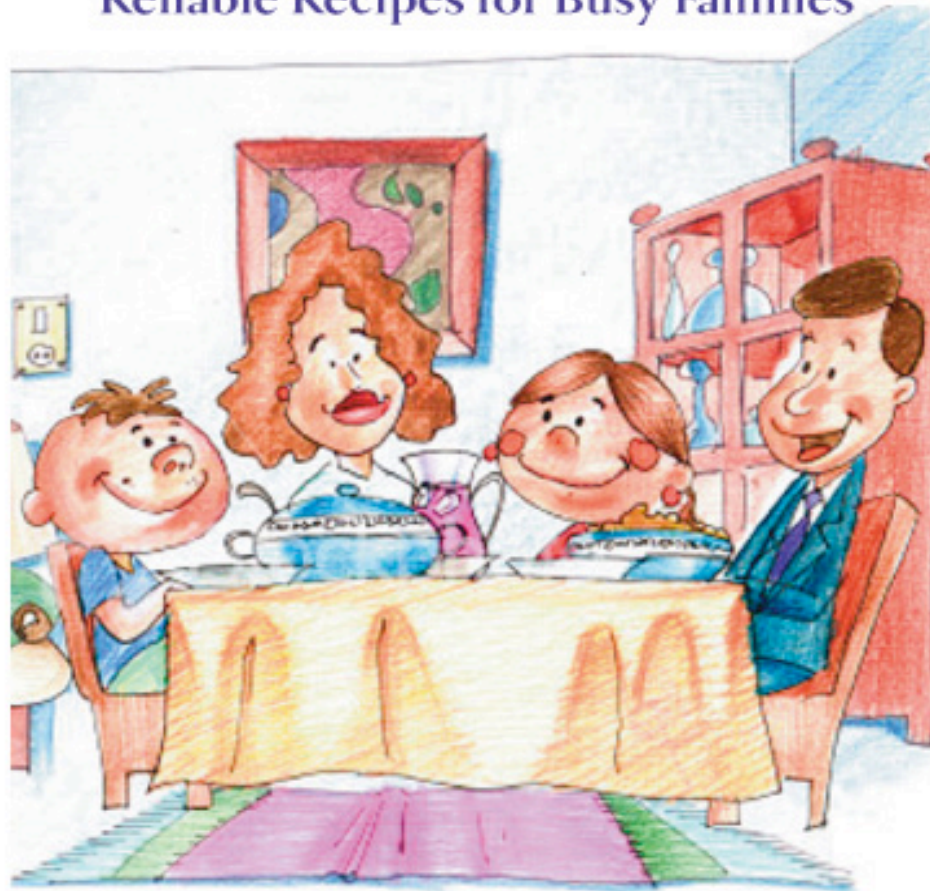


# Fast and Healthy Menus for Busy Moms

Reliable Recipes for Busy Families



By Marilyn Moll  
The Urban Homemaker

*Fast and Healthy  
Menus for Busy Moms  
Reliable Recipes For Busy  
Families*

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**[www.urbanhomemaker.com](http://www.urbanhomemaker.com)**

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## About the Author

As a young girl, I vividly and fondly remember walking into my grandmother's Depression-era kitchen greeted by the tantalizing and unforgettable smells of spicy ginger snap cookies, homemade applesauce, and assorted other kitchen creations. I remember, too, waking up to the fragrant smell of homemade blueberry muffins baking in the oven to be served hot for breakfast on colorful Fiestaware plates.

I have been a passionate lover of anything old-fashioned ever since, and I seek to pass on to others the timeless skills of cooking for family.

I quit a full-time job in 1985 to stay home with my twelve month old daughter. I then learned to mill my own flour, bake my own bread, and began teaching bread baking classes. In 1991, together with my husband, we started **The Urban Homemaker** to teach the old-fashioned skills of baking and cooking with basic whole food ingredients, and offer practical, quality tools and equipment in the spirit of Titus Two. **The Urban Homemaker** offers top-of-the-line products and related books that we use and recommend.



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## INTRODUCTION

The old fashioned arts of cooking and baking have been my lifelong passions since the age of 10 when, as a young girl, I remember the sights and smells emanating from my grandmother's kitchen. As a busy homeschool mom and business owner, I have learned most of what I know about cooking through necessity, which resulted in the acquisition of cookbooks and other resources. This book is my attempt to encourage you, as moms, to cook delicious meals for your family by sharing my years of accumulated recipes, tips, and information.



When a cookbook is written, it should have a purpose which in some way distinguishes itself from the thousands of other books on the market. The thrust of this book is that you, the reader, can cook fast and healthy meals for your family with natural whole ingredients. You must, however, have reliable recipes, a plan, and the willingness to commit to the goal. My recipes rely upon basic, whole food ingredients readily found in the grocery store. You will not find convenience products, canned soups, or boxed mixes in this book. My goal is to show you how to cook tasty, nutritious, comfort foods from home to nourish the family.

The definition of healthy cooking defies widespread agreement among nutrition minded authorities. My definition of healthy, in this case, is that I am using natural, whole ingredients such as whole wheat, beans, lentils, etc, while substituting, for example, honey for sugar. If you prefer organic choices, that is good, but you won't find recipes calling for organic ingredients. I do not call for ingredients that contain additives and preservatives, or that are difficult to find or pronounce. This is my simple, basic definition of healthy.

My definition of fast means the meal or recipe can usually be prepared in less than half an hour of actual preparation time, not necessarily including simmering, cooking or baking time.

With a little effort on your part to make sure you allow a few minutes of planning and preparation time each day, I think you will be pleasantly surprised to find that YES, YOU CAN COOK FAST AND HEALTHY MEALS!



The first half of this book revolves around four weekly menu plans, including grocery lists and recipes. When you eliminate prepared and processed foods from your grocery shopping, your grocery bill will drop dramatically. In particular, relying on home baked goods alone can eliminate \$10-20 a week from the family budget. When you are nourished with nutrient-dense, real foods, food cravings for costly, processed junk foods diminish as well.

The second half of this book explains how to make delicious, home-made, whole grain breads, rolls, muffins, and other baked goods, as well as tips for the best bread. I believe store-bought baked goods offer inferior quality, excessive cost, and contain unhealthy amounts of additives and preservatives. Although I use freshly milled whole grain flour for quality and nutrition purposes, you will certainly achieve satisfactory results using any of my recipes with ingredients you may already have on hand, whether it be commercially milled whole grain flour or unbleached flour. Homebaked breads will always be superior in taste, economy, and nutrition when compared to commercial equivalents. I believe

anyone can achieve success with baking once they understand a few principles. Moreover, when baking skills are mastered, the skills can be passed on to children as young as 10.

This book is written in the spirit of Titus Two. Not many years ago I desperately needed older women to help me organize and manage my meals, my home, and my homeschool. Bonita Boyce, Elizabeth Elliot, Emilie Barnes, Sue Gregg and many other unnamed Titus Two women pointed me on the path to becoming a Proverbs 31 woman. Now, by God's grace, I am committed to encouraging younger women to cook at home with reliable recipes and proven methods.

If you find just a few new family-favorite recipes from my menus, and commit to mastering bread baking, I shall have achieved my goal as a Titus Two woman. You, the readers, will be the judge as to whether I have achieved my goals or not. I will depend on you to tell others about this book, and pass on what you learn to others, especially, your own daughters so that home-cooking will never become a lost art.



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## 10 EASY STEPS TO A HEALTHY LIFESTYLE

### 1. Use freshly milled whole grain flours.

Everyone can start living healthier by utilizing nutrient dense whole grains. Making blender batters for muffins and pancakes using a quality blender makes whole grain baking feasible for anyone. As you save your funds and let family members know what you want, you will soon have enough to invest in a high speed electric grain mill. Investing in a grain mill should be your top long-term priority. After you master quick breads, try moving on to **Marilyn's Famous Whole Wheat Bread** on pg. 55.

### 2. Drink and cook with pure water.

Our bodies are approximately 75% water and we need at least eight glasses of pure water daily to cleanse away impurities and toxins. Chemical contamination of our water supply is increasingly being implicated in a wide range of degenerative medical disorders.

Chief among these contaminants is chlorine and tri-halomethanes (by-products of chlorine interaction in water). But it doesn't stop there. Over 1000 chemical contaminants have been found in our nation's drinking water supply.

Choose a system that removes a wide range of contaminants and is certified to perform according to manufacturer claims. Most bottled water is reprocessed tap water and is held to less regulation than tap water. In addition, it is much more expensive per gallon than a good filtration system. Pour-through pitchers are a great first step but usually only take care of a portion of chlorine and very few other contaminants of health concern.

### 3. Eliminate refined sugars from your diet.

Cooking with sweeteners such as honey, Sucanat, maple syrup, Rapadura, date sugar or Stevia offer surprisingly great taste without adversely affecting the blood sugar levels.

**4. Incorporate whole grain pasta and brown rice into your menus.** Refined flour pasta and white rice **adversely** affect blood

sugar just like refined white sugar. Whole grains used for many meals, including breakfast, are nutrient-dense with many essential vitamins and minerals and do not have the same effects on blood sugar as do refined flours. Rice cookers can also be used for cooking a variety of whole grains.

### 5. Increase your consumption of fresh vegetables and fruits.

Most nutrition experts recommend five or more servings of fruits and vegetables per day. For some of us, this will take planning and effort. I have found that pressure cooking vegetables such as broccoli, carrots, potatoes, beets, artichokes, sweet potatoes, and cauliflower saves so much cooking time that I can include these healthy choices even when dinner must be on the table in minutes. In addition, less cooking time with less water means more nutrients are preserved.

### 6. Eliminate hydrogenated fats from your diet.

Did you know that most commercially produced baked goods contain hydrogenated fats? Even the FDA now requires labeling food products that include hydrogenated fats as containing dangerous free radicals known as trans fats.

The easiest way to eliminate or significantly reduce hydrogenated fats from your diet is to begin baking your own whole grain breads, muffins, quick breads, cookies, and even crackers with quality ingredients.

### 7. Eliminate preservatives and additives found in fruits, vegetables, cereals, and commercially baked goods.

Watch your labels and select organic choices in fruits and vegetables when possible. Grow and preserve as many of your own fruits and veggies as possible. Health- and economy-minded cooks can or dehydrate whatever is in season year round, including their own soups!

Dehydrating is the easiest preservation method which also preserves the highest percentage of nutrients.

**8. Learn to prepare family meals from basic whole food ingredients to promote health and save money.** Your taste buds

will gradually adjust to the new healthier ways of eating and you'll never go back to the old ways.

**9. Use lots of freshly extracted fruit and vegetable juices** for a refreshing, nutritious beverage. Drink two glasses a day for health maintenance and four glasses a day when you are sick or run down. We recommend the Omega Juicer which produces more juice in it's class than most other comparably priced juicers for a given amount of fruit or vegetable.

#### **10. Reduce your use of fast food and processed foods.**

Instead of getting commercially prepared pizza with its white flour, hydrogenated oils, etc., what tastes better than home baked pizza for a Friday night family treat? Saves lots of money too. Use the Basic Pizza Crust Recipe or one-pound portions of **Marilyn's Famous Whole Wheat Bread** for the crust.

