

simple dinners

from nourished kitchen

october 11



simple dinners} week of october 11

I love the flavors of autumn: pumpkin and pears and apples and slowly simmered meats. It's a beautiful combination, and this week we're serving up dishes that speak to these flavors. From a slowcooker version of the traditional pot-au-feu to curried pumpkin soup and cinnamon-roasted pears, you'll love the nourishing, whole foods recipes you'll serve your family this week. If you have any questions about preparing dishes included in this week's meal plan, feel free to email me at jenny@nourishedkitchen.com.

tips & tricks} getting the most from these meal plans

recipes & to-do lists}

- recipes are located on pages 2 through 13.
- 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 stock and fresh whey (page 14)

need help}

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

week of october 11}

menu #1} simple roast chicken

simple roast chicken
onion gravy
sauteed cabbage with apples & walnuts
roasted beets

menu #2} pot-au-feu

slowcooker pot-au-feu
sourdough bread or almond flour bread
salad greens with white wine vinaigrette

menu #3} fajita salads

marinated fajita with peppers & onions
guacamole
cumin-chile vinaigrette

ferments, soups, desserts}

pickled peppers
cinnamon-roasted pears
curried pumpkin soup

supplemental recipes}

roasted tomatoes
fresh chicken broth
24-hour yogurt
fresh whey/yogurt cheese

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menu #1} simple roast chicken, onion gravy, cabbage with apples and walnuts, roasted beets

One of my favorite Sunday night suppers, this combination of simple roast chicken dressed with onion gravy and served with a heaping portion of sauteed cabbage with apples and walnuts and buttered roasted beets is enormously satisfying and deeply nutritious.

food for thought}

how & why this meal nourishes

pasture-raised chicken}

- is an excellent source of complete protein.
- offers a favorable ratio of omega-3 to omega-6 fatty acids.

cabbage}

- is rich in indole-3 carbinols, thought to protect reproductive health of women and known as potent cancer fighters.

grass-fed butter}

- is rich in conjugated linoleic acid, a known cancer fighter.
- is a good source of true vitamin A and of vitamin K2.

this meal is scheduled for}

make this meal}

up to three days in advance}

- thaw chicken, if frozen, in the refrigerator until ready to use.
- prepare vegetables according to recipe requirements and store in the refrigerator until ready to use.

four hours in advance}

- begin roasting chicken.

one hour in advance}

- increase oven temperature to 375 degrees Fahrenheit, continue roasting chicken and begin roasting beets.

fifteen minutes in advance}

- prepare cabbage and onions.
- allow chicken to rest before carving.
- allow beets to cool before peeling and chopping.

fifteen minutes in advance}

- top cabbage with apples and nuts.
- carve chicken.
- chop and butter roasted beets.

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recipes for menu #1} simple roast chicken, sauteed cabbage

simple roast chicken}

skill level: easy | yield: 4+ leftovers | time: 5 minutes (active), 3 1/2 hours (oven)

ingredients

- 1 3- to 4-lb chicken
- 2 tbsps butter*, softened
- 1 tsp ground black pepper
- 1/2 tsp unrefined sea salt

equipment

- pastry brush
- 100% cotton cooking twine
- clay baker or baking dish with foil

method

1. Preheat oven to 275 degrees Fahrenheit.
2. Truss chicken and brush it with softened butter. Season it with ground black pepper and unrefined sea salt.
3. Bake the trussed and seasoned chicken, covered, in an oven preheated to 275 degrees Fahrenheit for three hours. Increase the oven temperature to 375 degrees Fahrenheit for forty-five minutes. Allow to rest for fifteen minutes before carving.

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

sauteed cabbage with onions and apple}

skill level: easy | serves: 4 | 10 minutes (stovetop), 5 minutes (active)

ingredients

- 2 tbsps butter*
- 1 yellow onion, peeled and sliced thin
- about 1 lb savoy or green cabbage, cored and finely shredded
- 1/4 tsp ground nutmeg
- 1 apple, cored and finely chopped
- 1/2 cup walnuts**, optional

equipment

- skillet

method

1. Melt butter in a skillet over moderate heat. When it froths, stir in sliced yellow onion - fry until fragrant and slightly caramelized, about five minutes. Stir in shredded cabbage and nutmeg, frying until the cabbage is wilted and cooked through - about three minutes.
2. Plate the cooked cabbage and onions, top with chopped apples and walnuts, if using.

