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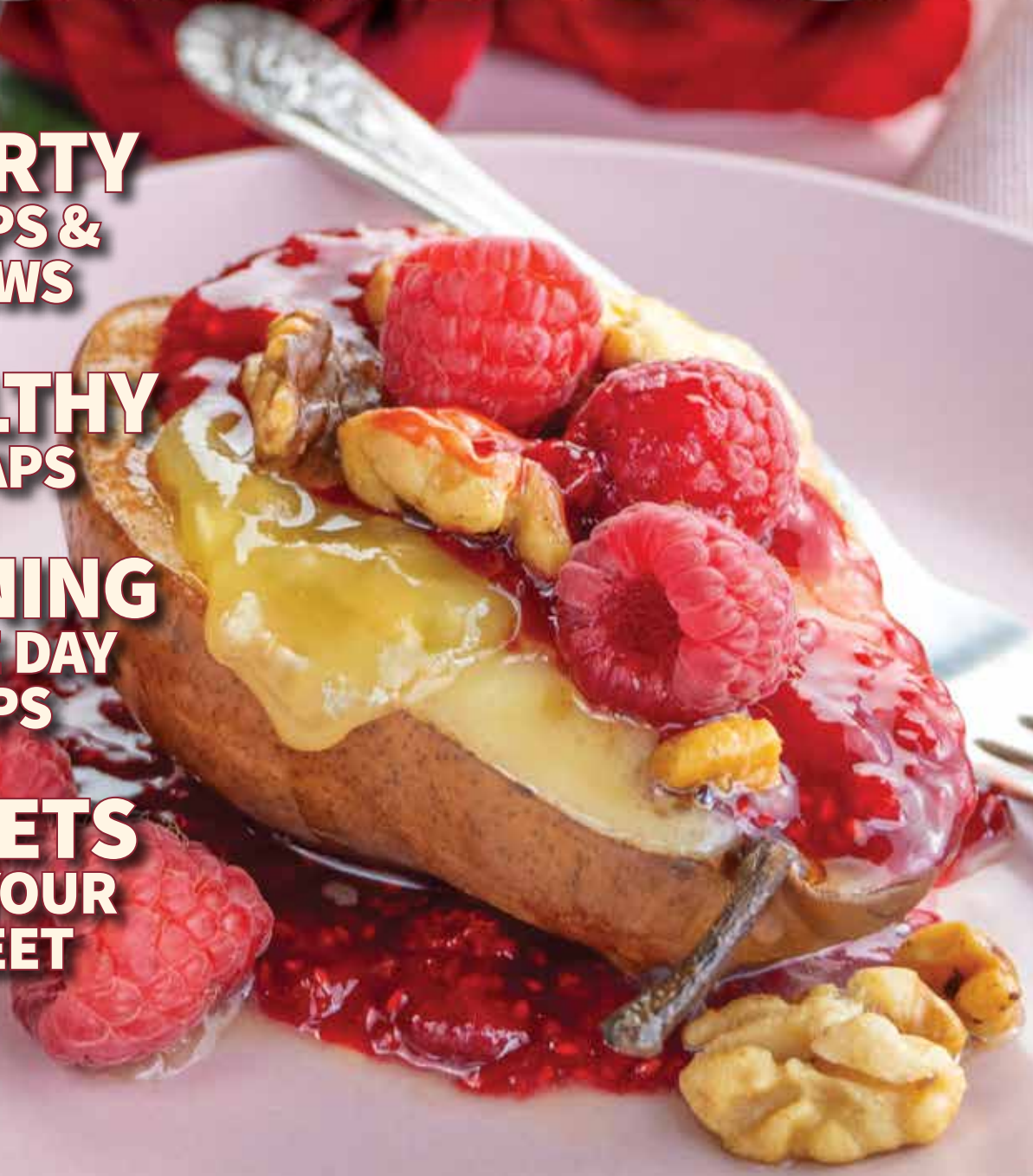
# ingles table

**HEARTY  
SOUPS &  
STEW**

**HEALTHY  
SWAPS**

**WINNING  
GAME DAY  
APPS**

**SWEETS  
FOR YOUR  
SWEET**



*There's more recipes to discover online at [ingles-markets.com](http://ingles-markets.com)*

The new year brings an opportunity to start fresh and set goals. Some of you have already started eating healthier and being more active... Congratulations, keep it up! Check out Leah McGrath's "Ask Leah" article for great tips for continued success.

