

Fall 2019

Cooking with consumers credit union

#FallinLovewithConsumers

Members, we asked for your favorite fall recipes, and you delivered. Thanks for dishing out your most loved meals to share. Dig in!

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1.
Soup Season



Wendy's Copycat Chili

1. Brown ground beef and drain.
2. Add water, boil and drain to eliminate more fat.
3. Place ground beef in large pot and add rest of ingredients.
4. Bring to a boil, reduce heat, cover and simmer for 2-3 hours while stirring every 15 minutes.

Recipe submission | Krysta B.

Rische, Tracy, et al. "Copycat Wendy's Chili." Raining Hot Coupons, 11 Mar. 2014, http://www.rainninghotcoupons.com/copycat-wendys-chili/.

INGREDIENTS

2 lb	Ground beef
2 28 oz	Diced tomatoes in juice
1 16 oz	Kidney beans | drained
1 15 oz	Pinto beans | drained
2 ct	Small onions | diced
1/4 cup	Celery | diced
1/4 cup	Bell pepper | diced
3 tbsp	Chili powder
2 tsp	Cumin
1 tsp	Black pepper
1 tsp	Salt
1/2 tsp	Oregano
1 tsp	Sugar
2 tsp	Garlic powder
2 c	Water

Rustic Italian Tortellini Soup

INGREDIENTS

3/4 lb	Italian turkey sausage links | casings removed
1	Medium onion | chopped
6	Garlic cloves | minced
2 cans	Reduced sodium chicken broth
1 3/4 c	Water
1 can	Diced tomatoes | drained
1 pck	Refrigerated cheese tortellini
1 pck	Baby spinach | coarsely chopped
1/2 tsp	Minced basil
1/4 tsp	Pepper
Dash	Crushed red pepper flakes
Handful	Shredded Parmesan cheese (optional)

1. Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes. Bring to a boil.

2. Add tortellini; return to a boil. Cook for 5-8 minutes or until almost tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper and pepper flakes. Cook 2-3 minutes longer or until spinach is wilted and tortellini are tender. Serve with cheese if desired.

3. Freeze option: Place individual portions of cooled soup in freezer containers and freeze. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth if necessary.

Recipe submission | Kelli S. & Taylor W.

Fasnacht, Tracy. "Rustic Italian Tortellini Soup." Taste of Home, Taste of Home, Nov. 2008, www.tasteofhome.com/recipes/rustic-italian-tortellini-soup





Instant Pot Taco Soup

1. Set your Instant Pot to the sauté function.
2. Add the olive oil and allow to heat up. Add onions and garlic and cook 2-3 minutes or until garlic is fragrant and onions are translucent. Stir occasionally.
3. Add beef and cook until no longer pink. Turn Instant Pot off.
4. Add chicken stock to Instant Pot.
5. In a small bowl, add black and kidney beans, corn and tomato juice.
6. Add taco seasoning, salsa, tomatoes and green chilies. Sprinkle cilantro on top. Mix everything together.
7. Close and lock the lid on the Instant Pot and make sure the vent is closed. Set Instant Pot to 8 minutes. Once the 8 minutes are up, allow the pressure to release naturally for 10 minutes. Open the vent and release the remaining pressure.

INGREDIENTS

2 tbs	Olive oil
1 tbs	Minced garlic
1	Small onion | diced
1 lb	Lean ground beef, pork or turkey
3 tbs	Taco seasoning
1 c	Red salsa
1 can	Diced green chilies
1 can	Diced tomatoes
1 c	Spicy tomato juice
2 c	Chicken broth
1 can	Kidney beans
1 can	Black beans
1 bag	Frozen corn
1/2 c	Fresh cilantro | chopped

Recipe submission | Rebecca D.

