

FREE Food e-Magazine

When It's Smokin', It's Cookin'

January 2017

Detox. Healthy Slaw

Homemade Pizza

Chili Dogs

Spaghetti Squash

Marshmallow Root Salve



“Let your food be your
medicine
&
your medicine be
your food”
-Hippocrates’

Forward

For years we have been helping people overcome illness through diet, exercise, herbs, attitude and vitamins.

People are constantly asking us for recipes, classes and help with every day ailments. This magazine is our attempt to spread our knowledge to the world one issue at a time. To empower people everywhere to improve their health and cooking skills along with their ability to take care of their families health needs.

Join us on our journey!

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Chili Dogs

Submitted by: L. Applegate

Ingredients:

2 cups cooked pinto beans
1 Tbsp. taco seasoning
6 hot dogs
6 buns
1/4 cup grated cheese

When using taco seasoning we have a trick. Salt enhances all of the spices in taco seasoning so you can use less.

Hot and spicy add taco seasoning to your hearts content.

Mild salt beans first then add taco seasoning a little at a time until you have it just how you want it.



Instructions:

Heat up beans in a pan on medium heat, add taco seasoning and simmer for a few minutes. Mix well. Serve over hot dogs and buns, top with cheese if desired. Enjoy!

Detox. Healthy Slaw

Submitted by: Veronica

This is one of the recipes out of Dr. James' WOW (Wisdom of Wellness) Book. The ingredients in this recipe are cleansing and detoxifying and when eaten daily they aid in weight loss. It can store in the fridge for about a week.

Add to salad, ground meat, dips etc.

Ingredients:

- 1/2 lb. cabbage
- 1/2 lb. carrots
- 1/4 lb. onions
- 1/4 lb. celery
- 1/2 Tbsp. lemon juice
- 1/2 tsp. Italian seasoning
- 1/2 tsp. salt



***P.S.** If you don't like onions, leave them out and it is still an amazing food*

Instructions:



Cut:

Cut cabbage small enough that it will fit in your food processor.



Pulse:

Pulse it until it is chopped very fine. Remove from food processor and place in a bowl.



Carrots:

Repeat step 1 and 2 separately with the carrots, onions and celery then mix all of them together and add lemon juice and spices.

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Homemade Pizza

Submitted by: Jim Applegate

Ingredients:

1/2 cup pizza sauce
2 cups cheese (grated)
1/4 cup spinach (chopped)
1/4 cup onions (chopped)
1/4 cup mushrooms (chopped)
1/4 cup Canadian bacon (chopped)
1/4 cup olives (sliced)
30 pieces pepperoni or just enough to cover the pizza
2 cups [bread dough](#).



Note: Use your favorite bread recipe and If you let it set in the refrigerator over night, or up to 3 days, you will have a more dense dough. If you use it just after you have let it rise twice it will be a fluffier dough.

Instructions:

Prepare all vegetables and mix them in a large mixing bowl.



Roll:

Roll dough out on a floured surface till about 1/4 inch thick.



Poke:

Puncture dough with a fork at least 20 times. This makes it so that your bread does not get bubbles in it.



Blend it:

Place on a pizza tray and place in the oven at 350° for 15 minutes.

Homemade Pizza



Sauce:

Pull out of oven and put sauce on evenly.



Cheese:

Add about half the cheese.



Vegetables:

Add ready-mixed vegetables.



Then:

Add pepperoni, olives and Canadian bacon.



Rest:

Add the rest of the cheese.



Bake:

Place in oven and bake at 350° for 20 minutes or until cheese bubbles.

— Marshmallow Root Salve —

Marshmallow root has long been used as a food, particularly during times of famine when it is more abundant than vegetables. It also has been used as an expectorant and cough remedy for thousands of years. It is rich in vitamins A, C, and B-complex as well as minerals such as selenium, zinc, copper, and iron and contains a compound called mucilate which provides a protective barrier in the digestive and respiratory tract which helps to heal and repair irritation and mucus.

While we are on the subject of marshmallow root, there is a salve made by Dr. James that works miracles. It is known as Marshmallow Root Salve, or Eye Salve.

TRADITIONAL USES:

- cuts
- scrapes
- pinkeye
- boils
- shingles
- allergy eyes
- sties
- weepy eye syndrome
- dry eyes
- itchy eyes
- gentle eye make up remover
- eczema



Salve **INGREDIENTS** (traditional uses)

*Elder Flower is helpful in relieving sinus congestion, watery eyes, sore eyes, and irritated and inflamed skin.

*Marshmallow Root soothes and softens irritated tissue, localized irritations, sores, useful for fighting any skin degeneration. Aids in skin rehydration reducing skin aging and diminishing inflammation.

Also includes: beeswax and olive oil as carriers.



To be applied liberally to affected area. To Buy the salve or watch the video about the salve [click here](#)

Taco Rice

Submitted by: Lynn A.

Ingredients:

2 cups rice
1/4 cup chopped onions
1 Tbsp. taco seasoning
1 Tbsp. butter
1/4 cup water
salt to taste

Tip: I like to hide vegetables in this so I can get my kids to eat them. I just grate the vegetables of choice and add it in step 1.



Instructions:



Melt:

Melt butter in sauce pan over medium heat, add onions and, if desired, vegetables. Cook until onions no longer look white. this takes about 2-3 minutes.

Water:

Add water and taco seasoning. Mix well. Bring to a simmer.

Rice:

Add rice. Mix well. If rice was cold let simmer for 3-5 minutes or until it is hot. Serve & enjoy!

Spaghetti Squash

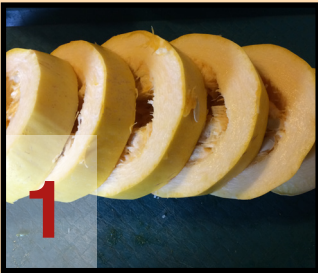
Submitted by: Lynn

Ingredients:

1 Spaghetti squash
1/4 cup butter
1 Tbsp. Oregano
salt to taste

After I made this I discovered that it was easier to get the seeds out if you cut the squash in half, around its middle, and removed the seeds. Then cut the rings.

Instructions:



Cut:

Cut squash into 1 to 1 1/2 inch rings. It is a lot easier to cut going this way



Clean:

Clean out seeds with a spoon.



Repeat:

Repeat until you have finished with all of the pieces.



Bake:

Place on a cookie sheet. Bake at 350° for 30-45 minutes.



Remove:

Remove tray from oven and scrape out the inside of the squash into a bowl.



Add:

Add oregano, butter and salt.

