

Creamy Leek Soup with Chicken & Sweet Potato

GOLDEN
LADLE
WINNER!



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1 large leek, halved lengthwise & cleaned well,
then sliced into 1/8" ribbons

1/4 cup butter

1 to 1 1/2 pounds chicken breast, seasoned,
cooked & shredded.

2 medium sweet potatoes, cut into 1/2 " cubes

2 cups chicken broth (with NO sugar)

2 cups heavy cream

In a medium skillet, cook & stir leeks in
butter until very soft over medium-low heat.

Meanwhile, bring broth to a boil. Add
cubed sweet potatoes. Return to a boil, reduce
heat and simmer till just tender (5-10
minutes). Add leeks (with butter), cooked
chicken and heavy cream to the pot. Heat
thoroughly.

Great with fresh, homemade biscuits & a salad!
Makes 7-8 cups.

Faux Broth

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for "Chickeny" Recipes

2 cups water

1 teaspoon sea salt

1 teaspoon ground savory

1 teaspoon dried Italian flat leaf parsley

1/2 teaspoon dried thyme

1/2 teaspoon dried tarragon

1/4 teaspoon dried marjoram

1/8 teaspoon cayenne pepper

for "Beefy" Recipes

2 cups water

1 teaspoon sea salt

1 teaspoon Old Bay Seasoning

1 teaspoon dried Italian flat leaf parsley

1/2 teaspoon dried thyme

1/2 teaspoon dry mustard

1/4 teaspoon dried marjoram

1/8 teaspoon cayenne pepper

Mix all ingredients in a saucepan and simmer
until flavorful (10-15 minutes).

Saturday Pasta

(for any busy day of the week)

1 Tablespoon butter
 1 Tablespoon refined coconut oil
 1/2 large onion (slice thin, then quarter the slices)
 1/3 cup sun-dried tomatoes, snipped into small pieces with scissors
 1 (4 ounce) can mushrooms or, preferably, fresh mushrooms
 4 ounces fresh spinach
 5 to 6 ounces Jovial Brown Rice Spaghetti
 20 Kalamata olives (1/2 of a 6 ounce jar)
 1/4 cup (or more) Colavita Extra Virgin Olive Oil
 1/8 teaspoon dried red pepper flakes
 A "sprinkle" of cayenne pepper
 Sea salt

In a large skillet, heat butter and coconut oil over medium heat. Fill a pot with water and bring to a boil.

Add onions to the skillet and stir.

In a small custard cup, pour a little water (approximately 3 Tablespoons) over the sun-dried tomatoes. Microwave them on high for one minute to reconstitute them. Set aside.

SATURDAY PASTA, continued

Add mushrooms and olives to the skillet. Stir. Lower heat so that onions do not begin to caramelize.

When water reaches a full boil, add pasta and 1/2 teaspoon sea salt. Cook according to package instructions until *al dente*.

Meanwhile, pour one tablespoon olive oil into a large pasta bowl. Add red pepper flakes and cayenne pepper. Stir. Set aside.

Add spinach to the skillet. (This will fill the skillet.) Cook and stir until spinach wilts and mixes with the other ingredients. Add sun-dried tomatoes (with liquid) to the mixture.

Drain pasta. Add to pasta bowl. Toss to coat with the flavored oil. Add the skillet mixture, scraping the skillet clean with a spatula. Toss ingredients together, adding remaining olive oil. Season to taste with additional sea salt and more olive oil, if desired.

Serves 4.

Italian Salad Dressing Mix

1 teaspoon sea salt

1 teaspoon dried flat-leaf Italian parsley

$\frac{3}{4}$ teaspoon garlic powder

$\frac{3}{4}$ teaspoon onion powder

$\frac{1}{4}$ teaspoon red pepper flakes

$\frac{1}{4}$ teaspoon xanthan gum

$\frac{1}{4}$ teaspoon citric acid

Measure all ingredients into a snack-sized re-sealable bag.

Make several packets up ahead of time, store in a freezer container and grab one whenever you have a recipe calling for a package of Italian dressing mix.

NOTE: The mixes you buy in the store also contain a small amount of dehydrated carrots. You might want to grate a little carrot into your recipe to give it those little flecks of color that are so appealing to the eye!

Taco Seasoning Mix

(for seasoning one pound of burger)

2 Tablespoons dried minced onion

$\frac{1}{2}$ to 1 teaspoon sea salt

1 teaspoon chili powder

1 teaspoon ground cumin

1 teaspoon paprika

$\frac{1}{2}$ teaspoon garlic powder

In a 10-inch skillet, brown the burger. Drain off any excess fat. Add the taco mix and $\frac{1}{2}$ cup water. Simmer until onion bits are tender and excess moisture is absorbed.

Cream of Whatever (S.O.S – Soup or Sauce)

2 cups powdered non-fat dry milk

¾ cup arrowroot powder

2 Tablespoons dried minced onion

1 teaspoon sea salt

1 teaspoon ground savory

1 teaspoon dried flat-leaf Italian parsley

½ teaspoon dried thyme

½ teaspoon dried tarragon

¼ teaspoon dried marjoram

1/8 teaspoon cayenne pepper

OPTIONAL: 2 teaspoons dried Italian seasoning.

