



Classic Creamy Chicken Stew

1 pound boneless chicken breast (cut in chunks)

1 bag frozen stew veggies or 3 ½ cups fresh cut-up veggies (carrot, celery, potato, onion)

1/3 cup Creamy soup/stew recipe mix (see below)

1 cup chicken broth

¼ tsp sea salt to taste

Prep:

Measure out soup/stew mix and broth and combine in a small saucepan. Cook over low heat for 2 minutes until thickened.

Assemble:

Simply put all the ingredients in your slow cooker before bed. Set to cook on low heat for 6-8 hours.

In the AM, fill insulated mugs and seal. Makes 4 servings.

DIY Creamy Soup & Stew Recipe Mix

2 cups nonfat dry milk

¾ cup cornstarch

2 Tbs dried chopped onion

2 Tbs granulated onion

1 Tbs granulated garlic

1 Tbs dried parsley

1 tsp celery flakes

1 tsp dried basil

¼ tsp dried thyme leaves

Mix all ingredients together and store in an airtight container. Use to replace condensed soup in a ratio of 1/3 cup mix to 1 1/3 cups water. If using a slow cooker reduce liquid to ¾ to 1 cup.

This blend is expertly seasoned and makes the equivalent of about 9 cans of condensed soup. It is free of sodium, fat and food additives.

Try it for veggie or meat soups, stews and casseroles and even as a base for salad dressing and dips!

Butternut- Walnut Artisan Muffins

1 egg

1/3 cup water

1 tsp vanilla

2 Tbs non fat yogurt

½ cup defrosted butternut squash (available frozen)

¼ cup chopped walnuts

1 1/3 cup Wholegrain Muffin Mix (see below)

Prep:

In a mixing bowl, lightly beat the egg. Add water, vanilla, yogurt and butternut squash until blended. Stir in 1 1/3 cup muffin mix until the batter is just moist but still lumpy. Fold in ¼ cup chopped walnuts.

Assemble/Bake:

Place paper baking liners in muffin tins and fill with batter until 2/3 full.

Bake at 350 degrees for 15 minutes. Makes 6 standard size muffins.

Whole Grain Muffin Mix

9 cups spelt or graham flour (whole grain, stone ground)

2 ½ cup sugar

1 cup plus 2 tbs cup nonfat dry milk

3 Tbs baking powder

1 Tbs baking soda

1 Tbs salt

2 Tbs cinnamon

1 ½ tsp ground nutmeg

Mix all ingredients together and store in a cool, dry place.

Makes enough for 60 standard size muffins or 240 mini muffins!

This delicious baking mix takes the time out of hunting for ingredients and lets you custom design your muffin by using the wholegrain of your choice.

Be on the lookout for true artisan grains like spelt and graham flour to enjoy maximum nutrient benefit and flavor!

Look to work in all kinds of seasonal fruits, veggies or nuts to create your own signature muffin.

Eat Healthy! Be Happy!

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