

-- Spencer's Weekly Recipes --

Cauliflower Au Gratin



6 tbsp. butter, cubed
4 ounces cooked ham, chopped
1 to 2 garlic cloves, minced
1 head cauliflower, broken into florets
1-1/2 cups heavy whipping cream
2 tbsp. all-purpose flour
1/4 tsp. salt
1/4 tsp. pepper
Dash cayenne pepper
1-1/2 cups shredded Swiss cheese
2 to 3 tbsp. minced fresh parsley

Directions

1. Preheat broiler. Meanwhile, in a large skillet, heat butter over medium heat. Add ham and garlic; sauté for 2 min. Add cauliflower, and cook just until crisp-tender. Combine cream and flour; stir into skillet, and blend well. Add salt, pepper and cayenne pepper. Cook and stir until thickened and bubbly; cook and stir 1 minute longer.
2. Pour into a 2-qt. baking dish. Sprinkle with cheese. Broil until lightly browned, 2-4 min. Sprinkle with parsley. Serve immediately. Makes 8 servings.

<https://www.tasteofhome.com/recipes/cauliflower-au-gratin/>

Firehouse Chili

2 tbsp. canola oil
4 lb. lean ground beef (90% lean)
2 medium onions, chopped
1 medium green pepper, chopped
4 cans (16 oz. each) kidney beans, rinsed and drained
3 cans (28 oz. each) stewed tomatoes, cut up
1 can (14-1/2 oz.) beef broth
3 tbsp. chili powder
2 tbsp. ground coriander
2 tbsp. ground cumin
4 garlic cloves, minced
1 tsp. dried oregano



Directions

1. In a Dutch oven, heat canola oil over medium heat. Brown beef in batches, crumbling meat, until no longer pink; drain and set aside. Add onions and green pepper; cook until tender. Return meat to Dutch oven. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, covered, until flavors are blended, about 1-1/2 hours. Makes 16 servings.

<https://www.tasteofhome.com/recipes/firehouse-chili/>

Pumpkin Spice Cookies



1 pkg. yellow cake mix
1/2 cup quick-cooking oats
2 to 2-1/2 tsp. pumpkin pie spice
1 can (15 oz.) solid-pack pumpkin
1 large egg
2 tbsp. canola oil
FROSTING:
3 cups confectioners' sugar
1 tsp. grated orange zest
3 to 4 tbsp. orange juice

Directions

- Preheat oven to 350°. Combine cake mix, oats and pie spice. In another bowl, beat pumpkin, egg and oil; stir into dry ingredients just until moistened.
- Drop by 2 tablespoon onto baking sheets coated with cooking spray; flatten with the back of a spoon. Bake until edges are golden brown, 18-20 min. Remove to wire racks to cool.
- For frosting, combine confectioners' sugar, orange zest and enough orange juice to achieve desired consistency.
- Spread over cooled cookies.

<https://www.tasteofhome.com/recipes/pumpkin-spice-cookies/>

Apple Cornbread Crisp



- 4 cups peeled sliced tart apples (about 4-5 medium)
- 3/4 cup packed brown sugar, divided
- 1 pkg. (8-1/2 oz.) cornbread/muffin mix
- 1/2 cup quick-cooking oats
- 1 tsp. ground cinnamon (or to taste)
- 5 tbsp. cold butter, cubed
- Vanilla ice cream-optional

Directions

- Preheat oven to 350°. Stir together apples and 1/4 cup brown sugar. In another bowl, combine cornbread mix, oats, cinnamon and remaining brown sugar. Cut in butter until crumbly.
- Add 1/2 cup cornbread mixture to apples. Transfer to a greased 8-in. square baking dish. Sprinkle remaining cornbread mixture over top. Bake until filling is bubbly and topping golden brown, 30-35 min. Serve warm.

<https://www.tasteofhome.com/recipes/apple-cornbread-crisp/>

Chicken & Broccoli Rabe Soup with Tortellini

- 1 lb. broccoli rabe
- 1/2 tsp. ground nutmeg
- 1/4 tsp. pepper, divided
- 2 tbsp. olive oil
- 1/4 lb. diced pancetta or 4 bacon strips, chopped
- 1 large onion, chopped
- 4 garlic cloves, minced
- 2 cartons (32 oz. each) chicken stock
- 1 can (15 oz.) tomato sauce
- 3 fresh thyme sprigs
- 3 tbsp. minced fresh parsley
- 1 bay leaf
- 1/4 cup grated Parmesan cheese
- 1 rotisserie chicken, skin removed, shredded
- 1 pkg. (19 oz.) frozen cheese tortellini
- Additional grated Parmesan cheese



- Fill a Dutch oven two-thirds full with water; bring to a boil. Cut 1/2 in. off ends of broccoli rabe; trim woody stems. Coarsely chop stems and leaves; add to boiling water. Cook, uncovered, just until crisp-tender, 1-2 min. Drain and remove from pan; sprinkle with nutmeg and 1/8 tsp. pepper.
- In same Dutch oven, heat olive oil over medium heat. Add pancetta; cook until brown and crisp, 4-5 min. Add onion and remaining pepper; cook until tender, 3-4 min. Stir in garlic; cook 1 min. longer. Add next six ingredients and broccoli rabe; bring to a boil. Reduce heat; simmer, covered, 30 min. Meanwhile, cook tortellini according to pkg. directions; drain.
- Discard bay leaf and thyme sprigs from soup. Add chicken to soup; heat through. To serve, spoon tortellini into individual bowls; pour soup into bowls. Sprinkle with additional Parmesan.

<https://www.tasteofhome.com/recipes/chicken-broccoli-rabe-soup-with-tortellini/>

Fall Truffles



- 1/4 cup solid pack pumpkin
- 1/4 cup powdered sugar
- 4 oz. light cream cheese softened
- 1/8 tsp cinnamon
- 1 cup graham cracker crumbs
- 8 oz. chocolate (almond bark) sprinkles optional

INSTRUCTIONS

- In a bowl, blend the pumpkin and powdered sugar together with a hand mixer.
- Add the cream cheese and cinnamon and blend again until well combined.
- Then fold in the cracker crumbs until well blended.
- Take a tablespoons of dough and shape it into a ball, repeat until all dough is used. You will get about 18 balls. Place balls on a cookie sheet lined with parchment and place in the freezer.
- In a double broiler or microwave, melt chocolate until smooth. Remove balls from the freezer. Dip in chocolate and place on parchment. Top with sprinkles if desired and allow chocolate to harden.
- Store truffles in the fridge in an air tight container but allow to sit out for a bit before eating.
- Makes 18 truffles.

<https://under500calories.com/recipe/a3f79-fall-truffles>