



Pumpkin Gingerbread

Ingredients (Makes 2 loaves/20 slices.)

Prep time: 20 minutes active; 65 minutes total.)

2 cups sugar	1 tablespoon ground ginger
½ cup canola oil	1 teaspoon ground allspice
1 cup applesauce	1 teaspoon ground cinnamon
½ cup blackstrap molasses	1 teaspoon salt
4 large eggs	2 teaspoons baking soda
2 teaspoons vanilla extract	½ teaspoon baking powder
½ cup water	2 cups all-purpose flour
1 15-ounce can pumpkin puree	1½ cups whole wheat flour

Preparation

Preheat the oven to 350°F. Grease two 9 x 5 inch loaf pans.

In a mixing bowl, whisk together the spices, salt, baking soda, baking powder and flours.

In a second large mixing bowl, whisk together the sugar, oil, applesauce, molasses, eggs, vanilla, water, and pumpkin until smooth and well blended. Add the flour mix to the wet ingredients and blend well, then pour the batter evenly into the loaf pans.

Bake for 45-50 minutes until a toothpick inserted into the center of the loaf comes out clean, being careful not to over-bake. Let cool for 15 minutes before removing from the pan.

Pumpkin Gingerbread

Ingredient checklist

BULK

- Sugar
- Baking powder
- Whole wheat flour
- Baking soda
- All-purpose flour

GROCERY

- Canola oil
- Blackstrap molasses
- Applesauce
- Pumpkin puree

REFRIGERATED/DAIRY

- Eggs

SPICES/SEASONINGS

- Vanilla
- Ground allspice
- Salt
- Ground ginger
- Ground cinnamon

Serving suggestion

Pumpkin bread is a delicious breakfast treat served warm with a smear of cream cheese and a drizzle of honey.

Nutritional information per serving (1 slice)

250 calories	7 g. fat
41 mg. cholesterol	301 mg. sodium
44 g. carbohydrate	2 g. fiber
4 g. protein	

The nutritional values and information provided are approximations.



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RUSH HOUR RECIPES

Potato Leek Soup with Gruyere

Ingredients (Serves 8. Prep time: 15 minutes active, 45 minutes total.)

3 tablespoons butter	$\frac{1}{2}$ cup white wine
3 large leeks, washed well, trimmed and thinly sliced	4 cups vegetable or chicken broth
2 cloves garlic, minced	2 $\frac{1}{2}$ cups water
1 teaspoon dried thyme	$\frac{1}{4}$ cup flour
2 pounds russet potatoes, washed and diced into 1-inch pieces	8 ounces Gruyere cheese, shredded
	Salt and ground black pepper, to taste

Preparation

In a large stock pot or Dutch oven, melt the butter over medium-high heat. Add the sliced leeks and sauté for 5 minutes until leeks are soft. Add the garlic and thyme and cook for 2 more minutes, then add the potatoes, white wine, vegetable broth, and 2 cups of water. Bring to a boil, then reduce heat to a simmer and cook for about 10 minutes until the potatoes are just tender.

While potatoes are cooking, whisk together the remaining $\frac{1}{2}$ cup of water with the flour in a small bowl. Whisk the flour-water mixture into the soup once the potatoes are tender and simmer for another 5 minutes.

Remove the soup from heat, remove 2 to 3 cups of the soup from the pot to a blender and blend in the cheese, then slowly stir the cheesy soup mixture back into the soup pot. Season with salt and black pepper and serve hot.

Potato Leek Soup with Gruyere

Ingredient checklist

PRODUCE

- Leeks
- Russet potatoes
- Garlic

BULK

- Flour

GROCERY

- White wine
- Vegetable or chicken broth

REFRIGERATED/DAIRY

- Butter
- Gruyere cheese

SPICES/SEASONINGS

- Dried thyme
- Sea salt
- Black pepper

Serving suggestion

This hearty vegetarian soup tastes even better when garnished with crispy fried leeks, or chopped bacon or ham. Serve in small bowls with multigrain crackers for a warming and welcoming appetizer course.

Nutritional information per serving

349 calories	15 g. fat
36 mg. cholesterol	577 mg. sodium
36 g. carbohydrate	4 g. fiber
15 g. protein	

The nutritional values and information provided are approximations.



Cranberry Pecan Skillet Stuffing

Ingredients (Serves 6. Prep time: 20 minutes active; 60 minutes total.)

4 to 5 cups vegan multigrain bread, cut in $\frac{1}{2}$ - to 1-inch cubes and toasted
2 tablespoons olive oil
2 garlic cloves, peeled and minced
2 cups onion, diced
 $\frac{1}{2}$ cup carrots, diced
 $\frac{3}{4}$ cup celery, diced
 $\frac{1}{4}$ cup green bell pepper, diced
1 cup button mushrooms, sliced

1 teaspoon dried sage
1 teaspoon dried rosemary
1 teaspoon dried thyme
1 $\frac{1}{2}$ cups vegetable broth
 $\frac{1}{3}$ cup dried cranberries
 $\frac{1}{3}$ cup pecans, chopped
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper

Preparation

Preheat oven to 375°F.

