



# Se7en Spoons

Chakras + Cooking + Community

*Miriam Sorvil*

**Ten Cozy Meals That  
Feel Like A Hug**

# Mira Soleil | Whimsical Flavor Pixie

## Mira Soleil – The Whimsical Flavor Pixie

You're the Bright Spark – a lively, mercurial soul who loves to infuse joy and spontaneity into every meal. Your kitchen is a playground where fresh, vibrant ingredients dance together in light, breezy recipes. Grocery shopping is an adventure – you seek colorful produce and unique finds that inspire creativity. Your tablescapes are airy, bright, and sprinkled with whimsical touches that spark smiles. When you entertain, it's all about energy and flow – light-hearted gatherings full of laughter and connection.

### HOW I ROLL: CHAKRAS + COOKING + COMMUNITY

You bring the Solar Plexus Chakra's joyful energy into your cooking and entertaining style. Quick, fresh meals that energize, colors that uplift, and spaces that welcome playful interaction. Your vibe is contagious – you make every meal feel like a celebration of life and light.



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#### Mira Soleil

- Signature Style: Whimsical Pixie
  - Cooking Approach: Bright, fresh, spontaneous
  - Favorite Pampered Chef Tools: Non-stick skillet, small appliances, mixing bowls
  - Chakra Energy: Solar Plexus Chakra (confidence, joy)
  - Personality Traits: Energetic, creative, playful
  - Signature Dish Types: Fresh salads, quick bites, light and vibrant meals
  - Favorite doTERRA Oils: Lemon (energizing, fresh), Peppermint (invigorating)
  - Favorite Scout & Cellar Wines: Crisp whites like Sauvignon Blanc, sparkling rosé
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# How to Use Your Mira Soleil Recipe Booklet

Your guide to cooking, connection, and cozy vibes.

This isn't just a cookbook — it's your kitchen's love language. Each recipe is designed to feed your body and nourish your energy. Here's how to read it so you get the most from every page:

## Start with the Dish Name

Right at the top, you'll find the recipe title followed by a short phrase that sets the mood.

 **Purpose:** Gives you an instant sense of what the dish is all about.

## Read "Why it Matters to Mira"

This section shares the story or feeling behind the recipe.

 **Purpose:** Helps you cook with the same energy and intention the dish was created with.

## Check the Chakra Connection

You'll see a color and symbol tied to a specific chakra (energy center in your body).

 **Purpose:** Pick recipes based on the energy you want to cultivate — grounding, joy, confidence, or love.

## Gather Ingredients

We keep the list simple and easy to shop for — many are pantry staples.

 **Tip:** Swap in your favorite Pampered Chef products to make prep smoother and faster.

## Follow the Step-by-Step Instructions

The steps are written like I'm cooking right beside you — guiding, not rushing.

 **Tip:** Read the instructions once before you start so you can prep confidently.

## Check the Pairings

At the bottom, you'll find:


- Pampered Chef Tools to make cooking a breeze
- Wine Pairing to complement the flavors
- Essential Oil Pairing to add aromatic flair or create a cozy atmosphere

 **Purpose:** Turns a simple meal into a complete experience.

## Cook with Intention

You're not just feeding people — you're creating moments.

 **Tip:** Play music, light a candle, or diffuse the suggested essential oil to make the experience unforgettable.

 **Bottom Line:** This booklet blends comfort cooking + mindful living. Whether it's for one plate or a whole table, every recipe invites you to serve warmth, joy, and love.



## ☀️ Mira Soleil: The Whimsical Flavor Pixie

10 Cozy Meals That Feel Like a Hug

Your kitchen is your sanctuary — a place where food is infused with comfort, care, and soul-soothing vibes. These dishes will wrap your loved ones in warmth, from the first simmer to the last spoonful.

### **Creamy Chicken + Wild Rice Soup**

Rustic cabin comfort in every spoon

Why it matters to Mira: “This is my ‘everything will be okay’ soup. The smell alone melts away tension and fills the air with love.”

Chakra Connection: Heart Chakra ❤️ — comfort, trust, and emotional nourishment.

