



# **Paleo Potluck Recipe Book 2012**

# Contents

## Salads & Starters

Pg. 4 Apple Salad: Teresa Culver

Pg. 5 Broccoli Salad: Teresa VanMarrum

Pg. 6 Sweet-Potato Coconut Soup: Nyree Segui

Pg. 8 Bacon Wrapped Mushrooms: Mat Krajacic

## Main Dishes

Pg. 9 Coconut Thai Chicken Stir Fry: Toni Smith

Pg. 10 Meat Sauce: Jen Drenth

Pg. 11 Sweet Potato Chili: Fiona Alford

Pg. 13 Chicken Chili: Dave & Rachel Janzen

## Desserts & Snacks

Pg. 14 Paleo Banana Cinnamon Bun Muffins: Amy Maarhuis

Pg. 16 Paleo Chocolate Cake: Nicole Hoskins

Pg. 17 Paleo Banana Bread: Greg Segui

Pg. 18 Chocolate Avocado Pudding: Teresa VanMarrum

# Apple Salad

Contributed by Teresa Culver

Cook Pecans @ 250 for 20 min. (save it to top salad just before serving)

5 Apples

Grapes

Can crushed pineapples (save juice in a sauce pan)

Mix fruit in a bowl with 3 tbsp Lemon Juice set aside

Mix Pineapple juice with  $\frac{1}{4}$  cup of coconut oil  $\frac{1}{4}$  cup honey heat to boiling. Mix 1 TBSP arrowroot

Powder/starch mixed with  $\frac{1}{4}$  cup water (will not need it all) gradually add little bit at a time to pineapple juice mixture until it starts to thicken (don't make it too thick as it will thicken as it cools) let it cool, add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup paleo mayo.

Mix fruit and sauce together, add poppy seeds and refrigerate. Just before serving top with Pecans.

[Back to Contents](#)

# Broccoli Salad

Contributed by Teresa VanMarrum

## Ingredients

2 or 3 heads of broccoli, depending on their size;  
1 1/2 cup red or green grapes, halved;  
10 slices bacon;  
1/2 chopped onion;  
1/2 cup slivered or chopped almonds;  
1 1/4 cup paleo mayonnaise;  
1/4 cup lemon juice.

## Directions

Place the slices of bacon in a large pan on medium heat and cook for about 8 minutes on each side until crispy.

While the bacon cooks, cut the broccoli in small florets. You can use the stalks as well, making sure to cut it in pieces about the same size as the florets.

Mix the florets with the almonds, chopped onion and halved grapes.

Once the bacon is cooked and crispy, crumble and add

it to the salad.

In a separate bowl, mix the mayonnaise with the lemon juice.

Mix the dressing with the salad, mix well, serve and enjoy!

[Back to Contents](#)

## **Sweet Potato-Coconut Soup**

**Contributed by Nyree Segui**

### Ingredients

2 tablespoons coconut oil

1 cup chopped onion

2 small celery stalks, chopped

2 cloves garlic, chopped

1 1/2 pounds red-skinned sweet potatoes, peeled and cut into large chunks

4 cups chicken stock, preferably homemade

1/2 teaspoon cinnamon

1/4 teaspoon freshly-grated nutmeg

1 1/2 cups coconut milk (13.5 ounce can)

salt and pepper to taste

cayenne pepper, to taste (optional)

## Directions

Melt the coconut oil in a large, heavy-bottomed pot over medium heat. Add the onion and celery and sauté until the onion is soft, about 5 minutes. Add garlic and cook for another minute.

Add sweet potatoes, chicken stock, cinnamon and nutmeg; bring to boil. Reduce heat, cover and simmer until potatoes are tender, about 15 minutes.

Working in batches, puree soup in blender or food processor until smooth; return to pot. Or use an immersion blender to puree directly in the soup pot.

Add coconut milk and stir over medium-low heat to heat through. Season soup to taste with salt, pepper and cayenne, if using. Ladle into bowls and garnish with unsweetened coconut flakes, if desired.

[Back to Contents](#)

# Bacon Wrapped Mushrooms

Contributed by Mat Krajacic

## Ingredients

24 small mushrooms, cleaned and stems removed

12 slices of bacon

1 cup paleo BBQ sauce

## Directions

Cut bacon in half, Cross wise

Microwave half at a time on high for 40 seconds . then remove and pat dry on paper towel.

