

Fall is a favorite time of year for many of us!

Enjoying the colors, the change in wardrobe choices, and especially the menu changes!

Some fall flavor favorites are pumpkin spice and apple cinnamon. Use these to create cozy hot dishes and warm soups!

Cheeseburger Soup

Prep Time: 35 min.

Total Time: 50 min.

Servings: 6-8

8 slices bacon, cut into 1-in. pieces
1 lb. lean ground beef
2 med. carrots, peeled and chopped
2 celery stalks, chopped
1 med. onion, chopped
2 tsp. kosher salt
1/2 tsp. black pepper
2 garlic cloves, finely chopped
1/4 C. all-purpose flour
1/2 tsp. mustard powder
1/2 tsp. paprika
4 C. chicken broth
2 lb. russet potatoes, peeled and diced (about 4 med.)
2-1/2 C. shredded cheddar cheese
1 C. heavy cream
1/4 C. sour cream, plus more for serving
4 green onions, thinly sliced
Hot rolls and butter, for serving

In a large Dutch oven, cook the bacon over medium heat, stirring occasionally, until crisp and the fat is rendered, 4 to 6 min. Using a slotted spoon, remove the bacon to a paper towel-lined plate, leaving the bacon fat in the Dutch oven.

To the bacon fat, add the beef, carrots, celery, onion, salt, and pepper. Cook, stirring frequently, until the meat is brown and crumbly, 5 to 7 min. Add the garlic and cook until fragrant, about 1 min.

Sprinkle in the flour, mustard powder, and paprika. Cook, stirring frequently, until the raw flour smell disappears, 1 to 2 min. Gradually stir in the chicken broth and 1-1/2 C. of water, ensuring there are no lumps of flour. Stir in the potatoes.

Bring the mixture to a simmer. Cook until the potatoes start to become tender, 10 to 12 min. Use a potato masher or a wooden spoon to break up the potatoes a bit; the soup should have some lumps and not be smooth.

Remove from the heat and slowly stir in 2 C. of the cheese. Stir in the heavy cream and sour cream until well combined.

Divide the soup among bowls and top with some sour cream, green onions, bacon, the remaining 1/2 C. cheddar, and a sprinkle of black pepper. Serve with hot rolls.

Sheet Pan Glazed Meatloaf

Prep Time: 20 min.

Total Time: 45 min.

Servings: 4-6

Meatloaf

1/4 C. breadcrumbs
3 slices white sandwich bread
1/2 C. milk
1-1/2 lb. lean ground beef
2 lg. eggs, beaten
1/2 C. grated parmesan cheese
1/2 C. fresh parsley, finely chopped, plus more for garnish
3/4 tsp. seasoned salt (such as Lawry's®)
1/4 tsp. black pepper
Buttered rolls, for serving
Cooking spray

Vegetables

1 lb. broccoli florets
1 T. olive oil
1 tsp. seasoned salt (such as Lawry's®)
1/2 tsp. black pepper
Juice of 1/2 lemon

Glaze

3 slices bacon
1/2 C. ketchup
1/4 C. packed lt. brown sugar
1 T. balsamic vinegar
1-1/2 tsp. Worcestershire sauce

Meatloaf: Preheat the oven to 400°F. Coat a large rimmed baking sheet with cooking spray; sprinkle half of it with the breadcrumbs. Place the bread in a large bowl and pour the milk over the top, allowing the bread to soak it up. Add the beef, eggs, parmesan, parsley, seasoned salt, and pepper. Mix with your hands until well combined, making sure the bread is completely incorporated.

Pat the mixture evenly into the half of the sheet pan with the breadcrumbs, forming it into a flat rectangle.

Vegetables: Toss together the broccoli, olive oil, seasoned salt, and pepper in a medium bowl. Spread the vegetables on the other half of the sheet pan. Bake until the broccoli starts to brown, about 10 min.

Glaze: Meanwhile, cook the bacon in a medium skillet over medium heat until crisp, 5- 7 min.; let cool, then chop. Whisk together the ketchup, brown sugar, balsamic vinegar, and Worcestershire sauce in a medium bowl.

Remove the baking sheet from the oven and stir the broccoli. Brush the glaze over the meatloaf and sprinkle with the cooked bacon. Continue to bake until the meatloaf is cooked through and slightly browned, and the broccoli is golden brown and tender, about 10 min. Squeeze the lemon juice over the broccoli and toss. Cut the meatloaf into squares and garnish with parsley. Serve with the broccoli and rolls.

