



# *More Peace, Less Grumbles*

*Prioritize. Organize. Simplify.*

Tricia Goyer

# *More Peace, Less Grumbles*

*Pick your priorities, organize your life, and simplify your day*

*by Tricia Goyer*

(c) Tricia Goyer, 2019

## *Introduction*

How would it feel if you woke up tomorrow knowing your daily tasks matched your deepest convictions? What if you learned how to declutter your life so you no longer felt overwhelmed, overscheduled and underappreciated? What if you moved through your day in a simple rhythm that allowed everyone in your family to feel settled and content? Does that seem impossible?

Now, what if I told you that the peace in your home starts with the peace in your heart? And that peace comes when you do two things: stop grumbling and apply simple changes.

If your family is like mine, the grumbling is something you can count on. No matter what it is, someone's going to grumble about what they want, what they don't want, and who is stopping them from having what they want. Your kids want a new toy or game. They don't want to eat that for dinner. They want to go to a friend's house even though they haven't done their chores.

Sound familiar?

Last year, my husband and I decided there was too much grumbling in our home. To solve this we offered our kids a challenge: let's try to go a year without grumbling as a family. An impossible goal, I know! (We talk about this journey in my newest book, [The Grumble Free Year](#).)

We hoped this challenge would cause us to work on our attitudes, and I came up with things we could do to focus on gratitude rather than grumbling. I wrote down Scriptures we could memorize together. We read God's thoughts about grumbling in the Bible. We prayed that God would help us do better.

But the truth is, it was hard to change our attitudes when we didn't address the things we were grumbling about. Instead of just trying not to grumble about being too busy, we had to cut back on "being busy" to focus on our family's priorities. Instead of just trying not to grumble about our messy house, I set up an effective chore chart. Instead of just trying not to grumble about piles of laundry or trying to figure out what was for dinner, I came up with simple routines and started menu planning and big batch freezer cooking. (Thank you Jamerrill Stewart at Large Family Table!) It's easy to be a victim of our busyness, our clutter, and our disorganization, but that gets us nowhere. Sometimes we just need real, practical ideas to help us TODAY.

This book provides just that. It won't take much longer than 20 minutes to read, but in that time you'll figure out what's really important, discover tips to get your family organized, hear about simple routines that can make everything easier, and I've even included some easy recipes that can help you know what to fix TONIGHT!

My goal is that by the time you get to the end of this short ebook you'll have easy, helpful steps to you have more control in your life and help you grumble less.

# I

## *Setting Priorities as Mom*

As my family and I took on [The Grumble Free Year](#), I had lofty goals, but the year turned out to be much more challenging than I thought. Not only was grumbling a hard habit to break, we had some hard, unexpected things that happened. We could not have foreseen my grandmother breaking her back and me becoming her 24/7 caretaker. We could not have foreseen my husband's routine surgery turning serious and requiring hospitalization. With both of these things, I was thankful that I had learned how to choose priorities for my family. In both cases, I knew what was important to focus on, and what was possible to let go of. It's something I learned as a young(er) mom, and something that has helped me in my thirty years of parenting. And this discovery all started with a crisis.

### **The Day I Gave Up**

My husband came home from work one day and found me in the kitchen in tears. Bags of groceries were piled on the counters—dinner wasn't close to getting started. The kids were fighting and screaming, and I was near collapse. "I ... can't ... do ... this," I said through blubbing tears. "It's all just too much."



I knew that deep down I was trying to prove myself. Even though I'd never confessed it out loud, I wanted to show others I hadn't messed up my whole life by getting pregnant as a teenager. Trying to be a good mom, I'd add "just one more thing" in our schedules. Soon, I turned our lives into a three-ring circus, with me performing a juggling act and walking a tightrope at the same time. And because I was overwhelmed I grumbled ... a lot. My husband and kids were tired of listening to my complaints. I was tired of my grumbling too!

My husband was the one who urged me to stop the madness. He lovingly told me I didn't have to do it all. Our kids didn't have to be a part of everything just so I could prove that I was a good mom. I didn't have to keep up with our neighbors and friends or compare myself to them. I didn't have to volunteer for every activity. In this season with kids, I had to choose. There would be more time to help in my church or my community in the future, but this was my season with kids at home.

