: spray each corn tortilla with the cooking spray. Place one tortilla on a microwave-safe plate, cover with a paper towel, and microwave the tortilla for 30–40 seconds, depending on the power setting. The tortilla should be a bit cooked and pliable, but not too soft or too crispy. Repeat with remaining tortillas, and set them aside, wrapped in a cloth or under the paper towel.

Microwave Enchiladas



Heat up the red chile, and pour $\frac{1}{4}$ cup onto a plate. Pour another $\frac{1}{4}$ cup of the red chile into a small microwave-safe dish that has a rim of about 2 inches. Take one of the tortillas and place it on the plate with the red chile sauce. Pour a spoon of the remaining chile on top of the tortilla, so both sides are completely coated. Place the coated tortilla in the microwave-safe dish. Pour another spoonful of the chile on top. Place $\frac{1}{4}$ cup beans on tortilla, and spread evenly. Scatter $\frac{1}{4}$ cup shredded cheese over the beans evenly, and top with a quarter of the diced onions. Repeat this process with the remaining tortillas, stacking each layer over the previous, like a lasagna.



Top the dish with any remaining chile, beans, and any extra cheese. Place the dish in the microwave and cook for 6 to 7 minutes. You should be able to start smelling the enchiladas after 4 to 5 minutes. You'll know it's ready when the top layer of cheese is bubbling. Top with any remaining onions and serve with your favorite sides (or just more red chile).

Aloo Gobi

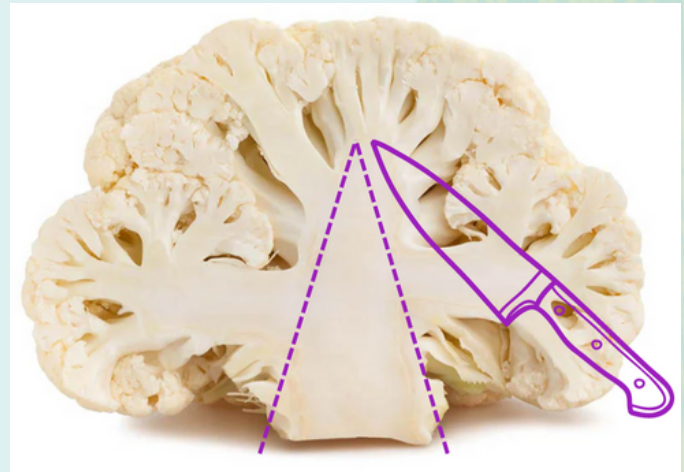
Serves 4–6

Ingredients

1 head cauliflower, cut into 2–3 inch florets
1 lb potatoes (~3 medium potatoes), peeled and cut into 1 inch cubes
1 cup frozen peas
1 onion, diced
2 large tomatoes, minced
2 cloves garlic, minced
½ inch ginger, minced
1 chili minced for more spicy, slit for less spicy
¼ cup cilantro, diced
1 small cinnamon stick
3 cloves
3 cardamom pods, cracked
Or 1 tsp garam masala
1 tsp chili powder
1 tsp turmeric
Salt
Water

Equipment

Cutting board
Knife
Oven
Roasting sheet
Medium pot or pan
Cooking spoon
Blender



Aloo Gobi



Method

Preheat oven to 400. Toss potatoes and cauliflower in oil, $\frac{1}{4}$ tsp turmeric, $\frac{1}{2}$ tsp chili powder, and 2 tsp salt. Lay mixture out on baking sheet and bake for 20 minutes. After 20 minutes, take the pan out, flip the vegetables over and cook until done, about another 15 minutes.



Heat oil in a pan over medium high heat. When hot, add onions and a pinch of salt. Stir for 2 minutes and lower temperature to medium. When onions start to soften, add garlic, ginger, and minced chili. Cook together until onions turn translucent and begin to brown at the edges.



Add cinnamon, clove, and cardamom (or garam masala), and 1 tsp salt. Once fragrant, turn heat up to medium high again, add minced tomatoes and stir together. Cook the tomatoes down until the liquid has almost completely evaporated and the tomatoes have an umami aroma. The mixture should feel like a moist paste and should not stick to the bottom of the pan. Turn the heat off.

Carefully transfer the mixture into a blender, and blend, adding water little by little, until the consistency is the same as marinara sauce.



