

Veggie Chili with Pumpkin

Although it calls for maple syrup, bourbon, cinnamon and a full can of pumpkin, this nutritious, creamy-textured chili definitely eats savory, not sweet.

HANDS ON 20 MINUTES **TOTAL** 55 MINUTES

- 3 tablespoons vegetable oil or canola oil
- 2 bell peppers (any color), chopped (2 cups)
- 1 cup chopped yellow onion
- 1 jalapeño pepper, seeded and finely chopped
- 1 tablespoon chili powder
- 1 tablespoon tomato paste
- 3 cloves garlic, minced
- 1½ teaspoons ground cumin
- 1½ teaspoons kosher salt
- 1 teaspoon smoked paprika
- ½ teaspoon ground cinnamon
- 1 28-ounce can whole tomatoes, undrained
- 1 15-ounce can pumpkin
- ¼ cup bourbon (optional)
- 3 tablespoons pure maple syrup
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 2 tablespoons unsweetened cocoa powder
- Toppers, such as chopped green onions, chopped avocado, chopped fresh cilantro and/or sour cream

- 1.** In a large Dutch oven, heat oil over medium. Add bell peppers, onion and jalapeño; cook until tender, about 8 minutes.
- 2.** Add chili powder, tomato paste, garlic, cumin, salt, smoked paprika and cinnamon; cook and stir 1 minute.
- 3.** Add tomatoes, crushing them with your hands or the back of a wooden spoon. Stir in pumpkin, bourbon (if using) and maple syrup. (If mixture seems too thick, add up to ½ cup water.) Bring to a boil; reduce heat. Simmer, uncovered, until thickened, about 15 minutes.
- 4.** Stir in pinto and kidney beans. Cover and simmer until heated through, about 10 minutes. Stir in cocoa powder. Taste for seasoning before serving. Top servings with desired toppers. **MAKES 6 SERVINGS.**

PER SERVING 264 cal, 9 g fat, 0 mg chol, 654 mg sodium, 42 g carbo, 8 g fiber, 14 g sugars, 9 g pro.

Light Broccoli Salad

Lisa

4 cups broccoli
1-1/2 cups seedless green grapes
1 cup chopped celery
1 cup raisins
¼ cup salted sunflower seeds kernels
1/3 cup light mayonnaise
¼ cup plain fat-free yogurt
3 tablespoons sugar
1 tablespoon white vinegar

1. Combine first 5 ingredients in large bowl.
2. Combine mayo and remaining ingredients stirring with a wisk. Pour over broccoli mix and toss well. Chill for 1 hour.

SKILLET TAMALE PIE WITH GOULISH GREEN SAUCE

2 T. olive oil (1T+1T)	2 eggs
1 medium onion, diced	1/2 c. sour cream + more to serve
1 lb. lean ground beef	1/2 c. yellow corn meal
1T. chile powder	1/2 c. flour
S & P	1/2 t. baking powder + 1/4 t. salt
1 15oz can chile beans (undrained)	1 c. grated sharp cheddar cheese or 1/2 oz. (more for a cheesy top)

GOULISH GREEN SAUCE

1 lg. avocado	Puree ingredients until smooth adding water as needed. Salt to taste.
1/2 c. Green salsa	
juice of 1 lime	
1/4 c. packed cilantro	
1/4 c. water if needed	

Preheat oven 425. Sauté onion in 1T. oil in oven proof skillet. Add beef and cook until brown and crumbled. Add beans and set aside.

Whisk eggs, sour cream, 1/2 c water. Add cornmeal, flour, baking powder, salt and 1T. olive oil, salt and pepper with 1/2 c. cheese.

Pour cornmeal batter over meat in skillet. Bake 20-22 minutes until golden. Add cheese broil until melted and browned.

Serve with sour cream and Goulish Green Sauce.



Halloween Mummy Stromboli

★★★★★

This Halloween pizza mummy stromboli recipe is loaded with pepperoni, salami, ham, and cheese, an easy and tasty spooky treat for your Halloween festivities.

Course Entrees

Cuisine American

Keyword halloween mummy, pizza, stromboli

Prep Time 20 minutes

Cook Time 30 minutes

Total Time 50 minutes

Servings 6

Calories 706kcal

Author Wendie

Ingredients

- 2 - 13.8 oz cans of refrigerated pizza dough
- ¼ lb pepperoni
- ¼ lb thin salami
- ½ lb deli ham
- 1 provolone cheese slices
- 1 ½ cups shredded mozzarella cheese
- ½ cup sliced pepperoncini peppers
- ⅓ cup shredded parmesan cheese
- 2 tablespoons salted butter melted
- ½ teaspoon garlic powder
- ½ teaspoon italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes
- black food coloring-optional
- 2 eyeballs candy, googly, or toy
- marinara or pizza sauce for dipping

Instructions

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper and or lightly spray with nonstick cooking spray and set aside.
2. On a clean surface sprinkle a little all-purpose flour or spray cooking spray and lay out **one** of the pizza doughs and press into a square of approximately 14"x14".

