

SAVING DINNER

with



A Paleo Thanksgiving

Welcome to A Paleo Thanksgiving Menu-Mailer

The Thanksgiving Day meal is treasured as the feast of the year! Having your menu planned in advance is as critical as inviting your guests. Here we've provided you with a scrumptious menu, shopping list and a suggested timeline (assuming you have only one oven) for your ease in presenting a no-fuss event.

Love,
Leanne

SUGGESTED TIMELINE:

2 Days Ahead:

- 1) Prepare Orange Cranberry Sauce; cover and refrigerate.
- 2) Set your dinner table and cover it with a sheet to keep it dust-free.

The Day Before:

- 1) Prepare Paleo Punkin Pie; cover and refrigerate.
- 2) Prepare Paleo Stuffing as per recipe instructions; cool then cover and refrigerate.
- 3) Trim and steam green beans; cool then cover and refrigerate.

The Big Day:

- 1) Prepare and roast the turkey as per recipe instructions and cook broth for gravy.
- 2) About 2 hours before serving time, pull Orange Cranberry Sauce, Paleo Stuffing and green beans from refrigerator; set aside and bring to room temperature.
- 3) About 1 hour before serving time, prepare Roasted Sweet Potatoes and Onions as per recipe instructions.
- 4) About 30 minutes before serving time, re-set oven temperature to 350 degrees then bake prepared Paleo Stuffing till heated through.
- 5) Prepare Pan Gravy as per recipe instructions.
- 6) About 15 minutes before serving time, saute green beans as per recipe instructions.

BON APPETIT!!!!!!!!!!

Paleo Thanksgiving – Shopping List

MENU

Roast Turkey (and Stock)
Pan Gravy
Paleo Stuffing
Orange Cranberry Sauce
Roasted Sweet Potatoes and Onions
Sauteed Green Beans with Nutmeg
Paleo Punkin Pie!

SHOPPING LIST:

PROTEIN

1 (15-lb.) turkey (at least – more if you want a lot of leftovers) [R1]
10 slices bacon [R3]
1 pound bulk breakfast sausage [R3]
Eggs (4) [R3,R7]

CONDIMENTS

Cider vinegar (2 tablespoons) [R3]
Raw honey (1/3 cup plus 2 tablespoons) [R7]

CANNED GOODS

Low sodium chicken broth (1/3 cup plus extra as needed) [R2,R3]
1 (15-oz.) can pumpkin (the only ingredient should be pumpkin) [R7]
Coconut milk OR coconut cream (1/4 cup) [R7]

SPICES

Sea salt [R1,R2,R5,R6,R7]
Black peppercorns [R1,R2,R6]
Thyme [R1]
Rubbed sage [R1]
Poultry seasoning (watch for gluten) [R3]
Lemon pepper [R5]
Ground nutmeg [R6]
Ground cinnamon [R7]
Pumpkin pie spice [R7]
Vanilla extract [R7]

PRODUCE

Onions (3 large plus 1 small) [R1,R3]
Red onions (4 medium) [R5]
Carrots (1 large plus 1 small) [R1]
Celery (1 large plus 5 medium plus 1 small stalks) [R1,R3]
Sweet potatoes (8 medium) [R5]
Green beans (2 to 2 1/2 pounds) [R6]
Mushrooms (8 ounces) [R3]
Parsley (1/2 cup minced) [R3]
Oranges (1 cup juice plus optional 1 tablespoon grated peel) [R4]
Green apples (2) [R3]
Cranberries (1 pound) (or buy frozen) [R4]

DRY GOODS

Arrowroot starch [R2]
Almond flour (1 1/2 cups) [R7]
Dried cranberries (1 cup) [R3]
Pecans (1 cup chopped) [R3]

DAIRY CASE

Ghee (clarified butter) (1/3 cup plus 1/4 cup plus 2 tablespoons) [R1,R5,R6,R7]

FREEZER

Cranberries (1 pound) (if not using fresh) [R4]

OTHER

Xylitol (1/4 cup) [R4]
Aluminum foil wrap [R1]
Toothpicks [R7]
Meat thermometer



[R1] – [R7] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Roast Turkey (and Stock)

Recipe 1

INGREDIENTS:

1 (15-lb.) turkey (at least – more if you want a lot of leftovers)
1 large onion, halved
1 large carrot, halved
1 large stalk celery, halved
1/2 teaspoon dried thyme
1/2 teaspoon rubbed sage
Sea salt and freshly ground black pepper, to taste
Ghee
1/2 cup water

Turkey neck stock:
1 turkey neck (comes with the turkey)
1 small onion, halved
1 small carrot
1 small stalk celery
Water



INSTRUCTIONS:

Preheat oven to 500 degrees. Remove giblets and neck bone from turkey cavities; reserve neck for later use*.

Rinse turkey with cool water and pat dry. In a large bowl, toss together onion, carrot, celery, thyme, sage, salt and pepper; insert this mixture in the large cavity of the bird then place the turkey on a rack in a shallow roasting pan and gently rub ghee under and over the skin. Pour the water on the bottom of the pan. Insert a meat thermometer in the thickest part of the thigh muscle, but don't allow it to touch the bone (or you'll get a false reading). Roast turkey for 30 minutes then re-set oven temperature to 325 degrees; roast for 4 to 5 hours (depending on size) or until the meat thermometer registers 180 degrees. Remove turkey from the oven and allow it to rest in the pan for 10 minutes; transfer to a cutting board and cover it with aluminum foil wrap to keep it warm. Allow it to rest for at least an additional 30 minutes.

