

Fast & Healthy FEAST

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In continuing with my theme of *Making Every Bite Count* I have been gifted from the universe to make this easier than ever before. What matters most to many of us today, is our time. I hear people saying over and over again, “I don’t have time to make the meals I know I should”. Well now time and efficiency have been squeezed into one appliance, the Power Pressure Cooker, XL.

I will admit my reluctance to figure out another gadget for the kitchen, but once experienced, this new Power Pressure Cooker XL is not only simple to work with but it seemed to create time out of thin air, not only in the cooking, but in clean up as well. OMG. I love this machine!

For this issue of Healthy Living Magazine I was able to create both of the recipes below from creation to finish in less than two hours. The best news is that I only had one pan to clean when I was done. Now, 2 hours might seem like a lot, but please know this includes beginning with dry garbanzo beans (also known as chick peas), which normally need an overnight



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soak, plus hours of cooking. In addition I made a meatloaf that usually needs at least one hour to cook. This appliance rocks, and is so versatile. For these recipes I did not use the slow cooker, which I surely will the next time around. Now, in keeping with my theme of *Making Every Bite Count* I can include time and clean up to the list of nutritious and great flavor.

Last week I had the pleasure of being invited to a garden party up country on Maui. My good friend, who spent years in Italy, made us a Rosemary Fagioli. A Fagioli is known as a bean pasta dish. Instead of including the pasta, she left it out, which made our soup the perfect light meal to accompany the salad from her garden. I loved it so much that I made a variation from her recipe. I thought it a good idea to test this Power Pressure Cooker XL on dry beans. Even though you may remember to soak beans ahead of time, now you can

afford to “forget”. This is also a great way to save money as dry beans are much less expensive than canned ones. Now, here is another way to *Make Every Bite Count!* So, lets go to Italy.

Rosemary Fagioli

INGREDIENTS

- 1 C dry garbanzo beans (equals 2 + cups after soaking/cooking)
- 2 T olive oil
- 1 onion chopped with the Pressure Chopper XL (another time saver)
- 3 cloves garlic minced
- 1 16oz can chopped tomatoes (I like the fire roasted) juice included
- 1 ½ C chicken or vegetable broth
- 2 T minced rosemary
- ½ t chili flakes (or cayenne or chili sauce)
- 2 t ImmuneTree Colostrum6 (optional, but encouraged)
- salt to taste and lots of freshly ground pepper



STEP ONE:

Place the beans in the inner pot of the Power Pressure Cooker and cover with water. Press the Bean/Lentils button and cook for 45 minutes. While these are cooking, chop the onions, garlic, and rosemary, prep the remaining ingredients, and pour yourself a glass of vino. If you are going to accompany your soup with a salad or pasta this is your chance to pull it all together.

STEP TWO:

When the beans are soft, remove them from the inner pot. Next, press the Chicken/Meat button, which provides perfect heat almost instantly for sautéing onions and garlic. Add the olive oil, onions, garlic, rosemary, chili flakes, and salt & pepper (if using a chili sauce or cayenne, wait until Step Three to add them). Sauté until onions are translucent.

STEP THREE:

In a small bowl blend the ImmuneTree Colostrum6 with some of the juice from the tomatoes, then add it and all the remaining ingredients to the mixture in the inner pot. Salt & pepper to taste. Press the Soup/Stew button and cook for 15 minutes.

This soup is now perfect as is, yet you can take another step (as shown in the picture) and blend it to make a soup and/or pasta sauce. So simple! I think it is worth mentioning that this Power Pressure Cooker is meant for making large meals with many recipes. If you are having a party and/or prepping for a few days of food you can do it all at once and save time on clean up. When I completed the Fagioli, I went right on with the Lamb Loaf below without missing a beat or washing a pan! As you will note many of the ingredients are similar, which creates a theme for a large dinner, easy prep, low cost and easy clean up.

Rosemary Lamb Loaf & Glaze

STEP ONE:

Place the olive oil in the inner pot and press the Chicken/Meat button. When the oil is hot, which happens quickly, add in the onions, garlic, carrot, kale, rosemary, chili flakes, salt & pepper. Stir frequently (about 5 minutes) until the onions are translucent. Add more olive oil if needed.

STEP TWO:

Whisk the egg in a large bowl and add in the Colostrum6 slowly until blended. Add to the ground lamb along with the mustard, almond flour and cumin. Blend.

STEP THREE:

When the onion/vegetable mixture is ready remove it from the inner pot and add it to the lamb mixture, kneading with your hands until thoroughly blended. Add the loaf mixture back into the inner pot. Press the Chicken/Meat button and cook for 20 minutes.

STEP FOUR:

When the loaf is ready, remove it from the pot and place it on a plate. Keep the drippings from the loaf as you may want to drizzle it back on the top for extra flavor and juiciness.

