

LifeSource

 natural foods

# *Autumn Harvest*







# Contents

## Autumn Harvest • 2020



**5** Baked Beef  
Empanadas

**7** Paleo Meatloaf

**9** Potato Kale  
Gratin

**11** Butternut Kale  
Ravioli

**13** Lamb and  
Lentil Stew

**15** Spaghetti  
Squash  
Al Dente

**17** Vegan Chili

**19** No-Knead  
Rosemary  
Bread

**21** Vegan Rice  
Pudding

**23** Red Kuri Pie

**25** Apple Pudding  
Cake

**27** Apple Tartlets

**29** Grapefruit  
Sunrise Sparkler

**31** Pomegranate  
Orange Shrub







# Baked Beef Empanadas

*Makes 8 Large or 24 Small*

## INGREDIENTS

### **Crust**

- 2 ½ cups unbleached white flour
- ½ tsp salt
- ½ cup chilled butter, cut into ¼-inch cubes
- ½ cup milk or water
- 1 egg

### **Filling**

- 1 lb ground beef
- 1 Tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced

- 1 Yukon gold potato, ¼-inch dice
- 1 stalk celery, finely chopped
- 1 cup frozen peas and carrots
- ¾ cup beef broth
- 1 tsp concentrated tomato paste
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp smoked paprika
- ½ tsp black pepper
- ¼ tsp salt
- 1 egg, whisked (for egg wash)

## DIRECTIONS

1. Whisk together flour and salt. Cut in butter with a pastry cutter or fork until well blended. Mixture will look like wet sand. Stir in milk and one egg. Mix until dough forms. Divide in half and use immediately, or wrap tightly in plastic wrap and refrigerate up to 2 days.
2. Brown ground beef over medium heat, draining oil and breaking up the meat. Remove from the skillet, drain any additional fat.
3. Heat olive oil. Cook onion until somewhat translucent. Add garlic, cook and stir one minute. Add potato and celery, cook another 5 minutes or so, until potatoes begin to soften.
4. Stir in cooked ground beef, peas and carrots, beef broth, tomato paste, chili powder, cumin, paprika, pepper, and salt. Cook, stirring occasionally until liquid is mostly cooked out, about 10 minutes.
5. Roll out empanada dough on a floured surface to about ⅛-inch thick for larger empanadas, and 1/16-inch thick for small ones. Cut out circles with a biscuit cutter, glass, or bowl.
6. Spoon some of the filling into the center of the dough round. Fold it in half and pinch closed with your fingers or a fork. Place on a large baking sheet lined with parchment paper. Refrigerate empanadas for 30 minutes before baking.
7. Preheat the oven to 400°F
8. Brush empanadas with egg wash. Bake for about 20-30 minutes, or until golden brown.





# Paleo Meatloaf

*Makes 8-10 Servings*

## INGREDIENTS

- 1 Tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 lbs grass fed ground beef, 80% lean
- 1 cup Simple Mills almond flour crackers, crushed into crumbs (or almond flour)
- 2 eggs
- ½ cup Primal Kitchen Ketchup
- 1 Tbsp horseradish
- 2 tsp smoked paprika
- 2 tsp Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- ½ tsp cayenne (optional)

## DIRECTIONS

1. Preheat the oven to 350°F.
2. In a medium skillet, heat olive oil over medium heat. Sauté onion until translucent. Add garlic, cook until fragrant.
3. In a large mixing bowl, combine all ingredients with your hands until completely mixed. Form into a loaf, place in a baking dish.
4. Bake meatloaf about 1 hour, or until internal temperature reaches 165°F. Allow to rest at least 10 minutes before slicing.





