

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



covenant natural health care
..... 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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- 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.