Schmitt, Corinne. "Instant Pot Taco Soup." WonderMom Wannabe, CAFEMEDIA FAMILY & PARENTING, 1 Nov. 2018, wondermomwannabe.com/instant-pot-taco-soup

Keto Broccoli Cheddar Soup

1. In large pot, saute onion and garlic with butter over medium heat until onions are softened and translucent.
2. Add broth and broccoli to pot. Cook broccoli until tender. Add salt, pepper and desired seasoning.
3. Place cream cheese in small bowl and heat in microwave for 30 seconds until soft and easily stirred.
4. Stir heavy whipping cream and cream cheese into soup; bring to a boil.
5. Turn off heat and quickly stir in cheddar cheese.
6. Stir in xanthan gum, if desired. Allow to thicken. Serve hot with bacon crumbles (optional).

INGREDIENTS

2 tbs	Butter
1/8 c	White onion
1/2 tsp	Minced garlic
2 c	Chicken broth
Dash	Salt and pepper
1 c	Broccoli | chopped
1 tbs	Cream cheese
1/4 c	Heavy whipping cream
1 c	Cheddar cheese | shredded
2 slices	Bacon | cooked and crumbled
1/2 tsp	Xanthan gum (optional for thickening)

Recipe submission | Natalie K.

"Keto Broccoli Cheddar Soup." Hey Keto Mama, Amazon Services LLC Associates Program, www.heyketomama.com/keto-broccoli-cheddar-soup





Chicken Tortilla Soup

1 Cook and shred (or cube) chicken.

2 Add all the ingredients, except the cheese, corn tortilla strips and avocados to your crock pot. Cook on low for 8 hours (or high for 3-4 hours).

3 Add cheese just before serving, and top each serving with your favorite toppings (we like corn tortilla strips and avocado).

4 To make homemade corn tortilla strips, slice up corn tortillas with a pizza cutter. Flash fry in hot oil or bake in the oven at 425° for 8-10 minutes turning halfway through.

INGREDIENTS

1 lb	Chicken breast | cooked and shredded
6 c	Chicken stock
15 oz can	Corn | drained
1 1/2 15 oz	Canned diced tomatoes | drained
1/2 tsp	Cumin
1/2 c	Chopped onion
1 can	Black beans | drained
1 can	Diced green chilies
2 tsp	Minced garlic
1/4 tsp	Chili powder
1 1/2 tsp	Salt
3/4 tsp	Pepper
	Monterey Jack shredded cheese
	Corn tortilla strips
	Cubed avocado

Recipe submission | Dario C. & Jessica G.

Carpenter, Kellan. "Chicken Tortilla Soup." Lil Luna, Lil Luna, 25 Sept. 2018, lilluna.com/chicken-tortilla-soup-recipe.

The Best Chili

INGREDIENTS

2 lb	Ground beef, turkey, or venison
4 tbs	Olive oil
1	Yellow onion | chopped
1	Green bell pepper | chopped
4 cloves	Garlic | minced
1/4 c	Flat leaf parsley | finely chopped
2	Jalapeño peppers | finely chopped
3 tbs	Chili powder
2 tsp	Cumin
1 tsp	Sugar
1 tsp	Oregano
1 tsp	Salt & pepper
1/4 tsp	Cayenne pepper
46 oz	Tomato juice
28 oz	Can diced tomatoes
15 oz	Can tomato sauce
16 oz	Can kidney & pinto beans | drained
	Shredded cheese & sour cream

1 In a large skillet, cook ground meat over medium-high heat until no longer pink. Transfer the meat to a bowl. Drain excess grease from skillet, but do not clean.

2 Add the olive oil to the skillet. Add the onion, bell pepper, garlic, parsley and jalapeño peppers (if using) and cook over medium heat, stirring occasionally, until onions are soft and fragrant (about 5 minutes). Remove from heat and add the chili powder, cumin, sugar, oregano, salt, pepper and cayenne pepper. Stir until combined.

3 If cooking on the stove top, add the cooked meat back to the skillet. If using a slow cooker, add meat-veggie mixture to the slow cooker. Add the tomato juice, diced tomatoes, tomato sauce, kidney beans and pinto beans to either the skillet or slow cooker, depending on which you are using. On the stove top, bring to a boil, dial back to medium-low and simmer for 2 hours (stir occasionally). In slow cooker, cook on low for 7 to 8 hours. Serve warm with cheese and sour cream.

