



immunity-building
Thanksgiving

by
Bonafide Provisions

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Support your gut, build your immunity.



Thank you so much for downloading our Immunity-Building Thanksgiving E-Book.

Over 70% of the immune system lives in our gut, so when you support your gut, you support your immunity.

Unfortunately, many of our favorite Thanksgiving dishes are loaded with gluten, sugar, and industrial seed oils, which are hard on the gut. So I enlisted the help of my husband, our very own Chef Reb, to create upgraded versions of classic Thanksgiving dishes that not only taste amazing but feel amazing too. Each of these recipes are gluten-free, refined sugar-free, and powered by bone broth and nutrients that help support digestion and immunity!

We hope that you love these recipes and share this guide with others.

Sharon Brown

Founder & President, Bonafide Provisions



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Gut-Loving Stuffing

grain-free & powered by bone broth



Ingredients

- 1 baked loaf of focaccia bread (made from 1 box of Simple Mills Focaccia bread mix)
- 2 tsp Herbs De Provence
- 1.5 cups diced celery
- 10 oz assorted mushrooms (cremini, porcini, shiitake) sliced
- 1 medium yellow onion, diced
- 1 small shallot, diced
- 3 garlic cloves, minced
- Celtic Sea Salt and Pepper
- 2 tbsp butter or ghee
- 2.5 cups of Bonafide Provisions Chicken Bone Broth
- 3 tbsp bone broth set aside for vegetable mixture

Directions

1. Bake the focaccia bread the night before according to the directions provided on the back of Simple Mills Artisan Bread Mix Box. Cover and allow to rest on the countertop overnight.
2. Preheat oven to 350°F. Cut the focaccia into small 1 inch cubes, then spread cubes on a large baking sheet in a single layer and toast for 25 minutes.
3. While the bread is toasting, heat a large sauce pan over medium heat and melt butter or ghee. Add onions, celery, garlic, shallots, mushrooms, salt, pepper, and herbs de Provence and mix well to combine. Sauté over low-med heat until vegetables are tender and beginning to caramelize, about 10 minutes.
4. Add in 3 tbsp of broth and scrape up any brown bits in the pan, mixing well. Add additional salt for flavor if needed. Remove from heat and set aside.
5. After 25 minutes, remove bread cubes from oven and transfer to a large glass bowl. Pour vegetable mixture over the bread and mix well. Once combined, pour 2.5 cups of bone broth over entire mixture, stirring again to combine all ingredients.
6. Grease glass baking pan with olive oil or butter. Pour entire mixture, including excess liquid, into glass baking pan. Bake for 40 minutes.
7. Stuffing should look browned and crispy on top. Allow to sit for 10 minutes before serving.

Not-Your-Mama's Mashed Potatoes

grass-fed & collagen-rich

Prep

15 min

Cook

45 min

Ready in

60 min

Ingredients

- 2 lbs Russet Potatoes - peeled
- 2 tsp Celtic Sea Salt
- 4 Tbsp Grass-Fed Butter or Ghee
- 3 Tbsp Bonafide Provisions Chicken Bone Broth
- 1 Tbs garlic powder
- 1/4 cup Organic half & half or non-dairy milk of choice
- Celtic Sea Salt & Black Pepper to taste
- Chopped chives and pats of butter for garnish

Directions

- 1** Place peeled potatoes in a large pot, cover with water, add 2 tsp sea salt, and bring to a light boil over medium-high heat. Cover and cook potatoes for 25 minutes until tender. Drain and set aside to slightly cool and transfer to a large mixing bowl.
- 2** Once the potatoes are soft, drain into a bowl. Add butter, chicken bone broth, half & half (or non-dairy milk of choice salt, pepper, and garlic powder. Mash to combine. Taste and adjust seasonings as needed

Upgraded Green Bean Casserole

with Bonafide Provisions Creamy Mushroom soup



Prep **Cook** **Ready in**

15 min

45 min

60 min

Ingredients

- 2 lbs. Fresh green beans, trimmed and cut in half
- 1 Tbsp Avocado oil
- 1 Yellow onion, diced
- 2 Garlic cloves, minced
- 1 Bonafide Provisions Creamy Mushroom Soup
- 1/2 Cup Bonafide Provisions Chicken Bone Broth
- 1 Tbsp Arrowroot powder
- Celtic sea salt & black pepper to taste
- 1-2 cups Gluten-Free French fried onions

