

Winter Holiday Phase 1 Menu

MINISTRONE-STYLE ITALIAN VEGETABLE SOUP

IP Cookbook, Page 20

- ½ cup diced tomato
 - ½ cup thinly sliced kale or swiss chard, stems removed
 - ⅓ cup diced fennel
 - ⅓ cup diced zucchini
 - ⅓ cup thinly sliced leek, white part only
 - 1 ¼ cups fat-free chicken broth
 - ¼ tsp salt
 - 1 packet IP veggie meatless mix
 - 1 tbsp parsley leaves
 - 1 small garlic clove, chopped
 - 1 tsp grated lemon zest
 - ½ tsp olive oil
- Combine the tomato, kale, fennel, zucchini, leek, broth, and salt in a small saucepan and bring to a boil over high heat.
- Lower the heat to a simmer and cook covered until veggies are soft, about 5 minutes. Stir in the meatless mix. Remove from heat, and let sit, covered, for 10 minutes.
- Mince parsley, garlic, and lemon zest and add sprinkle over soup. Drizzle with the olive oil and serve.

OVEN ROASTED ROSEMARY KOHLRABI

Courtesy of Sara Mulero

- 2 cups kohlrabi, cut into cubes
 - 2 tsp olive oil
 - salt, pepper, and rosemary, to taste
- Preheat oven to 350°F.
- Toss cubed kohlrabi with olive oil and seasonings.
- Place kohlrabi in a baking dish and cook for 30-40 minutes, or until fork tender.

RUTABAGA AU GRATIN

Courtesy of Sara Mulero

- 2 cups rutabaga, thinly sliced
 - 1 pack IP mac and cheese
 - 5 ounces water
- Preheat the oven to 350°F.
- Grind noodles from the IP mac and cheese packet into a flour-like texture in a food processor
- Combine ground noodles and cheese packet into a bowl with water, and mix until blended smooth.
- Place a layer of rutabagas in an oven-safe dish, and spread ¼ cup of cheese mixture over rutabagas.
- Repeat layers and pour remainder of cheese mixture on top.
- Bake in the oven for 1 hour or until rutabagas are fork tender.

CARAMEL PUMPKIN MUFFINS

Courtesy of Sara Mulero

- 1 packet IP vanilla smoothie mix
 - 1 packet IP golden pancake mix
 - 1 tsp baking powder
 - 1 tbsp pumpkin pie spice
 - 2 tbsp Walden Farms caramel dip
 - 1 egg
 - 4-6 tbsp water
- Preheat oven to 350°F.
- Mix vanilla smoothie packet, golden pancake packet, baking powder, and pumpkin pie spice in a bowl.
- In separate bowl, whisk together the egg, caramel dip, and water.
- Gently fold wet and dry ingredients together until fully combined.
- Pour mixture into muffin pan, filling each well halfway.
- Bake for 12 minutes.

SLOW COOKER ITALIAN BEEF

- 2-3 lbs bottom round beef roast (lean, fat trimmed)
 - 1 cup fat-free beef stock
 - ¼ cup IP Italian dressing
 - 2 cups pepperoncini peppers, sliced
- Place roast into slow cooker.
- Mix beef broth, IP Italian dressing, and pepperoncini into a bowl and mix together.
- Add mixture into slow cooker.
- Cook on low for 8-10 hours or until roast is fork tender.

EGGNOG

- 1 packet IP vanilla smoothie mix
 - 6 oz water
 - 2 eggs, separated
 - 2 tbsp DaVinci Eggnog (sugar-free)
 - ½ teaspoon nutmeg or cloves
- In a small saucepan over medium-heat, place smoothie mix and water, whisk until smooth. Heat until hot (do not allow to boil) and set aside.
- Blend yolks, heated vanilla drink mix, DaVinci Eggnog and nutmeg/clove until fully combined.
- Place in refrigerator to cool and thicken.
- While drink is cooling, whip egg whites until peaks form.
- Fold egg whites into eggnog.