

SAMPLE FALL COOKING CLUB MENU

Chicken Pot Pie Soup

All of the things you find inside of a chicken pot pie, but make it a soup that will make your whole house smell heavenly. An aromatic base of onion, carrot, celery, mushrooms, garlic, and thyme give the soup a deeply savory flavor with a little help from our friend - soy sauce/tamari. We're skipping the heavy cream and replacing it with an easy cashew cream that gives body to the broth (soak your cashews ahead or use my quick soaking method). Crackers on top are optional, but highly recommended!

Sneaky Pumpkin Pasta Bake

This sneaky pasta gets layered in a creamy pumpkin sauce that sneaks in cauliflower for a veggie boost. Cottage cheese adds lots of protein and makes it extra creamy, but you could also use ricotta cheese. Garlic, spices, and herbs get infused in olive oil and blended into the sauce for extra flavor.

Roasted Squash Sausage Apple Salad with Spiced Nuts

This sheet pan salad will warm you up inside and out. Sweet squash and Italian sausage get baked until beautifully browned and caramelized. Slightly bitter radicchio (or any salad green) gets tossed in a simple vinaigrette and topped with the warm squash and sausage, crunchy sweet apples, and sweet n' salty spiced nuts that get baked at the same time as the squash. It is SO good!

Chicken Pot Pie Soup

Serves 4 (makes about 11-12 cups)

Prep time: 15 minutes

Cook time: 25-30 minutes

INGREDIENTS:

2 tbsp olive oil or butter
½ yellow onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
1 tsp kosher salt, divided
8 oz cremini or button mushrooms, sliced or chopped (about 2 heaping cups)
2-3 cloves garlic, chopped, sliced, or smashed
2 tsp dried thyme
4 cups water
1 lb potatoes, peeled, chopped small (about 3 cups)
1 lb boneless skinless chicken breast*
2 tbsp soy sauce or tamari
1 cup raw cashews (soaked overnight or quick soaked)**
1 cup frozen peas
Black pepper
Crackers, crumbled (optional)

*If your chicken breast is massive, cut it in half lengthwise so it cooks quickly. See substitutions to make vegetarian.

****Quick soak method:** add cashews to a small pot and cover with water. Simmer for 10 minutes to soften. In a pinch, you can add cashews to a microwave safe bowl, fill with enough water to cover, and microwave for two minutes.

Instant pot instructions:

In a 6-quart Instant Pot, press the sauté button set to “normal” or “medium”. Follow the first part of the recipe. After you add the water, potatoes, chicken, etc...Lock the lid in place and set the vent to “sealing”. Select “manual pressure” (set to high) and set the timer for 12 minutes, then let it naturally release for 10 minutes before manually releasing. Remove the lid and then follow the rest of the recipe (shred chicken, stir in cashew cream, etc...)!

INSTRUCTIONS:

In a large pot over medium heat, warm the oil or butter. Add the onion, carrots, and celery, and ½ teaspoon salt and cook for 5 minutes or until softened, stirring occasionally.

Add the mushrooms, garlic, thyme, and remaining ½ teaspoon salt and cook for 1-2 more minutes, stirring often. Stir in water, potatoes, chicken, and soy sauce. Cover and bring to a boil over high heat, then give it a stir (submerging everything in the liquid) and reduce the heat to low or medium-low to simmer for 10-15 minutes or until the potatoes and chicken are cooked through (may vary depending on size of chicken). Remove the chicken and shred it up.

Meanwhile, drain the cashews and add them to a high-speed blender along with ½ cup of tap water + ½ cup broth/liquid from the soup (it's okay if chunks get in there). Blend until totally smooth (about 1 minute, scraping down sides as needed), then stir back into the pot along with the shredded chicken and peas.

Serve topped with black pepper and crackers, if using.

Sneaky Pumpkin Pasta Bake

Serves 4-6

Prep time: 5 minutes

Cook time: 35-40 minutes

INGREDIENTS:

3 cups cauliflower florets
16 oz rigatoni
2 tbsp olive oil
2 cloves garlic, chopped
2 tsp dried rosemary (or use 1 tbsp chopped fresh rosemary)
½ tsp black pepper
½ tsp ground nutmeg
1 (15 oz) can unsweetened pumpkin puree (about 1 ¾ cup)
2 cups whole milk cottage cheese
1 tsp kosher salt
2 cups grated gouda, fontina, or mozzarella cheese
½ cup grated parmesan cheese
Fresh chopped parsley or cilantro, for topping
Lemon wedges (optional)

Note: you could simplify this and just toss the noodles in the sauce and half of the cheese and top with more cheese, herbs, etc...instead of baking it.

