



CREAMY CARAMEL APPLE CIDER

TOTAL TIME: Ready In 20mins

YIELD: 4 Servings

"The BEST apple cider I have ever tasted! From Family Fun magazine. I always triple this one!! Enjoy!"



DIRECTIONS

- 1.** First, bring the cream and brown sugar to a boil in a medium saucepan over medium heat. Stir in the cider and the water and raise the heat to medium high, heating just until the cider begins to steam, about 4 minutes.
- 2.** Divide among 4 mugs, top each one with 2 tablespoons of caramel whipped cream (recipe follows) and serve immediately.
- 3.** Caramel Whipped Cream: In a small chilled bowl, whip the heavy cream with the brown sugar until soft peaks form.

INGREDIENTS

Cider

- _ 1/4 cup heavy cream
- _ 1/4 cup brown sugar
- _ 3 cups apple cider
- _ 1/2 cup water

Cider

- _ 1/2 cup heavy cream
- _ 1 tablespoon brown sugar

Recipe source: <https://www.food.com/>





EASY PUMPKIN MAC AND CHEESE

TOTAL TIME: 50 Minutes (PREP 10min COOK 40min)

YIELD: 8 Servings

Pumpkin puree makes a velvety, rich mac and cheese. Use pure pumpkin puree for this, not the can labeled “pumpkin pie mix” since that has spices added. Homemade pumpkin puree is an excellent option, as well. Or swap pumpkin for another squash such as butternut squash. If you are able, buy a block of cheese, and then coarsely grate it instead of buying pre-shredded cheese. In our experience, home-grated cheese melts better and becomes more creamy than grated cheese out of a bag.



INGREDIENTS

- 1 pound pasta, such as farfalle, macaroni or shells
- Salt, as needed
- 4 tablespoons (55 grams) unsalted butter
- 1/4 cup (30 grams) all-purpose flour
- 2 cups (470 ml) milk, whole or 2% are best
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon finely grated nutmeg
- 1 teaspoon Dijon mustard
- 1 cup (230 grams) pure pumpkin puree, see our homemade pumpkin puree recipe

NOTES

- If you have one, make the sauce in an oven safe Dutch oven. This way, there is no need to dirty a baking dish. Instead combine the pasta and sauce right in the Dutch oven and bake.
- Nutrition facts: The nutrition facts provided below are estimates. We have used the USDA database to calculate approximate values.

NUTRITION FACTS

Serving: Calories 474, Protein 19g, Carbohydrate 57g, Dietary Fiber 4g, Total Sugars 5 g, Total Fat 19g, Saturated Fat 11g, Cholesterol 51mg

DIRECTIONS

PREPARE SAUCE

1. Heat the oven to 350 degrees F. Butter a 3-quart casserole dish or spray with nonstick cooking spray.
2. Bring a large pot of salted water to a boil. Cook pasta as directed on package. (Usually between 7 and 10 minutes). Drain.
3. Melt butter in a large, high-sided pan over medium heat. When the butter begins to bubble, add the flour. Cook, whisking constantly 2 to 3 minutes until the butter smells fragrant and nutty — the color of the butter-flour mixture will turn light brown.
4. While whisking, slowly pour in the milk. Continue to cook, whisking constantly until the sauce bubbles and thickens. Season the sauce with a 1/2 teaspoon of salt, pepper, nutmeg, and mustard. Add the pumpkin puree and three-quarters of the grated cheese. Stir until the cheese has melted and the sauce is smooth. Taste the sauce for seasoning and adjust with more salt or pepper.

TO FINISH

5. Mix the cooked pasta into the sauce until well coated then spoon into the prepared baking dish, top with remaining cheese.
6. Bake the macaroni and cheese, uncovered, until golden brown on top, about 25 minutes. Let stand 5 minutes before serving.

Recipe source: inspiredtaste.net





MOM'S MEAT LOAF

TOTAL TIME: Prep: 15 min. Bake: 1 hour + standing

YIELD: 6 Servings

Mom made the best meatloaf, and now I do, too. When I first met my husband, he didn't care for homemade meatloaf, but this won him over.
—Michelle Beran, Claflin, Kansas



DIRECTIONS

1. Preheat oven to 350°. In a large bowl, combine the first 7 ingredients. Add beef; mix lightly but thoroughly. Shape into an 8x4-in. loaf in an ungreased 15x10x1-in. baking pan.
2. In a small bowl, combine remaining ingredients, stirring to dissolve sugar; remove 1/2 cup for sauce. Spread remaining mixture over meat loaf.
3. Bake 60-65 minutes or until a thermometer reads 160°. Let stand 10 minutes before slicing. Serve with reserved sauce.