LEANNE'S NOTE: Personally, I don't baste because it actually dries out the bird! Every time you open the oven door, you lose 25 degrees of heat; therefore, you have to cook it longer, which, in turn, means a drier bird.

*After you've placed the turkey in the oven, place reserved neck in a medium saucepan with a tight-fitting lid; add 1 small onion, 1 small carrot and 1 small stalk of celery then fill saucepan about three-quarters of the way up with water; bring to a boil then reduce heat, cover and gently simmer for 1 hour. Strain broth, discarding solids; set aside for making gravy.

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Pan Gravy

Recipe 2

INGREDIENTS:

Turkey neck stock
Low sodium chicken broth, as needed
Arrowroot starch

Water
Sea salt and freshly ground black pepper, to taste



INSTRUCTIONS:

After the turkey is done and resting on the cutting board, add the strained neck stock to the roasting pan; bring to a boil and whisk up all of the browned bits from the bottom of the pan; add chicken broth as needed. In a small bowl or cup, blend arrowroot starch and water to a smooth paste; **gradually** add to the pan; cook, stirring constantly, until thickened; salt and pepper to taste.

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Paleo Stuffing

Recipe 3

INGREDIENTS:

10 slices bacon, chopped
5 medium stalks celery, diced
2 large onions, diced
2 green apples, cored and diced (but not peeled)
1 pound bulk breakfast sausage (no casings)
8 ounces mushrooms, finely chopped

2 tablespoons cider vinegar
1 cup dried cranberries
1 cup chopped pecans
2 teaspoons poultry seasoning
1/2 cup minced fresh parsley
2 eggs, lightly beaten
1/3 cup low sodium chicken broth



INSTRUCTIONS:

Preheat oven to 375 degrees. Cook the chopped bacon in a large skillet over medium-high heat till the fat starts to release. Add celery, onions and apples; cook for 5 minutes. Now add the sausage and mushrooms and sauté till bacon and sausage are cooked through. Drain off any excess fat. Place remaining ingredients (vinegar through broth) in a large bowl; add contents of skillet and blend well. Spread mixture in a 9- x 13-inch baking pan; bake for 20 minutes or until lightly browned (not chocolate brown!).

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Orange Cranberry Sauce

Recipe 4

INGREDIENTS:

1 pound cranberries, fresh or frozen
1 cup water

1/4 cup xylitol
1 cup orange juice
1 tablespoon grated orange peel (optional)



INSTRUCTIONS:

In a strainer, rinse the cranberries (even if they are frozen) with cool water; remove any stems and/or blemished berries. In a large saucepan with a tight-fitting lid, combine all ingredients; bring to a boil then reduce heat, cover and simmer for 15 minutes, stirring occasionally, or until cranberries burst and sauce thickens. Serve at room temperature.

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Roasted Sweet Potatoes and Onions

Recipe 5

INGREDIENTS:

8 medium sweet potatoes, peeled and cut into 2-inch pieces
4 medium red onions, peeled and cut into 1-inch pieces

1/4 cup melted ghee
2 teaspoons lemon pepper
1/2 teaspoon sea salt



INSTRUCTIONS:

Preheat oven to 425 degrees. In a large bowl, toss together all ingredients, coating vegetables well with ghee; divide vegetables evenly in two 9- x 13-inch baking dishes; bake for 35 minutes or until sweet potatoes are fork-tender and nicely browned.

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Sautéed Green Beans with Nutmeg

Recipe 6

INGREDIENTS:

2 to 2 1/2 pounds green beans (1 handful per 1 adult or 2 children)
2 tablespoons ghee

1 dash ground nutmeg
Sea salt and freshly ground black pepper, to taste



INSTRUCTIONS:

Wash and trim beans; steam them just until they turn bright green; drain and set aside. Melt the ghee in a skillet over medium-high heat; add beans and sauté for 2 to 3 minutes or until tender-crisp; toss with nutmeg, salt and pepper.

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Paleo Punkin Pie!

Recipe 7

INGREDIENTS:

1 1/2 cups almond flour
1 dash sea salt
1 tablespoon ground cinnamon
2 tablespoons raw honey
1/3 cup ghee
1 (15-oz.) can pumpkin (the only ingredient should be pumpkin)

2 eggs
1/3 cup raw honey
1 teaspoon pumpkin pie spice
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
1/4 cup coconut milk or coconut cream (it has to be the fatty, thick stuff!)



INSTRUCTIONS:

Preheat oven to 350 degrees; coat a 9-inch pie pan with ghee.

Place combine flour, salt and cinnamon in a medium bowl and make a "well" in the center; add the honey and ghee; blend well (mixture will resemble a graham cracker crust and be crumbly) then press into the bottom and up the sides of the pie pan. I guarantee you that the sides won't stay up, so don't sweat it—just do the best you can. Bake the crust for 10 minutes or until lightly browned; set aside to cool while you make the filling.

In a large bowl, whisk together pumpkin and remaining ingredients (eggs through coconut milk or cream) till nice and creamy; pour into the prepared pie crust and bake for 45 to 60 minutes, using a toothpick to test for doneness (if it's done, the toothpick will come out clean). If not, bake a little longer. Allow pie to cool before digging in!

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