

Simple Fall Slaw



SLAW

1/2 cup broccoli (finely chopped)
1 medium beet (cut in matchsticks)
1 1/2 cup carrots (cut in matchsticks)
1/2 cup radish (cut in matchsticks)
1 large sweet apple (cut in matchsticks)

1/3 red onion (thinly sliced)
1/3 cup roasted unsalted sunflower seeds (raw and/or salted also works)

DRESSING

2 1/2 Tbsp. Tahini
1 Tbsp. apple cider vinegar
1 large lemon (juiced)
1 - 2 Tbsp. maple syrup (or other sweetener of choice)
1 pinch each sea salt + black pepper
1 Tbsp. extra virgin olive or avocado oil

Water (to thin)

INSTRUCTIONS

1. Prepare all veggies and add to a bowl. A mandolin, a sharp knife and some patience, or a food processor with a grating attachment will work brilliantly.
2. Whisk dressing ingredients in a small mixing bowl and taste and adjust seasonings as needed.
3. Add dressing to veggies, along with sunflower seeds, and toss to coat. Chill for at least 1 hour before serving, preferably 2-3 hours or up to overnight.
4. Store in the fridge covered for a few days, though best within the first 24-48 hours.

<https://minimalistbaker.com/simple-fall-slaw/>

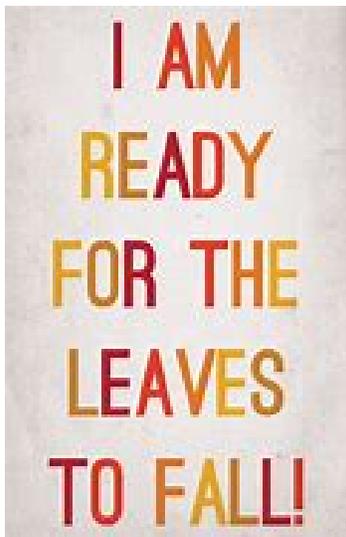
Fall Soup

2 Garlic ; minced
1 tsp. Dried Oregano
Italian parsley for garnish
4 c Canned whole tomatoes
2 c Water
1 tbsp. Plus 1 tsp olive oil
1 pkg. Dried cheese tortellini
1 c Chopped carrot
1 Bay leaf
2 c Chicken broth
1/2 c Onions ; chopped
1 tsp. Dried basil
1/2 c Chopped fennel (optional)
2 c Escarole or spinach;



Heat olive oil in large stockpot; sauté onion, carrot, fennel and garlic. Cook until vegetables are limp; stir in herbs, and cook 1 minute. Stir in chopped tomatoes, 2 c. water and chicken broth and cook for 15 min. Add pasta, and cook until tortellini is tender, adding additional water, if necessary. Add escarole or spinach, and cook for 6 min. Garnish with Italian parsley.

<https://www.bigoven.com/recipe/fall-soup/83466>



Creamy Italian Sausage and Tortellini Soup



Tortellini Soup

1 lb. hot or mild Italian Sausage
1 tablespoon olive oil
1 small yellow onion, diced
2-3 large carrots, peeled and diced
2 teaspoons minced garlic
3 tablespoons unsalted butter
1/4 cup all-purpose flour
5 cups chicken broth or stock
1 package (16 oz.) cheese tortellini
1 1/2 teaspoons Italian seasoning
4 oz. fresh spinach, stems removed and coarsely chopped
1 pint (2 cups) half and half or heavy cream
Salt and pepper, to taste
Freshly grated Parmesan cheese, to preference
Optional: crusty baguette

Instructions

1. In large pot over med-high heat, cook & crumble sausage until browned. Transfer sausage to a paper-towel lined plate and dab with another paper towel to get rid of the grease. Set aside.
2. Keeping the pot at med-high heat, add the olive oil along with the diced onion, and diced carrots. Sauté, stirring occasionally, for 5-7 min. or until vegetables are soft. Add garlic and sauté for 1 more min., stirring occasionally.
3. Once butter is melted, whisk in flour and cook, stirring constantly, for 1 min. Slowly add the chicken broth or stock, whisking to combine. Continue cooking, stirring occasionally, until mixture reaches a simmer. Reduce heat to med-low and allow to simmer and thicken for about 5-8 min.
4. Add the cooked sausage, Italian seasoning, tortellini**, salt & pepper (to taste, I add about 1 teaspoon salt and 1/2 teaspoon pepper), spinach, and half & half or heavy cream to the pot. Stir and then simmer or medium heat for about 5 minutes or until the spinach is wilted and the tortellini is cooked through.
5. Serve immediately with freshly grated parmesan and crusty baguette, if desired.

Recipe Notes - If you plan on having leftovers, cook the tortellini separately and add it to individual bowls. Otherwise it will absorb all the liquid (and become "soggy")

<https://www.chelseasmessyapron.com/creamy-italian-sausage-tortellini-soup/>