Sloppy Joe Casserole

Prep Time: 10 min.

Total Time: 35 min.

Servings: 6-8

4 T. butter, divided
2 lg. carrots, peeled and grated
1/2 onion, diced
1 green bell pepper
5 cloves garlic, minced
2-1/2 lb. ground beef
1-1/2 C. ketchup
2 T. brown sugar
2 tsp. chili powder
1 tsp. dry mustard
2 C. beef stock
2 T. tomato paste
2 T. Worcestershire sauce
1-1/2 tsp. salt
1/2 tsp. ground black pepper
Hot sauce, optional
12 slider rolls (12-16 oz. pkg.)
1 tsp. everything bagel seasoning, or sesame seeds

Preheat the oven to 375 °F.

Place 2 T. of butter in a large skillet and place over medium heat. Once the butter has melted, add the carrot, onion and green bell pepper and cook until slightly softened, about 4 min. Add the garlic and cook 1 more minute. Add the ground beef, breaking up into little pieces with a wooden spoon, and cook until no pink pieces remain, 5-7 min. If a lot of liquid or fat remain in the skillet, drain most and discard.

Add the ketchup, brown sugar, chili powder, dry mustard, beef stock, tomato paste, Worcestershire sauce, salt and pepper. Stir to combine and simmer for 3-5 min. Add hot sauce if desired. Transfer the mixture to a 9-by-13-inch casserole dish.

Melt the remaining 2 T. of butter. Nestle the slider rolls (tops and bottoms together) into the sloppy joe mixture and brush all over with the melted butter. Sprinkle the tops all over with everything bagel seasoning or sesame seeds. Bake for 8-10 min. until the tops of the buns are toasty. Serve in serving bowls immediately.

Easy Pumpkin Roll

Servings 8

3 lg. eggs
1 C. granulated sugar
2/3 C. canned pumpkin
1 tsp. lemon juice
3/4 C. all-purpose flour
2 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. ground ginger
1/2 tsp. ground nutmeg
1/4 tsp. salt
1 C. chopped walnuts

Filling

1 C. powdered sugar
1 (8 oz.) pkg. cream cheese softened
1/4 C. butter softened
1 tsp. vanilla

Preheat the oven to 375°F. Grease & flour a 15x10x1" jelly roll baking pan. Line with parchment paper for ease of removal. Set aside.

In a large bowl beat eggs with electric mixer on high speed for 5 min. Gradually beat in sugar. Now stir in pumpkin and lemon juice.

In medium bowl stir together flour, cinnamon, baking powder, ginger, nutmeg, and salt. Fold into pumpkin mixture and mix well.

Spread cake in prepared pan and sprinkle with walnuts. Bake at 375°F for 15 min. or until cake springs back when lightly touched. Do not overbake.

Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled with powdered sugar. Starting from a short side, roll up the warm cake and the powdered sugar-coated towel together and let the cake cool.

Filling: in a medium bowl combine powdered sugar, softened cream cheese, butter, and vanilla. Beat with an electric mixer on low speed until smooth.

Carefully unroll the cooled cake & towel. Spread the filling over the cake, leaving a 1" border around the edges. Starting from a short side, roll up the cake and filling.

Cover and refrigerate. To serve, sprinkle with additional powdered sugar; cut into slices.

Apple Tiramisu

Prep Time: 15 min.

Total Time: 15 min.

Servings: 6

1 C. heavy cream
1 C. mascarpone
1 C. applesauce
1/4 C. granulated sugar
1 T. fresh lemon juice
1 tsp. cinnamon divided + some more to sprinkle
3/4 C. full-fat milk
30 ladyfingers (or more)

Whip the heavy cream until stiff.

Mix the mascarpone until smooth, don't overdo- it will become too runny.

Fold in the applesauce, sugar, 1/2 tsp. cinnamon, and lemon juice. Fold in the whipped cream carefully.

Assemble: Place half of the ladyfingers into the serving dish. Mix the milk and the remaining 1/2 tsp. cinnamon together and sprinkle half of this mixture over the ladyfingers.

Spread half of the applesauce mascarpone mixture on top and add the rest of the ladyfingers. Sprinkle them with the rest of the milk and add the remaining applesauce mascarpone mixture over them.

Cover the dish with cling film/plastic wrap and place it in the fridge. Leave it overnight.

Sprinkle with some more cinnamon and one or two crushed ladyfingers before serving.

Quote of the Week:

"A politician thinks of the next election. A statesman, of the next generation."

~ James Freeman Clarke (Election Day, 3rd)