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

****Nutrition Tip:** Prepare your walnuts properly by soaking overnight and dehydrating in an oven or toasting gently in the oven.

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recipes for menu #1} onion gravy, roasted beets

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 chicken 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.

roasted beets} skill level: super easy |
serves: 4 | 5 mins (active), 45 minutes (oven)

ingredients

- 1 1/2 lbs beets, trimmed
- butter or coconut oil, to serve

equipment

- parchment paper
- aluminum foil
- vegetable peeler
- knife
- cutting board

method

1. Preheat oven to 375 degrees Fahrenheit.
2. Wrap trimmed beets in parchment paper and wrap again in foil. Bake the beets in an oven preheated to 375 degrees Fahrenheit for about forty-five minutes.
3. Remove from the oven and allow the beets to cool until comfortable enough to handle, then peel the beets, chop them and serve them with butter or coconut oil.

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menu #2} pot-au-feu, brown soda bread or almond flour bread, greens with white wine vinaigrette

Perfect for autumn, pot au feu is a French-style pot roast that combines meat with root vegetables for long and slow cooking. We like to serve it with a crusty loaf of bread and a huge green salad dressed simply by vinegar and olive oil.

food for thought}

how & why this meal nourishes

grass-fed beef}

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

carrots}

- are rich in beta carotene which is best absorbed when combined with a healthy and nourishing fat.

this meal is scheduled for}

make this meal}

up to a week in advance}

- prepare vinaigrette, store at room temperature.

up to three days in advance}

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

up to one day in advance}

- feed and proof sourdough starter, if preparing sourdough bread.

at least twelve and up to fourteen hours in advance}

- begin preparing pot-au-feu.

about twelve hours in advance}

- begin mixing bread dough, allowing bread to rise - if rising too quickly, consider retarding the dough in the refrigerator.

about an hour to forty-five minutes in advance}

- begin baking almond flour or sourdough bread.

five minutes in advance}

- dress salad at the table.
- sprinkle pot-au-feu with parsley.

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recipes for menu #2} slowcooker pot-au-feu

slowcooker pot-au-feu} skill level:

easy | serves: 4 | time: slowcooker (12 to 14 hours)

ingredients

- 1 chuck roast (4 to 5 lbs)
- 1 tbsp black peppercorns
- 2 cloves
- 2 yellow onions, peeled and quartered
- 1 lb carrots, scraped and chopped into bite-sized pieces
- 1 lb turnips, peeled and chopped into bite-sized pieces
- 5 celery ribs, chopped into bite-sized pieces
- 1/4 cup chopped fresh parsley

equipment

- slowcooker
- cheesecloth and 100% cotton cooking twine

method

1. Place chuck roast in a slowcooker and cover with water by one inch.
2. Place peppercorns and cloves on a small square of cheesecloth and secure it by tying it close with cooking twine. Place this sachet in the slowcooker and cook the meat, water and spices together on high for ten hours.
3. Add onion, carrot, turnips and celery to the slowcooker and continue cooking for two to four more hours.
4. Remove the sachet of spices. Serve the pot roast with vegetables, sprinkled by chopped parsley.

greens with white wine vinaigrette} skill level: super easy | serves: 4 | 5

mins (active)

ingredients

- 1/4 cup white wine vinegar
- 1 shallot, peeled and minced
- 1/4 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 3/4 cup unrefined extra virgin olive oil

- 8 cups mixed salad greens
- 2 large tomatoes, quartered

equipment

- mixing bowl

method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and tomatoes. Dress at the table with white wine vinaigrette.