Directions

1. Preheat oven to 375 degrees F. Bring large pot of water to a boil. Once pot is boiling, blanch the green beans for 5 min. Drain immediately and run under cold water. Set aside.
2. Heat avocado oil in saucepan. Add in onion and garlic and cook until fragrant.
3. Mix 2-4 tablespoons chicken bone broth with arrowroot powder, combine until powder is dissolved, set aside.
4. Add creamy mushroom soup and remaining bone broth to pan with onions and garlic, and let simmer for 10-15 min. Slowly whisk in the arrowroot and bone broth mixture. Allow to simmer until sauce is thick.
5. Once sauce is thickened, pour onto green beans and mix until well combined. Transfer to 9x13-inch greased glass baking dish, then sprinkle fried onions on top.
6. Bake in preheated oven for 20 min or until hot and bubbly. Broil for additional 2-4 min for extra crispy top.



Roasted Carrots & Collagen-rich Tahini Sauce

Ingredients

- 1 lb. Rainbow carrots
- 1-2 Tbsp ghee/coconut oil
- 1/4 cup tahini
- 2 Tbsp lemon juice
- 3 Tbsp Bonafide Provisions Chicken Bone Broth
- Celtic sea salt & pepper to taste
- Fresh parsley for garnish

Directions

- 1** Preheat oven to 400 degrees F. Wash and peel carrots if needed, then place on baking sheet. Toss in preferred oil, add sea salt and pepper to taste. Then bake for 35-40 min or until tender.
- 2** While carrots are roasting, add remaining ingredients, and mix until well combined.
- 3** Once carrots are done, remove from pan and plate on serving dish, then drizzle sauce over top and garnish with fresh parsley.

Prep

15 min

Cook

25 min

Ready in

60 min

Turkey Lovers Gravy

made with Bonafide Provisions turkey bone broth



Prep **Cook** **Ready in**

5 min

10 min

15 min

Ingredients

- 2 Tbsp ghee
- 2 Tbsp tapioca flour
- 1 - 1.5 cups Bonafide Provisions Turkey bone broth
- 1 tsp Celtic Sea Salt
- 1/2 tsp Fresh ground black pepper
- 1/2 tsp garlic powder

Directions

1. In a small saucepan over medium heat, melt ghee.
2. Once it's melted, add the tapioca flour and whisk together until it's well combined and there are no lumps in the flour.
3. Continue to whisk the mixture and slowly pour in the bone broth.
4. Add the seasonings and continue to whisk until the mixture begins to thicken. Cook for 3-5 minutes.
5. Remove from the heat and pour into a gravy boat to serve.

Thanks!

A special thanks to our great friend Leslie McDonald for creating this incredible recipe. Follow her @les_mcdonald



Unicorn Mac n' Cheese

gluten-free & packed with nutrients

Ingredients

- 3 cups Gluten-Free Elbow Macaroni
- 1/4 cup Grass-Fed butter
- 1 Tbsp arrowroot powder
- 1 cup Organic milk
- 1 cup Bonafide Provisions Chicken or Turkey Bone Broth
- 1/4 tsp Celtic sea salt
- 1/4 tsp freshly ground pepper
- 2 cups + 1/2 cup shredded cheddar cheese
- Chives for garnish

Directions

1 Preheat oven to 350 degrees F. Cook macaroni according to package directions. Drain when fully cooked - set aside.

2 In a large skillet, melt butter. Stir in arrowroot powder and cook 1 minute. Whisk in milk and bone broth, then cook over medium heat for about 5-6 minutes until thick. Stir in Celtic sea salt, pepper, and 2 cups cheese until melted.

3 Remove pan from heat, pour in macaroni, and stir until combined. Transfer mac & cheese mixture to cast iron pan or oven-safe casserole dish. Sprinkle the remaining 1/2 cup cheese on top and bake at 350 degrees for 10 minutes or until bubbly, Then Broil for 1-2 minutes to brown the top. Garnish with chives.

