

## January Inspired Recipes

### One-Pot Miso Soup Winter Style

#### Ingredients:

1 small onion, sliced thin  
5 medium shitake mushrooms, sliced  
1 Tbs. Ghee  
Salt to taste  
1 large carrot, chopped  
1 large burdock root, chopped  
3 leaves of kale, chopped  
1 cup of bone broth  
Seaweed of your choice, like kombu, sliced  
Miso paste to taste  
1 cup of leftover brown rice or quinoa

#### Directions:

1. Sauté the onions for 2-3 minutes with Ghee, in a soup pot. Add mushrooms, salt to taste, and sauté for 5 more minutes.
2. Add carrots, burdock roots, kale, 1 cup of bone broth and kombu seaweed. Cover with water and bring to a boil.
3. Lower the heat and simmer for 15 minutes.
4. Turn off the heat. Add miso in a small amount of water and add to the soup.
5. Ladle soup on top of leftover grain in a bowl.

### Immune Boosting Hot Cacao

#### Ingredients:

16 oz. of water  
Handful of dried, reishi mushrooms, sliced  
Handful of dried, turkey tail mushrooms, sliced  
2-3 Tbs. raw cacao powder  
1 Tbs. Ghee  
¼ tsp. cinnamon  
Dash of cayenne pepper  
Dash of nutmeg  
Honey or maple syrup to taste



### Directions:

1. In a glass or stainless still pot, add reishi and turkey tail mushrooms with 16 oz. of water. Bring to a boil then lower the heat and simmer for 20 minutes.
2. Strain out the mushrooms; add the mushroom tea to a blender, along with all the other ingredients. Blend and enjoy!

## White Bean Soup with Wild Rice

### Ingredients:

2 Tbs. Ghee  
6 cloves of garlic, sliced  
1 bay leaf  
2 medium-sized carrots, diced  
1 large sweet potato, diced  
1 can of organic, diced tomatoes, or 2 Tbs. tomato paste  
3 to 4 cups cooked white beans  
1 head of Escarole greens, chopped (or use any other greens like Kale)  
Salt and black pepper to taste  
1 cup of cooked wild rice (or any other grain of your choice)  
Water to cover the pot, or water and bone broth mixture  
Parmesan cheese to taste

### Directions:

1. Heat ghee in a soup pot. Add the garlic, bay leaf, carrots, sweet potatoes and salt. Simmer on low for a couple minutes. Add tomatoes and simmer for another minute.
2. Add the beans and the greens, cover and wait a few minutes for the greens to cook down.
3. Add the wild rice. Fill the pot with water or water and bone broth mixture.
4. Add black pepper to taste, and adjust the salt. Bring it to a boil, then lower the heat and cook on medium-low heat for 20 minutes.
5. Serve hot with grated Parmesan cheese in each bowl.

## Buckwheat Meatloaf

### Ingredients:

3 Tbs. butter



¼ tsp. dried thyme  
1 tsp. ground cumin  
1 bay leaf, ground  
½ cup minced onion  
2 cloves garlic, minced  
1 cup shiitake mushrooms or other mushrooms, minced  
1 Tbs. tomato paste (optional)  
1 large egg  
1 pound ground beef, uncooked (or use a mix of beef and lamb)  
2 cups cooked Kasha (toasted buckwheat)  
¾ cup finely chopped walnuts  
½ cup chopped celery  
¼ cup chopped fresh parsley  
Sea salt and freshly black pepper, to taste

#### Direction:

1. Melt the butter in a medium sauté pan over medium heat. Add the thyme, cumin and bay leaf and sauté for 2 minutes or until aromatic. Add the onion and garlic and sauté for 3 more minutes. Add the mushrooms and sauté for 6 minutes, or until they have given off most of their liquid. Add tomato paste, sauté for another minute, than set aside to cool.
2. Preheat the oven to 350F.
3. Lightly beat egg in a mixing bowl. Add the ground meat, kasha, walnuts, celery, parsley, salt, and pepper and sautéed vegetables. Using your fingertips, mix the ingredients with a light touch until well combined.
4. Pack into a 1 ½ - quart glass loaf pan and cover the pan with foil. Place it into the oven and bake for 30 minutes.
5. Remove the foil, and return to the oven, uncovered, to bake for 30-45 minutes more, or until an instant-read thermometer inserted in the center registers 162F. or until the juices run just barley pink.
6. Cool on a wire rack or at least 20 minutes or up to 1 hour before serving.

## Fermented Brown Rice

#### Ingredients:

2 cups of brown rice  
1 Tbs. lemon juice, or apple cider vinegar, or milk whey  
2 cups of water for cooking  
1 piece of Kombu seaweed



1 Tbs. Ghee

**Directions:**

1. Wash and rinse 2 cups of rice, cover with cold water, and add 1 Tbs. lemon juice, vinegar or whey.
2. Let it sit on your countertop at room temperature for 1-3 days, until it ferments. It's ready when you see bubbles on the top and it start to smell sour but not rotten. Do not over-ferment.
3. Wash and rinse the rice.
4. Heat 1 Tbs. ghee in a pot, add the rice, and cook for a few minutes on high temperature.
5. Add 2 cups of cold water, let it boil, than lower the heat to low.
6. Add the piece of Kombu, and simmer on low for about 45-60 minutes. Do not stir. Cook it until all the water has evaporated.

**Why ferment your grains?**

All whole grains, including oatmeal, beans, nuts, and seeds, contain phytic acid, and most commercial whole grain products are made from un-soaked grains full of phytic acids. Phytic acid binds all the calcium and mineral from food you eat and prevents your body from absorbing them. Depleting your bones and teeth. Soaking, fermenting, and even sprouting them can neutralize most of the phytic acid.



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Discover Life the Healthy Way