INSTRUCTIONS:

Preheat oven to 425F.

Bring a large pot of salted water to a boil. Add the cauliflower and boil for about 3-5 minutes or until easily pierced with a fork. Use a fine mesh strainer or spider strainer to transfer the cauliflower to a high-speed blender. Then add the pasta to the boiling water and cook to al dente. Reserve about 1 cup pasta water before draining.

Wipe the pot dry, then warm the oil over medium heat (you can also do this in a small skillet while the pasta boils). Add garlic, rosemary, pepper, and nutmeg and cook, stirring often, for about 45 seconds. Transfer to the blender, scraping out all of the oil and contents. Add the pumpkin, cottage cheese, 1 teaspoon salt, and ½ cup of the reserved pasta water (or just use regular water if you forgot) and blend until totally smooth. If it's not blending easily, add a bit more pasta water.

In a 9x13-inch baking dish, pour in half of the pumpkin mixture and spread it around/give the pan a shake to create an even layer. Then add the pasta and spread it into an even layer. Sprinkle 1 cup of the gouda, fontina, or mozzarella cheese over top, and then pour the remaining puree evenly over top. Give it a shake again and use a spoon to spread it around, then top with remaining 1 cup cheese and parmesan. Grate some black pepper over top, if you'd like.

Cover with foil and bake for 10 minutes, then remove the foil and bake for 15 more minutes, or until the cheese is lightly browned and bubbly on top. Let cool for about 10 minutes, then serve topped with fresh parsley and a squeeze of lemon (if using).

Roasted Squash Sausage Apple Salad with Spiced Nuts

Serves 4

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS:

1.25 lb winter squash, peeled, seeds removed, chopped into bite-sized pieces (about 4 cups - acorn or delicata work great)
1 heaping tbsp olive oil
1 tsp ground cumin
1 tsp smoked paprika
½ tsp kosher salt
½ tsp black pepper
1 lb bulk raw italian sausage (casings removed, if applicable)*
1 large apple, cored, chopped
6 cups radicchio**
½ cup crumbled feta, goat cheese, or grated parmesan
Fresh herbs (parsley or cilantro, optional for topping)

For the nuts:***

1 cup chopped raw walnuts, pecans, and/or hazelnuts
1 tbsp olive oil
2 tsp maple syrup
1 tsp ground cinnamon
1 tsp ground cumin
½ tsp kosher salt

For the dressing:

¼ cup olive oil
2 tbsp apple cider vinegar
1 tbsp Dijon mustard
¼ tsp kosher salt

*If you can't find bulk italian sausage, you could also use precooked Italian sausage, cut into thick pieces. Use 2 tbsp oil for the squash. Add them to the baking sheet after about 10 minutes.

**Or use any other salad green like arugula or massaged kale

***Easily pass on the spiced nuts and just top with chopped toasted (or raw) nuts!

INSTRUCTIONS:

Preheat oven to 450F or 425F convection. Line two baking sheets with parchment paper. Add the squash to one baking sheet, drizzle with oil, and sprinkle the spices, salt, and pepper all over. Use your hands to toss to coat thoroughly and spread out into an even layer.

Form the sausage into ping-pong ball sized meatballs or just tear it into chunks and nestle them into the squash. Bake for 25 minutes, or until squash is caramelized and sausage is browned.

On the other baking sheet, add the nuts, oil, maple, spices, and salt. Bake for 4-5 minutes, or until fragrant and bubbling. Remove and let cool while the squash and sausage continue to bake.

In a jar with a lid, add the dressing ingredients and shake vigorously to combine. Add about 2 cups of radicchio to each bowl and toss with a drizzle of the dressing (use about half and save the rest for drizzling on top). Top with squash, sausage, and apple. Drizzle the remaining dressing all over each bowl. Top with nuts, cheese, and herbs (if using).

