

Sundara Holiday Recipes

Prepared by our Culinary Chef, Dennis.

Cranberry Sangria

Ingredients:

1 cup 100% cranberry juice (unsweetened)
½ cup sugar
2 tablespoons chopped fresh ginger
1 cinnamon stick
2 Granny Smith apples, diced, divided
1 cup fresh cranberries, halved, divided
1 bottle (750 mL) dry rosé wine
⅓ cup vodka
Ice

Method:

Combine cranberry juice, sugar, ginger and cinnamon stick in a small saucepan over medium heat. Bring to a boil, stirring occasionally, cook 1 minute until sugar is dissolved. Remove from stove, stir in 1 diced apple and ½ cup cranberries; let cool completely.

Strain juice mixture through a fine mesh sieve into a large pitcher. Add wine, vodka, remaining diced apple and remaining ½ cup halved cranberries; stir to combine.

Chill until ready to serve. Serve over ice.

Pumpkin Hummus

Ingredients:

1 1/2 cups pure pumpkin puree (Canned or Fresh Roasted)
15 ounce can chickpeas, drained and rinsed
3 cloves garlic, (roasted or minced)
Juice of 1 lemon
2 tablespoons olive oil
1 tablespoon maple syrup or honey
1/2 teaspoon ground cumin
Pinch of cayenne pepper
Salt and pepper to taste

Method:

Puree all the ingredients in a food processor or blender until smooth. Add oil as needed.

Garnish with:

Seeds (pumpkin, sesame, etc.)

Serve with:

Sliced Apple
Carrot or Celery Sticks
Warm Pita Bread

There's more...



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Butternut Squash Soup

My all-time favorite Butternut Squash Soup recipe! It's super-easy to make, naturally gluten-free and vegan, and SO incredibly cozy and delicious.

Ingredients:

2 cups vegetable stock
4 cloves garlic, peeled and minced
1 carrot, peeled and roughly chopped
1 Granny Smith apple, cored and roughly chopped
1 medium butternut squash, peeled, seeded and diced
1 white onion, peeled and roughly chopped
1 sprig fresh sage
1/2 teaspoon salt
1/4 teaspoon freshly-ground black pepper
1/8 teaspoon cayenne
Pinch of ground cinnamon and nutmeg
1/2 cup canned (unsweetened) coconut milk

Notes:

*For extra flavor, I recommend sautéing the garlic and onion before adding the remaining ingredients. Just heat 1 tablespoon oil over medium-high heat. Add diced onion and sauté for 5 minutes, stirring occasionally, until tender. Then add minced garlic and sauté for 1-2 additional minutes until fragrant, stirring occasionally. Then add the remaining ingredients and continue on with the recipe.

Serve warm, topped with your desired garnishes.

Method: Slow Cooker

Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to slow cooker. Stir to combine.

Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in coconut milk.

Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt and pepper as needed.

Stovetop

Add vegetable stock, garlic*, carrot, apple, butternut squash, sage, onion*, salt, pepper, cayenne, cinnamon and nutmeg a large stockpot. Toss to combine.

Cook on medium-high until the mixture reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork.

Remove and discard the sage. Stir in the coconut milk.

Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt and pepper as needed.

Enjoy!



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One-Pot Vegan Pumpkin Chili

Ingredients:

2 tablespoons extra virgin olive oil
1 onion, finely chopped
1 teaspoon salt
1 green pepper, cored and finely chopped
3 cloves garlic, minced
2 tablespoons tomato paste
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon smoked paprika
1 teaspoon oregano
1 (15-ounce) can pumpkin puree
1 (15-ounce) can pinto beans, drained
1 (15-ounce) can black beans, drained
1 (15-ounce) can diced tomatoes with their juices
1 cup frozen corn kernels
1/2 cup vegetable broth

Avocado, sour cream, cilantro and green onion for topping

Methods:

In a large deep pot, warm the olive oil over medium heat. Add the onion with 1 teaspoon salt and cook for about 3 minutes, until translucent. Add the pepper and garlic then continue to cook for 2 more minutes.

Next add the spices and tomato paste. Stir together and cook for 2 minutes.

Add the pumpkin puree, diced tomatoes, drained beans, corn and vegetable broth. Bring to a low boil and cook for about 10 minutes, until heated through.

Add salt to taste, if desired.

Garnish with:

Avocado, sour cream, cilantro and green onion

*We Wish You Pure Joy
This Holiday Season.*

Enjoy!