#### **Resources**

**(1) Electric grain mills are available** <http://www.urbanhomemaker.com/customer/home.php?cat=376>

**(2) We recommend the Multi-Pure product line**  
<http://www.urbanhomemaker.com/customer/home.pp?cat=345>

**(3) Sugar substitutes**  
<http://www.urbanhomemaker.com/customer/home.php?cat=289>

**(4) Rice Cookers**  
<http://www.urbanhomemaker.com/customer/product.php?productid=16535>

**(5) Pressure Cookers**  
<http://www.urbanhomemaker.com/customer/product.php?productid=16598>

**(6) Recommended reading:** Eat Fat Lose Fat by Sally Fallon and Mary Enig PhD.

**(7) Dehydrator resources**  
[http://www.urbanhomemaker.com/customer/search.php?substring=Dehydrators&in\\_category=](http://www.urbanhomemaker.com/customer/search.php?substring=Dehydrators&in_category=)

## **STOCKING A PANTRY**

*Perhaps the best kept secret of consistently getting food to the table is having a well-stocked pantry. Instead of frequent trips to the store, you will be able to save oodles of time and money if you have a well-stocked pantry and a freezer.*

**1. A resourceful homemaker will find a place for extra food stock in her basement, garage, laundry room, under beds, in hall closets, and any other place she can find.**

Shelving can be inexpensively constructed with particle board, discarded lumber, commercial metal shelving, discarded wooden fruit boxes, Rubbermaid™ containers and other materials that are salvaged from somebody else's trash that becomes your found treasure!

**2. The easiest and most economical way to begin stocking a pantry is to buy two of whatever staple items you are buying at a time.**

If you need one mayonnaise jar, buy two; if you need one baking powder, buy two. Gradually, you will build up your home pantry. If you are purchasing spices, save your old containers, and purchase bulk spices in the health food store by the pound. I have saved lots of dollars by purchasing bulk herbs and storing them in quart jars in a cool, dark space, and restocking my existing containers as needed.

**3. Canning jars (quarts and pints) can usually be found at garage sales, in classified ads, thrift shops, and from friends and relatives at a fraction of the price of new jars.** Use can-





ning jars for storing dried fruits and vegetables, home canned foods, making buttermilk and kefir, fermented vegetables, and for storing herbs and spices, homemade juices, leftovers, soup bases, nuts, honey, cookie mixes, gift mixes, and more.

A well-stocked pantry will contain clearly labeled containers, rather than a bunch of baggies of who knows what. Transfer bulk purchased foods into canning jars for moisture and vapor proof storage.

**4. Keep your freezer stocked with completed main dish meals, meats, breads, muffins, cakes, cookies, fruits, and vegetables year around.** Whatever your family enjoys, keep it stocked, especially when the items are on sale. Remember to shop from your pantry before you go grocery shopping.

**5. Develop a Master Pantry List that itemizes all the things** your family uses including baking supplies, spices, condiments, grains, beans, pastas, nuts, soups, teas and coffee, beverages, juices, cheeses, vegetables, fruits, paper goods, cleaning supplies, personal care items, herbal remedies, and other household items.

My pantry is organized around major categories. For example, I have an area for paper goods, zipper top bags and plastic wrap; another for canned beans, vegetables, and fruits; another for pastas and grains and so forth. The key is to keep it organized and stocked, remembering to **buy only what you use!** My family's Master Pantry List may be found at Appendix A (pg. 69).



## MEAL PLANNING SIMPLIFIED

*My goal is to make this book immensely practical and useful. These are my fool-proof, reliable principles that I have learned over the last twenty years to cut grocery store expenses, avoid wasted visits to the store, and save lots of valuable time.*

**Menus with shopping lists begin on pg. 17.**

*Here are a few more hints to help you utilize your family favorite recipes while minimizing expenses.*

### **1. Establish the habit of planning your menus each week.**

Sounds boring, but in roughly 20 minutes a week, I can plan a week's worth of menus from my card file of family favorites and prepare the necessary grocery list from the recipes. Keep a card file of menus with ingredient lists that your family enjoys. Don't forget to add cards for new recipes. Each card should include an ingredient list and cross reference to where the recipe is found, if needed. If you have MASTERCOOK DELUXE software, you can print out grocery lists with the convenience of your personal computer.

### **2. Plan your menus based on the grocery store sales flyer.**

- Incorporate meats, vegetables, and fruits on sale each week as much as possible into your plan.
- Always stock up on whatever is on sale that you know you will use.
- Avoid paying full price for any grocery or non-grocery item (paper goods, etc.).
- Cultivate the habit of checking the sales bins.
- Get to know the produce manager. Ask if he has anything available for a discounted price that is getting over-ripe but is still useable. (For example, over-ripe bananas can be frozen and used in smoothies).
- Usually if you shop early in the day you will get the best selection of bargain items.

### 3. Shop once a week, stick to your list, and avoid commercially baked goods.

I have found the quickest way to reduce my weekly expenditures is to just NOT purchase any commercial crackers, boxed cereals, chips, and baked goods including cookies, bread, tortillas, and bagels. Depending on how many loaves of bread, boxes of cereal, and packages of chips, bagels, muffins, etc. you buy on a weekly basis, you might save over \$25.00 in one week alone! Instead, substitute homemade alternatives baked with ingredients on hand for the week. Popcorn is a very cheap and healthy snack to substitute for the chip and cracker habit. Do the math and you will see that avoiding the purchase of commercially baked goods alone could easily save your family over \$1000 a year!!!



### 4. Cook at least one Family Favorite menu per week in bulk for stocking your freezer.

By preparing one family favorite meal in bulk (multiply recipe times four) per week, you could add up to 12 meals to your freezer inventory by the end of the month with virtually no extra effort. Start with something simple such as Sloppy Joe Meat mix, cubed chicken in 2-cup portions, Barbecued Chicken mix in meal sized portions, or Taco Meat mix, etc. Cooking in bulk offers the benefits of economy of scale and the convenience of your own home-frozen foods. Why not cook four times the amount needed for one meal and enjoy that meal over the next several months without having to cook it again?

### 5. Start a Mom's Cooking Club.

A Mom's Cooking Club is a great way to be with other like-minded moms who dream of having a fridge or freezer full of homemade dinners ready to serve. Cooking clubs offer busy

moms an opportunity to chat, chop, simmer, share, and fellowship while getting simple-to-prepare family-favorite recipes prepared. Here are a few helpful hints for getting started:

- Prepare some of the recipes from the Menu Suggestions in the weekly menu lists that start on pg. 17 and multiply the amounts by the number of moms participating in your club.
- Plan a date and time that works for everyone.
- Decide ahead what recipes to prepare, who will do the grocery shopping, and what equipment to bring. Remember to include extra stock pots, skillets, cutting boards, measuring spoons, pot holders, plastic bags, and plastic wrap.
- It is usually best to shop the day before cooking.
- Rotate the hostess home for each cooking date, if appropriate.
- Do all the cutting, chopping, and measuring first. Finish one dish before starting on the next.
- Plan ahead on dividing up the various tasks. If you plan your recipes for the cooking day based on one particular meat per cooking day, you may gain some economies of scale.

**6. Involve your children** with menu planning, grocery shopping (especially comparative shopping - comparing the cost of store brand cereal to name brand cereals as a beginning lesson), simple food preparation tasks, and clean-up. I have always found that if I involve my children with making their snacks prepared with wholesome ingredients they begin to enjoy and master kitchen skills. Not only that, they have learned important healthy food choice habits. Boys and girls want to start helping in the kitchen at a very young age. Take the time to teach your children what they can and want to learn as early as age two. Sue Gregg's *Lunches and Snacks* is an excellent resource for this.



## WEEK ONE MENU

- MONDAY:** Chicken Barley Vegetable Soup with Herbs  
Marilyn's Famous Whole Wheat Bread  
Sticks or Applesauce Muffins
- TUESDAY:** Peppy Pizza Pasta  
French Bread  
Big Green Salad
- WEDNESDAY:** Monterey Beans  
Brown Rice  
Baby Carrots  
Steamed spinach or kale
- THURSDAY:** Savory Swiss Steak  
Baked or Mashed Potatoes  
Raw Vegetables  
Onion Cheese Bread Variation
- FRIDAY:** Green Chili Burrito Bake  
Shredded lettuce, chopped tomato and onion  
Guacamole

## WEEK ONE GROCERY LIST

### Meat Counter

- 6 chicken thighs
- 1 1/2 lbs. round steak, approx. 1 inch thick
- 1/2 lb. turkey sausage, or turkey bacon, optional
- 1 lb. turkey Italian Sausage, or equivalent
- 3 oz. turkey pepperoni, diced or sliced, or equivalent
- 1 lb. ground beef

### Produce

- celery
- 1 lb. bag of baby carrots
- 4 onions
- 2 lb. carrots
- broccoli
- 4 large tomatoes

- garlic
- 1 green pepper
- head iceberg lettuce
- 1 lemon
- 1 bunch kale or spinach
- head Romaine lettuce or bag salad - enough for two meals with miscellaneous salad fixings of choice
- fresh parsley
- 2 jalapeno peppers
- 2 avocados
- 6-8 potatoes

### Baking/Spices/Canned Goods

- 2/3 cup barley
- 1 4 oz. can mushrooms, sliced
- 8 cups homemade chicken broth or equivalent
- 1 2 oz. can ripe olives, sliced
- Soy sauce - naturally brewed is best
- 1/2 cup beef stock
- 1 cup applesauce
- Worcestershire sauce
- 2 cans refried beans
- 3 cups elbow macaroni
- 1/2 cup raisins
- 1 4 oz. can diced green chili
- 2 16 oz. cans tomatoes, diced
- brown sugar or SUCANAT
- 1/4 cup pecans or walnuts
- 2 cans kidney beans
- 1 28 oz. jar spaghetti or pasta sauce
- chili powder
- garlic powder
- cinnamon
- dry mustard
- thyme
- basil
- cayenne pepper
- salsa
- oregano
- brown rice

### Dairy

- butter
- 1 cup cheddar cheese, shredded
- 8 oz. pizza cheese or mozzarella
- 8 oz. Mexican blend cheese, shredded
- 8 oz. sour cream

### Bakery

- 1 pkg. of whole wheat tortillas (or homemade, see pg. 37)
- dinner rolls
- French bread

## CHICKEN BARLEY VEGETABLE SOUP WITH HERBS

*This simple, hearty and flavorful soup will remind you of the bounty of your summer garden. Its assortment of herbs and vegetables will warm you down to your toes. It has become a family favorite with or without the chicken added.*

- 6 chicken thighs**, skinned
- 2/3 cup barley**
- 8 cups chicken stock or water**
- 2 stalks celery**, chopped
- 3 small carrots**, sliced
- 1 cup chopped broccoli florets**, optional
- 1 large tomato, peeled and chopped or 2 Tbsp tomato powder**, optional
- 3 cloves garlic**, minced
- 1 Tbsp tamari, or naturally fermented soy sauce**
- 1 tsp basil**
- 1/8 tsp oregano**
- 1/8 tsp thyme**
- dash of cayenne pepper**
- 2 Tbsp minced fresh parsley**

Put all of the ingredients except the parsley into an 8 qt. stock pot or 5 liter or larger pressure cooker such as a Duromatic™. Bring to a boil, cover and reduce heat. In the Duromatic™, bring ingredients to second red ring and pressure for 15 minutes; allow pressure to drop naturally. Or simmer the soup conventionally for 1-1/4 hours, stirring occasionally, in a large stock pot.

