



Random Recipes
Winter - 2022

*Winter invites us to find warmth gathering in our
kitchens with friends and family.*

When it comes to meal planning and cooking, winter feels like the perfect season for comfort foods. When we think of comfort foods, many of us assume them to be less than healthy options. Yet, it is possible to consume foods that feed the soul as they nourish our bodies. It's also ok to eat foods that we enjoy, even when primarily carbs and cheesy goodness.

Winter Inspired Random Recipes.

Grandma's Breakfast Casserole
Big Batch Vegetable Soup
Creamy Chicken and Mushroom Soup
Meatloaf (with hidden veggies)
Crock Pot Macaroni and Cheese
Chunky Vegetarian Chili
Grandma's Chocolate Chip Oatmeal Cookies

Note: These recipes are either gluten/dairy-free or easily adapted as needed.

Random Reflection

Grandma's Breakfast Casserole

Ingredients

1 Loaf of Bread, white bread works best,
I use sourdough but you can also use gluten-free
6 eggs
3 cups of milk,
I have used both oat and almond milk as dairy substitutes
Deli ham slices
Cheese slices, Cheddar works great,
I use sheep or goats cheese
Salt and Pepper
½ cup of cereal (any flake cereal works great)
2 Tbsp butter (or non-dairy alternative)



To make:

- Decrust bread and cover the bottom of a greased 8x11 pan.
- Layer slices of cheese over bread, then layer ham.
- Cover with a layer of encrusted bread.
- Mix 6 eggs, with 3 cups of milk, salt, and pepper to taste.
- Pour mixture over bread layers, cover, and refrigerate overnight.
- In the morning, preheat the oven to 350 degrees.
- Melt 2 Tbsp of butter and mix with ½ cup of crushed-up cereal, sprinkle over top of bread mixture.
- Bake for 1 hour and 10 minutes, allow casserole to set for 15 minutes before slicing and serving.

Recipe passed down from my Grandmother, Barbara Tromsness

Big Batch Vegetable Soup

Ingredients

- 2 Tbsp olive oil
- 2 cups of chopped onions
- 1 cup of thinly sliced celery
- 2 tsp Italian seasoning
- Salt and pepper to taste
- 5 ½ cups of vegetable broth or chicken broth
- 1 (28 ounces) can of diced tomatoes with juice
- 1 Tbsp tomato paste
- 8 cups of fresh or frozen vegetables



(I like to use whatever veggies I have on hand, it might look like 1 sweet potato, 1 regular potato, 1 zucchini, 2 carrots, and 2 ½ cups of frozen veggies, such as corn, peas, green beans, lima beans.)

To make:

- Heat oil in a large pot over medium heat, add onions, celery, Italian seasoning, and salt and pepper.
- Cook, frequently stirring, until onions are translucent, about 5 minutes.
- Add broth, tomatoes, tomato paste, and 3 cups of water.
- Bring to a boil, then reduce heat and simmer uncovered for 20 minutes.
- Add all the vegetables, then return to a simmer and cook uncovered for an additional 20 - 25 minutes, until vegetables are soft.

(Note this recipe makes a big batch, I usually freeze half for use later. When ready to use frozen soup, you can put frozen soup in a crockpot on low for a few hours to defrost and warm up, or re-heat on the stovetop.)

Recipe adapted from a Martha Stewart Living recipe.

Creamy Chicken and Mushroom Soup

Ingredients

2 Tbsp salted butter or non-dairy alternative
½ yellow onion, diced
8 ounces of mushrooms, diced
2 tsp minced garlic
2 Tbsp flour, gluten-free flour,
or I use arrowroot powder
3 cups chicken broth
½ cup of heavy cream or coconut cream
2 Tbsp spicy brown mustard
1 Tbsp lemon juice
1 tsp dry thyme
½ tsp salt
¼ tsp pepper
3 cups of shredded, cooked chicken.
(short cut, buy a cooked rotisserie chicken at the grocery store)



To make:

- Melt the butter in a large pot on medium heat, adding onions, mushrooms, and garlic.
- Cook, occasionally stirring, until the onions and mushrooms are brown, about 5 minutes.
- Sprinkle flour into the pot. If using arrowroot powder, pre-mix with ¼ cup of water, then stir into the pot, whisking until it has been absorbed into the mushroom mixture.
- Pour in broth one cup at a time, constantly whisking to ensure there are no lumps.
- Add cream or coconut cream, mustard, lemon juice, thyme, salt, and pepper, plus chicken.
- Stir together and cook for about 5 minutes until the chicken is warmed through.