Now that the weather is colder, you and your family will be craving comfort foods that will keep everyone warm and satisfied. Check out our latest easy-to-follow recipes developed by our Ingles Table team of professional chefs and home cooks. Remember that the Ingles Table goes way beyond the pages here. Head to [ingles-markets.com](http://ingles-markets.com) to find even more delicious recipes with printable shopping lists, instructional videos, and more.

Now we know that sometimes the last thing you want to do is cook dinner after a long day. Drop by the Ingles Deli, where you'll find delicious pre-made meals, allowing you to put your feet up and relax. From hot soups and stews to rotisserie chicken and pork tenderloin to our famous fried chicken with all the sides, we have something tasty to help you get your family fed.

Our Ingles Deli meats sliced to your desired thickness, Cheese Shoppe with selections from around the globe, and Ingles Bakery with fresh in-store baked bread make it easy to create the perfect sandwich for school or the office. Pair that with delicious in-store prepared salad and a freshly made cookie for the win.

From all of us to you... Happy New Year!

*-Cindy*

Cindy Mixon

Vice President Deli/Bakery/Starbucks

Ingles Markets

Editorial Director: **Melissa Leavell, PhD** - Advertising Director, Ingles Markets | Creative Director: **Michael McMurtrey/Blueplate Creative**  
Food Stylist: **Michael McMurtrey** | Event Coordinator Manager: **Ruby Candela** | Photography: **Roger Downes + Aubrie McGuffey/Downes Media**

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- |    |                           |    |  |    |  |
|----|---------------------------|----|--|----|--|
| 4  | Leah's Tips               | 12 | Buffalo Chicken Meatballs<br>with Buttermilk Ranch Dip | 18 | Cheesy Broccoli Potato Bites                       |
| 5  | Turkey Tostadas           | 13 | Spaghetti Puttanesca                                   | 19 | Braised Beef Short Ribs                            |
| 6  | Stuffed Pepper Soup       | 14 | Bananas Foster   | 20 | Frozen Veggies                                     |
| 7  | Sweet Potato Corn Chowder | 15 | Cutting Carbs  | 21 | Brie Stuffed Roasted Pears<br>with Raspberry Sauce |
| 8  | Easy Red Wine Beef Stew   | 16 | Pan-Seared Pork Chops<br>with Brown Sugar Rum Glaze    | 22 | Hardwood Cocktail                                  |
| 9  | Buffalo Wings             | 17 | Chiles En Nogada                                       | 23 | Hummus Pasta                                       |
| 10 | Curry in a Hurry          |    |  |    |  |
| 11 | Chicken Athena            |    |  |    |  |



**Watch how easy it is to make Jasmin's  
"Cincinnati Chili" exclusively online at  
[ingles-markets.com](http://ingles-markets.com).**

# Leah's TIPS

## Soup Season

### Warming Dishes for the Winter

The cooler months are perfect to feature soups, stews, gumbo, and chili for dinner.

Here are some tips for making your bowl into a hearty entrée:

Pick your **PROTEIN** – red meat, pork, chicken, turkey, seafood/fish, beans, tofu, or meat alternatives all work.

Start with your **BASE** – broth or stock is usually the starting point for all soups and stews, though stewed or pureed tomatoes work for chili.

Increase the **VOLUME** with **VEGETABLES** – fresh, frozen, or canned vegetables can stretch your soups, stews, and casseroles. Check for pre-cut vegetables in your Ingles Produce section, or if you only need a small amount of a particular vegetable, the deli salad bar may also be an option. You can often find frozen mixed vegetables specifically for stews and gumbo in the **FROZEN** food section.

