



10 EASY

# Fall Recipes

FOR THE MODERN  
FAMILY

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# Mini Pumpkin Muffins

## ingredients

- 1 and  $\frac{3}{4}$  cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  cup brown sugar I used dark
- 2 eggs
- 1 cup pumpkin puree – not the pie filling
- $\frac{1}{3}$  cup melted butter
- $\frac{1}{3}$  cup milk
- 1 teaspoon Rodelle Pumpkin Spice Extract
- $\frac{2}{3}$  cup chocolate chips I used regular size

## directions

1. Preheat oven to 350 and grease a mini muffin tin, or line it with mini muffin cups.
2. Mix together the first 5 ingredients in a large bowl, set aside.
3. In another bowl whisk together the butter and brown sugar.
4. Whisk in the eggs and pumpkin spice extract.
5. Finally stir in the milk.
6. Pour the wet ingredients into the dry, and stir until just combined. (you don't want to overmix)
7. Fold in the chocolate chips, and place 1 heaping tablespoon full of batter into the prepared muffin tin.
8. Bake for 12 to 14 minutes or until a toothpick inserted in the center comes out clean.
9. Allow to cool slightly before removing. from the pan.

## notes

If you do not have access to the Rodelle Pumpkin Spice extract, you can use 1 teaspoon of Pumpkin Pie Spice instead.



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# Pumpkin Banana Bread

## ingredients

### bread

- 2 cups flour
- $\frac{3}{4}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{4}$  cup butter, room temperature
- 2 eggs
- 2 large rip bananas
- $\frac{1}{4}$  cup pumpkin puree, not the pie mix
- $\frac{1}{3}$  cup greek yogurt or sour cream

### glaze

- $\frac{1}{2}$  cup powdered sugar
- 1 tablespoon milk

### cinnamon swirl

- $\frac{1}{4}$  cup sugar
- 1 teaspoon cinnamon

## directions

1. Preheat the oven to 350 degrees. Grease and line a loaf pan. Set aside.
2. In a medium bowl whisk together the flour, baking soda, salt and cinnamon. Set aside.
3. In a large bowl attached to a stand mixer, combine the brown sugar and butter for 3 minutes on medium speed, until creamy.
4. Add in the eggs one at a time.
5. Drop in the bananas, pumpkin puree, yogurt and vanilla extract. Combine.
6. Slowly add the dry ingredients, until combined. Set aside.
7. Stir together the cinnamon swirl ingredients. Set aside.
8. Pour half of the batter into the loaf pan and sprinkle all the cinnamon swirl ingredients onto the batter. Pour the remaining batter on top.
9. Bake for 55 minutes to 1 hour and 10 minutes. Time will depend on your oven. Insert a knife to test for doneness.
10. Once baked. Remove and allow to cool completely, before removing and placing on a cooling rack.
11. Once completely cooled, whisk together the ingredients for the glaze and drizzle on top.



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# Smokey Black Bean Dip

## ingredients

- 4 slices bacon
- 1 medium onion, chopped (reserve one tablespoon for topping) I used a sweet onion
- 1 small red bell pepper, chopped (reserve one tablespoon for topping)
- 2 15 ounce cans black beans, drained
- ½ teaspoon cumin
- ½ teaspoon oregano
- 1 tablespoon chopped chili in chipolte sauce
- ½ cup sour cream
- salt and pepper to taste



## directions

1. Cook the bacon, until nice and crispy in a large pan, over medium heat. Remove from the pan, and drain on paper towels. Remove the bacon grease, leaving behind one tablespoon. In the pan with the one tablespoon of bacon drippings, saute the onion and bell pepper, until tender.
2. Add the cumin, oregano, salt and pepper. Stir. Pour the black beans and chopped chili's in, and bring to a simmer. Simmering for about 10 minutes. Allow to cool for 15 to 20 minutes. While cooling, chop up the bacon.
3. Pour into a blender with the sour cream, and blend until smooth. At this point give it a taste. Add more salt and pepper as needed. If you want it spicier, add in some of the sauce from the canned chili. Pour into a serving bowl, mix in half the bacon. Top with the remaining bacon, red pepper, and onion. Serve warm or at room temperature.

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# Best Easy Chili

## ingredients

- 1 pound ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chipotle chili powder
- 1/2 tablespoon chili powder (regular chili powder)
- 1 packet of chili seasoning (mild or hot)
- 2 cans chili flavored beans
- 2 can red kidney beans
- 1/2 cup diced onion
- 1 big can stewed tomatoes (29 ounces)
- 1 can tomato sauce (15 ounce)

## directions

1. In a large stock pot, over medium to high heat, add your ground beef, onion and spices.
2. Cook until the beef is no longer pink and onions are translucent. Drain away any fat.
3. Add in your packet of chili seasoning, and fill the packet with water, and add that.
4. Stirring until the meat and onion are thoroughly coated.
5. Turn off heat.
6. Blend the one can of kidney beans in a blender until it's pureed.
7. Pour your blended beans, chili beans, tomato sauces, and stewed tomatoes into your meat.
8. Bring to a boil, stirring occasionally, because it will stick!
9. Boil for 3 to 4 minutes, bring the heat down and allow the chili to simmer, stirring occasionally.
10. Continue simmering over low heat for several hours.

