



Cold Weather Recipes



White Chicken Chili

- 1 lb. boneless skinless chicken breasts, diced into 1/2-inch pieces
- 1 small yellow onion , diced
- 1 tbsp. olive oil
- 2 cloves garlic , finely minced
- 2 (14.5 oz.) cans chicken broth
- 1 (4 oz.) can diced green chilies
- 1 1/2 tsp cumin
- 3/4 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper, to taste
- 1 (8 oz.) pkg. Neufchatel cheese, cut
- 1 1/4 cup fresh corn (or frozen)
- 2 (15 oz.) cans cannellini beans, drained and rinsed
- 1 Tbsp. fresh lime juice
- chopped fresh cilantro & shredded Monterrey Jack cheese , for serving
- tortilla chips , for serving (optional)



Instructions

1. Heat olive oil in a 6 quart enameled Dutch oven over medium-high heat. Once oil is hot add chicken and diced onion and sauté until chicken is no longer pink, about 6 minutes. Add garlic and sauté 30 seconds longer. Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil; reduce heat and simmer 15 min.
2. Add Neufchatel cheese and stir until nearly melted. Stir in corn, 1 can of Cannellini beans, then process 3/4 of the remaining beans along with 1/4 cup broth from the soup in a food processor until pureed, add mixture to soup with remaining can of beans (or skip the puree step and just add beans directly to soup, the soup just won't be quite as creamy). Simmer about 15 min. longer. Mix in fresh lime juice and serve with Monterrey Jack cheese, chopped cilantro and tortilla chips for dipping. Serves 6.

<https://www.cookingclassy.com/white-chicken-chili/>

Easy Mashed Potato and Roasted Vegetable Enchiladas



- 1 head broccoli, cut into florets
- 8 oz. whole button mushrooms
- 3 small zucchini, chopped
- 2 cups chopped carrots
- 1/4 cup olive oil
- salt and pepper to taste
- 3 cups water
- 1 cup milk
- 1/4 cup butter
- 1 (7.6 oz.) pkg. instant mashed potato flakes
- 1 (12 oz.) package corn tortillas
- 3 cups enchilada sauce
- 8 oz. shredded Cheddar cheese

Directions

--Preheat oven to 425°.

--In a large mixing bowl, combine broccoli, mushrooms, zucchini, and carrots. Drizzle the vegetables with olive oil, and season with salt and pepper. Spread vegetables in a single layer in a shallow baking dish. Roast vegetables in the preheated oven for 30 to 40 min.; stir halfway through their cooking time. When finished cooking, remove from the oven, and reduce oven temperature to 350 °. Bring water, milk, and butter to a boil in a large pot. -- Remove the pot from heat, and mix in the mashed potato flakes. Let stand two min., then stir the mashed potatoes with a fork until they are smooth. Stir in roasted vegetables.

-In a dry, nonstick skillet over medium heat, quickly heat each tortilla on both sides to make pliable. Dip the tortillas in enchilada sauce. Put a large spoonful (approx. 1/4 to 1/3 cup) of potato-veggie mixture into the center of each tortilla. Top mixture with about 1 to 2 tbsp. cheese, and roll tortillas. Place seam-side down in a 9x13 inch baking dish. Pour extra sauce over top, and sprinkle with remaining cheese.

--Bake at 350° for approx. 20 to 30 min., or until the enchiladas are heated through.

<http://allrecipes.com/recipe/16457/easy-mashed-potato-and-roasted-vegetable-enchiladas/?internalSource=staff%20pick&referringId=632&referringContentType=recipe%20hub>

Classic Chicken Noodle Soup

- 1 tbsp. olive oil
- 2 bone-in, skin-on chicken breasts (season both sides with salt and pepper)
- 1 large yellow onion, diced
- 3 large carrots, peeled, cut in half lengthwise and sliced 1/4-inch thick
- 3 celery stalks, sliced 1/4-inch thick
- 2 quarts low-sodium chicken broth
- 1 bay leaf
- A few sprigs of thyme
- 2 tsp. salt
- 1/2 tsp. black pepper
- 8 ounces egg noodles
- 2 tbsp. chopped fresh flat-leaf parsley