Make it **SATISFYING** with **STARCHES** – starches like potatoes (including sweet potatoes), rice, barley, and pasta are a good addition.

Pair up your bowl with freshly made rolls from your Ingles Market **BAKERY**, bread sticks from the **GROCERY** aisle, heat and serve rolls from the **FROZEN** section or the refrigerated dairy aisle.



**LEAH  
MCGRATH,  
RD, LDN**

Corporate Dietitian,  
Ingles Markets  
@InglesDietitian  
800-334-4936



UNICOI PRESERVES  
Suzy & Clark Neal

## Turkey Tostadas

SERVES: 4

- 16 oz. ground turkey, 93% lean
- 1 (1.25 oz.) Laura Lynn mild taco seasoning mix
- 2/3 cup water
- 4 oz. Laura Lynn diced green chiles, drained
- 16 oz. Laura Lynn traditional refried beans
- 1/4 cup Harvest Farms Organic medium salsa
- 8 oz. Laura Lynn 2% milk reduced fat finely shredded Mexican blend cheese
- 1 (12 oz.) package tostada shells
- shredded lettuce
- Ingles guacamole
- Ingles fresh pico de gallo
- artisan romaine lettuce, washed, dried, and separated, optional, see step 5

**Leftover tostada shells can be frozen in a zip-top bag and reused for a quick dinner with Ingles Deli rotisserie chicken mixed with salsa or a breakfast tostada with a fried egg, shredded cheese, and your favorite hot sauce.**

1. Brown ground turkey over medium heat. Stir in diced green chiles, taco seasoning, and water. Bring to a boil, reduce heat, and simmer for 10 mins.
2. In a microwave-safe bowl, stir together refried beans and salsa — microwave, covered, until warm. You can also do this step in a small pot on the stovetop.
3. Warm tostada shells in a 325°F oven for 5-6 mins.
4. Build tostadas by spreading tostada shell with refried beans, and add taco meat, cheese, lettuce, guacamole, and pico de gallo.
5. Cutting carbs? Skip the tostada shell and use romaine leaves instead.



**JASMIN QUEEN, CNC**  
Winner, "My Diet is Better Than Yours"

## Stuffed Pepper Soup

SERVES: 4

1 lb. ground beef  
1 (15 oz) can tomato sauce  
1 (14.5 oz) can diced tomatoes  
3 cups beef broth  
1 cup rice, cooked  
1 yellow onion, diced  
1 green bell pepper, diced  
1 red bell pepper, diced  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1 bay leaf  
salt and pepper, to taste  
hollowed out peppers,  
for serving

***A hearty soup with everything you love about a stuffed pepper***

1. Brown the beef in a large skillet, drain, and set aside.
2. Sauté the onions until softened and season with salt and pepper.
3. Place the beef and onions in a slow cooker. Add tomato sauce, diced tomatoes, beef broth, rice, and bell peppers.
4. Season with oregano and basil. Add the bay leaf.
5. Cover the slow cooker and cook on high for 3 hours or low for 6 hours.
6. When done, ladle the soup into hollowed-out peppers.



**BRUCE BROWN**  
Chef/Owner, Bruce's Fabulous Foods  
Star of ABC's "Carolina Kitchen"

## Sweet Potato Corn Chowder

SERVES: 4

2 1/2 lbs. sweet potatoes  
2 tbsp. butter or neutral oil, like canola  
1 cup celery, diced  
1 cup yellow onion, diced  
1/2 cup red bell pepper, seeded and diced  
1/2 cup poblano pepper, seeded and diced  
2 tbsp. garlic cloves, minced  
3 cups corn kernels, yellow  
2 tsp. ground black pepper  
2 tsp. dried oregano  
1 tsp. salt  
1 tsp. dried thyme  
1/2 tsp. red pepper flakes  
1 cup all-purpose flour  
4 cups vegetable stock or water  
4 cups heavy cream

