

Exclusive Release

Soups and Stews for Busy Moms

by

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Introduction

Cold winter days, when we are confined to long indoor hours, call for hearty, satisfying soups, chili, or savory stews. The aromas produced during their long hours of simmering stimulates the appetite and builds anticipation in the children for Daddy to get home so everyone can gather around the table. Besides, soup and stew making fulfills my need to be creative while confined to winter indoor living.

I make a point to serve a soup-themed meal at least once a week for several reasons. Soups are filling, economical, creative, can be made ahead, and are good reheated. In some cases they develop more taste when the ingredients have more time to steep and mix together. In cold weather, who could ask for a more satisfying, tasty meal to warm the insides? Soups and stews are perfect for all occasions, even when guests are invited (we make savory soups for our Sunday night Bible studies.) They are especially good for taking to pot luck dinners.

Although my family has always considered eating together as a vital part of everyday family living, I was pleased to discover that eating around the table is a Biblical concept based on Psalm 128 which says (paraphrased), “All the children sitting around the table who are vigorous and healthy as young olive trees is the reward to those who reverence and trust him.” We can conclude that a dining table with many children circled around it is God’s idea, and therefore, very good.

Many families are so busy with sports, music lessons and church activities that regular family dining is frequently sacrificed. I think it is interesting to note that university research documents that families that eat together have children with overall higher grades, and significantly fewer incidences of eating disorders and alcohol or drug involvement.

Nancy Campbell has written a study book entitled *The Family Meal Table* that contains many chapters with bible verses to show that the table is a great place to teach, encourage, enjoy, bless, train, affirm, and listen to the children.

Dining is also the ideal time and place to learn to laugh with, love, get to know one-another and, of course, to have fun. So much more than eating is going on around the table! When the family is eating together each evening, the body is nourished but the souls of each individual are fed just through the fellowship of being together. In fact, Nancy believes that after the family is fed a simple but nourishing meal, everyone’s soul and spirit is ready to be “fed” God’s word, and it is the perfect time for Dad to have a devotional time. When devotions are completed then the whole person is fed; body, soul, and spirit.

Eating together is not a waste of time; you are indeed creating memories. As a busy mom and business owner, I frequently rely on basic, reliable recipes that may take more cooking time than actual preparation time. Two of the following recipes, however, take a little extra preparation time, but if you double, triple or quadruple the recipe, you will have enough for a huge crowd, or several meals that can be set aside in your freezer.

This exclusive release is divided into five sections: Making Stock, Soup Recipes, Chili Recipes, Stew Recipes, and Breads.

Chicken Stock

Chicken stock used for soups is a timeless and delicious method of using up bones. The stock should be made regularly and used for cooking grains, sauces, and soups.

1 whole chicken OR 2-3 lbs. bony chicken parts including necks, breastbones, wings
4 qt. cold, pure water
2 Tbsp vinegar
1 large chopped onion
2-3 peeled, chopped carrots
2-3 chopped celery stalks
parsley, optional

Cut the chicken parts, or leftover bones into several pieces, and place in a large stainless steel stock pot with the water, vinegar and vegetables (not parsley), and allow to stand for 30-60 minutes. (This allows the vinegar to work on the bones). Bring pot to a boil, remove any scum that rises to the surface.

Reduce heat, cover, and simmer for 1-6 hours. Up to 24 hours is OK. The longer you cook, the richer and more flavorful the broth. Your house will smell spectacular! Add parsley, if desired, at the end of cooking to impart more minerals.

Remove the chicken or pieces using a slotted spoon, and allow the pieces to cool before cutting the meat from the bones. Reserve this meat for salads, enchiladas, soups and other chicken dishes for the weeks' menu or freeze for future use.

Strain the stock, and store in 2-cup portions in glass jars in the refrigerator. When the fat rises to the top and congeals, remove the fat, cover the containers and freeze if you are not going to use the stock right away.

Make the stock once a week, if possible. It only takes minutes to assemble the ingredients, and virtually no further work is required.

