



cranberry sauce
RECIPE

covenant natural health care
FROM THE KITCHEN OF

- 6 cups organic, whole, fresh cranberries
- 2 medium apples, diced
- 1/4 of whole organic pineapple, diced
- 3/4 cup raw honey
- 1/2 cup raw pecans, chopped
- pinch of nutmeg
- 3/4 tablespoon cinnamon
- 1 teaspoon fresh lemon zest

Fill a pot with 2 inches of water, bring to a boil and pour the cranberries in. Cook for about 10 minutes, stirring once or twice. Turn down heat to low, add nutmeg, cinnamon and honey and cook for a few minutes longer. Transfer mixture to a serving bowl and add apples, pineapple, pecans and lemon zest. Stir and serve warm or refrigerate.

* NOTES: Substitute walnuts for pecans, if desired.



mini pumpkin muffins
RECIPE

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FROM THE KITCHEN OF

- 1 can pumpkin puree or 15oz fresh pumpkin
- 2 eggs
- 1/2 cup organic, unsweetened applesauce
- 3/4 cup raw honey
- 7/8 cup of Bob's Red Mill's rice flour
- 7/8 cup of Bob's Red Mill's oat flour
- 1 teaspoon aluminum-free baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger

Preheat the oven to 350°F. Oil muffin pan with olive oil or butter and set aside. In a large bowl, mix together pumpkin, eggs, applesauce and honey until well blended. In a separate bowl, mix flours, baking soda, salt, cinnamon, nutmeg and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into prepared pans and bake for 25-30 minutes or until a an inserted toothpick comes out clean. Makes 24 mini muffins.

* NOTES: Add flax seed or nuts for added nutrition.

..... green bean casserole
RECIPE



covenant natural health care
FROM THE KITCHEN OF

1lb. fresh green beans, trimmed and cut in half
homemade mushroom soup (see recipe card)

crispy onion topping:

2 medium onions, very thinly sliced

¼ cup Bob's Red Mill flour

2 tablespoons Ezekiel Bread crumbs

1 teaspoon kosher salt

melted butter

- Preheat the oven to 475 degrees F.
- Combine onions, flour, bread crumbs and salt in a large mixing bowl and toss to combine. Coat a sheet pan with melted butter and evenly spread the onions on the pan. Place pan on middle rack of oven and bake until golden brown, approximately 30 minutes. Toss the onions 2 to 3 times during cooking. Set aside Turn the oven down to 400 degrees F.
- While onions are cooking steam beans for 10 minutes. Drain and set aside.
- Prepare mushroom soup.
- Remove mushroom soup from heat and stir in ¼ of the onions and all of the green beans. Top with the remaining onions. Place in oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.

homemade mushroom soup
RECIPE



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FROM THE KITCHEN OF

12oz mushrooms, cut into ½-inch pieces

2 tablespoons organic, unsalted butter

1 teaspoon salt

½ teaspoon black pepper

2 cloves garlic, minced

¼ teaspoon nutmeg

2 tablespoons Bob's Red Mill flour

1 cup homemade chicken broth

1 cup unsweetened coconut milk

Melt butter in a skillet over medium heat. Add mushrooms, salt and pepper and cook, stirring occasionally, until mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes. Add garlic and nutmeg and cook for 1-2 minutes. Sprinkle flour over mixture and stir to combine. Cook for 1 minute. Add broth and simmer for 1 minute. Decrease heat to medium-low and add coconut milk. Cook until the mixture thickens, approximately 6 to 8 minutes.

..... honey-ginger glazed carrots
RECIPE



..... covenant natural health care
FROM THE KITCHEN OF

- INGREDIENTS
- 20 carrots, peeled and quartered
 - 1 tablespoon organic butter
 - 1 tablespoon raw honey
 - 1 3-inch-by-1/2-inch-piece ginger, peeled and cut into 1/4-inch thick matchsticks

DIRECTIONS

Steam carrots for 10 minutes. Drain and pat dry with paper towels. Melt butter in a large skillet set over medium-low heat. Add the carrots, honey, and ginger, and cook, turning carrots frequently, until carrots and ginger are browned, about 8 minutes. Remove from heat, and serve.

* NOTES: Add thinly sliced chili peppers for added spice

..... pumpkin pie
RECIPE



..... covenant natural health care
FROM THE KITCHEN OF

- INGREDIENTS
- 1 can pumpkin puree or 15oz fresh pumpkin
 - 1/2 teaspoon salt
 - 3 tablespoons sucanat
 - 1 teaspoon ground cinnamon
 - 1 teaspoon ground ginger
 - 1/2-1 teaspoon ground cloves
 - 2 large, farm-fresh eggs, beaten
 - 1/2-3/4 cup unsweetened apple sauce
 - 12 oz heavy cream
 - 1 1/2 teaspoon vanilla

DIRECTIONS

Mix dry ingredients together. Add pumpkin, apple sauce, eggs and vanilla and mix well. Pour in 9-inch deep dish pie shell. Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees bake for 35-45 minutes. Best served cold.

