



# AUTUMN RECIPES



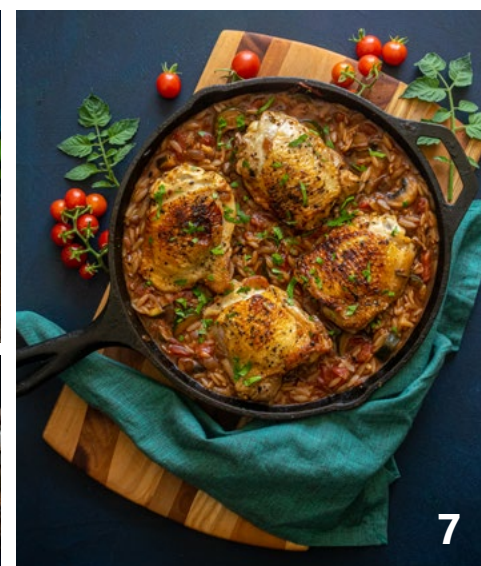
2022





# Contents

Autumn Recipes · 2022



- |   |                                      |                                       |
|---|--------------------------------------|---------------------------------------|
| <b>5</b> Chorizo Mac & Cheese           | <b>15</b> Butternut Squash Risotto   | <b>23</b> Easy Yeasted Dinner Rolls   |
| <b>7</b> Italian Chicken & Orzo Skillet | <b>17</b> Sheet Pan Squash & Sausage | <b>25</b> Vegan Bourbon Butternut Pie |
| <b>9</b> Roasted Turkey Breast & Gravy  | <b>19</b> Roasted Kabocha Squash     | <b>27</b> Mini Apple Pies             |
| <b>11</b> Mushroom Wellington           | <b>21</b> Scalloped Potatoes         |                                       |
| <b>13</b> Trumpet Mushroom Risotto      |                                      |                                       |





# Chorizo Mac & Cheese

*Makes 4 Servings*

## INGREDIENTS

- 16 oz short pasta (we used conchiglie)
- 16 oz ground chorizo
- 1 large onion, chopped
- 2 Tbsp butter
- 3 Tbsp unbleached white flour
- 1 tsp smoked paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp cayenne (optional)
- ½ tsp black pepper
- 1 cup heavy cream
- 1 cup whole milk or half & half
- ¼ cup cream cheese
- 6 oz provolone, shredded
- 6 oz sharp cheddar, shredded

## DIRECTIONS

1. Cook pasta according to package directions to al dente (about 9 minutes). Drain and set aside.
2. In a large heavy bottomed pot, cook chorizo over medium high heat until almost done. About 6 minutes. Add onion and cook until onion is tender and chorizo is done, about 8 minutes. Remove from the pot and set aside. Drain excessive grease.
3. In a small bowl, whisk together flour, paprika, onion powder, garlic powder, cayenne, and black pepper.
4. Melt butter in a saucepan over medium heat. Stir in flour and spice mixture, cooking and stirring for about 4 minutes. Whisk in cream and milk, stirring until smooth. Whisk in cream cheese until smooth, then add shredded cheese in little handfuls until smooth and creamy.
5. Stir in pasta and cooked chorizo. Serve hot.





# Italian Chicken and Orzo Skillet

*Makes 4 Servings*

## INGREDIENTS

- 2 lb chicken legs or thighs
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 medium zucchini, chopped
- 3 cloves garlic, minced
- 1 can diced tomatoes
- 1 Tbsp tomato paste
- 2 tsp Italian seasoning
- Salt and pepper, to taste
- ½ cup dry red wine
- 1 ½ cups chicken broth
- 1 cup uncooked orzo pasta
- 2 Tbsp fresh parsley, chopped
- ½ cup Parmesan cheese, shredded

## DIRECTIONS

1. Heat oil in a large cast iron skillet over medium high heat. Brown chicken for 3-5 minutes on each side. Remove chicken from the pan and set aside.
2. Reduce heat to medium. Cook onion until translucent, about 4 minutes. Add zucchini, garlic, seasoning, and salt and pepper to taste. Cook for about 4 minutes, or until zucchini is golden brown.
3. Deglaze the pan with red wine, cooking until reduced by half, about 3 minutes.
4. Stir in the tomatoes and their juices, tomato paste, orzo and chicken broth. Place the chicken on top. Increase heat to high and bring mixture to a boil. Cover and reduce heat to a simmer. Cook until liquid is absorbed and chicken is done, about 12 minutes.
5. Remove from heat, uncover, and allow to cool for 5-10 minutes. Any excess liquid will absorb into the pasta. Serve sprinkled with parsley and Parmesan cheese.