Recipe adapted from Cook Once Eat All Week

Meatloaf (with hidden veggies)

Ingredients

4 slices of white bread (can use gluten-free,
OR ½ cup of bread crumbs (regular or gluten-free))
2 ½ pounds of ground beef
1 medium onion
2 garlic cloves
2 stalks of celery
2 carrots
½ cup fresh parsley leaves or 1 TBsp of dried parsley
1 egg
1 cup ketchup
3 tsp dry mustard
1 tsp salt
1 tsp pepper
1 Tbsp brown sugar



To make:

- Heat oven to 350 degrees; for easy removal and clean-up, I line a loaf pan with aluminum foil.
- Place in a food processor and pulse into fine crumbs if using bread slices.
- Pour bread crumbs into a large mixing bowl, add ground beef.
- Peel and quarter onion, and garlic, wash and slice celery and carrots into large pieces.
- Place onion, garlic, celery, carrots, and parsley in the food processor and pulse until fine.
- Add vegetable mixture to the bowl with bread crumbs and ground beef.
- Add egg, ½ cup of ketchup, 2 tsp dry mustard, salt, and pepper.
- Use hands to combine, making sure to mix well.
- Place meat mixture into prepared loaf pan.
- Combine remaining ketchup, 1 tsp of dry mustard, and 1 Tbsp of brown sugar, stirring until smooth.
- Brush mixture over meatloaf.
- Place loaf pan on a baking sheet and cook in the oven for about 90 minutes or until a meat thermometer reads 160 degrees.
- Allow loaf to sit before slicing. If your meat had a high-fat content, you might pour some of the greases off before allowing it to solidify.

Serve with a side of mashed potatoes or cauliflower puree and roasted vegetables, such as broccoli.

This recipe is easily made ahead of time and refrigerated until ready to cook.
The original recipe was passed on from a friend many years ago.

Random Reflection

Crock Pot Macaroni and Cheese

Ingredients

1 8oz box of elbow macaroni
1 stick of butter
3 cups of shredded cheese, I like to use 2 cups of Gouda and 1 cup of sharp cheddar cheese.
1 ½ cups milk
1 can of evaporated milk
2 eggs
Salt and pepper to taste.

To make:

- Cook macaroni al dente according to package and drain.
- Place macaroni in the crockpot and mix with butter and 2 ½ cups cheese.
- Mix milk, beaten eggs, evaporated milk salt, and pepper, and pour over macaroni mixture in the crockpot.
- Top with half a cup of cheese.
- Cook on low for 3 hours.

This recipe can be adjusted to be gluten-free by using gluten-free pasta such as Banza. I have also used non-dairy butter alternatives, oat milk, coconut cream, and sheep's cheese. In that case, I reduced the amount of butter in half as well as ½ can of coconut cream in place of evaporated milk.

The original recipe was a regular contribution to potlucks, copied from a country church cookbook (credited to a Macia Willard) and passed around among friends. It has been slightly adapted over the years, trying various cheeses and pasta alternatives, but has always been a reliable comfort food.

Chunky Vegetarian Chili

Ingredients

1 Tbsp oil
2 cups of chopped onions
1 yellow bell pepper, chopped
1 green bell pepper, chopped
2 garlic cloves, minced
1 Tbsp brown sugar
1 ½ Tbsp chili powder
½ tsp cumin
1 tsp dried oregano
½ salt
½ tsp pepper
2 (16oz) cans stewed tomatoes, including juices
2 (15oz) cans of black beans (drained and rinsed)
1 (15oz) can of kidney beans (drained and rinsed)
1 (15oz) can of pinto beans (drained and rinsed)



To make:

- Heat oil in a large pot over medium-high heat, adding onion, bell peppers, and garlic, saute 5 minutes or until tender.
- Add remaining ingredients, and bring to a boil.
- Reduce heat and simmer for approximately 30 minutes.

(This recipe is adapted from a cooking light magazine. My kids enjoy it topped with sour cream and sprinkled with shredded cheese and Fritos. For a healthier option, I enjoy a sprinkle of crumbled goat's cheese and a side of cornbread.

My newest favorite cornbread recipe is from Paleo Running Momma, <https://www.paleorunningmomma.com/paleo-cornbread-grain-free-dairy-free/>

Grandma's Chocolate Chip Oatmeal Cookies

Ingredients

½ cup sugar
2 Tbsp milk
1 cup brown sugar
1 cup butter
2 eggs
2 tsp vanilla
2 cups of flour
2 cups of quick oats
1 tsp baking soda
1 tsp baking powder
1 tsp salt
9 oz chocolate chips



To make:

- Preheat oven to 350 degrees and line baking sheet with parchment paper.
- In a standing mixer or hand mixer, cream sugars and butter together until light and fluffy.
- Add eggs one at a time, mixing in between additions, and then add milk and vanilla.
- Mix in baking soda, baking powder, and salt.
- Then one cup at a time, add flour and then quick oats.
- Finally, add chocolate chips, only mixing enough to combine.
- Using a cookie scoop or tablespoon, spoon onto a cookie sheet.
- Cook 10 minutes until the edges start to brown, do not overcook.
- Allow cookies to cool for another 5 - 10 minutes on the pan as they finish cooking before placing them on a wire rack to cool completely.

I freeze the scooped cookies on a baking sheet and then transfer them to a freezer-safe container or ziplock bag for instant home-baked cookies. When you are ready to bake, place frozen cookie dough on a lined baking sheet while the oven is preheating and then bake as usual.

This recipe was the go-to cookie recipe from my mother-in-law, Marilyn Marker. I've made some slight adaptations, but it remains a family favorite.

*My favorite gluten-free, dairy-free chocolate chip cookie, is hands down, from Danielle Walker.
<https://againstallgrain.com/2018/07/13/nut-free-chocolate-chip-cookies/>*

Random Reflection