When the right consistency is reached, pour the mixture back into the pot and set heat to medium. When mixture begins to simmer, add roasted vegetables and frozen peas into mixture and cook together for 5 minutes or until flavors have melded. Add salt as needed. Garnish with diced cilantro.

Sri Lankan Lamb Curry

Serves 6–8

Ingredients

2 lbs lamb stew meat (cut into 2 inch cubes)
1 small onion diced
2 cloves garlic minced
1 inch ginger minced
1 bird chile, slit for milder curry, mince for spicier curry
1 tsp fennel seeds
2 Tbsp curry powder
2 sprigs curry leaves
1 can coconut milk (optional)
Water
Salt

Method

Marinate lamb in 2 tsp salt, and 2 Tbsp curry powder. Roast your fennel: put fennel seeds in a small pot and turn heat to medium low. Swirl seeds in pot so they don't burn until the seeds are fragrant. Grind the seeds to desired texture.

Turn Instant Pot on to Saute Mode and add oil (if using a pan, heat oil up to medium high). When hot, and add onions, ginger, and garlic. Cook mixture, stirring often, until onions become translucent. Add curry leaves, and mix. Drop heat to low and cover, letting the mixture sweat. After about 10 minutes, add oil if necessary and bring mixture back to medium high, and when ready, add lamb and fennel seeds. Mix together. After 3–5 minutes, when lamb starts to change color, close the instant pot lid and use the stew option for 20 minutes.

If you do not have an Instant Pot, add 1 cup hot water. After water boils for about two minutes, drop heat to medium low, cover, and let simmer for 30 minutes. Stir from time to time to ensure the curry does not stick to the pan. Add salt to taste. When curry is done, add coconut milk if desired, incorporate. Serve hot with rice (and aloo gobi).

Equipment

Cutting Board
Knife
Small Pot
Grinder (a mortar and pestle, an electric spice grinder, a plastic bag and rolling pin, etc.)
Instant Pot (or large pan)



Sheet Pan Bibimbap

Serves 4–5

Adapted from Eric Kim's [recipe](#).

Ingredients

1 lb ground beef
1 medium yellow onion
1 pear, seeded and roughly chopped (preferably an Asian pear, but any old pear works. If you're in a pinch, 1 cup canned slice pears or even 1 cup of apple juice can be substituted)
4 cloves garlic
2 zucchinis
1 bunch lacinato/dinosaur (or other) kale
1 lb mushrooms of your choice, whole
2 tsp mirin or other cooking wine
4 cloves of garlic
¼ cup gochujang
¼ cup soy sauce
¼ cup sesame oil
1 tsp apple cider vinegar (or rice vinegar)
Cooked rice
An optional fried egg

Equipment

Cutting board
Knife
Bowls
Blender
Oven
2 Sheet Pans
Spatula
Tongs

Method:

Set oven to 425 degrees.

Beef marinade

Cut the onion in two. Thinly slice one half and set aside. Roughly chop the other half, and add that to a blender along with 2 Tbsp soy sauce, 2 cloves garlic, 1 cup of pear, and 1 tsp sesame oil. Blend together until a smooth puree forms. Pour this puree over the ground beef, add the thinly sliced onions, and mix together thoroughly. Set aside while you prep the rest of the ingredients.

Sheet Pan Bibimbap

Kale

Chop kale into 2 inch pieces, cover in 2 tsp oil and ½ tsp salt, and mix.

Zucchini

Quarter zucchini and cut into ¼ inch slices. Coat with 1 tsp oil and ½ tsp salt.

Mushrooms

If using cap mushrooms (like shiitake, button, baby bella), remove stem and keep whole. If using mushrooms like oyster, maitake, or trumpet, cut into pieces. Mix mushrooms with 2 tsp oil, 2 tsp soy sauce, and 2 tsp mirin.



Arrange the four components onto two sheet trays. On the first tray, spread the beef as thin as possible on one half, using either fingers or a spatula to break up the meat here and there, and scatter the kale as much as possible on the other half. On the second tray, spread the zucchini pieces in a single layer on one half, and arrange the mushrooms on the other half. The zucchini will roast best if it is spread in one layer on the tray, so if it starts piling up on the tray, either get out a third baking sheet, or roast the zucchini in batches.

Sheet Pan Bibimbap

Place the trays in the oven with the beef tray on the top rack, and bake for 25 minutes (or until the beef reaches a temperature of 160 degrees). Carefully drain the liquid from the beef, and break up the chunks. The kale should be partially braised in the beef liquid and partially roasted.



