



## Crock Pot Autumn Beef Stew *Adapted from The Spruce Eats*

### Ingredients

- 2 strips bacon (thick)
- 1 1/2 lbs. [SFF Beef Stew Meat](#)
- 1 large onion
- 2 cups beef broth
- 1 cup apple cider or apple juice (not vinegar)
- About 5 or 6 medium potatoes, diced
- 2 medium carrots (peeled, thinly sliced)
- 2 ribs celery (thinly sliced)
- 1 1/2 cups diced rutabaga
- 1 large bay leaf (dried)
- 1/2 tsp dried rosemary (crumbled)
- 1/4 tsp freshly ground black pepper (or to taste)
- Kosher salt (if needed, to taste)
- 2 tbsp flour
- 2 tbsp cold water
- 1 tbsp fresh chopped parsley

### Instructions

1. Cut the beef into 1-inch pieces (if not already diced). Chop the onion.
2. Place a large skillet over medium heat. When the pan is hot, add the bacon; cook until the fat has rendered, and it is almost crisp. With a slotted spatula, remove the bacon and place on paper towels.
3. In the same pan, add the beef cubes and onions. Cook, stirring, until the beef is browned on all sides and the onion is softened.
4. Transfer the beef mixture to the slow cooker along with the bacon; add the beef broth, apple cider, potatoes, carrots, celery, rutabaga, bay leaf, rosemary, and pepper.
5. Cover and cook on low for 7 to 9 hours. Taste and add salt, if needed. This depends on how salty your beef broth is.
6. Combine the flour with cold water to form a smooth mixture. Stir into the beef mixture, turn to HIGH, and continue cooking for 15 minutes longer.
7. Sprinkle servings with fresh chopped parsley and enjoy!





## Dutch Oven Classic Beef Chili *Adapted from Brown Eyed Baker*

### Ingredients

- 2 pounds [SFF Ground Beef](#)
- 2 tbsp vegetable oil
- 2 yellow onions, medium, finely chopped
- 1 red bell pepper, stemmed, seeded and finely chopped
- ¼ cup chili powder
- 1 tbsp ground cumin
- ½ tsp cayenne pepper
- 1 tsp salt, divided
- 6 garlic cloves, minced
- 30 oz can dark red kidney beans, drained and rinsed
- 28 oz can diced tomatoes
- 28 oz can tomato puree

### Instructions

1. Heat the oil in a large Dutch oven over medium heat until it is shimmering. Add the onions, bell pepper, chili powder, cumin, cayenne and ½ teaspoon of the salt. Cook until the vegetables have softened, about 7 minutes. Stir in the garlic and cook for another 30 seconds.
2. Add the beef and increase the heat to medium-high. Cook, breaking up the beef with a wooden spoon, until no longer pink, about 10 minutes. Stir in the beans, diced tomatoes (with their juice), tomato puree and the remaining ½ teaspoon salt. Bring to a simmer, then reduce the heat so it maintains a slow simmer, cover and cook for 45 minutes.
3. Remove the lid and continue to simmer for an additional 45 minutes. Season with additional salt and pepper to taste before serving. Garnish with shredded cheddar cheese and sour cream, if desired.

Leftover chili can be stored in an airtight container in the refrigerator for up to 4 days. The chili can also be frozen for up to 1 month (let the chili thaw in refrigerator for 24 hours before reheating).





# Instant Pot Creamy Chicken and Wild Rice Soup *Adapted from*

*The Pioneer Woman*

## Ingredients

- 2 lbs. [SFF Chicken Thighs](#)
- 1 tsp Kosher salt
- 1 tsp black pepper
- 1 tbsp olive oil
- 3 large celery stalks, sliced ¼ in thick
- 2 large carrots, sliced ¼ inch thick
- 1 garlic clove, finely chopped
- 1 onion, chopped
- 2 tsp finely chopped fresh rosemary
- 2 tsp finely chopped fresh sage
- 2 tsp finely chopped fresh thyme
- ½ cup white wine
- 4 cups low-sodium chicken broth
- 1 cup uncooked wild rice
- 1 bay leaf
- 2 tbsp salted butter, room temperature
- 2 tbsp all-purpose flour
- ½ bunch kale, torn into bite-sized pieces (about 4 cups)
- ½ cup half-and-half
- 1 tbsp fresh lemon juice