Preparation

1. Heat olive oil in a medium Dutch oven or stock pot over medium high heat.
2. Add chicken, skin side down and cook until browned, about 3 to 4 minutes. Flip and cook another 2 minutes. Remove from pan and add onions, carrots, and celery. Sauté for 2 minutes, using a wooden spoon to scrape up any browned bits on the bottom of the pan. Season with salt and pepper.
3. Pour in broth, bay leaf, and thyme. Bring to a low boil, then reduce heat to low. If a foam forms, skim off the top and discard. Cover and let simmer for 25 minutes.
4. Remove chicken. Remove and discard skin. Shred meat with a fork, add back to pot with noodles. Bring to a low boil and cook until noodles are just done, about 8 min. Stir in parsley and serve. <https://www.today.com/recipes/classic-chicken-noodle-soup-t50301>

sweater weather?



more like wrap-up-in-a-blanket-and-never-leave-weather.

A Firefighter's Meatloaf

- 2 slices whole wheat bread
- 2 pounds ground beef
- 1 green onion, chopped
- 2 tbsp. chopped onion
- 1 cup medium salsa
- 2 tbsp. whole grain Dijon mustard
- 1 tsp. Worcestershire sauce
- 2 tbsp. minced garlic
- salt and pepper to taste
- 1 tbsp. barbeque sauce



Directions

- Preheat the oven to 375°F
- Soak the bread in warm water in a small bowl. Place the beef in a large bowl. Drain bread and add to beef along with green onion, onion, salsa, Dijon mustard, Worcestershire sauce, garlic, salt and pepper. Mix by hand until well blended. Form into a loaf and place in a greased loaf pan.
- Bake for 1 hour in the preheated oven. Drain off excess fat and top with barbeque sauce. Return to the oven and bake for an additional 15 minutes.

<http://allrecipes.com/recipe/105058/a-firefighters-meatloaf/?internalSource=recipe%20hub&referringId=17221&referringContentType=recipe%20hub&clickId=cardslot%2058>

Eggnog French Toast

Perfect with some Cal Poly Eggnog!!

- 2 eggs, beaten slightly
- 1 1/2 cups eggnog
- 1 1/2 tablespoons ground cinnamon
- 1 teaspoon pumpkin pie spice
- 12 slices French bread



Directions

Whisk the eggs, eggnog, cinnamon, and pumpkin pie spice together in a mixing bowl until well blended. Pour the mixture into a shallow dish.

Preheat an electric skillet to 300 degrees F (150 degrees C). Lightly grease the skillet.

Dip one slice of bread at a time into the eggnog mixture, being sure to coat each side of the bread thoroughly.

Place the prepared bread slices into the preheated skillet, and cook, turning once, until golden brown on each side. Place cooked slices on a serving plate and cover with foil to keep warm until all French toast is cooked. Serve immediately.

<http://allrecipes.com/recipe/100490/eggnog-french-toast/?internalSource=recipe%20hub&referringId=17221&referringContentType=recipe%20hub&clickId=cardslot%20145>

Stay warm and well fed,

~Tricia

Spencer's Fresh Markets

Morro Bay and Santa Maria

Wedding Gift Spaghetti Sauce

Makes a lot and freezes well!



- 1/2 cup butter
- 3 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 pound ground beef
- 1 pound mild sausage
- 4 teaspoons Italian seasoning
- 2 teaspoons salt (optional)
- 2 teaspoons dried rosemary
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon ground black pepper
- 76 fluid ounces water
- 1 (29 ounce) can tomato puree
- 3 (6 ounce) cans tomato paste

Directions

Heat butter and olive oil together with onion and garlic in a large pot over medium heat; cook and stir ground beef and sausage in the onion mixture until browned and crumbly, 10 to 15 minutes. Stir Italian seasoning, salt, rosemary, oregano, and black pepper into ground beef-sausage mixture; simmer for 20 minutes.

Pour water, tomato puree, and tomato paste into ground beef-sausage mixture; simmer, stirring occasionally, over low heat until flavors have combined, at least 2 hours.

[http://allrecipes.com/recipe/233348/wedding-gift-spaghetti-sauce/?internalSource=streams&referringId=17221&referringContentType=recipe%20hub&clickId=st_recipes_mades](http://allrecipes.com/recipe/233348/wedding-gift-spaghetti-sauce/?internalSource=streams&referringId=17221&referringContentType=recipe%20hub&clickId=recipes_mades)