Ed Note:

Meat and fish stocks comprise traditional cuisines worldwide and produce the most nourishing and flavorful soups imaginable. Properly prepared stocks contain minerals, such as calcium, magnesium, and potassium. In addition, they also gelatin which promotes effective digestion. Sally Fallon says that gelatin-rich broths consumed frequently protect our health from digestive disorders. (See p. 116-126;197-230 of *Nourishing Traditions* for more information.)

Turkey Chowder

My friend, Debi Nancarrow, shared this recipe with me in 1985, that had become not only a family favorite of theirs but also part of their "Twelfth Night Party" celebration tradition. The recipe has been published in a coffee table book celebrating Colorado Christmas traditions and it is probably in other books as well. I guarantee this recipe is a winner for those leftover bits of turkey.

If you make homemade turkey or chicken stock from the leftover bones the flavor skyrockets to a perfect "10"! Even if you can't try this recipe out this year, be sure to save the recipe for future use. I usually double the amounts to have some soup for the freezer. If you let the soup sit for a day, the flavor improves with age. We've eaten this in bread bowls that I've made. Fabulous!

2 cups sliced carrots
3 cups water, turkey broth or canned chicken broth
1 large floret of broccoli OR 1-10 oz. box of broccoli
1 cup onion, chopped finely
1/2 cup celery, sliced
1 tsp salt
1/2 cup ground oat flour (blend rolled oats in the blender to make flour)
2 cups milk
6 oz. Swiss cheese, grated
1-1/2 cup diced turkey or chicken

Combine carrots, broth, onions, celery, broccoli, and salt. Bring to a boil over medium heat. Simmer 10 minutes. Bring to a rolling boil again, and gradually stir in the oat flour, stirring constantly.

Let simmer another 10 minutes until lumps disappear. Reduce heat. Add milk and turkey. Remove from heat. Stir in cheese. Serves 4-6.

Potato Cauliflower Soup

This recipe is fast and easy and often requested in our family

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
1 - 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. Using a potato masher to crush cooked vegetables, stir in 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 the spike, salt and pepper to taste, if desired. Serve with Banana or Blueberry Muffins, raw vegetables, applesauce.

Cream of Chicken Soup

My friend Belinda used to serve this in her restaurant.

1 cup finely chopped carrot – 2 medium
1 cup finely chopped celery – 2 medium
1 cup finely chopped onion
1/4 cup butter
1-2 tsp Fines Herbes*
2 large or 4 small chicken breasts, cut in bite sized pieces
6 cups chicken broth (homemade if possible)
2 cups heavy cream
1/2 cup butter
2/3 cup flour
1 can artichoke hearts, water packed
salt and pepper to taste

Saute carrots, celery, and onion in butter in a large stock pot for a couple minutes and add cut up chicken breast. Stir over medium high heat and add Fines Herbes. Continue sauteing the veggies and chicken mixture for several minutes until chicken is no longer pink. Add broth. Simmer about 10 minutes or until veggies are soft. While veggies and chicken are simmering, melt 1/2 cup butter and stir in the flour in a separate small saucepan. Stir for about one minute. Set aside.

Add the cream to the soup and bring the soup mixture to a boil. While soup is boiling rapidly, gradually whisk in the butter/flour mixture, whisking very quickly, to avoid lumps, until the soup is thickened. Drain artichoke hearts, dice the hearts into fourths or smaller pieces as desired, add to soup, adjust salt and pepper to taste. Serve!

* Fines Herbes is a mixture of herbs used in French cuisine. Fines Herbes consists of fresh parsley, tarragon, chives, and chervil. You may add marjoram to fines herbes.

Tortellini Soup

This recipe from my friend Mary DiMartino, has been a family and customer favorite for 15 years

2 Tbsp olive or coconut oil
1 onion, chopped finely
1/2 cup cooking Sherry, optional
8 cups chicken broth
1-2 tsp oregano, crumbled
1-2 tsp basil, crumbled
1 - 14 oz can diced tomatoes
1 10 oz. pkg chopped spinach
2-3 cloves garlic, minced
2 cups cooked Tortellini
1/2 cup Parmesan Cheese, shredded

Heat the oil in a Dutch Oven or small stock pot and saute onion until soft, about 5 minutes. Stir in garlic for about a minute. Add sherry, stir, and then add chicken broth, herbs, and bring ingredients to a low simmer. Add spinach and tomatoes and simmer for 15-30 minutes or so. Add Tortellini's, and salt and pepper to taste. Serve in soup bowls with 1-2 Tbsp Parmesan Cheese as garnish.