### **Focus on Family**

It's been said, "What you spend your days doing will determine what you spend your life doing." There's a lot of truth in that. And, five years from now I don't want to look back and regret not spending enough time with my friends, my children, or my spouse.

I'm often guilty of focusing on the wrong things. I worry what my neighbor thinks about the weeds growing in my flowerbed while completely ignoring the fact I haven't had a heart-to-heart conversation with my husband John in weeks. I spend an hour decorating cookies for the church bake sale, and then tell my family to fend for themselves when it comes to dinner.

"Our choice reveals what we love the most, what we fear, what is of ultimate value to us, and what we think we need in life—in other words, our choices expose the dominant desires of our heart," writes Leslie Vernick, author of *How to Act Right When Your Spouse Acts Wrong*.<sup>i</sup>

Or to put it another way, Jesus said, "What does it profit man if he gains the whole world and loses his own soul?" (Mark 8:36). Likewise, what does it profit my family if I'm known for the best school lunches, volunteer at the local rest home, or keep in shape by committing to daily exercise, if I lose don't spend time with the people I've committed to love forever?

### **Asking Hard Questions**

I still haven't mastered juggling and tightrope walking, but I've made great strides in not tackling too many responsibilities at the same time. It all started with John and me sitting down to figure out our priorities. We asked ourselves a few questions:

What do we want to achieve as a family?

What will matter five years from now—ten years from now?

What will mold our children into God-serving adults?

What will bring peace—not stress—to our home?

Here is the list we came up with. These choices are above and beyond the typical things you might expect—such as raising godly children, having a strong marriage, and growing in our personal relationships with God—those things are a given. This practical list helped us to be able to say “yes” or “no” to opportunities that presented themselves. We didn't have to fret over every decision, we knew our ultimate goals. By following this list, most of the questions of what to sign up for or participate in became clear.

**Here is our list:**

1. To provide a godly, homeschooling education for our kids
2. To sign up each child for only one extra-curricular activity a year so we could have more time together
3. To have dinner as a family to build family bonds
4. To train our children how to be part of the family unit by doing chores
5. To connect and serve in our local church
6. To have reading time together as a family
7. To see what God was doing in our lives and follow Him



## Using Your Priorities to Set Your Schedule

Figuring out our priorities helped us set our schedule. Should we sign our son up for soccer? No, because he already played basketball this year. Should we limit television-watching in the evening? Yes, because our priorities are interactive: dinner, chores, and reading time. Should we help start a children's ministry at our church? Yes, because it's a wonderful way for our family to serve together.

We also added #7 because we didn't want to be so rigid in our schedule that we couldn't follow God's Spirit. So when opportunities came up to start a teen mom support group or take a mission trip, and we felt drawn by God, we could agree as a family on the commitment, even though it was out of the range of 1-6.

I also stopped feeling so guilty. I knew I was focusing on what was most important while letting other "good" things slide. Our life became more centered and peaceful. That's not to say I never felt overwhelmed and overcommitted again, but when I did, I knew where to look to discover peace.

How would your life change if you focused on your priorities? How would your attitude change? How would your grumbling change too?

When the unexpected happened in our family during The Grumble Free Year, I looked again at all the things that we were busy doing and narrowed things back down to just our priorities. It helped us to find the peace we needed. It helped me not to grumble, because I realized I was the one choosing to let go of the unimportant things to focus on what's most important.

**Life, family, and leadership are all about choices**

What do you stand for? How have you chosen family activities to match?

Problems often arise when we try to make our vision line up with our full calendar. This never works. Instead, we need our calendar to match our values. Then when opportunities present themselves, family members know what values they should focus on.

Without guidelines, each family member will create his or her own order of priorities—which may lead away from fulfilling the purpose and picture of your family's future. True success depends on how clearly you define, order, and live your family values. Does your family know why you say yes to somethings and no to others? Teaching value-based decision making is a great lesson that can help our children for life!

**Great family leaders make hard decisions to make sure what they live matches what they believe.**

For many years John and I signed up for things without really giving any mind to how it would affect our marriage, children, or core values. This caused conflict in our family. We weren't leading our children effectively as parents because we didn't understand—or value—who we were together. And we didn't place our focus on what was most important to God.

What about you? Do you value your family and who you are together? Are you focusing on what's most important to God?

Yes, sometimes we can find ourselves obsessed about little things that don't really matter, but overall our lives should match what we believe. Our calendar should match our values.