1. Preheat the oven to 400°F.
2. Place clean sweet potatoes in a roasting pan. Bake for 20 - 30 minutes (depending on size). Remove from the oven and allow to cool to the touch.
3. Once cooled, peel the sweet potatoes with your fingers and a paring knife, dicing the flesh into small pieces. Set aside.
4. Melt the butter or oil in a stock pot over medium heat. Add the onions, celery, red bell pepper, and poblano pepper, sautéing until softened, about 3 minutes.
5. Add the minced garlic cloves, black pepper, oregano, salt, thyme, and red pepper flakes, stirring to combine.
6. Add the yellow corn kernels (you may substitute white corn), the reserved sweet potatoes, and the flour, stirring to coat all ingredients.
7. Carefully pour the water over the ingredients, stirring until all flour dissolves. Bring to a low boil.
8. Reduce the heat to medium-low and add the heavy cream. Stir to combine and warm without bringing it to an additional boil. Allow to simmer for 20 minutes before serving with crusty bread or crackers.



**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering

## Easy Red Wine Beef Stew

SERVES: 8

- |  |                                      |
|--|--------------------------------------|
| 2 1/2 lbs. boneless beef chuck,<br>trimmed and cut into 1" cubes | 1/4 cup of water                     |
| salt and pepper, to taste  | 1 tbsp. tomato paste                 |
| 1/4 cup all-purpose flour  | 4 cloves garlic, pressed or minced   |
| 8 oz. bacon, diced   | 2 cups dry red wine                  |
| 1 yellow onion, diced  | 2 cups beef stock                    |
| 6 carrots, diced or chopped                                      | 1 tbsp. brown sugar                  |
| 4 celery stalks, diced   | 1 fresh parsley, chopped for garnish |
| 1 lb. mushrooms of your choice                                   | 1 tsp. fresh thyme leaves            |

1. Preheat oven to 350°F.
2. Add beef to a large mixing bowl, coat with salt & pepper, then toss with flour. Set aside.
3. In a large Dutch oven, cook the bacon over medium heat until semi-crispy. Remove bacon and set aside, leaving rendered fat.
4. Increase heat to medium-high heat and add beef, browning on all sides. Remove beef and place with bacon.
5. Add onions, carrots, celery, and mushrooms to the pan. Reduce heat to medium and cook until vegetables start to soften. Add garlic and cook for another minute or so until aromatic. Remove vegetables and place in a bowl with beef and bacon.
6. Deglaze the pan with water, scraping any bacon bits, etc. from the bottom of the sides and bottom of the pan.
7. Stir in tomato paste, then add wine, stock, thyme, brown sugar, and a pinch of salt and pepper and bring to a boil. Remove from heat.
8. Return bacon, beef, and vegetables to the pot, cover, and place in the oven.
9. Cook in a 350°F oven for 2 hours until beef is "fork tender," checking after 1 1/2 hours.
10. Remove and serve over your favorite mashed potatoes, rice, or noodles!







