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

34 cup chopped onion

2 tablespoons flour

1cup chicken or beef broth

Itablespoon half and half

½ tablespoon salt

1/8 tablespoon pepper

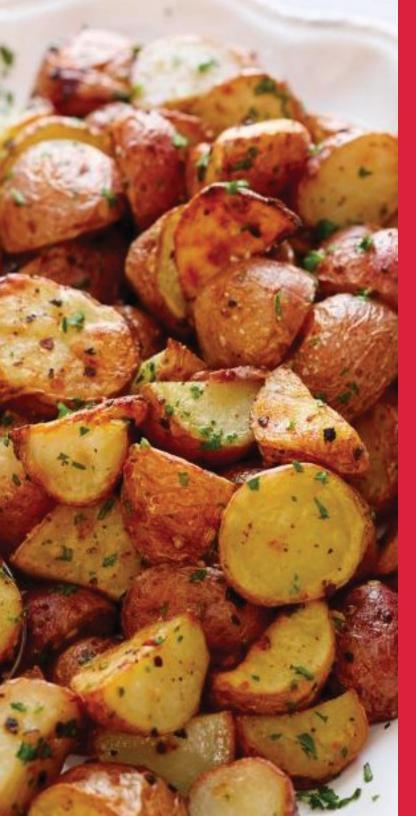
Directions

- 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 Iminute.
- 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 hald 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.

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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

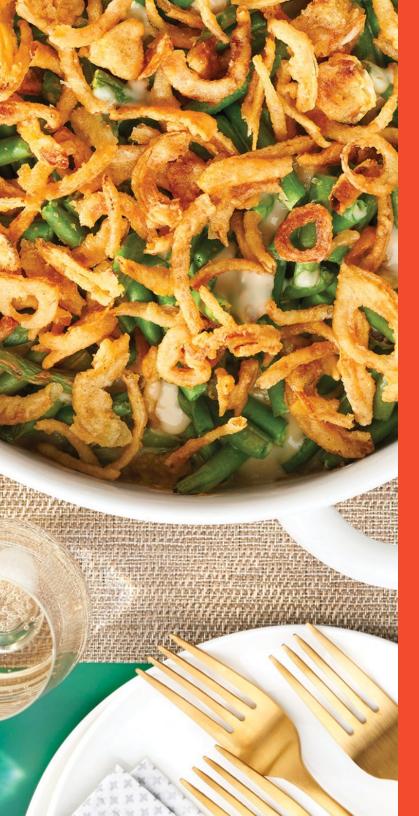
1- ½ teaspoon of kosher salt

Iteaspoon freshly ground black pepper

2 tablespoons mince garlic (6 cloves)

2 tablespoons minced fresh parsley

- 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

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

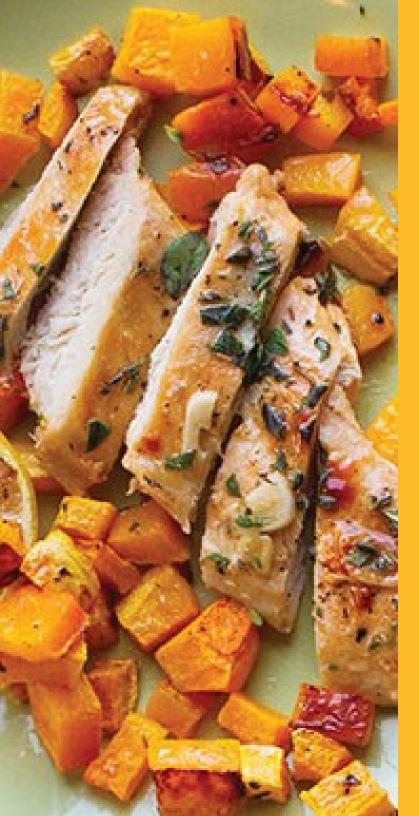
½ cup milk

1dash black pepper

4 cups cooked cut greenbeans

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

- 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- $\frac{1}{2}$ 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

- 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

1can (15oz) pumpkin (not pumpkin piemix)

1- 1/4 cups evaporated milk or half and half

2 eggs, beaten

1Pillsbury Pet-Ritz frozen deep-dish piecrust

- 1. Preheat oven to 425 degrees F.
- 2.In large bowl, mix sugar, pumpkin piespice, 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.