

Thanksgiving 2011

Serves 12



Roast Turkey
Giblet Gravy
Mashed Potatoes
Dressing
Baked Cranberry Sauce
Broccoli with Cheese Sauce
Dinner Rolls
Pumpkin Roll



This Thanksgiving Menu is compliments of the [Frugal Mom Menu](#), a weekly dinner menu from Menus4Moms. If you would like to have your weekly menus planned so that all you have to do is print, shop, and cook, [give the Frugal Mom Menu a try](#). Our two week trial is only a penny!

Testimonial: Jennifer in Texas

The foods [in the Frugal Mom Menu] are things my family enjoys and it has greatly cut down on our grocery bill... Every time I hear a mom say she is struggling with dinner or her grocery bill I send them to Menus 4 Moms or I cook up something from the menu and share it with them. When they realize how easy and cost efficient it is they too get hooked. **I cannot thank you enough for making planning meals for my family a fun job and helping me look good!!** I also enjoy how at the holidays you plan all that for me too. I will most certainly pass this on to my girls when they grow up and start their families so that they too can enjoy cooking and baking just as I do!

~ Jennifer in Texas

[Find out more](#) or [start your trial now](#) »

Frugal Mom Menu



Roast Turkey

- 1 turkey
- 1 onion, quartered
- 1 carrot, cut into chunks
- 1 rib of celery, cut into chunks
- 1 apple, quartered
- Oil as needed
- Salt and pepper to taste

Defrost turkey in the refrigerator. It usually takes 5 hours per pound to thaw fully. Remove giblets, neck, and other parts from inside of turkey. Place parts in a bowl and put into the refrigerator for using to make gravy. Wash turkey and pat dry with paper towels. Place onion, carrot, celery, and apple in the turkey's cavity. Place in a roasting pan, breast side up. Drizzle with oil and season to taste with salt and pepper. Cover roasting pan tightly with foil. Place roasting pan in a preheated 350 degree oven for 1 hour. Turn the oven down to 250 degrees and cook for an additional 20 minutes per pound. When turkey is done it should be between 170-180 degrees in the thigh area when measured with a meat thermometer. No basting is necessary.

Giblet Gravy

- 1 bag of giblet parts from the turkey (usually in a bag in the cavity)
- 1 stalk celery **with leaves**
- 1 small onion, minced very, very small
- Drippings from the turkey pan
- ¼ C flour (more or less)
- Salt and pepper, to taste

Rinse the turkey parts and place in a medium saucepan with the celery and onion, cover with water and bring to a boil, reduce heat and simmer for 1 hour or until everything is tender. Remove all the turkey parts except the neck and finely chop. Discard the neck. Strain the broth and discard the vegetables, reserve the broth. Pour pan drippings in a large measuring cup, skim off fat and save. Pour ¼ C of the fat into the saucepan, discarding remaining fat. Stir in flour, salt and pepper. Add 1 ½ C. reserved broth to the saucepan. Cook and stir over medium heat until thickened. Stir in chopped turkey meat. Serve.



Mashed Potatoes

- 12 potatoes
- 1 stick margarine
- 2 C. sour cream
- milk
- Adobo seasoning to taste

Peel potatoes and quarter. Boil in enough water to cover potatoes until potatoes are tender. Drain. Mix all ingredients except milk and mash with a potato masher or large fork. Add enough milk to make potatoes creamy. If you like very creamy mashed potatoes you can use a mixer to get a good whipped consistency. If you like lumpy potatoes, I recommend using a fork or potato masher to maintain a more solid consistency. If you want a healthier version, omit sour cream, mix with skim milk and add butter buds for flavor.



Dressing

- 20 slices bread (about a pound), cubed
- 1/2 C butter
- 4 stalks celery, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 2-2 ½ C chicken broth
- 1/4 tsp thyme
- 1/2 tsp sage

Place cubed bread into a 9 x 13 inch baking dish. Set aside. In a large skillet, melt the butter over medium heat. Add the celery, onion and garlic, and cook until tender, about 5 minutes. Add the chicken broth and

Frugal Mom Menu

seasonings. Bring to a boil. Pour the boiling mixture over top of the bread in the casserole dish. Stir to combine. Bake at 325 degrees for 25 to 45 minutes until the top is golden brown and crispy.