Crust: 2 cups ground pecans (or walnuts/ almonds), 1/2 stick butter 1 tablespoon honey. Mix together and press firmly to side and bottom of pie pan. Bake 10 minutes at 350 degrees.

..... a p p l e a n d p e c a n s t u f f i n g
RECIPE



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..... FROM THE KITCHEN OF

- 4 cups chopped & peeled organic apples
- 3 cups raw pecans, chopped
- 1½ cups chopped organic onion
- 1½ cups chopped celery
- 1-2 cloves garlic, minced
- ½ cup butter
- 2 teaspoons salt & 1 teaspoon pepper
- 2 teaspoons ground cinnamon
- 12 cups cubed Ezekiel bread
- 2 cups raisins
- 1 cup apple cider or juice
- 2 eggs

In a large skillet, saute apples, almonds, onion, celery and garlic in butter for 5 minutes. Remove from heat. Stir in salt, pepper, and cinnamon. In a large bowl, combine bread cubes, raisins and apple mixture. Add cider and eggs; toss to mix. Loosely stuff turkey with half of the stuffing. Place remaining stuffing in a greased 2-qt. baking dish; refrigerate until ready to bake. Bake additional stuffing, covered, for 30-40 minutes. Uncover; bake 10 minutes longer or until lightly browned.

* NOTES : Substitute walnuts for pecans, if desired.

..... h o m e m a d e g r a v y
RECIPE



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..... FROM THE KITCHEN OF

- ½ cup good fat drippings from roasted meat (turkey, lamb, chicken). If you have less than ½ cup, add butter to get ½ cup.
- ½ cup unbleached, Bob's Red Mill flour
- 4-6 cups warm, homemade stock
- salt & pepper, to taste
- 1 fresh rosemary sprigs, add to desired taste
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Put the ½ cup of fat drippings into a pot, add ½ cup unbleached flour and cook over medium-high heat for several minutes, stirring constantly, until the flour turns light brown. Add 4-6 cups of warm stock, bring to a boil and blend well with the fat-flour mixture with a wire whisk. Add a rosemary sprig, reduce heat and simmer 10 minutes. Remove rosemary sprig and add salt and pepper to taste. Serve warm.

* NOTES : You may also add heavy cream, coconut milk, and other herbs.

whipped sweet potatoes with
caramelized apples

RECIPE



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FROM THE KITCHEN OF

- 4 large sweet potatoes, pierced with fork
- ½ stick unsalted butter, softened
- 2 tablespoons heavy cream
- ½ cup applesauce, preferably homemade
- 2 teaspoons grated fresh peeled ginger
- 1 teaspoon coarse salt
- Freshly ground pepper
- 2 apples, peeled and cut into 1-inch pieces
- 2-3 tablespoons honey
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Preheat oven to 375 degrees. Arrange potatoes on a baking sheet lined with parchment. Bake until tender, 1 hour 10 minutes. Remove from oven; let stand until cool enough to handle. Cut each potato lengthwise. Scoop flesh into the bowl of an electric mixer; discard skins. Add 2 tablespoons butter and the cream; mix on medium speed until smooth. Mix in applesauce and ginger; season with salt and pepper. Transfer potato mixture to an ovenproof dish and bake about 10 minutes. Meanwhile, toss apples with honey in a bowl. Melt remaining 2 tablespoons butter in a large skillet over medium heat. Add apple mixture; cook, until apples are golden and caramelized (stirring occasionally), about 10 minutes. Remove potato mixture from oven; top with caramelized apples, and serve.

herbed mashed potatoes

RECIPE



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FROM THE KITCHEN OF

- 4lbs Yukon gold potatoes, peeled and cut into
- 1-inch pieces
- Coarse salt
- 1¾ cups half-and-half
- ½ stick butter
- 2 tablespoons chopped fresh parsley, plus more
- for garnish
- 2 tablespoons chopped fresh chives, plus more
- for garnish
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Place potatoes in a large pot; cover with cold water by 1 inch, and add 1 teaspoon salt. Bring to a boil; reduce heat to medium-low, and simmer until potatoes are tender, 15 to 18 minutes. Drain; return potatoes to pot. Stir potatoes over medium heat until dry (a film of starch will form on bottom of pot), about 1 minute. Remove from heat. In a small saucepan, combine half-and-half and butter; bring to a simmer over medium heat. Pour half of hot liquid over potatoes. Mash just until smooth, adding more liquid to reach desired consistency. Stir in parsley and chives; season with salt. Garnish with more herbs.