

simple dinners

from nourished kitchen

october 4



simple dinners} week of october 4

This week we're featuring some healthy comfort foods for fall - from chicken paprikash with Hungarian cucumber salad to Swedish meatballs over pureed beets. I'm also sharing my award-winning 100-mile chili with you this week - and I'm sure your family will love it!

tips & tricks} getting the most from this series

recipes & to-do lists}

- recipes are located on pages 2 through 12.
- mark the day you plan to prepare the menu.
- take a look at the to-do list which will help ensure your meal comes together easily at dinner time.

shopping list}

- print out the shopping list (page 13), and take it with you to market.
- remember, save money by shopping from your pantry first. what do you already have in stock?

supplemental recipes}

- if you're a tried-and-true from-scratch cook, try our supplemental recipes for basic ingredients like chicken stock (page 14).

seasonal produce guide}

- check out the guide to seasonal produce and mark your notes on page 15.

need help}

- Email me! Use the subject "SIMPLE DINNERS."

week of october 4}

menu #1} one-dish meal

chicken paprikash
hungarian cucumber salad

menu #2} simple comfort food

swedish meatballs
onion gravy
pureed beets
green salad with creamy herb dressing

menu #3} super simple supper

frittata with ham and greens
green salad with cider vinaigrette

ferments, soups, desserts}

beet kvass
baked pumpkin & apples
100-mile chili

supplemental recipes}

beef stock
fresh whey
roasted tomatoes

simple dinners

from nourished kitchen

october 4



menu #1} chicken paprikash, hungarian cucumber salad

My heritage is Hungarian, and I'll always remember my grandfather's dishes of bubbling chicken paprikash and goulash. Of dumplings and the heavy, sweet smell of paprika wafting through the kitchen. We love this dish, it's simple - nourishing and delightful.

food for thought}

how & why this meal nourishes

pasture-raised chicken}

- is a good source of protein.
- is less likely to be contaminated by salmonella and other opportunistic microbes.

chicken stock}

- is rich in gelatin, which soothes the stomach and promotes good digestive health.
- is rich in glucosamin-chondroitin, thought to promote joint health.
- is rich in trace minerals and represents an excellent dairy-free source of calcium.

make this meal}

up to three days in advance}

- thaw chicken, if frozen, in the refrigerator.
- prepare vegetables, storing in individual airtight containers until ready to serve.

about one hour in advance}

- prepare hungarian cucumber salad and refrigerate until ready to serve.

about forty-five minutes in advance}

- prepare the chicken paprikash.

about five minutes in advance}

- remove the cucumber salad from the oven and plate the paprikash.

this meal is scheduled for}

simple dinners

from nourished kitchen

october 4



recipes for menu #1} chicken paprikash, hungarian cucumber salad

chicken paprikash} skill level: easy |
yield: about 4 servings | time: about 40 minutes

ingredients

- 2 lbs chicken thighs
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 3 tbsps butter*
- 3 large yellow onions, peeled and sliced into 1/4-inch rounds
- 3 tbsps sweet paprika
- 1/2 tsp ground cayenne pepper
- 1 cup chicken stock
- 1/2 cup sour cream, optional

equipment

- skillet

method

1. Season chicken thighs with salt and pepper. Melt butter in a skillet until it froths, then brown the chicken legs - about five minutes on each side. Remove the chicken from the pan and set it aside while you prepare the onions.
2. Toss sliced onions in the pan and sweat, covered, stirring occasionally, about eight minutes. Stir in paprika and cayenne pepper. Deglaze the pan by pouring in chicken stock, scraping any browned bits from the bottom of the pan.
3. Place the browned chicken pieces on top of the onions and cook, covered, for twenty minutes. Stir in sour cream, if using, just before serving.

***Dairy-free?** Substitute olive oil or bacon fat for butter.

hungarian cucumber salad} skill level: easy | serves: 4 | 5 minutes (active), 1 hour (refrigeration)

ingredients

for the vinaigrette

- 2 tbsps honey
- 1/4 cup warm water
- 1/2 cup white wine vinegar

for the salad

- 4 cucumbers, peeled if skin is bitter, sliced in 1/4-inch rounds
- 2 cloves garlic, peeled and minced
- 1/4 cup chopped fresh dill

equipment

- mixing bowl
- whisk
- saucepan

method

1. Whisk honey into one-quarter cup warm water and stir in vinegar.
2. Toss cucumbers with minced garlic and chopped fresh dill. Dress with vinaigrette and refrigerate for one hour before serving.