#### Ingredients (serves ~6):

- 1–2 Tbsp butter or oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 garlic clove, minced
- 2 cups cooked wild rice (or cook per package)
- 5 Tbsp butter + 1/3 cup flour
- 6 cups chicken broth
- 1–1.5 lb cooked/shredded chicken breast or thighs
- 1/4 tsp each thyme, sage, rosemary, marjoram
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 12 oz evaporated milk (or half heavy cream, half milk)
- Optional: lemon zest or juice

#### Instructions:

- 1.Sauté onion, carrots, celery in butter/oil ~4 min; add garlic for 30 sec.
- 2.Stir in butter + flour, whisk 1 min.
- 3.Gradually whisk in broth; add herbs, salt, pepper. Simmer.
- 4.Add chicken and rice; heat ~10 min.
- 5.Stir in milk/cream; season to taste; finish with lemon zest if desired.

#### Tools + Pairings:

Pampered Chef Tools: 8 Qt. Brilliance Nonstick Stock Pot, Ladle, Garlic Press

Wine Pairing: Scout & Cellar Gallivant Bubbly White

Oil Pairing: doTERRA Rosemary



# Pot Roast with Root Veggies

Sunday dinner with your whole heart

Why it matters to Mira: “A pot roast in the oven feels like family, patience, and love – all slow-braised together.”

Chakra Connection: Root Chakra ❤️ – grounding, stability, and belonging.

## Ingredients (serves ~6):

- 3 lb beef chuck roast
- 1½ tsp kosher salt + 1 tsp pepper
- 2 Tbsp olive oil
- 2 onions, sliced thick
- 6 garlic cloves, minced
- 2 Tbsp tomato paste
- 1 cup red wine (or beef broth)
- 2–3 cups beef broth
- 2 tsp Worcestershire sauce
- 4 sprigs thyme, 2 rosemary, 2 bay leaves
- 1 lb baby carrots
- 1½ lb baby potatoes, halved
- Parsley garnish (optional)

## Instructions:

1. Preheat oven to 300°F. Season roast with salt and pepper.
2. Heat oil in Deep Covered Baker; sear roast ~5 min per side; remove.
3. Add onions and garlic, cook until golden. Stir in tomato paste. Deglaze with wine/broth.
4. Add remaining broth, Worcestershire, herbs; bring to low boil. Return roast.
5. Cover, bake 1.5 hrs. Add carrots & potatoes; bake another 2 hrs until tender.
6. Serve straight from pot or plate with parsley garnish.

## Tools + Pairings

Pampered Chef Tools: Deep Covered Baker , Chef’s Tongs

Wine Pairing: Scout & Cellar Conte de la Terre Red Blend

Oil Pairing: doTERRA Thyme

# Sweet Potato & Black Bean Chili

## Cozy and conscious

Why it matters to Mira: “On cool evenings, this veggie chili feels like a blanket for the soul – nourishing without weighing you down.”

Chakra Connection: Solar Plexus Chakra 🍊 – warmth, vitality, and empowerment.

## Ingredients (serves ~4-6):

- 1 Tbsp oil
- 1 onion, diced
- 2-3 sweet potatoes, peeled & cubed
- 1 red bell pepper, chopped
- 2-3 garlic cloves, minced
- 2 Tbsp chili powder
- 1 tsp cumin + optional smoked paprika
- 1 (28 oz) can diced tomatoes
- 1 cup water/broth
- 2 (15 oz) cans black beans, drained
- 1 tsp salt, pinch cayenne
- Optional: 1 tsp cocoa powder or honey/coffee blend
- Garnish: avocado, cilantro, sour cream



## Instructions:

1. Heat oil in pot; sauté onion & bell pepper 5 min. Add garlic & spices.
2. Add sweet potatoes, tomatoes, beans, water/broth, and optional depth flavor.
3. Simmer covered ~30 min until sweet potatoes tender.
4. Adjust seasoning; top with garnishes.

## Tools + Pairings:

Pampered Chef Tools: Enameled Cast Iron Pan, Chef's Knife

Wine Pairing: Scout & Cellar Adelante Malbec

Oil Pairing: doTERRA Cilantro

# Creamy Tuscan Chicken Pasta

## Candlelit comfort

Why it matters to Mira: “This pasta is my invitation to slow down – twirl each bite and let the day melt away.”

Chakra Connection: Sacral Chakra ♥ – pleasure, joy, and connection.

## Ingredients (serves ~6):

- 1 lb spaghetti or linguini
- 1 Tbsp olive oil
- 1 lb chicken breast, seasoned & cooked
- 4 slices bacon (optional)
- 8 garlic cloves, chopped
- 1 (15 oz) can diced tomatoes + ½ cup sun-dried tomatoes
- 1 handful baby spinach
- ½–1 cup heavy cream
- ½–1 cup grated Parmesan
- Zest & juice of 1 lemon
- Fresh basil garnish

## Instructions:

1. Cook pasta until al dente.
2. Cook bacon, remove excess fat; add garlic, tomatoes, spinach.
3. Stir in cream, Parmesan, splash of pasta water; simmer 5 min.
4. Toss pasta with chicken, lemon zest/juice; garnish with basil.

