CoolBean LIVING

CELEBRATING MIDLIFE

THANKSGIVING RECIPE BOOK

Roasted Turkey

Ingredients

- 1 whole turkey
- 1 cup salted butter sliced
- 2 tsp paprika
- 2 tsp ground oregano
- 2 tsp ground basil
- 2 tsp salt
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp garlic powder

Instructions

- Place turkey onto a roasting pan. Discard neck and gizzards. Preheat an oven to 350°.
- Starting at the neck cavity, loosen the skin from the breast and drumsticks by inserting fingers and gently pushing between the skin and meat. Place slices of butter in between the skin and the meat.
- In a small bowl, stir together paprika, oregano, basil, salt, pepper, onion powder, and garlic powder. Sprinkle over entire turkey and rub on to skin.
- Bake in the preheated 350° oven until the internal temperature of the breasts reaches 150-155°. The dark meat in the legs should register between 175 and 180°.
- Baste 1 to 2 times if desired.
- Once the internal temperatures reach their desired level, let the turkey rest 30 minutes before carving.

Mashed Cauliflower

Ingredients

•1 medium cauliflower head, florets only
•1 tbsp minced garlic
•2 tbsp olive oil extra virgin
•2 tbsp almond milk unsweetened
•1 tsp garlic powder
•1 tsp onion powder
•salt and pepper to taste
•3 tbsp fresh chives chopped

Instructions

•Place the cauliflower florets and the garlic cloves into a steamer basket set over a pot of gently boiling water. Cover and steam until the cauliflower is fork-tender, around 15 minutes.
•Transfer the cauliflower and garlic to a food processor or blender and add the olive oil, almond milk, garlic powder, and onion powder. Season with salt and black pepper, to taste, and process until smooth and creamy. Taste and adjust the seasonings, as desired.
•Transfer to a serving bowl and top with fresh chives before serving.

Sausage Stuffing

Ingredients

- 5 links of Italian sausage, no casing
- 2 cups of instant rice
- 2 bags of seasoned stuffing mix
- 3 cups of water (more if needed)
- 3 cups of chicken stock
- 2 sticks of butter (more if needed)
- 1 finely chopped onion
- 1 finely chopped celery stalk
- Salt & pepper, to taste

Instructions

- Preheat oven to 350°F.
- Melt 2 sticks of butter in large skillet and add onion and celery. Sauté until onion is transparent, then add sausage and rice.
- Break up sausage and stir frequently until browned. Additional butter may be added, if necessary.
- In large bowl, add stuffing mix. Combine ingredients from skillet into bowl, add salt and pepper. Slowly pour chicken stock and water while mixing until completely moistened. More water may be added, if necessary.
- Place in a large baking pan. Cover with foil and bake for one hour.

Cranberry Orange Sauce

Ingredients

- 1 cup orange juice
- 3/4 cup sugar
- 1/4 tsp ground ginger
- Zest of 1/2 an orange
- 12 oz fresh cranberries

Instructions

1. Place medium saucepan over medium-high heat. Toss in the sugar, orange juice, salt and ginger.
2. Zest 1/2 an orange into pot as it comes up to a boil.
3. Add the cranberries and stir. Once it comes back up to a boil reduce the heat to medium and continue to cook while stirring until most of the cranberries have popped.

Sautéed Green Beans

Ingredients

- 1 lb fresh green beans, trimmed
- 1 tsp garlic minced
- 2 tbsp olive oil
- 1 tsp roasted vegetable seasoning
- ¼ cup french fried onions
- salt & pepper to taste

Instructions

- Blanch green beans in rapidly boiling water for about 5 minutes, and then transfer into an ice bath.
- Heat oil in a frying pan. Add green beans, garlic, seasoning, salt and pepper and sauté for 5 minutes, stirring frequently. Add french fried onions and sauté another minute. Remove from heat and serve.

