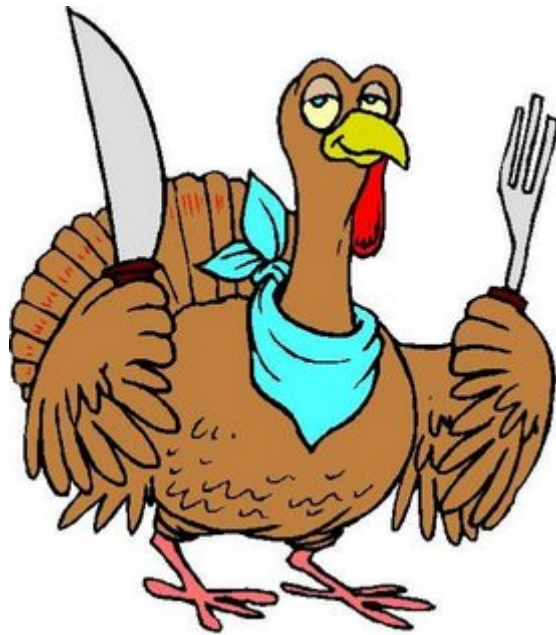




A “Simply” Delicious and Frugal Gluten-Free Thanksgiving Dinner Menu



Picture courtesy of [What's Cooking America](http://www.whatscookingamerica.net)

As you've heard me say before, I am a big believer in [simplicity](#) and frugality. I want recipes that are easy to make with (relatively) easy to find, inexpensive everyday ingredients. Since going gluten-free, I will admit this can be a challenge, but it's still a goal I think we can accomplish.

Often we can get so caught up in the details of an event or dinner that we end up not being able to enjoy the purpose of the event. This is especially true at holidays. So today, I am going to present you with my family's Thanksgiving Dinner Menu – Gluten Free Style! It's a simple, easy (no-stress), delicious, and relatively healthy menu! I hope it will help you to relax this Thanksgiving. Let's not stress over a holiday centered on Being Thankful! Be thankful that you now know what was making you feel bad for so many years (that naughty gluten) and that you can live happily and deliciously without it!!

Since going gluten-free I have already made and/or tried most of the recipes that I will be including in this post. I will post links (with pictures) to the recipes that we've already made earlier this year, and I'll give you recipes for the things that we haven't made yet (but will be preparing next week)!

The goal today is to show you that a complete Thanksgiving meal can be wonderfully, deliciously, and **easily** gluten-free! It may take you a bit more time than you would normally spend in preparation, but with the tips I've included below, and the ready prepared [shopping list](#), it can be an incredibly easy and enjoyable holiday. Not to mention... wonderful to your gluten-free tummy!



Picture courtesy of [What's Cooking America](#)

Our "Simply" Delicious Gluten-Free Thanksgiving Dinner Menu:

Main Course

Roasted Turkey

Gluten-Free Gravy (recipe below)

Delicious Gluten-Free Dressing (recipe below)

Side Dishes

[Sweet Potato Apple Casserole](#)

[Whole Cranberry Sauce](#) -or- [Cranberry Cobbler](#)

Green Beans with Pearl Onions and Almonds (recipe below)

Gluten-Free Sweet Corn Pudding (recipe below)

Your Favorite Mashed Potatoes

Desserts

[Traditional Pumpkin Pie](#) with [GF pie crust](#)

Absolutely Delicious Apple Pecan Pie (recipe below)

Preparations:

