

The Fall Kitchen Cheat Sheet

6 Simple Recipes for When You Crave Warmth, Comfort, and Ease

For mothers, caregivers, and anyone who wants to eat well without overthinking dinner
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1. 15-Minute Miso Soup with Seasonal Vegetables and Tofu

Prep:

Shred 2–3 vegetables (carrot, leek, onion, cabbage, or whatever's in season). Cube tofu or use cooked legumes.

Cook:

Sauté the vegetables briefly in oil. Add water, soy sauce or salt, and a few spoons of nutritional yeast. Simmer 5 minutes. Turn off the heat, let cool slightly, and stir in miso paste to preserve probiotics.

Why it nourishes:

Warm, mineral-rich, and soothing to the gut and nervous system. Miso brings probiotics, tofu or beans provide grounding protein, and warm broth hydrates and steadies energy.

2. Leek Pasta — Caramelized Comfort in a Bowl

Prep: Slice 2–3 leeks.

Cook:

Sauté leeks slowly in olive oil until golden and tender. Cook your pasta meanwhile. Add garlic, soy sauce, maple syrup, and vinegar to the leeks. Toss with pasta.

Why it nourishes:

Leeks support digestion and mood. The gentle caramelization adds natural sweetness, while balanced seasoning lifts energy without heaviness.

3. White Beans in Tomato Sauce — Rustic Autumn Stew

Prep:

Use cooked white beans (homemade or canned). Chop onion and garlic.

Cook:

Sauté onion and garlic in olive oil. Add tomato passata or marinara, season to taste, and stir in beans. Simmer 15–20 minutes until flavors meld. Serve with bread, quinoa, or greens.

Why it nourishes:

A steady, grounding meal full of iron, protein, and warmth. Supports energy and emotional balance on colder days.

4. Red Lentil & Sundried Tomato Spread

Prep: Cook red lentils until soft. Chop sundried tomatoes and reserve some of their oil.

Cook: Blend lentils with tomatoes, a pinch of salt, and a spoonful of tomato oil. Adjust consistency for a spread or dip.

Why it nourishes:

Quick to make, rich in protein, folate, and natural umami. A comforting, mineral-dense spread that supports calm focus and steady energy.

5. Baked Apples or Pears with Cinnamon & Coconut Oil

Prep: Cube apples or pears, toss with coconut oil, raisins, and cinnamon.

Cook: Bake at 180°C (350°F) for about 20 minutes until soft and caramelized. Or stew gently on the stove, stirring occasionally.

Serve with: Yogurt, porridge, or wrapped in puff pastry for a quick dessert.

Why it nourishes:

Sweet warmth that comforts digestion and mood. Balances blood sugar while offering cozy, seasonal sweetness.

6. Roasted Pumpkin with Honey & Nuts — A Balkan Autumn Classic

Prep:

Cut pumpkin into large wedges, no peeling needed.

Cook:

Place on a tray, roast at 200°C (390°F) until soft and golden. To serve drizzle with honey or maple syrup, sprinkle cinnamon, and top with nuts.

Why it nourishes:

Pumpkin soothes the system with natural sweetness and fiber. Nuts add healthy fats and protein for grounding, steady energy.



Keep It Simple. Keep It Nourishing.

Each of these meals is flexible — use what you have, swap ingredients freely, and let the season guide you. Cooking doesn't have to be elaborate to be healing.

Save this guide for tired evenings, slow weekends, or days when warmth feels like medicine. A little time in the kitchen can bring you back to yourself — one comforting bowl at a time.

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