Remove the chicken thighs from the soup. When cooled slightly, remove the meat and cut into bite sized pieces. Return the meat to the soup. Simmer the soup an additional 10-15 minutes if desired. Adjust seasonings to taste, then add the parsley and serve.

**Serving Suggestions:** Marilyn's Famous Whole Wheat Bread Sticks or Applesauce Muffins

*Serves 5-6*

## APPLESAUCE MUFFINS

- 1 egg**, beaten
- 1/4 cup oil**
- 1 cup applesauce**
- 1/2 cup honey**
- 1 3/4 cups whole grain pastry flour**
- 1/2 tsp soda**
- 3/4 tsp cinnamon**
- 1/2 tsp sea salt**
- 1 1/2 tsp baking powder**
- 1/4 tsp nutmeg**
- 1/4 cup chopped pecans or walnuts**, optional
- 1/2 cup raisins**, optional

Mix egg, oil, honey and applesauce in a small bowl and set aside. Assemble the dry ingredients in a medium sized mixing bowl and stir to evenly distribute spices and leavening into the flour.

Gently combine liquid ingredients into dry ingredients with a wire whisk. Carefully fold in nuts and raisins, if desired, and avoid over-mixing the ingredients. Fill oiled or lined muffin tins 2/3 full. Bake at 375°F for 15-20 minutes or until muffins are lightly browned and a toothpick inserted into the center of the muffin comes out clean. Makes 12 muffins.

## PEPPY PIZZA PASTA

*This is a real family favorite at our house!*

- 1 lb. turkey Italian sausage or equivalent**
- 1 cup onion**, chopped
- 2-3 cups elbow macaroni (whole grain is best)**
- 3 oz. turkey pepperoni, diced or sliced, or equivalent**
- 28 oz. pasta sauce**
- 4 oz. can sliced mushrooms**, optional
- 2 oz. can ripe olives, sliced**, optional
- 8 oz. double pizza cheese or mozzarella**

Bring a stock pot of water to boil to cook the elbow macaroni. When firm to the bite, drain and rinse with cold water. While the pasta is cooking, brown sausage and onions, drain. In a bowl, combine all ingredients except cheese. Pour into 13" x 9" baking dish. Sprinkle cheese on top. Cover with foil and bake at 350°F for 45 minutes. Uncover, bake 5-10 minutes longer or until cheese melts. Double or triple and freeze extra batches for future meals.

**Serving Suggestion:** French Bread and a Green Salad

*Serves 5-6*

## MONTEREY BEANS

*A fast, economical meal utilizing high-fiber beans.*

- 1 cup onion**, sliced or diced
- 1/2 cup diced green pepper**
- 2 cups cooked or 2 cans kidney beans**
- 2 ripe tomatoes**, diced
- 1/4 cup beef bouillon or beef stock**
- 1 tsp chili powder**
- 1/2 tsp salt or to taste**
- 1 cup shredded cheddar cheese**
- 1/2 cup crumbled turkey bacon, or diced leftover turkey sausage**, optional

Saute the onion in 1 Tbsp bacon grease or olive oil until translucent. Combine other ingredients except for the cheese, stirring

constantly until all ingredients are blended and heated through then simmer for 5-10 minutes to blend flavors. Over low heat, add the cheese and stir until mixture is smooth, about 5 minutes. Be careful the mixture does not boil. Serve over hot, cooked brown rice.  
**Serving Suggestion:** Baby carrots or baked sweet potatoes and steamed spinach or kale

*Serves 5-6*

## SAVORY SWISS STEAK

*Vegetables thicken the rich sauce-like gravy which smothers fork-tender steak. Double or triple as needed to serve a crowd.*

- 1-1/2 lbs. round steak**, approximately 1 inch thick
- 2 carrots**, peeled and grated
- 2 stalks celery**, finely chopped
- 1 onion, finely chopped**
- 1/4 cup flour**
- 2 tsp dry mustard**
- 1 can (16 oz.) diced tomatoes**
- salt and pepper to taste**
- 2 Tbsp Worcestershire sauce**
- 2 Tbsp butter**
- 2 Tbsp oil**
- 2 tsp brown sugar or Sucanat**

Cut round steak into 6 or more serving-size pieces. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown the meat in 1 Tbsp butter with 1 Tbsp oil. Transfer to a crock pot. Heat remaining butter and oil in frying pan. Saute onion, carrots, and celery until glazed. Add tomatoes, Worcestershire sauce and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low 6-8 hours, or until tender. Serve meat with vegetable sauce spooned over. Sprinkle with freshly chopped parsley for garnish, if desired.

**Serving suggestion:** Add garlic mashed potatoes and a green salad for a complete meal.

*Serves 5-6*

## **GREEN CHILI BURRITO BAKE**

*Very easy to make ahead and freeze.*

### **GREEN CHILI:**

- 1 lb. ground beef or ground turkey**
- 2 Tbsp oil**
- 1 onion**, finely chopped
- 5 Tbsp flour**
- 1 14 1/2 oz. can tomatoes, diced**
- 2 cans water**
- 1 4 oz. can chopped green chili**
- 1 or 2 jalapeno peppers**, to taste, chopped
- 1/2 tsp salt**
- 1 tsp garlic powder**

Brown the meat in oil over high heat. Drain fat if desired. Turn heat down to medium and add onion. Cook until onion is soft but not brown.

Stir in flour, add tomatoes, water, green chili, jalapeno peppers, salt and garlic powder. Stir until thickened. Reduce heat to low, simmer 30 minutes. Use to prepare Burrito Casserole.

### **Assemble Burrito Casserole:**

- 1 package whole grain tortillas, corn or flour**
- 2 cups refried beans**; canned, or homemade
- 2 cups four cheese Mexican blend or cheddar cheese**, shredded
- sour cream**

Heat tortilla briefly in microwave or on hot griddle so the tortilla is pliable. Place 1/4 cup refried bean mixture inside the tortilla, with 1-2 Tbsp shredded cheese, and 1-2 tsp sour cream. Roll up tightly, place in 9"x13" casserole dish. Makes 8-10 burritos.

Smother the burritos with hot green chili in casserole dish. Place casserole in a 350°F oven for 25-30 minutes or until the mixture is bubbly. Serve hot burritos on plates and pass around the optional garnishes below.

### **Garnishes:**

- sour cream**
- tomatoes, diced**
- green onions, chopped**

- shredded lettuce**
- Guacamole**

### **Quick Guacamole:**

- 2 ripe avocados**
- 1/8 tsp salt**
- 1-2 tbsp salsa, optional**
- 1/4 tsp garlic powder**
- 1-2 tbsp lemon juice**

Peel and mash avocados. Add seasonings and adjust to taste.

*Serves 5-6*



## WEEK TWO MENU

- MONDAY:** Roast Beef with Gravy  
Mashed Potatoes  
Steamed Baby Carrots with Dill Butter  
Salad  
Fantastic Whole Wheat Rolls
- TUESDAY:** Pesto Lasagna  
French Bread
- WEDNESDAY:** Crockpot Roasted Herbed Chicken  
Roasted Red Potatoes  
Green Beans  
Peaches, halved  
Cracked Wheat Bread or rolls
- THURSDAY:** French Dip Sandwiches  
(from leftover Roast Beef on Mon.)  
Applesauce  
Raw Veggie Platter
- FRIDAY:** Poached Salmon with Oven Fries  
Horseradish Sauce  
Steamed Broccoli  
Arranged Pineapple Slices

## WEEK TWO GROCERY LIST

### Meat Counter

- 3-5 lbs. beef brisket, round, or chuck roast
- 1 3-4 lb. whole chicken
- 6 salmon fillets or 1 1/2 lbs. salmon (pref. wild-caught)

### Produce

- 5 lb. baking potatoes
- 8 - 10 red potatoes (as needed to feed your family)

- 1 lb. whole green beans, fresh or frozen
- Bag salad and/or salad fixings of choice for 1 meal
- 1 lb. bag carrots
- 2 lb. bag baby carrots
- 1 lemon
- Bunch green onions
- Celery stalks
- Radishes
- 5 tomatoes
- Large bunch fresh spinach or kale
- 8 oz. pkg. fresh mushrooms, sliced
- Parsley
- Broccoli - bunch - fresh or frozen

### Baking/Spices/Canned Goods

- Mayonnaise
- Prepared horseradish (not creamed)
- 2 14 oz. cans beef consommé  
or 1 envelope Onion Soup Mix
- Cornstarch
- 12 lasagna noodles, whole grain if possible
- Rosemary
- Cooking sherry
- 1 large jar applesauce
- 1 20 oz. can pineapple slices
- Dill weed

### Dairy

- 8 oz. thinly sliced Swiss or Provolone cheese
- 8 oz. Italian blend or Mozzarella cheese
- 15 oz. Ricotta cheese
- 1/2 cup shredded Cheddar cheese

### Bakery

- French bread
- Fantastic Whole Wheat Rolls
- 6-8 Hoagie/Sub rolls

## ROAST BEEF

*Buy the largest roast you can afford so that you have plenty of leftovers for future meals stashed away in your freezer. I have listed many suggestions for beef leftovers at the bottom of this recipe.*

### 1 3-5 lb. boneless beef brisket, round or chuck roast

#### Duromatic™ Method:

If you are using a Duromatic™ pressure cooker, brown the roast on all sides over high heat, using the natural release method found in the owner's manual. Add 1 cup water, cover the roast with one finely chopped onion, if desired, bring the pressure up to the 2nd red ring, and cook the roast 15 minutes per pound. Allow the pressure to come down naturally. Keep the roast warm wrapped in foil in a warm oven. Allow the roast to sit for at least 15 minutes before carving.

#### Crockpot Method:

Brown the roast on all sides using a large skillet. When the roast is browned, transfer the roast into a crockpot and cover the roast with one finely chopped onion, if desired. Add 1-2 cups water, and cook over low heat for at least 8-12 hours. Remove the drippings into a 2-cup measuring cup, and keep the roast warm in the crock pot, turned off. Carve after the roast sits at least 15 minutes.

**Gravy:** Yield 2-1/2 Cups

**1 can of beef consomme OR pan juices left over from cooking, plus added water to equal 2 cups**

**2-4 Tbsp cornstarch** (depending on thickness of gravy desired)

**1/2 cup cold water**

**1-2 tsp salt or to taste**

**pepper to taste**

Skim fat from the pan juices if using leftover au jus from roast. Mix cornstarch in 1/2 cup cold water, being sure to get all the lumps out. Bring the beef consomme or leftover beef cooking

liquid to a boil in a medium sauce pan.