### **Glorify God**

A wise man noted that it was only in the past century that the word priority went plural. Jesus had one priority: glorify God. When we apply His priority to our lives and families, it gives an added level of purpose to our decisions. Life, family, and leadership are all about choices. What do you stand for? How does your family glorify God? How have you chosen family activities to match?

### **Your Turn:**

1. Stop the madness. What are (at least) three things you can cut from your life? Think of things that you are doing because you didn't want to say no. Think of things that use to be beneficial or fun, but they no longer are. Think of things you can let go for now and pick up for another season.

1.

2.

3.

2. Think ahead. Your kids will be adults sooner than you think. Ask yourself these questions:

What do we want to achieve as a family?

What will matter five years from now—ten years from now?

What will mold our children into God-serving adults?

What will bring peace—not stress—to our home?

What will glorify God?

3. List your priorities. What are the things that matter most to you? What would your priority list be? Take a minute to write down your answers.

1.

2.

3.

4.

5.

6.

7.

# 2

## *Making a “Big Idea” Plan*

Once you decide your overarching family priorities, the next step is choosing the daily ones. You can have control of your week without spending hours on schedules, chore charts or having to fight with grumbling kids. Making a “Big Idea” plan for your week allows you to fit in the most important things, without feeling as if every hour on your week has to be structured. My plan started in a season when I felt I’d lost complete control. (A lot of life changes seem to happen that way in my life!)

I spoke to my friend on the phone, spilling out concerns about our packed calendar. I had kids to teach, books to write, church responsibilities—not to mention the daily stuff that comes up.

“At least three times a week my grandma needs a ride into town,” I explained. “And then there are the kids—the last minute stuff—youth worship practice they forgot to mention ... or new basketball shoes needed for tomorrow’s practice.”

My friend listened, and then answered with a sigh. "It sounds like you've set yourself up for failure. Without a plan, you leave everyone vying for a piece of you. What if your grandma had a set day you'd take her to town? Do you think she could get everything squeezed into one afternoon?"

"What if your kids know which day was shopping day?" she continued. "Could they come up with a list of their needs? Or better yet, could they help with the shopping? And what about your freelance work, could you schedule days for certain things?"

Her idea was brilliant, and I wondered why I hadn't thought of it sooner. As soon as I got off the phone I started working on a plan. I started with my grandma first, setting up a weekly date for breakfast and errands. That worked so well, I began scheduling grocery shopping and my kids' weekly chores, too.

I also decided to take a look at what I was doing and why. Were these things I truly wanted to do, or was I simply trying to meet someone else's expectations? Oh yes, I also decided to enlist help with the new system. I set up a rotating chore schedule that made it easy for everyone to know their daily tasks.

I call this the "Big Idea" plan because it provided me, and my family, with an idea of how we can set things up for the week. No week is the same, but scheduling blocks of time for certain activities helps. I know I have time set aside for each important task, instead of rushing around through my days feeling overwhelmed and unorganized.



## Team Work

In the past, all household and family responsibilities rested on my shoulders. (Another way I set myself up for failure.) But I've discovered my husband John liked the idea of working on our schedule together. In fact, most guys are eager to step up to the plate when given the chance.

As I shared my plan with John, I realized he had great insight when it came to kids, chores, and activities. With our new system, "spending time with the family" sometimes meant cleaning out the garage or raking fall leaves, but as we reminded our kids: "Many hands make light work."

## How to Set Up a Schedule

1. Print up a blank calendar
2. Looking at your priorities, schedule those first. (This example is based on my priorities.)

Church

Family meals

School

Chores

Kids activities (remember to limit these!)

Evening reading time

3. Next, choose blocks of time that you can lump things together

Visits with extended family

Errands in town

Family fun

Work projects

Date nights

4. Don't be afraid to switch things up. Try your new schedule and take note of what things work and what don't.

5. Be brave and switch roles. John and I discovered that I don't mind running errands and he actually likes grocery shopping. (He is still doing most of the grocery shopping fifteen years later!)

### **Living Intentionally**

After fifteen years, I still create a "Big Idea" Plan for my week. Intentional living has become a lifestyle. In each season, I know the general "big idea" for how my weeks can run well. Then for specific weeks, I look over my problem areas to see how to arrange the activities to make them work for me and those I love.