Heat 2 tablespoons olive oil in a large iron skillet over medium-high heat and sauté the garlic, onion, carrots, celery, and green pepper for 5 minutes. Add the mushrooms and dried herbs and continue to cook for a few more minutes until mushrooms are tender. Stir in the vegetable broth, cranberries, pecans, salt, pepper, and toasted bread cubes. Cover with aluminum foil and bake for about 30 minutes, then uncover and bake another 5-10 minutes. Let the stuffing sit for 15 minutes before serving.

Note: If you do not have an iron skillet, sauté the ingredients in a sauté pan then transfer to a greased 9 x 13 inch casserole dish for baking.

Cranberry Pecan Skillet Stuffing

Ingredient checklist

PRODUCE

- Garlic
- Onion
- Carrots
- Celery
- Green bell pepper
- Button mushrooms

BULK

- Dried cranberries
- Pecans

GROCERY

- Vegan multigrain bread
- Olive oil
- Vegetable broth

SPICES/SEASONINGS

- Dried sage
- Dried rosemary
- Dried thyme
- Sea salt
- Black pepper

Serving suggestion

Add a pan-fried tofu steak and mushroom gravy to this vegan stuffing for your favorite vegetarian Thanksgiving guest.

Nutritional information per serving

302 calories	12 g. fat
0 mg. cholesterol	543 mg. sodium
42 g. carbohydrate	7 g. fiber
10 g. protein	

The nutritional values and information provided are approximations.





Spicy Sweet Potato Wedges with Jalapeño Sour Cream

Ingredients (Serves 6. Prep time: 10 minutes active, 50 minutes total.)

2 pounds sweet potatoes, washed and cut lengthwise into large wedges

2 tablespoons vegetable oil

2 cloves garlic, minced

1 teaspoon chili powder

1 teaspoon paprika

½ teaspoon cumin powder

½ teaspoon dried thyme

½ teaspoon onion powder

½ teaspoon chili flakes

¼ teaspoon salt

¼ teaspoon black pepper

Pinch of cayenne pepper

For jalapeño sour cream:

½ cup light sour cream

1 jalapeño pepper, seeded and minced

2 tablespoons fresh lime juice

Pinch of salt

Preparation

Preheat the oven to 400° F.

In a large bowl, mix together the oil and spices. Add the sweet potato wedges and toss until well coated. Spread the seasoned wedges out on a large sheet pan. Place in oven and bake for 20 minutes, stir or flip the wedges, and bake an additional 20 minutes until browned and tender.

While potatoes are roasting, mix together the sour cream, jalapeño pepper, lime and salt in a small bowl. Refrigerate until ready to serve.

Remove the wedges from the oven and let them rest for 5 minutes before serving with the jalapeño sour cream.

Spicy Sweet Potato Wedges with Jalapeño Sour Cream

Ingredient checklist

PRODUCE

- Sweet potatoes
- Jalapeño pepper
- Garlic
- Lime

GROCERY

- Vegetable oil

REFRIGERATED/DAIRY

- Light sour cream

SPICES/SEASONINGS

- Chili powder
- Cumin powder
- Onion powder
- Cayenne pepper
- Black pepper
- Paprika
- Dried thyme
- Chili flakes
- Sea salt

Serving suggestion

These tasty wedges are the perfect accompaniment for roast turkey sandwiches, breakfast hash, or a big bowl of chili; or serve as a party snack.

Nutritional information per serving

247 calories	7 g. fat
10 mg. cholesterol	136 mg. sodium
45 g. carbohydrate	7 g. fiber
3 g. protein	

The nutritional values and information provided are approximations.



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Maple Syrup Blondies

Ingredients (Makes 16 bars. Prep time: 15 minutes active; 45 minutes total.)

1 $\frac{1}{2}$ cup plus 2 teaspoons maple syrup
 $\frac{2}{3}$ cup unsalted butter
2 eggs (room temperature)
 $\frac{1}{2}$ teaspoon vanilla extract

2 $\frac{1}{4}$ cups whole wheat flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt

Preparation

Preheat oven to 325 degrees F.

Heat maple syrup in saucepan over medium high heat until it comes to a simmer. Lower heat to medium and let syrup reduce by approximately $\frac{1}{4}$ cup; about 5 minutes. Turn off heat and add butter. Set aside.

In a large mixing bowl, whisk together eggs and vanilla. Slowly stream syrup and butter mixture into eggs, while whisking continuously. In a separate bowl, combine all dry ingredients and mix well. Incorporate dry mixture into the wet mixture in small amounts, stirring to a smooth consistency. Pour into a well-greased 9"x 9" glass baking pan. Bake for 25-30 minutes or until center is set but still a bit moist. Remove from oven and cool before cutting.

Maple Syrup Blondies

Ingredient checklist

BULK

- Whole wheat flour
- Baking powder
- Baking soda

GROCERY

- Maple syrup

REFRIGERATED/DAIRY

- Eggs
- Butter

SPICES/SEASONINGS

- Vanilla
- Sea salt

Serving suggestion

For an extra rich treat, drizzle a few teaspoons of maple syrup or honey over the fresh blondies just before serving.

Nutritional information per serving

212 calories	9 g. fat
46 mg. cholesterol	126 mg. sodium
32 g. carbohydrate	2 g. fiber
3 g. protein	

The nutritional values and information provided are approximations.



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