

# Comfort Food

Vegan Cooking with  
Over 60 Gluten Free Recipes

Jeanne K. Horning



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Our prayer at Olive Press is that we may help make the Word of Adonai fully known, that it spread rapidly and be glorified everywhere. We hope our books help open people's eyes so they will turn from darkness to Light and from the power of the adversary to God and to trust in ישוע Yeshua (Jesus). (From II Thess. 3:1; Col. 1:25; Acts 26:18,15 NRSV and CJB, the *Complete Jewish Bible*) For this book, our prayer is that people eat healthy so they can be healed and have energy to do the Kingdom work God is calling them to do.

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### **Comfort Food: Vegan Cooking with Over 60 Gluten Free Recipes**

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## Genesis 1:29

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Then God said, “I give you every seed bearing plant on the face of the earth and every tree that has fruit with seed in it. They will be yours for food” (NIV).

## Acknowledgements

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A very grateful thank you to my Lord and savior, Jesus Christ, and the Holy Spirit for the nudges to write this book as well as His love, grace, and encouragement in all things.

Also, a warm, fuzzy thank you to my family and friends for loaning me their taste buds countless times. The words “try this please” and “please let me know if you like A, B, or C better” are phrases they came to know very well. Their enthusiasm and feedback were invaluable!

Thank you also for giving these recipes a try! My prayer is that you will enjoy preparing as well as eating the food you find in these pages.

Joyous Blessings from my kitchen to yours! -Jeanne

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# Recipes

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\*\* Indicates a Gluten Free recipe \* Indicates the recipe has a Gluten Free option

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## Abbreviations

"	-	inch/inches
'	-	foot/feet
#	-	pound(s)
%	-	percent
&	-	and
approx	-	approximately
cont	-	continued
med	-	medium
oz	-	ounce
P.B.	-	Peanut Butter
pkg	-	package
S.S.	-	Sweet and Spicy
tsp	-	teaspoon
T	-	tablespoon
temp	-	temperature
x	-	by
xv	-	extra virgin
xvoo	-	extra virgin olive oil
xvco	-	extra virgin coconut oil

## Instructions Included...

In this book you will find the ingredients in the order to be used, followed by very detailed, easy-to-follow instructions to answer your questions and make your food preparation more enjoyable. Gluten Free recipe titles are marked with two asterisks (\*\*); recipes with a Gluten Free option are marked with one asterisk (\*). The list of “Tips” at the end of this book on page 162 are also well worth reading. If you have any questions you are welcome to e-mail me at:

[stonehillbakerycooking@gmail.com](mailto:stonehillbakerycooking@gmail.com)



Coriander Lentil Soup



Creamy Potato Veggie Soup

# *Soups*



Miso Veggie Soup

## Chunky Corn Chowder

For those first cool nights when there is fresh corn still available, this is especially good!

10 cups water  
 2 cups white or yellow onions, chopped fine  
 2 cups celery, chopped  
 10 cups potatoes, diced  
 2 large cloves garlic, chopped fine (approx 2 T)

8 cups fresh sweet corn cut off the cob (5 or 6 large ears)  
 1 T whole salt  
 ½ tsp fresh ground black pepper

6-7 T Italian parsley, chopped fine

For the cream sauce, heat the oil over medium heat in a thick-bottomed pan.  
 Add the lecithin and stir for a minute.

Add the flour and salt, stirring constantly until bubbles.

Continue stirring while you slowly pour the soy milk in. Stir until it begins to simmer.

Remove from heat and set aside.

In a large stock pot with a heavy bottom, bring the water to a boil.

Add the onions, garlic, celery and potato. Simmer until half cooked.

Stir in the corn and simmer until the veggies are crisp-tender (tender but slightly crisp, see p. 170).

Mix in the cream sauce and parsley. Bring back to a simmer.

Serve hot with whole grain bread and a lettuce salad for a happy tummy!

Options:

- Using frozen corn for this is very good too.

