



Cooking with Grace & Goodness

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A portrait of Grace Ventura, founder of Grace's Goodness Organics. She is a woman with dark, wavy hair, smiling warmly at the camera. She is wearing a blue and green patterned top and a necklace with blue and green beads. The background is a dark, textured grey. There are decorative elements: a yellow and green leaf-like shape in the top left corner, a purple and green vine-like shape in the top right corner, and a brown hand holding a yellow ring in the bottom right corner.

Hello! I'm Grace, founder of Grace's Goodness Organics, plant-based sipping broths.

For over 5 years, my daughters and I have been using Grace's Goodness Organics sipping broths as an ingredient in recipes to add flavor and enhance nourishment. We discovered the possibilities with this broth are both delicious and endless!

Within this cookbook, you'll find a collection of our favorite recipes, including up-leveled, nutrient dense broths, hearty soups and stews, satisfying entrees, refreshing juices, snacks and even dessert. Each recipe is simple to prepare, made with easily accessible ingredients and can be enjoyed throughout the year.

As you craft these recipes, we hope you are inspired to take your own creative cooking journey and discover more ways to enjoy Grace's Goodness Organics. We'd love to hear from you; please share photos and recipes of your creations with us on social media [@graces_goodness_organics](https://www.instagram.com/graces_goodness_organics) or email us at info@gracesgoodness.com

Enjoy and happy cooking with Grace & Goodness!

Grace Ventura
Founder
Grace's Goodness Organics

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Soup and Broth Concoctions





The Best Sweet Potato Soup

Serves 2

Ingredients

1 medium-size sweet potato

2 green onions or 1 leek

3 tsp. coconut oil

1 packet Grace's Goodness Vitality Broth

¼ cup cashews, soaked and covered in water for at least 2 hours. Strain the nuts before adding.

Optional: 1 tbsp. nutritional yeast

Optional: garnish with a few sprigs of cilantro

Here's yet another simple recipe that is satisfying, nourishing and healthy for you and your family. This creamy, delicious soup will be a favorite for all and they'll think you are a gourmet chef! Makes a perfect for an addition to your holiday menu as well.

Directions

Bake sweet potato at 375° F, about an hour.

Finely slice onions or leek and saute in 1 tsp. coconut oil. Reserve remaining 2 tsp. of coconut oil. Set cooked onions aside.

Boil 2 c. water. Stir in Vitality Broth.

Place baked, peeled potato, broth and nuts in blender, add remaining coconut oil.

Blend until creamy. Pour into serving bowl.

Add and gently stir in onion or leek.

Stir in nutritional yeast and garnish with cilantro if desired.



Vitality Nut Broth

Serves 1

Ingredients

1 packet of your favorite
Grace's Goodness Broth

1 tsp. nutritional yeast

1/3 tsp. dulse flakes

1/3 c. of your favorite plain
nut milk (see note)

Optional: Add chopped
green onion, broccoli rabe,
spinach, kale or other
greens for additional
texture and nutrition.

Just when I think I have created some of the simplest and most yummy recipes, another one shows up! This is so simple and delicious, even for breakfast.

Directions

Boil 10 oz. water

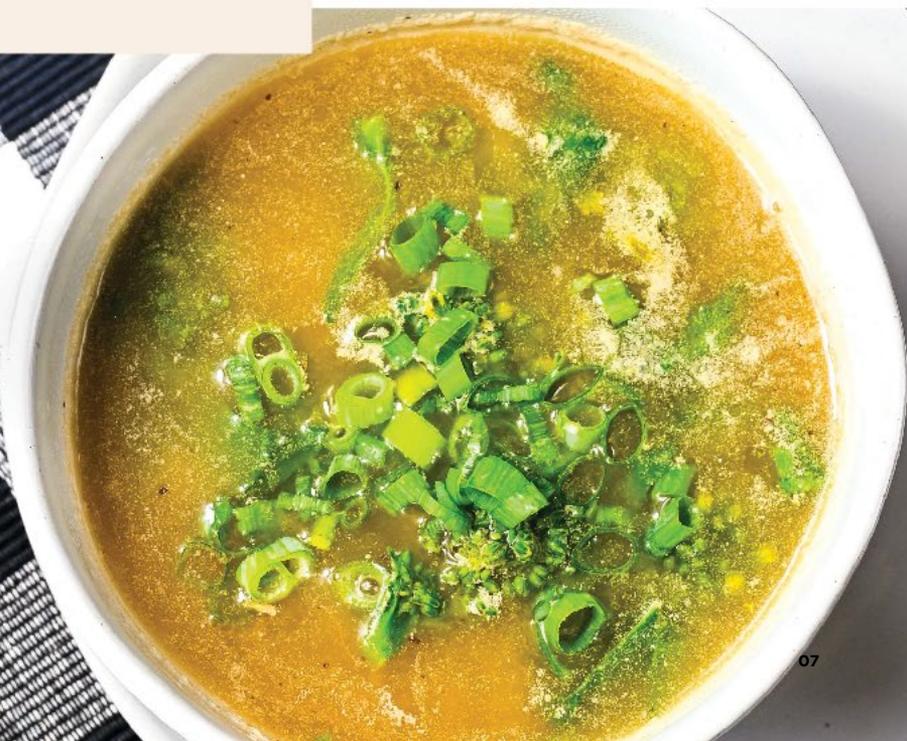
Measure all powder ingredients and place in a bowl.