# Potato Kale Gratin

*Makes 4-6 Servings*

## INGREDIENTS

- 1 bunch kale, stemmed and torn into bite sized pieces
- 1 ½ lbs Yukon gold potatoes, slice ⅛-inch thick
- 1 yellow onion, finely chopped
- 4 cloves garlic, smashed and chopped
- 5 Tbsp butter
- 3 Tbsp all purpose flour
- 2 cups heavy cream
- 2 cups cheese, shredded (we used sharp cheddar, provolone, and Parmesan, but use your favorite!)
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat the oven to 400°F
2. Wilt kale in a large skillet over medium heat with a little water and 1 Tbsp of the butter, cooking and stirring until bright green and just beginning to be tender. Remove from the skillet and set aside.
3. In a well seasoned 10-12-inch cast iron skillet, place potato slices in concentric circles, alternating with kale, (much like ratatouille). Set aside.
4. With the large still over medium heat, melt 1 Tbsp of butter and saute the onion until soft and golden, about 10 minutes. Add garlic, cooking and stirring for another minute.
5. Add remaining butter and allow to melt. Whisk in flour, continuing to cook and stir for 1 or 2 minutes. Whisk in heavy cream, cooking and whisking until smooth and beginning to thicken. Stir in cheese until melted and smooth. Season to taste with salt and pepper. Pour over potato and kale.
6. Cover gratin skillet with foil or a tight fitting lid. Bake 30 minutes. Remove foil, and bake an additional 30 minutes, or until well browned and bubbly.





# Butternut Kale Ravioli

By Hannah Marjerrison | Makes 4 Servings

## INGREDIENTS

### Pasta Dough

- 1  $\frac{3}{4}$  - 2 cups all-purpose flour
- 3 eggs
- 1 Tbsp olive oil (add more if needed)
- $\frac{1}{2}$  tsp fresh rosemary, finely chopped
- $\frac{1}{2}$  tsp fresh sage, finely chopped

### Filling

- 1 medium-size butternut squash
- 1 package (4oz.) truffle goat cheese
- $\frac{1}{2}$  bulb black garlic, peeled
- 1 bunch kale, stems removed and finely chopped
- $\frac{1}{2}$  Tbsp salt, or to taste

### Sauce

- 1 head cauliflower, chopped into florets
- 2 cloves garlic, unpeeled
- 2 sprigs rosemary
- Olive oil
- $\frac{1}{2}$  cup macadamia nut milk
- $\frac{1}{4}$  cup nutritional yeast
- $\frac{1}{4}$  tsp turmeric
- Salt and pepper

## DIRECTIONS

1. Preheat oven to 400°F. Halve the butternut squash and roast on a cookie sheet, cut side up, until soft and scoopable, about 50-60 minutes. Reduce heat to 350°F.
2. While the squash is baking, add 1  $\frac{3}{4}$  cups flour to a bowl and make a well in the center. Add eggs, 1 Tbsp olive oil, and chopped herbs, and blend with your hands. If it is a little too sticky, add more of the flour. When the dough comes together, knead on floured board for 3-5 minutes, until smooth and elastic. Let rest, covered with a slightly damp cloth, while you make the filling and sauce.
3. When squash has cooled enough to handle, make the filling by scooping the flesh into a bowl along with cheese, black garlic, kale, and  $\frac{1}{2}$  Tbsp salt. Mix together until smooth and all ingredients are evenly distributed.
4. Place cauliflower, rosemary, and garlic cloves in a cast iron skillet and drizzle with olive oil. Roast in the 350°F oven until soft, about 40 minutes. When cool enough to handle, remove stems from rosemary and squeeze the garlic from its skins. Combine cauliflower, garlic, and rosemary in a blender with macadamia nut milk, nutritional yeast, turmeric, and salt and pepper. Blend until smooth and set aside.
5. Set a large pot of water, well salted, on to boil.
6. Roll out dough to about  $\frac{1}{16}$ -inch and cut into 2x2-inch squares. Add a dollop of filling, about 1 tsp, to a square. Moisten your finger with cool water and brush it over the edges of the dough square. Fold dough over to make a triangle and pinch at the seams to seal. Set aside and repeat until all the filling and dough has been used.
7. Cook the ravioli in batches by dropping into the boiling water—don't crowd the pot. Cook for about 2-3 minutes, or until ravioli floats, and remove with a slotted spoon or spider. Repeat until all ravioli has been cooked.
8. Reheat the sauce if necessary, and serve the ravioli warm, covered in cauliflower sauce.