- If you would like a thicker soup, shake together 2 T arrowroot powder and 3 T water and add to the simmering soup. Stir constantly until bubbles. Repeat the process if you prefer a thicker soup still.

Cream sauce:

1 cup xv olive oil  
 2 T lecithin, granular (or liquid)  
 1 cup spelt flour  
 1 ½ tsp whole salt  
 4 cups plain soy milk

## Coriander Lentil Soup\*\*

Even those who aren't big soup fans love this one!

2 ½ T xv olive oil  
 2 medium onions, chopped (1-1 ¼ cups)  
 2 large cloves garlic, chopped fine (2 T)  
 1 tsp coriander  
 1 tsp cumin  
 1 tsp turmeric  
 1 large carrot, diced (1 cup)

3 stalks celery, diced (1 ½ cups)

4 cups fresh or canned tomatoes, coarsely chopped  
 8 cups water  
 4 cubes veggie bouillon  
 3 cups red lentils  
 1 tsp basil  
 1 tsp cinnamon  
 ¼ tsp cayenne pepper  
 2 T fresh parsley, chopped fine

Sauté first 7 ingredients on low, adding in order listed. Stir constantly until half cooked.

Stir in remaining ingredients, excluding parsley. Bring to a boil.

Reduce heat to a low simmer, cover and cook for 1-1 ½ hours, stirring occasionally until lentils are soft and veggies tender.

Stir in parsley and adjust seasonings.

For a large crowd, double the recipe.

Option: Replace red lentils with brown or green lentils. Just as good, but quite a difference in taste!





Black Bean Salad



Lentil Quinoa Salad

# *Hearty Salads*



Tabbouleh Salad

## Black Bean Salad\*\*

Great any time of year, but especially nice over a bowl of lettuce for a quick meal on a hot day.

¼ cup red wine vinegar	1 each red, orange, and yellow sweet pepper, diced
¼ cup xv olive oil	½ large sweet white or red onion, chopped fine (¾ cup)
Juice of ¼ lime (approx 1 tsp)	2 cups fresh raw corn cut off the cob (3-4 large ears)
1 large clove garlic, minced (1 T)	4-5 cups black beans, drained
	2-3 T Italian parsley, chopped fine

Mix first 4 ingredients for dressing and set aside.

Prepare the rest and pour dressing over all but the parsley.

Blend well, then mix in the parsley.

Leave on counter for 30 minutes, stirring up occasionally.

Stores in fridge for up to 5-6 days.



## Creamy Pineapple Coleslaw\*\*

Light, fresh, creamy, and oh so refreshing!

2 T vanilla soy yogurt  
 ½ cup lightly drained crushed pineapple  
 2 cups green cabbage, shredded fine  
 Small pinch of cinnamon

Mix together yogurt, cinnamon, and pineapple. Stir in the cabbage.  
 Eat right away or chill for a couple hours.

## Fresh Fruity Coleslaw\*\*

Ah, the simple things in life are often the most enjoyable.

1 ¾ cups green cabbage, grated  
 ¼ cup (or less) carrot, grated  
 1 ½ T 100% orange juice  
 1 ½ tsp pure maple syrup

Mix it all up and serve immediately.

Please note: This is especially good in late summer when the cabbage is fresh from the field. It is also good the next day, unlike some coleslaw. (Store any extra in a covered container in fridge.)



Herb Bread



Multi Seed Bread

# *Breads and Rolls*



Fluffy Oatmeal Rolls

## Cinnamon Rolls

These are a perennial favorite. The fragrance and taste of warm cinnamon rolls... oh my!

Oven temp: 350 degrees

Use the same dough and preparations as the Multi Seed Bread (p. 46) with a few alterations.  
Increase honey to 1 cup and omit the seeds and millet.

Additional ingredients needed:

1 ½ cups raw sugar  
6 T cinnamon  
2 cups raisins

Mix together cinnamon and sugar and set aside.

Once dough has risen, divide into 6 equal pieces.

Preheat oven to 350.

Roll one piece out to 16" x 8" x ¼" thick, with the edges away from you slightly wider.

