

YOU ARE INVITED

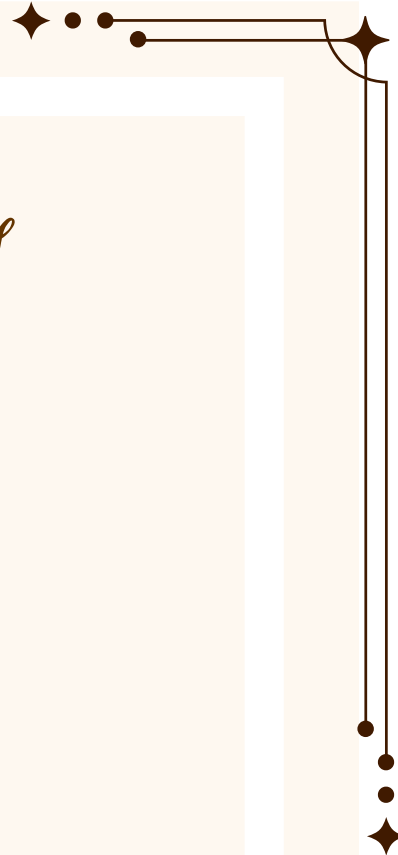
Fall Thankfulness



FUN - MEMORIES - RECIPES -

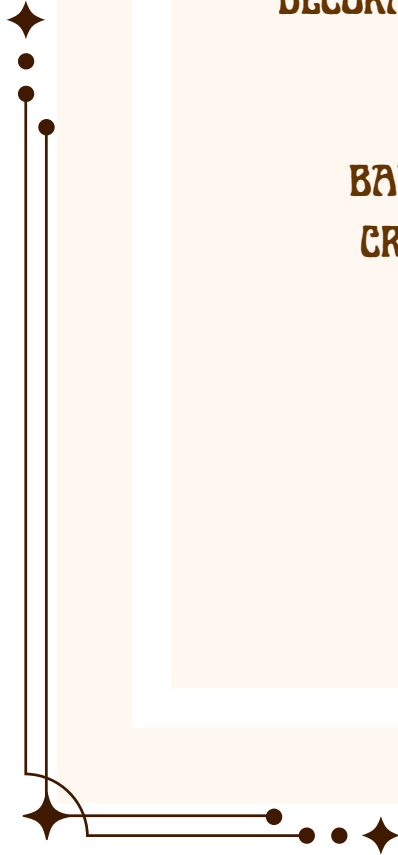
THANKSGIVING GUIDE

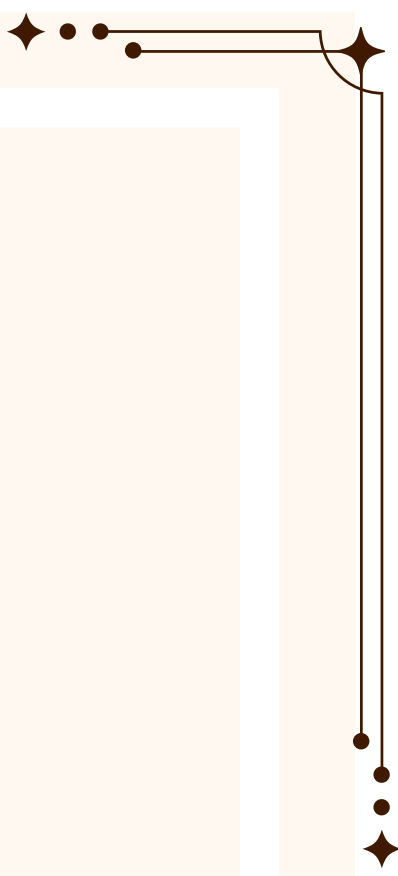
www.MyLifeFullOfHope.com



Fall Activities

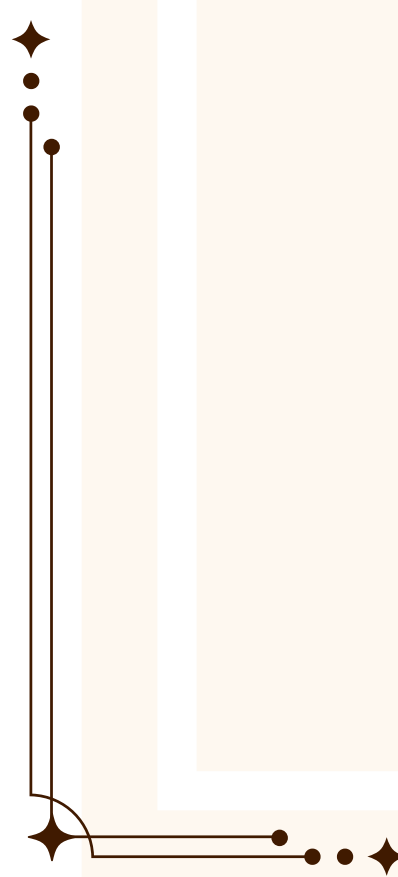
STATE OR COUNTY FAIR
HAY RIDES
VISIT PUMPKIN PATCH
VISIT THE MOUNTAINS
THANKSGIVING PARADE
PURCHASE MUMS
MAKE HOMEMADE APPLE CIDER
ATTEND A FOOTBALL GAME
GAME NIGHT AT HOME
RIDE THE TRAIN
PICK SWEET POTATOES
BLACK FRIDAY SHOPPING
MAKE CANDY APPLES
DECORATE HOME FOR FALL AND/OR THANKSGIVING
BUY YOUR FAVORITE FALL SCENTS
CREATE A FALL DIY PROJECT
BAKE PUMPKIN & SWEET POTATO GOODIES
CREATE YOUR OWN PUMPKIN SPICE DRINK
CREATE A COFFEE OR COCOA BAR
VISIT THE ZOO