# Lamb and Lentil Stew

*Makes 4 Servings*

## INGREDIENTS

- 1 lb lamb stew meat
- 3 Tbsp all purpose flour
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp paprika
- 2-3 Tbsp olive oil
- 2 yellow onions, chopped
- 3 carrots, peeled and chopped
- 2 stalks celery, chopped
- 5 cloves garlic, smashed and chopped
- 1 sprig rosemary
- 1 cup dry red wine, we used Cardwell Hill Cellars Pinot Noir
- 1 14.5 oz can diced tomatoes
- 1 14.5 oz can beef broth
- 1 cup dry green or brown lentils

## DIRECTIONS

1. In a small bowl, whisk together flour, salt, pepper, and paprika. Drain lamb and pat dry. Dredge in seasoned flour.
2. Heat 1 Tbsp of olive oil in a 6 qt Dutch oven over medium heat. Brown lamb in oil in batches, about 2 minutes each side. Add more oil as needed. Set lamb aside.
3. Add onions to the pot, cook until fragrant and translucent. Add carrots, celery, and garlic. Cook and stir for about 5-7 minutes. Return lamb to the pot.
4. Preheat the oven to 325°F.
5. Add rosemary and red wine. Bring to a boil, reduce heat, and simmer for 15 minutes.
6. Stir in tomatoes and beef broth. Cover, and cook in the preheated oven for 1 hour and 45 minutes.
7. While stew is in the oven, cook lentils. Place in a medium pot and cover with 2 inches of unsalted water. Bring to a boil and reduce heat. Simmer for 30 minutes, or until almost done. Drain and set aside.
8. Add cooked lentils to stew, cook in the oven an additional 15 minutes. Remove rosemary sprigs, and serve with crusty bread and a glass of Pinot Noir.





# *Spaghetti Squash Al Dente*

*Makes 4-6 Servings*

## **INGREDIENTS**

- 2 lb spaghetti squash
- Olive oil, to taste
- Salt and pepper, to taste

## **DIRECTIONS**

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Slice spaghetti squash into ~1-inch rings. Scoop out the seeds.
3. Place squash on the prepared baking sheet and bake for 20 minutes. Flip, bake and additional 2 minutes.
4. Allow squash to cool a little, and gently scrape the “noodles” away from the skin of the squash with a fork. Gently toss with olive oil, salt, and pepper.





# Vegan Chili

Makes 6-8 Servings

## INGREDIENTS

- 1 Tbsp avocado oil
- 1 large yellow onion, chopped
- 1 small leek, finely chopped
- 5 cloves garlic, minced
- 2 jalapenos (optional), seeded and finely chopped
- 2 bell peppers, seeded and chopped
- ½ cup bulgur wheat or quinoa, rinsed
- 28 oz can fire roasted diced tomatoes
- 4 cups cooked beans

## Chili Seasoning

- 3 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp Mexican oregano
- 1 tsp cayenne (optional)
- 1 tsp salt
- ¾ tsp garlic granules
- ½ tsp onion powder
- ½ tsp coriander

## DIRECTIONS

1. In a large, heavy bottomed pot, heat avocado oil over medium heat. Saute onion until translucent. Add leek and garlic, cook and stir one minute, or until garlic is fragrant. Add jalapenos and bell peppers, cook and stir and addition minute or two.
2. Next, stir in bulgur wheat or quinoa, tomatoes, beans, and chili seasoning until fully combined.
3. Bring to a low boil, reduce heat, cover, and simmer for about an hour, stirring occasionally. Taste and adjust seasonings if desired.

*Refrigerate leftovers 3-4 days, or freeze up to 3 months.*

## How to Prepare Dried Beans:

4. The night before you plan to cook your beans, rinse and pick through them, removing any split, shriveled, or otherwise damaged beans. Also, be on the lookout for any small rocks, grass, or other objects.
5. Pour beans into a large bowl, and cover with 2 or 3 inches of water. Remove any that float to the top. Place in fridge, and allow to soak overnight.
6. The next day, drain the beans and rinse in a colander.
7. Place beans in a large, heavy bottomed pot. Cover again with an inch or two of water and a little salt.
8. Bring to a simmer, reduce heat to medium low, cover, and continue to simmer until tender. This can take anywhere from 40 minutes to 2 hours, depending on the age, quality, and size, of the beans. Begin tasting larger beans for doneness after one hour.





