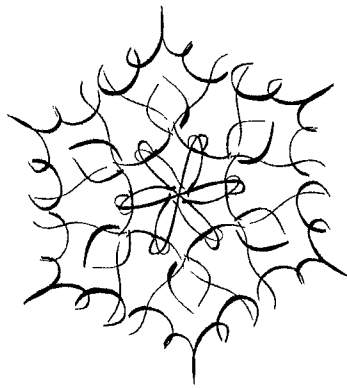
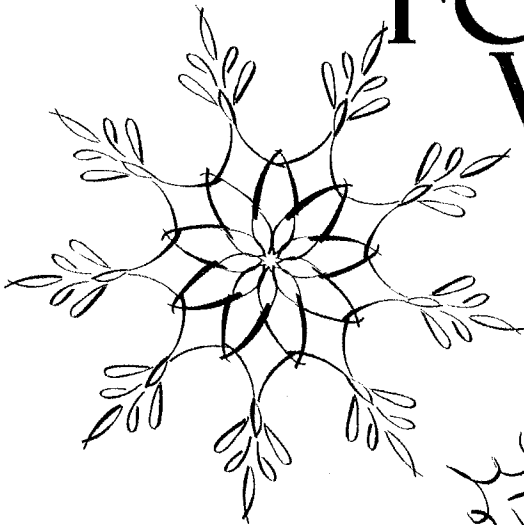


WARMING FOODS FOR WINTER WEATHER  
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# WARMING FOODS FOR WINTER WEATHER



## Recipes

*Brought to you by:*

**L.I.V.E.**  
*Life in Vital Eating*



*L.I.V.E., Life InVital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. Join us for presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.*

## Getting To Know Your Slow Cooker

Not all slow cookers are created equally. Some are faster than others. I have tested lots of slow cookers; I own 25 myself (well, some people buy shoes)! Any way, I have been able to consistently divide most cookers into 3 categories, based on how quickly they cook. The categories are: "Average" cookers, "Fast" cookers, and "Extra Fast" cookers. If you do my simple test, it will take the guess work out of how long it takes to cook a large variety of recipes. So, if you are not sure how fast your cooker operates, you can easily learn this by cooking a pound of dried beans on low, then comparing the cooking time of your beans with the cooking time listed below. Watch to see when they are soft. Most 6-7 qt. cookers seem to be "Extra Fast", as well as are some occasional smaller cookers. There are also the occasional "Slow" slow cookers. These will take a few hours longer than "Average" cookers. I would recommend that if this is what you have that you replace it. Don't let these time variations discourage you. You can quickly learn your pot's temperature temperament, then make great meals and know when they will be done!

Here is the test:

Cook 1# of great northern beans, navy beans or pinto beans. (There are 2 1/2-2 3/4 cups of beans in 1 pound.)

Sort through the beans before cooking, looking for small clumps of dirt or stones. Cover the beans with water, rinse and drain. Combine the beans with 5 1/2 cups water in a slow cooker that is between 3 1/2-7 quarts. 1 1/2 teaspoons salt and 1 tablespoon olive oil may also be added but are optional. Turn the cooker on low. Cook until the beans are very soft. Add more water toward the end of the cooking if needed.

An "Average" cooker will take 9-9 1/2 hours and need 5 cups water. A "Fast" cooker will take 8-8 1/2 hours and needs 5 1/2 cups water. An "Extra Fast" cooker will take 6 1/2-7 hours and needs 5 1/2 cups water.

The cooking times for the following recipes are based on cookers that are Average, Fast or Extra Fast.