Prep

Cook

Ready in

15 min

35 min

50 min

Roasted Squash

with bone broth sage brown butter sauce



Prep 15 min **Cook** 25 min **Ready in** 60 min

Ingredients

- 1-2 Kabocha squash, seeded and cut into 1-inch wedges
- 1 Tbsp Avocado oil
- 1/2 tsp Celtic sea salt
- 5 Tbsp unsalted butter
- 1 Handful fresh sage leaves
- 1/4 cup Bonafide Provisions Chicken Bone Broth
- Garlic cloves and fresh sage leaves for garnish

Directions

1. Preheat oven to 400 degrees F. Toss squash with oil and salt, then placed on baking sheet, arranging in a single layer.
2. Roast squash for 15 min, flip, then another 15 min or until golden brown and tender.
3. While squash is roasting, add butter to frying pan over medium high heat. Cook until the white milk solids have browned, approx 5 min.
4. Add in sage and bone broth, reduce heat to med-low, and simmer until sauce is reduced and slightly thickened. Season with sea salt and pepper as needed.
5. After squash is done roasting, lightly brush sauce over the squash pieces, and place under broiler for 1-3 min, or until bubbly and golden brown.
6. Serve additional sauce alongside the squash, for guests to pour over squash as needed.

Antioxidant Starter

with kale, pomegranate seeds, & shaved apples



Ingredients

- 1 -2 Bunches dino kale, or whatever kale you prefer
- 1/4 Cup fresh fennel, shaved
- 1/2 Apple, shaved
- 1/4 Cup fresh pomegranate seeds
- 1/4 Cup olive oil
- 3 Tbsp Bonafide Provisions Chicken Bone Broth
- 2-4 Tbsp Balsamic glaze

Directions

1. Wash and massage kale, cut the stems, then cut into bit sized pieces and set aside.
2. Shave fennel and apple, and set aside.
3. Combine olive oil, bone broth, and balsamic glaze into mason jar, and shake until well combined.
4. Add kale, shaved fennel and apple, and pomegranate seeds to serving bowl.
5. Drizzle dressing over salad and mix until combined. Top with additional pomegranate seeds.

Easy-to-Digest Quinoa

with roasted sweet potato & cranberries

Prep

10 min

Cook

50 min

Ready in

60 min

Ingredients

- 1 Sweet potato, roasted and cut into bite sized pieces
- 1 Tbsp oil (coconut or avocado)
- Celtic sea salt
- 1 cup quinoa
- 2 cups Bonafide Provisions Chicken Bone Broth
- 1/2 cup steamed broccoli
- 1/2 cup dried cranberries

Directions

- 1** Preheat oven to 425 degrees F. Peel and cube sweet potato. Toss in oil and sea salt, then arrange on baking sheet. Bake for 30 min, flipping halfway through.
- 2** Rinse quinoa, toss into small saucepan, add bone broth, and bring to a boil over medium heat. Lower heat and let cook for 15 min. Remove from heat and let sit for 5 min, then fluff with a fork.
- 3** Add cooked quinoa, roasted sweet potato, steamed broccoli and dried cranberries to a bowl, and toss until combined.

Collagen-rich Cranberry Sauce

tangy, sweet, & slightly savory



Prep **Cook** **Ready in**

5 min

15 min

20 min

Ingredients

- 12 oz Fresh cranberries
- 2/3 cup honey or maple syrup
- 1/4 cup fresh squeezed orange juice
- 1/4 cup Bonafide Provisions Chicken Bone Broth
- 1 tsp orange zest
- 1/2 tsp ceylon cinnamon

Directions

1. In a small saucepan over medium heat, combine honey, orange juice, bone broth, orange zest, and cinnamon. Bring to a simmer, stirring constantly to dissolve honey.
2. Add in fresh cranberries, bring to a boil, reduce heat, and let simmer for 10 min, stirring occasionally.
3. Sauce is done when it's reached the desired thickness. Keep in mind it will thicken as it cools. Carefully taste for sweetness, add more honey/maple syrup if needed.
4. Let the sauce cool and chill in the fridge until ready to serve.



Bonafide Brussels Sprouts

Ingredients

- 2 lbs Brussels sprouts, cleaned and halve them lengthwise
- 1 Tbsp avocado oil
- 1/2 cup Bonafide Provisions Chicken Bone Broth
- Celtic sea salt, pepper, garlic powder to taste
- Fresh pomegranate seeds for topping

Directions

- 1** In a cast iron skillet, heat avocado oil over med-high heat. Add in Brussels sprouts face down, and let brown for 5 min.
- 2** After 5 min, mix up Brussels and cook for another 5 min until all sides are a nice golden brown. Add in bone broth, sea salt, pepper, and garlic powder, mix, and cover until liquid is gone.
- 3** Move to serving dish, and top with pomegranate seeds (optional).

Prep

10 min

Cook

20 min

Ready in

30 min



Thank you!

We hope you try all of these recipes, and, as a special thanks for being in our Bonafide family we'd love to offer you a holiday discount!

20% off site wide!

when you use the code THANKFUL at checkout

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