**CLARK NEAL**  
Unicoi Preserves

## Buffalo Wings

SERVES: 4-6

**2 lbs. Harvest Farms Organic chicken wing segments**

**2 quarts Laura Lynn peanut oil**

**1/3 cup Laura Lynn unsalted butter**

**1/2 cup cayenne pepper sauce**

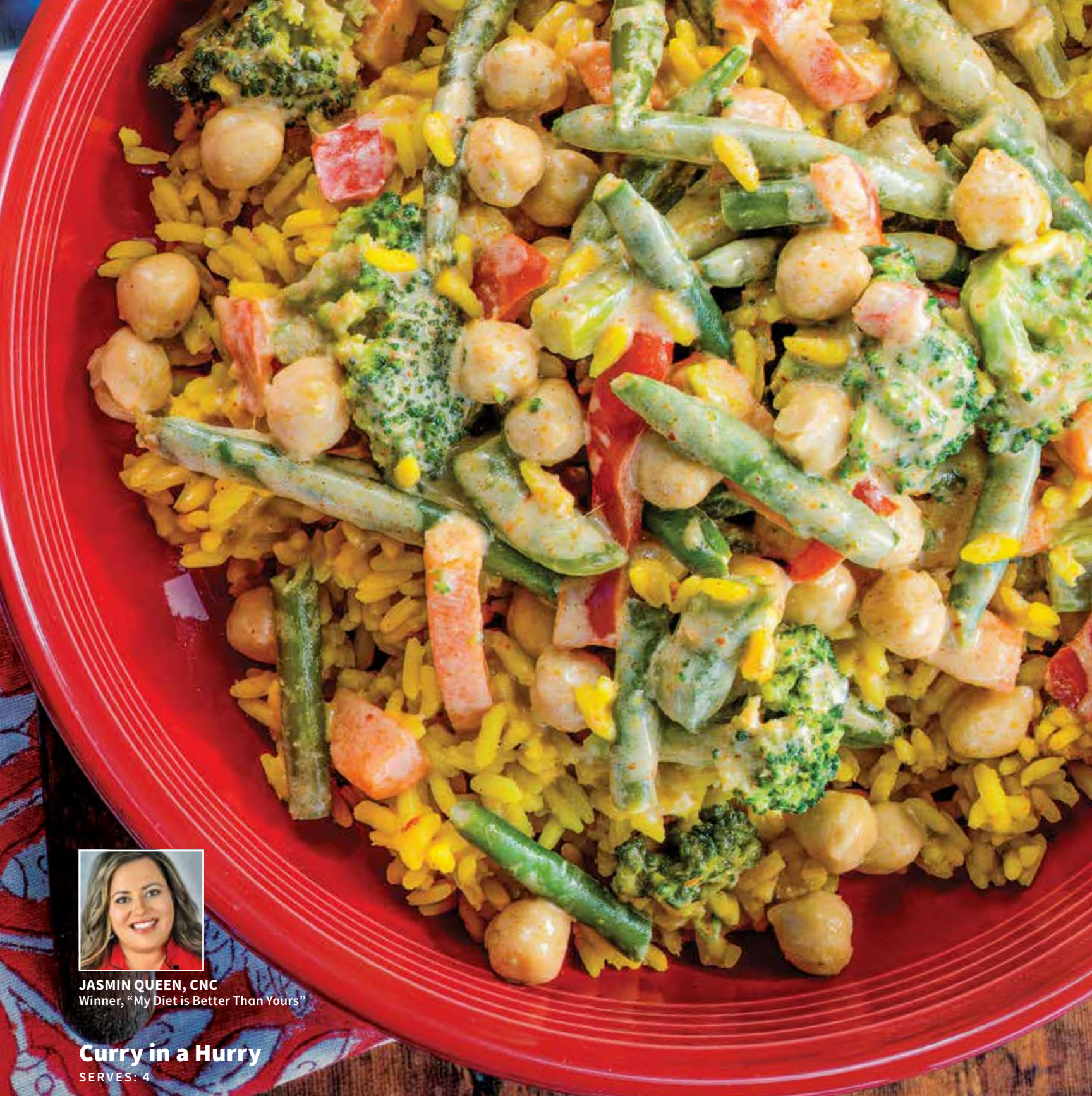
**1 (16 oz.) Laura Lynn chunky blue cheese salad dressing**

**1 container Ingles fresh sliced celery sticks**

1. In a large Dutch oven or fryer, add the peanut oil and preheat to 350°F.
2. Pat chicken wing segments with paper towels to thoroughly dry them.
3. Fry wings in batches, ensuring they do not crowd the pan. Cook the wings for 10-12 minutes, until crispy and golden brown. Remove from oil, place on a wire rack on a sheet pan, and place in a 200°F oven to hold. Repeat the cooking steps until all wings have been fried.
4. To make the sauce, melt butter and combine with cayenne pepper sauce; stir well to incorporate.
5. In a large bowl, add the fried wings and pour sauce over the wings. Toss well to coat.
6. Serve wings immediately with blue cheese and celery sticks.