Add water, stir.

Add greens if desired, stir.

Add nut milk, stir and voila!

Note: Homemade walnut milk can be made by soaking 2 cups of walnuts overnight. In the morning, strain the nuts and blend with 3.5 cups of water.



Daily Super Charge

Ready to take your broth experience to a new level? Take goodness on-the-go with this recipe that's savory, satisfying and nourishing.

Serves 1

Ingredients

- 1 packet of your favorite Grace's Goodness Broth
- 1 tsp. dulse flakes
- 1/2 tsp. spirulina
- 1 tsp. nutritional yeast
- 1/2 tsp. miso paste
- 1 tsp. coconut oil
- 8-10 oz. boiling water

Directions

Place first 6 ingredients into a mug. Add the boiling water.

Stir. Steep for 2 minutes, stirring occasionally.

Take this nourishment on the road or enjoy right where you are!



Muy Bueno Bowl

Move over tortilla soup and make way for this fabulous Mexican inspired soup that is packed with yumminess and nourishment!

Serves 2

Ingredients

1 puck of ramen or an equivalent amount of rice noodles (preferably organic and gluten free)

2 eggs or tofu

Handful of baby kale

¼ c. fresh or frozen corn

¼ tsp. dried kombu, dulse or other seaweed

1 packet of your favorite Grace's Goodness Broth

¼ avocado

½ tsp. cilantro

¼ lemon

Optional: nutritional yeast and/or miso

Directions

In a medium saucepan, boil 2 cups of water.

Add in ramen or rice noodles.

Carefully crack eggs into the boiling water to poach (or add tofu)

Add kale, corn and seaweed. Continue to cook and then turn off heat after 4 minutes.

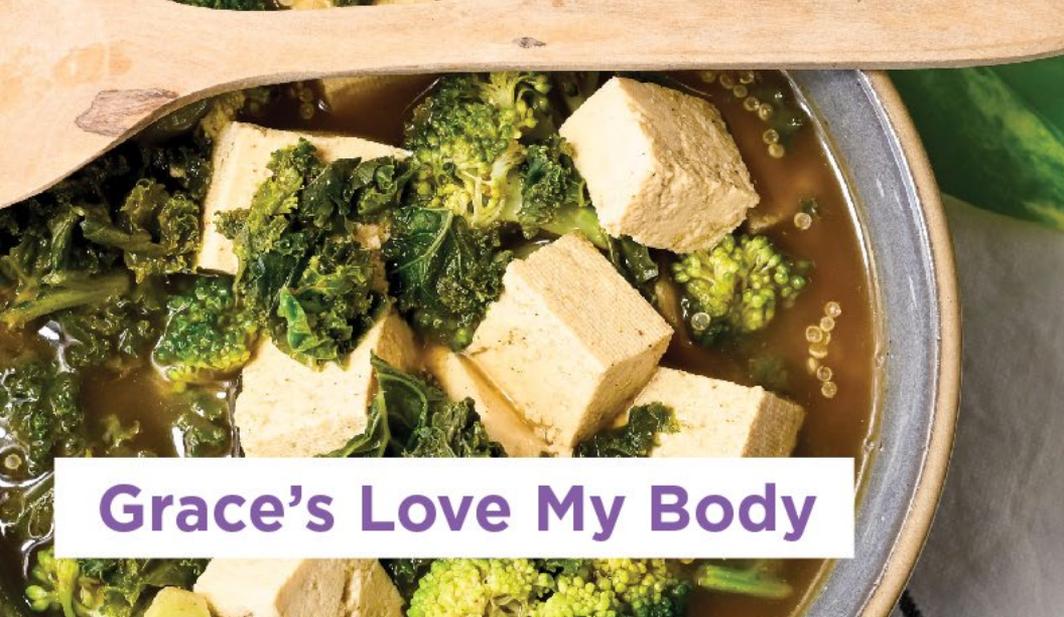
Add in packet broth, stir.

