

New England Cranberry Sauce

Catherine Brown, Plant-based Chef & Culinary Nutritionist at [A Seat at My Table](#)



This is my favorite cranberry sauce - and it's not just for Thanksgiving! This is super easy to make and looks gorgeous on the table throughout the fall and winter months.

Here's what I **LOVE** about it:

- ~ simple and fast to make
 - ~ contains only five ingredients
 - ~ flavorful
 - ~ not-too-sweet and not-too-tart
 - ~ stunningly beautiful
- ~ good source of vitamin C and fiber per cup
 - ~ LOTS of ways to use it

Let's make this now, shall we?!

For about two cups, you will need:

- 1 bag fresh or frozen cranberries, 12 oz
- 1 orange, zest and juice
- 1/4 cup apple cider, local if possible
- 2 cinnamon sticks
- 1/4 cup pure maple syrup, or a little more depending on your taste (I prefer *less* sweet)

Total Time: 15-20 minutes, plus chill time Prep Time: 5 minutes Cook Time: 10-15 minutes Set/Chill Time: 2 hours or overnight

The Process:

1. Rinse cranberries and pick through, removing any rotten ones and debris
2. Place cranberries in a medium saucepan. Add the remaining ingredients.
3. Cook over medium heat until, stirring occasionally until berries begin to pop open.
4. Cook for an additional five minutes. You may see some foam forming around the edges. You can scrape this off if you choose. I have not found this step necessary though. I did not scrape the foam in the photo above.

5. Transfer to a serving dish or other container, allow to cool and then refrigerate for at least two hours before serving. I like to leave the cinnamon sticks in my serving dish as added decoration. Enjoy!

Here are some additional ways to use New England Cranberry Sauce:

- > swirled into yogurt
- > spooned into oatmeal, or other hot cereal
- > spread onto cornbread
- > tucked inside a hummus sandwich
- > dolloped onto baked sweet potatoes
- > blended into a smoothie
- > stirred into pancake or muffin batter
- > drizzled over rice pudding
- > added to whole grain pilaf
- > mixed into French toast batter
- > a condiment for baked tempeh
- > blended into a vinaigrette
- > spread onto parchment and dehydrated into fruit leather

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	48
	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11.6g	4%
Dietary Fiber 1.1g	4%
Total Sugars 9.4g	
Protein 0.2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	1%
Potassium 95mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
Recipe analyzed by verywell	

Nutrition information is for 1/4 cup.

If you make this recipe, please let me know how it turned out. Be sure to take a photo and tag me #chefcatherinebrown.com. I love seeing what you make!