

## Winter Warm-Ups

### RECIPES:

Partytime Beans (Adapted slightly from *Light & Tasty*) – *So many bean dishes can be GFCF and this one is colorful and yummy as a side dish or over rice as an entrée. Great for a super bowl party...and kids like the sweet, ketchupy taste.*

- 1 ½ cups Heinz or other GFCF ketchup
- 1 medium onion, chopped (I use frozen chopped onions)
- 1 medium green pepper, chopped
- 1 medium red pepper, chopped
- ½ c water
- ½ c packed brown sugar
- 2 bay leaves
- 2-3 teaspoons cider vinegar (remember, make your own call on vinegar)
- 1 tsp ground mustard
- 1/8 tsp pepper
- 1 can (16 oz) Nature's Promise or other GFCF kidney beans, rinsed and drained
- 1 can (15 ½ oz) Bush's or other GFCF great northern beans, rinsed and drained
- 1 can (15 ¼ oz) Giant or other GFCF lima beans, rinsed and drained
- 1 can (15 oz) Nature's Promise or other GFCF black beans, rinsed and drained
- 1 can (15 ½ oz) or other GFCF black-eyed peas, rinsed and drained

In a 5-qt. slow cooker, combine the first 10 ingredients. Add the beans and peas; mix well. Cover and cook on low for 5-7 hours or until onion and peppers are tender. Remove bay leaves. **Yield:** 16 servings.

Green Monster Soup (Adapted slightly from *Simply in Season Children's Cookbook*) – *If you've got a kid who can eat creamy textures, try this nutrient-rich and surprisingly delicious soup.*

- 2-3 large potatoes, chopped
- 1 small head of cauliflower, chopped
- 1 large onion, chopped (I use frozen chopped onions)
- 1 c water
- 1 large head of broccoli, chopped
- 4 c WestSoy Rice Beverage – Plain or other GFCF “milk”, *divided*
- 2 tsp Chicken or Vegetable Better-than-Bouillon or other GFCF alternative (be careful!)
- 1 tsp Giant or other GFCF Worcestershire sauce
- Salt to taste (I recommend onion salt plus some celery seed)
- Pepper to taste
- 3 Tbs sweet rice flour
- 1 cup shredded Vegan Gourmet or other other GFCF cheddar cheese alternative, optional

Combine first four ingredients in a large pot and cook for 5 minutes. Add broccoli and cook another 5-10 minutes. Add 3 cups milk, bouillon, Worcestershire sauce, and seasonings and heat to boiling.

In a small bowl, blend together remaining 1 cup milk and flour until smooth. Stir into the soup and cook just until thickened. Serve chunky or puree for a creamy soup. (In our house this HAS to be pureed – my kids like pushing the buttons on the blender and then running from the noise. They insist on “helping”!) Garnish with “cheese” if desired.

Egg-free, Gluten-free, Milk-free Meatloaf – *If you've got a "meat and potatoes" family, this is for you! Thanks to Lavonne for sending in the recipe.*

1 1/2 lb. ground beef  
1/4 c. raw, grated potato  
1/4-1/2 c. chopped onion  
1/4 c. grated carrot  
3/4 tsp. salt  
1 dash pepper  
1/2-1c. GFCF broth (or you could use GFCF gravy, tomato juice ,etc.)  
Optional: 1 c. chopped vegetables (i.e. peas, carrots, green beans, celery, green peppers)  
\*\*I puree cooked peas or green beans, etc. and add them to the meatloaf--a great way to get vegetables into picky eaters; they never know it's there!

Mix all ingredients and place in loaf pan. Bake at 350 for 1 hour.

Yellow Cake/Cupcakes – *Thanks, Lavonne, for sending on this recipe! I'm looking forward to trying it in a heart-shaped pan with some sprinkles on top for Valentine's day.*

2 1/2 c. Sorghum blend (2 c. Sorghum fl., 2/3 c. Arrowroot, 1/3 c. Tapioca starch)  
1 tsp. baking soda  
2 tsp. xanthan gum  
3 tsp. baking powder  
1/2 tsp. salt  
4 eggs  
3/4 c. oil  
1 2/3 c. sugar  
2 tsp. lemon juice  
1 c. light coconut milk (Trader Joe's brand or other; also may use pineapple juice or pear juice)

Combine the first 5 ingredients and set aside. With electric mixer blend eggs, oil, sugar, and lemon juice. Beat well so oil is completely emulsified, and the mixture is light and lemony looking. Turn beater to low and add flour mixture and liquid, alternating. Pour batter into greased and floured pans (a 9"x13" pan, 2 9" round pans or cupcake tins). Bake at 350 for 25-30 minutes for cakes, or 15-20 minutes for cupcakes. Use toothpick to be sure it is baked all the way through. You may also use this recipe to make vanilla cupcakes with cream in the middle. Just poke a hole with a straw in the middle and use a decorating bag and tip to squeeze frosting in. \*\*The recipe says that the Sorghum flour is from twinvalleymills.com. I have used Bob's Red Mill brand Sorghum fl. and it turned out fine.

Never Fail Fudge – *A dear friend made this as a Christmas present for my son. © What a gift! It is unbelievably good – no one will ever know its GFCF. This would make a great Valentine's Day treat!*

4 cups Domino or other GFCF confectioners' sugar  
1/2 cup Hershey's or other GFCF unsweetened cocoa powder  
6 tablespoons Earth Balance or other GFCF "butter" (recommend the sticks for this)  
1/4 cup WestSoy Rice Beverage – Plain or other GFCF "milk"  
1 tablespoon Giant pure or other GFCF vanilla extract  
1/4 teaspoon salt  
1 cup chopped pecans or other nuts if tolerated (works fine w/o nuts, too!)

Butter a 9x9 inch dish (Earth Balance, Giant Canola Spray, plain oil, or other GFCF choice). Combine sugar, cocoa, "butter", "milk", vanilla and salt in the top of a double boiler over simmering water. Cook, stirring, until smooth. Remove from heat and beat until mixture loses its gloss. Stir in chopped nuts and pour quickly into prepared pan. Let cool completely before cutting into squares.