3. 3. Layer the pepperoni, salami, and ham on the pizza dough, making sure to fill in any holes.
4. 4. Next add a layer of provolone cheese, then the shredded mozzarella cheese.
5. 5. Add the pepperoncini and parmesan cheese (reserve 2 tablespoons for the top for later)
6. 6. Starting on one end roll the stromboli tightly into a log. Crimp the seams and edges. Transfer the stromboli to the prepared baking sheet and place it seam side down.
7. 7. In a small bowl mix the melted butter, garlic powder, Italian seasoning, salt, red pepper flakes, and black food coloring. Brush the butter mixture over the top and sides of the rolled stromboli. Sprinkle the top with the remaining parmesan cheese.
8. 8. Open the second roll of pizza dough and using scissors or a pizza cutter cut into 1" strips.
9. 9. Lay the strips across the rolled stromboli crisscrossing as you go to make the appearance of a mummy, and tucking into the sides. Leave a little space at the top for the eyes.
10. 10. Place on the center rack and bake the stromboli for 30-35 minutes, if the top begins to get too brown tent the stromboli with a piece of aluminum foil.
11. 11. Remove from the oven and let cool for 10 minutes, add the eyes, slice, and serve with marinara sauce or ranch.

Notes

Mummy's eyes- I use these from Amazon or these candy eyes.

Make the mummy bandages all different widths.

Cut the stromboli using a serrated knife.

Nutrition

Serving: 1g | Calories: 706kcal | Carbohydrates: 70g | Protein: 31g | Fat: 33g | Saturated Fat: 13g | Polyunsaturated Fat: 18g | Trans Fat: 1g | Cholesterol: 80mg | Sodium: 2110mg | Fiber: 3g | Sugar: 6g

Witch Finger Breadsticks



Serves: 4

Ingredients:

- 1 package refrigerated breadstick dough
- 24 whole almonds
- 1 egg, beaten
- 1/4 cup grated Parmesan cheese
- Marinara sauce for dipping

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Unroll the breadstick dough and cut each piece in half to create 24 small breadsticks.
3. Shape each piece of dough into a finger shape, with one end slightly tapered.
4. Press an almond into the tapered end of each breadstick to resemble a fingernail.
5. Brush the breadsticks with beaten egg and sprinkle with grated Parmesan cheese.
6. Arrange the breadsticks on a baking sheet and bake for 10-12 minutes, until golden.
7. Serve with marinara sauce for dipping.

Submitted by
Marty Oakley

Pumpkin Mac and Cheese

Garlic butter breadcrumbs are the perfect finishing touch!

BY LEAH PEREZ Published: Aug 30, 2023

Pioneer Woman

YIELDS:

4 - 6 serving(s)

PREP TIME:

15 mins

TOTAL TIME:

45 mins

Ingredients

1/4 c. plus 2 tbsp. unsalted butter, divided

3 cloves garlic, grated and divided

1/2 c. panko breadcrumbs

2 tsp. kosher salt, divided, plus more for pasta water

3/4 tsp. ground black pepper, divided

1/4 c. grated parmesan cheese

1 lb. dry cavatappi pasta

6 sage leaves

1/2 medium yellow onion, grated

2 Tbsp. all-purpose flour

1 tsp. ground mustard

1/4 tsp. ground nutmeg

1/4 tsp. cayenne pepper

2 c. whole milk

1 (15-oz.) can pumpkin puree

8 oz. fontina cheese, shredded

8 oz. smoked gouda cheese, shredded

[See Nutritional Information](#) ✓

Directions

- 1 | In a small nonstick skillet, melt 2 tablespoons of the butter over medium heat. Add 1 grated garlic clove and cook until fragrant, about 30 seconds. Stir in the panko breadcrumbs, 1/2 teaspoon salt, and 1/4 teaspoon pepper and toast, stirring frequently, until the panko is golden brown, 2 minutes.
- 2 | Remove the mixture to a small bowl and cool for 5 minutes. Stir in the parmesan.
- 3 | In a large pot over medium-high heat, bring water to a boil. Add the pasta and salt to taste. Cook, stirring the pasta, until just under al dente, 5 to 6 minutes. Drain the pasta, reserving 1/2 cup of the pasta water.
- 4 | In the same pot over medium heat, melt the remaining 1/4 cup of butter. Stir in the sage leaves. Cook, stirring frequently, until the sage is lightly fried and the butter is deeply golden and smells toasty. Remove the sage leaves to a paper towel-lined plate and add the onion to the butter. Cook until the onion is soft and translucent, 3 to 4 minutes. Add the remaining 2 grated garlic cloves and cook until fragrant, about 30 seconds. Whisk in the flour, mustard, nutmeg, cayenne, the remaining 1 1/2 teaspoons of salt, and the remaining 1/2 teaspoon pepper. Cook until the raw flour smell disappears, 3 to 4 minutes. Gradually whisk in the milk until smooth. Whisk in the pumpkin puree and cook until very thick, 5 minutes.
- 5 | Remove the pot from heat and gradually add the shredded cheeses, whisking until melted before adding more. Taste for salt.
- 6 | Fold in the drained noodles, adding pasta water 1 tablespoon at a time until the sauce coats the noodles.
- 7 | Serve the pumpkin mac and cheese hot, sprinkled with the toasted panko bread crumbs and crumbled sage.

Tip: Play around with the pasta shapes! Any short, ridge-filled pasta will work beautifully with this creamy sauce such as medium shells, mezz rigatoni, fusilli, farfalle, or regular ol' elbows!