

Verdant Acres

Thanksgiving Inspiration

Bone Broth Mashed Potatoes

1.) Simmer Beef Bones

- 1 Bag Verdant Beef Bones
- Water to cover
- * Using a crockpot, cook on low for 24 hours. Or stove top 4-8 hr.

2.) Peel, Cube & Boil

- 5# Russets Potatoes
- Cut into even sizes
- Boil for 20 Min

3.) Strain, Whip, Add Broth

- Strain Potatoes, return to pot
- Using a Hand Mixer, whip potatoes
- Add 1/2 C of broth at a time, whip into potatoes
- Add 2-3 TBS Lard
- Season with Sea Salt
- Enjoy Immediately!

Roasted Winter squash & Root Veggies

1.) Preheat & Prep Veg

- Preheat Oven to 400F
- 1 Bunch roots, tops removed, cut into quarters.
- 1 Kuri or delicata, seeded, cubed into 1x1" hunks.
- 1 small butternut peeled, seeded, cut into 1x1 hunks.

2.) Mix & Toss

- Combine: Juice of 1 orange, 2 TBS maple syrup, 1/2 Olive Oil, 1TSB Sea Salt, Pepper to taste, 1 Tsp Fresh Thyme, Chopped.
- Toss together with veggies on a baking sheet.

3.) Bake & Serve

- Roast Approx. 25-35 Min, depending on your oven and desired level of browning.
- Serve & Enjoy!



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My favorite Stuffing:

1.) Saute until cooked:

- 1 TBS Lard/Butter
- 1 Large Onion, chopped
- 2 Cloves minced Garlic
- 1# Chopped Mushrooms
- 1C Celery
- 1 pack Italian Sausage, casing removed.
- 1TBS salt

2.) Bake *bread cubes

- Tear 1 Loaf of sourdough. or gluten Free bread into 1-2 inch hunks
- bake for ~35 min @ 225F, until stale/dried out.

3.) Combine in baking dish:

- Toss veggies & meat with dried bread hunks. Add .5C-1C of chicken stock to mixture, moist but not soggy.
- Add 1-3TBS Butter/Lard in 1tsp dollops on top.
- Bake 375F until bubbly and browned on top 35-40min.

Holiday Brine:

Poultry, Pork, Lamb

1.) In large stock pot, Combine & Boil, boiling for 3 minutes.

- 1 gallon water,
- 2.5C Kosher salt
- 2C Organic Brown Sugar
- 2tsp organic mustard seeds
- 1TBS peppercorns
- 6-8 Bay leaves
- 4-6 Sprigs Thyme Dried

2.) Remove BRINE from heat:

- Add 1 gallon ice water to the brine to rapidly cool.
- Once room temperature, add your frozen meat, cover with lid and store in fridge
 - 1-3 days brining only
 - 2-4 days to thaw & brine.

3.) Remove from brine, pat dry, prepare according to your recipe.



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Spiced Meatballs

1.) Combine thoroughly:

- 1# Verdant Paleo Grind
- 2.5 TBS Verdant Chai Chai Spice Rub OR
 - 1.5tsp sea salt
 - 1.5tsp Nutmeg
 - 1.5tsp Cinnamon
 - 1.5tsp Allspice
 - 1.5tsp black Pepper

2.) Make your meatballs

- Using your hand or a cookie scoop form equal sized balls.

3.) Sear or Bake

- Sear each side of the meatball, pull off once medium internal doneness, then allow to rest 3-5 min to finish cooking.
- OR bake at 375F 20-30 min until done.

Hasselback Butternut

1.) Preheat oven to 425F

2.) Prepare Squash

- Cut in half length wise, scoop out seeds, peel off skin, drizzle with Olive Oil & sprinkle salt.

2.) Roast 15 Min, until softens.

3.) Stir glaze together:

- 8TBS Butter or Lard
- 3TBS Maple Syrup
- Juice of 1 Orange
- 1 TBS Fresh grated Ginger
- 1 TBS fresh minced Sage

4.) Move squash to cutting board

- Slice horizontally, cutting 75% through the flesh, stopping before your knife hits the cutting board.
- Drizzle half of your glaze overtop, making sure to get into the crevices.
- Bake 30 more minutes.
- Remove from heat, drizzle remaining glaze over top and into crevices. Bake for 15 more minutes.
- Serve with chopped pecans.



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Crustless Chai Pumpkin Pie

1.) Prep pumpkin -->>

- See muffin instructions.

2.) In a bowl mix together:

- 2C pumpkin puree, .75C buttermilk/non dairy milk, 3 large eggs, 2TBS Maple syrup, 2TBS melted butter/ Lard, 2TBS fine cornmeal, 1TBS Chai Chai spice rub, .75C brown sugar.
- Whisk until well combined.

3.) BAKE @325F, 50-60min

- Pour filling into a springform pan, or grease a cake pan. Set pan on baking sheet, on middle rack in oven. Fill baking sheet with water, to create water bath cooking.
- Pie's ready when edges are puffed and center is slightly jiggly.
- Use cookie cutters to cut out shapes, lift with a spatula.
- Sprinkle with granola, toasted pecans, whipped cream & other favorites.

Pumpkin Maple Oat Muffins

1.) Preheat & Prep Pumpkin

- Preheat Oven to 400F
- Cut pumpkin in half, scoop out seeds, rub flesh with 1TBS olive oil, place flesh side down on a baking sheet , add .5C water to baking sheet. Roast until fork tender 25-35 min.
- Allow pumpkin to cool.

2.) Meanwhile, make flour

- In a blender, pulverize 1.5C rolled oats until a fine soft flour forms.

3.) Make batter

- Add to the blender: 1 Cup pumpkin flesh, 1tsp baking powder, .5tsp baking soda, 1TBS chai chai spice rub. Pulse to combine.
- Next add 2 large eggs, and .5C Maple Syrup, .25C oil, .25C milk or applesauce, 1 tsp vanilla. Pulse to combine.
- Pour batter into cupcake liners in a muffin tin. Bake at 350F for 18-20 min.



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Leftovers Reimagined

Dinner in a Pumpkin

1.) Prep pumpkin

- Cut open top of pumpkin, scoop out seeds. Rub insides with Lard/olive oil. Bake @375F, 35 min.

2.) Bring to a Boil

- 4-6 Cups Bone Broth and 1# Cubed Potatoes
- Boil until potatoes are fork tender.

3.) Add in

- 1 C chopped mushrooms + 1TBS Chai Chai rub + 2 Cups left over: Turkey, Ham, Chicken, or Lamb.

4.) Fill the pumpkin!

- Remove the pumpkin from the oven, ladle the soup into the pumpkin.
- Return to oven, cook 15min more.
- Serve by scooping out soup into bowls and scraping pumpkin from the sides.

Roasted veggie dip

1.) Blend together...

- Using a food processor, blender or stick blender combine all remaining roasted root veggies and winter squash
- Slowly drizzle in olive oil until desired consistency is reached. Think hummus.
- Add in fresh parsley and lemon juice to brighten the flavors.
- Enjoy with crackers, or smeared on a sandwich.

More Refreshing Ideas

1.) Sheppards Pie -

Mashed potatoes, roasted veggies, meatballs, butternut.

2.) Pot Pie -

Roasted veggies, Gravy, leftover meat, bone broth, pie crust.

3.) Mediterranean Wraps -

Roasted veggies, leftover Meat, Hummus, Feta, pickled onions, olives.

