

ThanksKeto Dinner from Rick & Amy Moyer

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This Menu is for:

Appetizers:

Black Olives stuffed with cream cheese and green onion

Dill Pickle Slices

Celery Sticks with full fat ranch dressing

Shrimp with Cocktail Sauce

Roasted Turkey with Root Veggie Stuffing & Keto Gravy

Mashed Cauliflower with cream and Butter

Green Bean Keto Casserole

Keto Dinner Rolls with Butter

Keto Pumpkin Pie with real whipped cream

Mixture for stuffing olives:

½ cup full fat cream cheese

¼ cup shredded cheese

Cut up chives

Mix together and stuff olives, serve cold.

TURKEY

Ingredients needed:

1 Whole thawed turkey with skin

5 carrots cut in half

3 medium sized beets, peeled

2 Sweet onions, peeled and sliced in chunks

3 celery stalks cut in thirds

1 tablespoon of paprika

Seasoning Salt or Salt and Pepper

Cube of butter

Roasting Pan

3 or 4 cups of water

Onion soup mix

Tin foil

Directions:

Thaw Turkey according to directions

Place the turkey with chest up on roasting pan

Take Carrots, Beets, Celery and Onions and put in the cavity of the turkey

Rub ¼ stick of butter on the turkey skin

Generously season the turkey

Sprinkle the paprika over the turkey

If roasting pan is deep enough put 4 cups of water in the bottom of the pan, and check frequently as the bird bakes, keeping an inch of water in the bottom of the pan at all times.

Sprinkle one package of lipton onion soup mix (or whatever) over turkey and let some go into the water.

Cover bird with a layer of tin foil

Place in oven at 425 for 1.5 to 2 hours. Check temp. Take foil off, use another quarter of the stick of butter and spread over the turkey skin and bake for another 20 minutes until temp is correct. The skin should crisp up, just make sure it doesn't burn.

When turkey is at temperature, take out of the oven and let rest by putting the foil back over it and give it about 15 to 20 minutes. Then carve it and serve hot. Make sure you serve it with the crispy skin. Delicious! YUM!!!!

Mashed Cauliflower

1 head of cauliflower, washed, cut up with stems

¼ to ½ cup cream

1 clove of garlic, minced

Salt and Pepper

½ cube of Butter

In a french steamer, place the cauliflower and steam till soft.

Take Cauliflower out of steamer into a colander, use a paper towel to remove some of the moisture. After the pan is drained add the hot cauliflower back to the pan, along with minced garlic, add a ¼ stick of butter, and ¼ cup Heavy Cream, salt and pepper to taste and mash till smooth. I would even recommend using a food processor wand or small beater. Blend to desired thickness by adding more liquid to thin it out. Serve with a dollop of butter on top.

Top with Keto gravy.

Keto Gravy

2 cups turkey drippings, bone broth or stock

½ cup heavy whipping cream

4 tablespoons butter

½ teaspoon salt

¼ teaspoon black pepper

1 ½ teaspoon arrowroot powder

Bring all ingredients except arrowroot powder to a slow boil, stirring frequently. Take a ¼ of water and mix arrowroot powder in it till smooth, add that mixture to gravy and let it thicken. Take off heat and serve with meal. Season to taste.

KETO Green Bean Casserole

Two cans of Salted Green Beans, whole cut.

OR

Freshly steamed green beans

1 cup heavy cream

5 chopped mushrooms

½ Sweet Onion chopped

2 cloves of garlic minced or chopped small

1 cup of shredded colby jack cheese

4 strips of bacon, cooked and chopped

½ stick of butter

Salt and Pepper

(crunchy onions- watch the portion on these as they are what have the carbs)

--You can make your own crunchy onions by sauteing small strips of sweet onion in the air fryer, watch carefully as they can burn easily. Cut the onions in small strips and spray with olive oil, salt and pepper them and put them in the air fryer for 5 minutes till crispy. If you don't have an air fryer you can broil them on a silicone mat in the oven. OR on parchment paper, set these aside as you will put them on top of the casserole when you bake it.

In a glass casserole pan put your canned green beans on the bottom or place the lightly steamed fresh greenbeans. (You can also do Asparagus instead of green beans if you want) Add chopped mushrooms, sweet onions and chopped bacon, with garlic, mix them all up evenly. Cut stick of butter into small pieces and sprinkle around. Seasoning salt and salt and pepper the mixture- then Add your cup of Heavy Cream by pouring over the beans and other veggies you have put in the pan. Sprinkle the cheese over the top, cover with tin foil and bake on 350 for 30 minutes. At this point remove the tin foil and add the crispy onions on top, and bake another 10 minutes. Remove from oven and let rest 6 minutes before serving so that it thickens up a bit.

Keto Dinner Rolls with Butter

(this recipe is not mine, I borrowed it from a recipe page. It is a variety on the fat head dough.