INGREDIENTS

- 2 large eggs, lightly beaten
- 3/4 cup 2% milk
- 2/3 cup finely crushed saltines
- 1/2 cup chopped onion
- 1 teaspoon salt
- 1/2 teaspoon rubbed sage
- Dash pepper
- 1-1/2 pounds lean ground beef (90% lean)
- 1 cup ketchup
- 1/2 cup packed brown sugar
- 1 teaspoon Worcestershire sauce

NUTRITION FACTS

1 piece: 366 calories, 12g fat (5g saturated fat), 135mg cholesterol, 1092mg sodium, 38g carbohydrate (31g sugars, 0 fiber), 26g protein.

MOM'S MEAT LOAF TIPS

- **How do I make my meat loaf moist?** In this recipe, you make the meat loaf moist by using crushed saltines mixed with milk to help add moisture during the cooking process. This can also be done with breadcrumbs or buttery Ritz crackers. The crumbs release the moisture during the cooking process and stops the loaf from drying out. Also, try to let your loaf rest once it comes out of the oven. Slicing it too soon will release the juice from inside.
- **What kind of meat is best for meat loaf?** The best meat for meat loaf is any ground meat with a higher fat content. You can do a trio of beef, pork, and veal or stick with ground chuck. While you can substitute ground chicken or turkey for a healthy change, but just understand your meat loaf may not be as moist as the higher-fat varieties of meat.
- **What can I put on top of meat loaf instead of ketchup?** If you are to top meat loaf with something other than ketchup, you can use your favorite prepared barbecue sauce instead. Sliced cheddar makes a cozy topping, as well—just place it on top in the last few minutes of baking. You can also try topping your meat loaf with strips of bacon.
- **What does milk do in meat loaf?** Milk is used in meat loaf recipes to help moisten the breadcrumbs and keep the loaf's shape intact. This added moisture will be released during cooking, resulting in a moist loaf. Research contributed by Maggie Knoebel, Taste of Home Culinary Assistant

Recipe source: Taste of Home





PUMPKIN COOKIES

TOTAL TIME: Prep: 10 min. Cook: 15 min.

YIELD: 4 ½ dozen cookies



DIRECTIONS

- 1.** In a large bowl, cream together 1 ½ cups sugar & ¼ cup butter or margarine, softened.
- 2.** Add remaining cookie ingredients and mix.
- 3.** Place by teaspoonfuls onto a greased cookie sheet and bake at 375° for 12 to 15 minutes.
- 4.** Mix together frosting ingredients.
- 5.** Frost while still hot.

INGREDIENTS

COOKIES

- 1 ½ cups sugar
- ¼ cup butter or margarine, softened
- 1 egg
- 1 cup pumpkin
- ¼ cup milk
- 3 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon allspice
- ¼ teaspoon cloves
- 1 teaspoon cinnamon

FROSTING

- 1 ¼ cups powdered sugar
- ¼ cup butter or margarine, softened
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- 1 tablespoon milk





THE BEST HONEY GLAZED ROASTED CARROTS

TOTAL TIME: Prep: 10 min. Cook: 30 min.

YIELD: 8 servings

You can make these with any carrots, not just baby carrots. Just try to use carrots that are similar in thickness (as opposed to some thick and huge and the others skinny). If you do need to slice some of the bigger carrots lengthwise to even out the thickness, go head and do that! You can keep the carrots full in length or chop the up into smaller pieces before roasting.



INGREDIENTS

COOKIES

- 2 lbs peeled baby carrots
- 6 tbsp melted butter
- 1/4 cup honey
- 3 cloves garlic minced
- 1/4 tsp salt
- 1/4 tsp pepper

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Place the carrots in a large bowl. In a small bowl, mix all ingredients except the carrots. Mix well and then pour over the carrots. Stir so the carrots are coated in the honey garlic butter mixture.
3. Bake on a sheet pan for 27-30 minutes or until the carrots are tender (test with a fork).
4. Turn the broiler on and move the carrots to the top rack. Roast for another 3-5 minutes or until the carrots are crispt and slightly golden brown.
5. Serve while hot.

Recipe source: <https://www.yourcupofcake.com>

