



# Warming Foods Recipes

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## Paleo (bean-free) Chili

### Ingredients:

- 1 tbsp avocado oil
- 1 pound ground beef
- 1 small yellow onion, diced
- 1 yellow bell pepper, diced
- 2 tbsp garlic, minced
- 1 14.5 can diced tomatoes
- 3 oz tomato paste
- 1 cup beef stock
- ½ tsp chili powder (add 1 tbsp for more heat)
- 1 tsp paprika
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 tsp ground cumin
- 1 tsp salt (more to taste)
- ½ tsp black pepper

### Directions:

1. Add avocado oil to a large stock pot or dutch oven, and warm over medium heat. Add onions and peppers and saute for 5 minutes.
2. Add garlic and ground beef, and break apart with the back of a spoon. Let cook and stir until all beef is lightly browned.
3. Add remaining ingredients, bring to a boil and then reduce heat to a simmer. Cook for 20-25 minutes.
4. Remove from heat, add more salt and pepper if desired, and top with cilantro, avocado, sour cream, or green onions before serving.

## Gluten-Free Cornbread

### Ingredients:

- 1 cup gluten-free flour (all-purpose)
- 1 cup yellow cornmeal
- ½ tsp ground turmeric
- ¼ tsp salt



- Pinch black pepper
- 1 tsp baking powder
- ½ cup honey (or maple syrup)
- ¾ cup oat milk
- 2 tbsp avocado oil
- 3 tbsp ghee, melted (can sub butter or more avocado oil for dairy-free)
- 2 eggs, room temperature

#### **Directions:**

1. Preheat oven to 375°F.
2. Prepare 8x8 or 9x9 baking pan with oil, or line with parchment paper.
3. In a large bowl mix together flour, cornmeal, turmeric, salt, pepper, and baking powder.
4. Combine wet ingredients in a separate bowl, then add to the dry mixture and stir thoroughly.
5. Pour batter into a prepared baking pan, and bake for 20-25 minutes or until cooked through. Let cool before cutting and serving.

## **Warming Chai Tea**

#### **Ingredients:**

- ¾ cup water
- ¾ cup non-dairy milk
- 4 cardamom pods, smashed
- 1 cinnamon stick
- ¼ inch fresh ginger, coined
- 1/2 tsp fennel seed
- 1.5 tbsp loose black tea (can omit for caffeine-free version, or can empty out black tea bag if don't have loose leaf)
- Honey, for sweetening

#### **Directions:**

1. Bring all ingredients except for honey and optional black tea to a boil in a saucepan.
2. Reduce heat to low, and add black tea if using.
3. Let simmer for 5-10 minutes, depending on how strong you want tea.
4. Strain into a cup, and add honey to taste.