Spread ⅓ cup cinnamon-sugar mixture evenly over the top and ½" from the edge.

Evenly sprinkle ⅓ cup raisins next.

Gently but snugly roll up lengthwise 1" at a time, tucking in as you move left to right and right to left until you reach the edge. Pinch the edges and ends closed. Once pinched closed, gently stretch from the center out as needed to equalize the thickness of the roll.

Cut into 1" pieces and place cut side down on a greased cookie sheet approx 1" apart. (Each loaf makes 13-16 rolls.)

Bake: 350 for 14-16 minutes until rolls spring back when lightly pushed in the center and where the rolls touch.

Take out of the oven.

Removing the Rolls From the Cookie Sheet:

The rolls can rest 5-10 minutes then be removed one by one and placed on a cooling rack, or immediately place a cooling rack on top of the rolls and with pot holders carefully invert. Remove cookie sheet, place a second cooling rack on the bottom of the rolls, invert. Remove top rack and cool completely (or at least allow 10 minutes to set before eating).

Keep in the fridge for up to a week or freeze.



Options:

- As many of the 6 pieces as you like can be formed into plain loaves.
- Prefer cinnamon bread? Roll a piece of dough out to approx 8" x 10" x ⅓" thick. Add the same amount cinn/sugar and raisins as above and roll up the opposite way for a thick, 8" wide loaf. Pinch and place in an oiled loaf pan and bake as stated. Cinnamon raisin bread will take several minutes longer to bake than plain bread. It can also be baked on a baking stone but doesn't hold its shape as well because of the layers. Cool at least 30 minutes to set before slicing into fresh baked bread.
- 3-4 T honey mixed with 1 T cinnamon can be drizzled over the dough in place of the cinnamon-sugar mix.



Coconut Bars



Honey Roasted Nuts

# *Snacks*



Easy Crunchy Crackers



Blueberry Crumble



Carob Mint Cake

# *Desserts*



P. B. Carob Fudge

## Apple Crisp Bake

A light, fresh dessert that is quicker to make than pie, with twice as many servings.

Preheat oven: 375 degrees

1 T light olive oil  
1 ½ cups apple cider

1 cup quick oats  
½ cup wheat germ  
½ cup spelt flour  
½ cup maple sugar  
1 T cinnamon  
¼ tsp whole salt

8-12 baking apples

3 T spelt flour  
1 ½ tsp cinnamon

½ cup light olive oil

Drizzle the 1 T oil in the bottom of a high sided 10"x15" baking dish.

Pour in the cider and set aside.

Mix together oats through salt and set aside.

Peel, core, and slice apples about ¼" thick, filling a large Pyrex mixing bowl almost to the top.

Stir together the 3 T spelt and 1 ½ tsp cinnamon, pour over the apples and blend (scooping down from the outside edge up the center keeps it in the bowl).

Pour into baking dish, lightly packing apples while leveling out the top.

Stir the ½ cup oil into the oat mix and spread evenly over the apples, lightly pressing in place.

Bake: 375 degrees uncovered for 35-45 minutes, until a thin serving fork inserted in apples releases easily, indicating apples are done and top is lightly browned.

Let it cool and set a minimum of 30 minutes before serving.



Options:

- Substitute maple sugar with raw sugar.
- Replace the ½ cup wheat germ with ¾ cup oat bran.
- ¼ cup coarsely chopped walnuts can be added to the topping.
- Crispin or Northern Spy apples are my favorite for pies or crisp. Any dense, hearty apple that stands up to baking will do.

Note: If there is any left at the end of the day cover tightly, put in the fridge, or leave on the counter a couple days for the nibblers.



Easy Salsa Casserole



Zesty Pesto

# *Main Dishes*



Marinated Grilled Veggies

## Beans and Greens\*\*

This is one of the favorites. Easy, but oh so satisfying!

