

# SLOW COOKER BLACK BEAN TURKEY CHILI



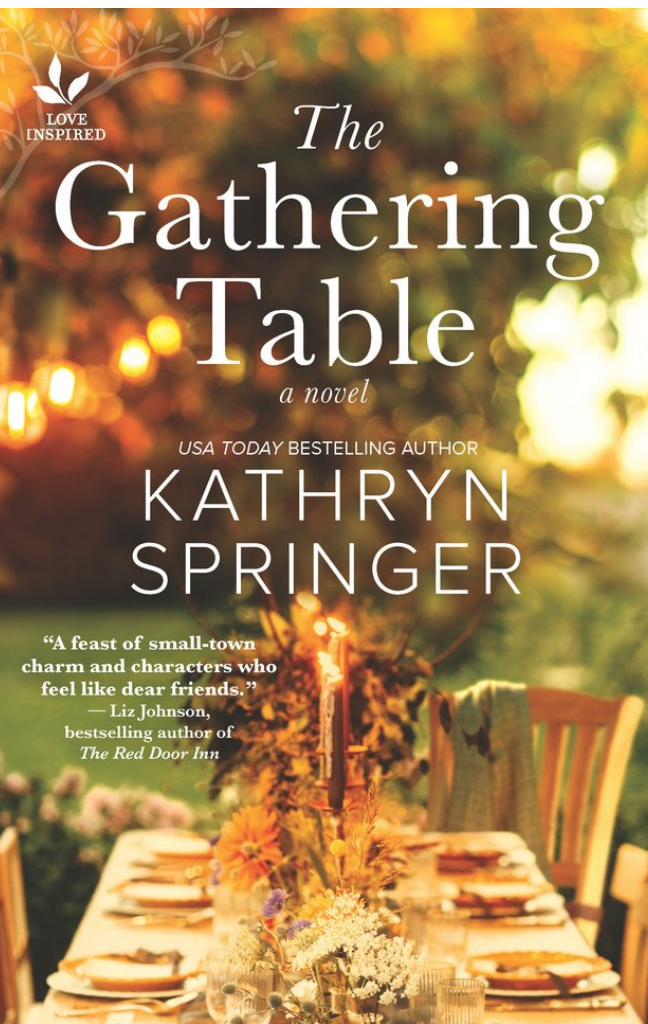
## Ingredients

- 1 cup onion, chopped
- 1 yellow bell pepper, chopped
- 3 garlic cloves, minced
- 2 Tbsp. olive oil
- 1 ½ tsp. dried oregano
- 1 ½-2 tsp. ground cumin
- 2 tsp. chili powder
- 2 15-oz. cans black beans, rinsed and drained
- 2 ½ cups cooked ground turkey or cooked diced turkey
- 1 16 oz. can of pumpkin (yes, pumpkin. It sounds strange, but trust me, it works!)
- 1 ½-oz. can diced tomatoes (I like fire roasted)



## Directions

- Sauté onions, yellow pepper, and garlic in oil until soft.
- Stir in oregano, cumin, and chili powder. Cook 1 minute.
- Transfer to slow cooker.
- Add remaining ingredients, cover and cook on low for 7-8 hours.
- Makes 10-12 servings.

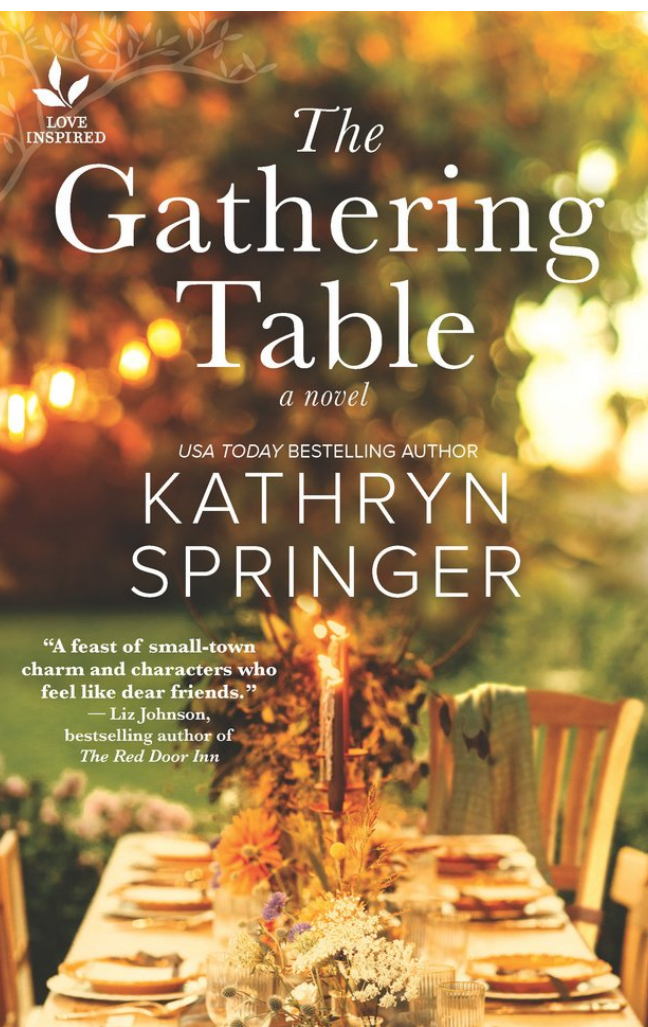




# TIME “SAVOR” CHICKEN POT PIE SOUP (WITH PUFF PASTRY)

## Ingredients

- 1 rotisserie chicken (this is the time saving ingredient!)
  - 1 tablespoon oil
  - 1 stick unsalted butter
  - 1 cup onion, chopped
  - 3 medium carrots, diced
  - 2 stalks of celery, diced
  - 4 tablespoons all-purpose flour
  - 1 cup whole milk or half and half
  - 2 cups low sodium chicken broth
  - 1 ½ cups frozen peas
  - Salt and pepper to taste
  - 2 bay leaves
  - 1 pkg. puff pastry
- Egg wash for pastry:
- 1 whole egg, lightly beaten
  - 1 tablespoon water



