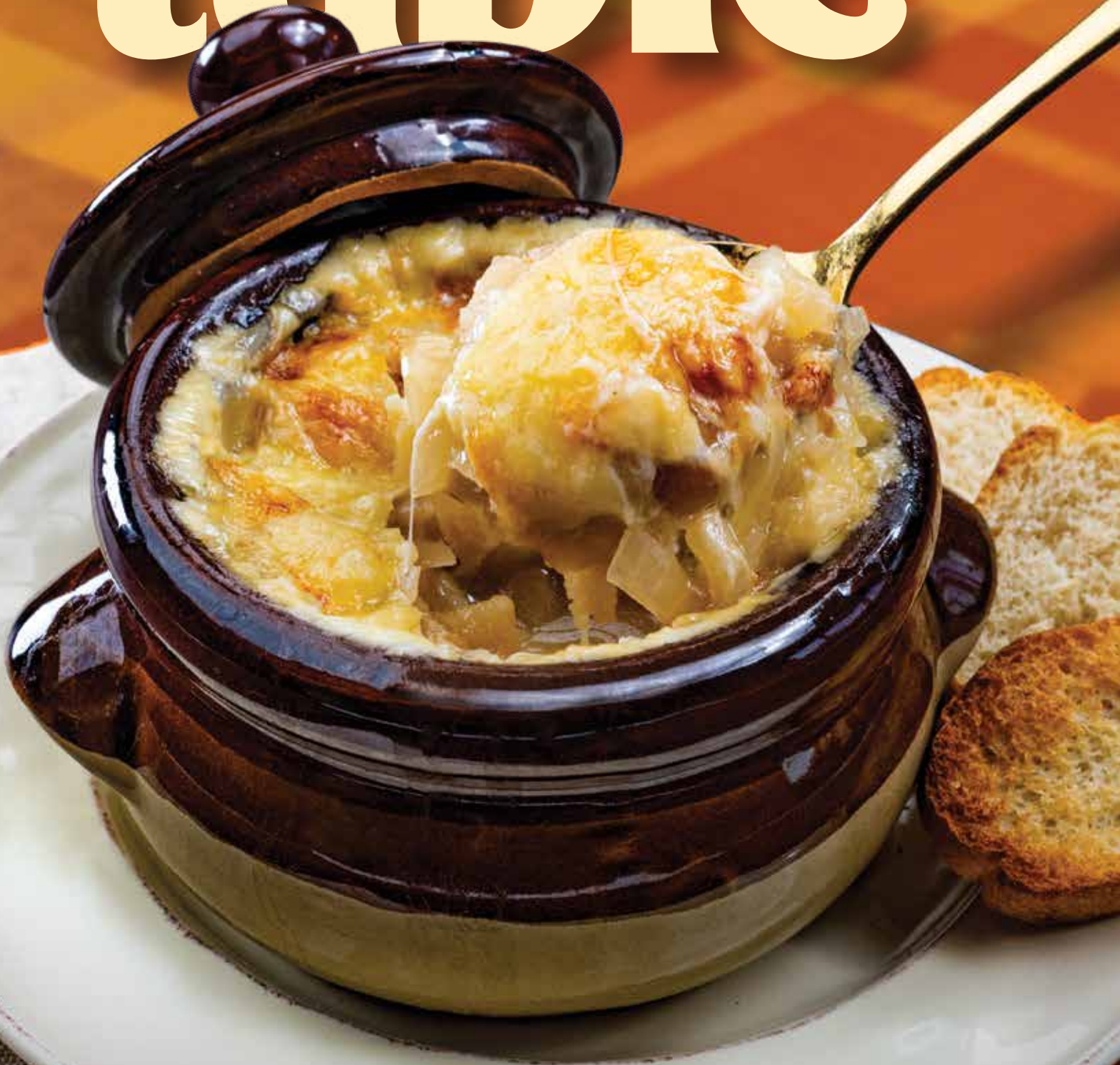



Free

ingles table



A person's hands are holding a large, dark brown ceramic bowl filled with a thick, vibrant red soup. The person is wearing a mustard yellow knitted sweater. The background is a dark, textured surface.