**Legend has it that The Anchor Bar in Buffalo, New York created the chicken wing recipe in 1964.**





**JASMIN QUEEN, CNC**  
Winner, "My Diet is Better Than Yours"

## Curry in a Hurry

SERVES: 4

2 tsp. coconut oil  
2 tbsp. red Thai curry paste  
1 (15 oz.) can coconut milk  
1 (15 oz.) can chickpeas, strained and rinsed  
1 bag frozen Asian vegetables  
1 cup yellow saffron rice  
salt, to taste

1. Cook rice according to package directions.
2. In a large pan, warm oil and add curry paste. Heat slowly, stirring frequently.
3. Add frozen vegetables and toss to coat in curry paste.
4. Add coconut milk and chickpeas. Stir to combine. Cook on medium heat for 5-10 minutes or until everything is heated thoroughly.
5. Season with salt and serve over rice.



**BRUCE BROWN**

Chef/Owner, Bruce's Fabulous Foods  
Star of ABC's "Carolina Kitchen"

## Chicken Athena

SERVES: 4

- 1 1/2 lbs. boneless/skinless chicken breasts
- salt and pepper, to taste
- 1 cup tomatoes, petite diced, drained
- 1/2 cup artichoke hearts, diced and drained
- 1/2 cup black olives, sliced
- 1 1/2 tbsp. dried basil
- 1 tsp. ground white pepper
- 1 cup feta cheese, crumbled

1. Preheat oven to 350°F.
2. Place chicken breasts on a clean cutting board. Tenderize by using a Jaccard tool or a fork. Place in a greased 8x8 baking dish; bake uncovered for 15 minutes.
3. While the chicken is baking, combine the tomatoes, artichoke hearts, olives, white pepper, and basil in a small mixing bowl.
4. Remove the chicken from the oven. Spread the vegetable topping evenly over the chicken breasts.
5. Sprinkle the crumbled feta over the top from edge to edge. Cover the dish loosely with aluminum foil.
6. Bake the dish covered for an additional 20 minutes.



UNICOI PRESERVES  
Suzy & Clark Neal

## Buffalo Chicken Meatballs with Buttermilk Ranch Dip

SERVES: 4

1/3 cup Buffalo wing sauce  
1/2 cup Buffalo wing sauce  
1/4 cup celery, finely chopped  
1/4 cup red onion, finely chopped  
1 tsp. minced garlic, jarred  
1/4 tsp. kosher salt  
1/4 tsp. black pepper  
1 Laura Lynn egg, large  
1 lb. 92% lean ground chicken  
3/4 cup Laura Lynn panko bread crumbs  
Laura Lynn non-stick cooking spray  
celery and carrot sticks, for serving

1. Preheat oven to 400°F. Prepare the baking sheet by spraying it with non-stick spray.
2. Make the meatballs by combining 1/3 cup Buffalo wing sauce, celery, onion, garlic, salt, pepper, egg, and chicken. Sprinkle in the panko bread crumbs and mix well. Shape into 24 1" balls, and place on prepared baking sheet.
3. Bake for 15-20 minutes. Toss with 1/2 cup Buffalo wing sauce.
4. Serve with buttermilk ranch dip, celery, and carrot sticks.