While the broth is boiling, slowly and gradually pour the cold cornstarch/water mixture into the boiling broth while mixing vigorously with a wire whisk or wooden spoon. Bring the gravy to a boil, lower the heat for 1 minute, adjust seasonings. If using consomme you will not need as much salt in the gravy.

Carefully carve the beef roast into thin slices. (We ration the amount of meat available for the meal so we have plenty of leftovers for the recipes below to be served on Thursday of Week Two's Menu Plan.)

**Serving Suggestion:** Serve with mashed potatoes, steamed baby carrots with butter and dill weed, a green salad, and Fantastic Whole Wheat Rolls (pg. 58).

*Serves 5-6*

**Uses for Leftover Roast Beef:** (Thursday of Week Two)

- **Beef Stroganoff** - Make extra gravy, add 1/2 - 1 cup sour cream and sliced mushrooms. Pour over heated leftover beef cubes. Worcestershire Sauce may also be added for extra flavor.
- **French Dip Sandwiches** - Use leftover gravy or beef consomme for dipping sauce.
- **Barbecued Roast Beef** - Slow cook leftovers with 2 cups favorite barbecue sauce.
- **Beef Stew** - Add cooked carrots, celery, potatoes, onions to diced leftover beef and gravy.
- **Vegetable Beef Soup** - Add chopped carrots, celery, onion, and barley with leftover gravy and water (total 8 cups) and diced beef. Adjust seasonings.



## FRENCH DIP SANDWICHES

- 2 loaves whole grain French or Italian bread, sliced in half horizontally; can also use hoagie/sub rolls**
- 1/4 cup butter, optional**
- 1-2 lbs. thinly sliced cooked leftover roast beef (or deli roast beef slices)**
- 8 oz. thinly sliced Swiss or Provolone cheese**
- 1 envelope onion soup mix or 2 cans beef consommé**
- 2 cups water**

Heat oven to 325°F. Spread butter evenly on top halves of bread, if desired. On bottom bread halves, layer the roast beef and top with cheese; complete the sandwich with top half of buttered French bread halves. Wrap each loaf securely in aluminum foil. Bake 25 minutes or until cheese is melted, then slice each loaf in quarters. Meanwhile, combine soup mix and water in a medium saucepan. Bring to a boil and simmer for 10 minutes. Pour the onion soup into 4 individual custard cups or small bowls and serve with sandwiches for dipping. Double and triple as needed for your family.

**Serving Suggestion:** Homemade applesauce, and tomato and cucumber slices on green lettuce leaves.

*Serves 4*



## POACHED SALMON

with Horseradish Sauce

*This meal can be ready in 30 minutes or less. A food processor will save even more time.*

- 3 cups water**
- 2 carrots, sliced**
- 2 stalks celery, sliced**
- 1/2 tsp salt**
- 6 salmon fillets or about 1 1/2 lbs.**

Combine water, salt, carrots, celery, in a large skillet. Cover and bring to a boil and then reduce heat to simmer for 10 minutes. Add salmon fillets, cover, and simmer for 10 more minutes. Remove the skillet from the heat and allow to stand for 5-10 minutes. Prepare horseradish sauce (below) and add lemon juice and green onions if desired. Serve with oven fries, steamed broccoli, and pineapple slices arranged on lettuce leaves.

### Horseradish Sauce

- 1/3 cup mayonnaise**
- 1/3 cup sour cream**
- 3 tsp prepared horseradish (not creamed)**
- 2 tsp lemon juice**
- 2 green onions, chopped, optional**

### Garnish:

- 1 lemon, wedged, optional**

**Oven Fries:** Use Bosch Slicer/Shredder French Fry Blade or similar processing equipment to French fry cut 8 baking potatoes, or cut potatoes in 1/2" sticks. Mix the cut potatoes with 1-2 Tbsp olive oil and 1 tsp salt. Bake in a 350° oven for 30 minutes or until potatoes are done. Stir 1-2 times during baking time.

*Serves 5-6*



## PESTO LASAGNA

*Fresh garden flavors mingle with cheeses. Delicious year round, but especially when seasonal veggies are available.*

- 12 dried regular or whole grain lasagna noodles**
- 1 cup purchased or homemade pesto**
- 1 egg**, slightly beaten
- 15 oz. container Ricotta cheese**
- 8 oz. pkg. shredded Italian Blend OR 2 cups Mozzarella cheese**
- 1/4 tsp salt**
- 1/4 tsp ground black pepper**
- 2 cups chopped fresh spinach, OR 2 cups steamed kale**
- 1/2 of an 8 oz. pkg. fresh mushrooms, thinly sliced OR 4 oz. can sliced mushrooms**
- 3 medium, quartered and sliced fresh tomatoes OR 28 oz. can whole Italian-style tomatoes**
- fresh or dried parsley, Italian style, optional**

Preheat oven to 375°F. In a large stock pot cook the lasagna noodles according to package directions until just tender, about 10 minutes. Drain the noodles; rinse with cold water thoroughly; drain well; set aside.

In a medium bowl, stir together egg, ricotta cheese, 1 cup of the shredded Italian or Mozzarella cheese, salt and pepper; set aside.

**To assemble lasagna:** Lightly grease a 13" x 9" x 2" baking pan. Arrange four of the cooked noodles in the bottom of the pan, trimming and overlapping as necessary to cover the bottom with 1 layer of noodles. Top with spinach or kale. Spoon half of the Ricotta cheese mixture over the spinach or kale layer, spreading evenly.

Spoon one-third of the pesto over the ricotta layer, spreading evenly. Top with another layer of noodles, trimming to fit. Top with mushrooms. Spread remaining Ricotta cheese mixture over the mushrooms. Spread half of the remaining pesto over the

Ricotta layer. Top with another layer of noodles and the remaining pesto.

Drain canned tomatoes and slice, quarter, or halve tomatoes and place on the top layer. Cover the pan with foil. Bake, covered, for 45 minutes. Uncover and sprinkle with remaining Italian blend cheese. Bake, uncovered, for 15 minutes more or until the cheese is melted and the lasagna is bubbly. Garnish with chopped, fresh parsley. Allow to sit for 10 minutes before slicing.

**This recipe can be prepared ahead for the freezer** but DO NOT add the tomatoes and DO NOT bake ahead. Cover with plastic wrap, and then aluminum foil. Package and label the remaining 1 cup cheese in a resealable plastic bag. This casserole may be refrigerated up to 24 hours or frozen for 3-6 months.

**Reheating Instructions:** Thaw lasagna, if frozen, in the refrigerator for 48 hours before baking. Place thawed or refrigerated lasagna on a foil lined baking sheet. Remove plastic wrap; top lasagna with tomatoes. Bake lasagna in a preheated 375°F oven, covered with foil for 40 minutes; uncover and sprinkle with remaining cheese. Bake uncovered 10 minutes more or until heated through or when bubbly and cheese is melted. Re-cover and let the lasagna stand for 10 minutes before serving.

*Serves 8-10*



## ROASTED HERBED CHICKEN WITH LEMON

*This easy, delicious crockpot recipe will make your whole house smell delightful!*

**1 whole chicken (3 lb. or larger)**

**1 lemon**, cut in wedges

**2 Tbsp fresh rosemary** or **1 1/2 tsp dried**

**10 cloves garlic**

**1/4 cup cooking sherry**, or **chicken broth**

**1 small pat butter**, melted

**Small red potatoes** (as many as desired) cubed

**Fresh green beans** (or **whole frozen green beans**), quantity as desired

**Salt and pepper** to taste

Clean the chicken and pat dry. Add chicken to the crockpot. Drizzle the chicken with butter and then rub with garlic and sprinkle with salt and pepper as desired. Add to the crockpot the remaining garlic, cooking sherry, and small red potatoes. Add the green beans on top of the potatoes and sprinkle the rosemary on top of the chicken and green beans. Garnish the top of the chicken with lemon wedges as desired. Cook on high 4 hours, or on low 7-8 hours.

**Serving Suggestions:** Serve with peach halves and Fantastic Whole Wheat Rolls (pg. 58)

*Serves 5-6*



## WEEK THREE MENU

- MONDAY:** Mexican Chicken Skillet  
Whole Grain Tortillas  
Guacamole
- TUESDAY:** Sweet and Sour Meatballs  
Brown Rice  
Green Salad  
Marilyn's Famous Whole Wheat Bread (pg. 55)
- WEDNESDAY:** Italian Sausage Supper  
French Bread (pg. 65)  
Large Green Salad
- THURSDAY:** Potato Cauliflower Soup  
Blender Banana Muffins  
Raw Veggies
- FRIDAY:** Teriyaki Wraps

## WEEK THREE GROCERY LIST

### Meat Counter

- 3 lbs. boneless skinless chicken breasts if using chicken in Teriyaki Wrap recipe, otherwise 1 1/2 lbs. chicken breasts
- 2 lbs. ground meat
- 1 lb. turkey Italian sausage
- 1 lb. London Broil (if using beef for Teriyaki Wraps)

### Produce

- |                    |                         |
|--------------------|-------------------------|
| garlic             | 2 green peppers         |
| 2 red peppers      | 5 onions                |
| 2 avocados         | 2 cups frozen baby peas |
| 1 large tomato     | 4 medium-large potatoes |
| 1 head cauliflower | 2 bananas               |

- 4 lemons
- parsley
- 1 large stalk fresh broccoli
- 1 cup Chinese snow peas, fresh or frozen

### Baking/Spices/Canned Goods

- 5 oz. can water chestnuts, sliced
- Salsa (1 cup)
- Long grain brown rice
- 14 oz. can pineapple tidbits or crushed
- Beef broth
- Cider vinegar
- Fermented soy sauce
- Oatmeal
- Garlic powder
- 2 cups shell macaroni
- Chicken broth
- Spike
- Honey
- 1/2 cup walnuts
- 1 cup white rice
- 1 can bean sprouts
- 14 1/2 oz. can diced tomatoes



### Dairy

- 1 cup shredded Colby or Jack cheese
- eggs
- 1 cup half & half or milk
- 8 oz. cream cheese
- 1 stick butter
- 1 cup buttermilk
- 1/2 cup parmesan cheese, shredded
- 1/2 cup sour cream

### Bakery

- 2 pkg whole grain tortillas
- French Bread



## MEXICAN CHICKEN SKILLET

- 1 1/2 lbs. boneless, skinless chicken breasts**, cut in 1/4" strips
- 1 Tbsp olive oil**
- 3 cloves garlic**, minced
- 1 green pepper**, sliced thinly
- 1 red pepper**, sliced thinly
- 1 large onion**, sliced thinly
- 1 cup bottled salsa**
- 1 cup shredded Colby/Jack Cheese**

Over medium heat in a large skillet, start cooking the chicken strips in the olive oil. When the chicken is about half-way cooked (about 5 minutes cooking time), add the minced garlic. Cook a few more minutes and add bell peppers and onions; stir fry a few minutes, remove from heat and cover to allow flavors to mix. When the chicken mixture is done, you may wish to drain off excess liquid by using a colander. Return the chicken mixture to the skillet and over low heat, add the salsa and stir. Sprinkle the cheese evenly over the mixture, cover the pan, and simmer until the cheese is melted, just a few minutes.