## notes

Make this in the crock pot, by following steps number 1 and 2. Place all ingredients into a crock pot and give it a good stir. Turn on to low, it will be ready in 4 hours.



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# Old Fashioned Veggie Soup

## ingredients

- 1 pound ground beef
- 1 large can of stewed tomatoes
- 1 large can tomato sauce
- 1 can peas and carrots
- 1 can green beans
- 2 Idaho potatoes peeled and cut up into 1 inch size chunks
- salt pepper, garlic powder, onion powder
- ½ teaspoon hot sauce
- ¼ teaspoon Worcestershire Sauce

## directions

1. In a large (soup) pot, cook your ground beef over medium to high heat.
2. While the meat is cooking, pour in the Worcestershire Sauce and season it liberally with salt, pepper, garlic powder, and onion powder. (y'all I don't measure here, use your judgement. you can always add more later)
3. Drain away all but ¼th of the grease.
4. Pour in your hot sauce and tomato sauce, being sure to rinse the can with just enough water to get all the tomato sauce out.
5. Pour in the stewed tomatoes, and canned vegetables.
6. Drop in the potatoes.
7. Stir to combine everything.
8. Bring to a boil, and reduce to simmer.
9. Simmer for 30 to 45 minutes or until the potatoes are fork tender. As with all soups, the longer it has to simmer the better.

## notes

I have never made this with frozen or fresh vegetables. The reason for the canned vegetables is the liquid with them. This is what makes this soups main flavors. We buy organic canned tomatoes and vegetables, and I urge you to do the same, if you worried about the preservatives.



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# Enchilada Soup

## ingredients

- 2 tablespoons avocado oil
- 1 yellow onion, finely chopped
- 1 bell pepper (color of your choice)
- 4 garlic cloves, minced (about 1 tablespoon)
- 1 tablespoon cumin
- 1 teaspoon chili powder
- 1 ¼ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons all purpose flour
- 3 cups vegetable broth
- 2 cups milk
- 2 (15oz) cans Navy beans
- 2 (4oz) cans diced green chilies
- 1 cup yogurt (plain) or sour cream

## directions

1. Heat oil in large pot over medium heat. Sauté bell pepper and onion for about 6 minutes, until softened. Add garlic and all the spices. Cook 2 minutes.
2. Sprinkle in the flour, and stir. Cook 2 minutes. Whisk in the broth and milk, making sure to scrape the brown bits from the bottom. Add the beans, green chilies and corn. Bring to a boil. Reduce heat and simmer for 15 minutes.
3. Place the yogurt in a bowl and add a ½ cup of the soup. Stir to combine, and pour the mixture into the soup. (this step is called tempering)
4. Give the soup a final stir and serve.

### crock pot

1. Sauté the bell pepper and onion, as required in step 1 above.
2. Add all ingredients, except for the flour and yogurt to the crockpot, and cook on high for 4 hours or on low for 6 hours.
3. When ready to serve, place the yogurt in a bowl and add a ½ cup of the soup. Stir to combine, and pour the mixture into the soup. (this step is called tempering)
4. Give the soup a final stir and serve.

## notes

feel free to add shredded chicken from a rotisserie chicken, up to two cups.



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# Maple Chicken with Butternut Squash

## ingredients

- 1 pound butternut squash, peeled, and sliced into ½ inch chunks
- 4 boneless skinless chicken breasts
- 2 teaspoons steak seasoning
- 2 tablespoons butter, room temperature
- 1 teaspoon cinnamon
- ¼ cup maple syrup
- ½ cup diced green onion



## directions

1. Place your sliced butternut squash into a large microwave safe bowl. Place 2 tablespoons of water in the bottom. Cover with plastic wrap and vent. Cook in the microwave for 2 minutes, and check for fork tenderness. Add an additional minute. Check again. Do this until your butternut squash is for tender. Remove from the microwave and season with cinnamon (to taste), I used more than one teaspoon. Add the butter, and mash to a consistency that you like.
2. Meanwhile, season the chicken breasts on both sides with the steak seasoning. Heat a large pan over medium to high heat, and cook chicken on both sides 6 to 8 minutes each side, until they are cooked through and no longer pink. Remove from the skillet, and set aside.
3. In the skillet whisk in the maple syrup, being sure to scrape up any bits from the bottom. Cook for two minutes. Stir in the green onions. Remove from the pan. Divide the chicken and butternut squash among four plates and top with the maple glaze.