Cover and wait 2 minutes.

Pour into serving bowls and top with avocado, fresh cilantro and a squeeze of lemon.

If desired, add miso and nutritional yeast for additional nourishment.





Grace's Love My Body

Serves 2

Ingredients

2 c. of water

1 puck ramen or ½ c.
cooked quinoa, rice, or
other grain

Handful of spinach, kale,
other veggies

½ c. protein, cut into bite
size pieces (tofu, chicken
etc.)

1 packet of your favorite
Grace's Goodness Broth

Optional: 1 tsp. coconut oil,
½ tsp. miso and 1 tsp.
nutritional yeast for
additional nourishment

This well balanced soup will satisfy your noodle soup cravings and provide all the nourishment you need to get you through the morning or afternoon.

Directions

Boil water.

Add ramen (or preferred grain). Cook for 2 minutes.

Add spinach, kale, veggies and protein.

Continue to cook and then turn off heat after 4 minutes.

Add packet of desired Grace's Goodness broth, stir, cover and wait 2 minutes.

If desired, add 1 tsp. coconut oil, ½ tsp. miso and 1 tsp. nutritional yeast for additional nourishment

Stir, Serve and enjoy!



Orient Express

Serves 2

Ingredients

1 c. gluten free rice noodles

1/3 c. diced tofu

1 chopped green onion

1 ear fresh corn, kernels cut off the cob

2-3 tbsp. mung bean sprouts

6 snow pea pods, cut in 1/2

2 strips kombu seaweed cut in small pieces

1 packet Grace's Goodness Better Belly Broth

1 tsp. coconut oil or tablespoon coconut milk

1 tsp. cilantro, chopped

This Asian inspired soup takes me back to a favorite dish we enjoyed during Sunday lunches at West Lake Restaurant with the family. I've added coconut milk to make it even more yummy!

Directions

Bring 1 1/2 cups water to boil.

Add noodles.

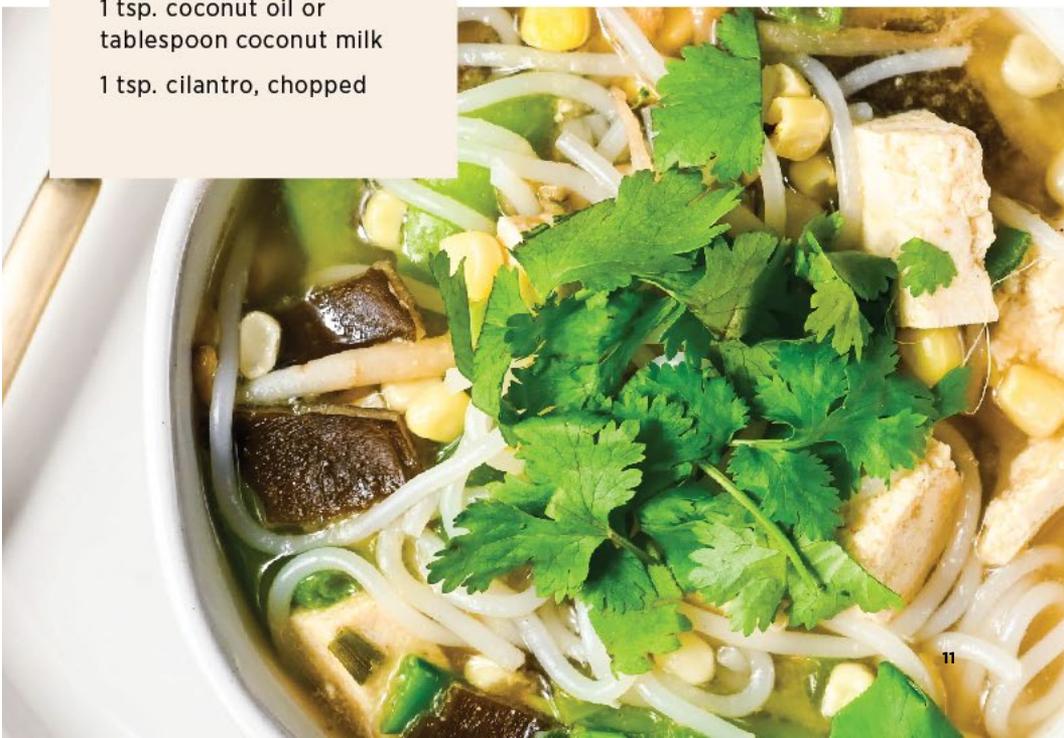
Wait 2 minutes then add remaining ingredients except cilantro.