- **5 Days Prior to Thanksgiving:**
- Buy groceries (see grocery list [here](#)), begin to thaw turkey in refrigerator (especially if it's a LARGE turkey!), Prepare [GF bread](#) for dressing:1) make a loaf in the bread machine (or buy a sliced loaf), 2) slice bread, 3) toast slices on a baking sheet in a 350 degree preheated oven (usually takes about 15-20 minutes, don't overdo it!), then cut into very small 1 inch cubes. 4) Throw toasted diced cubes into a freezer safe bag and place in freezer.
- **4 Days Prior to Thanksgiving:**
- Kick off your shoes, find a good book, take a warm tub bath, and make the hubby and kids a previously prepared and frozen [Karen's Pizza](#) for dinner. No worries, mate! You're totally prepared!
- **3 Days Prior to Thanksgiving:**
- Make a double batch of [GF Pie Crust](#) dough and place in refrigerator, you will be using these on Day 2 and Day 1 for your pies. Prepare and bake: [Cranberry Cobbler](#) and [Sweet Potato-Apple Casserole](#). Let cobbler and casserole COOL completely; then place in freezer until the big day!
- **2 Days Prior to Thanksgiving:**
- Wash, peel, and dice potatoes in preparation to be mashed on Thanksgiving. Place diced potatoes in a plastic sealable container. Add a few drops of lemon juice (to prevent browning) and toss around. Put sealed container of diced potatoes in refrigerator. Prepare and bake [Traditional Pumpkin Pie](#). Let cool and place in freezer.
- **1 Day Prior to Thanksgiving:**
- Prepare and bake Sweet Corn Pudding. Let cool and place in refrigerator. Prepare and bake Absolutely Delicious Apple Pecan Pie. Set aside on counter and let cool (Does not need to be refrigerated before Thanksgiving Day.) Prepare 3 batches of [GF cream soup](#) and place in refrigerator. You will need 2 batches for your gravy, and 1 batch for your Sweet Corn Pudding. If desired prepare [whole berry cranberry sauce](#). Cool and refrigerate until serving time tomorrow.

- **THANKSGIVING DAY:**

- Start your day by setting aside a few minutes to write down all that you are thankful for. Think about all the blessings in your life! Be thankful that you are completely prepared for this wonderful holiday!

- 8:00am
- Remove casserole, cobbler, bread cubes, and pie from the freezer. Let defrost on the counter. Put your completely defrosted turkey in the oven and bake as you normally would, **WITH THE EXCEPTION that if you use a turkey bag, USE RICE FLOUR** in the place of regular flour. Don't forget this! You don't want to get "glutened" by your turkey folks!! Pull turkey out of oven when done. Pour turkey juices into a separate container to use later for gravy. Cover turkey with foil and set aside until ready to slice and serve.

- 10:30am
- Prepare and Bake Sweet Corn Pudding. Prepare and bake GF dressing. In addition to corn pudding, place defrosted [Sweet Potato-Apple Casserole](#), [Cranberry Cobbler](#), and [Traditional Pumpkin Pie](#) in oven for 25-35 minutes to reheat for serving. On your stovetop, prepare green bean recipe, and boil pre-diced potatoes for mashing. Make your mashed potatoes and keep warm. 10 minutes before serving: On stovetop, make GF Turkey Gravy and slice turkey. Don't forget to pull prepared [whole berry cranberry sauce](#) out of refrigerator when serving dinner.

- **NOON**
- ***SERVE THANKSGIVING DINNER!! BE THANKFUL, RELAX, and ENJOY the rest of your day! Have the in-laws or the kids do the dishes!***



Hot Cranberry Cobbler, fresh out of the oven!

Simple and Delicious Gluten-Free Thanksgiving Dinner Recipes:

Gluten-Free Gravy

1 batch [GF cream soup](#)

½ cup turkey juices and giblets (if desired)

Salt/Pepper

In a saucepan, prepare batch of cream soup. Add ½ cup of turkey juices and giblets. Simmer for 10 minutes until desired thickness is reached. Add water to thin gravy, or add 1-2 Tbsp. of cornstarch to thicken gravy. Add salt/pepper to taste. Serve in a gravy bowl.

Green Beans with Pearl Onions and Almonds

2 (12-14 oz.) cans whole green beans

1 (6 oz.) jar of pearl onions, drained (found on canned vegetable aisle)

¼ cup slivered almonds

Salt/Pepper

1 Tbsp. olive oil

Pour green beans (with liquid) into a 2 qt. sauce pan. Add 1 can of additional water. Add drained pearl onions, slivered almonds, and olive oil. Simmer ten minutes until heated through. Add salt/pepper to taste. Cool slightly before serving.