As the days get cooler we
start to crave meals that are warm and
comforting. The Ingles Table team has created a
selection of tasty dishes that we know will satisfy your
family, your friends, and your budget.

In this Fall/Winter edition of the Ingles Table magazine, you'll not only find
delicious easy-to-prepare meals but you'll find that we've chosen ingredients
that are affordably priced as well as clever ideas on how you can extend a meal
with leftovers. Let's face it, everyone's pinching pennies a bit so we wanted to
help the best way we knew how.

And always remember that Ingles has cost-effective ready-made items that can get
dinner on the table quickly, like fried and rotisserie chicken, mouthwatering fresh-
made side dishes, an extensive salad bar, and a selection of hot soups.

Visit [ingles-markets.com](https://www.ingles-markets.com) to find even more seasonal recipes, instructional
videos, printable shopping lists, tips and tricks... from our table to yours.

-Cindy

Cindy Mixon
Vice President Deli/Bakery/Starbucks
Ingles Markets

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5



18



21

- | | | | |
|----|---|----|-------------------------------|
| 4 | Leah's Tips | 14 | Squash and Sausage Casserole |
| 5 | Sheet Pan Chicken and Vegetables | 15 | Apple Pie Baked Beans |
| 6 | Tuscan Chicken | 16 | Sheet Pan Jamaican Jerk Tofu |
| 7 | Asian Ramen Salad | 17 | Vegetarian Chili |
| 8 | Portobello Mushroom Ragù over Pappardelle Pasta | 18 | Sweet and Spicy Crockpot Pork |
| 9 | Stuffed Chilis | 19 | Slow Country Pot Roast |
| 10 | Cajun Glazed Meatloaf | 20 | Sweet Onion Pie |
| 12 | Jeff's Homemade Chili | 21 | Caramel Apple Nachos |
| 13 | Tex Mex Chicken Meatballs | 22 | French Onion Soup Gratinée |
| | | 23 | Couscous Salad |



**FIND JOE LASHER'S CAPRESE PORTOBELLOS
EXCLUSIVELY AT INGLES-MARKETS.COM**

Leah's TIPS

With cooler temperatures we start to appreciate more of those fall smells and flavors.

Cinnamon, cloves, nutmeg, and allspice replace the citrus scents of summer.

We want hot foods, creamy soups, and cheesy dishes rather than light salads... and of course, we can't forget - everything pumpkin.

Fall and winter at your local Ingles Market will mean a variety of pumpkin items featuring pumpkin spice (usually a blend of cinnamon, nutmeg, ginger, cloves and allspice) from scented candles and coffee to candy, popcorn, cookies, ice cream and even beers.

You should easily be able to find both baking and carving pumpkins and there's always canned pumpkin ready to use for pies, cookies, and quick breads. Pumpkins suitable for carving those porch step jack-o-lanterns will be large and have a thin skin. Once you carve them be sure and roast the pumpkin seeds for a snack. If you live in an area with wildlife, raccoons will enjoy eating that pumpkin. You can also check with wildlife centers and zoos to see if they will accept your pumpkins as a donation.

"Sugar" or "pie" pumpkins are smaller and rounder with thicker skin and their flesh will be more dense and slightly sweeter. These are the pumpkins that are great for roasting as a side item, mashing or turning in to a soup or pumpkin pie.

Enjoy this special time of year and create some dishes that celebrate the season!



LEAH MCGRATH, RD, LDN
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SCOTT CULPEPPER

Proud Marine with a passion for aviation and Southwestern cooking

**USE LEFTOVERS
TO MAKE A
DELICIOUS SOUP!**

Sheet Pan Chicken and Vegetables

SERVES: 4

- 1 5-7 lb. whole roaster chicken (spatchcocked)
- 1½ lbs. broccoli crowns, trimmed and cut into ½-1 inch pieces
- 4 large carrots, cleaned, sliced into ¼ -½ inch medallions
- 1 large red bell pepper, seeded, cut into ½ inch pieces
- 1 large yellow bell pepper, seeded, cut into ½ inch pieces
- 1 lb. purple potatoes, cut into ½ inch medallions
- 1 lg. red onion, cut into bite size pieces