Some arrangements turn into weekly commitments, while others change with the ebb and flow of the week. I replay this phrase in my mind: "Set yourself up for success, not failure." Success happens when I make a plan to meet my family's needs ... and when I seek their help in meeting some of mine in return.

Since talking with my friend, I've been more purposeful about my time. And John and I still work together to block out space for vacation and fun.

You too can learn to plan for success, instead of allowing yourself to be caught up in a cycle of guilt and over-commitment.

### **Your Turn**

It's time to set up your schedule!

1. Print up a blank calendar
2. Looking at your priorities, schedule those first.

Priority 1:

Priority 2:

Priority 3:

Priority 4:

Priority 5:

Priority 6:

Priority 7:

3. Next, choose blocks of time that you can lump things together

Friends and family:

Errands:

Family fun:

Work projects:

Date nights:

4. How does it feel to have a "Big Idea" for your week?

# 3

## *Getting Your Family to Help With the Work*

With such a big family, it would be impossible to accomplish all the things we need to get done every day if we didn't share the work. We believe that's part of being a family—everyone works together to keep things running smoothly. We've taught our children how to be responsible for themselves and others by doing household chores.

When we first started adopting children, we went into "survival" mode. Our children came from a lot of trauma, and we had a lot of therapy appointments. I was spending hours and hours each day at appointments. I was happy if I could somewhat maintain the house. Assigning chores to my kids wasn't even on my radar!

When things settled down, I was able to create a chore routine that allowed everyone to pitch in as they were able. But before that could happen, I had to remember to take a look at my expectations and my attitude.

### **Lower Your Standards**

With a house full of kids, I couldn't expect our home to get clean and stay clean. I also couldn't expect my kids to clean as well as I did. I also couldn't expect that every day everything would get done. Life happens.

Life doesn't fall apart if dishes are left in the sink. I've learned not to pass up memory-making moment to clean a kitchen that will be dirty again tomorrow. There have been days when we head out for something fun right after dinner, which means we don't get to those dishes until the next day. (And it's okay, I promise!)

Also, my kids are required to do their chore once a day, so if my daughter cleans the kitchen at noon, the kitchen will likely be a mess again by 2:00 p.m. I have to stop feeling as if the house needs to be perfectly maintained the whole day. I can't worry about a friend stopping by and seeing the mess. I can't stress about my house not matching the images I see on Pinterest.

"Pressures come from two directions: what other people expect of us and what we expect of ourselves," says Dennis and Barbara Rainey, authors of *Staying Close*. "It is so easy to let yourself be driven by the agendas of other people. Externally, their voices form a deafening chorus, incessantly telling us what we ought to do." ii

So what if everything isn't perfectly clean on the time? Especially if perfection means a cranky, frantic, grumbling mom and family.



"Pay attention to the messages you're sending your family," says Denise Schofield, author of *Confessions of a Happily Organized Family*. "Don't ever give them the impression the house is more important than they are. Somewhere along the line we've come to the conclusion that the house has to be cleaner for people that don't live there." iii

Let your kids know they are a special part of your family. Be sure to point each child's best qualities, and let them see how you all need each other. Of course, words are not enough. Make your child a part of the team by giving them simple chores like setting the table, sorting the laundry, and pulling weeds in the yard. Point out how their small efforts benefit the family as a whole.

### **Teach How to Do Chores Well**

I teach my kids how to clean well, but I also know that they'll do better as they learn and grow. Three of my children are now adults living on their own (and two of them have families!). When we first started with chores, my oldest children didn't always do a good job, but still, we worked on it. Now my two oldest sons and daughter know how to maintain a home, cook, and care for others. Putting in the effort is worth it.

I'm trying to be more flexible about my expectations when my children are younger. Then, my expectations grow as my children do. This has helped me to be less rigid. After all, rigid people are brittle and break easily. No one wants to live with that type of mom!

"By taking the time to teach them the most efficient way to do chores, and you will bless your children for life. Don't expect perfection as you are training them. It takes time," my friend Kristi Clover reminded me. "We just kept practicing and tweaking and eventually they were ready. I just tried to encourage them along the way. It's always a great moment when they say, 'Okay, Mom. I've got this.'"

## Praise the Effort

I try not to fret over little things, even if they don't match my standards. If I want my husband and kids help me succeed, I affirm their efforts. It's important to thank my kids for their hard work and praise the areas they've done well.