Wrap each mushroom with half piece of bacon and secure with toothpick.

Dip each wrapped mushroom in BBQ sauce.

Grilled wrapped mushrooms at 350 - 400F for 4-5 minutes per side or until bacon is crispy.

Once they are ready, Dig in and enjoy!!

[Back to Contents](#)



# Coconut Thai Chicken Stir Fry

Contributed by Toni Smith

## Ingredients

3 large chicken breasts cooked and cut into pieces  
1 bag of frozen thai style veggies or if you have time  
your favourite thai style veggies ie. red peppers, pea  
pods, carrots, broccoli, baby corn etc.  
2/3 cup chicken broth  
1/2-2/3 cup coconut milk  
2-3 tbsp coconut thai spice - this can be found in the  
spice section at the bulk store

## Directions

In a large fry pan add chicken broth and veggies and  
saute on medium high heat. Cover and stir  
occasionally until veggies are cooked through. Add  
coconut milk ,spices and chicken. Heat until bubbly.  
You can add extra spice if you like your food spicy.  
Although I didn't do this, this could be served over a  
nice bowl of cauliflower "rice". Enjoy!

[Back to Contents](#)

# **Paleo Meat Sauce (aka: Jen's Clean-out-the-Fridge Spaghetti Sauce)**

Contributed by Jen Drenth

## Ingredients

Half an Eggplant (diced)

Zucchini (1) (diced)

Mushrooms (sliced)

Half a Sweet onion (diced)

1 can of crushed tomatoes

1 lb of ground beef

Basil

Oregano

Montreal Steak Spice “No Salt”

## Directions

Cook the ground beef in a frying pan, adding as much of the following spices as per your taste (basil, oregano, and Montreal Steak Spice “no salt”).

After the beef is cooked, place beef in a separate bowl.

Saute the sweet onions and mushrooms in the frying pan.

Add the zucchini and eggplant to the frying pan, cooking for a few minutes until just tender.

Pour the can of crushed tomatoes over the veggies, and again, add as much of the following spices as per your taste (basil, oregano, and Montreal Steak Spice “no salt”).

Add the ground beef to the veggie and sauce mixture, stirring until everything is warm.

Serve the spaghetti sauce over a bed of fresh baby spinach leaves or over cooked spaghetti squash.

Enjoy!

[Back to Contents](#)

## **Sweet Potato Chili**

**Contributed by Fiona Alford**

### Ingredients

1 medium Sweet Potato {diced into bite sized pieces}

1lb ground pork

6oz Frozen Sausage {or whatever sausage you have on hand}

1 Big can crushed tomatoes

1 14oz can diced tomatoes

1/3 Big Bag Frozen Green Beans

1 Large Onion, Diced {I did a big dice}

3 Carrots, Peeled + Diced

Seasoning: 3 Tbsp Cumin, 5 Tbsp Chili Powder, 2 Tbsp Dried Basil & Oregano, 1 Tbsp Italian Seasoning, 1/2

tsp Garlic Powder + Red Pepper Flakes  
4 Tbsp Apple Cider Vinegar  
Salt + Pepper  
Butter

### Directions

In a big pot get some butter all melted. Toss in your onions and carrots, let them start to cook and soften.

While that's going on dice up your sweet potato {I kept the skin on} and toss that in. Same with the sausages.

Once those are all happy together you can add in your pork. Then all of your spices, Apple Cider Vinegar, and Salt + Pepper go in. Stir it all together {you want everything coated in the spices and herbs}.

Then... Then... add in your tomato products and then your frozen green beans {if they're the whole green beans try to snap them in half as you put them in so they're more bite sized}.

One more big Stir, cover... put it on low.. forget about it for a few hours. Then serve.

[Back to Contents](#)

# Chicken Chili

Contributed by Dave & Rachel Janzen

## Ingredients

2 lbs ground chicken  
28 oz (796ml) can of diced tomatoes  
5.5 oz (156ml) can of tomato paste  
2 medium onions diced  
1 green pepper diced  
3 stalks of celery diced  
8 oz (227g) pack of sliced mushrooms  
3 Tbsp chili powder  
Salt and pepper to taste

## Directions

Add the diced tomatoes and tomato paste in a large pot on low heat. In a large frying pan, brown the ground chicken and 1 Tbsp of chili powder. Add to the pot. Sauté the green peppers and onion until the onions just turn translucent. Add to the pot. Sauté the celery and mushrooms until the celery just turns soft. Add to the pot with the remaining 2 Tbsp of chili powder. You can add more chili powder or red pepper flakes if you like it hotter. Cover and simmer for at least 4 hours.