Get the delicious  
Cottage Cheese  
Buttermilk Ranch  
Dip Recipe  
exclusively at  
[ingles-markets.com](http://ingles-markets.com)



**SUZY NEAL**  
Unicoi Preserves

## Spaghetti Puttanesca

SERVES: 4

1/4 cup Laura Lynn extra virgin olive oil  
4 cloves garlic, minced  
4 anchovy filets, chopped  
1 (28 oz.) can Laura Lynn petite diced tomatoes  
1/2 cup pitted Kalamata olives, halved  
1/4 cup Laura Lynn capers

1/2 tsp. red pepper flakes  
1 tbsp. kosher salt  
12 oz. Laura Lynn spaghetti  
1/4 cup Italian parsley, chopped  
1 block Parmigiano Reggiano cheese, for serving

1. Heat oil in a large skillet over medium heat. Add garlic and anchovies, and cook until fragrant, about 1 minute. Add tomatoes, olives, capers, and red pepper flakes. Bring sauce to a boil, reduce heat, and simmer for 15 minutes.
2. Meanwhile, fill a large stockpot with water, bring it to a boil, then stir in kosher salt and spaghetti. Reduce heat to a simmer, and cook per package instructions. Use a measuring cup to reserve 1 cup of the pasta water, then drain the spaghetti.
3. Add spaghetti to the sauce and toss to coat. Gradually add some reserved pasta water to marry the sauce to the noodles, depending on your preference. Stir in parsley, and serve with grated Parmigiano Reggiano.



**JOHN GIFALDI**  
Personal Chef

## **Bananas Foster**

**SERVES: 1**

**1 oz. butter**

**1/2 cup light brown sugar**

**1/4 tsp. cinnamon**

**1 1/2 oz. aged rum**

**1 banana, cut lengthwise**

**vanilla ice cream**

- 1. Combine butter, sugar, and cinnamon in a large stainless, copper, cast-iron, ceramic-coated skillet or flambé pan (It's not considered safe to use a pan with a non-stick coating).**
- 2. As the sauce starts to cook, peel and add the banana halves to the pan.**
- 3. Cook the bananas until they begin to soften (about 1-2 minutes)**
- 4. Tilt back the pan to heat the far edge slightly. Once hot, carefully add the rum and tilt the pan toward the flame to ignite the rum (watch the instructional video at [ingles-markets.com](http://ingles-markets.com)).**
- 5. Stir the sauce to ensure all the alcohol cooks out.**
- 6. Serve cooked bananas and sauce in a shallow bowl with vanilla ice cream.**

# Cutting Carbs

Many studies have shown that a low-carb diet can help you lose weight and control diabetes. If you want to cut back on carbohydrates this year, we've compiled a few little swaps to make it easier. And don't think you have to go all-in; even making a few dietary swaps could make a difference.

## 1. Eliminate sugar-sweetened drinks

These drinks should be one of the first things you try to remove from your diet. A 12 oz. can of regular soda or 12 oz. of sweet tea has about 36-38 grams of sugar.

**REPLACEMENT:** Try drinking unsweet tea with lemon and/or a small amount of low-calorie sweetener. Ingles also has a large selection of very refreshing, low- or no-calorie club sodas.

## 2. Cut back on the bread

Generally, bread, especially white bread, is very high in carbohydrates and very low in fiber. Even whole-grain breads can have as many as 15 grams of carbs per slice.

**REPLACEMENT:** Try having an open-faced sandwich to eliminate half the carbs you'd typically consume. Ingles carries several varieties of low-carb bread that will keep you satisfied. You can also try swapping out the bread with a large slice of red pepper, some cabbage, or crisp lettuce leaves.

## 3. Stop drinking fruit juice

Unlike eating fruit in its original form, fruit juice has little fiber and is full of sugar. Yes, some vitamins and minerals are in juice, but the sugar content outweighs those benefits. You may think choosing fruit juice over a can of soda is a healthier choice, but 12 oz. of apple juice contains 48 grams of carbs, mostly from sugar.

**REPLACEMENT:** If you're having a hard time removing fruit juice from your diet, try diluting it 50/50 with water or club soda. Then, work your way down until you need a squeeze of juice to satisfy you.

## 4. Seek out high-protein snacks

A chip here, a pretzel there, just one cookie... it quickly adds up. They're also not very satisfying to your body. That's why you feel like you need to keep eating them. Your body craves more than carbs; you need protein to relieve hunger.