## Tools + Pairings:

Pampered Chef Tools: 12” Nonstick Skillet, Pasta Tongs

Wine Pairing: Scout & Cellar Fieldhouse White Blend

Oil Pairing: doTERRA Basil



# Golden Coconut Lentil Stew

## Chakra-balancing bowl of goodness

Why it matters to Mira: “Turmeric and coconut milk make this feel like a reset button for the mind and body.”

Chakra Connection: Solar Plexus Chakra ♥ – inner balance, digestion, and vitality.

### Ingredients (serves ~4-6):

- 1 Tbsp coconut/olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 Tbsp grated ginger
- 1 cup red lentils, rinsed
- 1 tsp each turmeric, cumin, coriander
- 1 can coconut milk (~13 oz)
- 3 cups vegetable broth
- 2 carrots, diced
- Salt & pepper
- Garnish: cilantro, lime wedges



### Instructions:

1. Sauté onion, garlic, ginger in oil; stir in spices.
2. Add lentils, coconut milk, broth, carrots; bring to simmer.
3. Cover, cook ~20 min until lentils soft.
4. Season to taste; finish with lime & cilantro.

### Tools + Pairings

Pampered Chef Tools: Stainless Steel Nonstick Skillet, Garlic Press

Wine Pairing: Scout & Cellar Dove Hunt Dog Chardonnay

Oil Pairing: doTERRA Turmeric

# Baked Ziti with Three Cheeses

## Layers of love baked in every bite

Why it matters to Mira: “This is my family table dish – it tastes like home, no matter where we are.”

Chakra Connection: Heart Chakra ♥ – love, connection, and joy in sharing meals.

### Ingredients (serves ~8):

- 1 lb ziti pasta
- 1 Tbsp olive oil
- 1 lb ground beef or Italian sausage
- 1 jar (24 oz) marinara sauce
- 1 can (15 oz) tomato sauce
- 2 tsp Italian seasoning
- Salt & pepper to taste
- 1 container (15 oz) ricotta cheese
- 2 cups shredded mozzarella
- 1 cup grated Parmesan
- Fresh basil garnish



### Instructions:

1. Preheat oven to 375°F. Cook pasta until al dente; drain.
2. Sauté meat in oil until browned; drain fat. Stir in sauces, seasoning, salt, and pepper; simmer 10 min.
3. Layer pasta, sauce, ricotta, mozzarella, Parmesan in a greased baking dish. Repeat layers.
4. Top with mozzarella & Parmesan. Cover with foil.
5. Bake 20 min covered, then uncover & bake 10–15 min until bubbly.
6. Garnish with fresh basil before serving.

### Tools + Pairings

Pampered Chef Tools: Stoneware Rectangular Baker, Mix ‘N Scraper®

Wine Pairing: Scout & Cellar Middle Jane Red Blend

Oil Pairing: doTERRA Oregano

# Maple Glazed Salmon with Roasted Brussels

Sweet meets savory in a healthy hug

Why it matters to Mira: “When I need something nourishing and uplifting, this dish gives me energy without the crash.”

Chakra Connection: Throat Chakra ♥ – clarity, self-expression, and flow.

## Ingredients (serves ~4):

- 4 salmon fillets (6 oz each)
- 1 lb Brussels sprouts, halved
- 2 Tbsp olive oil
- 3 Tbsp pure maple syrup
- 2 Tbsp soy sauce or tamari
- 1 garlic clove, minced
- ½ tsp black pepper
- Lemon wedges for serving



## Instructions:

1. Preheat oven to 400°F. Toss Brussels with 1 Tbsp oil, salt, pepper; roast 15 min.
2. Mix maple syrup, soy sauce, garlic, pepper.
3. Push Brussels to sides of pan; place salmon in center. Brush salmon with glaze.
4. Roast 12–15 min until salmon flakes easily.
5. Serve with lemon wedges and extra glaze if desired.

## Tools + Pairings:

Pampered Chef Tools: Large Bar Pan, Basting Brush

Wine Pairing: Scout & Cellar Dove Hunt Dog Pinot Noir

Oil Pairing: doTERRA Lemon

# One-Pot Creamy Mushroom Orzo

Earthy comfort in under 30 minutes

Why it matters to Mira: “Sometimes I want the coziness of risotto without all the stirring – this is my shortcut.”

