

RECIPE BOK



Thank you for purchasing your pumpkin from Clearview United Methodist Church. This pumpkin started life about 100 days ago on a pumpkin farm on the Navajo Indian Reservation in Farmington, NM. Great care has been taken in the planting, growing, and harvesting to ensure that you have purchased a quality pumpkin with a long shelf life. Nearly 100% of our farm workforce are Native American. Over 700 Native Americans are employed during the harvest months of September and October. We also have a full-time off-season NM staff that is comprised entirely of Native Americans. After ripening, this pumpkin was hand loaded on a truck and traveled all the way to the pumpkin patch at Clearview United Methodist Church to help raise money for Clearview's local missions.

~ Pumpkin Patch Fundraisers

We couldn't do it without you! Thank you for your support!

HOW TO PRESERVE YOUR CARVED PUMPKIN

<u>Clean.</u> The best way to clean your pumpkin after carving is to use bleach. Bleach kills mold and will prevent it from attacking your pumpkin. You can either completely submerge your carved pumpkin into a solution of <u>three tablespoons</u> <u>bleach to three gallons water, or you can use a spray bottle filled with water and a small amount of bleach to treat the carved areas. Don't forget the top. Let the pumpkin air dry after bleaching.</u>

<u>Lubricate</u>. Unless you want your pumpkin to look like a shrunken head, you will also need to apply a water-repellent lubricant to the cut areas to keep them from drying out. Petroleum jelly, vegetable oil and even WD-40 work wonders to keep the moisture in and keep your pumpkin looking good. Want to preserve an uncarved pumpkin? Try shining it with floor wax to keep it looking fresh.

Pumpkin Fun Facts:

- The earliest pumpkin pie made in America was quite different than the pumpkin pie we enjoy today. Pilgrims and early settlers made pumpkin pie by hollowing out a pumpkin, filling the shell with milk, honey and spices and baking it.
- Early settlers dried pumpkins shells, cut it into strips and wove it into mats.
- The latest U.S. record (2018) for the largest pumpkin grown goes to Steve Geddes of New Hampshire. It weighed in at 2,528 pounds. The world record was set in 2016 by a Belgian grower; it weighed 2,624.6 pounds.
- Pumpkins were once considered a remedy for freckles and snakebites.

~Source: Farmers' Almanac.com

RECIPES

Roasted Pumpkin Seeds

- 2 cups fresh pumpkin seeds, rinsed and patted dry
- 1-2 tablespoons olive oil
- 1-2 teaspoons seasonings of your choice (sea salt, garlic powder, cinnamon, sugar, etc.)

Heat oven to 300° F. Spread the seeds on a rimmed baking sheet and bake until dry throughout, 50 to 60 minutes. Increase oven temperature to 325° F. In a large bowl, toss the seeds with olive oil, then add seasonings of your choice. Return the seeds to the baking sheet and roast, tossing occasionally, until golden brown, 10 to 15 minutes. Burning pumpkin seeds is similar to burnt popcorn . . . even one burnt one will flavor the entire batch. Cool and store in an air-tight container.

Pumpkin Pancakes

Ingredients

- 1 cup whole wheat flour
- 1/4 cup wheat germ
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 eggs separated
- 1 cup milk
- 1/2-3/4 cup cooked or canned pumpkin

Instructions

1. Combine dry ingredients in a bowl. In another bowl, whisk the egg yolks, milk, and pumpkin. Stir into dry ingredients just until moistened. In a mixing bowl, beat the egg whites until soft peaks form; fold into batter. Pour 1/4

cups into a hot greased griddle or waffle iron. For pancakes: Turn when bubbles form on top of pancakes. Serve with butter or a dab of syrup.

Pumpkin Gingerbread

Ingredients

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs
- ¾ cup water
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 3 ½ cups all-purpose flour
- 2 teaspoons baking soda
- 1½ teaspoons salt
- ½ teaspoon baking powder

Instructions

- 1. Preheat oven to 350° F (175° C). Lightly grease two 9x5 inch loaf pans.
- 2. In a large mixing bowl, combine sugar, oil, and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice, cinnamon, and clove.
- 3. In medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
- 4. Bake in preheated oven until toothpick comes out clean, about 1 hour.

Pumpkin Pie Pudding

Ingredients

- 1 pkg. (5.1 oz.) vanilla instant pudding and pie filling mix
- 1 can (12 fl. oz.) low-fat 2% evaporated milk
- 1 can (15 oz.) canned pumpkin

- 1 teaspoon pumpkin pie spice
- whipped topping (optional)

Instructions

Beat pudding mix and evaporated milk according to package directions in large bowl; refrigerate for 5 minutes. Add pumpkin and pumpkin pie spice; mix well. Spoon into dessert dishes. Refrigerate for 10 minutes or until ready to serve. Top with whipped topping, if desired.

Pumpkin Sausage Soup

Ingredients

- 1 pound bulk Italian sausage
- 2 cups sliced fresh mushrooms
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 1 carton (32 ounces) unsalted chicken stock
- 1 can (15 ounces) pumpkin
- 1 tablespoon sugar or sugar substitute equivalent
- 1/2 teaspoon ground cinnamon
- 2 teaspoons Italian seasoning
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground ginger
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/2 cup heavy whipping cream
- 1/3 cup cold water
- 1/3 cup cornstarch
- 2 cups shredded smoked cheddar cheese

Instructions

1. In a Dutch oven, cook sausage, mushrooms, and onion over medium-high heat until sausage is no longer pink, and vegetables are tender, 8-10 minutes, breaking up sausage into crumbles; drain. Add garlic; cook 1 minute longer. Add stock, pumpkin, sugar, and seasonings. Bring to a boil; reduce heat. Cover and simmer 10 minutes.