Baked Cranberry Sauce

- 1 lb. cranberries
- 1 C coconut
- 1 C orange marmalade
- 1 C sugar
- ½ C water
- Nonstick cooking spray

Combine all ingredients in a large bowl. Spray a 2 qt casserole dish with nonstick cooking spray and pour mixture into casserole. Bake at 350 degrees for 30 minutes or until cranberries are tender. Chill until ready to serve.



Broccoli with Cheese Sauce

Steam broccoli until cooked to your family's preference and serve with Cheese Sauce.

Cheese Sauce

- 1 tbsp butter
- 1 tbsp flour
- 1 cup milk
- 1 1/2 cups grated cheddar cheese

Melt butter in a small saucepan. Add flour and stir constantly for 1 minute. Add milk slowly, stirring constantly. After milk is blended, cook several minutes until slightly thickened. Add cheese to taste and melt. Serve on top of vegetables.



Dinner Rolls

- 2 1/4 cups all-purpose or unbleached flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 package regular or quick active dry yeast
- 1 cup very warm water (not hot, it will kill the yeast)
- 2 tablespoons shortening
- 1 egg

Mix 1 1/4 cups of the flour, the sugar, salt and yeast in large bowl. Add water, shortening and egg; beat with spoon until smooth. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover and let rise in warm place about 30 minutes or until double. Grease 12 regular-size muffin cups. Stir down batter by beating about 25 strokes. Spoon into muffin cups. Let rise 20 to 30 minutes or until batter rounds over tops of cups. Heat oven to 400. Bake 15 to 20 minutes or until golden brown.

Frugal Mom Menu



Pumpkin Roll

Cake:

- 3 eggs
- 1 cup white sugar
- 2/3 cup solid pack pumpkin puree
- 1 teaspoon lemon juice
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 cup chopped pecans (optional)
- confectioners' sugar for dusting

Filling:

- 1 (8 ounce) package cream cheese
- 4 tablespoons butter
- 1 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- confectioners' sugar for dusting

Preheat oven to 350 degrees F. Grease and flour a 10x15 inch jellyroll pan. Beat eggs and sugar in a large bowl using an electric mixer on high speed for five minutes. Add pumpkin and lemon juice and mix well. In a separate bowl, combine the flour, baking powder, salt, cinnamon, and ginger. Add dry ingredients to the pumpkin mixture. Spread batter evenly across the prepared jellyroll pan. Sprinkle pecans over the top of the batter (optional). Bake for 12 to 15 minutes. When the cake is done, the center will spring back when touched. Prepare two dish towels by setting them side by side with a slight overlap and sprinkling them with confectioner's sugar. Gently loosen the edges with a knife before turning out on the dishtowels. While cake is still hot, roll it up using towels. Let cake cool in the rolled up position for about 20 minutes. While the cake is cooling, in a medium bowl combine cream cheese, butter, 1 cup confectioners' sugar, and vanilla. Beat until smooth. When the pumpkin cake is cool, carefully unroll it, spread with filling, and roll up. Place pumpkin roll on a long sheet of waxed paper, and dust with confectioners' sugar. Wrap cake in waxed paper, and twist ends of waxed paper like a candy wrapper. Refrigerate overnight. Serve chilled; before slicing, dust with additional confectioners' sugar.

Cost Analysis: Roast Turkey =about \$16.38 for entire dish, about \$1.37 per serving

Giblet Gravy= about \$1.28 for entire dish, about 11 cents per serving

Mashed Potatoes= about \$5.79 for entire dish, about 48 cents per serving

Dressing= about \$5.88 for entire dish, about 49 cents per serving

Baked Cranberry Sauce= about \$6.00 for entire dish, about 50 cents per serving

Broccoli with Cheese Sauce= about \$3.99 for entire dish, about 33 cents per serving

Dinner Rolls= about \$2.79 for entire dish, about 23 cents per serving

Pumpkin Roll= about \$8.00 for entire dish, about 67 cents per serving

Entire Meal= approximately \$50.11 for entire meal, about \$4.18 per person

Thanksgiving Extras

Enjoy these ideas for using your Thanksgiving leftovers.