**Serving suggestion:** Serve in warmed whole grain tortillas or over hot steamed brown rice. Offer additional sour cream, guacamole, and shredded cheese for condiments.

### Quick Guacamole:

See page 29 for Quick Guacamole.

## BASIC FLOUR TORTILLAS

*Basic tortillas are really quite simple to make.*

- 2 cups whole wheat pastry, 7-grain, or KAMUT™ flour**
- 1/2 tsp salt**
- 1/4 cup oil or vegetable shortening**
- 2/3 cup warm water**

Rub flour, salt, and oil or shortening together with your fingers until completely incorporated and fine crumbs form. Pour warm water into dry ingredients and immediately work it in with a fork.

Dough will be in large clumps. Sprinkle with flour and knead until smooth, about 2 minutes. Allow the dough to sit, covered, for at least 20-30 minutes and then divide into 6-8 equal pieces. Cook tortillas over med-high heat in a skillet for 45-60 seconds on each side or until desired doneness is achieved. This recipe makes 6-8 tortillas. Double or triple as needed. Keep tortillas warmed in a damp kitchen towel as you go.

## ITALIAN SAUSAGE SUPPER

*Very easy, many variations limited to your imagination.  
Kids love it.*

- 2 cups shell macaroni**, cooked
- 1 lb. Italian turkey sausage or bulk ground sausage**
- 1 chopped onion**
- 1/4 tsp garlic salt**
- 2 Tbsp flour**
- 3/4 cup half & half or milk**
- 1/4 cup water**
- 2 cups frozen peas**
- 14 1/2 oz. can diced tomatoes**

Cook macaroni in boiling water until tender; drain and set aside. Cook the sausage with onion until browned, stirring to crumble the sausage. Drain. Stir in garlic salt and flour. Gradually add half & half and water; add peas. Reduce heat and cook, stirring constantly, about 5 minutes or until thickened and bubbly. Add macaroni and tomato; cook only until thoroughly heated. Serve with French bread and green salad

*Serves 4*



## BLENDER BANANA BREAD

*Makes 14-16 Muffins*

- 3/4 cup kefir, milk or buttermilk**
- 4 Tbsp olive oil (extra virgin) or melted butter**
- 1/2 cup honey, warmed slightly if too cold or thick**
- 1 1/2 very ripe bananas, broken into 1" pieces** (or 2/3 cup mashed)
- 1 tsp cinnamon**
- 1/4 tsp nutmeg**
- 1 1/3 cups whole wheat pastry grain** (not flour) **or 2 cups flour**
- 1 egg**
- 1 1/2 tsp baking powder** (Rumford's is aluminum-free)
- 1/2 tsp baking soda**
- 1/2 tsp salt**
- 1/2 cup chopped walnuts**, optional

Place the kefir, oil, bananas, spices, grain or flour, and egg into a blender and allow the blender to churn about 3-5 minutes or until a nice batter is created. Mix the baking powder, baking soda and salt into the blender batter thoroughly, but briefly, using the blender and/or a rubber spatula as needed.

Lastly, fold in the chopped walnuts into the batter using a rubber spatula. Evenly fill greased muffin cups almost full. Fill any empty cups half full of water (to protect the pan). Bake 20 minutes at 350°F. Cool muffins in pan for 3-5 minutes for easy removal.

*Serves 5-6*

## TERIYAKI WRAPS

*Double or triple this recipe and freeze leftovers already wrapped up for a quick and easy meal, or freeze the marinade/meat mixture for a future wrap meal.*

Combine marinade ingredients with meat in a large zip top freezer bag and refrigerate overnight:

Marinade

- 1 1/2 cups fermented soy sauce**
- 1/2 cup lemon juice**
- 1 1/4 tsp ground ginger**
- 2 cloves garlic, minced**
- 1/4 cup minced parsley**
- 2 boneless chicken breasts halves, sliced or 1 lb. London Broil**, sliced thinly

Other wrap ingredients:

- 1 cup uncooked rice**
- 1/2 cup broccoli florets**
- 1/2 cup chopped red bell pepper**
- 5 oz. can water chestnuts**, drained and sliced
- 1 cup bean sprouts**, optional
- 1 cup Chinese pea pods or snow peas**, fresh or frozen
- Tortillas**

Drain the marinade from the meat, reserving 1/4 cup liquid to use in cooking the rice. Prepare rice using 2:1 liquid to rice proportions. In a skillet or wok over high heat, stir-fry the meat for about three minutes or until no longer pink. Add broccoli, pepper, chestnuts, bean sprouts, and peas, and stir-fry 2-3 minutes. Remove from heat and stir in rice. Combine meat with veggie mixture until heated through. Assemble tortillas on a work surface, filling the wrap as desired.

*Serves 5-6*

## SWEET AND SOUR MEATBALLS

*Basic meatballs can be used in many main dish variations.*

*My family particularly likes this version.*

### Basic Meatballs

- 2 lbs. ground beef or turkey**
- 1 cup oatmeal**
- 2 Tbsp dried minced or 1/2 cup finely chopped onion**
- 1/4 cup very finely minced green pepper, optional**
- 1/2 tsp garlic powder**
- 1 tsp salt**
- 2 eggs, beaten**

Combine basic meatball mix in mixing bowl by hand or mixer. Shape the meatballs using a small cookie scoop if available or by hand. Place on broiler pan so grease can drain while cooking. Bake in a 350°F oven for 25-30 minutes or until browned.

**Do Ahead Tip:** Double this recipe. Serve one portion for dinner and place the extra sauce with meatballs in freezer bags. Label and freeze for a future meal.

### Sweet And Sour Sauce

- 14 oz. can pineapple, crushed or tidbits**
- 1/2 cup honey**
- 3 Tbsp cornstarch**
- 1 1/3 cups beef broth**
- 5 Tbsp cider vinegar**
- 1/2 cup green pepper strips, thinly sliced, optional**
- 2 Tbsp naturally brewed soy sauce**

Combine sauce ingredients, stir while boiling for two minutes; while stirring, add cooked meatballs and heat through over medium heat, covered. Serve over a bed of brown or wild rice, with cooked vegetables and salad.

## Meatball Recipe Variations:

- **Meatball Sandwiches:** Heat meatballs with 2 cups spaghetti sauce, place meatballs into warm buns, spoon some spaghetti sauce on the sandwich with slice of Mozzarella cheese.
- **Meatball Stroganoff:** Heat meatballs with cream of mushroom soup with 1/2 cup sour cream; stir in a 4 oz. can of sliced mushrooms, if desired, and serve over noodles or hot rice.

*Serves 5-6*

## POTATO CAULIFLOWER SOUP

*This recipe is fast and easy, and often requested*

- 4 medium potatoes, quartered**
- 2 onions, quartered**
- 1 head cauliflower, cut up**
- 2 cups water or chicken broth (homemade is best)**
- 2 cups milk, water, or broth**
- 1 Tbsp Spike or salt & pepper to taste**
- 8 oz. cream cheese, diced**
- 1/4-1/2 cup butter**
- salt and pepper to taste**

Combine vegetables with water or chicken broth in an 8 qt. stock pot. Bring to a boil and simmer vegetables until potatoes are soft, about 15-20 minutes. If using a Duromatic™ pressure cooker, bring veggies to a boil and allow pressure to stabilize at the 2nd red ring for 5 minutes; allow pressure to drop naturally. Add 2 more cups of milk, water, or broth, diced cream cheese and butter over medium heat, and stir until cheese and butter are melted. Add Spike and salt and pepper to taste. Serve!

Serve with Banana or Blueberry Muffins, raw vegetables, apple-sauce.

*Serves 5-6*

## WEEK FOUR MENU

**MONDAY:** Honey Glazed Chicken  
Brown Rice  
Fruit Salad with Creamy Yogurt Dressing

**TUESDAY:** Kielbasa/Potato Skillet  
Applesauce  
Spinach Salad or Steamed Kale  
Sauerkraut

**WEDNESDAY:** Split Pea Soup  
Cornbread  
Baby Carrots  
Pear Halves on Lettuce Leaves

**THURSDAY:** Beef Burgundy  
Egg Noodles  
Green Beans (with butter)  
Fantastic Whole Wheat Rolls

**FRIDAY:** Homemade Pizza  
Green Salad

## WEEK FOUR GROCERY LIST

### Meat Counter

3-4 lb. chicken, cut up in pieces  
1 lb. beef Kielbasa sausage  
1/3 lb. bacon, sliced  
3 lbs. beef chuck, cut in 1 1/2 inch cubes  
turkey Italian sausage  
3 oz. pepperoni

### Produce

1 lb. bag baby carrots                      2 fresh apples  
3 bananas                                        2 fresh pears

1/4 lb. mushrooms                              2 stalks celery  
1/2 cup pecan pieces                            6 potatoes  
2 lemons    2 large onions  
green pepper                                      red pepper  
18 small white onions, fresh or frozen  
bag green salad or large head Romaine or leaf lettuce  
1/2 cup seedless golden raisins  
large bunch fresh or frozen spinach or kale  
16 oz. fresh or frozen French-style green beans

### Baking/Spices/Canned Goods

1 lb. split peas                                    honey  
large jar sauerkraut                            yeast  
brown rice                                        applesauce  
14 oz. can beef stock                           16 oz. pizza sauce  
whole wheat flour or grain  
16 oz. (2 cups) red cooking wine or Burgundy wine  
8 oz. tomato sauce  
4 cans chicken broth or equivalent  
cornmeal or corn for grinding fresh cornmeal  
16 oz. egg noodles, frozen or dry (for 6-8 servings)  
corn bread mix (if not making your own cornbread from scratch)

### Spices

Thyme    Bay leaf  
Curry powder                                    Cayenne  
Garlic    Parsley  
Italian seasoning blend  
Soy sauce (fermented)

### Dairy

8 oz. Italian or Mozzarella cheese, shredded  
8 oz. vanilla or plain yogurt

### Bakery

1 or more prepared or home-baked pizza crusts (pg. 45)  
Fantastic Whole Wheat Rolls (pg. 58)

## BASIC PIZZA CRUST

*Makes 2 crusts*

- 4 cups whole wheat, spelt, or KAMUT™ flour**
- 1 Tbsp SAF yeast**
- 1 Tbsp olive oil**
- 1 Tbsp honey**
- 1 1/2 tsp salt**
- 1 1/2 cups warm water (110°F)**

Pre-heat pizza stone in 500°F oven for about 30 minutes. In a mixer or mixing bowl, add water and then remaining ingredients, adding enough flour to clean the sides of the bowl. Knead dough 3-5 minutes or until gluten is developed. Remove from bowl. Use 1 1/2 lbs. of dough per crust. Make the pizza dough more stiff than normal bread dough so that it will be easy to roll out without stickiness. Roll out the pizza crust on cornmeal or semolina dusted pizza paddle, or pizza pan. Brush crust with oil and prick with a fork. Pre-bake 5-8 minutes. Remove with paddles and proceed with favorite toppings.