To make the sauce, combine $\frac{1}{4}$ cup gochujang, $\frac{1}{4}$ cup soy sauce, $\frac{1}{4}$ cup water, 2 Tbsp sugar, 1 tsp vinegar, the remaining 2 cloves of garlic (minced), and 2 Tbsp sesame seeds.

To serve, arrange roughly $\frac{1}{2}$ cup of each of the four components on a bed of rice, drizzle about 2 Tbsp of sauce, and lightly sprinkle with sesame seeds. Optional: top with a jammy, over-medium egg.



Maque Choux

Serves 4–6

Adapted from Charlie Andrews's [take on the Louisiana dish](#)

Ingredients

4 ears sweet corn
4 strips bacon, diced
2 Tbsp butter
1 medium yellow onion, finely diced
1 red bell pepper, finely diced
½ green bell pepper (or a small green bell pepper), finely diced
3 stalks celery, finely diced
2 garlic cloves, minced
⅔ cup chicken stock
⅔ cup heavy cream
1 Tbsp creole (or cajun) seasoning
1 tsp salt
½ tsp ground black pepper
2 tsp sugar

Equipment

Cutting board
Knife
Large Pan
Cooking spoon



Method:

Bring a large pan to medium–high heat. Add bacon and stir for two minutes or until bacon cooked, almost crispy. Add butter, and when the butter is melted, add onion, both peppers, celery, and garlic to the pan. Add a pinch of salt and saute, stirring often for 10–15 minutes, or until the mixture caramelizes and thickens together. Lower heat if mixture starts sticking to the pan. Add corn, creole seasoning, salt, and black pepper and stir together for another 5 minutes. Stir in chicken stock and simmer for 4–5 minutes, allowing flavors to meld and mixture to reduce. Add heavy cream and sugar. Stir together and let the mixture simmer for another 5 minutes, stirring occasionally, until liquid reduces. Taste for salt. The cream should coat the corn, almost like mac and cheese, not a stew.

Maque Choux

Stir in heavy cream and sugar. Cut one of the ears of corn in half, add to the mixture, and let the mixture simmer for another 5 minutes, stirring occasionally, until liquid reduces. Taste for salt. The cream should coat the corn, almost like mac and cheese, not a stew.



Vegan Maque Choux

Ingredients

- 4 ears sweet corn
- 4 strips bacon, diced
- 2 Tbsp butter
- 1 medium yellow onion, finely diced
- 1 red bell pepper, finely diced
- ½ green bell pepper (or a small green bell pepper), finely diced
- 3 stalks celery, finely diced
- 2 garlic cloves, minced
- ⅔ cup chicken stock
- ⅔ cup heavy cream
- 1 Tbsp creole (or cajun) seasoning
- 1 tsp salt
- ½ tsp ground black pepper
- 2 tsp sugar

Method

Add oil to a large pan and bring to medium-high heat. Add onion, both peppers, celery, and garlic to the pan. Add a pinch of salt and saute, stirring often for about 5–10 minutes. Lower heat, cover, and let the mixture sweat and caramelize for another 7 minutes. When mixture is nice and caramelized, bring heat back to medium high, and add corn, creole seasoning, hickory salt, and black pepper and stir together for another 5 minutes. Stir in vegetable stock and simmer for 4–5 minutes, allowing flavors to meld and mixture to reduce. Stir in coconut milk and sugar. Cut one of the ears of corn in half, add to the mixture, and let the mixture simmer for another 5–10 minutes, stirring occasionally, until liquid reduces. Add smoked paprika, taste for salt, and simmer for 2 more minutes. The cream should coat the corn, almost like mac and cheese, not a stew.

Cheesecake Bites

Makes 12 muffin-sized bites

Crust recipe by [A.A. Newton](#). Filling recipe adapted from [Sam Merritt](#)

Ingredients

Crust:

½ stick room temperature butter
2 Tbsp sugar
1½ sleeves (6 oz) Ritz crackers

Filling:

8 oz cream cheese, at room temperature
8 oz ricotta cheese
1 cup powdered sugar
1 tsp vanilla extract
2 tsp lemon juice
1 tsp lemon zest
⅓ cup sour cream
1½ cup heavy whipping cream
4–8 oz fresh blueberries (or other fruit)
lightly mashed.

