



Everything Holiday

Assortment of 30-day compliant recipes





Turkey Tenderloin with Cranberries

ADAPTED FROM PALEOLEAP.COM

2 x 1 lb. turkey tenderloins;
1-½ cup fresh cranberries;
2 tsp. ground cinnamon;
1 onion, finely chopped;
2 cloves garlic, minced;
¼ cup raw honey; (optional)
2 tbsp. cooking fat (olive oil, avocado oil or coconut oil);
¾ cup chicken stock;
1 tbsp. olive oil;
Sea salt and freshly ground black pepper;

Preheat your oven to 375-degrees F.

Combine the cinnamon and the olive oil in a bowl.

Brush the tenderloins with the cinnamon mixture and season to taste with salt and pepper.

Melt some cooking fat and brown the tenderloins in an oven-proof skillet placed over a medium-high heat. Transfer the browned tenderloins to a plate and set aside.

In the same skillet, brown the onion and garlic.

Add the remaining ingredients and bring to a boil, scraping the bottom of the skillet to get all the browned bits into the sauce.

Return the tenderloins to the skillet.

Place in the oven and roast for 20-30 minutes, or until juices run clear.

Serve the turkey with the cranberries.

Blistered Green Beans

1 lb fresh green beans, washed and dried
4 cloves garlic, minced
3 Tbsp. olive oil
2 Tbsp. ghee
Salt & Pepper

In a large skillet on medium-high heat, heat up olive oil and ghee.
Add garlic and sauté until fragrant.
Add green beans to skillet, turning occasionally, until bright green in color and al dente.
Sprinkle with salt and pepper to taste, and toss.

Creamy Mushroom Soup

From Plant Worthy Food
4 Cups Vegetable Broth
1 Can Coconut Milk
1/4 Cup Gluten-Free Flour
1 Tsp Thyme
1 Tsp Salt
1/2 Tsp Pepper
1 Large Onion
4 Cups Mushroom
6 Garlic Cloves
1/4 Cup Cilantro
1/2 Cup Water

In a large pot add onion, 2 cups mushroom, garlic cloves and 1/2 cup water.
Simmer for 10 mins.
Add mixture to a blender in batches with thyme, salt, pepper and 1 cup vegetable broth then blend until smooth.
Add mixture to large pot with coconut milk, 2 cups mushroom, cilantro and 2 cups vegetable broth then stir well.
Add gluten-free flour and stir until flour is fully dissolved then simmer for one hour.

Black Bean Brownies

Adapted from: Live Eat Learn
1 15-oz can organic black beans rinsed and drained
3 large eggs
3 Tbsp flavorless oil (avocado or extra virgin olive oil)
1 tsp vanilla extract
1/4 cup unsweetened cocoa powder
2/3 cup granulated stevia
1/2 tsp baking powder
1/4 tsp salt
1/2 tsp finely ground or instant coffee (optional)
1/2 cup dairy-free, semi-sweet chocolate chips

Preheat oven to 350 degrees.
Puree black beans in food processor into a rough paste.
In a large bowl, mix together the bean puree, eggs, oil, and vanilla.
In a separate bowl, combine cocoa powder, stevia, baking powder, salt, and coffee (if using).
Add the dry ingredients to the wets, then stir in chocolate chips.

Grease an 8x8 or 9x9 inch pan, then line with parchment paper. Pour in batter and bake for 30 to 40 minutes, or until the edges are visibly cooked and the center doesn't jiggle much when you shake the pan (a toothpick may still come out a little gooey, that's fine!)* Allow brownies to cool before cutting.

*For ultra-gooey brownies, remove brownies when the center still jiggles some. For firmer brownies, cook until toothpick comes out almost clean. For brownies that are really thick, double the recipe and add 15 to 20 minutes to the cooking time.