### **Crust Variations:**

- **Garlic:** Add 4 or more garlic cloves chopped, minced, or sauteed.
- **Herbed Dough:** Add 4-10 Tbsp minced fresh herbs or 2-6 Tbsp dried herbs such as oregano, basil, tarragon, sage, rosemary, marjoram, or Italian seasonings while kneading dough.
- **Seeded Dough:** Add 4 Tbsp toasted sesame seeds to dough while kneading. Substitute sesame oil for olive oil.

**Hint:** Make a triple batch of pizza dough crust and pre-bake the pizza shells for approximately 5-8 minutes. Be sure to pierce the dough with a fork to avoid bubbles. Wrap well and freeze for later use.

**Toppings Per Pizza Crust:** Calculate amount depending on how many pizzas are being made. Mix and match, choose as many or as few toppings as desired.

- 1/2 - 1 cup Pizza/Pasta sauce**
- 1-2 cups Italian or Mozzarella cheese, shredded**
- 1 oz. pepperoni**
- 1/4 - 1/2 cup onion, chopped**
- 1/2 cup Italian sausage, crumbled and cooked**
- 1/3 cup green pepper and red pepper, finely chopped**
- 1/2 cup sliced mushrooms**

Spread pizza sauce over the pre-baked pizza crust. Sprinkle toppings of choice over the sauce. Bake pizza on pizza stone or in pizza pan until cheese is melted and lightly browned, about 10-15 minutes in a 400°F oven.

## HONEY GLAZED CURRIED CHICKEN

*Very simple to make. A family favorite in our house, especially to serve to company.*

In a plastic bag, mix together:

- 1/2 cup whole wheat flour**
- 3/4 tsp salt**
- 1/4-1/2 tsp cayenne pepper, optional**

Preheat oven to 350°F. Oil a 9" x 13" baking dish with 2 Tbsp olive oil.

- 3+ lbs. chicken, cut up**
- 1/2 cup milk**

Dip cut up chicken in milk to moisten. Drop each piece into the mixture in the plastic bag and shake to coat well. Arrange pieces evenly in the baking dish and bake for 35 minutes.

Then combine:

- 1/2 cup honey**
- 1/3 cup lemon juice**
- 1 Tbsp tamari or fermented soy sauce**
- 2 tsp curry powder**

Pour this mixture over the chicken and bake an additional 45 minutes or until done. Baste occasionally.

*Serves 5-6*

## FAST AND EASY SPLIT PEA SOUP

*If you use a pressure cooker the soup cooks in 15 minutes.*

- 4-6 slices bacon cooked crisp**, drained, crumbled and set aside
- 2 cloves garlic**, minced
- 1 cup carrots**, diced
- 1 large onion**, diced
- 1 cup celery**, sliced
- 2 cups (1 lb.) split peas**, washed
- 7 1/2 cups homemade or commercial chicken broth (4 cans) or equivalent**
- 1 Tbsp Italian seasoning**
- Salt & pepper to taste**

Using leftover bacon grease in a 5-qt. Duromatic™ pressure cooker or 6 qt. stock pot, saute the onion, carrots, and celery until wilted, add garlic and saute for one minute. Add broth, washed split peas, and seasonings and bring to a boil. In a Duromatic™ pressure cooker, cover the pan and bring the pressure up to the first red ring and cook for 15 minutes; allow the pressure to come down naturally. If using a stock pot, simmer the soup mixture for 45-60 minutes. Taste the pea mixture to make sure the peas are soft. If so, blend and puree the split pea soup mixture in a blender in 4-cup batches, reserving 1 cup of soup mixture to be “lumpy”. Combine pureed soup mixture, adjust seasonings. Garnish with crumbled bacon in individual soup bowls and serve. (Note: For higher elevations add one minute cooking time for each 1000 feet of elevation above 2000 feet, if using the Duromatic™.)

**Serving Suggestions:** Corn bread, honey butter, pear halves on lettuce.

*Serves 8-10*

## CORNBREAD

*The corn protein is complementary to the protein of beans and legumes. I like this cornbread with 2 cups freshly milled cornmeal, however you will have very satisfactory results using 1 cup corn meal and 1 cup whole grain pastry flour. All purpose flour could also be substituted for one cup of whole grain flour.*

- 1 cup buttermilk, or plain yogurt** (thin with water if necessary)
- 2 eggs**
- 1/3 cup honey or maple syrup**
- 1/4 cup melted butter or olive oil**
- 2 cups cornmeal or half cornmeal and half whole wheat pastry flour** (pack pastry flour before measuring)
- 2 tsp baking powder**
- 1 tsp salt**

Blend together the buttermilk, eggs, honey, and melted butter or olive oil in a small bowl or 2-cup measure using a fork or a whisk. Combine dry ingredients in a medium-sized bowl until all ingredients are evenly distributed.

Whisk together the liquid ingredients into the dry ingredients until evenly mixed. Pour the mixture (it will be fairly thin consistency) into a greased 8”x8” baking pan. Bake for 25-35 minutes until nicely browned and a knife inserted into the center comes out clean.

**HONEY BUTTER:** Vigorously blend 4 Tbsp softened butter with 1/2 cup pourable (heat slightly) honey.





## BEEF BURGUNDY SIMPLIFIED

*I know this recipe is a winner and will soon become part of your family's favorites. I have found the taste vastly improves if the stew is stored overnight in the refrigerator before serving.*

- 2 Tbsp oil**
- 18 small fresh white onions**, peeled (or use frozen)
- 3 lbs. beef chuck**, cut in 1 1/2 inch cubes
- 2 Tbsp flour**
- 1/2 tsp salt**
- 1/4 tsp freshly ground pepper**
- 1-2 cups Burgundy or other dry red cooking wine**
- 2 cloves garlic**, crushed
- 3/4 cup beef stock**
- 1 can tomato sauce (8 oz.)**
- 2 Tbsp chopped parsley**
- 1 bay leaf**
- 1 tsp thyme**
- 3/4 lb. fresh mushrooms**
- 2 Tbsp butter**
- 2 cups brown rice OR 1 lb. egg noodles**

Lightly brown onions in the oil, remove with a slotted spoon and reserve. Pat meat dry between paper towels and brown on all sides in the same pot without crowding (do it in batches). Sprinkle browned meat with flour, salt, and pepper. Add wine, garlic, beef stock, tomato sauce and herbs. Bring to a simmer, cook tightly covered for two hours or until the meat is fork tender. Skim the fat if needed. Add the onions after one hour.

Meanwhile, wipe the mushrooms with a damp cloth and trim off stem ends. Quarter mushrooms if large. Heat butter in large skillet and lightly saute the mushrooms for about 4 minutes and set aside. When done, add mushrooms to the stew. Voila! Beef Burgundy! After cooling, it can be refrigerated or frozen. If the sauce is too thin, combine 2 Tbsp flour with 1/2 cup water and whisk the mixture into boiling beef burgundy. Serve over rice or egg noodles.

*Serves 5-6*

## KIELBASA POTATO SKILLET

- 6 medium potatoes**, quartered and sliced
- 1-2 large onions**, sliced
- 1 lb. beef Kielbasa or link type sausage**, precooked, cut into 1/2 inch pieces
- 2 Tbsp butter**
- 2 Tbsp olive oil**
- 1/4 cup water**
- Salt and pepper to taste**

In a very large skillet (I like cast iron best), melt the butter, add the olive oil, and saute the onions briefly. Add cut up potatoes, reduce heat to medium, add 2 Tbsp water, cover skillet tightly. Allow the potatoes to “steam” for 10 minutes. Uncover the skillet, stir the potato/onion mixture well, add 2 more Tbsp of water if needed, re-cover the skillet, and set the timer for 8 minutes. Uncover the skillet, stir, check potatoes for done-ness, add kielbasa/sausage pieces, re-cover until the sausage is warmed thoroughly. Adjust seasonings with salt and pepper.

**Serving suggestion:** Steamed spinach or kale, sauerkraut, and applesauce.

*Serves 5-6*



## INTRODUCTION TO WHOLE GRAIN BREAD BAKING

Whole grain breads have many nutritional advantages over white breads. Whole grains are packed with a wide variety of nutrients including high quality dietary fiber, B-vitamins, vitamin E, natural oils, minerals, good quality protein, plus complex carbohydrates that sustain even blood sugar levels. Yes, all kinds of bread have been and will continue to be the "staff of life" for humanity for ages to come.

**Hard wheat is higher in protein and therefore used exclusively for yeasted breads.** Whole grain flour of 14% protein content or higher is considered the best choice for yeasted breads.

**Soft wheat or pastry wheat is the preferred grain choice for quick breads** - anything that contains baking powder, such as muffins, cakes, pancakes, biscuits, cookies and pies. Pastry wheat contains lower amounts of protein so that your quick breads are tender, light, and flavorful.

If you use freshly milled pastry flour, be sure to pack the flour into the measuring cup just like you would pack brown sugar.

**Most family favorite bread recipes can be converted to whole grain flour by exchanging cup for cup measurements.** That is, if the recipe calls for 1 1/2 cups all purpose flour, you can successfully substitute 1 1/2 cups of whole grain flour. If you have grain allergies, you can often substitute spelt, KAMUT™, or even gluten-free flour mixtures, cup for cup.

Remember: *There are no failures in bread baking, just learning experiences.* The important thing is to learn from the mistake and try again.



## TIPS FOR GETTING STARTED WITH PERFECT YEAST BREADS

**1. Mill your own wheat flour.** Whole wheat flour will lose a substantial portion of its nutritional content very quickly due to oxidation. Not only that, rancidity quickly sets in. Fresh, home milled flours will yield the healthiest, tastiest, highest rising whole grain bread. If using commercial whole wheat flour adjust the bread recipes by using half whole wheat and half bread flour for best results.

**2. Use fresh yeast.** "Proof" the yeast if you are uncertain about the quality of the yeast by adding some of it to warm water with a teaspoon of sugar added. It should become quite bubbly within 10 minutes. Store unused yeast in moisture- and vapor-proof containers in the freezer to promote shelf life. When moisture comes into contact with yeast, it quickly loses its potency. I prefer **SAF Instant Yeast** for reliability and because it has more live yeast organisms per tablespoon, which gives the heavier whole wheat dough a better rising.

**3. Use warmed liquids.** The ideal liquid temperature is around 110° F for mixing the yeast bread. If you don't have a thermometer, check the water temperature on your wrist. If it is just right to feed a baby then it should be the right temperature. Yeast organisms thrive in dough that is about 85°. But don't worry if you don't have perfect temperature, just adjust the rising time to compensate.

**4. Use the right amount of flour.** The biggest mistake beginning bakers make is adding too much flour while kneading the bread. Too much flour results in a dry, crumbly bread. While kneading your bread, be a little stingy with the flour; the dough should be just shy of "sticky" and not dry. If you use a teaspoon of oil on your kneading surface and on your hands while kneading you should be able to keep your dough from becoming too sticky. When the gluten is developed the dough will be smooth and elastic.