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## Directions

- In a large stock pot, add oil and ½ stick of the butter; add onion, celery and carrots; cook 5 minutes or until veggies are tender.
- Add remaining half stick of butter. Sprinkle flour over butter/vegetable mixture one tablespoon at a time, stirring constantly; cook for 5 minutes.
- Add milk or half and half and continue to stir. Add chicken broth, frozen peas and bay leaves.
- Cook on medium heat while cutting chicken into bite-sized pieces. Add chicken to soup and cook on medium-low for 20 minutes. While soup is simmering, bake puff pastry. Salt and pepper to taste. Remove bay leaves and top with puff pastry.
- Puff Pastry
- Roll out pastry sheets onto lightly oiled baking pan
- Cut into quarters
- Brush with egg wash
- Place in oven and baked at 400F for 12-15 minutes, or until pastry is golden brown.



# CAST IRON SKILLET APPLE CAKE WITH CARAMEL FROSTING

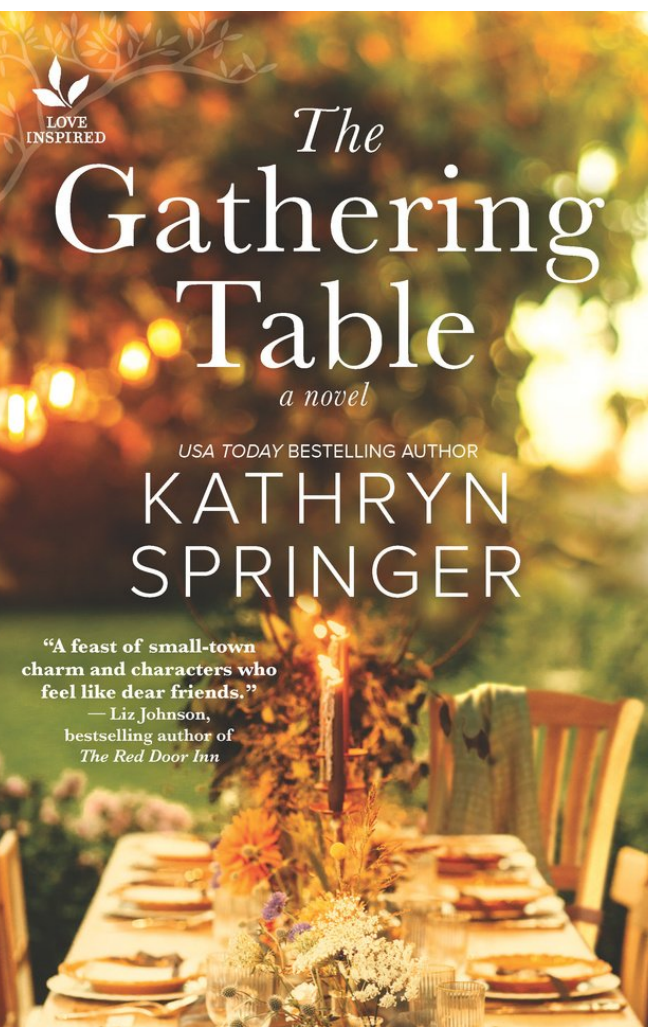
## Ingredients

### Cake:

- 2½ cups all-purpose flour
- 2 tsp. baking soda
- ½ tsp. salt
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ½ cup unsalted butter
- 2 cups granulated sugar
- 2 eggs
- 4 cups peeled, chopped apple

### Frosting:

- 1/3 cup butter
- ½ cup packed light brown sugar
- 3 tablespoons whole milk
- 1 tsp. vanilla extract
- 1½ cups powdered sugar



## Directions

- Position a rack in the center of the oven and reheat to 350 degrees F. Butter a 10-inch cast iron skillet, dust with flour, tap out excess.
- Prepare the cake by combining the flour, baking soda, salt, cinnamon and nutmeg in a large bowl. Mix well. In a separate bowl, using an electric mixer, cream together the butter and sugar. Add the eggs, one at a time, beating well after each addition. Stir in the flour mixture until just combined. Fold in the apples.
- Spread the batter evenly in the skillet and bake until a toothpick inserted into the center of the cake comes out clean, 40-45 minutes. Cool in the pan.
- To prepare the frosting, melt the butter in a small saucepan over medium heat. Add the brown sugar and stir until it dissolves. Add the milk and bring to a boil. Pour into a mixing bowl and let cool for 10 minutes. Add the vanilla and powdered sugar and beat with a whisk until creamy. (Frosting will thicken as it cools) Spread evenly over the cooled apple cake. Sprinkle chopped pecans over the top and serve.