## Easy Turkey Gravy

*Makes 4 Servings*

### INGREDIENTS

- Up to 2 cups of turkey drippings, about  $\frac{3}{4}$  of the fat skimmed off. If you don't have a full 2 cups, add enough chicken or turkey stock to bring to 2 cups.
- 3 Tbsp butter
- 3 cloves garlic, grated
- 3 Tbsp all purpose flour
- 1 Tbsp fresh herbs, minced (we used sage, thyme, and rosemary)
- Salt and pepper, to taste
- Squeeze of lemon

### DIRECTIONS

1. Melt butter in a medium skillet over medium heat. Add garlic and sauté until fragrant, about 1 minute. Whisk in flour and herbs, stirring constantly until flour is golden and loses its raw smell, about 3 minutes.
2. Whisk in the drippings-broth mixture, stirring constantly until thickened and bubbly, about 5 minutes. Add a hearty squeeze of lemon juice. Taste and season with salt and pepper.

## Roasted Turkey Breast

*Makes 4 Servings*

### INGREDIENTS

- 1 (5-8 lb) bone-in turkey breast, dry brined, if desired (see below)
- 6 Tbsp unsalted butter, softened
- 1  $\frac{1}{2}$  Tbsp fresh herbs, minced (we used sage, thyme, and rosemary)
- 1 tsp garlic powder
- 1 tsp ground black pepper
- Salt, to taste
- 1 large onion, thickly sliced
- 3 stalks celery, quartered
- 3 carrots, peeled and quartered

### DIRECTIONS

1. To allow for more even cooking, remove the turkey breast from the refrigerator one hour before cooking. Preheat the oven to 325°F. Coat a 9"x13" baking dish with cooking spray or neutral oil. Place the sliced onion, celery, and carrots in an even layer in the dish.
2. In a small bowl, mix together softened butter, fresh herbs, garlic powder, pepper, and salt.
3. Rub half of the butter under the loosened skin of the turkey breast. Rub remaining butter all over the turkey. Place turkey on top of the vegetables in the prepared baking dish. Insert an oven-safe thermometer in the thickest part of the breast, running parallel to the bone.
4. Roast on the middle rack for 20 minutes per pound (from about 1 $\frac{1}{2}$ -3 hours in total, depending on the size of the turkey breast). Remove from the oven when the internal temperature reaches 160°F.
5. Make a loose tent over the cooked turkey with foil and allow it to rest for at least 20 minutes. The internal temperature will continue to rise while it rests. Carve and serve with our Easy Turkey Gravy.

Turkey is done when the internal temperature reaches 165°F.

**Dry Brine:** For every 5lbs of turkey you will need:

- 1 Tbsp kosher salt
- 1 tsp dried herbs (such as poultry or Italian seasoning)
- $\frac{1}{4}$  tsp ground black pepper

Remove thawed turkey from packaging and pat dry. Rub all over with the salt mixture. Carefully loosen the skin and rub salt directly on the meat. Place in the refrigerator and chill uncovered for at least 48 hours, and up to 72. No need to rinse off salt before roasting! The turkey will appear dried up and desiccated, but will roast up golden and flavorful.





# Mushroom Wellington

*Serves 4 as a Side*

## INGREDIENTS

- 3 Tbsp butter or olive oil
- 1 large onion, chopped
- 4 large cloves garlic, minced
- 1½ lbs mushrooms, sliced
- ½ cup dry red wine
- 2 Tbsp Worcestershire sauce
- 1 Tbsp balsamic vinegar
- 2 Tbsp fresh herbs, minced (we used sage, rosemary, and thyme)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 cup hazelnuts, chopped and toasted
- Salt and pepper, to taste
- 1 sheet puff pastry, homemade or store bought (We like GeeFree for a gluten free option), thawed overnight in the refrigerator
- 1 egg whisked into 1 Tbsp water (or substitute 2 Tbsp non-dairy milk)