Roasted Air Fryer Sweet Potatoes

Ingredients

- 5 sweet potatoes
- 1 1/2 tbsp olive oil
- 2 tsp brown sugar
- 1 tsp paprika
- 1/4 tsp garlic salt
- 1/4 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp celery seed
- salt & pepper to taste
- cooking spray

Instructions

- Wash and peel potatoes. Cut into cubes about 1 inch in size.
- Lightly spray the air fryer basket with cooking spray.
- Preheat air fryer to 380 °F for 2 minutes.
- In a bowl, combine brown sugar, paprika, garlic salt, cumin, oregano, celery seed, with salt and pepper.
- Put sweet potatoes into bowl and add olive oil. Toss the potatoes until well coated with oil and seasonings.
- Place the sweet potatoes in the air fryer basket in a single layer.
- Cook for 7 minutes. Shake the basket well and continue cooking another 8 minutes more. Potatoes are done when they are fork tender.

Cinnamon Apple Crisp

Ingredients

- 6 large apples, peeled & sliced
- 1 tbsp lemon juice fresh squeezed
- ⅓ cup real maple syrup
- 2 tbsp apple juice
- 1 tsp ground cinnamon
- ½ tsp ground allspice
- 1½ tsp fresh thyme leaves
- ¼ tsp salt

Topping

- 1 cup rolled oats
- ⅓ cup flour
- ⅓ cup almonds sliced
- ⅓ cup honey
- 3 tbsp unsalted butter melted

Instructions

- Place top oven rack in the center position and pre-heat oven to 350°F. Grease an 8” x 8” baking dish and set aside.
- Place apples in a large bowl and toss with fresh lemon juice. Add maple syrup, apple juice, cinnamon, allspice, thyme leaves, and salt. Toss to combine and set aside.
- Combine topping ingredients in a separate bowl and stir until oats are thoroughly coated and all ingredients are well combined. Set aside.
- Pour apple mixture into prepared baking dish and spread into an even layer. Spread the topping evenly across the top in a uniform layer, as well.
- Place into pre-heated oven and bake for 30 minutes. If the top layer is nicely browned, cover dish loosely with aluminum foil to prevent over-browning. Continue baking for another 15-20 minutes or until the apple crisp is nice and bubbling. Remove from oven and set aside to cool for 5-10 minutes.
- Serve warm with vanilla ice cream or whipped cream, if desired

Pumpkin Dump Cake

Ingredients

•3 cups flour
•2 cups sugar
•2 tsp baking soda
•1 tsp salt
•1 1/2 tsp cinnamon
•4 eggs
•1 cup vegetable oil
•2 cups canned pumpkin
•1 cup semi-sweet chocolate chips
•1 bundt pan

Frosting

•1 1/2 cup powdered sugar
•2 tsp vanilla
•1 tsp milk

Instructions

•Pre-heat oven to 350 °F.
•Grease bundt pan and lightly flour.
•In large bowl, mix together flour, sugar, baking powder, baking soda, salt and cinnamon.
•Add beaten eggs, oil, pumpkin, and chocolate chips. Mix well in bowl for 3 - 4 minutes.
•Pour into bundt pan but do not spread mixture with a spoon. Instead, tap sides of pan to spread around.
•Bake for one hour and ten minutes.
•Let cool before removing from pan. Once cooled, turned pan upside down over large plate.
•Mix together powdered sugar, vanilla and milk for the topping. Drizzle the icing over the top of the cake.

Mini Pumpkin Pies

Ingredients

- 15 oz ready to make pie crust
- 15 oz pumpkin puree (not pumpkin pie filling)
- 12 oz evaporated milk
- ¾ cup brown sugar
- 2 large eggs
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cloves

Topping

- whipped cream and ground cinnamon, if desired

Instructions

- Preheat oven to 425°F and spray a 24-cup mini muffin pan with nonstick cooking spray. Set aside.
- Cut pie crust out into circles using a jar lid. Push pie circles down into the muffin cups. If needed, gently knead and roll out any extra dough left from the rings to make a total of 21 circles.
- Mix pumpkin pie filling ingredients in a large mixing bowl until smooth. Divide filling among the mini pie shells.
- Place in the pre-heated oven and bake for 10 minutes. Reduce temperature to 350 °F and bake an additional 10-12 minutes, until pie filling is just set, and a toothpick inserted into the center comes out clean.
- Remove from oven and cool for 10-15 minutes before removing from muffin tin. Top with whipped cream and garnish with some ground cinnamon, if desired.