Begin to separate noodles and cook for 2 more minutes.

Check noodles for doneness. Turn off heat when noodles are cooked.

Add packet of Better Belly Broth, stir and wait 2 minutes.

Place in serving bowls and garnish with cilantro.





Mother's Day Broth

This broth was inspired on Mother's Day, a day when I want to feel deeply nourished and cared for. Enjoy this full bodied, yummy nourishment any day!

Serves 1

Ingredients

- 1 packet of your favorite Grace's Goodness Broth
- 1 tsp. coconut oil
- 1 tsp. nutritional yeast
- 1/2 tsp. dulse flakes

Directions

Put all ingredients into a mug. Add 10 oz. boiling water. Stir. Steep for 2 minutes and enjoy!



Get Well Now Broth

Why wait to get well soon when you can get well now! This soup is filled with nutrient dense ingredients, flavor and a generous boost of goodness to support you when feeling under the weather.

Serves 2

Ingredients

2 eggs (or tofu if preferred)

1/2 shallot, chopped

1 clove garlic, minced

4 stalks broccolini or 1/2 stalk broccoli,
cut into pieces

2 tbsp. frozen corn

1 tbsp. coconut oil

1 tsp. nutritional yeast

1 packet Grace's Goodness Immune Broth

Optional: 1/2 tsp. dulse flakes,
1/2 small lemon

Directions

Bring 2 cups of water to a boil.

Crack the eggs and carefully immerse the eggs into the water to poach (If they break, you will end up with egg drop soup!)

Wait 30 seconds then add chopped shallots, garlic, broccolini and corn.

Cook for 2 minutes, turn off heat. Stir in a packet of Immune Broth, coconut oil, nutritional yeast and dulse flakes (if using).

Wait 2 minutes.

Optional: squeeze 1/2 lemon for a bit of a tang plus extra Vitamin C!





Vital Miso

Serves 2

Ingredients

2 slices of firm tofu about 1" thick, cut into bite-size pieces

¼ tsp. coconut oil

½ tsp. tamari

1 stalk broccoli, cut into bite sized pieces

Handful chopped kale

1/4 tsp. chopped fresh ginger

1/2 tsp. chopped fresh parsley

1/4 c. cooked brown rice

1 packet Grace's Goodness Vitality Broth

1 tbs. miso

1/2 tsp. chopped fresh cilantro

1/2 tsp. nutritional yeast

2 c. water

This is a delicious, convenient, simple vegan broth with vegetables and protein. You'll find this nourishing, satisfying and only 10 minutes to prepare! Share a cup or have extra for later.

Directions

Bring 2 cups of water to a boil.

As water boils, stir fry tofu in coconut oil and tamari.

Add in broccoli, kale, ginger, parsley and cilantro. Cook for 2 minutes.

Add in cooked tofu and rice. Cook for 30 seconds. Turn off heat.

Add broth packet, miso, cilantro and nutritional yeast. Stir and let sit covered for 2 minutes.



Vital Tomato Broth

Serves 2-3

Ingredients

1 tsp. coconut oil

1 shallot, minced

1/2 (28 oz.) can diced tomatoes, blended

1/2 (14.5 oz.) can coconut milk

1 packet Grace's Goodness Vitality Broth

Pinch of sea salt

Optional: 1 tsp. parsley or cilantro

The marriage of plump, juicy tomatoes and Vitality broth has created this beautiful, delicious, rich and very satisfying soup. Best complemented with a grilled cheese sandwich!

Directions

In a small saucepan, heat coconut oil. Sauté shallots for 30 seconds.

Add tomatoes, coconut milk and a packet of Vitality Broth.

Simmer for 3 minutes. Stir in salt.

Garnish with cilantro or parsley, if desired.



Simple Summer Broth

When you're out camping or at a music festival, it can be tricky to eat well. Here is a light, summery recipe using our delicious broth. Spinach boosts heart health and miso provides for a healthy gut flora making it easy to stay healthy anytime, anywhere!