*Recipes for Simple but Simply Delicious Beans, Macaroni & Cheese, Harvest Vegetable Soup, and Tropical Rice used with permission from Fast Cooking In A Slow Cooker by JoAnn Rachor. Contact JoAnn at 269-849-0343 or [joann@familyhealthpub.com](mailto:joann@familyhealthpub.com)*

## Golden Flax Biscuits

1 ½ cups warm water  
1 Tbsp sweetener, i.e. honey or sugar  
1 Tbsp yeast  
2/3 cup quick or rolled oats  
½ cup golden or brown flax seed (golden flax seeds make pretty biscuits)  
1 ¼ tsp salt  
1 2/3 cups whole wheat, spelt, or kamut flour

Combine the first three ingredients in a mixing bowl and let sit about 5-8 minutes, until yeast bubbles. Blend oats to make a coarse flour. Grind flax to a coarse powder in a blender or coffee grinder. Combine all ingredients and stir 1-2 minutes to develop gluten in the flour. Oil a 1/8 cup or 1/4 cup measuring cup and fill with dough. Drop the dough onto an oiled cookie sheet. Let rise 5 minutes. Bake at 350° for 30 minutes, until the biscuits are golden in color. Yield: 12 biscuits, when measured in 1/4 cup portions. Each has about two teaspoons flax. 1-2 tablespoons of flax daily, is recommended.

*Used with permission from Of These Ye May Freely Eat by JoAnn Rachor.*

## Creamy Tomato Soup

Use either...

1 quart canned tomatoes, blended until smooth

or

48 oz. can of tomato juice

\*pour into pot

Blend...

1 Cup water

1/2 Cup raw cashews

1 and 1/2 tsp. onion powder

1 tsp. sweet basil

1/2 tsp. salt (or 1/4 tsp. salt if using tomato juice)

1/4 tsp. oregano

1 Tbs. honey

Blend until smooth, pour into pot with tomatoes, heat thoroughly but do not boil, serve and enjoy.

--recipe makes 4 servings.

For added variety add one cup of cooked rice for Tomato Rice Soup.

## Oat Potpie Crust

2/3 cup mashed potatoes, cooked  
1 ½ cups oat flour  
½ cup whole wheat flour  
2 Tbsp soymilk powder, plain  
1 tsp salt  
2/3 cup water  
1/3 cup oil

Peel, cube and boil 2 potatoes. Mash enough potatoes to equal 2/3 cup and set aside. Combine flours, soymilk powder and salt. Mix water and oil together and pour into the dry ingredients. Stir until just moistened. Add mashed potatoes to the dough. Knead mixture together until a soft, pliable dough is formed. Let dough rest several minutes. Roll dough out on a floured surface.

From *Tastefully Vegan* by Kathryn McLane, RN, & Gerard McLane, DrPH

## Curried Lentil Pot Pie

2 cups cooked lentils  
2 potatoes, peeled and diced  
2 carrots, diced  
2 stalks celery, diced  
3 cloves garlic, minced  
6 cups water  
1 cup frozen peas (optional)  
1 tbsp fresh cilantro, minced  
2 – 3 tbsp curry powder (or to taste)  
dash of cayenne pepper (optional)  
2 tbsp Bragg's Liquid Aminos  
1/3 cup whole wheat flour  
1/3 cup olive oil

In a large pot, bring the 6 cups of water to a boil. Add the potatoes, carrots, celery, garlic and Bragg's, and simmer, covered, for 20 minutes or so, until all the veggies are nice and tender. Drain, reserving the broth.

In a small saucepan, stir together the flour and olive oil to make a paste over medium low heat. When it starts to sizzle, add 2 cups of the reserved vegetable broth and whisk until it thickens slightly. Add the cilantro, curry powder and cayenne pepper and stir well. Remove from heat.

Preheat oven to 350. Mix together the lentils, cooked veggies, gravy, and frozen peas (if desired). Pour into a medium sized casserole dish. Top with pie crust of choice.

Bake for 45 -60 minutes, until the top is browned. Serves 4 – 6.