Chakra Connection: Root Chakra ❤️ – stability, grounding, and nourishment.

## Ingredients (serves ~4):

- 1 Tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 8 oz mushrooms, sliced
- 1½ cups orzo pasta
- 3 cups vegetable or chicken broth
- ½ cup heavy cream
- ½ cup grated Parmesan
- Salt & pepper to taste
- Parsley garnish



## Instructions:

- 1.Heat oil; sauté onion & garlic until fragrant. Add mushrooms; cook until tender.
- 2.Stir in orzo; toast 1 min. Add broth, bring to boil, then simmer covered until liquid absorbed (~10 min).
- 3.Stir in cream & Parmesan; season to taste.
- 4.Garnish with parsley and serve.

## Tools + Pairings

Pampered Chef Tools: Nonstick Skillet, Microplane® Grater

Wine Pairing: Scout & Cellar Fiddleneck Chardonnay

Oil Pairing: doTERRA Black Pepper

# Slow Cooker Chicken Tortilla Soup

Zesty comfort that cooks while you live your life

Why it matters to Mira: “This soup is for days I want something bold and flavorful without standing over the stove.”

Chakra Connection: Solar Plexus Chakra 🧡 – confidence, energy, and warmth.

## Ingredients (serves ~6-8):

- 1½ lb boneless chicken breasts or thighs
- 1 onion, diced
- 3 garlic cloves, minced
- 1 (15 oz) can black beans, drained
- 1 (15 oz) can corn, drained
- 1 (15 oz) can diced tomatoes with green chilies
- 4 cups chicken broth
- 1 Tbsp chili powder
- 1 tsp cumin
- Salt & pepper
- Garnish: tortilla strips, avocado, cilantro, lime wedges



## Instructions:

1. Add all ingredients (except garnishes) to slow cooker.
2. Cook on low 6–7 hrs or high 3–4 hrs.
3. Shred chicken with forks; stir back into soup.
4. Serve with garnishes.

## Tools + Pairings:

Pampered Chef Tools: Deluxe Multi Cooker, Salad Chopper

Wine Pairing: Scout & Cellar Conte de la Terre Rosé

Oil Pairing: doTERRA Lime

# Apple Cinnamon Oat Bake

Warm, cozy mornings in a dish

Why it matters to Mira: “This is my weekend breakfast ritual – it fills the house with cinnamon love.”

Chakra Connection: Heart Chakra ♥ – joy, comfort, and sweet nostalgia.

## Ingredients (serves ~6):

- 2 cups rolled oats
- 1½ tsp cinnamon
- 1 tsp baking powder
- ½ tsp salt
- 2 cups milk (dairy or almond)
- 1 egg
- ⅓ cup maple syrup or honey
- 2 apples, diced
- 1 tsp vanilla extract
- Optional: ½ cup chopped nuts or raisins



## Instructions:

1. Preheat oven to 350°F.
2. In a bowl, mix oats, cinnamon, baking powder, salt.
3. In another bowl, whisk milk, egg, syrup, vanilla.
4. Stir wet mix into dry; fold in apples and nuts/raisins.
5. Pour into greased 8×8 pan; bake 35–40 min until set.
6. Serve warm, optionally with yogurt or cream.

## Tools + Pairings:

Pampered Chef Tools: Square Baker, Measuring Cup Set

Wine Pairing: Scout & Cellar Gallivant Bubbly Rosé (for brunch)

Oil Pairing: doTERRA Cinnamon

# Mira Soleil I Thank You So Much!

✨ Mira Soleil — The Whimsical Flavor Pixie ✨🧚♀️☀️

*Thank you for stopping by my sunny kitchen! I hope these bright, breezy recipes have sparked your creativity and added a little magic to your day. Keep chasing those colorful flavors and playful moments — your kitchen is your playground, and every meal is a celebration waiting to happen. 🎉🍋🌈*

*Keep the fun going:*

- 🛒 *Grab my favorite bundles to bring more whimsy to your cooking.*
- ✉️ *Sign up for my email list for fresh ideas, light-hearted tips, and exclusive recipes.*
- 🛍️ *Shop with me to fill your pantry with vibrant, joyful ingredients.*
- 🤝 *Book a playful cooking collab — let's make magic together!*
- ✨ *Join my team and turn your passion into your own flavor-filled adventure.*

*Stay bright, keep smiling, and never stop sprinkling your special pixie dust in the kitchen! ✨🧚♀️*



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