1. Preheat oven to 400°F.
2. In a small bowl, mix together softened butter, rosemary, thyme, and oregano. Set aside.
3. Place broccoli, carrots, peppers, potatoes, and onions into a large bowl; toss with olive oil until well coated.
4. Season vegetable mixture with salt and pepper, to taste.
5. Arrange vegetables on a large sheet pan, as seen above.
6. Using your hands, generously coat the outside of the

- 8 tbsp. room temperature unsalted butter
- 1 tbsp. fresh rosemary, finely chopped
- 1 tbsp. fresh thyme, finely chopped
- 1 tbsp. fresh oregano, finely chopped
- 2 tbsp. olive oil
- salt and pepper, to taste

7. Place chicken on top of the vegetables, like above.
8. Bake for 45-55 minutes, chicken legs towards the back of the oven, stirring and mixing the vegetables halfway through.
10. When the internal temperature of the chicken reaches 160°F, remove from the oven, cover with aluminum foil, and let rest for 10 minutes. Serve.



JASMIN QUEEN, CNC
Winner, "My Diet is Better Than Yours"

Tuscan Chicken

SERVES: 4

- | | | |
|---------------------------------|-------------------------------|---------------------------|
| 4 chicken breasts, pounded thin | 1 tsp. seasoning salt | ½ cup sun-dried tomatoes |
| 2 tbsp. extra virgin olive oil | ¼ cup chicken stock | 2 cups fresh baby spinach |
| 2 tbsp. butter | ¾ cup heavy whipping cream | ½ cup grape tomatoes |
| 1 tbsp. garlic, minced | 4 tbsp. cream cheese | |
| 1 tbsp. Italian seasoning | 1 cup Asiago cheese, shredded | |

1. Add the chicken, Italian seasoning, salt, and garlic to a mixing bowl. Massage seasoning into chicken.
2. Heat the olive oil and butter in a cast iron skillet.
3. Place chicken into the skillet and cook for about 7 minutes on each side.
4. Remove chicken and deglaze skillet with chicken stock. Add whipping cream, and cream cheese, and thoroughly combine.
5. Bring to a simmer and then add the chicken back into the skillet.
6. Cook covered for 15 minutes or until the sauce has thickened and the chicken has reached an internal temperature of 165°F.
7. Mix in Asiago cheese and sun-dried tomatoes. Simmer until the cheese has melted.
8. Stir in grape tomatoes and spinach.
9. Serve with zoodles, spaghetti squash, mashed potatoes or your favorite pasta.

Asian Ramen Salad

SERVES: 12

SALAD:

- | | | | |
|----|--|---|---|
| 2 | (3 oz.) bags ramen noodles, crumbled, flavor pack reserved for another use | 1 | red bell pepper, diced |
| 14 | oz. bag tri-color deli coleslaw mix | 1 | yellow bell pepper, diced |
| 1 | (8 oz.) package shelled edamame, cooked according to package directions and cooled | 1 | orange bell pepper, diced |
| | | ½ | cup green onion, thinly sliced |
| | | ½ | cup basil, chiffonade |
| | | ½ | cup Laura Lynn dry roasted peanuts, chopped |

DRESSING:

- | | |
|---|---------------------------------|
| ⅔ | cup Asian sesame salad dressing |
| 1 | tsp. sesame oil |
| 1 | tbsp. Laura Lynn soy sauce |
| 1 | tbsp. Laura Lynn honey |
| ½ | tsp. kosher salt |

1. Preheat oven to 425°F. Spread crumbled ramen noodles on a baking sheet. Bake for 5 min. Stir and bake additional 2-3 min. until toasted and golden brown.
2. Combine all salad ingredients in a large mixing bowl.
3. Whisk together all dressing ingredients, then pour over salad. Toss to combine.
4. Serve immediately.