Delicious Gluten-Free Dressing

6-8 cups toasted, cubed [GF bread](#)

1-2 TBSP. poultry seasoning

1 cup celery, sliced and finely diced

1 cup onion, finely diced

1-2 cups GF chicken broth (or water with GF chicken bouillon added)

¼ - ½ cup butter

1-2 tsp. salt

1-2 tsp. pepper

Place toasted, cubed GF bread in a LARGE bowl and set aside. Melt butter in a large pan on the stovetop. When warm and sizzling, add onions and celery. Saute until onions are translucent. Add salt, pepper, and poultry seasoning. Combine with onions and celery. Pour onion and butter mixture over bread cubes in bowl. Mix thoroughly. Slowly add 1 cup of chicken broth to bread cubes. If you like a more moist dressing add additional chicken broth until desired consistency. Pour dressing into an oven safe casserole dish. Cover with foil and bake in preheated 350 degree oven for 20 minutes. Remove foil and bake an additional 10-15 minutes. Cool slightly before serving.

Gluten-Free Sweet Corn Pudding

1 batch [GF cream soup](#) (made WITHOUT chicken bouillon added!)

1 (12 or 14 oz.) can sweet white corn (reserving ¼ cup liquid)

¼ cup sugar or honey

1 tsp. vanilla flavoring

1 Tbsp. melted butter

2 eggs, slightly beaten

1 tsp. salt

In a saucepan, prepare cream soup mix as directed, without chicken bouillon. Remove from stovetop and let cream soup cool slightly. Add sweet white corn and ¼ cup liquid. Mix thoroughly. Add sugar, beaten eggs, vanilla, melted butter, and salt. Mix thoroughly and pour into a greased casserole dish. Bake in a preheated 350 degree oven for 20-30 minutes until casserole is set.

Quick Homemade Cranberry Sauce

- 2 cups whole cranberries
- 1 cup liquid (water, juice, etc.. I used apple juice)
- 1 cup sugar

Directions:

Add all ingredients to a small sauce pan. Cook on medium high heat for 15-20 minutes, stirring continuously, until cranberries begin to “pop” and the sauce gets a medium-thick “jam” like texture. The cranberry sauce will become more firm as it cools. Serve immediately, or refrigerate once cool. Will keep up to 10 days. It doesn't get much easier than that folks!

Absolutely Delicious Apple Pecan Pie

1 batch prepared [GF pie crusts](#), rolled out ready for use

1 cup chopped pecans

½ cup firmly packed brown sugar

1/3 cup butter or margarine, melted

6 cups thinly sliced, peeled apples

¼ cup sugar

2 Tbsp. rice flour

½ tsp. cinnamon

¼ tsp. nutmeg

In a small bowl, combine pecans, brown sugar, and margarine or butter. Set aside. Line a 9" pie tin with one GF pie crust. (Remember this doesn't have to be perfect folks! GF pie crusts aren't always the most beautiful! No sweat!) Heat oven to 375 degrees. In a large bowl, combine apples, sugar, rice flour, cinnamon, and nutmeg. Mix lightly. Spoon into GF crust lined pan. Sprinkle pecan/brown sugar mixture over top of apples. Top with remaining crust and seal edges (remember that note about perfection!) Flute crust edges if desired. Cut slits in top crust. Place foil or cookie sheet on lowest rack of oven for protection against spills while baking pie. Place pie in oven and bake at 375 degrees for 45 minutes. (Cover edges of crust with foil after 15-20 minutes of baking to prevent excessive browning.) When pie is done, apples should be tender and crust will be golden brown. Cool slightly and serve with vanilla bean ice cream (if desired!)

Bette Hagman's Vinegar Pastry

From: [The Gluten-Free Gourmet, revised edition](#), pg. 146

- 1 cup white rice flour
- $\frac{3}{4}$ cup tapioca flour
- $\frac{3}{4}$ cup cornstarch
- 1 rounded tsp. xanthan gum
- $\frac{3}{4}$ tsp. salt
- 1 Tbsp. sugar
- $\frac{3}{4}$ cup shortening
- 1 egg, lightly beaten
- 1 Tbsp. vinegar
- 2-3 Tbsp. ice water

In a medium bowl, whisk together the flours, cornstarch, xanthan gum, salt, and sugar. Cut in the shortening.



