

# 1 Ingredients

- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread
- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 4 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 batch of fresh lasagna noodles (or 1 box of lasagna noodles)
- 1 large container of ricotta cheese
- 1 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella
- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top
- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup craisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and paper

## **2 Recipe One**

### **2.1 Instructions**

- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread

### **2.2 Instructions**

1. Mix pumpkin, milk, eggs, cinnamon, and vanilla in a medium bowl.
2. Dip a slice of bread, coat in pumpkin mixture, and cook in a generous amount of butter.
3. Repeat until pumpkin mixture runs out.
4. Serve with syrup, berries, and/or whipped cream.

### **3 Recipe Two**

#### **3.1 Instructions**

- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 4 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 batch of fresh lasagna noodles (or 1 box of lasagna noodles)
- 1 large container of ricotta cheese
- 1 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella

#### **3.2 Instructions**

1. Dice onion and mince garlic.
2. Heat 2 tablespoons olive oil in a sauce pan. Add anchovies and cook until they break down.
3. Add onions and garlic to the pan and cook until soft.
4. Add red wine and simmer for 3-5 minutes (optional).
5. Add tomato paste and butter, and cook until fully combined.
6. At peeled tomatoes, stir breaking up tomatoes.
7. Once simmering, add honey, 2 tsp italian seasoning, pepper flakes and continue to stir.
8. Prepare pasta noodles.
9. In a medium bowl, mix ricotta cheese, egg, mozzarella, parmesan, 2 tsp italian seasoning, and a pinch of salt and pepper.
10. Spread one cup of sauce on the bottom of the casserole dish. Add a layer of lasagna noodles. Spread 1/3 of the cheese mixture. Repeat two more times.
11. Top with mozzarella cheese.
12. Cover with tin foil and bake at 375 degrees for 30 minutes. Remove tin foil and bake uncooked another 15-20 minutes, until cheese is melted and browning.

## **4 Recipe Three**

### **4.1 Instructions**

- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1 vidalia onion
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top

### **4.2 Instructions**

1. The night before, place stew beef in a bowl with pepper and enough red wine to cover. Marinate in the refrigerator overnight.
2. Dice onion, carrot, and celery. Mince garlic, and sage and rosemary if using fresh. Finely shave dark chocolate with a knife.
3. Add pancetta to a stock pan with olive oil. Cook for 2-3 minutes.
4. Add onion, carrot, celery and garlic to stock pan and cook until vegetables are cooked.
5. Drain beef marinade.
6. Add beef, sage, rosemary, chocolate, cinnamon, and clove to the sauce pan. Stir.
7. Cover with red wine, add a pinch of salt and pepper, and simmer for about two hours.
8. When ready, boil pasta according to package instructions. Save a cup of pasta water.
9. Add pasta to stock pan with sauce and stir. If needed, add pasta water to loosen the sauce.
10. Serve with grated Parmesan.

## 5 Breakfast Recipe

### 5.1 Instructions

- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup craisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and paper

### 5.2 Instructions

1. Preheat oven to 425F.
2. Cut squash in half lengthwise and dig out seeds. Cut cleaned squash in half moons about 1/2 inches thick. Place half moons in a bowl with 1 tablespoon of olive oil, ginger, paprika, cayenne, cinnamon, and salt and pepper to taste. Stir to spread seasoning and then place on 1/2 of an oiled baking sheet.
3. Cut broccoli into single stems. Place on the other half of the oiled baking sheet and drizzle with olive oil and add salt and pepper.
4. Put baking sheet in the preheated oven for 15 minutes.
5. Combine 1 cup of water with quinoa and some salt. Bring to a boil, lower heat, cover, and cook until water absorbs.
6. Take baking sheet out of oven, flip squash and bake 5 more minutes.
7. Mix tahini, maple syrup, vinegar, 1 tablespoon of water.
8. Top quinoa with broccoli and squash. Sprinkle craisins and pumpkin seeds on top, and drizzle with tahini sauce.