UNICOI PRESERVES
Suzy & Clark Neal



SWEET MEMORIES

Brother & Sister, John Gifaldi & Patty Heiden
Personal Chefs

Portobello Mushroom Ragù over Pappardelle Pasta

SERVES: 4

- | | | | |
|----|---|-----|--|
| 3 | tbbsp. extra virgin olive oil | 1/2 | tbsp. red chili flakes |
| 2 | shallots, thinly sliced | 2 | tbbsp. tomato paste |
| 3 | portobello mushroom caps, sliced | 1 | tbsp. balsamic vinegar |
| 16 | oz. pappardelle pasta | 2 | tbbsp. unsalted butter |
| 2 | garlic cloves, grated | 1 | chunk Parmigiano Reggiano or parmesan cheese |
| 2 | tsp. finely chopped fresh rosemary leaves | 2 | tbbsp. kosher salt + pinch |

1. Put the oil, shallots, and a pinch of salt in a large skillet and place over medium heat. Cook, stirring frequently, until the shallots are softened, but not browned.
2. Add the mushrooms to the pan. Cook the mushrooms for a few minutes until they take on some color. Continue cooking until the mushrooms become tender and their liquid evaporates.
3. Meanwhile, bring a large pot of water to a boil and add 2 tbbsp. kosher salt. Cook the pasta until al dente. Drain, reserving 1/2 cup of the pasta water.
4. Add the garlic, rosemary, chili flakes, tomato paste, vinegar, and butter to the mushrooms. Add 1/2 cup of the pasta water and stir over medium heat until the mixture becomes saucy. Add the pasta to the pan and toss gently with tongs to coat adding more water if it seems too dry. Taste for seasoning.
5. Shave curls of Parmigiano cheese over the pasta with a vegetable peeler and serve.

PLANT-BASED

Stuffed Chilis

SERVES: 4

SPICE MIXTURE:

- 2 tsp. smoked paprika
- 1 tsp. onion powder
- 1 tsp. dried oregano
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ½ tsp. chipotle chili powder
- 1 tsp. black pepper
- 1 tsp. kosher salt
- 1 tbs. brown sugar

FILLING:

- 8 Hatch green chilis (you can also use 4 bell peppers)
- 1 tbs. olive oil
- ½ red onion, chopped
- 1 cup corn
- 1 cup black beans
- 1 (8.8 oz.) package Spanish style cooked rice

TOPPING:

- ¼ cup water
- 8 oz. shredded non-dairy cheddar
- cilantro, chopped for garnish

1. Heat oven to broil.
2. Mix all spice ingredients together and set aside.
3. Prepare peppers to have a pocket for filling, removing ribs and seeds, and place onto a sheet pan.
4. Place peppers into the oven for about 10 minutes, until they just start to char. Remove.
5. In a large sauté pan over medium-high heat, sauté red onions in olive oil until just softened. Add corn, black beans, and rice; stir to combine. Sprinkle in the seasoning mix and continue to cook for a couple minutes.
6. Stuff each pepper with filling and place back in the oven for about 5-7 minutes.
7. In a sauce pan, add ¼ cup of water and bring to boil. Add the shredded cheese and continue to cook until melted.
8. Pour cheese sauce over the cooked peppers and garnish with cilantro.



MICHAEL MCMURTREY
Graphic Designer / Food Stylist
blueplatecreative.com

Cajun Glazed Meatloaf

SERVES: 6

INGREDIENTS:

- 2 tbsp. vegetable oil
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced red bell pepper
- ¼ cup thinly sliced green onion
- ½ tbsp. minced garlic
- 2 diced jalapeño peppers
- ½ cup beef broth
- ½ cup ketchup
- 2 tbsp. Cajun seasoning of your choice
- 2 tbsp. Worcestershire sauce
- 2 tbsp. Louisiana style red hot sauce
- 1½ tbsp. Creole or spicy brown mustard
- 1 tsp. coarse ground black pepper
- 1½ lb ground beef (or venison)
- ½ lb. ground pork (not pork sausage)
- ½ lb. of andouille sausage, diced
- 1 large egg lightly beaten
- 1 cup dried breadcrumbs, plain

FOR THE GLAZE:

- 1 cup ketchup
- 4 tbsp light brown sugar
- 1 tbsp Louisiana style hot sauce
- 1½ tbsp white vinegar
- 1 tbsp Creole style mustard or spicy brown mustard