simple dinners

from nourished kitchen

october 4



menu #2} swedish meatballs, onion gravy, pureed beets, green salad with creamy herb dressing

Swedish meatballs served with simple onion gravy is lovely when paired with sweet and earthy pureed beets. Small children typically enjoy the meatballs which can be dipped in gravy. I like to serve this dish with a side of sauerkraut and a huge green salad topped with a creamy herb dressing.

food for thought}

how & why this meal nourishes

grass-fed beef}

- is an excellent source of protein.
- offers a favorable ratio of omega-3 to omega-6 fatty acids.
- is a rich source of conjugated linoleic acid and trans-palmitoleic acid.

beets}

- are rich in folate, a B vitamin that is essential in mitigating the risk of neural tube defects for babies in the womb.
- are a good source of anthocyanin, a powerful antioxidant which may help to mitigate the risk of certain inflammatory conditions and cancer.

raw egg yolks from pastured hens}

- are a potently rich source of vitamin A, choline and biotin.
- are less likely to be contaminated by opportunistic microorganisms than those raised by conventionally raised hens.

this meal is scheduled for}

make this meal}

no more than five days in advance}

- prepare salad dressing.
- prepare stock for gravy.

about three days in advance}

- thaw meat, if frozen, in the refrigerator.
- prepare vegetables according to recipe instructions and store in airtight containers in the fridge until ready to serve.

about an hour in advance}

- begin roasting and preparing pureed beets.

about forty minutes in advance}

- prepare meatballs and onion gravy.

about five minutes in advance}

- plate salad and dress at the table.

simple dinners

from nourished kitchen

october 4



recipes for menu #2} swedish meatballs, onion gravy

swedish meatballs} skill level: easy | serves: 4+ leftovers | time: 5 minutes (active), 30 minutes (stovetop)

ingredients

- 1 yellow onion, peeled and minced
- 1 1/2 lbs ground beef
- 2 egg yolks, beaten
- 1/2 tsp ground black pepper
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1/4 cup butter*
- 1 recipe onion gravy (follows)

equipment

- mixing bowl
- wooden spoon
- skillet

method

1. Combine onion, ground beef, egg yolk, black pepper, salt, allspice and nutmeg in a mixing bowl until well-mixed. Form into meatballs about 1-inch in diameter.
2. Melt butter in a skillet, fry meatballs until well-browned on the outside and cooked through. Stir in onion gravy and continue to cook another five to eight minutes. Serve warm over beet puree.

***Dairy-free?** Substitute bacon fat, lard, clarified butter or grass-fed tallow for butter.

onion gravy} skill level: easy | serves: 4+ leftovers | time: 5 minutes (active), 30 minutes (stovetop)

ingredients

- 1/4 cup butter*
- 4 large yellow onions, peeled and sliced
- 1 quart beef stock
- 1 sprig thyme

equipment

- saucepan
- immersion blender

method

1. Melt butter in a saucepan, and stir in yellow onions, frying until fragrant and softened - about five minutes. Pour in stock and stir in thyme. Simmer, uncovered, until slightly thickened - about twenty minutes.
2. Turn off the heat, remove the sprig of thyme and blend the gravy into a smooth puree using an immersion blender.

***Dairy-free?** Substitute bacon fat, lard, clarified butter or grass-fed tallow for butter.

simple dinners

from nourished kitchen

october 4



recipes for menu #2} roasted beet puree, creamy herb dressing

roasted beet puree} skill level: easy |
serves: 4 | time: 5 minutes (active), 1 hour (oven)

ingredients

- 4 large beets
- 2 tbsps butter*

equipment

- parchment paper
- aluminum foil
- food processor

method

1. Preheat the oven to 425 degrees Fahrenheit.
2. Wrap the beets in parchment paper and cover with foil. Roast them in an oven preheated to 425 degrees Fahrenheit for forty-five minutes to one hour.
3. Remove from the oven and allow them to cool until they're cool enough to handle. Peel the beets, chop and toss in a food processor with butter. Puree and serve.