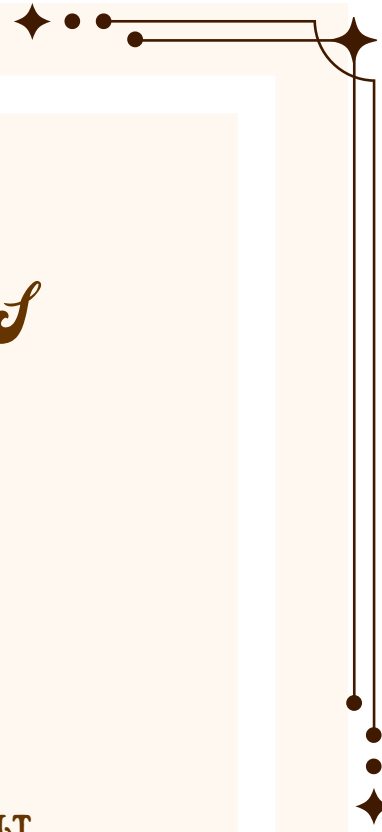




Fall Dishes

CHILI
CHICKEN N DUMPLINGS
CHICKEN POT PIE
BEEF STEW
HOMEMADE CHICKEN SOUP
SHEPHERD PIE
HOMEMADE CHICKEN NOODLE SOUP
TOMATO SOUP
FRENCH ONION SOUP
JAMBALAYA
SLOPPY JOE
BAKED SPAGHETTI
BAKED CHICKEN WITH RICE
RICE AND CHICKEN CASSEROLE
MEATLOAF
HOMEMADE PIZZA
MEATBALL SUB
PHILLY CHEESESTEAK SUB
CHICKEN PARMESAN
SMOTHERED PORK CHOPS
BANANA BREAD





Thanksgiving Pantry Staples

FLOUR

SUGAR

BROWN SUGAR

SALT AND BLACK PEPPER

POULTRY SEASONING

THYME

PARSLEY

BASIL

OREGANO

SAGE

ROSEMARY

ALLSPICE

PUMPKIN SPICE

GROUND CINNAMON

KOSHER SALT

CORN STARCH

SWEETENED CONDENSED MILK

EVAPORATED MILK

CHICKEN BROTH OR CHICKEN BULLION CUBES

VEGETABLE OR CANOLA COOKING OIL

PEANUT COOKING OIL (FRYING TURKEY)