1. Pre-heat smoker to 165°F.
2. Line baking sheet with foil and spray a wire cooling rack with non-stick cooking spray. Place the wire rack on the baking sheet.
3. In large skillet, sauté the onion, celery, red bell pepper, green onion, garlic, and jalapeños in the vegetable oil until the vegetables soften and become translucent, approx. 6 minutes.
4. Add the beef broth, ketchup, Cajun seasoning, Worcestershire sauce, hot sauce, mustard and pepper. Stir to combine. Remove the mixture from heat and let cool to room temperature.
5. In a large mixing bowl, combine the ground beef, pork and sausage. Add egg, breadcrumbs and the cooled mixture and mix lightly with your hands until well combined.
6. Form a rectangular loaf 1½-2 inches thick and then lay on top of cooling rack.
7. Place the pan with meatloaf on the smoker for one hour at 165°F and then increase temperature to 325°F and cook for another hour.
8. Make the glaze by combining ketchup, brown sugar, hot sauce, white vinegar, and mustard in a small saucepan and simmer for 8-10 minutes.
9. At the two-hour mark, pour or brush the glaze on top of the meatloaf and continue to cook until internal temperature at thickest point is 165°F
10. Remove and let rest for 10 minutes before slicing and serving!





**SOMETIMES I MAKE
MEATLOAF JUST SO I
CAN ENJOY A MEATLOAF
SANDWICH THE NEXT DAY!**



SMOKIN' JOE LASHER
Co-Owner and Founder
M7 Event Solutions and Catering

Jeff's Homemade Chili

SERVES: 6-8

- 2 lbs. ground beef
- 1 bag frozen Laura Lynn chopped green peppers
- 1 bag frozen Laura Lynn chopped onion
- 1 (15 oz.) can light red kidney beans
- 1 (15 oz.) can chili beans
- 2 packages Laura Lynn chili seasoning mix
- 1 (8 oz.) can tomato sauce
- 1 tbsp. pickled diced jalapeño peppers
- 1 (14.5 oz.) can diced tomatoes
- ground cinnamon, to taste
- sugar, to taste
- cayenne pepper, to taste

OPTIONAL TOPPINGS:

chopped onions
shredded cheese
sour cream
crackers
corn chips
corn bread

1. In large pot cook ground beef, onions, green peppers, and jalapeños on high heat, until meat is fully cooked.
2. Add chili seasoning, beans, tomato sauce, and diced tomatoes. Add cinnamon, sugar, and cayenne pepper, a little at a time, stirring and tasting after each addition to get to your preferred heat and sweetness level.
3. Put on high heat, bring to a boil, and then reduce heat to low and let cook for at least 30 minutes. The longer the chili cooks, the more flavorful it becomes.
4. Add a cup of water if you want your chili to have a more soup-like consistency.
5. Top your chili with any of the optional toppings you like.



KELLI SMITH & ERIN BARNETT
The Southern Table



MAKE A DELICIOUS SECOND MEAL USING LEFTOVER CHILI AND A BAKED POTATO!



CHEF ABBY J
Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing

Tex Mex Chicken Meatballs

SERVES: 6

- 1 lb. ground chicken
- 1 large egg, beaten
- ¼ cup breadcrumbs
- ⅓ cup chopped onion
- 1½ tsp. chopped garlic
- 1 (4 oz.) can chopped Hatch chiles
- ½ tsp. chili powder
- ½ tsp. ground cumin
- salt and pepper, to taste

1. Preheat the oven to 400°F.
2. Coat a sheet pan with cooking spray.
3. Combine chicken, egg, breadcrumbs, onion, garlic, Hatch chiles, chili powder, and cumin in a bowl. Season with salt and pepper. Form mixture into meatballs, and place on a prepared pan.
4. Bake until cooked through, about 20 minutes.

Note: Serve meatballs with a Spanish Style Rice.

