



Cream of Chicken Soup Taken from “Dairy – Free Cookbook” by Jane Zukin

- 2 C chicken stock or bouillon
- 1 large Idaho potato, peeled and diced*
- 1 large carrot, peeled and sliced*
- 2 ribs of celery, chopped*
- ¼ C celery leaves*
- salt and pepper, to taste

Directions:

- Bring stock to a boil. Add vegetables*, salt, and pepper and return to a boil.
- Cover and simmer for 25 minutes.
- Use a heat resistant hand blender to liquefy or pour into a blender and liquefy.
 - Serve hot as a soup. If soup is too thick, use more stock or water to thin.
 - Can be “thinned out” with chicken broth to use as a sauce for casseroles, etc.
 - Yields about 3 cups.
 - *you can put all of these together in a food processor and chop fine, then add to boiling stock to cook.

“Cream of”-Free Casserole (Chicken and Broccoli)

- 2-3 cups cooked Rice (or pasta)
- 2 cups cooked chicken, diced or shredded
- 1 medium Vidalia onion and ¾ cup mushrooms, sautéed in butter or coconut oil
- 1 ½ cup frozen broccoli, bite size pieces
- 2-4 cups “Cream of” Chicken Soup (see recipe)
 - Extra chicken broth as needed to thin the sauce
- Breaded topping
 - 8-10 ounces of breadcrumbs
 - 1 teaspoons sea salt
 - 1-2 teaspoons black pepper
 - 3-4 tablespoons olive oil (enough to moisten bread crumbs)

Directions:

- Preheat oven to 350°. Mix rice, chicken, onion and mushroom together. Add broccoli to the mixture and put in a 3 quart lightly oiled casserole dish. Fold in the “cream of” chicken soup. Add chicken broth if needed to thin the mixture as the rice will soak up the sauce and tend to be dry.
- Mix the bread crumbs, olive oil, salt and pepper and sprinkle over the top, then bake (uncovered) the casserole for 20 minutes until the top is crisped and sauce if bubbling.
- Serve immediately. Serves 4



3 Ingredient Salads

- Greens with:
 - Pumpkin seeds and strawberries
 - Pecans and grapes
 - Almonds and bean sprouts
 - Pistachios and sliced fennel
 - Walnuts and sliced peppers

Quick Dressings

- *Favorite chunky salsa with balsamic vinegar*
- *Basic Dressing Base*
 - 1 cup balsamic vinegar (or citrus juices or apple cider vinegar)
 - ½ cup honey
 - 1-2 cups of olive oil
 - Depending on the salad ingredients add ONE of the following:
 - ½ t Ginger
 - 2 cloves Garlic
 - ¼ C Cilantro
 - ½ T Ancho chili pepper powder
 - ½ T Smoked Paprika
- *Tangy Tomato Dressing*
 - 1 large fresh tomato, quartered
 - 1/3 cup rice or apple cider vinegar
 - 1 dash Worcestershire sauce
 - 2 teaspoons Dijon mustard
 - 6 leaves fresh basil
 - Leave from 6 stems of fresh thyme

Directions: put everything in a food processor and blend until chunky or pureed. (your choice)
- *Cucumber-Avocado Dressing*
 - ¼ cup olive oil
 - ½ clove garlic, minced
 - ¼ cup fresh cilantro
 - 1 avocado, peeled, seeded
 - 1 cup cucumber, cut in chunks
 - 4 T lemon juice
 - ¼ cup water
 - Salt/pepper to taste

Directions: put everything in a food processor and blend until chunky or pureed. (your choice)