EXTRA VIRGIN OLIVE OIL

ELBOW MACARONI

NON-STICK COOKING SPRAY

GARLIC POWDER

ONION POWDER

GARLIC SALT

VANILLA EXTRACT

NUTMEG

GROUND AND/ OR WHOLE CLOVE

HONEY

MAPLE SYRUP

BAKING SODA



Thanksgiving Menu

PROTEINS

TURKEY
ROAST
HAM
EGGS
HAM HOCK OR TURKEY WING
ROAST
PORK BUTT
SAGE SAUSAGE
BACON OR BACON BITS (REAL)

DAIRY

MILK
BUTTERMILK
HEAVY WHIPPING CREAM
WHIPPED TOPPINGS
CREAM CHEESE
SHREDDED CHEESE
BUTTER (SALTED & UNSALTED)
SOUR CREAM
VELVEETA CHEESE

VEGETABLES

GREEN BEANS
COLLARDS
BRUSSEL SPROUTS
SWEET PEAS
CABBAGE
SPINACH
RED POTATOES
SWEET POTATOES
RUSSET POTATOES
YAMS
CORN
ONIONS (YELLOW OR VIDALIA)
SPINACH (FRESH OR FROZEN)

FROZEN

PIE CRUST

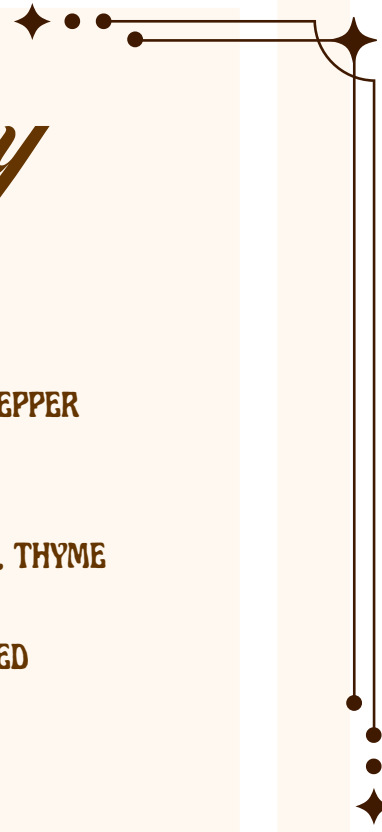


Savory Turkey Brine Recipe

2 GALLONS COLD WATER
10 OUNCES OF KIKKOMAN NATURAL BREWED SOY
1/2 CUP KOSHER SALT
1/2 CUP SUGAR
2 TABLESPOONS DRIED SAGE
2 TABLESPOONS DRIED CELERY SEED
1 TABLESPOON DRIED THYME
16-24 LB TURKEY

THE NIGHT BEFORE YOU ARE READY TO ROAST,
CLEAN AND RINSE
TURKEY (LIKE YOU NORMALLY WOULD)

- 
1. IN A LARGE STOCK POT, MIX WATER AND ALL THE INGREDIENTS EXCEPT THE TURKEY.
 2. PLACE THE TURKEY IN THE BRINE.
 3. COVER THE TURKEY AND PLACE IN THE REFRIGERATOR OVERNIGHT OR AT LEAST 8 HOURS.
 4. REMOVE YOUR BRINE AND RINSE WELL.
FOLLOW YOUR REGULAR COOKING INSTRUCTIONS