**THESE MEATBALLS CAN BE MADE INTO SANDWICHES OR ADDED TO SALADS.
THEY'RE ALSO PERFECT JUST AS THEY ARE FOR GAME DAY!**



JASMIN QUEEN, CNC
Winner, "My Diet is Better Than Yours"

Squash and Sausage Casserole

SERVES: 4-6

- 2 **tbsp. butter**
- 12 **oz. andouille sausage, diced**
- 1 **medium sweet onion, diced**
- 1 **red bell pepper, diced**
- 1 **green bell pepper, diced**
- 8 **cups yellow squash, sliced**
- 2 **tsp. sugar**
- ¼ **cup breadcrumbs**
- ¼ **cup grated parmesan**
- Cajun seasoning, salt and pepper to taste**

**THIS RECIPE ALSO WORKS
GREAT WITH HAM!**

1. Preheat the oven to 350°F.
2. Melt butter over medium heat in a Dutch oven or large skillet.
3. Add the sausage and cook for 5 minutes.
4. Add the onions and sauté for 4 minutes.
5. Add the squash and cook covered for about 8 minutes.
6. Add the red bell pepper and green bell pepper and cook for an additional 2 minutes.
7. Stir in the sugar, Cajun seasoning, and salt and pepper.
8. Drain the excess liquid out of the skillet and pour ingredients into a glass baking dish.
9. Bake for 25 minutes.
10. Remove from the oven and top with breadcrumbs and parmesan cheese. Bake for an additional 5 minutes.



SMOKIN' JOE LASHER
Co-Owner and Founder
M7 Event Solutions and Catering

Apple Pie Baked Beans

SERVES: 12

- 2 28 oz. cans baked beans
- 1 14 oz. can apple pie filling
- 1 lb. breakfast sausage
- ½ lb. bacon, chopped
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1 jalapeño, diced
- 1 cup light brown sugar
- 16 oz. thick BBQ sauce
- 1 tbsp. prepared yellow mustard
- 1 tbsp. Worcestershire sauce
- 2 tbsp. Smokin' Joe Lasher Bad Boy Rub

1. Preheat oven or smoker to 375°F
2. In a large Dutch oven, cook bacon until desired doneness.
3. Add breakfast sausage, onion, bell pepper, and jalapeño and cook until sausage is browned. Remove from heat.
4. Drain cans of beans and add to sausage mixture.
5. Add apple pie filling and stir to combine.
6. Add BBQ sauce, brown sugar, mustard, Worcestershire sauce, and Bad Boy Rub and stir to combine.
7. Place on the smoker or in the oven for 45 minutes to an hour, stirring occasionally.
8. Serve warm with your favorite BBQ menu!



SCOTT CULPEPPER

Proud Marine with a passion for aviation and Southwestern cooking

PLANT-BASED

Sheet Pan Jamaican Jerk Tofu

SERVES: 4

- 4 large cloves of garlic, minced
- 2 tsp. fresh ginger, minced
- 1½ large sweet potatoes, cut into bite-sized pieces
- 2 large sweet apples, cored and cut into bite-sized pieces
- 1 medium red onion, cut into small wedges
- 2 medium green bell peppers, seeded and cut into ½" pieces
- 2 16 oz. containers firm tofu
- 4 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- 3 tbsp. Jamaican jerk seasoning (dry rub), divided

1. Preheat oven to 400°F.
2. In a bowl, combine olive oil, apple cider vinegar, 2 tbsp. jerk seasoning, garlic, and ginger.
3. Drain tofu and cut into ½" strips. Sprinkle the remaining jerk seasoning over the tofu strips.
4. Combine vegetables and apples together in a large mixing bowl.
5. Pour marinade over the mixture and mix to coat.
6. Pour mixture onto a large baking sheet and place tofu on top, mostly in the center of the dish.
7. Bake on the center rack for 40 minutes or until sweet potatoes are cooked through, stirring vegetables half way through. Serve.



**FILL TORTILLAS
WITH LEFTOVERS FOR
A SECOND MEAL!**



CHEF ABBY J
Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing

Vegetarian Chili

SERVES: 8

- 2 tbsp. olive oil
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 large carrot, peeled and diced
- 3 cloves garlic, minced
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. salt
- 1 tsp. ground pepper
- 1 (4 oz.) can diced green chiles
- 1 cup fresh corn
- 1 (28 oz.) can crushed tomatoes
- 1 (14.5 oz.) diced tomatoes
- 1 (15 oz.) can kidney beans
- 1 (15 oz.) can black beans
- 2 cups warm water
- 3 cups cooked elbow macaroni
- 2 cups grated cheddar cheese

1. Set a large saucepan or Dutch oven to medium heat; add olive oil. Once hot, sauté onion, peppers, carrot, and garlic for 10 minutes. Stir in chili powder, cumin, oregano, salt, pepper, green chiles and corn. Stir in crushed tomatoes, diced tomatoes, beans and water.
2. Increase heat to medium-high; bring to a boil. Once boiling add cooked macaroni, stirring occasionally, until all is cooked through, usually 10 minutes. Remove from heat.
3. Stir in shredded cheese. Serve with desired toppings.



