

Butternut Squash Soup With Chicken Sausage



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine

Level: Easy

Total: 40 min

Active: 20 min

Yield: 4 servings

Ingredients:

1/3 cup plus 1 tablespoon extra-virgin olive oil
12 ounces cooked chicken-apple sausage, cut into 1/2-inch pieces
4 cups cubed peeled butternut squash (1 small to medium squash)
3 carrots, chopped
1 stalk celery, chopped
1/2 onion, chopped
2 1/2 cups low-sodium chicken broth
Kosher salt and freshly ground pepper
1/2 cup fresh sage leaves

Directions:

- 1 Heat 1 tablespoon olive oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned, about 4 minutes. Transfer to a bowl using a slotted spoon. Add the squash, carrots, celery, onion, chicken broth, 2 1/2 cups water and 3/4 teaspoon salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.
- 2 Puree the soup in the pot with an immersion blender. (Alternatively, puree the soup in small batches in a regular blender, then return to the pot.) Add the sausage. Season with salt and pepper and keep warm.
- 3 Heat the remaining 1/3 cup olive oil in a small saucepan over medium-high heat. When the oil is very hot, add the sage leaves in batches and fry, turning, until dark green and crisp, about 1 minute. Remove the sage with a slotted spoon and drain on paper towels. Ladle the soup into bowls and top with the fried sage.



Photograph by Christopher Testani

When blending hot liquid, first let it cool for five minutes or so, then transfer it to a blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until smooth.

Courtesy of Food Network Magazine

Classic Pad Thai

Hands-on: 15 min • **Total:** 35 min

Thailand's famous and endlessly adaptable stir-fried noodle dish is like a warm salad—full of flavor, texture, and color.

Ingredients

- 6 oz. uncooked flat rice noodles (Pad Thai noodles)
- 1 Tbsp. plus 1 tsp. sugar, divided
- 1 Tbsp. rice vinegar
- ½ cup thinly sliced banana pepper
- 3 oz. extra-firm tofu, cut into thin strips
- 1 Tbsp. fresh lime juice
- 1 Tbsp. water
- 1 Tbsp. lower-sodium soy sauce
- 1 Tbsp. fish sauce
- ½ tsp. salt
- 2 large eggs, lightly beaten
- 3 Tbsp. peanut oil, divided
- 3 garlic cloves, minced
- 1 (2–2.5 oz.) boneless, skinless chicken thigh, cut into thin strips
- 3 cups fresh bean sprouts, divided
- 4 scallions, trimmed, crushed with flat side of a knife, and cut into 1½-inch pieces
- 1 Tbsp. small dried shrimp
- ½ cup unsalted, dry-roasted peanuts, chopped
- ¼ cup fresh cilantro leaves
- Lime wedges (optional)

Instructions

1. Prepare noodles according to package directions; drain.
2. Stir together vinegar and 1 tablespoon sugar, stirring until sugar dissolves. Add banana pepper; set aside.

3. Combine lime juice, water, soy sauce, fish sauce, and 1 teaspoon sugar in a small bowl. Stir until sugar dissolves; set aside.
4. Heat 1 tablespoon oil in a wok or large nonstick skillet over medium-high. Add eggs; cook, stirring gently, until just set. Remove from pan.
5. Heat remaining 2 tablespoons oil in pan. Add garlic; sauté 15 seconds. Add chicken, stirring often, until browned, about 2 minutes. Add tofu and stir-fry 2 minutes. Stir in 2 cups bean sprouts, scallions, and shrimp; stir-fry 1 minute.
6. Add noodles, egg mixture, and soy sauce mixture; toss to combine. Arrange 2 cups noodles on a platter; top with noodle mixture. Sprinkle with peanuts, cilantro, and remaining bean sprouts. Serve with vinegar mixture and lime wedges, if desired.

Serves: 6 (serving size: ½ cup bean sprouts, 1 cup noodles, 1 Tbsp. peanuts, and 1 lime wedge)

Nutrition (per serving): 329 calories; 42g carbs; 14g protein; 12g fat; 2g fiber; 573mg sodium.

Dried Shrimp:

Also known as bazun-chauk (Myanmar), and ebi (Indonesia), sun-dried small shrimp provide a layer of umami (savory) flavor in Southeast Asian cooking. They're often tossed into simmering dishes to rehydrate and release their flavors, but sometimes the dried shrimp are just added whole. They can even be ground to a powder and sprinkled like salt as a seasoning.

Creamy Pork Stew

This creamy pork stew recipe is one of my favorite cold-weather dishes of all time. You can add squash, Brussels sprouts, cabbage, mushrooms, or root vegetables — the recipe is quite versatile. Serve over steamed rice, mashed potatoes, or noodles.

By **John Mitzewich** |

Prep Time: 15 mins

Cook Time: 2 hrs

Total Time: 2 hrs 15 mins

Servings: 4

Ingredients

2 ½ pounds pork shoulder, cut into 2-inch chunks

salt and freshly ground black pepper to taste

2 tablespoons vegetable oil

1 large yellow onion, chopped

3 cloves minced garlic

½ cup apple cider or apple juice

2 tablespoons apple cider vinegar

2 tablespoons Dijon mustard

1 tablespoon prepared horseradish

1 ¼ cups heavy cream

¼ cup chicken broth or more as needed

4 sage leaves

2 sprigs thyme

2 small sprigs fresh rosemary

1 dried bay leaf

1 cup sliced carrots

1 stalk celery, sliced

1 pinch cayenne pepper

½ cup green peas, fresh or frozen

¼ cup matchstick-cut apple strips for garnish

1 tablespoon chopped fresh chives for garnish

Directions

Step 1

Season pork chunks generously with salt and pepper; toss to distribute seasonings evenly.

