

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

Great with fresh, homemade biscuits & a
salad!

Mix all ingredients in a saucepan and simmer

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 for 12-15 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 Mama 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.

Hearty, Healthy Homemade Pork 'n Beans

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8 slices uncured bacon, baked on a broiler pan in a 200-250 degree oven for about an hour.

1 pound navy beans, rinsed, soaked, rinsed, cooked in salted water until tender, drained and rinsed *again*.

1 – 2 cups water

1 (6 ounce) can tomato paste

3 Tablespoons apple cider vinegar

1/3 cup molasses

1/4 cup raw honey

1 1/2 teaspoons garlic powder

1 1/2 teaspoons onion powder

1 1/2 teaspoons sweet or smoked paprika

1 1/2 teaspoons Celtic sea salt

3 Tablespoons arrowroot powder shaken in 1/4 cup cold water

Prepare the bacon and beans as directed.

Mix all ingredients in a large saucepan and simmer until flavors are blended (5-10 minutes). Add arrowroot and water mixture and return to a soft boil, stirring constantly until sauce reaches desired thickness (1-2 minutes).

Makes 8-12 servings or the equivalent of about 4 (11-15 ounce cans).

Tips for Preparing Beans

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1. Avoid canned beans! Simply measure dry beans into a bowl, cover with plenty of filtered water and soak 8 hours or overnight. **POUR THE SOAKING WATER OFF**, add fresh water and salt. Simmer until desired tenderness. You'll have control over the doneness and be able to avoid mushy beans in recipes.
2. Even "pork 'n beans" are simple to make. The canned version is loaded with syrupy goo, so try Midwest Storyteller's healthier version.
3. Watch what you eat with beans. *Do* eat lots of greens, making your insides happy. Avoid sugars or foods that turn to sugar such as bread or white potatoes. Recipes sweetened with honey or molasses are delicious and much healthier, but even natural sugars add to the sugars in the beans so you may not get as much relief as recipes containing no sugar at all, such as chili.
4. Digestion starts in the mouth. Savor your beans by chewing them well. Recipes "from scratch" make this a little easier to do as your beans won't be mushy.
5. Rinse. Rinse. Rinse! Never cook beans in their soaking water. Wash, rinse, soak, rinse again, add fresh water and salt before cooking beans according to package directions to your personal preference as to doneness.
6. Forgot to soak your beans the night before or before leaving for work? There is usually a quick-soak method on the package, that will work if your schedule permits.
7. Use fresh beans. Their after-effects increase with shelf life, so buy them as needed from a store that keeps its inventory moving. It's tempting to keep dried foods around forever, but not a great idea if you're trying to reduce the gastro-intestinal issues.

Timber Hill Beans

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1 pound ground beef or venison

1/2 pound uncured bacon, baked on a broiler pan in a 200-250 degree oven for about an hour.

1 cup chopped onion

1 recipe Hearty, Healthy, Homemade Pork and Beans (or 4 (14-ounce) cans pork 'n beans

3/4 cup red kidney beans, rinsed and soaked overnight

3/4 cup butter beans, rinsed and soaked overnight

1 cup catsup

1/4 cup palm sugar or raw honey

1 Tablespoon liquid smoke (or to taste)

1/4 cup white vinegar

1 Tablespoon Celtic sea salt

Drain beans and rinse well. Brown ground meat and onion in skillet. Drain off fat. Cut bacon into one inch pieces. Place all ingredients in slow cooker. Stir well.

Cover and cook on LOW for 5-9 hours or on HIGH for 3 hours. LOW is best in order to avoid sticking.

Makes 14 cups.

Gluten-Free Cornbread or Corn Muffins

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(You may use all-purpose wheat flour rather than corn flour in these recipes. If so, omit the xanthan gum and one of the eggs. This option will, of course, **not** be gluten-free.)

1 cup yellow organic, non-GMO cornmeal

1 cup organic, non-GMO corn flour

1/4 cup dry buttermilk powder

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon Celtic sea salt

1/2 teaspoon xanthan gum

3 eggs, beaten

1 cup water

1/4 cup raw honey

2 tablespoons melted butter

Preheat oven to 375 degrees.

Mix dry ingredients in a medium mixing bowl. Stir in the beaten eggs, water, honey and melted butter, mixing just until there are no dry areas.

Pour into greased muffin tins or a 9"X9" baking pan. Bake at 375 degrees for about 25 minutes. Remove from pan immediately.

Cornbread Mix for Recipes in a "Jiffy"

Mix all ingredients together and in a "jiffy", you'll have the equivalent of the commonly used boxed mix.

1/2 cup yellow organic, non-GMO cornmeal

1/2 cup organic non-GMO corn flour

2 Tablespoons dry buttermilk powder

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon Celtic sea salt

1/4 teaspoon xanthan gum

Add 2 Tablespoons raw honey to the recipe's wet ingredients.

Gluten-Free Sourdough Bread

Ingredients

- 3 cups gluten-free flour blend
- 2 teaspoons xanthan gum
- ¼ teaspoon cream of tartar
- 1 ½ teaspoons kosher salt
- 2 teaspoons bread-machine yeast
- 2 tablespoons raw honey
- 3 tablespoons *refined* coconut oil, melted and cooled
- 1 cup "fed" rye sourdough starter
- 1 ½ cups milk (or milk substitute) at about 100 degrees F.

Instructions

1. Generously grease a 9X5" loaf pan. Set aside.
2. In the bowl of a stand mixer fitted with a paddle attachment, mix the flour, xanthan gum, cream of tartar and kosher salt. Stir. Add the bread-machine yeast. Stir again. Add the honey, coconut oil and sourdough starter; mix on a low setting to combine.
3. Reduce the mixer speed to the lowest setting. Add milk, pouring in a slow, steady stream. Once all the wet and dry ingredients are incorporated, beat the mixture on at least medium speed for 4-6 minutes. The dough will be sticky and thicker than cake batter, but not as thick as cookie dough.
4. Scrape the dough into the greased loaf pan and smooth the top with a spatula or damp fingers.
5. Allow the dough to rise, covered, in a warm humid place for 30 minutes.
6. While the dough is rising, preheat the oven to 350 degrees Fahrenheit.
7. Bake for one hour (preferably convection). The crust will be a light golden brown.
8. Remove the bread from the pan immediately and allow it to cool *completely* on a wire rack.

Gluten-Free Flour Blend

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- 2 pounds brown rice flour
- 2 pounds tapioca flour (the package may say "tapioca starch")
- 2 pounds arrowroot powder

Place all ingredients in a large canister or extra-large mixing bowl and stir well.

Tips:

Quinoa is a complete protein and quinoa flour can be used as a tasty substitute for part or all of the arrowroot powder. However, it is usually very expensive, so keep this in mind.

To make just enough Gluten-free Flour Blend for Midwest Storyteller's Gluten-free Sourdough Bread Recipe, mix together the following ingredients:

- 1 cup brown rice flour
- 1 cup tapioca flour (the package may say "tapioca starch")
- 1 cup arrowroot powder