Cheeseburger Soup

Kids love this soup

1 lb. browned ground beef, crumbled
1 onion, chopped,
3/4 cup shredded carrot
3/4 cup diced celery
3 Tbsp butter
3 cups chicken broth
4 cups diced potatoes (2-3 potatoes)
1/4 cup flour
8 oz. Velveeta cheese
1 1/2 cups milk
1 tsp basil
1/4 cup sour cream
salt and pepper to taste

Saute onion, carrots, celery, and basil in large soup pot for about 5 minutes. Stir in flour and add broth, potato and beef. Cover, reduce heat and simmer until potatoes are tender, about 15 minutes. Add cheese, milk, salt, and pepper. Cook and stir until cheese melts. Remove from heat, adjust seasonings and blend in sour cream. Serve.

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 split peas (1 lb.), washed
7-1/2 cups homemade or commercial chicken broth 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, 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, reserving 1 cup of soup mixture to be “lumpy”. Combine with 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™. For example, if you live at 5000 feet add 3 minutes to the cooking time. Makes 8-10 servings.

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

Italian Style Minestrone Soup

This is like Italian restaurant Minestrone

2 Tbsp butter and 1 Tbsp olive oil
2 large carrots, sliced
1 tomato, chopped
4 ribs celery, chopped
1 medium onion
1/2 medium cabbage, shredded
2 small zucchini, diced, optional
1/2 lb. mushrooms, coarsely chopped
2 tsp garlic cloves, minced
6 small red potatoes, peeled and diced
1 tsp basil
1/4 cup minced fresh parsley or **1 Tbsp. dried**
1 bay leaf
1 cup frozen, cut green beans
5 cups chicken stock and **5 cups water**
1 can butter beans w/liquid
1 can great northern beans w/liquid
1/2 cup grated Romano or Parmesan cheese
salt and pepper to taste

Saute celery, onion, mushrooms and garlic in butter and oil until soft. Add green beans, cabbage, zucchini, parsley, and basil and cook until soft. Add stock and water to vegetables in the soup pot and bring to a boil. Reduce heat to a simmer. Add canned beans with their liquid and simmer 5 minutes more. Remove bay leaf. Add grated cheese, stirring constantly or use as a garnish when serving. This soup tastes better if it sits a day to allow flavors to develop.

Chicken Barley Vegetable Soup with Herbs

This simple, hearty and flavorful soup will remind you of the bounty of your summer garden.

6 chicken thighs, skinned
2/3 cup barley or brown rice
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
3 cloves garlic, minced
1 Tbsp tamari, or soy sauce
1 tsp basil
1/2 teaspoon oregano
1/2 teaspoon thyme
Dash of cayenne pepper, optional
2 Tbsp minced fresh parsley

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

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, and add the parsley and serve.

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

Chili Chasing Chili Recipes

When it's not expected to get above freezing for while, and you need something to warm up with, get a huge simmering, savory pot of CHILI started on the stove.

Classic Chili Chasing Chili

This is my thirty year old, reliable Chili Recipe

1 lb. ground turkey or beef
1 - 16 oz. can whole tomatoes, chopped
1 - pkg. dry onion soup mix
1 1/2 Tbsp Chili powder
1 1/2 tsp cumin powder
1/2 tsp salt or to taste
2 - 15 oz. cans kidney beans, drained (save reserved liquid)
or 2 cups dry kidney beans, soaked and cooked
1 cup finely sliced celery
1/2 cup diced green pepper, optional
1 Tbsp olive oil

Saute pepper and celery in oil until limp. Set aside. Brown meat in skillet, drain grease. Combine all ingredients into stockpot and simmer for 15-30 minutes. We serve the chili over brown rice or with corn bread.