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recipes for menu #2} almond flour bread, sourdough bread

almond flour bread } difficulty: easy |
yield: 1 loaf | time: 45 mins (oven)

ingredients

- 2 1/2 cups blanched almond meal
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 3 eggs, beaten
- 1 tbsp honey, optional
- 1/2 tsp apple cider vinegar
- coconut or butter, for greasing the pan

equipment

- mixing bowl
- spoon
- baking dish or sheet

method

1. Preheat oven to 300 degrees Fahrenheit. Grease a loaf pan.
2. Beat all ingredients together and spoon into a loaf pan.
3. Bake at 300 degrees Fahrenheit for forty-five minutes to one hour, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before slicing.

sourdough bread } difficulty: easy |
yield: 1 loaf | time: 45 mins (oven)

ingredients

- 1 cup proofed and bubbly sourdough starter
- 1 1/2 cups warm water
- 1 tbsp honey, optional
- 2 1/2 tsps unrefined sea salt
- 5 cups sifted whole wheat or spelt flour*

equipment

- mixing bowl
- spoon
- baking dish or stone
- sharp knife

method

1. Combine all ingredients together then need into a smooth dough.
2. Allow the dough to rise, covered, until doubled in bulk.
3. Divide the dough in half.
4. Shape each half of the dough into an oval loaf, cover and let rise for one to two hours.
5. Preheat the oven to 425 degrees Fahrenheit.
6. Spritz loaves with water.
7. With a very sharp knife, slash the loaves diagonally about 1/4 to 1/2 inch deep.
8. Bake for thirty minutes, or so, in an oven preheated to 425 degrees Fahrenheit.

***This produces a dense loaf. For a cheater's bread, substitute half of the whole grain flour for unbleached bread flour.**

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menu #3 } marinated fajita with peppers and onions, guacamole, salad, cumin-chile vinaigrette

We love skirt steak, marinated in spices and served with sauteed peppers and onions over fresh greens and dressed with a cumin-chile vinaigrette. It's a lovely substitute to classic fajitas - only served without the tortilla.

food for thought

how & why this meal nourishes

tomato

- is a good source of lycopene, an antioxidant that is made more bioavailable through cooking.

grass-fed beef

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

this meal is scheduled for

make this meal

up to one week in advance

- if not using canned tomatoes, prepare roasted tomatoes according to instructions in the supplementary recipes.

up to three days in advance

- prepare vegetables according to recipe requirements and store in the fridge in airtight containers until ready to use.

about two hours in advance

- begin salting the eggplant parmesan.

about one hour in advance

- begin preparing eggplant parmesan and bake in an oven preheated to 425 degrees Fahrenheit.

about ten minutes in advance

- toss chopped salad together, dressing at the table with olive oil and vinegar.
- take eggplant parmesan from oven and allow to cool before serving.



recipes for menu #3} marinated fajita and grilled peppers with onions marinated fajita and grilled peppers with onions}

skill level: easy | serves: 4 | time: 1 hour to 8 hours (marinade), 15 minutes (stovetop)

ingredients

for the marinade

- juice and zest of 2 limes
- 1/4 cup olive oil
- 2 cloves garlic, peeled and minced
- 1/2 tsp ground cumin
- 1 tsp chile powder

for the steak

- 1 skirt steak, about 1 lb

for the peppers

- 4 bell peppers, any color, seeded and sliced thin
- 2 yellow onions, peeled and sliced thin

equipment

- small mixing bowl
- whisk
- mixing bowl or resealable plastic bag
- skillet
- cutting board
- knife

method

1. Whisk lime juice and zest, olive oil, garlic, cumin and chile powder.
2. Place steak in a mixing bowl and cover with marinade. Allow the steak to marinate for at least an hour or up to eight hours.
3. After at least an hour and up to eight hours, remove steak from marinade. Heat a skillet over a high flame and sear about five minutes on each side or until done to your liking.

Remove from the pan and allow it to sit for five minutes, covered, while you prepare the peppers and onions.

4. As the steak rests, toss peppers and onions into the hot skillet and stir-fry for five minutes until barely cooked.
5. Slice steak into strips and serve the steak, peppers and onions over a bed of greens dressed by guacamole and cumin-chile vinaigrette.