Step 2

Heat vegetable oil in a large pot over high heat. Brown pork in batches so meat isn't crowded, about 7 minutes per batch. Transfer pork to a plate.

Step 3

Place onions into the same pot; cook and stir until translucent and the edges brown, 3 or 4 minutes. Add garlic and cook until fragrant, about 1 minute. Stir in apple cider and apple cider vinegar.

Step 4

Increase the heat to high and stir in mustard and horseradish. Transfer browned pork pieces back to the pot, along with any accumulated juices. Pour in cream and 1/4 cup chicken broth; add more chicken broth to cover if needed. Add sage, thyme, rosemary, and bay leaf; season with a pinch of salt. Bring to a simmer, then cover and simmer over low heat for 30 minutes.

Step 5

Add carrots, celery, and cayenne pepper; season with more black pepper. Leave uncovered and simmer until meat is tender, about 1 hour. Add peas and simmer for 10 minutes. (Optional: for a thicker sauce, raise heat and simmer until sauce is reduced, 5 to 8 minutes.)

Step 6

Garnish individual servings with apple strips and chives.

Chef's Notes

I just tossed my fresh herbs in whole. If you don't like that texture, you can simply chop the herbs before adding them.

If pork isn't your thing, this would be lovely with other meats, such as beef or chicken thighs.

Nutrition Facts

Per serving: 760 calories; total fat 61g; saturated fat 28g; cholesterol 214mg; sodium 447mg; total carbohydrate 20g; dietary fiber 3g; total sugars 8g; protein 33g; vitamin c 16mg; calcium 118mg; iron 2mg; potassium 726mg

Easy Taco Salad

PREP TIME 15 minutes

COOK TIME 15 minutes

TOTAL TIME 30 minutes

SERVINGS 8 servings

AUTHOR [Holly Nilsson](#)



[4.98 from 112 votes](#)

This easy taco salad is crispy, crunchy, and colorful. Make a DIY taco bar by putting out all the toppings and let everyone make their own!

Ingredients

Beef

- 1 pound lean ground beef
- 1 ounce [taco seasoning](#) 1 packet, or 2 tablespoons homemade
- 1 cup canned black beans drained and rinsed, optional

Salad

- 6 cups chopped romaine lettuce or iceberg lettuce, chopped
- 1 cup diced fresh tomatoes
- 1 cup shredded cheddar cheese
- 1 avocado diced
- 1 cup tortilla chips
- ½ cup salsa
- ½ cup sour cream
- toppings as desired olives, bell peppers, jalapenos, red or green onion

Instructions

1. In a medium skillet, brown the ground beef over medium-high heat until no pink remains. Drain any fat.
2. Add the taco seasoning and ½ cup water. Simmer uncovered over medium heat for 5 minutes or until thickened. Stir in beans.
3. Place the lettuce in a large salad bowl or divide over individual serving bowls. Top with the seasoned meat mixture, tomatoes, cheese, avocado, and desired toppings.
4. Top with tortilla chips, salsa, and sour cream.

Notes

While we use sour cream and salsa as dressing, Catalina or [Thousand Island](#) are also great with this salad.

To make this meal fast, use pre-washed lettuce. Prepare topping ingredients while the beef is browning.

Leftover taco meat can be stored in the fridge for up to 4 days in an airtight container and reheated in the microwave.

Nutrition Information

Calories: 360, Carbohydrates: 20g, Protein: 19g, Fat: 23g, Saturated Fat: 9g, Cholesterol: 61mg, Sodium: 328mg, Potassium: 608mg, Fiber: 6g, Sugar: 2g, Vitamin A: 3585IU, Vitamin C: 6.9mg, Calcium: 178mg, Iron: 2.7mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Sweet Potato Tostadas



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Whether you want to layer tostadas with beans, meat and vegetables, or customize using your favorite ingredients, tostadas are incredibly flexible. We started with the mashed bean base that's commonly enjoyed in Mexico, and added sweet potatoes and pineapple for a touch of sweetness.

Level: Easy

Total: 40 min

Active: 30 min

Yield: 4 servings

Ingredients:

3 sweet potatoes (about 1 1/4 pounds) peeled and cut into 1-inch chunks
Kosher salt and freshly ground pepper
1/4 small head red cabbage, shredded (about 1 1/2 cups)
3 tablespoons fresh lime juice (from about 2 limes)
2 cups chopped pineapple
1/4 cup fresh cilantro, chopped
2 cloves garlic
1 canned chipotle chile pepper in adobo, plus 1 to 2 teaspoons sauce from the can
1/2 teaspoon ground cumin
1 15-ounce can refried black beans (vegetarian, if desired)
8 tostada shells
1/4 cup Mexican crema or sour cream

Directions:

- 1** Put the sweet potatoes in a large skillet and add enough water to cover; season with salt and pepper. Bring to a boil, reduce the heat to a simmer and cook until tender, 20 to 25 minutes. Drain and return to the skillet.
- 2** Meanwhile, mix the cabbage, 1 tablespoon lime juice and a pinch of salt in a small bowl; set aside. Toss 1 cup pineapple with the cilantro and 1 tablespoon lime juice in a small bowl; set aside. Puree the remaining 1 cup pineapple with 1 tablespoon lime juice, the garlic, chipotle and adobo sauce, cumin and 1/4 cup water in a blender until smooth. Stir the pineapple sauce into the sweet potatoes and cook over medium heat until warmed through, 3 to 4 minutes.
- 3** Put the black beans in a small saucepan, add 3 tablespoons water and warm over medium-high heat. Spread on the tostadas, then top with the sweet potatoes, pineapple salsa and cabbage. Drizzle with the crema.

