


FALL 2022



# *Healthy Recipes*

Happy Thanksgiving to you and your family  
from everyone on your care team!

Brought to You By  
Your Care Team



## Soups



# Butternut Squash Soup

SERVINGS: 5

PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

## Ingredients

- 1 whole butternut squash
- 1 shallot
- 3 cloves of garlic
- 1 can of coconut cream
- 2 cups of vegetable or chicken broth
- cinnamon
- nutmeg
- ginger (paste)
- Sage
- Olive Oil



## Directions

1. Preheat oven to 425 degrees
2. Cut your butternut squash in half and coat with olive oil bake in oven until tender
3. Once butternut squash cools, add to a blender with coconut milk and chicken broth and pulse until smooth
4. In a deep pot or dutch oven on medium heat cook garlic and shallot in olive oil until translucent
5. Add in your blended mixture to the pot and season with additional herbs and spices
6. Top with optional cheese or pumpkin seeds

## Soups



# Veggie Packed Homemade Chili

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 5 HOURS

## Ingredients

- 3 lbs of lean ground beef
- 1-2 cans of tomato paste
- 16oz-32 oz beef broth
- 1 shallot
- 4 cloves of garlic, minced
- Diced Onion
- 1 lb of diced carrots
- 1 lb of diced celery
- 1 bell pepper, diced
- McCormick Chili Seasoning
- Salt + Pepper
- Cayenne seasoning (optional)
- 1 can of kidney beans
- 2 tbsp of olive oil



## Directions

1. Dice and mince all vegetables/drain kidney beans and set aside
2. Bring a dutch oven or large pot to medium heat and coat with olive oil.
3. Place ground beef into dutch oven or pot and season with salt and pepper. Once cooked transfer beef into slow cooker with slotted spoon. Don't drain the oil.
4. Cook all of your vegetables until translucent and transfer into slow cooker with slotted spoon.
5. Combine with kidney beans, beef stock, tomato paste, and seasonings. Tomato paste to beef stock ratio will depend on how thick or thin you'd prefer your sauce. Feel free to reserve either or for later to see how much you'll need/adjust.
6. Cook for 5-6 hours on high in your slow cooker until ready to serve!

Veggies



## Honey Roasted Carrots & Feta

SERVINGS: 5

PREPPING TIME: 15 MIN

COOKING TIME: 18 MIN

### Ingredients

- 1 lb of carrots
- 1 shallot
- 2 cloves of garlic, minced
- 1tbsp of honey
- 1/2 cup feta cheese
- 1 tbsp of olive oil
- Salt + Pepper
- Italian seasoning
- Paprika



### Directions

1. Line a baking dish with tin foil and pre-heat your oven to 425 degrees
2. Peel and quarter your carrots
3. Mince garlic and dice your shallot
4. Place peeled carrots onto baking dish, season with salt and pepper
5. Sprinkle garlic and shallot over carrots and drizzle with olive oil and honey before placing in the oven
6. Place carrots in the oven for 15 minutes, remove and top with feta paprika and italian seasoning
7. Finish in oven for 3 additional minutes

Veggies



## Autumnal Arugula Salad

SERVINGS: N/A

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

### Ingredients

- Arugula or your choice of salad lettuce
- Pine nuts
- Matchstick carrots
- Pomegranate seeds
- Gorgonzola cheese
- 1 tbsp of olive oil
- 1 tbsp of Apple Cider Vinegar
- 1tbsp of Dijon Mustard
- Salt + Pepper



### Directions

1. Estimate one cup of salad per person for serving variations
2. Combine all ingredients except olive oil, apple cider vinegar and dijon mustard into a salad bowl and mix with tongs
3. In a blender combine equal parts apple cider vinegar, dijon mustard and olive oil to a small blender until combined, add less or more of any ingredient to your taste
4. Add a small amount of dressing and mix until combined

## Fall Desserts



# Keto Pumpkin Cookies

SERVINGS: 24 COOKIES

PREPPING TIME: 15 MIN

COOKING TIME: 16 - 20 MIN

## Ingredients

### Cookies

- 8oz cream cheese
- 1/3 cup pumpkin puree
- 1/4 butter, softened
- 1/2 cup sugar-free sweetener
- 2 eggs
- 1 tsp vanilla extract
- 1/2 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- 1 cup almond/coconut flour
- 2 tsp baking powder
- 1/2 tsp salt

### Frosting:

- 8oz cream cheese
- 1/3 cup sugar-free sweetener
- 1 tsp vanilla
- 1/2 cup heavy whipping cream



## Directions

1. Preheat to 350.
2. Combine wet and dry ingredients in a bowl with a spatula. Once incorporated, chill cookie dough for 1 hour.
3. Bake for 16 - 20 minutes.
4. Let cool, add frosting.

## Fall Drinks

# Pumpkin Spice Cold Brew

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## Ingredients

- 2 tbs canned pumpkin
- 1/4 cup heavy whipping cream,
- splash of honey
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon



## Directions

1. Froth ingredients, then pour over iced espresso or cold brew!

## Fall Drinks



# Blackberry Mocktail

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 2 MIN

## Ingredients

- Blackberry Syrup
  - 1 cup of blackberries
  - 1tbsp honey
  - Juice of 1/2 lemon
- Juice of one lime
- 1 can of blackberry "bubly" brand water
- Mint leaves and lime wedge for garnish



## Directions

### For the Blackberry syrup

1. In a saucepan on medium heat, heat blackberries until soft
2. Crush or muddle blackberries and mix in honey and lemon to taste
3. Once cooled jar and refrigerate, fresh for 1 week
- 4.(For a quicker recipe, skip making the syrup and muddle fresh blackberries with 1tsp honey right before serving)

### For Mocktail

1. Place 1tbsp amount of blackberry syrup at the bottom of your glass
2. Squeeze juice of one lime
3. Pour can of carbonated water of choice
4. Garnish with freshly smacked mint leaves and wedge of lime