

# Eating for Comfort: Recipes



*A warming spiced chocolate treat for a cold winter's day! Using whole spices results in longer steeping time and more flavor. Use rooibos tea for a caffeine-free version.*

**1 cup milk of choice**

**1-2 cups water**

**1 tablespoon cocoa powder or 2 tablespoons dark chocolate chips**

**Maple syrup, honey, or other sweetener to taste (~1 tablespoon)**

**¼ cup cream, whipped (optional) + sprinkle of ground cinnamon**

***Either:***

**1-2 chai tea bags + 1-2 cinnamon sticks**

***Or:***

**1-2 black or rooibos tea bags + whole spice mixture:**

**2 cinnamon sticks**

**1 star anise**

**5 each whole cardamom seeds, black peppercorns, and whole cloves**

**1 teaspoon ground or a few slices fresh ginger**

Combine water, milk, sweetener, cocoa powder or chocolate chips, and whole spices, if using, in a saucepan. Bring to a near-boil, stirring frequently to dissolve sweetener and chocolate chips. Reduce heat to low and simmer for about 15 minutes. (Can choose to simmer longer for a more rich whole spice flavor, or for less time if using chai tea bags). Turn off heat and add tea bags (or scoop of loose leaf tea), if using. Leave covered to steep another 5 minutes. Strain tea into mugs using mesh strainer to filter out whole spices or loose leaf tea. If using whipped cream, add a dollop on top and sprinkle with cinnamon.

**Makes 2 cups.**

**Prep time 5-30 minutes depending on steeping.**

Original recipe by Anita Bermann, 2021.



# Cheesy Roasted Garlic Potato Soup

*Rich, creamy, and endlessly adaptable! Add bacon or sausage (veggie or meat) for a more filling bowl, or green vegetables like broccoli or kale for more complex flavors. Can use any kind of stock; it is especially tasty with chicken bone broth or an onion-heavy vegetable broth.*

**1 head garlic**  
**¼ C flour (gluten-free: use rice flour)**  
**2-3 tablespoons butter or olive oil**  
**1 onion or leek (for a milder flavor)**  
**6-10 gold potatoes, or 2-3 russets**  
**4 cups stock or water, or mixture**

**2 cups milk (best with dairy or soy)**  
**2/3 cup heavy whipping cream or sour cream (optional, for richer flavor)**  
**1 pinch ancho chile powder**  
**1 cup shredded cheddar cheese**  
**½ cup shredded parmesan cheese**

**Optional topping/additions:**

**Steamed broccoli florets**  
**Sautéed kale or mushrooms**  
**Green onions or chives**

**Caramelized onions**  
**Shredded cheddar**  
**Bacon or sausage**

Slice top off garlic to expose cloves. Coat with olive oil and roast on baking sheet at 400° F for 20-30 minutes, or until soft. Meanwhile, chop potatoes into cubes and slice leek. In a saucepan over medium heat, melt butter and add flour, stirring constantly, to form a roux (paste). Add leeks and sauté for a few minutes, adding splashes of stock if necessary to avoid burning the roux. Once leeks start to soften, mix in rest of stock and potatoes. Cover and simmer for 20 minutes, or until potatoes are soft. Add chile powder, milk and cream and heat until warmed through. Squeeze garlic cloves from skin and add to soup. Using a slotted spoon, remove a scoop of potato chunks from soup and set aside. Using a hand-held (immersion) blender or in batches, blend rest of soup until creamy. Mix potato chunks back in for some texture. Add cheeses and heat to melt. Serve with optional toppings.

**Makes ~4 big bowls of soup**  
**Prep time 45 minutes**

Original recipe by Anita Bermann, 2021



## Golden Roasted Cabbage

*This recipe transforms the simple cabbage into a more luxurious delight with the power of oven roasting! Delicious accompanying mashed potatoes or a slice of sharp cheddar cheese.*

**1 head green cabbage**  
**Melted butter or olive oil**  
**Salt and pepper, to taste**

Preheat oven to 375°F. Chop cabbage into rough chunks. Larger chunks will result in softer cabbage slices; smaller chunks will yield crispier leaves. Place on greased baking sheet and drizzle melted butter or olive oil generously on top. Add salt and pepper. Bake for 30-60 minutes, depending on desired crispiness. Finished cabbage should be soft and buttery on the inside with golden-brown crisped edges.

**Makes 1 roasted cabbage**  
**Prep time 5 minutes, plus roasting time**

Original recipe by Anita Bermann, 2021.

# Tips for soothing with food:

- 🌸 **Give yourself *unconditional* permission** to eat any foods, including for emotional hunger.
- 🌸 **Accept that **body weight changes are not under our control****, and that a foundation of health at any size is finding coping tools that help you feel better.
- 🌸 Recognize that there are no good and bad foods, it depends on how you use them. **Include treat foods as part of your regular diet** to avoid a diet-binge cycle.
- 🌸 **Remember that it is completely natural and normal to soothe with food!**
- 🌸 **When choosing food, think about what sounds good.** Also check in with your “loving inner parent” to see what might feel good in your body.
- 🌸 **Take pleasure in the foods you eat!** Eat your favorite foods in a setting that allows you to relax and enjoy them the first time.
- 🌸 **Practice *noticing* rather than judging your food choices.** Different choices will work less and more effectively, but know that you are just learning. Notice the difference between physical and emotional hunger, and know that there is no one right way to feed emotional hunger!
- 🌸 **Cope with your emotions with kindness.** Ask yourself regularly: what am I feeling, and what do I need?
- 🌸 **Practice “Yes, And.”** After eating to feed emotional hunger, ask, did that help? If not, what do I need now?
- 🌸 **Trust** that whatever you choose to do, your body will be there to figure it out with you.