SUBS + PREP + STORAGE + LEFTOVERS

Chicken Pot Pie Soup

Substitutions:

- To make vegetarian, skip the chicken and either cubed tofu or 2 (15 oz) cans of white beans.
- You can skip the cashew cream and instead use your fork or spoon to mash up some of the potatoes in the pot + stir in ½ cup heavy cream at the end. Or reduce the liquid to 3 cups and stir in a can of full fat coconut milk.
- To replace onion, you can skip it and add another carrot and celery stalk.

Prep:

- Chop ½ yellow onion
- Peel and chop 2 carrots
- Chop 2 celery stalks
- Slice or chop 8 oz mushrooms (about 2 heaping cups)
- Chop, slice or smash 2-3 cloves garlic
- Chop 1 lb potatoes into small cubes
- Soak 1 cup raw cashews overnight (or quick soak)
- Make the soup!

Storage:

- Store leftovers in an airtight container in the fridge for up to 4 days or freeze for up to 2 months.

Leftovers + Repurposing:

- Warm up leftovers on the stove or in the microwave until warmed through. Top with crackers, black pepper, and herbs if you have some.

Sneaky Pumpkin Pasta Bake

Substitutions:

- To make vegan, sub cottage cheese with a vegan cottage cheese or ricotta alternative (try my [vegan sunflower seed ricotta](#)). You could also just add 1 cup of soaked cashews to the sauce and blend until totally smooth and creamy. You may need to adjust the amount of water you add so that it blends smoothly. Skip the cheese or use a vegan cheese alternative. Top with my [Pumpkin Seed Parmesan](#).
- To make gluten-free, use a gluten-free pasta alternative.
- Substitute mashed sweet potato or butternut squash for the canned pumpkin.

Prep:

- Chop 3 cups cauliflower florets
- Chop 2 cloves garlic
- Grate 2 cups gouda, fontina, or mozzarella cheese
- Grate ½ cup parmesan cheese
- Chop parsley, for topping

Storage:

- Store leftovers in an airtight container in the fridge for up to 5 days.

Leftovers + Repurposing:

- Warm up leftovers in the microwave until warmed through or cover with foil and place in a 350F oven for 30 minutes.
- Top with plenty of herbs and a generous squeeze of lemon.

Roasted Squash Sausage Apple Salad with Spiced Nuts

Substitutions:

- To make vegetarian, you can use a plant-based sausage alternative. Add an extra tablespoon of oil to the squash. Slice the sausage up and add to the baking sheet after the squash has been roasting for 10 minutes.
- To make vegetarian, you could also try to toss 2 (15 oz) cans chickpeas (rinsed, drained, patted dry) with 2 tbsp olive oil and 1 tsp kosher salt, 1 tsp garlic powder, and 1 tsp smoked paprika. Bake them in the oven at the same time as the squash (after the nuts come out), for about 15-20 minutes or until crispy.
- To make vegan, see options above + skip the cheese.
- Sub potatoes, sweet potatoes, or carrots for the squash.

Prep:

- Halve, remove seeds, and chop 1 winter squash (4 cups total)
- Prep 6 cups radicchio
- Make the dressing
- Chop 1 cup pecans, walnuts, or hazelnuts
- Bake the spiced nuts + squash and sausage (optional)

Storage:

- Store leftovers in an airtight container in the fridge:
 - Squash and sausage: up to 4 days
 - Dressing: up to 6 days
 - Radicchio: up to 7 days
 - Nuts: up to 2 weeks

Leftovers + Repurposing:

- Warm up leftover squash and sausage. Assemble your bowls.
- Warm up any leftover squash and sausage and top with a fried egg for breakfast.