Blend together the beaten egg, vinegar, and cold water. Stir into the flour mixture, holding back some, until the pastry holds together and forms a ball. (Kneading will NOT toughen this pastry!)

Form two balls and place in a bowl; cover and refrigerate for at least 30 minutes. (I actually refrigerated the dough overnight before using, this worked really well) Remove and roll one ball at a time between two sheets of plastic wrap that have been dusted with sweet rice flour.



To place in pie tin: Remove top sheet, and using the other for ease of handling, invert the dough and gently place it in the pan. Shape into curves before removing the second piece of plastic wrap. For a crust to be used later, bake in a preheated 450 degree for 10-12 minutes. For a filled pie, follow directions for that pie.

Makes two 9-inch crusts or a double-crust pie.

Thanksgiving Cranberry Cobbler

- 2 cups whole cranberries
- 1/2 cup granulated sugar (I may try substituting with agave nectar next time and reduce to 1/4 cup)
- 1/2 cup pecans, finely chopped
- 1/2 cup crushed pineapple with juice
- 2 Tbsp grated orange rind (usually from 1 med. orange)

Batter Ingredients:

- 1/2 cup sugar
- 3 Tbsp. melted butter
- Juice from half a medium orange, freshly squeezed and strained
- 1 beaten egg, or two beaten egg whites
- 1/4 cup rice flour

Directions:

Preheat oven to 350 degrees. Spritz a large pie pan or 8x8 baking dish with non-stick spray. Add cranberries, sugar (or agave nectar), chopped pecans, pineapple, and orange rind. Mix together in dish. Mix all batter ingredients together and pour over cranberry mixture. Bake for 45 minutes. Dish will be hot and bubbly. Serve hot or cold. Is excellent either as a side dish or dessert with vanilla bean ice cream!

GF Condensed Cream of.... soup

1 cup milk
2 Tbsp cornstarch
1 1/2 Tbsp butter
1 tsp MSG-free chicken bouillon (DO NOT USE FOR CORN PUDDING!)
1/2 tsp sea salt
dash of freshly ground pepper

1. In a small saucepan, whisk milk and cornstarch till well blended.
2. Stir in butter, bouillon, salt, and pepper.
3. Heat to a boil, stirring frequently. Simmer on low for 1-3 minutes more to thicken.
4. Add ingredients for desired cream soup: *For our recipe, I added 1 c. of sliced sauteed mushrooms and SPIKE garlic seasoning to create a Cream of Mushroom and Garlic soup.*



A beautiful slice of Sweet Potato-Apple Casserole

Sweet Potato-Apple Casserole

- 2 cups mashed sweet potatoes
- 1-2 small apples, peeled and chopped
- 1/2 cup brown sugar -or- agave nectar
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 egg, slightly beaten
- 1/2 cup milk
- 1 tsp vanilla

Crumb Topping Ingredients

- 1/4 cup rice flour
- 1/4 cup corn flour -or- sorghum flour
- 1/2 pecans, chopped
- 1/4 cup brown sugar
- 3 Tbsp. butter, softened

Directions:

Mix mashed sweet potatoes, chopped apples, brown sugar, salt, and spices together. Add beaten egg, milk, and vanilla. Mix all together until smooth. Pour into greased casserole dish.

Mix topping ingredients in a small bowl until crumbly. Sprinkle over casserole. Bake at 350 for 35-40 minutes until casserole is set.

Carrie's Five Flour Yeast Bread (FOR STUFFING)

- 1/2 cup brown rice flour
- 1/2 cup rice flour
- 1/2 cup tapioca flour
- 1/2 cup sorghum flour
- 1/2 cup potato starch flour
- 1/2 cup whole ground flax seeds
- 1/4 cup sugar
- 1/2 cup dry milk powder
- 2 1/2 tsp. xanthan gum
- 1 tsp. unflavored gelatin
- 3/4 tsp. salt
- 1 Tbsp. rapid rise yeast granules
- 1 3/4 cups lukewarm water
- 1/4 cup extra virgin olive oil
- 1 tsp. vinegar (or dough enhancer)
- 2 eggs

Directions for a bread machine:

1. In a large mixing bowl, add all flours, sugar, xanthan gum, milk powder, unflavored gelatin, and salt. Mix together thoroughly. Set aside.
2. In another bowl beat eggs, add water, olive oil, and vinegar, and mix thoroughly.
3. Pour egg mixture into the bottom of your bread machine pan.
4. Sprinkle in flour mixture so it is distributed evenly in the pan to cover the liquids.
5. Make a well in the middle of the flour and add the yeast.
6. Set bread machine to desired setting. (I used the basic rapid rise cycle.)