Serves 2

Ingredients

2 c. water

1 egg or plant based
protein like tofu

Handful of spinach

1 packet of Grace's
Goodness Immune Broth

1 tsp. coconut oil

1 tsp. of nutritional yeast

1 tsp. miso

Directions

Bring water to boil.

Drop one egg (or plant based protein) into boiling water. Cook for 1 minute.

Add in spinach. Cook for an additional minute and turn off heat.

Stir in packet of Immune Broth, coconut oil, nutritional yeast and miso.

Stir, wait 2 minutes and enjoy in a jar or Thermos, on-the-go wherever you roam!



Mucho Gusto Gazpacho

If you love Gazpacho, try this recipe that is bursting with fresh tomato, cucumber, cilantro. Grace's Goodness Vitality Broth adds deep notes of root veggies, rosemary, thyme, lemon and cayenne for a kick of Vitality!

Serves 3-4

Ingredients

- 2 lbs. ripe tomatoes
- 2 packets of Grace's Goodness Vitality Broth
- 1 peeled cucumber
- 1/2 c. olive oil
- 1 clove garlic
- 1 shallot
- 1/2 lime, peeled
- 3 sprigs cilantro for soup
- 3 sprigs cilantro for garnish
- 1 avocado, sliced

Directions

Place first 8 ingredients in a blender and blend until smooth.

Garnish with avocado and cilantro.





Beverages



All Seasons Immune Juice

Serves 1-2

Ingredients

Equipment: Juicer

(Preferably all organic produce)

1/2 beet with beet greens

1/2 fennel bulb

2 celery stalks

1 lime, peeled

1 green apple

4 stems of cilantro

Big handful of mixed spring greens

1 packet Grace's Goodness Immune or Better Belly Broth

Try this juice when you are fighting a cold. Also great on a warm Summer's day when you are craving something refreshing, nourishing and delicious.

Directions

Juice all ingredients.

Add broth packet to juice, stir well.

Wait 1 minute for all flavors to meld together.





Pineapple Ginger Sunrise

Serves 1-2

Ingredients

Serves 1-2

8 oz. organic

pineapple juice

2-4 oz. spring water

1 packet Grace's Goodness

Better Belly Broth

Ice

The possibilities with Grace's Goodness are endless. This sweet and savory mocktail is satisfying, nourishing and refreshing. What a creative way to enjoy your daily veggie broth!

Directions

Place all ingredients in a blender and blend on low until well combined. Pour into a glass with ice.



Happy Belly Smoothie

This savory smoothie is both refreshing and satisfying. It has protein, healthy fats and non-dairy creaminess from nuts and avocado. Refreshing tones of lemon, cilantro, celery and cucumber add brightness.

Serves 2

Ingredients

- 1 celery stick
- 1 carrot
- 1/2 cucumber
- 1 avocado
- 1 green onion
- Handful of raw cashews
- Handful of fresh cilantro
- 1/2 lemon peeled
- 1 c. walnut milk (see note)
- 2 tsp. nutritional yeast
- 1 packet Grace's Goodness Better Belly Broth
- 3 or 4 ice cubes to chill

Directions

Place all ingredients in a high powered blender. Blend until creamy.

Note: Homemade walnut milk can be made by soaking 2 cups of walnuts overnight. In the morning, strain and blend with 3.5 cups of water.



Virgin Vitality

Are you a Bloody Mary lover? This one was served for several years at the nationally known Bloody Mary Festival and the most nourishing and tasty one there (in our opinion!). You can leave it virgin or add your favorite vodka.

Serves 2

Ingredients

Serves 2

Ingredients

10 oz. organic tomato or tomato vegetable juice

1/2 packet Grace's Goodness Vitality Broth

1/2 squeezed lime

1 dill pickle

Pinch of black pepper

Crushed ice

Optional add ins: Celery, grilled asparagus, romaine lettuce, 1 tablespoon sauerkraut, pickle, 1 tablespoon capers, 1 tablespoon olive juice



Directions

Blend all ingredients in a blender at high speed until well combined.

Garnish with optional add-ins.





Entrees





Roasted Veggies with Hazelnut

Serves 4

Ingredients

1 lb. of shaved
brussel sprouts

1 c. halved pearl onions

2 sliced
portabella mushrooms

2 tbsp. of ghee

Drizzle of balsamic vinegar

1 packet of Grace's
Goodness Vitality Broth

Salt to taste

1 c. of hazelnuts
(for garnish)

Simple, flavorful and festive, this dish is a perfect balance to holiday splurges. The delicious, savory umami flavors and satisfying crunch make for a nourishing side dish or vegetarian main course.