## DIRECTIONS

1. In a large pan, heat butter or olive oil over medium heat. Add onion, and cook until golden and softened, about 10 minutes. Add onion and cook until fragrant, about 2 minutes.
2. Add mushrooms with a pinch of salt to help them release their moisture. Let the mushrooms cook for 10 to 15 minutes stirring frequently, until they have released most of their moisture.
3. Stir in wine, Worcestershire sauce, and vinegar. Simmer until almost all of the liquid has cooked off, about 10 minutes. Add fresh herbs, onion powder, garlic powder, hazelnuts, and salt and pepper to taste. Cook until all liquid has cooked off. A soggy filling will cause a soggy Wellington. Allow the filling to cool completely.
4. Preheat the oven to 400°F.
5. Roll out the puff pastry sheet to ⅛-inch thick. Place half of the filling in a mound in the center of the pastry. Press into an even loaf, like forming a meatloaf. Fold over one side of the pastry. Brush with egg wash. Fold over the other half. Fold up the ends and pinch all of the seams. Place on the baking sheet seam side down. Brush all over with remaining egg wash. Score with a sharp knife or bread lame.
6. Bake for 40-50 minutes, or until golden brown and cooked through. Allow to rest 10 minutes before slicing. Serve warm.



# Trumpet Mushroom Risotto

*Makes 4 Servings*

## INGREDIENTS

- ¼ cup butter
- 1 small onion, finely chopped
- ¾ lb trumpet mushrooms, ¼-inch dice
- 3 cloves garlic, grated
- 3 tsp fresh thyme leaves, chopped
- 3 Tbsp fresh sage leaves, chiffonade
- ½ cup dry white wine
- 1 cup Arborio rice
- 4 cups hot low sodium chicken or vegetable broth
- Salt and pepper, to taste

## DIRECTIONS

1. Melt butter in a large heavy bottomed pan over medium heat. Add sage to the melted butter and fry, stirring often, until butter is foamy, about 2-3 minutes. Remove sage leaves with a fork to drain on a paper or clean kitchen towel. The sage will crisp as it cools.
2. Add onions to the butter with a pinch of salt. Cook, stirring frequently until golden, about 15 minutes. Turn down the heat if the onions begin to brown too quickly.
3. Return to medium heat, and add mushrooms, garlic, and 2 tsps of the fresh thyme. Cook and stir until mushrooms are tender, about 8 minutes.
4. Add wine, cooking and stirring until reduced by half, about 3 minutes.
5. Add rice and 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth ½ cup at a time, when the previous addition is absorbed. With the last addition of broth, add the remainder of the thyme. Cook and stir until rice is creamy and tender. Top with fried sage and serve.



# Butternut Squash Risotto

*Makes 4 Servings*



## INGREDIENTS

- ¼ cup butter
- 1 small onion, finely chopped
- 1½ cups roasted butternut squash, ¼-inch dice
- ½ cup butternut squash puree
- 3 cloves garlic, grated
- 3 tsp fresh thyme leaves, chopped
- 3 Tbsp fresh sage leaves, chiffonade
- ½ cup dry white wine
- 1 cup arborio rice
- 4 cups hot low sodium chicken or vegetable broth
- ½ cup Parmesan cheese, shredded
- Salt and pepper, to taste

## DIRECTIONS

1. Melt butter in a large heavy bottomed pan over medium heat. Add sage to the melted butter and fry, stirring often, until butter is foamy, about 2-3 minutes. Remove sage leaves with a fork to drain on a paper or clean kitchen towel. The sage will crisp as it cools.
2. Add onions to the butter, along with a pinch of salt. Cook, stirring frequently until golden, about 15 minutes. Turn down the heat if the onions begin to brown too quickly.
3. Return to medium heat, and add diced and pureed squash, garlic, and 2 tsp of the fresh thyme. Cook and stir until heated through and garlic is fragrant, about 3 minutes.
4. Add wine, cooking and stirring until reduced by half, about 3 minutes.
5. Add rice and 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth ½ cup at a time, when the previous addition is absorbed. With the last addition of broth, add the remainder of the thyme. Cook and stir until rice is creamy and tender. Stir in Parmesan. Top with fried sage and serve.





# Sheet Pan Squash and Sausage

*Makes 2 Servings*

## INGREDIENTS

- 1 medium Carnival squash
- 1 Granny Smith apple (or other tart baking apple)
- 1 d'Anjou pear
- 1 cup pecans, roughly chopped
- 1 package Niman Ranch Apple Gouda Sausage, or your favorite pre-cooked sausage or plant based sausage.
- 1 tsp ground cinnamon
- 1 tsp crushed red chili flakes
- ½ tsp sea salt
- ½ tsp ground black pepper
- ¼ cup olive oil
- ½ cup white wine or apple cider

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Slice the squash into small bite sized pieces. Leave the skin on, discard the seeds
3. Core and slice the pear and apple into 1 inch pieces, leaving the skin on.
4. Slice the sausage into bite sized pieces.
5. Add the pecans and spices
6. Toss all of the ingredients with the white wine or apple cider and olive oil. The mixture should be slightly saucy. Add more liquid if needed. Place all of the ingredients into a large glass casserole dish.
7. Cook in a preheated oven for 15 minutes. Using a spatula, toss all of the ingredients, then cook for another 15 minutes, or until the squash is soft.