GROCERY LIST

Pantry	Produce	Meat/Seafood
<p>16 oz rigatoni 1 cup chopped raw walnuts, pecans, and/or hazelnuts 1 cup raw cashews 1 (15 oz) can unsweetened pumpkin puree</p> <p>Maple syrup Soy sauce or tamari Olive oil Apple cider vinegar Dijon mustard Kosher salt Ground cumin Smoked paprika Black pepper Ground cinnamon Dried thyme Dried rosemary Ground nutmeg</p>	<p>1.25 lb winter squash (acorn or delicata work great) 1 head radicchio (6 cups) 1 bunch parsley or cilantro (for topping salad + pasta) 3 cups cauliflower florets 2 carrots 2 celery stalks 8 oz cremini or button mushrooms 1 large apple 1 lb potatoes 1 lemon ½ yellow onion 4-5 cloves garlic</p>	<p>1 lb bulk raw italian sausage 1 lb boneless skinless chicken breast</p>
Fridge	Freezer	Additional
<p>½ cup crumbled feta, goat cheese, or grated parmesan (for salad) 2 cups grated gouda, fontina, or mozzarella cheese ½ cup grated parmesan cheese 2 cups whole milk cottage cheese</p>	<p>1 cup frozen peas</p>	<p>Crackers (optional, for soup)</p>

MEAL PREP GUIDE

Prep list
<p>Roasted Squash Sausage Apple Salad with Spiced Nuts Halve, remove seeds, and chop 1 winter squash (4 cups total) Prep 6 cups radicchio Make the dressing Chop 1 cup pecans, walnuts, or hazelnuts Bake the spiced nuts + squash and sausage (optional)</p>
<p>Chicken Pot Pie Soup Chop ½ yellow onion Peel and chop 2 carrots Chop 2 celery stalks Slice or chop 8 oz mushrooms (about 2 heaping cups) Chop, slice or smash 2-3 cloves garlic Chop 1 lb potatoes into small cubes Soak 1 cup raw cashews overnight (or quick soak) Make the soup!</p>
<p>Sneaky Pumpkin Pasta Bake Chop 3 cups cauliflower florets Chop 2 cloves garlic Grate 2 cups gouda, fontina, or mozzarella cheese Grate ½ cup parmesan cheese Chop parsley, for topping</p>

Recipe	Stovetop	Oven	Cold Prep
Roasted Squash Sausage Apple Salad with Spiced Nuts		Bake the spiced nuts + squash and sausage (optional)	Halve, remove seeds, and chop 1 winter squash Prep 6 cups radicchio Make the dressing Chop 1 cup pecans, walnuts, or hazelnuts
Chicken Pot Pie Soup	Make the soup!		Chop ½ yellow onion Peel and chop 2 carrots Chop 2 celery stalks Slice/chop 8 oz mushrooms (2 heaping cups) Chop, slice or smash 2-3 cloves garlic Chop 1 lb potatoes into small cubes Soak 1 cup raw cashews overnight (or quick soak)
Sneaky Pumpkin Pasta Bake			Chop 3 cups cauliflower florets Chop 2 cloves garlic Grate 2 cups gouda, fontina, or mozzarella Grate ½ cup parmesan cheese Chop parsley, for topping

You don't have to prep this whole list. Pick and choose what you want to do ahead. If you just have 1 or 2 components of a meal prepped, it saves so much time during the week.

I always recommend **cooking your grains, making your sauces/dressings, toasting your nuts or seeds, and prepping/chopping your veggies!**

GROCERY LIST (blank!)

Pantry	Produce	Meat/Seafood
Fridge	Freezer	Additional

PANTRY STAPLES LIST

These are items that are good for buying in bulk to save money and time grocery shopping.

Always check this list when making your grocery list. If you are out of or low on any, add to your list.

Oils and Vinegars	Condiments	Spices
Extra virgin olive oil Toasted sesame oil Coconut oil Apple cider vinegar Rice vinegar Red wine vinegar Balsamic vinegar	Dijon mustard Soy sauce/Tamari Fish sauce Tomato paste Mellow white miso paste	Fine sea salt or Kosher salt Black pepper (fresh grind) Ground cumin Ground coriander Smoked paprika Paprika Ground turmeric Ground cinnamon Ground nutmeg Chili powder Curry powder Garlic powder Dried oregano Fennel seeds Red pepper flakes
Grains + Nuts/Nut Butters	Flours	Sweeteners
Lentils (French green lentils, green lentils, and red lentils) Short Grain Brown rice Farro Quinoa Steel cut or rolled oats Almonds, walnuts, hazelnuts, peanuts, cashews, pumpkin seeds, sesame seeds Peanut butter Tahini	Almond flour Oat flour Whole wheat flour All purpose flour	Honey Maple syrup Coconut sugar Blackstrap Molasses