**5. Develop the gluten with vigorous kneading action.** Another common mistake in baking bread is not getting the

gluten fully developed. Gluten is the protein part of the dough which creates the structure for the dough, holding all the little carbon dioxide bubbles created by the yeast, and allowing the dough to rise.

The secret to recognizing if the gluten is developed is to take a golf ball-sized portion of dough, hold it between the thumb and index finger of both hands and gently stretch the dough in opposite directions. You should be able to flatten and stretch the dough out thin enough to let light through. If not, and the dough readily tears, you probably need to do a little more kneading.

Don't over-knead the dough, however, as the gluten can also break down from too much kneading. Add vital wheat gluten if your bread is not rising very well to avoid heavy dense loaves.

**6. Proof the dough.** Proofing or sponging is a baking term for allowing bread to rise outside the oven. This crucial step will help develop flavor and strengthen the gluten framework.

**7. Shape the loaf!** There are several ways to shape a loaf but the key is to make sure all the air bubbles are squeezed out before the loaf is set to rise. Also be sure to fill your bread pans only 1/2 to 2/3 full so that you don't end up with an under or over sized loaf. I have found that loaf pans that measure roughly 8" by 4" make the prettiest, highest rising whole grain loaves of bread. Whole grain doughs just don't rise as tall and pretty if larger pans are used. But use what you have!

**8. Bake the bread!** There are a number of tips in determining proper done-ness. Some bakers tap the loaf for a "hollow" sound. I prefer the less subjective method of assessing the overall brownness of the loaf. If the loaf is nicely browned top, bottom, and sides, then the loaf is done.

**9. Enjoy!** What can top hot, steaming, nutty and fragrant whole grain breads you made yourself? Indulge a little butter on a fresh slice and savor the fruits of your efforts to nourish your family with healthy foods! Wrap cooled bread securely in high quality, re-useable bread bags.

## MARILYN'S FAMOUS WHOLE WHEAT BREAD

*This recipe has won many blue ribbons by my customers  
and is the basic daily bread for thousands of customers*

### Hand Method

- 1/3 cup honey
- 1/3 cup oil
- 2 1/2 cups warm water
- 2 Tbsp SAF instant yeast
- 2 tsp salt
- 7 cups fresh whole wheat flour
- 1 Tbsp Dough Enhancer
- 3 Tbsp Vital Gluten, optional

### Bosch Universal Method (large mixer)

- 2/3 cup honey
- 2/3 cup oil
- 6 cups warm water
- 3 Tbsp SAF Instant yeast
- 1 1/2 to 2 Tbsp salt
- 16 - 20 cups fresh whole wheat flour
- 2 Tbsp Dough Enhancer
- 1/2 to 1 cup vital gluten, optional

### Bread Machine:

- 2 Tbsp honey
- 2 Tbsp oil
- 1 1/2 cups warm water
- 1 1/2 tsp SAF yeast
- 1 1/2 tsp salt
- 3 1/2 cups fresh whole wheat flour
- 2 tsp Dough Enhancer
- 3 Tbsp vital gluten

Combine the honey, oil, warm water, yeast, dough enhancer, and 2 cups of the whole wheat flour in a large mixing bowl. Add the salt and 4-5 cups (14 to 18 cups if using a large mixer) additional flour until the dough is stiff and cleans the sides of the mixing bowl.

Knead the bread by hand 7-10 minutes or until it is very smooth, elastic and small bubbles or blisters appear beneath the surface of the dough. In a large mixer, 6-8 minutes of kneading on speed #1 should be sufficient to develop the gluten if you are using fresh flour. If you are kneading by hand, be sure to add the minimum amount of flour to keep the dough soft and pliable.

Form the dough into 2 loaves if using the hand method or 5-6 loaves if using the large mixer method. Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes). Bake loaves for 25-30 minutes in a 350°F oven (oven temperatures vary).

**Variations:** Amounts listed are for the hand method. Double these amounts if you are using the large mixer method; halve these amounts for the Zojirushi Bread Machine Method.

**Richer and Moister Bread:** Add 1 cup yogurt for 1 cup of liquid and 1/4 cup potato flakes.

**Breakfast Bread:** Add 1/3 cup sunflower seeds, 1 Tbsp cinnamon, and 1/3 cup currants.



## BASIC WHOLE WHEAT BREAD DOUGH VARIATIONS

Use **Marilyn's Famous Whole Wheat Bread** recipe and fashion portions of the bread dough into pizza, a batch of Cinnamon Rolls Caramel Nut Pull-Aparts, Bread Sticks, or Onion-Cheese bread. See the details for shaping instructions below:

### WHOLE WHEAT PIZZA

Use approximately 1 1/2 lbs. of dough for each pizza crust. If you are not baking the crust on a pizza stone, you will be much more successful if you pre-bake the crust for 6-8 minutes. Fork the crust all over prior to pre-baking (just like pie crust) then cover the pre-baked crust with pizza sauce and your other favorite pizza toppings. Be sure to have all your toppings ready ahead of baking the crust, OR wrap and freeze pizza crusts for future meals.

### CINNAMON PULL-APARTS

Pinch dough off into walnut sized balls. Dip in melted butter and then roll in cinnamon sugar mixture (1 Tbsp cinnamon to 1/2 cup sugar or alternative sweetener). Place balls in at least two layers, (or one-half to two-thirds full), in a regular loaf pan or bundt pan. Let rise until doubled in bulk, bake at 350°F for 20-30 minutes.

### CARAMEL NUT PULL-APARTS

Make caramel sauce by melting 1/4 cup butter, 1/2 cup brown sugar, and 1/2 cup maple syrup in a saucepan, add 1/2 cup chopped walnuts or pecans if desired. Pour this mixture into the bottom of a bundt pan or 9"x13" baking pan. Place walnut sized pieces of dough dipped in butter in layers in the pan. Let rise until doubled, bake at 350°F for 20-30 minutes.

### BREAD STICKS

Roll 1/2 cup portions of dough into finger-thin ropes and cut to the desired length. Brush with melted butter. Sprinkle with a desired topping: Parmesan cheese, garlic salt or powder, Italian seasonings, sesame seeds, etc. Place the sticks onto a lightly greased baking sheet, about 2 inches apart. Let rise 10-15 minutes. Bake at 375 °F for 15-18 minutes.

### ONION-CHEESE BREAD

For each loaf, knead in 1/4 cup finely chopped onion (or reconstituted minced onion) and 1/2 cup grated, sharp cheddar cheese. Proceed with regular rising and baking.

## FANTASTIC WHOLE WHEAT ROLLS

*I use this roll recipe for all special occasions.*

**2 1/2 cups warm water (110°F)**

**1/3 cup honey**

**1/2 cup dry powdered milk, optional**

**2 Tbsp yeast**

**2 eggs**

**1 cup unbleached bread flour, optional:** you can use all whole wheat

**1/4 cup vital gluten**

**6-7 cups whole wheat flour or as needed**

**2 tsp salt**

**1/4 cup melted butter or olive oil**

Combine warm water, honey, powdered milk, and yeast in large mixing bowl and allow to sponge for 15 minutes. Add eggs and half the flour. Stir until thoroughly mixed; dough will resemble cake batter. Let rest until bubbly, about 30 minutes. Add salt, oil, and remaining flour and vital gluten. Knead for 6-10 minutes or until gluten is developed or dough is soft and pliable. Pour out onto a lightly greased surface. Grease baking sheets. Pinch off 2-inch round portions, approximately 1/4 cup portions, and roll out to an 8-inch rope. Tie rope in a single knot. Place in rows on baking sheets, cover, and let rise until double. Bake in a 350°F oven for 20 to 25 minutes or until lightly browned. Brush with melted butter, if desired, and remove to a cooling rack.

### Multi grain variation:

Substitute a single-grain flour, such as corn, millet, barley, or rye, or a multi grain flour for 2 cups of the whole wheat flour in large mixer method OR 2 cups cracked seven grain mix.



## GRANDMA'S OLD-FASHIONED OATMEAL BREAD

*My father's favorite bread recipe, just like Grandma's.*

### Large Mixer Method: Yield four 8" loaves

- 3 cups water for cooking oats
- 2 cups rolled oats - quick or regular
- 2 cups warm water
- 2 1/2 Tbsp SAF yeast
- 1 1/2 Tbsp salt
- 1/2 cup oil
- 2/3 cup molasses (preferred) or honey
- 2 Tbsp Dough Enhancer, optional
- 1/2 cup vital gluten
- 2 cups unbleached bread flour
- 8-12 cups freshly milled hard whole white wheat flour

### Hand Method: Yield two 8" loaves

- 1 1/2 cups water for cooking oats
- 1 cup rolled oats - quick or regular
- 1 cup warm water
- 1 1/2 Tbsp SAF yeast
- 3 tsp salt
- 1/4 cup oil
- 1/3 cup molasses (preferred) or honey
- 1 Tbsp Dough Enhancer, optional
- 1/4 cup vital gluten
- 1 cup unbleached bread flour
- 4-6 cups freshly milled hard whole white wheat flour

Cook oatmeal with salt, oil, and water until oatmeal mixture is soft, 2-5 minutes, depending on choice of quick or regular oats. Cool to 110-115°F. Pour warm water, molasses or honey, dough enhancer, and cooled oatmeal mixture in mixer or mixing bowl with dough hooks attached. Stir to moisten. Add yeast and 2-4 cups flour. Allow to sponge for 15-30 minutes. Add flour until the dough begins to draw away from sides of bowl. Knead for 6-10 minutes or until the gluten is fully developed and the dough is

smooth and elastic. When the kneading is completed, shape loaves and place into greased bread pan. Let the bread rise at least 30-60 minutes or until it is doubled in size. Pre-heat oven to 350°F and bake approximately 30 minutes or until the top, sides, and bottom of loaves are browned.

## CHOCOLATE ZUCCHINI BREAD

*We have enjoyed this simple, bread-like cake a lot.*

*This recipe is adapted from a recipe from Penzey's, a spice company.*

- 3 eggs
- 1 cup honey
- 1/2 cup oil
- 1 tsp vanilla
- 2 Tbsp butter
- 6 Tbsp cocoa powder
- 2 cups grated zucchini
- 2 cups whole grain flour (not bread flour)
- 1 tsp baking soda
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 2/3 cup chocolate chips

Combine eggs, sugar, oil, vanilla in mixing bowl. In saucepan, melt butter and add cocoa powder. Set aside to cool. Grate zucchini. Mix zucchini with cocoa powder/butter mixture and, when cooled, combine with egg mixture. Add flour, soda, salt, cinnamon. Mix only enough to blend. Coat chocolate chips in some flour to keep them from sinking. Add to batter. Pour into 2 greased 8" pans. Bake at 350°F for 60-70 minutes. Eat!