## Instructions

1. Season the chicken with 1 teaspoon each salt and pepper. Add the olive oil to a 6- or 8-quart Instant Pot and set to sauté. Working in batches, add the chicken to the pot and cook until browned, 2 1/2 to 3 minutes per side. Remove the chicken to a plate.
2. Add the celery, carrots, garlic, onion, rosemary, sage, and thyme to the pot and cook, stirring, for 1 minute. Add the wine and stir, scraping up the bottom of the pot. Cook until the wine is reduced by at least half, about 2 minutes. Add the broth, rice, and 1/2 cup water and stir. Add the chicken and any juices from the plate; add the bay leaf.
3. Put on and lock the lid, making sure the steam valve is in the sealing position. Set to pressure-cook on high for 25 minutes. After the time is up, carefully turn the valve to the venting position and let the steam release. Unlock and remove the lid, being careful of any remaining steam.
4. Remove the chicken from the pot and shred with two forks in a bowl.
5. Meanwhile, in a small bowl, mash together the butter and flour with a fork to make a paste.
6. Return the chicken to the pot. Add the butter mixture, stirring to thicken. Set the Instant Pot to sauté. Add the kale and cook for 2 minutes. Stir in the half-and-half and bring to a simmer, then press cancel. Just before serving, remove the bay leaf, add the lemon juice, and stir. Season with salt and pepper.





## Beef Heart Stew *Adapted from Healthy Recipes*

### Ingredients

- [1 SFF beef heart](#), about 1.5 lbs.
- 1 cup beef stock
- ½ tsp Diamond Crystal kosher salt or ¼ tsp of any other salt
- ½ tsp garlic powder
- ½ tsp ground cumin
- ½ tsp paprika
- ½ tsp dried oregano
- 1 tsp cornstarch
- 1 tsp unsalted butter
- 2 tsp parsley chopped, for garnish

### Instructions

1. Using a sharp chef's knife, cut the heart into 1-inch cubes. If they have a thick fat layer, you can trim some of it. Place the cubes in the slow cooker pan.
2. Add the beef stock. Sprinkle the meat with salt, pepper, garlic powder, cumin, paprika, and oregano.
3. Cover and cook on HIGH for 4 hours.
4. Use a slotted spoon to temporarily transfer the heart to a plate and strain the cooking liquids into a saucepan. Return the meat to the slow cooker, cover it, and set it to warm.
5. Mix the cornstarch with 2 teaspoons of cold water. Stir this cornstarch slurry and 1 tablespoon of unsalted butter into the liquids in the saucepan. Cook over medium heat, whisking often, until the sauce thickens, about 2 minutes. Remove from the heat as soon as the sauce thickens.
6. Transfer the beef heart to plates. Top with the sauce, garnish with parsley and serve over rice, and pair with a full-bodied Pinot Noir for a rich experience!





# Pressure-Cooker Cinnamon Applesauce

*Adapted from Taste of Home*

## Ingredients

- 5 lbs. of apples (about 15 medium), peeled and chopped
- 1 cup water
- 1/3 cup sugar
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/8 tsp salt

## Instructions

1. Combine all ingredients in a 6-qt. electric pressure cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 5 minutes. Let pressure release naturally.
2. Combine all ingredients in a 6-qt. electric pressure cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 5 minutes. Let pressure release naturally.

To store extra cinnamon applesauce, let it cool and then transfer it to an airtight container and refrigerate it for up to three days. Longer storage, you can freeze cinnamon applesauce in a freezer-safe container for up to 12 months. To thaw it, put it in the fridge overnight.