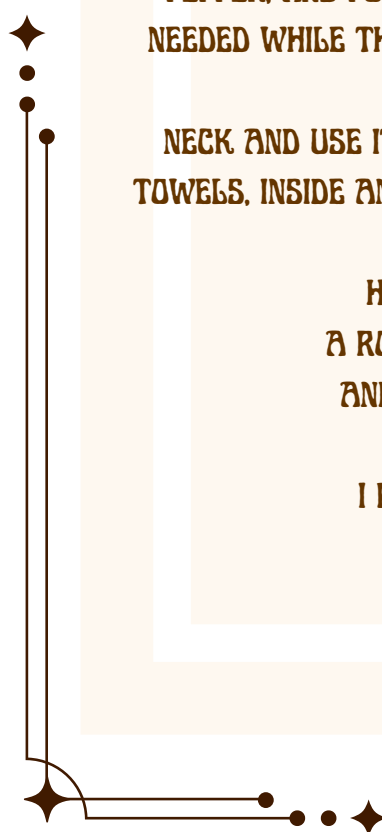


Roasted Turkey Recipe

1 - 8 TO 10-POUND TURKEY
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
1 MEDIUM ONION, QUARTERED
1 HEAD GARLIC, HALVED
FRESH HERB SPRIGS: ROSEMARY, SAGE, PARSLEY, THYME
2 BAY LEAVES
8 TABLESPOONS UNSALTED BUTTER, MELTED
1 APPLE
1 ORANGE
POULTRY SEASONING

ADJUST A RACK TO THE LOWEST POSITION AND REMOVE OTHER RACKS. PREHEAT OVEN TO 325 DEGREES F. REMOVE TURKEY PARTS FROM NECK AND BREAST CAVITIES AND RESERVE FOR OTHER USES IF DESIRED.

NOTE: I LIKE TO PLACE THE TURKEY NECK IN A STOCK POT OF WATER WITH ONE QUARTER CUT ONION AND 3-4 STALKS OF CELERY, SEASONED WITH SALT, BLACK PEPPER, AND POULTRY SEASONING. KEEP ON LOW/SIMMER, AND ADD WATER AS NEEDED WHILE THE TURKEY COOKS IN THE OVEN. ONCE DONE, TAKE THE MEAT OFF THE



NECK AND USE IT TO ADD TO STUFFING IF DESIRED. DRY BIRD WELL WITH PAPER TOWELS, INSIDE AND OUT. SALT AND PEPPER INSIDE THE BREAST CAVITY AND STUFF THE ONION, GARLIC,

HERBS, AND BAY LEAVES INSIDE. SET THE BIRD ON A ROASTING RACK IN A ROASTING PAN; BREAST SIDE UP AND BRUSH GENEROUSLY WITH HALF THE BUTTER AND SEASON WITH SALT AND PEPPER.

I PREFER OVEN BAGS (MAKES IT JUICY AND TENDER)

CREDIT: FOODNETWORK AND MY ADDITIVES

Sage, Sausage, and Apple Dressing

Recipe

16-OUNCE BAG STUFFING CUBES

6 TABLESPOONS UNSALTED BUTTER, PLUS MORE FOR GREASING THE PAN AND
TOPPING

1 POUND FRESH SAGE SAUSAGE, CASING REMOVED

1 MEDIUM ONION, CHOPPED

2 COOKING APPLES, SUCH AS GRAVENSTEIN, ROME, OR GOLDEN DELICIOUS,
PEELED, CORED, AND CHOPPED

1 TO 2 RIBS CELERY WITH LEAVES CHOPPED

1/2 TEASPOON KOSHER SALT

3 CUPS CHICKEN BROTH, HOMEMADE OR LOW-SODIUM CANNED

1/4 CUP CHOPPED FRESH FLAT-LEAF PARSLEY

1/2 CUP WALNUT PIECES, TOASTED (I USUALLY OMIT THIS)

2 EGGS BEATEN

PREHEAT OVEN TO 325 DEGREES F.