# No-Knead Rosemary Bread

*Makes 6 Servings*

## INGREDIENTS

- 1 head garlic
- 1 tsp olive oil
- 4½ cups unbleached white flour
- 1 pkt (2¼ tsp) active dry yeast
- ½ Tbsp kosher salt
- 3 sprigs fresh rosemary leaves, finely chopped
- 2 cups warm water (110°F)
- 1 Tbsp black garlic honey
- 3 Tbsp olive oil

## DIRECTIONS

1. Remove papery outer skins from garlic. Slice off top ¼, exposing cloves. Rub with 1 tsp olive oil. Wrap in foil and place in a shallow baking dish. Bake 40 minutes, or until tender. Remove from skins, mash.
2. Whisk together flour, yeast, salt, and rosemary in a large bowl.
3. Stir in water, honey, and roasted garlic paste. Dough will be very sticky, almost like a thick batter.
4. Cover with plastic wrap or a towel. Allow to rise in a warm, draft free place until doubled in size, about 90 minutes.
5. Drizzle 1 Tbsp oil into a 12-inch cast iron skillet. Rub oil on your hands, and transfer the dough into the skillet. Cover with a clean kitchen towel, and allow to rise again, about 1 hour.
6. Preheat oven to 400°F.
7. Drizzle the remaining oil over the dough. Cut 2 or 3 scores into the top with a sharp knife. Bake 40 minutes, or until golden.
8. Allow to cool at least an hour before slicing.





# Vegan Rice Pudding

*Makes 6 Servings*

## INGREDIENTS

- 2 cups cooked white rice
- 1 can full fat coconut milk
- 1 cup almond milk
- ½ cup turbinado sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp allspice
- ¼ tsp kosher salt
- 1 cup golden raisins
- 1 tsp vanilla extract

## DIRECTIONS

1. In a saucepan, combine rice, coconut milk, almond milk, sugar, cinnamon, nutmeg, allspice, and salt. Bring to a low boil over medium heat. Cook and stir until thick and creamy, about 20 minutes.
2. Stir in raisins, cook an additional 3 minutes.
3. Stir in vanilla extract, and an additional splash of almond milk, if desired. Serve warm.



# Red Kuri Pie

*Makes 8 Servings*

## INGREDIENTS

### Roast Squash

- 1 Red Kuri Winter Squash, 3-4 lbs
- 2 Tbsp turbinado sugar
- 2 Tbsp butter, room temperature
- 2 cups water
- ¼ cup brown sugar
- 1½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp sea salt
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 3 eggs, beaten
- 1 (12 oz) can evaporated milk
- Your favorite pie crust

### Pie

- 2 cups squash puree
- ½ cup granulated cane sugar

## DIRECTIONS

1. Preheat the oven to 350°F. Add water to a 13x9-inch baking dish.
2. Cut squash in half lengthwise and scoop out seeds and stringy bits. Spread 1 Tbsp butter and sprinkle 1 Tbsp sugar in each cavity. Place squash cut side up in the prepared baking dish.
3. Bake uncovered 40-60 minutes, or until squash can be easily pierced with a fork.
4. Once squash is cool enough to handle, pour pooled butter and sugar into a blender. Scoop out squash flesh into a blender, blend until smooth and creamy.
5. In a small bowl, whisk together sugars, cinnamon, nutmeg, salt, ginger, and cloves.
6. In a larger mixing bowl, whisk together squash puree and sugar mixture until blended. Thoroughly mix in eggs. Slowly mix in milk, stirring until completely combined after each addition. Filling will be very watery, but don't worry, it will be fine! Cover with plastic wrap and refrigerate overnight. This allows the flavors to get to know each other. (If you don't have time, this step may be skipped.)
7. Roll out a pie crust into a 9-inch pie dish. Crimp the edges and prick all over with a fork. Refrigerate for at least 30 minutes before filling to prevent shrinkage.
8. Preheat the oven to 425°F. Line a baking sheet with parchment paper to catch spills. Fill the pie crust and carefully place in the oven. Bake for 15 minutes, then reduce heat to 350°F, and bake another 50-60 minutes, or until the center reads 175°F with an instant read thermometer.