***Dairy-free?** Substitute coconut oil.

WASTE-NOT/WANT-NOT: Save the beet greens and use them in the frittata with ham and greens for menu #3.

creamy herb dressing} skill level: easy |
serves: 4 | time: 5 minutes (active)

ingredients

for the dressing

- 1/4 cup yogurt
- 2 tbsps white wine veingar
- 1 shallot, peeled and minced
- 1 garlic clove, peeled and minced
- 1/2 cup chopped fresh herbs (parsley, chives etc.)
- 3/4 cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin
- 1 tomato, quartered
- 1 cucumber, peeled if skin is bitter, and sliced into 1/4-inch rounds

equipment

- blender or food processor
- salad dressing cruet or mason jar
- mixing bowl

method

1. Combine yogurt, vinegar, shallot, garlic and herbs in a food processor and pulse two or three times to combine. Then, slowly and drop by drop, pour in olive oil until the mixture is well-emulsified. The dressing should keep about five days, refrigerated.
2. Plate salad greens, onion, tomato and cucumber. Dress at the table.

***Dairy-free?** Substitute 1/4 cup cashew nuts, soaked overnight in water and pureed.

simple dinners

from nourished kitchen

october 4



menu #3 } frittata with ham and greens, buttered broccoli, green salad with cider vinaigrette

We often have breakfast for dinner, or serve quiches and frittatas - filled with seasonal vegetables and herbs. I often serve frittatas with a big green salad, a spoonful of fermented vegetables and a crusty loaf of bread.

food for thought}

how & why this meal nourishes

pasture-raised eggs}

- are a good source of healthy fats.
- is rich in B vitamins.
- are richer in vitamin A, vitamin E, vitamin D, omega-3 fatty acids and beta carotene than conventionally produced eggs.

grass-fed butter}

- is a healthy fat that is rich in vitamins A and K2, as well as conjugated linoleic acid and trans-palmitoleic acid.

beet greens}

- are rich in folate.
- are best served lightly cooked, as in this recipe, to mitigate the effects of oxalates - naturally occurring antinutrients which block mineral absorption.

make this meal}

up to a week in advance}

- prepare vinaigrette, store at room temperature.

about three days in advance}

- prepare vegetables according to recipe instructions and store in an airtight container until ready to serve.

about twenty minutes in advance}

- prepare frittata.

about fifteen minutes in advance}

- prepare buttered broccoli.

about five minutes in advance}

- plate salad, dress at the table.

this meal is scheduled for}

simple dinners

from nourished kitchen

october 4



recipes for menu #3} frittata with ham and greens, buttered broccoli

frittata with ham and greens}

skill level: easy | serves: 4 | time: 10 minutes (stovetop), 8 minutes (oven)

ingredients

- 3 tbsps butter*
- 1 yellow onion, peeled and sliced thin
- 1 bunch beet greens, stems removed and coarsely chopped
- 2 cups chopped ham**
- 1 dozen eggs, beaten

equipment

- oven-proof cast iron or enameled cast iron skillet

method

1. Melt butter in a skillet over a moderate flame, stir in sliced onion and fry until fragrant and softened. Stir in beet greens and fry until tender. Stir in ham and continue frying for three to four minutes.
2. Pour in beaten eggs, remove from heat and place under a broiler until the eggs are cooked through - about eight minutes.

***Dairy-free?** Substitute coconut oil or olive oil.

****Don't do pork?** Substitute chopped roast beef.

buttered broccoli} skill level: easy | serves: 4 | time: under 5 minutes (active), 10 minutes (steaming)

ingredients

- florets of 1 large head of broccoli
- 2 tbsps butter*

equipment

- kettle
- mixing bowl
- kitchen towel

method

1. Bring at least a quart of water to boil in a kettle.
2. Place broccoli florets in a large mixing bowl, and cover with boiling water. Allow beans to cook in the residual heat of the water for ten minutes, covered by a kitchen towel.
3. After ten minutes, drain the beans, place on a serving dish and dot with butter.

***Dairy-free?** Substitute coconut oil or olive oil.



recipes for menu #3} salad with white wine vinaigrette

salad with cider vinaigrette} skill

level: easy | serves: 4 | 5 minutes (active)

ingredients

for the vinaigrette

- 1/4 cup white wine vinaigrette
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- 3/4 cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced into thin rounds

equipment

- mixing bowl
- whisk
- mason jar or salad dressing cruet
- serving dish

method

1. Whisk vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens and red onion, dress with vinaigrette at the table.

NOTE: This is the same vinaigrette recipe as called for in menu #1. Save yourself time and make a double batch for the week.