PUT THE STUFFING CUBES IN A LARGE BOWL AND SET ASIDE. BUTTER A 3-
QUART CASSEROLE DISH. MELT 2 TABLESPOONS OF BUTTER IN A LARGE
SKILLET OVER MEDIUM-HIGH. ADD THE SAUSAGE AND BREAK UP WITH A
WOODEN SPOON. COOK UNTIL IT LOSES MOST OF ITS PINK COLOR, BUT NOT SO
MUCH THAT IT'S DRY, ABOUT 5 MINUTES. ADD THE ONION, APPLE, CELERY, AND
SALT. COOK UNTIL THE VEGETABLES GET SOFT, ABOUT 5 MINUTES. ADD THE
BROTH AND PARSLEY AND BRING TO A BOIL. POUR THE VEGETABLE MIXTURE
OVER THE STUFFING CUBES AND TOSS UNTIL EVENLY MOISTENED. MIX IN THE
WALNUTS AND EGGS. LOOSELY PACK THE DRESSING IN THE PREPARED PAN AND
COOK UNCOVERED UNTIL THE TOP FORMS A CRUST, FOR 40 MINUTES. DRIZZLE
ABOUT 2 TABLESPOONS OF TURKEY PAN DRIPPINGS OR MELTED BUTTER OVER
THE TOP. COOK UNTIL THE TOP IS CRISP AND GOLDEN, ABOUT 20 MINUTES
MORE. SET IMMEDIATELY OR WARM.



My Thanksgiving Favorite Dishes

~APPLE SAGE SAUSAGE STUFFING:
[HTTP://WWW.FOODNETWORK.COM/RECIPES/FOOD-NETWORK-KITCHEN/SAGE-SAUSAGE-AND-APPLE-DRESSING-RECIPE-1941694](http://www.foodnetwork.com/recipes/food-network-kitchen/sage-sausage-and-apple-dressing-recipe-1941694)

~ FRIED CABBAGE
~ GARLIC, WITH BACON STRING BEANS

~ SLOW COOKER ROAST - CAN OF CREAM OF MUSHROOM, A PACKET OF ONION SOUP MIX AND ROAST
*COOK ON LOW 6 HOURS

~ COLLARD GREENS
-BUTTERMILK MASH POTATOES
-HAM
-FRIED OR ROASTED TURKEY
-GRAVY (OF COURSE)



Thanksgiving Fixins

TURKEY (ROASTED, FRIED, OR SMOKED)

HAM (ROASTED OR SMOKED)

BEEF ROAST

SOUTHERN STRINGS BEANS

STRING BEAN CASSEROLE

MASH POTATOES

RICE

MAC N CHEESE

CRANBERRY SAUCE

GRAVY

SWEET POTATO CASSEROLE

CANDIED YAMS

POTATOE SALAD

HEAVENLY EGGS

SWEET POTATO PIE

PUMPKIN PIE

SOUR CREAM POUND CAKE

SHAKING UP THE MENU

RIBS

SEAFOOD BOIL

FISH

STEAK



101 Thanksgiving Tips

~ START SAVING 4-6+ WEEKS IN ADVANCE, OR
PICK UP ITEMS LITTLE BY LITTLE

~ SPLIT COST PER PAY PERIOD OR FAMILY/FRIENDS
SPLIT THE COST

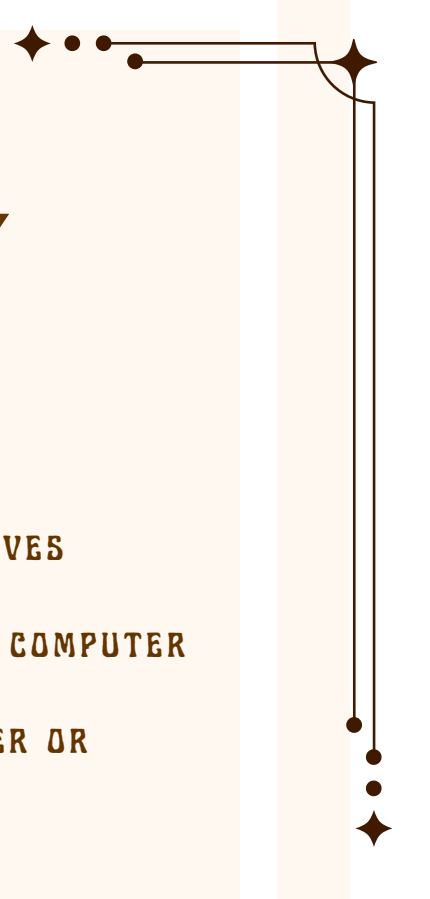
~WHAT TO COOK FOR INSPIRATION:
FAMILY TRADITIONS, ASK FAMILY REQUEST,
COOKBOOKS, YOUTUBE, SOCIAL MEDIA
WEBSITES: FOOD NETWORK & ALL RECIPES

