

Fall Harvest Recipes

Garret Club



BUTTERNUT SQUASH & CHICKPEA STEW

Contributors: Adapted from Food Network Kitchen

Approx. 1 hour & 4 servings



Ingredients

- 1 medium onion, diced
- 2 garlic cloves, minced
- 1Tbsp harissa or chili powder
- 1 tsp cinnamon
- ½ tsp coriander
- 1 large butternut squash, peeled, seeded and cut into 1-inch cubes
- 2 cups canned chopped tomatoes
- 1 can garbanzo beans, drained and rinsed
- 2 cups kale
- 1 cup frozen petite green peas
- ¼ cup chopped flat-leaf parsley
- 1-2 cups water or vegetable broth
- Salt and pepper to taste

Preparation

In a Dutch oven or heavy stock pot, heat 1/8 cup water or vegetable broth over medium heat. Sauté the onion until translucent and just starting to brown. Add the garlic and cook for 1 minute, stirring frequently to keep the garlic from burning. Add more liquid if needed to prevent burning and sticking.

Stir in the harissa, cinnamon and coriander, and cook for 30 seconds to release the fragrance from the spices. Add the squash and tomatoes, stir to incorporate the spices, and add 2 cups of water or broth. Bring to the boil, then reduce heat to simmer, cover

and cook for 30 minutes, stir a few times. Add the chickpeas, kale, green peas and parsley, and continue to cook, uncovered, for 10 minutes. Taste, and adjust seasoning with salt and pepper.

Serve hot, over couscous or rice.

Try going oil free by using water or broth to wilt the onion and garlic

Pumpkin Pie Truffles

Adapted from @shortgirtallorder

45 minutes and 12 truffles



Ingredients

Pumpkin Pie Filling:

- ¼ cup pumpkin puree
- 1/3 cup maple syrup
- 2 Tbsp Almond Butter, Walnut Butter, or Solid Coconut Oil
- 2 tsp vanilla extract or powder
- 1 tsp pumpkin pie spice
- 1 cup+ 2 Tbsp to 1¼ cup tapioca starch, arrowroot powder, or cassava flour

Chocolate Coating

- 6 oz melting vegan chocolate
- 1 tsp sea salt (optional)

Preparation

1. Add the pumpkin puree, maple syrup, almond butter, vanilla, and pumpkin pie spice to a blender. Blend until smooth. Add 1 c. + 2 Tbsp flour and blend until dough forms. Add up to 1 ¼ c if needed. Dough should not be dry, but should not stick to hands.
2. Line a tray or plate with parchment paper and set aside. Roll the dough into 12 evenly sized truffles. Add the truffles to the sheet of parchment and place in freezer for 15 minutes.
3. While the truffles are in the freezer, melt

the chocolate. Once melted, remove the truffles from the freezer and roll in the chocolate to coat. Place each chocolate-coated truffle back onto the tray. Refrigerate until the chocolate hardens. (about 15 minutes).

Truffles will keep in the fridge up to 2 weeks and in the freezer up to 1 month.

Add nutritional information