simple dinners

from nourished kitchen

october 4



bonus recipes} beet kvass, baked apples with pumpkin, 100-mile chili

We love beet kvass - it's powerfully tonifying and deeply nourishing. We like to serve it over ice diluted by sparkling mineral water. I hope you'll also enjoy this week's dessert: baked apples with pumpkin - and hang onto the recipe, it's great served at Thanksgiving time. And I hope you'll enjoy this week's 100-mile chili - it's our award-winning chili recipe that wowed the crowds and judges at a recent chili cook-off.

food for thought}

how & why this meal nourishes

beef stock}

- is rich in gelatin, which soothes the stomach and promotes good digestive health.
- is rich in glucosamin-chondroitin, thought to promote joint health.
- is rich in trace minerals and represents an excellent dairy-free source of calcium.

butternut squash}

- is rich in antioxidants like beta carotene.

make ahead tips}

for the beet kvass}

- prepare fresh whey up to a week in advance.

for the chili}

- prepare stock up to a week in advance.

simple dinners

from nourished kitchen

october 4



bonus recipes} beet kvass, baked apples with pumpkin

beet kvass}

difficulty: easy | yield: 1 qt | time: about 10 mins (active), 48 to 72 hrs (fermentation)

ingredients

- 1 lb beets, peeled and chopped coarsely
- 1/4 cup fresh whey*
- 2 tsps unrefined sea salt
- 1 qt filtered water

equipment

- lidded mason jar or vegetable fermenter
- strainer

method

1. Place beets in a jar. Sprinkle with sea salt and fresh whey. Pour in one quart filtered water.
2. Allow the the kvass to ferment at room temperature for 48 to 72 hours.
3. Strain the beets from the kvass and reserve them for culturing your next batch. These reserved beets should be good for two to three additional batches and can be consumed on salads. Kvass should be transferred to the refrigerator.

***Dairy-free?** Substitute 1 package vegetable starter culture dissolved in one-quarter cup water or the brine of a previous batch of fermented vegetables for fresh whey.

baked apples with pumpkin}

difficulty: easy | yield: 4+ servings | time: about

ingredients

- 6 large apples, peeled, cored and sliced about 1/4-inch thick
- 1 pumpkin, peeled, halved, seeded and sliced about 1/4 inch thick
- 2 tsps ground cinnamon
- 1/2 tsp ground allspice
- 1/2 tsp ground nutmeg
- 2 tbsps butter*
- 1/4 cup honey

equipment

- mixing bowl
- baking dish

method

1. Preheat oven to 375 degrees Fahrenheit.
2. Toss sliced apples and pumpkins together with cinnamon, allspice and nutmeg. Layer the apples and pumpkins in a baking dish, dot with butter, drizzle with honey and bake for 45 minutes.

***Dairy-free?** Substitute coconut oil for butter.



bonus recipes} 100-mile chili

100-mile chili} skill level: easy | yield: 4 servings | time: 15 minutes (stovetop)

ingredients

- 1/4 cup pastured lard*
- 3 lbs chuck or arm roast
- 2 large yellow onions, peeled and sliced in 1/4-inch rounds
- cloves of 2 heads of garlic, peeled and chopped
- 1/2 cup ground cumin
- 2 tbsps chipotle chile powder
- 1/4 cup ancho chile powder
- 2 tbsps cocoa powder**
- 1 tsp crushed red pepper
- 1 tsp smoked paprika
- 2 tbsps whole unrefined cane sugar***
- 2 cups homemade beef stock
- 2 qts roasted tomatoes
- 1 tbsp red wine vinegar

***Don't eat pork?** Substitute olive oil or tallow.

****Don't do cocoa?** Substitute carob powder.

*****Don't do sugar?** Substitute honey or omit.

equipment

- saucepan deep enough to cover the pears

method

1. Melt lard in a heavy-bottomed stock pot over moderately low heat, then stir in chuck or arm roast, searing on all sides. Remove from the pan, chop finely and set aside. Stir in yellow onions and garlic, frying until fragrant and softened. Stir meat back into the pan with spices, cocoa and cane sugar. Continue frying for three or four minutes. Stir in stock, tomatoes and vinegar.
2. Simmer the chili over a moderately low flame or in a slowcooker for twelve to eighteen hours, and serve.