~CHECK REVIEWS BEFORE TRYING RECIPES:
MAKE SURE THEY ARE 4.5 TO 5 STARS

~TAKE A HEAD COUNT OF HOW MANY ARE COMING:
FOR HOW MUCH FOOD, PLATES, AND SEATING

~TAKE INVENTORY OF COOKWARE AND SERVINGWARE

~ALDI: CARRIES SEASONAL ITEMS STARTING IN MID-
OCTOBER (CHECK WEEKLY ADS FOR WHAT IS ON SALE)



101 Thanksgiving Tips

ORGANIZATION:

RECIPES

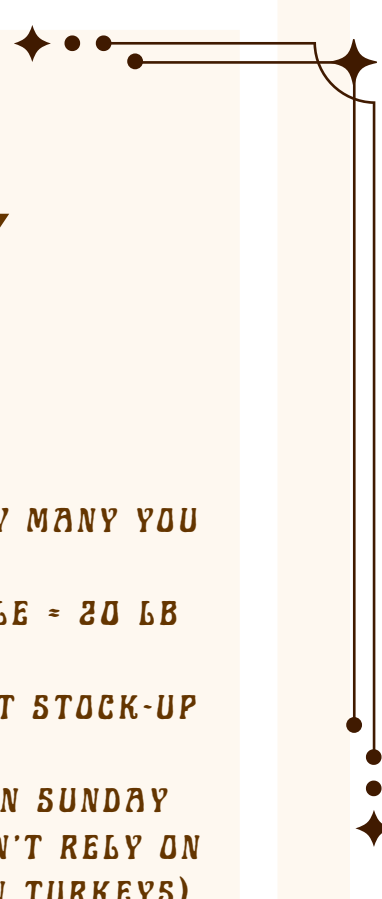
- BINDER, USE CLEAR POCKET SLEEVES TO POCKET PAGES
- ORGANIZE RECIPES IN A FOLDER ON THE COMPUTER
- RECIPE CARDS
- RECIPE PLANNER (EX. HAPPY PLANNER OR RECOLLECTIONS)

SPICES

CHECK TO SEE WHAT IS NEEDED FOR THE SEASON
THROW AWAY OLD EXPIRED SPICES

MAKING GROCERY/SUPPLY LIST

- ~GO THROUGH ALL RECIPES AND MAKE OF ALL THE MASTER LIST
- ~ EX.) TALLY LIST (I LIKE TO USE THIS METHOD)
ORGANIZE BY AISLE AND DEPARTMENT
SHOP EARLY FOR THOSE NON-PERISHABLES & ITEMS YOU CAN FREEZE
- *PICK UP THOSE HARD-TO-FIND ITEMS: POULTRY SEASONING, GROUND SAGE SAUSAGE, HERBS, COLLARDS
- *FIND SOMETHING NEW TO REFRESH THE MENU
- *USE GROCERY DELIVERY OR PICKUP TO STAY ON BUDGET (PLEASE TIP WELL)
- *USE APPS LIKE IBOTTA, FETCH, RAKUTEN FOR ADDED SAVINGS