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recipes for menu #3} guacamole, salad with cumin-chile vinaigrette

guacamole} difficulty: easy | serves: 4 |
time: under 5 minutes

ingredients

- 3 large avocados
- 1/2 small red onion, peeled and minced
- 3 cloves garlic, peeled and minced
- dash chili powder
- dash powdered cumin
- juice of 2 limes

equipment

- mixing bowl
- potato masher or fork
- plastic wrap, optional

method

1. Combine all ingredients together in a mixing bowl and mash with a fork or potato masher until well-combined, about three minutes.
2. Serve with fish tacos. If not serving immediately, you can prevent your guacamole from oxidizing by covering its top directly with plastic wrap.

cumin-chile vinaigrette} difficulty:
easy | serves: 4 | time: under 5 minutes

ingredients

for the vinaigrette

- juice and zest of 2 limes
- 1/2 tsp cumin powder
- 1/4 tsp chile powder
- 1 clove garlic, peeled and minced
- 3/4 cup unrefined extra virgin olive oil

for the salad

- 8 cups loosely packed salad greens
- 2 tomatoes, quartered
- 1/2 cup chopped fresh cilantro
- 1 recipe marinated fajita with peppers and onions

equipment

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

method

1. Whisk the zest and juice of two limes with cumin, chile powder and minced garlic. Whisk in extra virgin olive oil and transfer to a salad dressing cruet or mason jar until ready to serve.
2. Arrange greens, tomatoes, cilantro, steak, peppers and onions on individual plates and serve with vinaigrette.

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bonus recipes} pickled peppers, curried pumpkin soup, cinnamon-roasted pears

Every year I make pickled peppers with the sweet peppers that come into their season between September and mid-October; they're lovely - sweet and tart at the same time and they make an excellent accompaniment to Mexican-inspired dishes and also are beautiful when served on Italian antipasto platters. I also like to serve this simple curried pumpkin soup as well as cinnamon-roasted pears which often find their way to our table not only for dessert, but also at breakfast as well.

food for thought}

how & why this meal nourishes

chicken broth}

- is an excellent source of easy-to-assimilate minerals.
- is a good source of glucosamine chondroitin, which is excellent for gut health.

coconut milk}

- is rich in lauric acid, an immune-boosting fatty acid that is also found in human breast milk.

make ahead tips}

pickled peppers}

- prepare fresh whey up to a week in advance.

curried pumpkin soup}

- prepare stock up to one week in advance.
- the pumpkin can be roasted and its roasted flesh stored in the refrigerator for up to three days before preparing the soup.

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bonus recipes} pickled peppers, curried pumpkin soup

pickled peppers}

difficulty: easy | yield: 1 quart | time: 5 mins (active), 5 to 7 days (fermentation)

ingredients

- 1/4 cup fresh whey*
- 2 tbsps unrefined sea salt
- 2 tbsps pickling spice
- about 8 large sweet peppers (such as bell peppers), seeded and sliced into thin strips
- 1/2 red onion, peeled and sliced into thin strips
- 1 clove garlic, peeled and crushed

equipment

- mixing bowl
- whisk
- mason jar with lid or vegetable fermenter
- weight

method

1. Whisk fresh whey with sea salt, pickling spice and about 3 cups filtered water to create a brine for your ferment.
2. Place sliced peppers, sliced onion and garlic clove into a mason jar or vegetable fermenter. Pour brine over the vegetables and allow them to ferment at room temperature for five to seven days before transferring to the refrigerator.

***Dairy-free?** Substitute 1/2 cup brine from previously pickled vegetables, or dissolve one packet of starter culture with one tablespoon sugar or honey into one-half cup warm water.

curried pumpkin soup}

skill level: easy | yield: about a quart | time: 45 minutes (oven), 35 minutes (stovetop)

ingredients

- 1 pumpkin, about 3 lbs, split and seeded
- 2 tbsps coconut oil
- 2 yellow onions, peeled and finely chopped
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp curry powder
- 1 1/2 quarts chicken stock
- 2 cups full-fat coconut milk

equipment

- baking dish
- heavy-bottomed stock pot
- immersion blender

method

1. Preheat the oven to 400 degrees Fahrenheit.
2. Place the split and seeded pumpkin flesh-side down on a baking dish and add about 1 cup water to the dish. Bake at 400 degrees Fahrenheit until the pumpkin is easily pierced by a fork, about forty-five minutes. Remove from oven and allow it to cool thoroughly. When the pumpkin is cool enough to handle, spoon out its flesh and set it aside.
3. Melt the coconut oil in a heavy-bottomed stock pot. Stir in onion, ginger and curry powder - stir-frying until the onion releases its fragrance and turns translucent - about five minutes.
4. Stir in reserved pumpkin chicken stock and coconut milk. Simmer for twenty to thirty minutes. Remove from heat and blend with an immersion blender until the soup is smooth.



