

Our Community Cupboard

Recipe Book Special Edition:
Thanksgiving



Making Ends Meet

simple and delicious recipes

Student Wellness Committee





Homemade Gravy

Prep time: 5 minutes | Cook Time: 20 minutes | Total Time: 25 minutes |
Servings: 8 | Calories: 67 kcal | Allergy warnings: Gluten, Dairy

Ingredients

- 4 tablespoons butter
- $\frac{3}{4}$ cup chopped onion
- 2 tablespoons flour
- 1 cup chicken or beef broth
- 1 tablespoon half and half
- $\frac{1}{2}$ tablespoon salt
- $\frac{1}{8}$ tablespoon pepper

Directions

1. Melt the butter in a medium saucepan over medium high heat.
2. Add the onion and cook until it just starts to brown.
3. Stir in the flour and cook for about 1 minute.
4. Add in the broth and whisk until combined.
5. Cook uncovered, stirring occasionally, until thickened.
6. Reduce heat to medium and stir in the half and half and salt and pepper.
7. Serve hot.

Notes

- If serving with beef, use beef broth. If serving with chicken or turkey, use chicken broth.
- For the smoothest gravy, make sure to whisk continuously while adding broth.
- Can be stored for 7- 8 days in the refrigerator.



Garlic Roasted Potatoes

Prep time: 10 minutes | Cook Time: 60 minutes | Total Time: 70 minutes |
Servings: 8 | Allergy warnings: none | Vegan and Vegetarian Friendly;
Gluten Free

Ingredients

3 pounds of small red or white potatoes

¼ cup good olive oil

1- ½ teaspoon of kosher salt

1 teaspoon freshly ground black pepper

2 tablespoons mince garlic (6 cloves)

2 tablespoons minced fresh parsley

Directions

1. Preheat oven to 400 degrees F.
2. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt pepper, and garlic; toss until the potatoes are well coated.
3. Transfer the potatoes to a sheet pan and spread out into 1 layer.
4. Roast in the oven for 45 - 60 minutes or until browned and crisp.
 - a. Flip twice with a spatula during cooking in order to ensure even browning.
5. Remove potatoes from the oven; toss with parsley, season to taste, and serve hot.



Green Bean Casserole

Prep time: 10 minutes | Cook Time: 40 minutes | Total Time: 50 minutes
| Servings: 6 | Calories: 231 | Allergy warnings: Dairy, Wheat | Vegetarian Friendly

Ingredients

1 can (10 - ½ ounces) Campbell's® Condensed Cream of Mushroom Soup or 98% Fat Free Cream of Mushroom Soup

½ cup milk

1 dash black pepper

4 cups cooked cut green beans

1- 1/3 cups French's® French Fried Onions

Directions

1. Pre-heat oven to 350 degrees F.
2. Stir the soup, milk, soy sauce, black pepper, beans, and 2/3 cup onions in a 1- ½ quart casserole dish.
3. Bake at 350 degrees F for 25 minutes or until the bean mixture is hot and bubbling.
4. Stir the bean mixture.
5. Sprinkle the remaining onions on top of the bean mixture.
6. Bake for 5 minutes or until the onions are golden brown.



Butternut Squash Bowls

Ingredients

Butternut Squash

Oil of choice

Salt and seasoning to taste

Chicken breast

Shredded cheese

Directions

1. Preheat oven to 350 degrees.
2. Split the Butternut Squash into two halves.
3. Empty out all the seeds.
4. Use brush or paper towel to cover each half in oil.
5. Place in the oven for 1 to 1.5 hours (check regularly with a fork and take out once soft).
6. While the butternut squash is cooking, cut the chicken into small pieces. Then sauté the chicken on a medium flame with salt and spices.
7. When the squash is ready take it out and place the cooked chicken inside.
8. Add shredded cheese on top.
9. Place back in the oven for 10 minutes.
10. Enjoy!



Easiest – Ever Pumpkin Pie

Prep time: 5 minutes | Cook Time: 50 - 60 minutes | Total Time: ~3 hours
Servings: 8 | Allergy warnings: Dairy, Gluten | Vegetarian Friendly

Ingredients

- ¾ cup sugar
- 1- ½ teaspoons pumpkin pie spice
- ½ teaspoon salts
- 1 can (15oz) pumpkin (not pumpkin piemix)
- 1- ¼ cups evaporated milk or half and half
- 2 eggs, beaten
- 1 Pillsbury Pet-Ritz frozen deep-dish pie crust

Directions

1. Preheat oven to 425 degrees F.
2. In large bowl, mix sugar, pumpkin pie spice, salt, pumpkin, milk or half and half, and eggs.
3. Pour filling into pie crust.
4. Bake 15 minutes.
5. Reduce temperature to 350 degrees F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean.
6. Cool for 2 hours.
7. Serve or refrigerate until serving time. Store in refrigerator.