101 Thanksgiving Tips

TURKEY TALK

**THE SIZE OF YOUR TURKEY DEPENDS ON HOW MANY YOU
ARE SERVING**

**2 LBS PER PERSON, E.G.) SERVING 10 PEOPLE = 20 LB
TURKEY**

**COST - .40 TO .50 CENTS PER POUND (GREAT STOCK-UP
PRICE)**

**DEFROST TURKEY IN FRIDGE - TAKE OUT ON SUNDAY
INVEST IN A GOOD MEAT THERMOMETER (DON'T RELY ON
THE POP ONES THAT COME WITH THE FROZEN TURKEYS)**

SEVERAL WAYS TO COOK A TURKEY (QUICK TIPS):

**ROASTED WITH OVEN BAG (MY FAVORITE) OR WITH
BASTING**

***OVEN BAG- FOLLOW THE DIRECTIONS FOR USE OF OVEN
BAG**

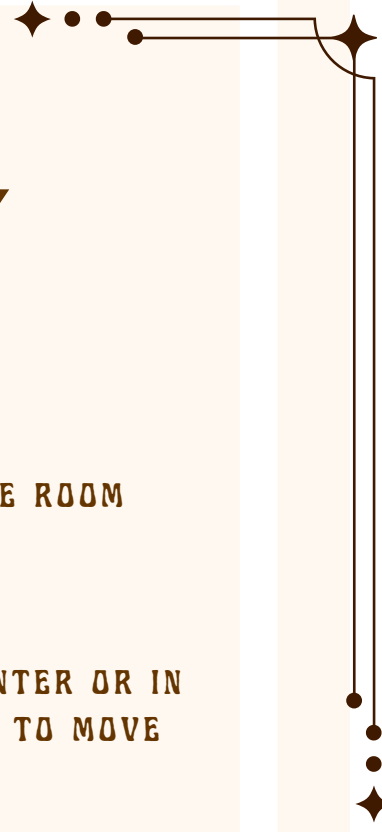
FRIED TURKEY - PAT DRY COMPLETELY

**INDOOR BUTTERBALL TURKEY FRYER: ALDI, COSTCO, AND
WALMART**

**SMOKED TURKEY - SEASON, SOAK WOOD CHIPS 30
MINUTES**

SLOW COOK TURKEY

**FLIPPING THE TURKEY OVER BREAST SIDE DOWN HELPS
ALL THE JUICES FLOW TO THE BREASTS OF THE TURKEY
TO KEEP WHITE MEAT MOIST. IT DOES NOT GIVE YOU THE
PRETTIEST TURKEY, BUT IT DOES KEEP IT MOIST DURING
COOKING.**



101 Thanksgiving Tips

MAKING IT EASIER

~ CLEAN FRIDGE AHEAD OF TIME & MAKE ROOM

~ CLEAN OVEN - 1 WEEK BEFORE

~ PLACE GO-TO ITEMS IN A BIN ON THE COUNTER OR IN THE FRIDGE FOR QUICK ACCESS AND EASY TO MOVE AROUND. EX.) SPICES

~ DON'T FORGET ITEMS THAT NEED TO BE ROOM TEMPERATURE. PLACE A REMINDER ON YOUR PHONE OR LIST TO TAKE OUT BEFOREHAND.

~ IT IS OKAY TO TAKE A BREAK FROM COOKING: GET IT CATERED, LOCAL GROCER, HONEY BAKED HAM STORE, ETC.



