



PUMPKIN APPLE SOUP WITH SAGE

Tom's Turkey Drive Recipe, Spokane, WA



Ingredients

- 2 T. butter
- 1 onion -diced
- 2-carrots-chopped into about ½ inch by ½ inch
- 1 celery rib-chopped small
- 2-3 apples cored and cut into ½ inch dice
- 1-2 cans of pumpkin puree
- 1 T. dried sage
- 1 bay leaf
- 2 T. brown sugar
- ¼ t. cayenne
- 1 cup of water
- 2 cups of chicken stock
- ¼ t. pepper
- 1 ½ t. salt or more depending on your taste



Directions

1. In a soup pot melt the butter and sauté the onion, carrot, celery and apples until the onion is translucent, about 10 minutes.
2. Stir in the pumpkin puree, water, sage and a bay leaf. Add the broth, spices and bring to a boil and then simmer for about 15-20 minutes.
3. Simmer until the veggies are tender and then remove the bay leaf.
4. If more flavor is needed, add a little more brown sugar, salt or cayenne.
5. Enjoy!



PUMPKIN MUFFINS WITH STREUSEL

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Ingredients

- 1 ½ cup white flour
- 1 cup Whole Wheat flour
- ½ cup oats
- 1 ½ T. Pumpkin pie spice
- 2 t. baking soda
- 1 t. baking powder
- 1 t. salt
- 1-15 oz can of pumpkin puree
(about 1 ½ cups)
- 1 cup brown sugar
- 1 cup white sugar
- 2/3 cup vegetable oil
- ½ cup applesauce
- 3 eggs
- 1 t.
- Vanilla



Streusel topping

- ¼ cup packed brown sugar
- 2 T. butter softened
- ¼ cup rolled oats
- ¼ cup Whole wheat flour

Directions

1. Preheat oven to 350 degrees and line 18 muffin cups with paper liners.
2. Combine the flours, oats, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl and whisk.
3. Whisk the pumpkin puree, a cup brown sugar and white sugar, vegetable oil, applesauce, eggs and vanilla together in a separate bowl. Stir flour mixture into the pumpkin mixture; mix well.
4. Beat ¼ brown sugar and butter together until creamy and then whisk in the oats and flour until crumbly.
5. Pour the batter into the muffin pan and sprinkle each muffin with the streusel topping.
6. Bake for 25-35 minutes until a toothpick is inserted into the center of a muffin and comes out clean.