LIBBY'S® Famous Pumpkin Pie

Courtesy of: www.verybestbaking.com

Estimated Times:

Preparation - 15 min | Cooking - 55 min | Cooling Time - 2 hrs cooling | Yields - 8 servings

This is the traditional holiday pumpkin pie. This classic recipe has been on LIBBY'S® Pumpkin labels since 1950. This pie is easy to prepare and even easier to enjoy. Just mix, pour, bake for a delicious homemade tradition.



Ingredients:

- 3/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large eggs
- 1 can (15 oz.) [LIBBY'S® 100% Pure Pumpkin](#)
- 1 can (12 fl. oz.) [NESTLÉ® CARNATION® Evaporated Milk](#)
- 1 *unbaked* 9-inch (4-cup volume) deep-dish pie shell
- Whipped cream (optional)

Directions:

MIX sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

POUR into pie shell.

BAKE in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

NOTES:

1 3/4 teaspoons pumpkin spice may be substituted for the cinnamon, ginger and cloves; however, the taste will be slightly different. Do not freeze, as this will cause the crust to separate from the filling.

FOR 2 SHALLOW PIES: substitute two 9-inch (2-cup volume) pie shells. Bake in preheated 425° F. oven for 15 minutes. Reduce temperature to 350° F.; bake for 20 to 30 minutes or until pies test done.

FOR HIGH ALTITUDE BAKING (3,500 to 6,000 ft.): Deep-dish pie- extend second bake time to 55 to 60 minutes. Shallow pies- no change.



Grocery Shopping and/or Pantry Check Off List

for

Ginger Lemon Girl's

"Simply" Delicious and Frugal Gluten-Free Thanksgiving Dinner

(Shopping list does NOT include ingredients for homemade GF bread)

Meats:

Turkey (as large or small as your family will eat)

Roasting Bags

Dairy/Cold Case:

½ gallon skim milk –or- alternative nut or soy milk

Whipped cream (optional: to serve with pies and cranberry cobbler)

1 lb. butter (4 sticks, will not use all)

6 eggs

Produce:

2 bags whole cranberries (or one bag if you are only making 1 of the cranberry recipes)

Canned or fresh sweet potatoes, enough to make 2 cups mashed

1 large 5 lb. bag of apples (I like gala)

2 lbs. pecans (chopped or fresh, you can chop!)

2 oranges

Celery

Onions

Potatoes (enough to make your favorite mashed potatoes)

Dry Goods/Pantry Items:

2 bags (about 2 lbs.) rice flour (can be found in Asian aisle)

1 box tapioca flour

1 box cornstarch

1 container xanthan gum

1 (2 lb.) bag of sugar

Small bag of brown sugar

Salt/Pepper

Butter flavored shortening (for pie crust)

Olive oil

Small bottle of vinegar (for pie crust)

MSG-FREE/ Gluten-free chicken bouillon

Ground cinnamon

Ground ginger

Ground nutmeg

Ground cloves

Ground cardamom (optional for Sweet Potato casserole)

1 (15 oz. can) pure pumpkin (NOT pie filling)

1 (12 oz. can) evaporated milk

Vanilla flavoring

Small package slivered pecans (you only need ¼ cup for green beans)

1 can **crushed** pineapple

2 (12-14 oz.) cans whole green beans

1 (12 or 14 oz.) can sweet white corn

1 jar pearl onions

4 (12 oz.) cans GF chicken broth/stock

Loaf of GF sandwich bread (if you aren't making one!)

**Have a wonderfully, deliciously, gluten free
Thanksgiving!!**