Directions

Melt ghee in a large skillet over medium heat.

Add all ingredients (except the hazelnuts) saute until veggies are softened.

Top with hazelnuts and serve.



Quinoa Bowl

Serves 2-4

Ingredients

- 1 c. of quinoa
- 2 c. of water
- Salt and pepper to taste
- 1 packet of Grace's Goodness Vitality Broth
- 1/4 c. of cilantro
- 1 avocado, sliced
- 1 can of black beans
- 1 can of corn or 2 c. of fresh corn kernels
- 1 c. of sliced cherry tomatoes
- 1 sliced lime

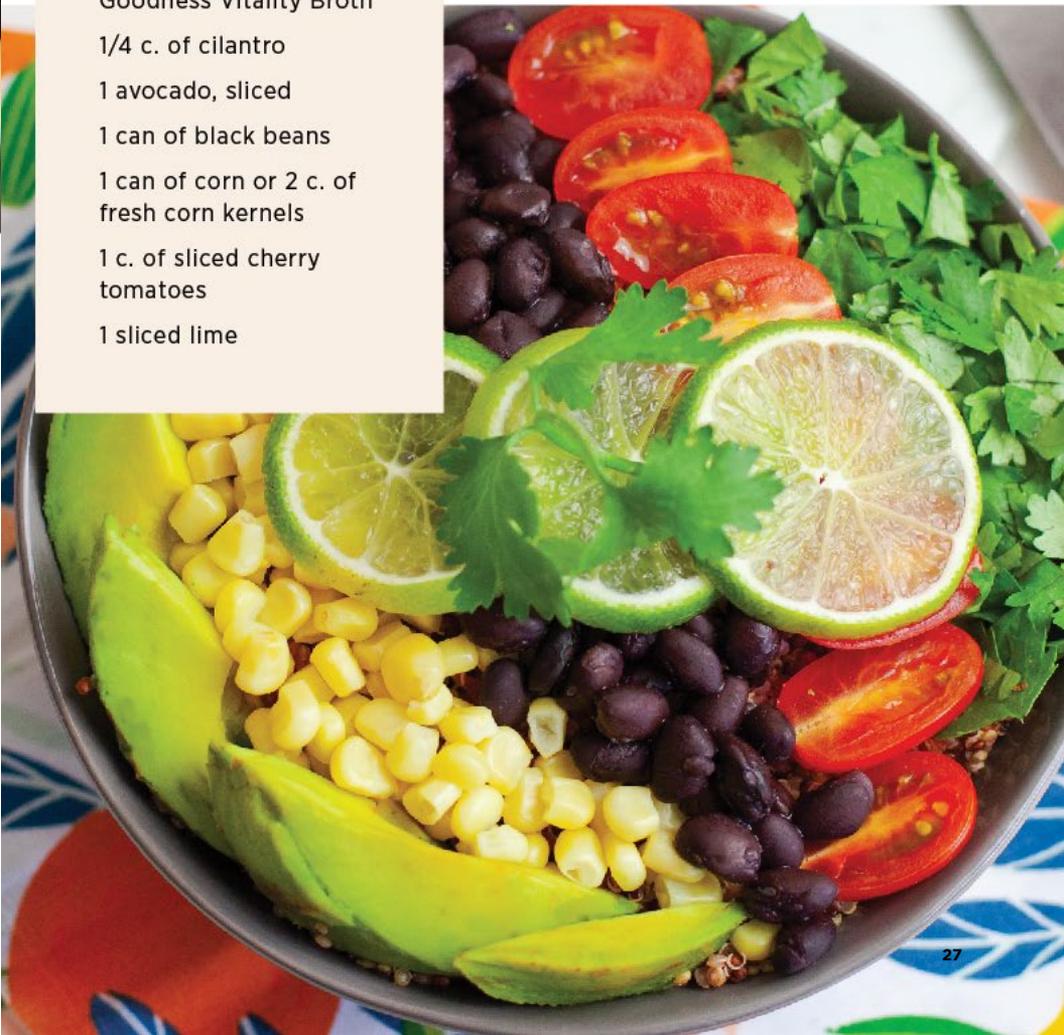
This dish is full of superfood ingredients and vegetables!