# Cheese & Garlic Biscuits

*Adapted from Taste of Home*

## Ingredients

- 2 ½ cups biscuit/baking mix
- ¾ cup shredded sharp cheddar cheese
- 1 tsp garlic powder
- 1 tsp ranch salad dressing mix
- 1 cup buttermilk

## Topping:

- ½ cup butter, melted
- 1 tbsp minced chives
- ½ tsp garlic powder
- ½ tsp ranch salad dressing mix
- ¼ tsp pepper

## Instructions

1. In a large bowl, combine the baking mix, cheese, garlic powder and salad dressing mix. Stir in buttermilk just until moistened. Drop by tablespoonfuls onto greased baking sheets.
2. Bake at 450° until golden brown, 6-8 minutes. Meanwhile, combine topping ingredients. Brush over biscuits. Serve warm.





# Easy Bone Broth from Leftover Roasted Chicken

*Adapted from [The Minimalist Baker](#)*

## Ingredients

- Bones and carcass of 1 chicken (we suggest starting with a [SFF Whole Fryer Chicken](#))
- 12 cups filtered water
- 2 tbsp apple cider vinegar
- 1 generous pinch each sea salt and black pepper (plus more to taste)
- Rosemary/herbs (leftover from roasting chicken // optional)
- 1 sliced lemon (leftover from roasting chicken // optional)

## Instructions

1. Simply save the bones from your roasted chicken (including legs and wings that may have been on the serving platter) and add to a large pot or Dutch oven or slow cooker. We also included the lemon wedges and rosemary that were cooked with our whole roasted chicken, but this is optional.
2. Then simply top with filtered water until generously covered (about 12 cups / 2880 ml).
3. Next, add in a bit of salt to season the broth (you can add more later).
4. Then add 1-2 tbsp (15-30ml) apple cider vinegar, which is added primarily as the acidity breaks down the collagen and makes it more abundant in the broth. You can also sub lemon juice, but we prefer apple cider vinegar.
5. Bring to a boil, then reduce to a simmer and cover. Cook for at least 10-12 hours, or until reduced by 1/3 or 1/2, leaving you with 6-8 cups of bone broth. The more it reduces, the more intense the flavor becomes and the more collagen is extracted. We find 12 hours to be the perfect cooking time.
6. Strain and use or store.

Bone broth has many health benefits including collagen to help support joints and skin, amino acids to support gut health, high-quality protein, and some electrolytes. Bone broth can be high in sodium, so make sure you're watching your sodium intake.





# Fall Pumpkin Bars

*Adapted from [The Pioneer Woman](#)*

## Ingredients

- 1 1/2 cup unsweetened pumpkin puree
- 3/4 cup vegetable oil
- 2/3 cup packed light brown sugar
- 2/3 cup granulated sugar
- [2 large CVM Farm Fresh eggs](#)
- 1 1/2 tsp vanilla extract
- 1 1/2 cups all-purpose flour
- 2 tsp pumpkin pie spice
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1 tsp kosher salt
- Baking spray with flour

## Instructions

1. For the bars: Preheat the oven to 350°F.
2. In a large bowl, whisk together the pumpkin, oil, light brown sugar, granulated sugar, eggs, and vanilla until well combined. Add the flour, pumpkin pie spice, baking powder, baking soda, and salt, stirring until just combined.
3. Spray a 13-by-9-inch baking pan with baking spray with flour. Pour the batter into the pan, smooth with a spatula.
4. Bake for 40 to 45 minutes or until a wooden pick inserted into the center comes out clean. Let cool completely in the pan.
5. For the spiced cream cheese frosting: In the bowl of a stand mixer fitted with a paddle attachment, beat the cream cheese over medium speed until smooth. Add the butter, vanilla, and pumpkin pie spice and beat until well combined and creamy. Reduce the speed to low and gradually add the powdered sugar. Increase the speed to medium-high and beat until fluffy, about 1 minute.
6. To assemble: Spread the spiced cream cheese frosting on top of the cake. Cut into squares and serve. Keep leftovers in the fridge, as the frosting will soften.