**FILL PEPPERS WITH LEFTOVER CHILI,
ADD SOME CHEESE TO THE TOP, AND BAKE IN THE OVEN
FOR A GREAT SECOND MEAL!**

Sweet and Spicy Crockpot Pork

SERVES: 16-18

- 1 large onion, peeled and cut into wedges
- 7 lb. pork butt, fat cap scored
salt and pepper
- 3 tbsp. chipotle peppers in adobo sauce, chopped
- 2 tbsp. Laura Lynn brown sugar
- 2 (12 oz.) cans Laura Lynn Dr. Lynn soda

- 1. Place onion in the bottom of a crockpot.
- 2. Generously salt and pepper all sides of the pork butt, then place pork on top of onion in crockpot. Add chipotle peppers in adobo sauce and brown sugar, then pour over both cans of Dr. Lynn soda. Cook on high for 1 hour, then reduce to low, and cook until meat is tender and easily shreds, approximately 6 hours. Cooking time depends on the size of the roast and your crockpot.
- 3. Remove meat to sheet pan, shred, and discard fat. Skim fat off cooking liquid, then return shredded meat to crockpot cooking liquid, serve warm. Alternatively, when meat is done, refrigerate meat and cooking liquid, then remove hardened fat once cold. Reheat on stove top and serve.
- 4. No crockpot, no problem! You can cook this roast in the oven at 300°F in a large, tightly covered Dutch oven, 6 hours or until meat easily shreds with two forks.



UNICOI PRESERVES
Suzy & Clark Neal

**THIS PORK RECIPE IS REALLY VERSATILE.
TRY FILLING GRILLED TORTILLAS WITH
LEFTOVER PORK, CABBAGE, TOMATOES, AND
CILANTRO FOR A DELICIOUS SECOND MEAL.**





SMOKIN' JOE LASHER
Co-Owner and Founder
M7 Event Solutions
and Catering

LEFTOVER POT ROAST, CARAMELIZED ONIONS, SMOKED GOUDA, AND A TOASTED CIABATTA BUN... PERFECTION!



Slow Country Pot Roast

SERVES: 6

- 1 3 lb. chuck roast
- 2 tbsp. olive oil, divided
- 1 tbsp. salt
- 1 tbsp. pepper
- 1 large yellow onion, peeled and halved, then cut into thick slices
- 2 tbsp. minced garlic
- 1¼ cup beef broth
- 2 tsp. Worcestershire sauce
- 1 tbsp. thyme
- 1 tbsp. rosemary
- 2½ lbs. fingerling potatoes, washed and left whole
- 1 lb. medium carrots, peeled and cut into 1" pieces
- 2 tbsp. fresh parsley for garnish

1. Pat dry your roast with a paper towel and then liberally coat with salt and pepper.
2. Heat one tbsp. of olive oil over medium-high heat in large skillet. Brown both sides of pot roast in olive oil, approximately 4 minutes per side. Place browned roast in slow cooker.
3. In the same skillet, add the remaining olive oil and onion; sauté for 2 minutes. Add garlic; sauté for another minute, then pour onion mixture over the pot roast.
4. In same skillet, add beef broth, Worcestershire, thyme, and rosemary; let warm for a minute or so, scraping the bottom of the skillet. Then remove from heat.
5. Layer potatoes and carrots over top of pot roast in slow cooker, then pour the broth mixture over top and season with salt and pepper to taste.
6. Place lid on slow cooker and set on low. Cook for 8-9 hours, until carrots and potatoes are soft.
7. Shred beef, removing any fat, and serve over your favorite white bread or whipped potatoes, or enjoy the beef and vegetables as they are! Don't forget to garnish with fresh parsley!