simple dinners

from nourished kitchen

october 4



shopping list}

dairy & eggs}

- butter (1 2/4 cup)SA
- sour cream (1/2 cup)O
- egg yolks (2)
- yogurt (1/4 cup)S
- fresh whey (1/4 cup)SA

meat, fish and fowl}

- chicken thighs (2 lbs)
- chicken stock (1 cup)
- beef stock (1 quart)
- chopped ham (2 cups, chopped)
- eggs (1 dozen)
- lard (1/4 cup)SA
- chuck or arm roast (3 lbs)
- beef stock (2 cups)

fresh produce}

- yellow onions (11)
- cucumbers (5)
- garlic (3 heads)
- chopped fresh dill (1/4 cup)
- thyme (1 sprig)
- beets with their greens (4 large, plus 1 lb)
- shallot (2)
- mixed herbs of choice (1/2 cup)
- mixed salad greens (16 cups)
- red onion (2)
- tomato (1)
- broccoli (1 large head)
- apples (6 large)
- pumpkin (1)

pantry & dried goods}

- honey (1/4 cup, 3 tbsps)
- white wine vinegar (3/4 cup, 2 tbsps)
- olive oil (1 1/2 cups)
- dijon-style mustard (1 tbsp)
- unrefined cane sugar (2 tbsps)SA
- red wine vinegar (1 tbsp)

spices}

- unrefined sea salt
- ground black pepper

- sweet paprika (3 tbsps)
- ground cayenne pepper (1/2 tsp)
- allspice (3/4 tsp)
- nutmeg (3/4 tsp)
- cinnamon (2 tps)
- ground cumin (1/2 cup)
- chile powder (2 tbsps)
- ancho chile powder (1/4 cup)
- cocoa powder (2 tbsps)SA
- crushed red pepper (1 tsp)
- smoke paprika (1 tsp)

misc.}

- pureed roasted tomatoes (1 quart, 1 cup, 2 tbsps)HM

about your ingredients}

Dairy: Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

Eggs: Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

Pantry Items: Choose organic, local and raw when and where possible.

Fresh Produce: Choose organic, local vegetables when possible.

Meat, Fish & Fowl: Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe.

HM: Preferably homemade, see supplemental recipes.

O: Optional ingredient.

simple dinners

from nourished kitchen

october 4



supplemental recipes} fresh whey, roast tomatoes

fresh whey/yogurt cheese}

skill level: easy

ingredients

- 1 quart yogurt

equipment

- fine mesh sieve
- cheesecloth
- mixing bowl

method

1. Line a fine mesh sieve with cheesecloth and place over a mixing bowl. Empty 1 quart yogurt into the lined sieve and allow the yogurt to strain overnight. Transfer the thickened yogurt to the refrigerator and use as yogurt or as cream cheese. Transfer the fresh whey to a bottle and use as a starter culture for fermented foods.

roast tomatoes}

skill level: easy | time: 5 mins (active), 2 1/2 hrs

(oven)

ingredients

- 2 lbs roma tomatoes, halved
- 2 tbsps olive oil
- 1/2 tsp unrefined sea salt

equipment

- baking sheet
- parchment paper
-

method

1. Preheat the oven to 225 degrees Fahrenheit. Line a baking sheet with parchment paper.
2. Layer tomatoes on the parchment paper-lined baking sheet, drizzle with olive oil and sprinkle with unrefined sea salt. Roast the tomatoes in an oven preheated to 225 degrees Fahrenheit for two and a half to three hours.
3. Use immediately or store in the refrigerator, covered with olive oil, for up to one week.



shopping list/supplemental recipes} beef stock

homemade beef stock}

skill level: easy | time: 5 mins (active), 24 hrs

(slowcooker)

ingredients

- 5 lbs beef stew bones
- vegetable scraps (onion, carrot, parsley etc.)
- 2 tbsps cider vinegar
- 2 to 3 bay leaves

equipment

- roasting pan
- heavy-bottomed stock pot

method

1. Rinse and clean the bones under clean water. Pat them dry. Roast the bones at 400 ° F for about an hour until the bones are well-browned and fragrant. Roasting the bones ensures a good flavor in the resulting beef stock. Failure to do so may lend a sour or off-taste to the end product. Once the bones are browned, drain off any fat.
2. Add the bones to a big pot along with any vegetable scraps you might have.
3. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves. Turn down the heat and continue to simmer for several hours. I usually simmer mine about 24 hours. Throughout the cooking process, skim off any foam and add water as needed. When the stock is finished simmering, filter through a fine mesh sieve and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
4. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to serve as soup. Note that it's wise to serve this stock very hot as it may gel again once it cools.