Garnishes:

grated cheddar cheese, sour cream, cilantro

Chicken Chili Corn Chowder

This soup is a great variation to red chili, very elegant, and delicious! Serve with hot “good earth” rolls. 6-8 servings

3-4 cups cooked, diced chicken (1 1/2 lbs. boneless)*
1/2 cup finely chopped onion
3 Tbsp flour,
2 Tbsp olive oil
2 cloves garlic, minced
2 cup chicken broth
2 cup hot water
1 tsp cumin, ground
2 cups half and half
2 cups Monterey Jack
1- 16 oz. can cream-style corn
1 - 4 oz. can green chili, chopped
1/4 tsp hot pepper sauce, optional
salt and pepper to taste

Saute onion, and garlic in olive oil until translucent in a stock pot. Stir in flour over low heat and slowly stir in chicken broth, and water. Heat until thickened slightly. Add cumin, half and half, cream style corn, green chilies, and hot pepper sauce (opt.) to the soup base and simmer together for 15-60 minutes. Add chopped chicken, stir in shredded cheese until melted, adjust seasonings to taste. (Don't boil the soup once the cheese is added or it will become stringy.) To serve: garnish with chopped medium tomato and 1/2 cup fresh minced cilantro.

*A quick way to cook up 1 1/2 lbs. of boneless chicken breasts is to pressure cook them in a Duromatic™ Pressure Cooker for 8 minutes at the 2nd red ring and allow the pressure to come down naturally.

Silver Palate Chili For A Crowd

When choosing chopped meat for chili, you'll find that beef chuck adds great flavor. And you never can have too many spices. Look for dark-red kidney beans. Lemon juice brightens all the tastes! I adapted this recipe from Parade Magazine a couple years ago around Super Bowl Time.

2 Tbsp extra-virgin olive oil
1 lb. yellow onions, coarsely chopped
1 lb. sweet Italian sausage, removed from casings
4 lbs. beef chuck, ground
1 can (12 oz.) tomato paste
1 1/2 Tbsp minced garlic
1/3 cup ground cumin
1/2 cup chili powder
1/4 cup Dijon mustard
2 Tbsp dried basil
2 Tbsp dried oregano
1 1/2 Tbsp salt, or to taste
1 1/2 Tbsp freshly ground black pepper
3 cans (28 oz. each) Italian plum tomatoes, drained
1/4 cup dry red wine
2 Tbsp fresh lemon juice
1/4 cup chopped fresh dill
1/4 cup chopped parsley
2 cans (16 ounces each) dark-red kidney beans, drained
2 cans (5 1/2 ounces each) pitted black olives, drained, optional

Heat the olive oil in a very large pot. Add the onions and cook over low heat, stirring occasionally, until wilted, about 15 minutes. Add the sausage meat and ground chuck; cook over medium-high heat, stirring, until the meats are well browned. Spoon off any excess fat and discard.

Stir in the tomato paste, garlic, cumin, chili powder, mustard, basil, oregano, salt and pepper. Add the tomatoes, wine, lemon juice, dill, parsley and kidney beans. Stir well and simmer, uncovered, for another 15 minutes. Taste and adjust seasonings. Add olives; simmer for 5 minutes more to heat through. Serve immediately. Serves 20.

Vegetarian Chili

*This Vegetarian Chili recipe is adapted from the **Silver Palate Good Times Cookbook**. Even if you are not a vegetarian, I think you will really enjoy this yummy chili. Don't be afraid of the ingredient list, it goes together easily.*

1 medium-size eggplant, unpeeled, cut into 1/2 inch cubes
1 tbsp coarse salt or regular salt
3/4 cup (or as needed) best-quality olive oil
2 medium-size yellow onions, diced
4 cloves garlic, finely chopped
2 large green bell peppers, cored, seeded, and cut into 1/4 inch dice
1 35 oz. can Italian plum tomatoes
1 1/2 lbs. fresh ripe Roma tomatoes, cut into 1 inch cubes
2 Tbsp chili powder
1 Tbsp ground cumin
1 Tbsp dried oregano
1 Tbsp dried basil
2 tsp freshly ground black pepper
1 tsp salt
1 tsp fennel seeds
1/2 cup chopped fresh Italian parsley
1 cup canned dark red kidney beans, drained
1 cup canned chick-peas (garbanzos), drained
1/2 cup chopped fresh dill, or 2 Tbsp dried
2 Tbsp fresh lemon juice
cooked brown rice
shredded cheddar cheese