Recipe submission | Susan E.

Porta, Megan. "The Best Chili Recipe." Pip and Debby, Cafe Media Food Publisher, 7 Apr. 2018, www.pipandebby.com/pip-ebby/the-best-chili-on-earth.





Mexican Oxtail Beef Soup

1 Heat the olive oil in a large soup pot over medium heat, and brown the oxtails and beef stew meat on all sides. Add water to cover the meat, bring to a boil, reduce heat to a simmer and cook for 30 minutes. Skim off and discard any foam that collects at the top.

2 Drop in the bouillon cube, onion, celery, chili powder, cumin, salt, pepper, and corn ears; stir to combine, and simmer the soup until the meat is very tender, about 2 hours. Stir in the carrots and potatoes, simmer for 30 more minutes, then stir in the lentils, rice, mixed vegetables and cabbage. Simmer until the rice, lentils and cabbage are tender, about 30 more minutes. Serve with a half ear of corn in each bowl, with hot steamed tortillas for dipping in the broth.

INGREDIENTS

2 tbs	Olive oil
2 lb	Beef oxtail | cut into pieces
1 lb	Cubed beef stew meat
1 cube	Beef bouillon
1	Onion | chopped
2	Stalks celery | chopped
1/2 tsp	Chili powder
3/4 tsp	Ground cumin
	Salt and pepper to taste
4	Ears corn | broken in half
3	Carrots | Coarsely chopped
2	Russet potatoes | chopped
1/3 c	Lentils
1/3 c	Long grain rice
1 c	Frozen mixed vegetables
1	Head cabbage
8	Corn tortillas

Recipe submission | Tina R.

Flores Akins, Dianna. "Mexican Oxtail Beef Soup." All Recipes, AllRecipes.com, www.allrecipes.com/recipe/214090/mexican-oxtail-beef-soup.

White Chicken Chili

INGREDIENTS

1 lb	Boneless, skinless chicken breasts
1	Medium onion | chopped
1 tbs	Olive oil
2	Garlic cloves | minced
2 14 oz	Cans chicken broth
1 4 oz	Green chilies | chopped
2 tsp	Ground cumin
2 tsp	Dried oregano
1 1/2 tsp	Cayenne pepper
3 cans	Great northern beans | drained
1 c	Shredded Monterey jack cheese
	Sliced jalapeño peppers

1 In a Dutch oven over medium heat, cook chicken and onion in oil until lightly browned. Add garlic; cook 1 minute longer. Stir in the broth, chiles, cumin, oregano and cayenne; bring to a boil.

2 Reduce heat to low. With a potato masher, mash one can of beans until smooth. Add to saucepan. Add remaining beans to saucepan. Simmer for 20-30 minutes or until chicken is no longer pink and onion is tender.

3 Top each serving with cheese and, if desired, jalapeno pepper. Freeze option: Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth or water if necessary.

Recipe submission | Chelsea B.

"White Chicken Chili Recipe." Taste of Home, Taste of Home, www.tasteofhome.com/recipes/white-chicken-chili.





Lasagna Soup

1. Brown sausage in a Dutch oven over medium-high heat.
2. Add onions and carrots; saute 3 minutes. Stir in mushrooms and garlic; saute another 3 minutes.
3. Add broth, tomatoes and tomato sauce; bring to a boil.
4. Drop in pasta and simmer until al dente, about 10 minutes.
5. Stir in spinach and cook until wilted, about 2 minutes.
6. Place fresh mozzarella in bottom of soup bowls and ladle hot soup on top.
7. Garnish with Parmesan and basil.

INGREDIENTS

1 lb	Hot Italian sausage
1 c	Onion | chopped
2 c	Carrots | chopped
2 c	Mushrooms | sliced
2 tbs	Garlic
4 c	Chicken broth
1 14 oz	Canned Italian tomatoes | diced
1 10 oz	Canned tomato sauce
1 c	Mafalda pasta
4-6 c	Fresh spinach | chopped
	Fresh mozzarella
	Parmesan cheese
4 tsp	Basil | thinly sliced

Recipe submission | Kimberly H.

