

Sweet Potato Chicken Chili Soup

1 tablespoon butter
2 tablespoons olive oil
1 large white onion, chopped
1/2 medium red onion, chopped
1 poblano pepper, seeded and chopped
1 jalapeño pepper, seeded and chopped
1 large sweet potato, peeled and chopped
2 teaspoons ground cumin
2 teaspoons chili powder
2 teaspoons salt
3 cloves garlic, minced
1 (15-ounce) can navy beans, drained
1 (12-ounce) bottle white ale beer
4 cups shredded deli roasted chicken
4 cups chicken broth
Cilantro, roughly chopped

In a Dutch oven, melt butter with olive oil. Add onions, peppers, sweet potato, cumin, chili powder and salt and sauté until onion is translucent, about 8 minutes. Add the garlic and sauté for another 2 minutes. Add the beans and beer and cook until the liquid is reduced by half. Add the chicken and broth. Bring to a boil and then simmer about 30 minutes until thickened a little. Garnish with cilantro.

**Seasonal
Eating**

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**November 2014
Table of Thanks**

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>
Seasonal Eating Market Blog:

<https://utextension.tennessee.edu/bedford/seasonaleatingblog/default.aspx>

Roasted Beets with Cranberries

3-4 medium beets tops trimmed to 1"

1 teaspoon olive oil

kosher salt

1 tablespoon fresh orange juice

1 tablespoon seedless red raspberry preserves

1 teaspoon balsamic vinegar

1 1/2 tablespoons cold butter, cut into pieces

1/2 cup dried cranberries, chopped

1 teaspoon chopped fresh thyme

1/2 cup toasted chopped pecans

Place the beets on a sheet of foil. Sprinkle with olive oil and salt and wrap up in foil. Place on a baking sheet and roast at 400 degrees for about 1 hour or until tender. Remove from foil and let cool enough to peel and chop into 1/2" dice. In a saucepan, combine orange juice, jam and vinegar. Cook over medium-low heat until jam is melted and sauce is slightly more viscous (don't boil), 2-3 minutes. Remove from heat and immediately add cold butter. Swirl the pan until the butter is melted. Add the cranberries and thyme and stir. Add the beets and toss gently to coat. Add most of the pecans and pour into serving dish. Garnish with remaining nuts.

Overnight Pumpkin Spice Rolls

Dough:

1/4 cup warm milk

1 1/2 teaspoons yeast

1/4 cup sugar, divided

1/2 cup canned pumpkin

1 teaspoon vanilla extract

1 egg

2 1/2 - 2 3/4 cups flour, divided

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/4 cup butter, cubed and softened

Filling:

3/4 cup sugar

2 teaspoons ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 cup butter, melted

Icing:

2 tablespoons butter

2 ounces cream cheese, softened

1 cup powdered sugar

In small bowl, mix warm milk, yeast and 1 tablespoon of the sugar. Set aside until yeast becomes foamy. In a large bowl, mix 2 1/2 cups of the flour, salt, cinnamon and remaining 3 tablespoons sugar. Cut in butter until sandy in texture. In the mixer bowl of a stand mixer combine the pumpkin, vanilla and egg. Using the dough hook, add the yeast mixture and then the flour mixture. Beat with dough hook for 10 minutes on medium speed, until dough pulls away from the sides of the bowl and becomes elastic. If dough is still very wet and stringy, add remaining 1/4 cup flour. Shape into a ball and place into oiled bowl. Cover with plastic wrap and set in warm place 1-2 hours or until double in size.

For filling, stir together sugar, cinnamon, ginger and nutmeg. Place dough on floured surface. Roll with a rolling pin into a 15" x 12" rectangle. Spread melted butter over dough, leaving about 1" unbuttered on the long sides. Sprinkle with sugar and spice mixture. Starting with one long edge, roll it up into a log and pinch the seam together. Cut the dough into 4 pieces and then cut each piece into 3 for a total of 12 rolls. Arrange evenly in a 9" x 13" greased pan. with cut sides down. Cover with plastic wrap and place in refrigerator overnight.

In the morning, remove pan from refrigerator and let set for 30 minutes. Place on top of oven while it preheats, covered with a towel, to rise for another 30-45 minutes or until doubled. Bake at 350 degrees for 20-25 minutes. Cool slightly.

For icing, heat butter over medium heat and cook until solids become deep, toffee brown. Set aside. In a medium bowl, beat cream cheese until soft and creamy. Add powdered sugar and browned butter. Beat to combine and spread over warm rolls. Serve warm.