Place the eggplant in a colander and sprinkle with the salt. Let stand for 1 hour. Pat dry with paper towels. Heat 1/2 cup of the oil in a large skillet over medium heat. Add the eggplant and saute until almost tender, adding a bit more oil if necessary. Remove the eggplant to a casserole or Dutch oven. Heat the remaining 1/4 cup (60 ml) oil in the same skillet over low heat. Add the onions, garlic and green peppers and saute just until softened, about 10 minutes. Add onions to the casserole without any oil.

Place the casserole over low heat and add the canned tomatoes with their liquid, fresh tomatoes, chili powder, cumin, oregano, basil, pepper, salt, fennel, and parsley. Cook uncovered, stirring frequently, for 30 minutes. Stir in the kidney beans, chick-peas, dill and lemon juice and cook for another 15 minutes. The eggplant peel should be tender. Stir well and taste and adjust seasonings. Serve immediately with brown rice and lots of shredded cheddar cheese.

Reader Comment: Just thought I'd let you know I tried your vegetarian chili using some frozen eggplant I had. In the spirit of trying to clean out the freezer, I was looking for a recipe, and there it was! God is so faithful! It was delicious! I had enough to freeze for later (we are only a family of 4).
Leslie Goch

STEW

Slumgullion Stew

(Old-fashioned Beef Stew)

This recipe has been adapted from one posted near Lake City, Colorado at Slumgullion Pass and is really yummy especially if it sits all day or overnight to allow flavors to develop.

1 1/2 lbs. Beef Stew Meat, cubed
1 large onion, chopped
3-5 medium carrots, sliced
3 red potatoes, diced
1 bell pepper, chopped, optional
1 can black eyed peas, optional
1 can tomatoes, chopped
4-6 cups water
1 tsp thyme, marjoram OR savory
1 bay leaf, optional
salt and pepper to taste

Brown the meat over high heat with 1-2 Tbsp olive oil in a Dutch oven. Saute onion with meat. Add carrots, potatoes, tomatoes, and water and simmer for at least 1-2 hours or until the vegetables are tender. Add seasonings to taste. You can add leftover veggies such as cabbage, corn, green beans, etc.

Thicken the broth with flour. Add 1/2 cup macaroni in last 1/2 hour cooking, if desired. Adjust seasonings if needed. If you are using stove top, be careful to not overcook. If you are preparing this dish in a Dutch oven over coals, be careful that the heat isn't too hot. Use the general recommendation for the number of coals needed for 350° based on the size of your Dutch Oven.

We make this recipe once each summer during a camping trip over hot coals in a cast iron Dutch oven.

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 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

Breads, Muffins and Rolls

Applesauce Muffins

Very yummy, easy and a family favorite.

1 egg, beaten
1/4 cup oil
1 cup applesauce
1/2 cup honey
1-3/4 cup 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.

Combine liquid ingredients into dry ingredients gently with a wire whisk. Carefully fold in nuts and raisins, if desired, and avoid over-mixing the ingredients. Fill greased 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.

Corn Bread

The corn protein is complimentary 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 cornmeal and one cup whole wheat pastry flour. All purpose flour could also be substituted for one cup.

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 measuring cup 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 a fairly thin consistency) into a greased 8"X8" baking pan. Bake at 350°F 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 pour-able (heat slightly) honey.

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 (opt.)
1/2 cup oil or melted butter
2 Tbsp yeast
2 eggs
1 cup unbleached bread flour (opt., 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, for shaping rolls

Combine warm water, honey, oil or melted butter, 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, 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 two-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, brush with melted butter, cover, and let rise until double. Bake in a 350°F oven for 20 to 25 minutes or until lightly browned. Brush with more melted butter, if desired, and remove to a cooling rack.

Onion Rolls

This is a good recipe to prepare in your bread machine or triple for large mixers.