And when I started thanking my kids more—for their chores, for their attitude, and for their decisions—I was amazed how much my encouraging words fueled their efforts. Excited about the praise, my children worked harder at their chores, had better attitudes, and made better decisions.

# 4

## *10 Life-Skills Every Kid Should Learn*

Maybe my own eagerness in teaching my kids came from my lack of preparation. Growing up, my mom was an excellent housekeeper, and she liked things done her way, and so she did them. I didn't mind one bit! I was happy to let her do all the housework and laundry. But when I got married and had my own house, I realized cleaning did not come naturally. Yes, I cleaned, but it took years to figure out the best system and what worked and didn't—things I could have learned growing up.

So if you have a kid who knows how to install a video gaming system or text on any phone in North America, here are some skills they should and can learn (I promise!)

1. **Laundry.** Kids can learn to do laundry and not ruin their clothes. I started my oldest son on laundry when he was 5-years-old. I put an angel sticker on the washing machine, by start button, because he didn't know how to read. I taught him how to make three piles: whites, towels, everything else. Of course, I pulled out anything that needed extra care—I did those myself. I showed Cory to use hot water for whites and cold water for colors. We used laundry soap and liquid bleach that was safe for both, and he did great!

2. **Cooking.** Everyone needs to learn how to do the basics: boil an egg, bake chicken, make a salad, stick a frozen pizza in the oven. (Yeah, kids need to be taught that, too.) The best way for kids to learn is to 1. Watch, 2. Work alongside, and 3. Do it themselves. Teach every step, like preheating the oven, safely using knives, and keeping food from getting contaminated (no cutting lettuce on a chopping board that you just diced raw chicken on!). And when kids start mastering the basics, the next fun part is introducing cookbooks!

3. **Bathrooms.** Bathrooms are quick to get icky and hard to clean, yet we all appreciate a shiny bathroom. Tips for training: 1. Use bleach tablets for the toilet and teach kids to swish with a toilet brush every day or so. 2. Use different colored rags for things like wiping down the toilet and cleaning areas like the tub or sink, so they won't use the same for both! 3. Use a non-toxic multi-purpose cleaner. 4. A little glass cleaner goes a long way. When finishing off the mirrors give a spray to the sink area too and wipe that down for a final glow.

4. **Vacuuming.** Teaching kids to use a vacuum isn't hard. (Most kids love it!) The work comes in reminding them to pick up larger items before the get started and to FULLY cover the space, not just a line down the middle. Also, teach kids to stop if they see smoke or hear a funny sound coming from the vacuum. (I know this from experience!)

5. **Trash.** For years, my youngest son's chore was not only to take out the kitchen trash, but to gather trash twice a week from the other rooms, too. One tip: use small garbage cans so the bags aren't hard to carry when they're full.

6. **Sweeping and mopping.** A broom and dustpan are great team-building tools. I like to sweep and have my child hold the dustpan, but we also switch. And I've found those pre-moistened mopping pads, like Swiffer, to be a great investment for mopping, too. And if all fails, a wet towel with a little cleaner works!

7. **Grocery shopping.** If you're going to start with anything, you might want to start with this first. I have a pad on my frig that lists grocery items. Kids mark off what we need through the week, and I add things for our upcoming menu. Then we rip that list off and take it to the store. (Or my husband does.) When shopping, kids can learn to compare prices and to overlook (most) temptations that aren't on the list. This not only prepares them for the future, but it saves from the constant, "Can we have some of this, or this, or this...?"

8. **Dusting.** Even little kids can be given a feather duster and set to work. I always have "hands-off" areas, like grandma's dishes, but for the most part, I tell them to "have go at it all!" Amazingly, the kids can find dust that I miss!

9. **Bedrooms.** If you're cleaning your kids' room, don't. If there is too much stuff in there for them to deal with themselves, it's time to simplify. I used to rotate my kids' toys and put half of them in the garage hidden away. It not only helped them to be able to maintain their things, it was like Christmas again when we traded things around a month later. Also, going through their things and sorting through items for charity is another great lesson.

10. **Yard work.** Kids don't see the mess in the yard until they've had to pick it up a few times. Treating the outside like the inside is another skill. Get bins for children to put their outside toys in and create a parking place for bikes. Also finding kid-sized tools like rakes and brooms make chore time fun.