2 T xv olive oil

2 large cloves garlic, chopped fine (2-3 T)

1-1 ½ # escarole, cleaned and chopped into 2"-3" pieces (1 large head)

1 veggie bouillon cube mixed with 1 cup hot escarole water

2 cups drained navy pea beans

1-2 T arrowroot powder mixed with ¼ cup room temperature water

Heat a 12", high-sided cast iron pan on medium low. Sauté garlic in oil for a minute.

Blanch escarole in a big pot of salted boiling water (4-5 quarts to 1 tsp salt) for just a couple minutes until just tender. Reserve a couple cups liquid, drain and add to garlic.

Mix for a minute then stir in bouillon and beans. Cover and simmer on low for 5 minutes. (If too much liquid has evaporated, add another ½ cup or more as needed.)

Shake together 1 T arrowroot and ¼ cup water. Add and stir until thickens and begins to bubble.

Repeat if like a thicker mix.

Serve with whole grain bread or over long grain brown rice.\*

Options: Replace escarole with ½-¾ # kale; center rib removed, cut in 2"-3" pieces (approx 8 cups lightly packed). Blanch for 5-7 minutes until just tender. 1-1 ½ # swiss chard works well too, or half chard and half kale. (Be sure to blanch greens until tender, otherwise they will be tough and stringy.)

Please note: For a juicier mix, start with 1 ½ cups escarole water, and up to 3 T arrowroot powder as needed. Can also add up to 3 cups beans depending on your taste.

\*Long grain brown rice: 1 ½ rounded cups long grain brown rice, 3 cups water, 1 veggie bouillon cube. Bring to a simmer, reduce heat to very low, cover and cook 40 minutes. Remove from heat and keep covered 10-15 more minutes. Fluff and serve.



Escarole



# Tips Worth Reading



## Tips Worth Reading

*New information for some; good reminders for everyone!*

- Trying healthier foods for the first time? Give yourself three months minimum of eating fresh, whole foods to develop taste buds that remember what good food tastes like that's not overloaded with sugar, salt, and fat. By then, the super sugary foods will seem too sweet and lacking in real flavor.
- Always read the entire recipe before starting, and double check amounts at the end.
- Be alert and focused while preparing food and working near hot surfaces to minimize burned or cut fingers.

**ABBREVIATIONS:** T=tablespoon, tsp=teaspoon (See p. 8 for complete list.)

### **BAKING:**

- Ideally, bring all ingredients to room temperature by setting out 15-20 minutes ahead. One exception would be flour for pastry dough, which needs to be kept frozen until ready to use.
- "Cut in" means to push down with a pastry cutter at different angles to combine the ingredients to a fine crumble.
- When measuring baking powder or baking soda, push down to make sure it is packed in the measuring spoon, then level off, exerting some pressure as you go. Make sure any clumps are broken up before adding to your dry mix, by squishing it with a smaller spoon while adding it.
- Especially in baked goods, mixing the dry ingredients together well, and then separately mixing the wet ingredients well, and lastly just lightly and gradually mixing the dry into the wet until just moistened will produce a light, uniform product.
- Always preheat your oven which means to bring the temperature up to desired temp before adding food.
- To grease baking pans, use a thin layer of Earth Balance margarine. Oiling with coconut oil or olive oil is fine too, but some things may stick a bit.
- Make sure baked goods are of uniform size and thickness to ensure even cooking, with enough space left between to allow for expansion.
- Bake everything with the oven rack on the middle shelf unless specified otherwise.
- Steps to take if your baked goods are burning on the bottom before the tops are done: 1. Double check that the actual oven temp is accurate. 2. Raise oven rack up one notch. 3. The batter may

need a bit more flour. If not firm enough, it will take too long for the center to set and the outside will get over cooked. 4. Bake a batch on a higher rack and reduce temp by 25 degrees.

- Let muffins and quick breads set in their baking tin for 10 minutes on a cooling rack before carefully removing.