"Here, Taste This: Lasagna Soup." Love Well, 21 Jan. 2016, www.lovewellblog.com/2016/01/here-taste-this-lasagna-soup.



2.
Main Course

Spaghetti Squash Alfredo

INGREDIENTS

4 lb	Spaghetti squash
1/4 tsp	Salt
1/4 tsp	Pepper
1 c	Half and half
3 tbs	Butter
1 c	Parmesan cheese
4 tbs	Shredded mozzarella cheese

1 Scoop out and discard seeds from spaghetti squash halves. Prick outsides all over with sharp knife; season insides with 1/4 teaspoon with each salt and pepper. Microwave, cut sides down, on large microwave-safe plate on high 10 minutes or until tender.

2 Meanwhile, in small saucepan, heat half-and-half and butter to simmering on medium-low; simmer 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese. With fork, scrape flesh of each squash half to separate into strands, leaving 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese. Broil 1 to 2 minutes or until bubbly and browned in spots. Optional: Serve with green salad.

Recipe submission | Kiersten C.

"Spaghetti Squash Alfredo." , Good Housekeeping, 22 Oct. 2014, www.goodhousekeeping.com/food-recipes/a11886/spaghetti-squash-alfredo-recipe.





Slow Cooker Pot Roast

1. Season beef with 1 1/2 teaspoons salt and 1 teaspoon black pepper.

2. Heat canola oil in a large skillet over medium heat. Add beef and cook until evenly browned, about 3-4 minutes per side.

3. In a medium bowl, whisk together beef broth, wine, flour, tomato paste and Worcestershire; set aside.

4. Place potatoes, carrots, celery, onion, garlic, thyme and bay leaf into a 6-qt slow cooker. Stir in beef broth mixture; season with salt and pepper, to taste. Top with beef.

5. Cover and cook on low heat for 7-8 hours, or until meat is fork-tender.

6. Remove beef, potatoes, carrots, celery and onion from the slow cooker; shred beef, using two forks. Cover with aluminum foil.

7. Strain cooking juices through a fine-mesh sieve into a small saucepan over medium heat; discard solids. Skim any remaining fat from surface and discard. Bring to a boil; reduce heat and simmer, whisking constantly, until desired thickness, about 5-10 minutes. Season with salt and pepper, to taste.

INGREDIENTS

1	Boneless chuck roast
	Salt and pepper to taste
1 1/2 tbs	Canola oil
1 1/2 c	Beef broth
1/2 c	Dry red wine
1/4 c	All purpose flour
2 tbs	Tomato paste
2 tbs	Worcestershire sauce
2 lb	Small Yukon gold potatoes
3	Large carrots | cut into pieces
2	Celery ribs | cut into pieces
1	Medium onion | chopped
2 cloves	Garlic minced
6 sprigs	Thyme
1	Bay leaf
2 tbs	Parsley | chopped

Recipe submission | John W. & Tracy H.

Rhee, Chungah. "Slow Cooker Pot Roast." Damn Delicious, Elite Cafe Media Group, 12 Apr. 2019, damndelicious.net/2019/04/12/slow-cooker-pot-roast.

Stuffed Acorn Squash

INGREDIENTS

- 2 Acorn squashes
- 1 tbs Olive oil
- 1 lb Ground pork
- 3 Large sage leaves
- 2 Medium carrots
- 2 Medium celery stalks
- 1 Small yellow onion
- 1 Clove garlic | minced
- 1/2 c White wine | dry
- 1 1/2 c Cooked wild rice
- 1 Bunch kale | diced
- 1 Honey crisp apple | diced
- 1 tsp Kosher salt

1. Preheat oven to 400 degrees F. Slice squashes in half lengthwise and scoop out the seeds. Rub the flesh with olive oil and place squash halves cut side down on a baking sheet. Bake in preheated oven until slightly tender, about 30 minutes.