These are just a few ideas. I'm sure you can come up with more! The key is teaching children early so it's just part of their everyday lives. I promise someday when your children are on their own, they'll thank you for it.

### **Your Turn**

1. Choose chores for your kids.
2. Create a chart. (Our chart lists areas such as kitchen, living room and bathroom, and then children rotate through the areas during the week.)
3. Train your children to do their chores.
4. Thank them and reward them.



# 5

## *Grumble Free Recipes*

As a homeschooling mom of ten kids, a few things are important to me when it comes to recipes:

1. Recipes should be cost-effective.
2. Recipes should have ingredients I have on hand.
3. Recipes should be easy, things I can teach my kids to make.
4. Recipes should take less than 15 minutes to prepare. (Which means less grumbling from me!)
5. Recipes should be able to feed a lot of people.
6. Recipes should be ones my kids enjoy. (Less grumbling from them!)

Here are some of our family's favorite recipes:

# Taco Soup

2 pounds ground beef

1 large onion, chopped

1 can pinto (or kidney) beans

2 cans chili beans

3 cans whole kernel corn

1 can Rotel tomatoes

1 pkg. taco seasoning mix

1 pkg. original Hidden Valley Ranch Dressing

Tortilla or corn chips

Brown ground beef and onions in a large pan, drain off fat. Add remaining ingredients. (Do not drain any of the cans.) Simmer for an hour or so, or cook in the crockpot or Instapot. When ready, serve in big soup bowls with tortilla chips, shredded cheese, salsa, and sour cream.

Note: This recipe can have substitutes too. For example, my family doesn't like onions, so I usually don't use them. You can add whatever beans you like. I just use what's in my cupboard. It's the same with the corn and tomatoes. Sometimes if I don't have Rotel, I'll just throw in a can of green chilis for flavor. Some people serve it with cornbread instead of tortilla chips. You really can't mess it up!



# *Pizza Chicken*

3 lbs fresh chicken thighs

1 cup chicken broth

1 24-ounce jar marinara sauce

1 6-oz package pepperoni

2 cups grated cheddar cheese

Place trivet on the bottom of your Instant Pot. Add chicken broth. Add chicken thighs to Instant Pot and cook on High for 30 minutes. When chicken is done place into large baking pan. (Save chicken broth for other recipes.)

Cover chicken thighs with marinara sauce. Then cover the sauce with a layer of pepperoni. Cover pepperoni with grated cheese. Bake at 350 degrees for fifteen minutes or until cheese is melted. Serve alone or over buttered noodles or rice.

# Pork Verde

3 lbs pork, cut in bite-sized pieces

Canola oil

2 29-oz cans of tomato sauce

3 4-oz cans diced green chilies

3 cups grated cheddar cheese

Cooked rice

Cover the bottom of a large skillet or stockpot with cooking oil. Cook the pork over medium heat until it is cooked all the way through. Remove from heat and wipe out any excess oil with a paper towel. Add tomato sauce and chiles to the meat, stirring well. Heat mixture, and then gradually add in cheddar cheese. Stir and cook over medium heat until cheese is melted. Serve over cooked rice.

# *Easy Enchilada Casserole*

1 package tortillas

2 lbs ground beef

½ medium onion, diced

1 15-oz can tomato sauce

1 can refried beans

½ c water

1 tablespoon chili powder

½ tablespoon cumin (optional)

1 cup grated cheddar cheese

Sour cream and salsa for topping

Cooking spray

9x13 baking pan

Pre-heat oven to 400 degrees. Add onion to ground beef, and brown beef. Drain off fat. Mix together tomato sauce, water and chili powder and cumin to make the enchilada sauce. Mix sauce with ground beef. Spray baking pan with cooking spray, and then lay out a layer of tortillas on the bottom. Cover with a layer of refried beans, and then a layer of the ground beef mixture. Next, add a layer of grated cheese. Repeat the layers: tortillas, beans, beef, cheese. Cover and bake at 400 degrees for fifteen minutes. Serve with sour cream and salsa.



# *Grandma's Mexican Rice*

1/3 cup oil

4 cups rice

1/2 onion diced

2 24-oz containers of beef or chicken broth

15 oz can tomato sauce

1 Tbs chili powder

1/2 Tbs cumin

1 bunch chopped cilantro (optional)

Heat oil over medium heat in large stockpot, and add rice and diced onion. Brown the rice to a light golden color, stirring continuously. When rice is golden brown and onion is translucent, add broth, tomato sauce, chili powder, cumin, and chopped cilantro. Stir well. Bring to boil and then reduce to low heat and cover. Cook for approximately 15 minutes, stirring occasionally, or until rice is soft and tender.