[Back to Contents](#)

# Paleo Banana Cinnamon Bun Muffins

Contributed by Amy Maarhuis

## Ingredients

1/2 cup coconut flour  
1/4 teaspoon baking soda  
1/4 teaspoon sea salt  
4 eggs  
1/3 cup coconut milk (canned coconut milk)  
1/2 cup ripe banana, mashed (about 1 banana)

## Cinnamon Topping

1 tablespoon cinnamon  
2 tablespoons ripe banana, mashed  
2 tablespoons coconut oil, melted  
1 tablespoon maple syrup

## Directions

Preheat oven to 350 degrees. Line 12-cup muffin pan with paper liners.

Whisk dry ingredients together. Set aside.

In a small bowl add mashed banana, eggs, and coconut milk and mix with a hand mixer until well blended. Add wet ingredients into dry ingredients and with a hand mixer until well combined.

Add batter until prepared muffin cups. Filling to about

3/4 filled.

In a small bowl, combine cinnamon, mashed banana, melted coconut oil, and maple syrup (if using). Drizzle mixture over top of muffins and using a toothpick swirl the topping into the muffin batter. Reserve some of the cinnamon topping.

Bake muffins for 20 – 25 minutes or until toothpick inserted into center comes out clean. In the last 5 minutes of baking add more cinnamon topping to the tops of the muffins.

Allow muffins to cool in pan 5 – 10 minutes then transfer to wire rack. Enjoy immediately, but I prefer them the next day.....if they last that long.

Enjoy!

Makes about 10 to 12 muffins.

[Back to Contents](#)

# Paleo Chocolate Cake

Contributed by Nicole Hoskin

## Ingredients

10 eggs  
1 cup raw honey  
1 cup coconut oil  
2 tbs vanilla  
3/4 cup coconut flour  
1/4 cup cocoa  
1 tsp salt  
1 tsp baking soda

## Directions

Mix wet ingredients  
Sift in dry ingredients and mix well with hand mixer for at least 2 min  
Bake at 325 for 30-40 min (until you insert a toothpick and it comes out clean)

## Coconut Frosting

15-16 oz coconut butter ( I put 475ml coconut and a little coconut oil in food processor until smooth)  
1 1/2 tbs honey  
1 cup coconut milk  
1/2 cup palm shorting (butter or any fat that is solid at room temp should work in place of palm shortening)



2tsp vanilla

Mix until fluffy with hand mixer, frost cake once cooled

[Back to Contents](#)

## **Paleo Banana Bread**

Contributed by Greg Segui

### Ingredients

1/2 cup coconut flour

6 Eggs, beaten

1 teaspoon salt

1 teaspoon baking soda

1/2 c almond flour

2 teaspoon cinnamon

3 mashed ripe bananas

1 tablespoon vanilla extract

### Directions

Mash the bananas and add the eggs and vanilla, mix until well combined.

Combine the dry ingredients.

Add to the egg/banana/vanilla mixture gradually and stirring at same time

Pour mixture into a lined or greased bread tin

Bake at 320 Degrees for 45-55 minutes, or until a skewer inserted in the center comes out clean.

[Back to Contents](#)

# Chocolate Avocado Pudding

Contributed by Teresa VanMarrum

## Ingredients

3 medium avocados;  
¼ cup raw honey;  
¼ cup and 2 tbsp cocoa powder;  
3 tbsp almond butter;  
1 tsp lemon juice;  
1 tsp ground cinnamon;  
1 tsp ground nutmeg;  
½ tsp flavored extract (mint, coffee, almond, hazelnut),  
optional;

## Directions

All you have to do is to throw everything into one big mixing bowl and use a stand mixer or a hand mixer to blend it all together. Of course, you can also use a blender or a food processor to do this job. I let mine blend until completely smooth and it was ready to eat right then and there. Place the leftovers in the refrigerator. Enjoy!

[Back to Contents](#)