Adapted from *VeganMania.com* – Kneel's Vegan Cookery Site

## Tofu Pot Pie

1 lb. firm tofu (water packed) cut into ½ inch cubes  
½ cup whole wheat flour  
3 Tbsp nutritional yeast flakes  
1 tsp salt  
2 tsp chicken style seasoning  
½ tsp garlic granules  
1 recipe yeast gravy (below)  
1 large onion, chopped  
3 – 4 potatoes, peeled and cubed  
2 medium carrots, peeled and diced  
½ cup celery, diced  
8 oz fresh mushrooms, sliced  
1 ½ cups frozen peas  
Soy milk for brushing

Preheat oven to 500 degrees F. Mix the flour, yeast flakes, salt, chicken seasoning, and garlic granules in a bag. Shake the tofu cubes in the bag until they are well-coated. Place the cubes on a lightly-oiled dark cookie sheet and bake for 7-10 minutes or until golden on the bottom. Turn them over and bake 7 – 10 minutes more until golden all over. Remove from oven and set aside.

Place onion, potatoes, carrots, and celery in a pot deep saucepan and add water to barely cover vegetables. Cook until vegetables are just tender, about 20 minutes, adding mushrooms the last 5 minutes of cooking. Most of the water should be gone by the time the vegetables are done. Drain off any remaining water. Add the peas and tofu cubes to the vegetable mixture. Pour into a deep dish casserole dish and stir in the yeast gravy.

Preheat the oven to 400 degrees F.

Top the filling with pie crust. Cut decorative slits in top, and brush with soy milk. Bake for 30 minutes. Serve hot

### Yeast Gravy

2 ½ cup water  
1/3 cup flour  
1/3 cup nutritional yeast flakes  
3 Tbsp Bragg's liquid aminos  
1 Tbsp chicken seasoning  
½ tsp garlic granules  
½ tsp salt, or to taste

In a heavy saucepan over high heat, whisk the yeast flakes and flour together until it smells toasty. Off the heat, whisk in the water and seasonings. Stir constantly over high heat until it thickens and comes to a boil. Reduce the heat and simmer for 2 – 5 minutes.

*Adapted from recipe by Bryanna Clark Grogan, [www.bryannaclarkgrogan.com](http://www.bryannaclarkgrogan.com)*

## Winter Citrus Salad

1/3 cup apricot all fruit spread  
4 Tbsp orange juice  
2 Tbsp lime juice  
1 Tbsp olive oil  
1 tsp honey  
1/2 tsp granulated onion  
Salt to taste  
6 cups torn Bibb lettuce  
2 cups torn curly endive  
2 oranges, peeled and cut into segments  
1 red grapefruit, peeled and cut into segments  
1 cup peeled julienne-sliced jicama

Whisk dressing ingredients (apricot spread through salt) together and set aside. Arrange salad ingredients in bowl or on plate. Drizzle with dressing. Serves 8.

*Adapted from recipe in South Bend Tribune, December 26, 2005.*

## Carob Brownies with Carob Frosting

2/3 cup whole wheat flour (or may use 1/3 cup whole wheat and 1/3 cup gold 'n white)  
1/2 cup carob powder  
2 Tbsp powdered coffee substitute  
1/3 cup sucanat  
1 1/2 tsp Rumford baking powder  
3/4 cup soy milk  
1 cup chopped walnuts  
1/2 tsp salt  
1 tsp vanilla  
1/3 cup honey

Preheat oven to 400 degrees. Prepare an 8x8 pan with nonstick spray. Measure dry ingredients into one bowl and wt ingredients into another bowl. When oven is hot, combine dry and wet ingredients together. Stir quickly, being careful not to stir out the bubbles. Place in oven immediately and bake at 400 degrees for 5 minutes. Then reduce the heat to 350 degrees and continue baking for 25 minutes. Cool and eat or frost with carob frosting. Makes 9 large brownies.

### Carob Frosting

Blend in blender until creamy:

1/2 cup cashew butter  
3 oz silken tofu  
1/4 cup maple syrup  
1 tsp vanilla

Add 1 cup malt sweetened carob chips, melted, to the above mixture and blend thoroughly. This frosting will thicken as it cools. (Sometimes I have had to add a little soy milk to thin it enough to blend)

*From Home for the Holidays, Country Life Natural Foods, November 2005.*