Directions

Bring water to a boil and stir in quinoa. Cook for 15 minutes, then set aside for 5 minutes.

Fluff the quinoa and mix in the Vitality Broth packet, salt, and pepper.

Place quinoa in serving bowls and top with remaining ingredients.



Roasted Cauliflower Steak

At Grace's Goodness, we're all about those veggie entrees. This cauliflower steak gives you the nutritional benefits of 8 vegetables in one simple dish with rich flavors that are perfect anytime!

Serves 2

Ingredients

1 whole cauliflower, cut in thick slices

½ c. oil of choice (we prefer avocado oil)

1 packet Grace's Goodness Immune Broth

2 cloves fresh garlic, minced

¼ c. Parmesan, or vegan cheese of choice

Salt and pepper to taste

Directions

Heat oven to 425° F.

Place cauliflower slices on a baking sheet and coat with oil.

Sprinkle broth packet, garlic, cheese, salt and pepper over cauliflower slices.

Bake cauliflower for 20 minutes, flipping halfway through.



Garbanzo Bean Salad

This dish is a summer favorite because it's not only delicious, but requires no cooking! You'll find this garbanzo bean salad fresh, zesty and perfect for hot summer days.

Serves 4

Ingredients

Dressing Ingredients

1/2 c. of white wine vinegar

1 c. of avocado oil

1 packet of Grace's Goodness Vitality Broth

Salad Ingredients

2 (15 oz.) cans of garbanzo beans

1 (15 oz.) can of sliced black olives

1/2 c. of chopped fresh parsley

1 whole cucumber, sliced

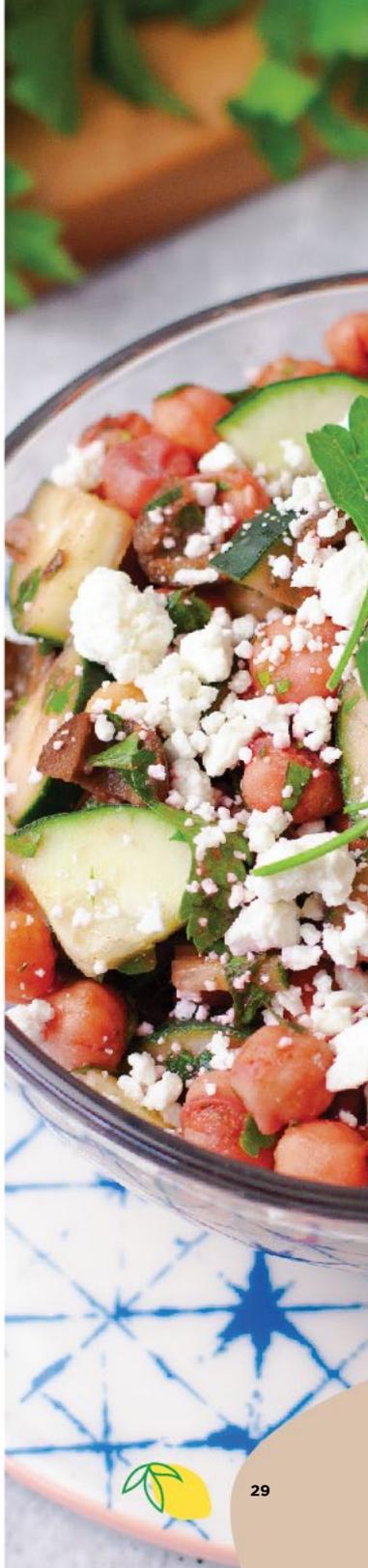
1/2 c. of goat cheese, or cheese of choice, for garnish

Directions

For the dressing, whisk together white wine vinegar, avocado oil, and Vitality Broth packet in a bowl and set aside.

In a large serving bowl, mix together the remaining salad ingredients and toss with dressing.

Garnish with goat cheese and serve.



Pesto Pizza

Serves 2-4

Ingredients

Vitality Pesto Ingredients

3 c. of fresh basil

4 crushed garlic cloves

¼ c. of avocado oil

1 pack of Grace's Goodness
Vitality Broth

1 tsp. of salt

Pizza Ingredients

1 sweet potato, peeled and
diced into ½ inch cubes

1 tbsp. coconut oil

Salt & pepper to taste

1 prepared pizza crust (I
prefer gluten-free or
cauliflower crust)

4 oz. goat cheese, at room
temperature

1 tsp. fresh thyme, chopped

Who doesn't love pizza or pesto? Pizza is one of the most versatile foods to create. In my family we have pizza parties that allow everyone to create their favorite. This recipe is so delicious and simple to make.