# Apple Pudding Cake

*By Hannah Marjerrison | Makes 6 Servings*

## INGREDIENTS

- ¼ cup vegetable shortening
- 1 cup sugar
- 1 egg
- 1 tsp vanilla extract
- ½ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp salt
- 1 tsp baking soda
- 1 cup all-purpose flour
- ½ cup pecans
- 1½ cup apple, peeled and diced
- 2 Tbsp hot water

## DIRECTIONS

1. Preheat oven to 350°F. Grease a glass pie dish or 8x4-inch loaf pan and set aside.
2. In a large bowl, cream together shortening, sugar, egg, and vanilla extract.
3. In a second bowl, stir together nutmeg, cinnamon, salt, baking soda, and flour. Add to shortening mix and stir to combine. Stir in pecans, apples, and hot water.
4. Pour batter into the prepared pan. Bake 45-55 minutes, or until an inserted toothpick comes out clean. Cake will be a little gooey.
5. To serve, scoop warm from pan into a bowl. Delicious with vanilla ice cream or whipped cream.







# Apple Tartlets

*Makes 15 Mini Pies*

## INGREDIENTS

- 1 pie crust, rolled to ⅛-inch thick
- 2 apples, peeled and diced
- Squeeze lemon juice
- 1 Tbsp butter or vegan butter
- 2 Tbsp granulated cane sugar, or to taste
- 1 tsp cinnamon
- ⅛ tsp nutmeg
- ⅛ tsp ginger
- Pinch salt
- 1 tsp cornstarch
- ¼ cup water
- LifeSource Deli vegan caramel sauce

## DIRECTIONS

1. Preheat the oven to 350°F. Spray a mini muffin or tart pan with cooking spray.
2. Roll out pie dough, and cut out circles with a 3-inch cookie cutter. Press crusts into prepared muffin pan. Prick all over with a fork, including the sides, to prevent puffing. Bake for about 10 minutes, or until crusts are golden and crisp. Remove from the pan and cool on a rack.
3. Toss apples with lemon juice. Heat butter in a large skillet over medium. Add apples, cooking and stirring occasionally for 5 minutes.
4. In a small bowl, whisk together sugar, nutmeg, ginger, and salt. Stir into apple mixture.
5. Whisk together cornstarch and water. Stir into apple mixture, cooking until thickened and bubbly, about 2 minutes.
6. Spoon apples into baked tart shells. Drizzle with caramel.



# *Grapefruit Sunrise Sparkler*

*Makes 4 Servings*

## **INGREDIENTS**

### **Grenadine**

- 2 pomegranates, seeded (1 cup juice)
- 1 lemon, zested and juiced
- ½ cup granulated cane sugar

### **Cocktail**

- 2 grapefruits, juiced (~2 cups juice), chilled
- 4 oz grenadine syrup, or to taste
- Sparkling water or sparkling wine, chilled

## **DIRECTIONS**

1. Run pomegranate arils through a juicer. Alternatively, place in a blender and pulse to remove juice. Strain through cheesecloth or a mesh strainer.
2. In a medium saucepan, stir together pomegranate juice, lemon juice, zest, and sugar. Bring to a boil. Reduce heat to low, and simmer gently for 30 minutes, or until syrup is reduced by about half. Allow to cool and strain through a mesh strainer. Store refrigerated in a jar with a tight fitting lid.
3. Place 1 oz grenadine in each glass. Pour in grapefruit juice, and top with sparkling water or wine. May also be served over ice.





# Pomegranate Orange Shrub

*Makes 1 Servings*

## INGREDIENTS

### Shrub Syrup

- 2 Valencia oranges
- 2 small pomegranates, or 1 large
- ¼ cup granulated cane sugar or honey
- ¼ cup raw apple cider vinegar

### Cocktail

- 1.5 oz shrub syrup, or to taste
- Sparkling water, chilled

## DIRECTIONS

1. Zest one of the oranges with a vegetable peeler, taking care to avoid getting too much of the pith. Juice both oranges. Add juice and zest to a jar with a lid.
2. With a sharp paring knife, cut off ends of the pomegranate. Slice the skin from top to bottom. Remove peel. Place seeds in a blender. Pulse until juice is released from arils, taking care not to grind up the hard white seeds too much. Strain pomegranate juice into the jar.
3. Add sugar and vinegar. Shake well and refrigerate at least 24 hours, or up to a week.
4. To make the shrub, add shrub syrup to a 6 oz champagne flute. Top with sparkling water. (You may also add a shot of vodka for an alcoholic cocktail)

**Cocktail:** Add 1.5 oz vodka



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