Method:

Crust

Cream butter and sugar together with a blender. Crumble half the Ritz crackers into a food processor. Add the creamed sugar and top with the other half of the crackers. Blitz the mixture until the crackers have fully broken down and the ingredients are fully mixed together. This may require pushing the mixture down from the sides of the bowl with a spatula in between blitzes. Fold the mixture together one last time to make sure it's fully incorporated.

Equipment

Equipment
Food processor
Hand mixer
Bowls
Fridge
Freezer
Muffin Tin

In praise of the muffin tin:

The muffin tin is another unsung hero of kitchen and cooking tools. For many, it sits in the bottom of a drawer, only to be trotted out annually for a birthday celebration, but it can serve so many more uses than that. The muffin tin can be used to make treats of all kinds, from savory to sweet, from baked to no-bake, from breakfast to dinner (to dessert). But it can also be used as a lunch tray of sorts. It can help those preparing a meal to organize their ingredients. For those who prefer to keep flavors and textures apart, it can help clearly identify and separate different dishes or ingredients. It can help break a big recipe down to sizes that make more sense and are easier to freeze for later. And it can prevent the spreading of germs at bigger events, by creating individual servings as opposed to one dish that many people touch.

Cheesecake Bites

Spray a muffin tin with cooking spray. Put 3 tablespoons of the crust mixture into each muffin cup. Using the bottom of a circular $\frac{1}{3}$ cup, firmly press the crust in each cup down, ensuring the crust is even and compact. Put the tray in the freezer.



Filling

Combine cream cheese and ricotta in a large mixing bowl and blend together until it reaches a creamy consistency. Add powdered sugar and blend until smooth. Blend in vanilla, lemon juice, and lemon zest. Add sour cream and blend until smooth.

In a separate mixing bowl, whisk heavy cream until it becomes whipped cream with stiff peaks. Fold the whipped cream into the cream cheese mixture. When combined, gently fold in fruit, until just incorporated, to keep a nice swirl of colors.

Remove the muffin tin from the freezer, and add about a $\frac{1}{4}$ cup of the filling to each cup of the tin. If the tin looks too full, use the dull side of a knife to swipe across the top of the tin to remove excess filling. Cover with plastic wrap and keep it in the fridge for at least four hours, but ideally 8. When the cheesecake has set, use a butter knife to gently loosen the edges of the muffin cups and release the bites!



No-Bake Peanut Butter Oat “Cookies”

Adapted by Chef Mike White in partnership with Special Olympics New Mexico
from Jamielyn Nye.

Ingredients

¾ cup creamy peanut butter
3 Tablespoons honey
1 teaspoon vanilla extract
2 Tablespoons chia seeds
¾ cup old fashioned rolled oats
¼ cup mini chocolate chips

Equipment

Microwave-safe bowl
Spoon or spatula
Baking tray
Parchment paper, aluminum foil, or baking mat
Fridge or freezer

Method:

Place peanut butter, honey, and vanilla extract in microwave-safe bowl and microwave for 20 seconds. Remove and stir until well combined. Add all remaining ingredients and stir until evenly distributed.

Roll into 8 evenly sized balls and place on a lined baking tray. Press down slightly to form cookie shape. Place in the refrigerator or freezer until set.

Red Chile Chocolate Cake in a Mug

Adapted from [Deanna F. Cook's recipe](#)

Ingredients

1 Tbsp unsalted butter
1 egg
1/8 tsp vanilla extract
3 Tbsp granulated sugar
3 Tbsp unsweetened cocoa powder
1/8 tsp New Mexico red chile powder
A pinch of kosher salt
2 Tbsp chopped pecans

Equipment

A microwave
A microwave-safe mug
Fork or chopsticks (or a tiny whisk)

Method:

Add butter to microwave-safe mug. Microwave the mug for about 20 seconds or until butter is just barely (but fully) melted. Crack egg into a small bowl and add vanilla extract. Whisk together with a fork or chopsticks. Add egg to the mug. Add sugar, cocoa powder, red chile powder, and salt, and whisk until combined. Fold in half of the chopped pecans (1 Tbsp). Microwave for 60–90 seconds or until a toothpick (or chopstick) comes out clean. Top with pecans and serve (Possibly with some leftover ricotta whipped cream cream cheese cheese cake filling.)