2. Stir in cream. In a small bowl, mix water and cornstarch until smooth. Stir into pan. Bring to a boil; cook and stir until thickened, 1-2 minutes. Add cheese; cook and stir until melted.

Creamy Pumpkin Dip

Ingredients

- 1 package (8 ounces) cream cheese, softened
- 2 cups confectioners' sugar
- 1 cup canned pumpkin
- 1/2 cup sour cream
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ground ginger
- Gingersnap cookies, sliced apples, or pears

Instructions

1. Beat cream cheese and confectioners' sugar until smooth. Beat in pumpkin, sour cream and spices until blended. Transfer to a bowl; serve with gingersnaps. Refrigerate leftovers.

Roasted Pumpkin Nachos

Ingredients

- 4 cups cubed fresh pumpkin or butternut squash (about 1 pound)
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 package (13 ounces) tortilla chips
- 1 can (15 ounces) black beans, rinsed and drained
- 1 jar (16 ounces) salsa
- 3 cups shredded Mexican cheese blend
- Optional toppings: Minced fresh cilantro, sliced green onions and hot pepper sauce

Instructions

- 1. Preheat oven to 400°. Place pumpkin in a greased 15x10x1-in. baking pan. Drizzle with oil; sprinkle with salt and pepper. Toss to coat. Roast until tender, 25-30 minutes, stirring occasionally.
- 2. Reduce oven setting to 350°. On a greased 15x10x1-in. baking pan, layer half each of the chips, beans, pumpkin, salsa, and cheese. Repeat layers. Bake until cheese is melted, 8-10 minutes. Add toppings of your choice; serve immediately.

Pumpkin Cookie Bites

Ingredients

- 1 large egg
- 3/4 cup pumpkin, canned
- 1/4 cup brown sugar
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract
- 3/4 cup flour, all-purpose
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1/4 cup raisins, seedless

Instructions

- 1. Preheat oven to 350° F. In a medium mixing bowl stir together egg, pumpkin, brown sugar, oil, and vanilla.
- 2. In a small mixing bowl stir together flour, pumpkin pie spice, baking soda, and salt. Add dry ingredients to pumpkin mixture. Stir in raisins.
- 3. Spray a baking sheet with nonstick spray coating. Drop the dough by rounded teaspoonfuls 1-inch apart onto the cookie sheet.
- 4. Bake for 12-14 minutes or until done. Cool on a wire rack.

Pumpkin Muffins

Ingredients

- Nonstick spray
- 1¾ cups all-purpose flour

- 1½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon kosher salt
- ¼ teaspoon ground nutmeg
- 1 cup light brown sugar
- 1 cup pure canned pumpkin
- ½ cup granulated sugar, plus more for topping
- ½ cup vegetable oil
- 2 large eggs

Instructions

- 1. Preheat oven to 350°F. Lightly coat a standard 12-cup muffin tin with nonstick spray or line with paper liners.
- 2. Whisk flour, baking powder, cinnamon, ginger, salt, and nutmeg in a medium bowl.
- Whisk brown sugar, pumpkin, granulated sugar, vegetable oil and eggs in a separate medium bowl and beat vigorously until smooth and combined.
 Add flour mixture and mix until evenly incorporated.
- 4. Divide batter evenly among muffin cups. Sprinkle evenly with granulated sugar and bake until a toothpick inserted in the center comes out clean, 22 to 25 minutes. Serve warm or room temperature.

Pumpkin Dump Cake

Ingredients

- 1 box spice cake mix
- 15 oz. canned pumpkin
- 2 eggs

Instructions

- 1. Preheat oven to 350 degrees. Grease a 9x13 pan and set aside.
- 2. In a medium bowl, combine all ingredients with a mixer on medium until combined.
- 3. Spread into pan and bake 25-30 minutes or until a toothpick comes out clean.
- 4. Cool completely and serve with whipped cream if desired.

One Pot Cheesy Pumpkin Pasta

Ingredients

- 12 ounces pasta noodles, such as elbows, farfalle, or penne (any type works)
- 1 small onion, diced
- 3 garlic cloves, minced
- 1 cup pumpkin puree (NOT pumpkin pie filling)
- 4 cups vegetable broth
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon salt
- 1/8 teaspoon fresh ground pepper
- 1/8 teaspoon nutmeg
- 2 tablespoons butter
- 4 ounces cream cheese, room temperature and cut into cubes
- parsley for garnish

Instructions

- 1. In a stockpot or deep sided skillet, add noodles, onion, garlic, vegetable broth, <u>pumpkin puree</u>, red pepper flakes, salt, pepper, and nutmeg. Stir to blend together and put on the stove over medium/high heat. Bring to a boil, then cover, reduce heat, and let simmer for 10 minutes. Uncover, stir, cover, simmer for 2-4 more minutes, or until pasta is al dente.
- 2. Add butter and cream cheese cubes, stir continuously until the cheese is melted and incorporated.
- 3. Serve and top with parsley if desired. Add salt and pepper to taste.