Sweet Onion Pie

SERVES: 8

- | | | |
|--|--|--|
| 1 deep dish frozen pie crust, do not thaw | ½ cup cream | ½ cup jalapeños, chopped (optional) |
| 1 medium sweet onion | 1 tsp. onion salt | ½ cup bell peppers, chopped |
| 5 large eggs | 1 tsp. cracked black pepper | cherry tomatoes, for garnish |
| ½ cup whole milk | 1½ cup shredded sharp cheddar cheese, preferable white. | cilantro, chopped, for garnish |

1. Preheat the oven to 400°F. Transfer the frozen crust to your own pie plate.
2. Peel and slice the onion $\frac{1}{8}$ inch thick. I use a mandolin slicer to get them nice and thin.
3. Cut most of the rings into halves or quarters, while leaving a few whole for topping the pie.
4. Gently whisk the eggs to break them up, and whisk in the milk and cream. Season with onion salt and pepper.
5. Spread the cheese out onto the frozen pie crust. Then fill with most of the onions, reserving a few rings for the top, along with bell peppers, and jalapeños, if desired.
6. Pour the egg and cream mixture into the pie crust. It should just fill the top.
7. Put the pie on a baking sheet (this makes it easier to transfer to the oven) and bake for 60 minutes.
8. Garnish each slice with some cherry tomatoes and cilantro.



CHEF ABBY J
Founder of Abby J's Gourmet
Proprietor Blackhawk Flyfishing



Caramel Apple Nachos

SERVES: 4-6

- 4 large apples (your favorite varieties)
- 1 cup caramels, unwrapped
- 1 tbsp. water
- 1 cup white chocolate chips
- ½ cup chocolate chips
- 1 English toffee candy bar, crushed
- medium-sized skewers

1. Clean apples and dry with paper towel.
2. Slice apples into 8 pieces. Add skewers to each for easy serving.
3. Arrange apple slices on large serving platter.
4. Place caramels in a microwavable safe bowl with water. Microwave in 25 second intervals until melted, then drizzle over apples.
5. Top apples with chocolate chips and crushed candy bar pieces, serve immediately.

Note:

You can also set up a fun toppings bar with cookie crumbs, chopped nuts, or your favorite candies.



KELLI SMITH & ERIN BARNETT
The Southern Table

French Onion Soup Gratinée

SERVES: 4

2 tbs. unsalted butter
3 onions, sliced
7 cups chicken broth
1/2 tsp. salt
1/2 tsp. fresh ground pepper
16 baguette slices
16 oz. Gruyère, grated

1. Melt the butter in a large saucepan and sauté the onions over medium high heat for about eight minutes or until they are lightly browned.
2. Add broth, salt and pepper and boil gently for about 5-10 minutes.
3. Pre-heat the oven to 400°F. Place the baguette slices on a baking sheet and toast in the oven.
4. Place one or two slices of baguette in the bottom of each of four ovenproof crocks.
5. Next add approximately 1/4 cup of grated cheese to each crock.
6. Ladle the onion and stock mixture into the crocks.
7. Repeat with another layer of baguette, cheese, and onion, then top with the remaining grated cheese.
8. Bake for 15 to 20 minutes or until cheese is beautifully browned.



SWEET MEMORIES

Brother & Sister,
John Gifaldi & Patty Heiden
Personal Chefs



MICHAEL MCMURTREY
Graphic Designer / Food Stylist
blueplatecreative.com

PLANT-BASED

Couscous Salad

SERVES: 4

- 8 oz. bottle Caesar dressing
- 2 tbsp. lemon juice
- 2 tbsp. maple syrup
- 2 tsp. black pepper
- 3-4 cups tri-color pearl couscous (prepared)
- 1-2 bulbs fennel, thinly shaved
- 1 avocado, cubed
- 1 cup walnuts, slightly crushed
- ½ cup dried cherries

1. Into a small bowl, add Caesar dressing, lemon juice, maple syrup, and black pepper. Mix together thoroughly.
2. Into a serving bowl, add your prepared couscous, fennel, avocado, walnuts, and dried cherries.
3. Pour your dressing over the salad and toss. Serve chilled or room temperature.

Catering *simplified*

FRESH
DELICIOUS
BEAUTIFUL
AFFORDABLE


ingles
the chef's kitchen

thechefskitchen.com