bonus recipes} cinnamon-roasted pears

cinnamon-roasted pears} skill level:

easy | yield: 2 qts | time: 50 minutes (stovetop)

ingredients

- 4 large pears, peeled, halved with seeds scooped out
- 1 tbsp ground cinnamon
- 2 tbsps honey
- 2 tbsps butter*

equipment

- baking dish

method

1. Preheat the oven to 375 degrees Fahrenheit.
2. Place peeled, halved and seeded pears in a baking dish. Sprinkle with cinnamon, drizzle with honey and dot with butter. Pour one-half cup water into the dish.
3. Bake in the oven at 375 degrees Fahrenheit for forty-five minutes or until the pears are easily pierced by a fork.

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

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shopping list}

dairy & eggs}

- butter (1/2 cup, 2 tbsps) SA
- fresh whey (1/4 cup) HM, SA
- **eggs (3 whole)**

meat, fish and fowl}

- whole chicken (3 to 4 lbs)
- chicken stock (2 1/2 quarts) HM
- beef chuck roast (4 to 5 lbs)
- skirt steak (1 lb)

fresh produce}

- yellow onion (10)
- cabbage (1 lb)
- apple (1)
- thyme (1 sprig)
- beets (1 1/2 lbs)
- carrots (1 lb)
- turnips (1 lb)
- celery ribs (5 ribs)
- chopped parsley (1/4 cup)
- shallot (1)
- salad greens (16 cups)
- tomatoes (4)
- limes (6)
- garlic (7 cloves)
- bell or other sweet peppers (12)
- avocados (3)
- red onion (1)
- chopped cilantro (1/2 cup)
- pumpkin (3 to 4 lbs)
- ginger (1-inch knob)
- pears (4)

pantry & dried goods}

- walnuts (1/2 cup)
- white wine vinegar (1/4 cup)
- extra virgin olive oil (1 3/4 cup)
- honey (2 tbsps)
- coconut oil (2 tbsps)
- coconut milk (2 cups)
- **wheat or spelt flour (5 cups)**
- **cider vinegar (1/2 tsp)**

- **blanched almond flour (2 1/2 cups)**

spices}

- unrefined sea salt
- ground black pepper
- nutmeg (1/4 tsp)
- whole black peppercorns (1 tbsp)
- cloves (2)
- baking soda
- cumin powder (1 tsp)
- chile powder (1/2 tsp)
- pickling spice (2 tbsps)
- curry powder (1 tbsp)
- cinnamon (1 tbsp)

misc.}

- proofed and bubbly sourdough starter (1 cup)

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.

If preparing sourdough bread: You may omit almond flour, 3 eggs, 1/2 tsp cider vinegar and baking soda.

If preparing almond flour bread: You may omit sourdough starter and wheat or spelt flours.



supplemental recipes} fresh whey/yogurt cheese, fresh chicken broth

fresh chicken broth}

skill level: easy | time: 5 mins (active), 4 to 6 hours (stovetop)

ingredients

- 1 whole chicken, cleaned with organs removed
- 1 gallon misc. vegetable scrapes
- 2 to 3 bay leaves
- 1 tbsp whole peppercorns
- 2 tsps apple cider vinegar
- filtered water, to cover

equipment

- heavy-bottomed stock pot

method

1. Add the whole chicken to a heavy-bottomed stock pot, cover with vegetable scraps, bay leaves and peppercorns. Cover with very cold filtered water into which you've stirred two tablespoons apple cider vinegar.
2. Bring to a boil over medium-high heat. Reduce the heat, cover and simmer gently for four to six hours – skimming off any scum or foam that appears at the surface. After four to six hours of slow, gentle simmering, remove the pot from heat and strain it through a fine mesh sieve or a colander lined with 100% cotton cheesecloth into jars or bowls to store.
3. Refrigerate and cool until the broth sets into a firm gel.

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.