STEP FIVE – THE GLAZE

Add the catsup, rosemary, tamari and spices to the inner pot. Press the Chicken/Meat button and cook for just a minute or so while stirring. When it starts to bubble it is done.

Spread the glaze on the top of the loaf and serve. Cut into pie shapes for individual serving. It also makes for a delicious leftover – sliced and wrapped in lettuce leaves.

INGREDIENTS

- 2 lbs ground lamb
- 1 egg (mixed well)
- 1 onion (chopped)
- 2 t garlic (minced)
- 1 carrot (chopped)
- 1 C kale (chopped fairly fine)
- ½ C almond flour (an alternative for bread crumbs)
- 2 T rosemary (minced)
- 2 T olive oil
- ½ t chili flakes
- 1 t cumin
- 1 t mustard
- 2 T ImmuneTree Colostrum6 (optional, but encouraged)

INGREDIENTS FOR THE GLAZE

- ½ C catsup
- 1 t rosemary (minced)
- ½ t tamari
- ½ t cayenne or hot pepper sauce
- 1 t drippings from the loaf



ORGANIC PROTEIN DESSERTS

Protein powders, when delicious and full of nourishing ingredients, can be used for much more than a smoothie, although, a delicious smoothie is always a treat. You will definitely get a treat no matter what you do with this impeccable product.

Coconut Chia Pudding

This recipe is so easy and makes for a healthy dessert or snack full of protein. I can hardly keep out of the chocolate version.

INGREDIENTS

- 1 16 oz can coconut milk (I prefer the whole rather than the low fat version)
- 1 T ImmuneTree Colostrum6
- 1 scoop PhytoPro Vanilla
- ¼ C chia seeds
- 1 t cinnamon or cocoa powder (or both)
- splash water
- pinch salt

METHOD: Raw cocoa nibs, nuts, seeds, raisins, berries and Barlean's Forti-Flax. In a blender, combine the coconut milk and colostrum. Blend softly on low speed. Add the PhytoPro powder slowly while blending. This is just to smooth out the mixture, but not blend it. Add the chia seeds to blend evenly, and pour into serving dishes. Once the mixture is in the serving dishes, carefully place the cinnamon or cocoa powder on top of the mixture and swirl through as it blends. This will make a beautiful dish. You can also blend in the cocoa powder or cinnamon as you blend. As you can see from the pictures, I did this with the cocoa powder. Now all you have to do is refrigerate for a few hours or overnight and the pudding will become firm and creamy.



PhytoPro Berry Smoothie

This is one of my favorite smoothies. I fill it with everything organic and everything powerful. As you will note I like to use water along with the coconut cream concentrate. But you can substitute the coconut cream concentrate with hemp granules, sunflower seeds or some almonds. You can also use almond milk, hemp milk or milk of your choice. I have found that products sweetened with xylitol go with bitter foods and/or less sweet fruits. This is why berries work so well with this recipe.

INGREDIENTS FOR THE GLAZE

- 8oz water
- 1 T ImmuneTree Colostrum6
- 1 T coconut cream concentrate (or coconut oil—Barlean's of course)
- 1 scoop PhytoPro Organic Protein – Vanilla
- 1 scoop Barlean's Greens
- 1 C frozen berries of choice, or other fruits
- pinch salt
- ice as desired

METHOD: Fill the blender with water first and then all other ingredients, leaving the berries for last. I love to make this mixture thick and then pour it into a bowl, top with Barlean's Forti Flax and eat it with a spoon. I feel like I get an ice-cream fix, but better.

Here are a couple of quickies for a power packed snack.

Almond/Flax Celery Butter

INGREDIENTS

- 1 T ImmuneTree Colostrum6
- 2-3 T almond butter
- 1 T Barlean's High Lignan Flax Oil
- Celery sticks or assorted veggies

Optional: sprinkles of salt & other spices like paprika or cayenne

METHOD: Place Colostrum6 in a bowl and add Barlean's Flax Oil, pressing the mixture together with a spoon to blend. This dissolves any potential lumps. When smooth, add in the almond butter and blend. Fill celery sticks with this yummy butter and enjoy! You can also serve with carrots and an assorted vegetable tray.



ImmuneTree's Colostrum6 is so versatile that you can add it to almost anything. It blends easily and adds richness and flavor to everything I have tried it with. You will see it show up in all my recipes, and why not? I never want to miss a chance to *Make Every Bite Count!*



Lemon Almond Butter

INGREDIENTS

- 1 T ImmuneTree Colostrum6
- ¼ fresh lemon juice
- 4 T almond butter
- 2 T Barlean's Lemon Swirl

METHOD: Blend the Colostrum6 and lemon juice until smooth and creamy. Add in the almond butter and Barlean's lemon Swirl. Note that the mixture takes on a new thickness. Add more lemon juice if needed. This mixture is fabulous with apples and other fruits. Take an extra step and grate a whole apple and then mix in the Lemon Almond Butter in with it. Refreshing and juicy!!