2. Meanwhile, in a large skillet, brown ground pork with sage.

3. Pulse carrots, celery, onion and garlic in food processor until you have an even dice (or you can do this by hand). I prefer my veggies to be as small as the rice, so I just use the food processor. Add to the pork while its cooking. Stir to combine and continue cooking until the vegetables are tender and the pork is brown and crumbly.

4. Add white wine to hot pan and scrape the bottom to de glaze. Allow to cook for 1-2 minutes until wine reduces. Remove from heat.

5. Stir in wild rice, kale, apple and salt. Taste mixture and add more salt as desired. Don't worry - the kale is a bit overpowering raw, but once cooked it blends in perfectly.

6. Divide the mixture into 4 equal portions and mound into acorn squash cavities. Use hands or back of large spoon to make a compact mound.

7. Place stuffed squashes in the 400 degree F oven and cook for another 20-30 minutes until the tops have browned and the squash is fork tender.

Recipe submission | Megan S.

Allori, Krissy. "Stuffed Acorn Squash." Self Proclaimed Foodie, ELITE CAFEMEDIA FOOD PUBLISHER, 4 Sept. 2019, selfproclaimedfoodie.com/stuffed-acorn-squash.





Crock-Pot Beef and Noodles

1. Place the beef into the bottom of the slow cooker.
2. Season with salt and pepper.
3. Sprinkle the onion soup mix along with the gravy mix over the beef.
4. Pour the beef broth into the crock pot.
5. Place the lid on the slow cooker and set to LOW for 8 hours.
6. After 8 hours, remove the beef from the crock pot and shred.
7. Return the shredded beef to the slow cooker with the frozen home style noodles.
8. Place the lid back on the crock pot and cook for 30 more minutes.

INGREDIENTS

3 lb	Chuck roast
12 oz pck	Frozen home style egg noodles
4 c	Beef broth
1 pck	Onion soup mix
1 pck	Brown gravy mix
	Salt and pepper to taste

Recipe submission | Maria S.

Pogue, Mandee. "Easy Crock pot Beef and Noodles." The Kitchen Wife, Mediavine Food, 1 Apr. 2019, www.thekitchenwife.net/2019/04/easy-crockpot-beef-and-noodles-recipe.



3.
Desserts

Pumpkin Chocolate Chip Cookies

INGREDIENTS

1 c	Canned pumpkin
1 c	White sugar
1/2 c	Vegetable oil
1	Egg
2 c	All purpose flour
2 tsp	Baking powder
2 tsp	Ground cinnamon
1/2 tsp	Salt
1 tsp	Baking soda
1 tsp	Milk
1 tbs	Vanilla extract
2 c	Semi-sweet chocolate chips
1/2 c	Chopped walnuts

1. Combine pumpkin, sugar, vegetable oil and egg. In a separate bowl, stir together flour, baking powder, ground cinnamon and salt. Dissolve the baking soda with the milk and stir in. Add flour mixture to pumpkin mixture and mix well.
2. Add vanilla, chocolate chips and nuts.
3. Drop by spoonful on greased cookie sheet and bake at 350 degrees F (175 degrees C) for approximately 10 minutes or until lightly brown and firm.

Recipe submission | Sheila R.

"Pumpkin Chocolate Chip Cookies." All Recipes, AllRecipes.com, www.allrecipes.com/recipe/10740/pumpkin-chocolate-chip-cookies-iii.





Amazing Pumpkin Muffins

1. Mix all dry ingredients. (flour, sugar, baking soda, baking powder, salt, ground cinnamon, nutmeg and pumpkin spice (if so desired).
2. Mix all wet ingredients and then stir them into dry ingredients.
3. Bake at 350 for 20-25 (mine take 23 min.). Yields: 12 regular sized muffins For the mini muffins bake for 15 min. or so.

INGREDIENTS

1 2/3 c	Flour
1 c	Sugar
1 tsp	Baking soda
1/4 tsp	Baking powder
1/4 tsp	Salt
3/4 tbs	Ground cinnamon
1/4 tbs	Nutmeg
1/4 tbs	Pumpkin spice
2	Eggs
1 c	Pumpkin
1/2 c	Butter
1 c	Chocolate chips

Recipe submission | Fawn S.