## SEVEN GRAIN OR CRACKED WHEAT BREAD

*Chewy cracked grain bread is a family favorite.*

### Large Mixer Method

- 5 cups warm water
- 1 1/2 cups cracked 7-grain mix or cracked wheat
- 3 Tbsp SAF yeast
- 1/2 cup honey
- 1/2 cup oil
- 2 Tbsp salt
- 3 Tbsp Dough Enhancer, optional
- 1/2-1 cup vital gluten
- 1 cup unbleached bread flour
- 11-14 cups fresh whole wheat flour

### Hand Method

- 2 1/2 cups warm water
- 3/4 cup cracked 7-grain mix or cracked wheat
- 1 1/2 Tbsp SAF yeast
- 1/4 cup honey
- 1/4 cup oil
- 1 Tbsp salt
- 1 1/2 Tbsp Dough Enhancer optional
- 1/4-1/2 cup vital gluten
- 1/2 cup unbleached bread flour
- 5-7 cups fresh whole wheat flour

### Bread Machine Method

- 1 1/3 cups warm water
- 1/3 cup cracked 7-grain mix or cracked wheat
- 4 Tbsp Vital Gluten
- 2 Tbsp oil
- 2 Tbsp honey
- 1 1/2 tsp salt
- 1 1/2 tsp Dough Enhancer, optional
- 3 1/2 cups fresh whole wheat flour
- 1 3/4 tsp SAF yeast

*See Marilyn's Famous Whole Wheat Bread on pg. 55 for mixing instructions.*

## FAMILY FAVORITE BLENDER BATTER WAFFLES OR PANCAKES

*This recipe will make 4-5 servings or 4 large Belgian Waffles*

- 1-1/2 cups kefir, yogurt, milk, or juice
- 1 egg
- 2 Tbsp olive oil, coconut oil, or melted butter
- 1 tsp vanilla extract
- 3 Tbsp honey
- 1/3 cup raw brown rice
- 1/2 cup pastry wheat or KAMUT™
- 1/2 cup rolled oats
  
- 1/2 tsp baking soda
- 1 tsp salt
- 2 tsp baking powder

Preheat waffle iron or pancake griddle to highest temperature. Place liquid, egg, oil, vanilla, honey, and grains in blender and blend at high speed for 4-5 minutes or until smooth:

The secret to getting light and tender waffles is the thinness of the batter. The batter should always swirl about a vortex in the blender. If not, add a little liquid until the hole reappears. This is very important.

When batter is smooth, right before you are ready to bake, blend in salt, baking soda, and baking powder.

Pour thin batter from blender onto seasoned, hot waffle iron or pancake griddle sprayed with olive oil or non-stick spray. Bake about 4 minutes for waffles or until the light goes off. Don't Peek! For pancakes, bake on first side until bubbles on unbaked side begin to break; turn once and bake on second side.

## BASIC CINNAMON ROLLS

*If you would like to have hot out-of-the-oven rolls without getting up at 4:00 a.m., prepare the rolls a day ahead. Place the shaped rolls on the maple glaze and let them rise overnight in the refrigerator (instead of a warm place), keeping them carefully covered with plastic wrap. In the morning, the dough should have doubled and be ready to bake. Voila! Fresh bread in minutes and you didn't even get up at 4:00 a.m. to do it! This recipe is extra delicious and healthy as it contains maple syrup for sweetening instead of sugar or honey.*

- 2 cups warm water (110°F)**
- 2 Tbsp SAF instant yeast**
- 1/2 cup dry milk powder**
- 1/2 cup oil or butter, softened**
- 1/3 cup honey**
- 2 large eggs**
- 1 Tbsp salt**
- 6-8 cups whole wheat flour**
- 1/4 cup vital gluten**

### Caramel Topping:

- 1/2 cup butter**
- 1-1/2 cups maple syrup**
- 1-1/2 cups chopped or whole pecans**

### Cinnamon Roll Mixture:

- 1 cup Sucanat or brown sugar**
- 1 Tbsp + 1 tsp cinnamon**
- 1/4 cup butter, melted**

Combine yeast, dry milk powder, vital gluten, and flour in a large mixer bowl. Add water, oil, and honey. Mix well for 1-2 minutes. Turn off mixer, cover the bowl and let dough sponge for 10-15 minutes. Add eggs and salt. Turn on the mixer; add additional flour, one cup at a time, until the dough begins to clean the sides

of the bowl. Knead for only 5 minutes and keep the dough very soft and manageable. (Stiff dough will produce heavy, dry rolls.) If the dough becomes stiff while kneading, drizzle additional water as you knead.

To prepare sticky buns, melt butter and syrup and add the pecans. Divide this mixture evenly into the bottom of two - 9"x13" baking pans. Divide the bread dough into two equal portions. Roll into a 15" x 20" rectangle. Spread 2 Tbsp of melted butter over the rectangle of dough. Sprinkle with half the Suacanat/cinnamon mixture. Roll up into a jelly roll, seal the seam, and cut into 1-inch thick pieces with dental floss. This will yield 12-15 rolls. Place the rolls into the prepared pans. Repeat this process with the remaining dough. Let the rolls rise in a warm area until doubled (approximately 30-60 minutes). Bake at 350°F for 30-35 minutes or 'til well-browned. Remove from the oven and let stand in the pan for 5 minutes. Turn out of the pan to cool onto a rack placed over a jelly roll pan (to catch the drippings and simplify cleanup). ENJOY!



## FRENCH BREAD

or Bread Bowls

*This recipe is very basic, simple and delicious as a main meal accompaniment*

### Large Mixer Method:

- 5 cups warm water**
- 3 Tbsp SAF Yeast**
- 2 Tbsp honey**
- 4 tsp salt**
- 4 Tbsp oil**
- 6 cups fresh whole wheat flour**
- 6 cups Bread Flour or Unbleached flour** (all purpose flour is ok)

### Hand Method:

- 2-1/2 cups warm water**
- 1 Tbsp SAF Yeast**
- 1 Tbsp honey**
- 2 tsp salt**
- 2 Tbsp oil**
- 3 cups fresh whole wheat flour**
- 3 cups Bread Flour or Unbleached flour** (all-purpose flour is ok)

Mix all the ingredients except the bread flour for one minute in mixing bowl or large mixer bowl. Then add the bread flour (this is a higher protein refined flour; all-purpose flour may be substituted for the bread flour) until the mixture cleans the sides of the bowl. Knead for 6-10 minutes or until the gluten is fully developed. Allow the dough to rise 15-30 minutes in a covered bowl if time allows.

**To shape the loaves:** Divide the dough into two parts if using the hand method, or four equal parts if using the large mixer method, and roll each portion into a 12"x15" rectangle. Roll up tightly along the long side. Pinch the edges to seal. Place on a greased cookie sheet or in French Bread pans sprinkled with cornmeal.

When the shaped loaf doubles in size, slash the top with a serrated knife 1/4" deep every 2-3 inches. Beat one egg white with water until foamy. Use a pastry brush to coat top and sides of loaves with eggwhite mix. Sprinkle with sesame seeds. Bake at 375°F for about 25-30 minutes or until brown.

**To shape bread bowls:** Use 1 cup dough per "bowl". Place dough shaped bowls onto greased cookie sheet which has been sprinkled with 2 Tbsp yellow cornmeal or semolina flour. Raise until doubled in size. Bake at 375°F for 25-30 minutes or until a deep golden brown color has been achieved. Either French Bread or bread bowls can be baked on a pre-heated pizza stone for a more crispy crust. Use bread bowls as a fun way to serve chili or hearty soups & stews. You can eat the dish afterwards!



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## RECOMMENDED RESOURCES

Available at [urbanhomemaker.com](http://urbanhomemaker.com)

### **Cooking And Baking With Fresh Ground Flour**

by Christine Downs

### **Easy Bread Making For Special Diets**

by Nicolette Dumke

### **The Best Bagels Are Made At Home**

by Dona Z. Meilach

### **The Best Pizza Is Made At Home**

by Donna German

### **Set For Life**

by Jane P. Merrill & Karen M. Sunderland

### **Breakfasts**

by Sue Gregg

### **Yeast Breads**

by Sue Gregg

### **Disclaimer**

Attempts have been made to verify information in this book. Neither the author nor the publisher assume any responsibility for any errors, inaccuracies, or omissions in this book.

## Appendix A Recommended Pantry List

These are the items I attempt to ALWAYS keep on hand, and I always try to stock up on these items only when they are on sale.

### Baking Supplies

baking powder	baking soda	yeast
arrowroot	maple syrup	honey
dry milk powder	butter	olive oil
expeller-pressed oil	cocoa powder	sugar

### Spices

allspice,	bay leaf	basil
cardamom	cayenne pepper	cloves
celery seed	cinnamon	cumin
chili powder	cream of tartar	ginger
coriander	curry powder	nutmeg
dillweed	dill seed	parsley
garlic, fresh and powder	marjoram	sage
mustard	onion powder	salt
oregano	paprika	thyme
sesame seeds	tarragon leaves	turmeric
vegetable broth	chicken broth	beef broth

### Condiments

prepared mustard	marinades	pickles
white and cider vinegar	mayonnaise	salsa
balsamic vinegar	wine vinegar	ketchup
worcestershire sauce	soy sauce	

### Grains

white wheat	pastry wheat	spelt
rolled oats	7-grain mix	millet
quinoa	brown rice	

### Soups (Canned or Dry)

chicken and rice	vegetable beef	
chicken noodle		

### Beans - Canned and Dried

garbanzo	green split peas	lentils
black beans	navy beans	lima beans
kidney beans	pinto beans	

### Pastas

spaghetti	lasagna	elbow
bowties	wagon wheels	noodles
ziti		

### Nuts

almonds	peanuts	pecans
walnuts	cashews	

### Teas and Coffee

#### Beverages (Canned, frozen, dried)

apple juice	vegetable juice	orange juice
cocoa mix	rice milk	nut milks
dry milk powder		

### Cheeses

parmesan	monterey jack	cheddar
string cheese	mozzarella	feta
Mexican cheese blend		

#### Vegetables (Fresh, canned, dried)

tomato sauce	tomato paste	ripe olives
whole tomatoes	spaghetti sauce	lettuce
green beans	baked beans	corn
refried beans	canned chilis	peppers
cabbage	carrots	celery
onions	peas	potatoes
spinach		

#### Fruits (fresh, canned, dried)

apples,	peaches	apricots
apple sauce	canned peaches	cherries
fruit leather	cranberry sauce	pears
mandarin oranges	pineapple	

**Paper Goods**

aluminum foil	plastic wrap	toilet paper
paper plates	paper cups	bread bags
canning lids	plastic ware	paper towels
resealable plastic bags - all sizes		

**Cleaning Supplies**

ammonia	borax	floor wax
abrasive cleaning pads	dish soap	detergent
cleaning powder	spot remover	bleach
Non-chlorine bleach	window cleaner	sponges

**Personal Care**

shampoo and conditioner	ibuprofen	toothpaste
tea tree oil	antibiotic ointment	gauze pads
adhesive bandages	bandaging tape	hand lotion
allergy medicines	cold medicines	feminine pads

**Herbs and Herbal Remedies**

Digestive enzymes	Lungs Plus	garlic
Echinacea and thyme	multi-vitamins	Viramune
Liquid Minerals	Vitamin C - tablets, powder	

**Household Items**

light bulbs	masking tape	pencils
clear adhesive tape	permanent markers	pens
thank you notes	notepaper	erasers
stationary	laundry marker	