Directions

Preheat oven to 425° F

Line a baking sheet with parchment paper.

Place sweet potatoes, coconut oil, salt and pepper on baking sheet and toss to combine.

Roast sweet potatoes until soft and slightly browned, about 15 minutes, stirring occasionally. Leave oven on at 425° F.

While sweet potatoes roast, prepare pesto by placing all pesto ingredients in a blender and blend until a smooth mixture appears.

Prepare pizza by spreading pesto on crust and topping with goat cheese, sweet potatoes and fresh thyme.

Cook the pizza at 425 for 12-15 minutes.



Sides & Snacks



Oh My Goodness Popcorn!

Serves 4

Ingredients

A medium to large bowl of popped popcorn

1 packet of your favorite

Grace's Goodness Broth

1-2 tbsp. ghee or coconut oil, melted

1 tbsp. nutritional yeast

Balsamic vinegar

Popcorn is a favorite in my family and we love to dress it in many ways. This version is so tasty; you will want every last kernel of goodness!

Directions

Mix the ghee/oil throughout the popcorn.

Sprinkle powdered broth and nutritional yeast over the popcorn.

Drizzle the balsamic vinegar over popcorn.

Mix everything to evenly distribute ingredients.





Tangy Salad Dressing

Serves 2-4

Ingredients

1/4 c. olive oil

2 tbsp. balsamic vinegar

1/4 c. water

1 packet Grace's Goodness
Vitality Broth

1 tbsp. nutritional yeast

1/4 fresh squeezed lemon

1 tsp. flax seeds

Perk up any salad or even steamed
veggies with this yummy dressing.

Directions

Blend all ingredients on high speed for
1 minute.





Kale Chips

Who doesn't love the crunch and nutrition of kale chips? We took them to a whole new level by adding even more yummy nourishment with our Cumin Turmeric Immune Broth!

Serves 2

Ingredients

1 bunch of kale, roughly chopped

¼ c. avocado oil

1 packet of Grace's Goodness Immune Broth

1 tbsp. nutritional yeast

1 tbsp. of dulse flakes

Directions

Heat oven to 350° F.

Drizzle kale with avocado oil until coated.

Sprinkle the kale with the rest of the ingredients and lay out in a baking pan.

Bake for 15 minutes, or until the kale is crispy.



Hummus

This hummus is not only delicious, but also full of nourishment and bursts of flavor from Vitality Broth.

Serves 4

Ingredients

1 can garbanzo beans

Liquid from 1/2 of the cans of beans

3 tbsp. tahini

1/2 lemon

1 packet Grace's Goodness Vitality Broth

1 tsp. salt

1/3 c. olive oil

Balsamic vinegar to taste

Paprika

1 sprig of parsley

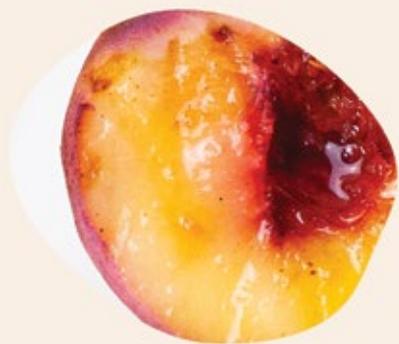
Directions

Blend first 7 ingredients in a food processor.

Swirl in some balsamic.

Garnish with a few shakes of paprika and parsley.





Dessert







Grilled Peaches

Serves 4

Ingredients

4 ripe peaches

3 tbsp. of honey*

1 tbsp. of Grace's Goodness
Better Belly Broth

1 tbsp. water

1 container of coconut
whipped cream

Sprigs of mint for garnish

Sliced almonds for garnish

This dessert hits the spot with hidden vegetables and indulgent vegan whipped cream. You'll be surprised by the delicious combination of savory and sweet flavors from the vegetable broth and honey glaze. It's our favorite way to take a summer grill out to the next level.

Directions

Heat a grill to medium heat.

Whisk the water, honey, and Better Belly Broth packet in a bowl.

Slice the peaches into halves and brush the glaze mixture over the peaches.

Place peaches on the grill and leave in place for 5-10 minutes, until the peach has grill marks and has softened.

Serve with coconut cream, mint, and almonds.

*To make this fully vegan, substitute the honey with maple syrup.





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