THE TIMING OF MEALS PREP

1-2 WEEKS- DINNER ROLLS: MAKE DOUGH & FREEZE AHEAD

DESSERTS - MONDAY & TUESDAY

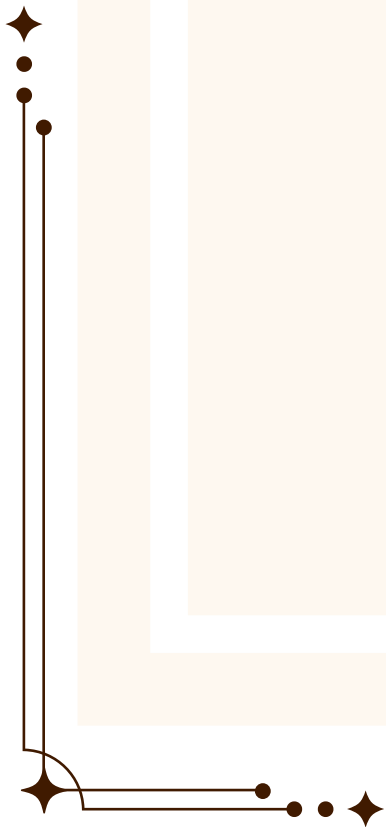
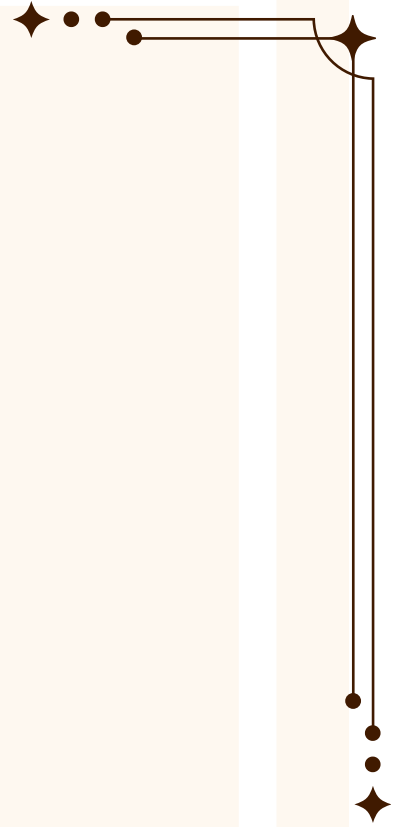
SIDE DISHES - WEDNESDAY

TURKEY - EARLY MORNING THURSDAY

STUFFING/DRESSING - EARLY THURSDAY

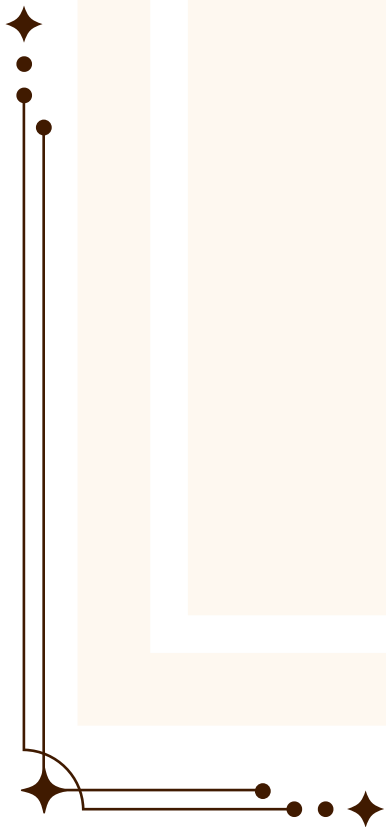
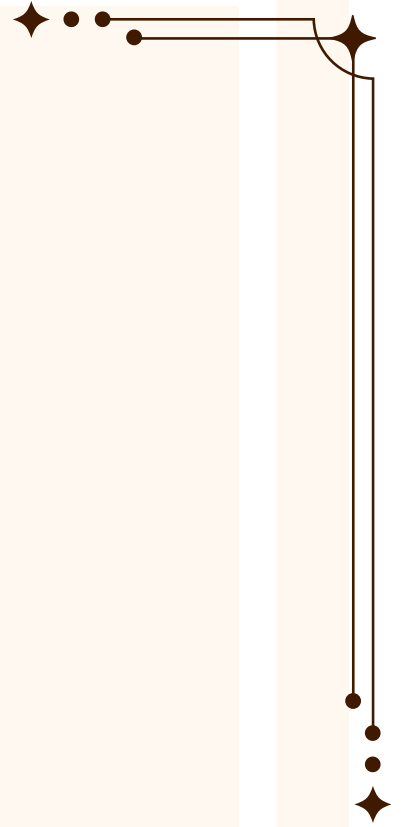


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