# Roast Kabocha Squash

*Makes 4 Servings*

## INGREDIENTS

- 1 (2 lb) kabocha squash
- 2 Tbsp maple syrup
- 2 Tbsp brown sugar
- 1 Tbsp white miso paste
- 1 Tbsp olive oil
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp cayenne
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicone mat to aid cleanup, if desired.
2. Scrub the squash clean under cool running water. Slice off the ends, and cut in half lengthwise. Scoop out the seeds. Cut into ½-inch thick slices.
3. In a small bowl, mix together maple syrup, brown sugar, miso paste, olive oil, and spices. Pour over squash and toss to coat well.
4. Place on the baking sheet in a single layer. Roast 30 minutes, flipping halfway.





# Scalloped Potatoes

*Makes 6 Servings*

## INGREDIENTS

- 2 lbs Yukon gold potatoes, slice  $\frac{1}{8}$ -inch thick
- 1 yellow onion, finely chopped
- 4 cloves garlic, smashed and chopped
- 4 Tbsp butter
- 2 Tbsp all purpose flour
- 3 cups heavy cream or half & half
- $\frac{1}{4}$  cup dry white wine
- 2 tsp fresh thyme, minced
- 6 oz cheese, about 2 cups shredded (we used Gouda and Parmesan, but use your favorite!)
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat the oven to 400°F. Grease a 2 quart baking dish with a little of the butter.
2. Melt 1 Tbsp of butter in a large skillet over medium heat. Sauté the onion until soft and golden, about 10 minutes. Add garlic, cooking and stirring for another minute.
3. Add remaining butter and allow to melt. Whisk in flour, continuing to cook and stir for 1 or 2 minutes. Whisk in wine, cream, and thyme, cooking and whisking until smooth and beginning to thicken. Stir in cheese a small handful at a time until melted and smooth. Season to taste with salt and pepper.
4. Add a layer of potatoes to the prepared baking dish, and ladle on a layer of sauce. Add another layer of potatoes, more sauce, and continue until all potatoes and sauce are added to the dish.
5. Cover the baking dish with foil or a tight fitting lid. Bake for 30 minutes. Remove foil, and bake an additional 30 minutes, or until well browned and bubbly.





# Easy Yeasted Dinner Rolls

Makes 12 Servings

*These simple rolls bake up equally well with either vegan or dairy milk and butter. If you would like to make ahead, freeze them after they have been formed in step 7, but before the rise. Thaw them in the refrigerator overnight, and allow to rise until doubled in a warm, draft-free place before baking.*

## INGREDIENTS

- 1 cup milk
- ¼ cup butter
- 1 packet or 2 ¼ tsp active dry yeast
- 1 Tbsp evaporated cane sugar
- 2 ¾ cups unbleached wheat flour
- 1 tsp kosher salt

## DIRECTIONS

1. In a small saucepan, heat milk and butter until butter is melted, and mixture is warm to the touch-- about 110°-114°F.
2. Add yeast and sugar to the warm milk mixture and let sit for about 10 minutes, or until foamy. If your yeast doesn't foam up it is likely expired and you will need fresh yeast.
3. Whisk together unbleached wheat flour, and salt.
4. Stir milk mixture and proofed yeast into flour mixture until combined. A soft dough will form.
5. Turn dough out onto a floured surface and knead for 5 minutes, adding a little more flour if dough is too sticky. You'll want it a little tacky, but not sticking to the surface or your hands. Return to the bowl and cover loosely. Allow to rest for 10 minutes.
6. Generously grease an 8 x 8-in baking dish with butter.
7. After the dough has rested, turn it out onto a lightly floured surface. Divide the dough into 12 even pieces. Roll each piece into a ball, and place in the prepared baking dish.
8. Cover tightly with plastic wrap. Allow to rise in a warm, draft free place until doubled, about one hour to 90 minutes.
9. Preheat the oven to 375°F. Remove plastic wrap and bake for 20-25 minutes, or until rolls are golden brown.