**BRANDS:** **Fruit thickener** used to make jams was **Pomona fruit pectin**.

- **Molasses** used in recipes should be **Barbados** or unsulfured unless blackstrap is specifically mentioned.
- **Muir Glen pizza sauce** and **pasta sauce** were used when homemade was not available.
- Non hydrogenated margarine used in recipes was **Earth Balance** brand.
- Veggie **bouillon** used was **Rapunzel** brand veggie cubes with sea salt.
- Veggie ground used in recipes was **Yves** brand veggie ground.

**BREAD:** When making bread, remember to slowly and gradually mix ingredients in the same direction. When kneading, knead slowly and gently for light, tender bread. Rushing through will produce heavy bricks.

- Hard red wheat makes good traditional bread with a good flavor. Hard white wheat makes a lighter bread, but not as flavorful. A mixture of both is nice. Substituting 3-4 cups of any other flour will give you a nice variety also.
- Be sure the water used in yeast breads is lukewarm. (Drop a couple drops on the inside of your wrist, it should be warm but not hot.) Water that's too hot will kill the yeast and your bread won't rise; too cold and it won't work well.
- Common sense note: Use a fuzz-free towel or oiled plastic wrap to drape over rising bread.
- To find out if your bread has finished baking, tap on the bottom. The outside should be a high pitch, the center a low pitch, signifying the bread is cooked all the way through.
- **FRESH BREAD CRUMBS:** Put whole grain bread that's dried out a bit into food processor and process until fine crumbs. Store in freezer.
- **TOASTED BREAD CRUMBS:** Spread single layer on cookie sheet. Bake at 325 degrees for 5-10 minutes until lightly browned.

**FLOUR:** A combination of spelt and kamut are used in many recipes because a growing number of people do not tolerate the current hybridized wheats, but can still tolerate these (me being one of them). In the future I plan to work on more gluten free recipes.

- Hard white wheat flour (100% whole grain) can be substituted for any combination of spelt or spelt/kamut in a recipe, but hold back some of the flour until the end of the mixing for proper consistency.
- If you plan on using whole grain flours in any appreciable amount, consider investing in a grain mill. We have mouse-impermeable garbage cans just for storing grain in our cool, dry basement. Any extra that is ground is kept in the freezer. Once you've used fresh ground flour, you'll never go back!
- When measuring flour, fluff up first, then fill your cup from a scoop and level off with a straight edge. (Chopsticks work nicely.) If the flour is clumpy (such as chickpea flour can be), sift first with a flour sifter, or place in a fine mesh strainer and work through with a spoon.
- When a recipe calls for flour, always reserve at least ½ cup of just flour to mix last as needed, as flours can have different densities and moisture content. If substituting flours, reserve more.

**FREEZING:** Many of the recipes are in large enough amounts for you to also freeze some for ready-made meals another day.

- To keep food in the freezer longer, be sure to remove air pockets before sealing freezer bags, and leaving only enough space at the top in containers to allow for expansion as the food freezes (¼" - ½") depending on how much water the food contains. FYI, if you use a glass container and don't leave enough space it may break.

**FRYING:** When heating a frying pan on the stove top, if you use a flame stovetop, set the heat where you want it, and wait approximately 4 minutes for it to reach that temperature. Turning it on high to speed it up and then turning it down does not produce the same results.

**GARLIC:** Organic, homegrown, hard neck garlic is used in the recipes. One 'toe' or clove of this garlic produces approximately 1 T of minced or chopped garlic. Other kinds may need more than one clove. My secret for large cloves of garlic? Find a local source of untreated garlic bulbs. Split into single cloves saving only the outside cloves to plant. Ideally, plant in loamy, well drained soil. Plant 4" down, 6" apart, 10" between the rows and cover with 4"-5" of mulch. In the northeast, I plant the first couple weeks in October and dig it up the first or second week in July. Dig one up and check: if the cloves are well formed and the tops have partially died back, it is ready. If the outside sheaths on the bulb are peeling away (or rotting off) the bulb, you waited too long; dig them up quick! Take care in digging and handling, as fresh garlic is more easily damaged. Immediately hang each separate piece in a dry area out of direct sunlight with constant air flow. We have designated two-by-fours to staple gun the stalks to, then sus-