Combine all ingredients. Mix well. Store in an airtight container.

One batch equals nine (10.5 ounce) cans of creamed soup.

For one can of cream soup:

Combine 1/3 cup of dry mix with 9 ounces COLD water in a saucepan. Whisk until well blended. Heat, stirring constantly with the whisk until thickened.

Add to casseroles or other recipes just as you would a can of soup.

Need Cream of Mushroom Soup: Stir in chopped mushrooms with the dry mix and water.

Need Cream of Celery Soup? Add 2 Tablespoons dried celery flakes to the saucepan.

Need other flavors? Use your imagination!

Seasoned Salt

½ cup sea salt

¼ cup paprika

2 Tablespoons ground tumeric

2 Tablespoons onion powder

1 Tablespoon garlic powder

¼ teaspoon citric acid

In a small bowl, mix ingredients well. Store in an airtight spice jar and use as needed.

NOTE: If you truly feel that something is “missing” as compared to the seasoned salt you buy, it is, without a doubt, the sugar. If you like, you can add 1/8 teaspoon **Sweet Leaf stevia powder** to this mix.

Zesty Pumpkin Soup

1/4 cup butter
 1 cup chopped onion
 1 teaspoon minced garlic
 1 teaspoon curry powder
 1/2 teaspoon sea salt
 1/4 teaspoon ground coriander
 1/8 teaspoon crushed red pepper flakes
 3 cups chicken broth (with no sugar!)
 2 (14 ounce) cans pumpkin puree
 1/2 cup heavy whipping cream
 1/2 cup milk
 Sour cream
 Fresh, chopped chives

Saute onion in butter until soft. Add garlic, curry powder, salt, coriander and red pepper. Cook one more minute.

Add broth. Boil gently, uncovered for 15-20 minutes.

Stir in pumpkin puree, heavy cream and milk. Simmer an additional 5 minutes. Garnish each bowl of soup with a dollop of sour cream and chopped chives.

Makes a 3-quart saucepan of soup.

Billy's Biscuits

1½ cups all-purpose non-GMO flour
 1/2 cup whole wheat pastry flour
 4 teaspoons non-aluminum baking powder
 2 Tablespoons coconut sugar
 1/2 teaspoon sea salt
 1/2 teaspoon cream of tartar
 7 Tablespoons real butter, grated and re-frozen
 1 egg
 2/3 cup milk

Preheat oven to 400 degrees Fahrenheit.

Combine dry ingredients in a medium-sized mixing bowl. Quickly add the frozen, grated butter and stir to coat the butter with the flour mixture before the butter begins to melt.

Beat egg in milk; stir into dry ingredients, just until moistened.

Turn the dough onto a floured surface. Knead 15 times by folding the entire ball of dough in half, giving it a quarter turn, and folding again. Roll out the dough into 3/4" thickness. Cut into large circles with a 3" biscuit cutter.

Transfer biscuits to a cookie sheet lined with parchment paper Bake fo12-15 minutes or until tops are golden brown. Makes 8-10 biscuits.

Not Apologizin' Hot Chocolate

12 ounces milk

2 Tablespoons Dutch process cocoa powder

1/4 teaspoon Trim Healthy Mamma Pure Stevia (or 1
Tablespoon Sweet Leaf powdered stevia)

1/8 teaspoon Celtic sea salt

1/2 teaspoon pure vanilla extract

1 Tablespoon heavy cream

In a Pyrex measuring cup, heat the milk until hot, but not boiling. While it is heating, mix the cocoa powder, stevia and salt in a small custard cup with a mini whisk.

Pour an inch or two of the hot milk into the bottom of a large mug. Add the cocoa mixture and whisk until fairly smooth. Add vanilla.

Continue to whisk while adding the remainder of the hot milk.

Add the heavy cream. Stir and enjoy!

Eat 'em All Chocolate-covered Strawberries

2 pounds fresh strawberries

1/3 cup Dutch process cocoa powder

1/2 cup Tablespoons extra-virgin (unrefined) coconut oil.

2 Tablespoons real butter

2 Tablespoons heavy cream

5/8 teaspoon Trim Healthy Mama Pure Stevia Extract Powder
(You'll need to use more of another brand.)

A scant 1/4 teaspoon Celtic sea salt

Shredded unsweetened coconut for garnish

Wash berries and pat dry with paper towels or allow them to dry completely on a drying mat.

In a double boiler (or a Pyrex bowl over a small saucepan of simmering water), melt the coconut oil and butter. Add cocoa powder, stevia, cream and salt, whisking until smooth.

Grasp each berry by its stem and dip into the chocolate mixture, being careful not to cover all the lovely red part.

Allow excess chocolate to drip back into the bowl before placing the berries onto waxed paper-covered cookie sheet. Place the berries far enough apart so they do not touch.

Leftover chocolate? Consider re-dipping for a thicker coating.

If desired, sprinkle some or all the berries with shredded, unsweetened coconut while the chocolate coating is still soft.

Do not attempt to rearrange the berries on the waxed paper until the chocolate coating is completely hardened. Refrigerate until serving or giving as a gift.