Stender, Fawn. "Amazing Pumpkin Muffins." My Recipe Magic, My Recipe Magic LLC, 5 Dec. 2013, www.myrecipemagic.com/amazing-pumpkin-muffins.

Scrumptious Apple Pie

INGREDIENTS

2 c	All purpose flour
1 tsp	Salt
2/3 c	Shortening
4-6 tbs	Cold water
1/2 c	Sugar
1/4 c	All purpose flour
1/2 tsp	Ground cinnamon
1/2 tsp	Ground nutmeg
1/8 tsp	Salt
8 c	Thinly sliced peeled tart apples
2 tbs	Butter

1 In medium bowl, mix 2 cups flour and 1 teaspoon salt. Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).

2 Gather pastry into a ball. Divide in half; shape into 2 flattened rounds on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.

3 Heat oven to 425°F. With floured rolling pin, roll one pastry round into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.

4 In large bowl, mix sugar, 1/4 cup flour, cinnamon, nutmeg and 1/8 teaspoon salt. Stir in apples. Spoon into pastry-lined pie plate. Dot with butter. Trim overhanging edge of pastry 1/2 inch from rim of plate.

5 Roll other round of pastry. Fold into fourths and cut slits so steam can escape. Unfold top pastry over filling; trim overhanging edge 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal; flute as desired. Cover edge with 3-inch strip of aluminum foil to prevent excessive browning. Remove foil during last 15 minutes of baking.

Recipe submission | Sheila R.

"Pumpkin Chocolate Chip Cookies." All Recipes, AllRecipes.com, www.allrecipes.com/recipe/10740/pumpkin-chocolate-chip-cookies-iii.





Autumn Spiced Butternut Squash Bread

1. Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5-inch loaf pans.

2. Beat sugar and shortening together in a bowl until fluffy. Stir butternut squash, eggs and water into sugar mixture.

3. Mix flour, baking soda, baking powder, salt, cinnamon, and cloves in another bowl; stir into sugar mixture. Add nuts and raisins; stir until batter is just blended. Pour batter into prepared loaf pans.

4. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 15 minutes before removing to cool completely on a wire rack.

INGREDIENTS

2 2/3 c	White sugar
2/3 c	Shortening
2 c	Pureed cooked butternut squash
4	Eggs
2/3 c	Water
3 1/3 c	All-purpose flour
2 tsp	Baking soda
2 tsp	Baking powder
1 1/2 tsp	Ground cinnamon
1 tsp	Ground cloves
2/3 c	Chopped walnuts
2/3 c	Raisins

Recipe submission | Gloria N.

Bolton, Lane. "Autumn Spiced Butternut Squash Bread." AllRecipes.com, © 2019 Allrecipes.com, www.allrecipes.com/recipe/234276/autumn-spiced-butternut-squash-bread.

Pumpkin Bread Pudding

INGREDIENTS

1 1/2 c	Whole milk
3/4 c	Canned pumpkin
1/2 c	Sugar
2	Large eggs | +1 yolk
1/2 tsp	Salt
1 tsp	Cinnamon
1/2 tsp	Ground ginger
1/8 tsp	Ground all spice
Pinch	Ground cloves
2 tbs	Bourbon
5 c	Cubed day old bread (crusty)
3/4 stick	Unsalted butter | melted

1. Whisk together pumpkin, cream, milk, sugar, eggs, yolk, salt, spices and bourbon, if using, in a bowl.

2. Toss bread cubes with butter in another bowl, then add pumpkin mixture and toss to coat. Transfer to an ungreased 8-inch square baking dish and bake until custard is set, 25 to 30 minutes.

Recipe submission | Carol B.

"Pumpkin Bread Pudding." Smitten Kitchen, Wordpress, 18 Oct. 2007, smittenkitchen.com/2007/10/pumpkin-bread-pudding/.