# Vegan Bourbon Butternut Pie

*Makes 8 Servings*

## INGREDIENTS

### Crust

- 1¼ cups unbleached wheat flour
- 2 tsp granulated cane sugar (optional)
- ½ tsp kosher salt
- ½ cup cold Miyoko's butter, cut into cubes
- ½ cup ice water
- 1 Tbsp bourbon whiskey
- 1 cup heavy coconut cream (or full fat coconut milk)
- ¼ cup brown sugar, or to taste
- 2 Tbsp bourbon whiskey
- 1 Tbsp maple syrup
- ¼ cup tapioca starch or cornstarch
- 1 ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp kosher salt
- ½ tsp ground ginger
- ¼ tsp ground cloves

### Pie

- 1 (3-4 lb) butternut squash, about 2 cups puree

## DIRECTIONS

### Crust

1. Whisk together flour, cane sugar, and salt in a medium bowl. With a pastry blender or fork, cut in vegan butter until the mixture resembles coarse meal, with some pea sized pieces.
2. Mix bourbon into the ice water. Mix water mixture into the flour mixture 1 Tbsp at a time until dough gathers into a shaggy ball. We used about 5 Tbsp, but it will vary.
3. Wrap dough in plastic wrap and form into a thick disk with smooth edges (this will make it easier to roll out). Place in the freezer for about 30 minutes. You don't want it frozen solid, but very cold. If made ahead, the dough will keep several days in the fridge.

### Pie

4. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment or a silicone mat. Cut the squash in half lengthwise and scoop out seeds and stringy bits. Place the squash cut side down on the prepared baking sheet. Bake uncovered for 60 minutes, or until it can be easily pierced with a fork.
5. Once the squash is cool enough to handle, peel off the skin and discard. Place squash in a large mixing bowl and puree until smooth with an immersion blender.
6. Whisk in coconut cream, brown sugar, bourbon, and maple syrup.
7. In a small bowl, whisk together cornstarch, cinnamon, nutmeg, salt, ginger, and cloves. Stir into the squash puree until well mixed.
8. Preheat the oven to 350°F.
9. Roll out dough on a floured surface to a 14-inch circle. Place it on your pie plate so at least an inch of dough hangs off the side. Trim to a 1-inch overhang with a sharp knife or scissors to even out the crust. Fold the excess dough under, and flute or crimp with a fork. Refrigerate for another 30 minutes while the oven preheats.
10. Line the crust with foil or parchment and fill with dried beans or pie weights. Bake in the preheated oven for 12 minutes. Remove foil and weights and bake for another 5 minutes.
11. Fill the hot par-baked pie crust with pie filling and carefully place in the oven. Bake for 50-60 minutes, or until the center reads 175°F with an instant read thermometer. Cool on a rack to room temperature and refrigerate at least 3 hours before slicing.







# Mini Apple Pies

*Makes 12 Mini Pies*

## INGREDIENTS

### Pies

- 1 lb apples, peeled, cored, and diced to ¼-inch pieces. (About 3 medium apples)
- 1 Tbsp lemon juice
- ¼ cup organic cane sugar, or to taste
- 1 Tbsp cornstarch
- ½ tsp cinnamon
- ¼ tsp cardamom
- ⅛ tsp ginger
- ⅛ tsp allspice

- ¼ tsp sea salt
- 1 pie crusts (homemade or store bought)
- 1 egg + 1 Tbsp water, optional
- Coarse sugar, for sprinkling
- Whipped cream, for serving

### Caramel Sauce

- ¾ cup brown sugar
- ½ cup heavy cream
- 3 Tbsp butter
- Pinch salt

## DIRECTIONS

1. Mix together ¼ cup sugar, cornstarch, spices, and salt in a small bowl. In a large bowl mix apples and lemon juice. Add sugar-spice mixture to the apples and toss to coat. Let macerate for about 30 minutes.
2. Roll out the pie crust to ⅛-inch thick. Use a 3 ½-inch cookie cutter to cut 12 circles, re-rolling scraps as necessary.
3. Grease a muffin pan with butter or a little cooking spray. Press each circle of dough into the muffin cups, being careful not to tear the dough. Fill with apple mixture. Freeze for 15 minutes.
4. Preheat your oven to 425°F. Bake mini pies for 20-25 minutes, or until the crust is golden and the filling is tender. Allow to cool in the pan on a rack for 10 minutes before removing pies.
5. While pies are cooling, bring caramel sauce ingredients in a small saucepan to a simmer over medium heat. Stirring constantly, continue to cook until slightly thickened, about 5-7 minutes.
6. Serve pies with whipped cream and a drizzle of caramel sauce.





2649 Commercial St. SE  
Salem, OR 97302  
503-361-7973

*[LifeSourceNaturalFoods.com](http://LifeSourceNaturalFoods.com)*