1 1/2 cups part skim low moisture shredded mozzarella cheese

2 oz full fat cream cheese

1 1/3 cups Super Fine Almond Flour
2 tbsp coconut flour
1 1/2 tsp aluminum free double acting baking powder
3 large eggs one egg is reserved for egg wash

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a small bowl, whisk together almond flour, coconut flour and baking powder. Set aside.
3. Add mozzarella and cream cheese to a large microwave-safe bowl. Cover the cream cheese with mozzarella (this will prevent the cream cheese from overheating and making a mess in your microwave). Melt in the microwave at 30 second intervals. After each 30 seconds, stir cheese until cheese is completely melted and uniform and resembles a dough in appearance This should only take around 1 minute total cooking time. Do not try to microwave the full time at once because some of the cheese will overcook. You can also melt the cheeses over the stove in a double boiler.
4. Allow cheese dough to cool slightly (only a few minutes) so that it is still warm to the touch but not too hot. If the cheese is too hot it will cook the eggs. But don't let the cheese cool down completely because then it will turn hard and you will not be able to blend it with the other dough ingredients.
5. Add cheese, 2 eggs (remember the third egg is for the egg wash finish at the end only), and almond flour mixture into a food processor with dough blade attachment. Pulse on high speed until the dough is uniform. The dough will be quite sticky, which is normal.
6. Scoop out dough with a spatula and place onto a large sheet of plastic wrap. Cover the dough in plastic wrap and knead a few times with the dough inside the plastic wrap until you have a uniform dough ball. Lightly coat your hands with oil and divide dough into 8 equal parts. Roll each dough between your palms until it forms a smooth round ball. Place dough balls onto baking sheet, spaced 2 inches apart.
7. Add the final egg to a small bowl and whisk. Generously brush the surface of rolls with egg wash.
8. Bake rolls for about 21-23 minutes in the middle rack of your oven, or until rolls are golden brown. Rolls are best eaten hot.
9. Put a generous amount of butter on the roll and eat. YUM

Keto Pumpkin Pie with real whipped cream

SEASONING

- 2 Teaspoons Ground Cinnamon
- 1 Teaspoon Ground Ginger
- 1/2 Teaspoon Nutmeg

CRUST

- 2 & 1/2 Cups Almond Flour or Almond Meal
- 4 Tablespoons Lakanto Classic Monkfruit Sweetener
- 5 Tablespoons Grass-Fed Butter
- 1 Large Egg
- 1 Teaspoon Pumpkin Pie Seasoning (above)

PIE FILLING

- 15 oz Canned Pure Pumpkin (Not Pumpkin Pie Filling)
- 3 Large Eggs (Room Temperature)
- 2/3 Cup Monkfruit Sweetener
- 4 Tablespoons Heavy Whipping Cream
- 2 & 1/2 Teaspoons Pumpkin Pie Seasoning (above)
- 1 Teaspoon Vanilla Extract
- In a Small Mixing Bowl combine the 2 Teaspoons Ground Cinnamon, 1 Teaspoon Ground Ginger, and 1/2 Teaspoon Nutmeg.

CRUST

1. Pre-heat the oven to 350°F.
2. In a Large Mixing Bowl combine the 2 & 1/2 Cups Almond Flour, 4 Tablespoons Monkfruit Sweetener, and 1 Teaspoon of the Pumpkin Pie Seasoning.
3. Melt 4 & 1/2 Tablespoons of Grass-fed Butter, and reserve the remaining 1/2 Tablespoon for greasing the pie plate. Add 1 Large Egg to the melted butter and whisk together. (Make sure that your butter is only just melted and not piping hot or else it will start to scramble your egg when you add it)
4. In a Food Processor (or mix by hand if you prefer) add the dry ingredients first, and then pour the egg and butter mixture on top. Pulse long enough to fully mix the crust together.
5. Grease a 9.5" Pie Plate with 1/2 Tablespoon of the Grass-fed Butter to prevent the crust from sticking.
6. Spread the crust out evenly in the pan, making sure to build it up along the side walls of the pie plate to hold the pie properly.
7. Bake the crust in the oven for about 10-12 minutes, or until you feel that it is partially baked enough. You do NOT want to fully bake it in this step.
8. Set on counter to cool off a little bit while preparing the Pumpkin Pie filling.

PIE FILLING

1. In a Food Processor (or Large Mixing Bowl if mixing by hand) combine a 15oz can of Pure Pumpkin, 3 Large Eggs, 4 Tablespoons of Heavy Whipping Cream, 2/3 Cup

Monkfruit Sweetener, 1 Teaspoon Vanilla Extract, and 2 & 1/2 Teaspoons of the Pumpkin Pie Seasoning.

2. Pour the mixed Pie Filling into the Crust, and spread evenly with a spatula. Tap on the counter to release any air bubbles, and then bake in the oven at 350°F for about 45 minutes.
3. Remove when the center of the pie is no longer jiggly and place on the counter to cool off completely to room temperature.
4. After the pie has reached room temperature, place it in the refrigerator for at least a couple hours, or overnight if preferred. You will want the pie to cool off enough to fully set.
5. Cut and serve with real whipped cream. (Keto version, real cream, swerve and vanilla extract.)

Note: If you are wanting to prevent the crust from browning up too much you can bake the pie with a sheet of **Aluminum Foil** laid carefully across the top.

Whipped Cream

1 carton of Heavy Whipping Cream

Swerve sweetner

1 teaspoon vanilla

Follow directions on carton to whip the cream, add sugar substitute, and vanilla, beat till fluffy, serve on pumpkin pie.

Delicious!

Happy Thanksgiving and may God bless you!