Turkey Frame Soup

- turkey frame, leave some meat on it
- 12 cups water
- 1 onion, chopped
- 1 16 oz. can diced tomatoes
- 1 tablespoon instant chicken bouillon granules
- 1 ½ teaspoons dried Italian seasoning
- adobo, to taste
- Pepper, to taste
- 4 cups of fresh vegetables (great time to use up the extra celery, carrots and any other vegetables leftover from dinner)
- 1 ½ cup uncooked medium noodles

Break turkey frame so it will fit in a large stock pot with water, onion and salt. Bring to boiling; reduce heat. Cover; simmer for 1 ½ hours. Remove turkey bones taking off any meat and reserving to go back into the soup. Discard bones. Strain broth; discard solids. Return broth to stock pot. Stir in cut-up turkey meat, undrained tomatoes, bouillon granules, and seasonings. Stir in fresh vegetables. Bring to boiling; reduce heat. Cover and simmer for 45 minutes. Stir in uncooked noodles, simmer, uncovered, 8 to 10 minutes or until noodles are done. Serve or freeze.

Thanksgiving Casserole

- 2 cups sour cream
- 1 cup gravy
- 1 1/2 teaspoons celery salt
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 jar (4 oz) chopped pimentos
- 1 package (16 oz) medium egg noodles, cooked
- 1 1/2 cups turkey, cooked and cubed (or torn into bite sized pieces)
- 1 cup sliced mushrooms

Preheat oven to 350 degrees. Combine first 6 ingredients in a large pot, heat thoroughly without boiling. Fold in noodles, turkey, and mushrooms; pour mixture into a greased 2-quart casserole dish. Bake, covered, until hot and bubbly, 35 to 45 minutes.

Turkey Hash

- 3 to 4 cups chopped cooked turkey
- 1-1/2 to 2 cups chopped cooked white potatoes
- 1/2 to 1 cup chopped onions
- 1/4 cup chopped red or green pepper
- 1 to 1 & ½ cups gravy
- 1 cup mushrooms
- 1 teaspoon chopped garlic
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon sage
- Salt and pepper to taste
- 3 Tbsp. olive oil

Preheat oven to 350 degrees. Heat oil in an ovenproof skillet. Add the garlic, peppers, mushrooms, potatoes and onions and sauté until the potatoes begin to brown a little and the onions, garlic and peppers are soft. Add turkey and enough gravy to moisten and the seasonings and mix well. Flatten the hash with your spatula and bake in the oven for about 20 minutes until the top is browned.

Turkey and Stuffing Soup

- 4 to 6 cups prepared stuffing
- oil, as needed
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- 1 onion, chopped
- Salt and pepper to taste
- 1 bay leaf
- 2 qts. chicken broth
- 1-1/2 lbs cooked turkey meat, diced
- parsley, chopped, to taste
- 1 cup frozen peas

Preheat oven to 350 degrees. Place stuffing into 9 x 13 inch baking dish. Place dish in oven and reheat 12 to 15 minutes, until warmed through. Heat a pan over medium heat and add a small amount of oil. Add the carrots, celery, and onion to the pan season to taste with salt and pepper. Add bay leaf and broth, bring to a boil and add turkey. Simmer until vegetables are tender, about 10 minutes. Stir in the parsley, and peas, if using. Remove stuffing from oven. Place a scoop of stuffing in the center of a soup bowl. Ladle soup around stuffing and serve.

Frugal Mom Menu

Grocery List for Thanksgiving 2011 Frugal Mom Menu

Baking Products

Coconut, Shredded 1@ 3.00
Powdered Sugar 1@ 1.00
Yeast 1@ 2.79

Bread

Bread 1@ 1.00

Canned Vegetables

Pumpkin, 15 Oz 1@ 1.00

Cheese

Cheddar, Shredded, 2 Cups 1@ 2.50

Condiments

Orange Marmalade 1@ 1.00

Dairy/spreads

Cream Cheese, 8 Oz. 1@ 1.00
Sour Cream, 16 Oz 1@ 2.79

Frozen Vegetables

Broccoli Cuts 16 Oz 1@ 1.49

Fruit

Apple 1@ 0.25
Cranberries, Fresh 1@ 2.00

Meat

Turkey, Whole, 15 Pounds 1@ 13.35

Nuts

Pecans - 2 Cups 1@ 5.00

Soup

Chicken Broth 2@ 1.00

Vegetables

Carrots 1@ 1.50
Celery 1@ 1.79
Garlic Cloves 1@ 0.68
Potato 12@ 0.25
White Onions (1) 3@ 0.99

Pantry

Adobo
Baking Powder
Butter
Cinnamon
Eggs
Flour
Ginger, Ground
Lemon Juice
Milk
Nonstick Cooking Spray
Oil, Cooking
Pepper, Black
Sage
Salt
Shortening
Sugar
Thyme
Vanilla Extract

Approximate Total: \$50.00