## notes

feel free to use sweet potatoes instead of the butternut squash.

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# Best Ever Sweet Potato Casserole

## ingredients

- 2 cups mashed sweet potatoes
- 1 cup pumpkin puree
- 2 eggs
- ½ cup butter, room temperature
- ⅓ cup milk

## topping

- ½ cup flour
- ½ cup brown sugar
- 1 teaspoon cinnamon
- ½ stick butter room temperature
- ¼ teaspoon salt

## directions

1. Preheat the oven to 350 degrees. Grease a 2 quart baking dish, and set aside.
2. In a bowl attached to a stand mixer, mix together the mashed sweet potatoes, pumpkin, and butter until combined.
3. Add the sugar, eggs, milk and vanilla extract. Beat until combined.
4. Pour into prepared baking dish.
5. Prepare the topping by mixing together with a fork or pastry cutter the brown sugar, flour, butter and salt. You're looking for a wet sandy texture.
6. Drop small pieces all over the top of the sweet potato pumpkin mix.
7. Bake for 30 to 40 minutes until top is golden brown.

## notes

you can also substitute the sweet potato for pumpkin. I wouldn't suggest using canned, but fresh pumpkin instead.



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# Silky Pumpkin Pie

## ingredients

### crust

- 45 gingersnap cookies
- 2 tablespoons light brown sugar
- 1 teaspoon ginger
- 1 teaspoon ginger
- 1 stick butter, melted

### filling

- 1 - 15oz can pumpkin puree
- 2/3 cups sugar
- 1 teaspoon cinnamon
- 1 - 14oz can sweetened condensed milk
- 2 eggs
- 1 egg yolk
- 1 teaspoon pumpkin spice extract

## directions

1. Preheat oven to 350 degrees.
2. Combine ginger snap cookies, brown sugar, and spices in a high powered blender or food processor. Pulse until cookies are broken down into a coarse crumb.
3. Add the melted butter, and pulse until combined. In a 9 inch pie pan, pour out the crumbs, and using a heavy glass press into the bottom and the sides of the pie plate.
4. Bake for 8 minutes. Allow to cool for at least 10 minutes before pouring in the filling.
5. While the crust is baking and cooling, prepare your filling mix by combining the pumpkin, sugars, cinnamon in a medium pot, over medium heat. Whisking until warm, and the sugars have melted.
6. Turn the heat to low, and whisk in the condensed milk, until combined. Remove from the heat, whisk in the eggs and egg yolk. Whisk in the pumpkin spice extract.
7. Pour into cooled crust, and bake for 30 to 35 minutes, until the filling is mostly set. Allow to cool completely before serving. If serving same day, allowing to cool for 2 to 3 hours would be perfect.
8. You can also place in the fridge to help cool it down. I serve mine chilled, but it can also be served at room temperature.

## notes

If you do not have pumpkin spice extract, you can use 2 teaspoons ginger, ¼ teaspoon cloves, and ½ teaspoon vanilla



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# Pear Bundt Cake

## ingredients

### cake

- 3 cups flour
- 1 ½ cups brown sugar, light, packed
- 1 tablespoon cinnamon
- ½ teaspoon ginger
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 eggs, room temperature, beaten
- 1 ¼ cup canola oil
- 2 teaspoons vanilla extract
- 1 ½ cups peeled and chopped pear
- 1 ½ cups peeled and grated pear

### vanilla bean caramel

- 4 tablespoons butter
- ½ cup brown sugar, light, packed
- ⅓ cup heavy whipping cream
- 1 tablespoon Rodelle Vanilla Paste
- ¾ cup powdered sugar

## directions

### cake

1. Preheat oven to 325 degrees. Spray and flour a bundt pan, set aside.
2. In a large bowl whisk together the flour, brown sugar, cinnamon, ginger, baking soda, and salt. Pour in the beaten eggs, canola oil, and vanilla. Stir until fully combined. Fold in the diced pear and grated pear until combined. Pour into the prepared bundt pan, and bake for 55 to 65 minutes, or until a tooth pick inserted comes out clean.
3. Allow to cool on a cooling rack in the bundt pan for 20 minutes. Invert the bundt pan and drop the cake out onto the cooling rack, allowing to cool completely. When cooled completely make the caramel.

### vanilla bean caramel

1. In a small sauce pan over medium to high heat, melt the butter. Once melted pour in the brown sugar, heavy whipping cream, and salt. Allow to come to a boil for one minute, while whisking the entire time.
2. Remove from the heat at the one minute mark, and whisk in the vanilla paste. Allow to cool completely before stirring in the powdered sugar.
3. Once the powdered sugar has been stirred in, if it becomes too thick to pour, microwave for 10 seconds, and give it a good stir.
4. Drizzle over the pear bundt cake, and serve!



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