



AULTCARE WELLNESS RECIPE

GROUND TURKEY SWEET POTATO BAKE



Ingredients:

1 pound ground turkey

2 medium sweet potatoes

2 zucchinis

$\frac{2}{3}$ cup shredded parmesan cheese

1 $\frac{1}{2}$ teaspoon garlic powder

1 teaspoon rosemary

5 tablespoons olive oil

Pepper, to taste

Directions:

1. Pre-heat oven to 400 F.
2. While oven is preheating, chop the sweet potatoes. Place them onto a large baking pan. Drizzle with 2 tablespoons olive oil, ½ teaspoon garlic powder, ½ teaspoon rosemary and pepper. Bake for 30 minutes.
3. While sweet potatoes are cooking, brown the ground turkey in a skillet. Add 1 tablespoon olive oil, 1 teaspoon garlic powder, ½ teaspoon rosemary and pepper. Chop the zucchini into quarters.
4. Remove sweet potatoes from the oven. Add the ground turkey and zucchini on top. Combine. Bake for 10 minutes.
5. Remove from the oven. Add the remaining olive oil and top with parmesan cheese. Bake an additional 10 minutes.



Yields: 4-5 servings



AULTCARE WELLNESS RECIPE

CHOCOLATE QUINOA BARK



Ingredients:

¼ cup uncooked quinoa

8 ounces dark chocolate

Instructions:

1. Puff the quinoa: heat a skillet over medium heat, add quinoa to the pan in a single layer. Once quinoa begins to pop, shake the pan to move the grains around. Once the quinoa stops popping, remove from heat.
2. Melt the chocolate then fold in the puffed quinoa.
3. Coat a baking sheet with parchment paper. Pour quinoa and chocolate mixture onto lined baking sheet.
4. Place baking sheet in the refrigerator for at least 30 minutes. Break into bark pieces. Store in fridge or freezer.



AULTCARE WELLNESS RECIPE

COCONUT & CURRY PUMPKIN SOUP



Ingredients:

- 1 tablespoon organic coconut oil
- 1 ½ teaspoon Thai red curry paste
- 1 28-ounce can organic pumpkin puree (not pie filling)
- 1 ¾ cups of organic chicken or vegetable broth
- 1 can unsweetened coconut milk
- 2 tablespoons raw organic agave nectar
- 2 limes juiced and zested

Optional add-ons

- cilantro
- roasted pumpkin seeds
- hot sauce
- lime wedges
- toasted coconut

Instructions:

Heat oil in large pan over medium heat.

Add curry paste and cook for one minute.

Add pumpkin and cook for a couple minutes.

Whisk in broth, coconut milk and agave.

Bring to a boil, then reduce heat and simmer for 10 minutes.

Whisk in lime juice and zest, then season with sea salt and pepper to taste.

Serve with any add-ons. Enjoy!



AULTCARE WELLNESS RECIPE

SIMPLE PUMPKIN SOUP



Ingredients:

2 sugar pumpkins (2 pumpkins yield
approximate 2 ¼ cups pumpkin puree)

1 tablespoon olive oil

2 medium shallots diced

3 cloves garlic minced (3 cloves yield
approximately 1 ½ tablespoons or 9 g)

2 cups vegetable broth

1 cup canned light coconut milk (or substitute
other non-dairy milk with varied results)

2 tablespoons pure maple syrup or raw honey

¼ teaspoon each sea salt, black pepper, cinnamon
and nutmeg

Garlic Kale Sesame Topping (optional)

1 cup roughly chopped kale

1 large clove garlic, minced

2 tablespoons raw sesame seeds

1 tablespoon olive oil

1 pinch salt

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Resource: <https://minimalistbaker.com/simple-pumpkin-soup/>

Instructions:

Preheat oven to 350 F (176 C) and line a baking sheet with parchment paper.

Using a sharp knife, cut off the tops of the sugar pumpkins and then halve them. Use a sharp spoon to scrape out all of the seeds and strings.

Brush the flesh with oil and place face down on the baking sheet. Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.

To a large saucepan over medium heat add olive oil, shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent. Turn down heat if cooking too quickly.

Add remaining ingredients, including the pumpkin, and bring to a simmer.

Transfer soup mixture to a blender or use an immersion blender to puree the soup. If using a blender, place a towel over the top of the lid before mixing to avoid any accidents. Pour mixture back into pot.

Continue cooking over medium-low heat for 5-10 minutes. Taste and adjust seasonings as needed. Serve as-is or with kale-sesame topping.

For the kale-sesame topping: In a small skillet over medium heat, dry toast sesame seeds for 2-3 minutes, stirring frequently until slightly golden brown. Be careful as they can burn quickly. Remove from pan and set aside.

To the still hot pan, add olive oil and garlic and sauté until golden brown - about 2 minutes. Add kale and toss, then add a pinch of salt and cover to steam. Cook for another few minutes until kale is wilted and then add sesame seeds back in. Toss to coat and set aside for topping soup.



AULTCARE WELLNESS RECIPE

JEFFERSONIAN-INSPIRED CHUNKY VEGETABLE BEEF STEW



Stew Base:

¼ cup avocado oil

½ cup sweet onion, medium dice

1 ½ pounds beef, large dice

4 cloves garlic, peeled and roughly chopped

2 teaspoons sea salt

1 teaspoon coarse ground pepper

¼ cup flour (oat or quinoa flour for gluten free)

1 cup red wine, cabernet or merlot

2 cups tomato juice

1 (28-ounce) can fire roasted crushed tomatoes + 1 can water

1 (14.5-ounce) can tomatoes, diced + 1 can water

1 beef shank bone

Bay leaves

3 teaspoons smoked hot paprika

1 teaspoon sweet paprika

2 teaspoons dried thyme

Vegetables (your choice):

2 large baking potatoes, peeled and cut into chunks

2 cups mini peppers, sliced into rounds

1 cup baby carrots, whole or larger ones cut in half

1 (10-ounce) bag frozen corn

1 bag Italian cut green beans

1 (14.5-ounce) can cannellini beans

1 (14.5-ounce) can mixed beans, black, pinto or navy

2 cups collards, chopped and packed

Instructions:

Option 1:

Step 1 - Heat oil in a large pot or Dutch oven over medium heat. Add the onions and sauté about 3 minutes.

Step 2 - Increase heat to medium-high. Add beef and brown about 3-5 minutes. Add garlic, salt, pepper and flour and blend well. Pour in wine, mix, cover and cook about 3 minutes.

Step 3 - Reduce heat to medium and add crushed tomatoes/water, diced tomatoes/water, beef shank, bay leaves, paprika and thyme. Cover pot and let it cook, at a simmering boil, about 2 ½ hours. Stir occasionally.

Step 4 - Remove beef shank bone and take off any remaining meat and return to pot. Cook another 30 minutes on a simmering boil.

Step 5 - Add the vegetables that require more time to cook first (like potatoes and carrots). Cook about 30 minutes, then add other vegetables and continue cooking until tender.

Option 2:

OR follow steps 1 and 2, then transfer to a crock pot, add the rest of the ingredients and cook on low 6-8 hours. At completion, remove meat from shank bones, stir into crock pot and serve.