1/2 cup milk
2 Tbsp sugar or honey
3 Tbsp oil or butter
1-1/2 cup warm water (105° - 115°F)
1-1/2 Tbsp Saf Yeast
3 Tbsp minced onion (use the dehydrated minced onion)
5 to 6 cups freshly milled whole wheat flour
Corn Meal
Roll Glaze:
1 Egg white, slightly beaten
1 Tbsp cold water

Heat milk and butter, stir in sugar or honey, & salt. Cool to lukewarm. Combine warm water, yeast, lukewarm milk mixture, onion and 3 cups flour in large mixing bowl. Beat until smooth. Add enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down, divide into 14 equal pieces. Shape pieces of dough into round balls. Place about 3 inches apart on greased baking sheets, sprinkled with corn meal. Cover; let rise in warm place, free from drafts, until doubled in bulk, about 1 hour. Slit tops of rolls with sharp knife or razor in criss-cross fashion. Bake at 400°F for 20 minutes. Brush rolls with combined egg white and cold water. Bake 5 minutes longer, or until done. Remove from baking sheets and cool on wire racks. Yield 14 rolls

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Fast & Healthy Menus for Busy Moms

Reliable Recipes for Busy Families

Is your family tired of the pizza and hamburger rut and eating fast food on the run? Do you or your family experience frequent colds and other health issues? The focus of this e-book is that you can cook fast and healthy meals for your family with natural whole ingredients. My family favorite recipes rely upon basic, whole food ingredients readily found in the grocery store. No convenience products loaded with questionable ingredients, additives, or preservatives are used. Also available spiral bound with plastic splash cover. The spiral bound book retails for \$12.95.

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- * Tips for the Best Bread and much more...
- * Pantry List Recommendations
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A Beginner's Guide To Baking Bread

Our own bread baking e-book by Marilyn. If you're new to bread baking, this is a no-nonsense, easy to use book that cuts through all the mystery of bread baking. Easy to use, plain and simple. The tips and hints in the book are worth more than the retail price! This book retails for \$9.97

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- * Tips for the Best Bread
- * Troubleshooting Guide
- * The Two-Stage Process
- * Selecting Ingredients
- * Selecting a Grain Mill
- * Selecting A Mixer
- * And Much more

Holiday Open House

Open Your Heart And Open Your Home

by Marilyn Moll

This popular e-book is about hosting holiday get-togethers, which includes planning guidelines, lots of recipes for appetizers and dips and sweets, decorating ideas and more. This book retails for \$5.97

Includes:

- * How to Plan your Occasion, step by step, after the date is set
- * How to Decorate Creatively on a Dime
- * Planning the menu for your event
- * Appetizer Recipes, both hot and cold
- * Dip Recipes
- * Serving Suggestions
- * Sweets and Treats
- * Marilyn's Christmas Cookie Recipe Assortment
- * Beverage suggestions and recipes
- * Encouragement

Sensational Summer Salads

by Marilyn Moll

Summer is simply an unsurpassed opportunity to eat seasonally and enjoy the bounty of locally produced fruits and vegetables. Sensational Summer Salads includes a wide assortment of recipes including:

- * Vegetable salads
- * Fruit salads
- * Pasta salads
- * Grain salads
- * Main dish salads

...so you can easily prepare a complete meal with little or no cooking during the long, hot, dog days of summer. This book retails for \$6.97

Here is what others are saying:

"Marilyn Moll has done it again with Sensational Summer Salads. Not only does she include dozens of salad recipes, she equips and inspires the reader to get creative in the kitchen! You have produced a very useful and yummy book!"

Dear Marilyn,

"I love this compilation! Such variety all in one place! Many of these recipes are perfect for year round either as accompaniments or as a meal, themselves, with the added bonus of quick bread recipes."

Dear Marilyn,

"Wonderful bunch of recipes! We have really enjoyed trying them out. I like the fact that you included homemade dressing recipes - so much healthier! I also appreciated the advice to use what you have."
Audrey

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 including home-cooking 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.

Contact Information

Marilyn Moll can be contacted at: marilyn@urbanhomemaker.com or at 970-527-7540 if you have any questions about the recipes or information in this book.

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