# Stay in Touch!

I hope this small ebook helped you pick your priorities, organize your life, and simplify your day. I love connecting with and serving others. Let's not be strangers! Stay in touch. I'd love for you to visit me here:

Website: [www.TriciaGoyer.com](http://www.TriciaGoyer.com)

Facebook: [www.Facebook.com/AuthorTriciaGoyer](http://www.Facebook.com/AuthorTriciaGoyer)

Instagram: [www.Instagram.com/TriciaGoyer](http://www.Instagram.com/TriciaGoyer)

Podcast: [www.WalkItOutPodcast.com](http://www.WalkItOutPodcast.com)



## *Bio*

Tricia Goyer is the author of more than 75 books. She writes both fiction and nonfiction related to family and parenting.

This USA-Today Best-selling Author has won a two Carol Awards and a Retailer's Best Award. She was also an ECPA Gold-Medallion and a Christy Award Finalist.

A beloved author of Amish fiction, as well, having written the Big Sky and Seven Brides for Seven Bachelors series. She has spoken at events such as MomCon, Raising Generations, and Teach Them Diligently conferences and is host of the podcast, Walk It Out.

A homeschooling mom of ten, including seven by adoption, Tricia is a doting grandmother and wife to John. With a busy life, she understands the importance of making every word count.

# *Tricia's Books*

## **Parenting**

The Grumble Free Year

Calming Angry Kids

Lead Your Family Like Jesus (with DVD)

Generation NeXt Parenting

## **Women**

Walk It Out

Blue Like Play Dough

Balanced: Finding Center as a Work-at-Home Mom

Generation NeXt Marriage

## **Memoir**

Life, In Spite of Me (Kristen Anderson's Story)

Twice-Rescued Child (Thomas Graumann Story)

## **Bible Helps**

Praying Through the Bible in One Year

## **Youth**

Praying for Your Future Husband

Prayers That Changed History

Mommy and Me Prayers

Daddy and Me Prayers

You and Me Prayers

Whit's End Mealtime Devotions

10 Minutes to Showtime

## **Homeschool**

Homeschool Basics, with Kristi Clover

## **Teen Mom**

Teen Mom: You're Stronger Than You Think

## *Inspirational Fiction*

### **WWII Liberators Series**

From Dust and Ashes

Night Song

Arms of Deliverance

Dawn of a Thousand Nights

### **Chronicles of The Spanish Civil War**

A Valley of Betrayal

A Shadow of Treason

A Whisper of Freedom

### **Gabi Mueller Series**

The Swiss Courier

Chasing Mona Lisa

The London Chronicles

A Secret Courage

A Daring Escape

### Compilations

Where Treetops Glisten

### Contemporary WWII

Remembering You

### Other WWII

Songbird Under a German Moon

Love Finds You in Victory Heights Washington



**Amish**

Big Sky Amish Fiction Series

Beside Still Waters

Along Wooded Paths

Beyond Hope's Valley

**Seven Brides for Seven Bachelors Amish Fiction Series**

The Memory Jar

The Promise Box

The Kissing Bridge

**Pinecraft Pieshop Amish Fiction Series with Sherry Gore**

Made with Love

Planted with Hope

Sewn with Joy

## Compilations

An Amish Garden

An Amish Second Christmas

## Amish Novella

A Christmas Gift for Rose

## Amish Memoir

Plain Faith: A True Story of Tragedy, Loss and Leaving the Amish

## Amish 365-Day Devotional

One Year of Amish Peace

## Sugarcreek Amish Mysteries

The Buggy Before the Horse

Mason Jar Mayhem

To Have and to Hold

In the Fullness of Time

Blessed are the Cheesemakers

**Mysteries of Martha's Vineyard**

Making Waves

**Titanic**

By the Light of the Silvery Moon

**Home to Heather Creek**

Sweet September

Sunflower Serenade

Every Sunrise

All Things Hidden

## Love Finds You

Love Finds You in Glacier Bay Alaska

Love Finds You in Lonesome Prairie, Montana

Love Finds You in Victory Heights, Washington

## Other

Mom's Night Out