**REPLACEMENT:** Grab a protein-packed snack that still tastes great and satisfies your desire to crunch on something. An ounce of almonds, peanuts, pecans, or walnuts does wonders to reduce your hunger. A cube of cheese or a slice of lunchmeat is also an idea. Combine any of these high-protein foods with some celery, zucchini, or other crunchy vegetables to help even more.

## 5. Swap out the starchy vegetables

Carrots, beets, potatoes, corn, and legumes are all moderately high in carbs. They should be eaten in moderation.

**REPLACEMENT:** Bell peppers, broccoli, asparagus, mushrooms, zucchini, spinach, avocados, green beans, lettuce, cucumbers, Brussels sprouts, celery, tomatoes, radishes, onions, and garlic, and of course, cauliflower are much healthier choices. They're also delicious.

## 6. Start your day out right

Many breakfast foods are packed with carbs: cereal, pancakes, toast, pastries, sweetened yogurt, granola bars, fruit smoothies... the list goes on and on. Once you've started your day with a heavy dose of carbs, staying away from them the rest of the day will be more challenging.

**REPLACEMENT:** Try preparing a meal with high-protein foods like eggs, ham or sausage, unsweetened Greek yogurt, nuts and seeds, cheese, and bacon. You can be pretty satisfied choosing from that list.





**SMOKIN' JOE LASHER**  
Co-Owner and Founder  
M7 Event Solutions and Catering

## Pan-Seared Pork Chops with Brown Sugar Rum Glaze

SERVES: 8

### PORK CHOPS:

4 large, thick-cut pork chops  
2 tbsp. olive oil, divided  
1 salt and pepper, to taste  
2 tbsp. butter  
2 sprigs fresh rosemary

### BROWN SUGAR RUM GLAZE:

3/4 cup packed light brown sugar  
3/4 cup unsalted vegetable stock  
2 tbsp. unsalted butter  
1 1/2 tbsp. soy sauce  
1 1/2 tbsp. Dijon mustard

1/2 tsp. salt  
1/4 tsp. ground nutmeg  
1/4 tsp. ground cinnamon  
1 fresh thyme sprig  
1 fresh rosemary sprig  
1 oz. gold rum

1. Preheat the oven to 350°F.
2. Prepare glaze on the stovetop in a small saucepan over medium-high heat. Stir together brown sugar, vegetable stock, butter, soy sauce, Dijon mustard, salt, nutmeg, cinnamon, thyme, and rosemary and bring to a boil, occasionally stirring, until thick and syrupy and reduced to about 2/3 cup (25 - 30 minutes).
3. Rub pork chops with olive oil and coat with salt and pepper while reducing glaze.

4. Heat the remaining oil in a large skillet over medium-high heat. Sear both sides of pork chops, about 2 minutes per side. Place butter and rosemary into pan and reduce heat to medium — Baste pork chops with butter and top with rosemary. Remove from heat and place in the preheated oven, occasionally basting with butter until an internal temperature of 145°F is reached.

5. Remove from oven and pan. Plate and serve with the rum glaze and your favorite side dish.



# Chiles En Nogada

SERVES: 4

## CHILES:

4 poblano peppers,  
roasted, peeled, and seeded  
1 1/2 cup shredded chicken  
2 tbsp. olive oil  
2 tsp. tomato paste  
2 tsp. dried apricots, finely diced  
2 tsp. apples, finely diced  
2 tsp. pears, finely diced  
1 tsp. raisins, finely diced  
1 tsp. dried cranberries, finely diced  
2 tsp. white onion, finely diced  
1 clove garlic, minced  
1 cup dry white wine  
salt and pepper, to taste

## SAUCE:

2 cups heavy cream  
1 cup dry white wine  
2 tbsp. olive oil  
1 clove garlic, minced  
1 large shallot, minced  
1 cup almonds, ground  
1 bunch fresh cilantro  
salt and pepper, to taste  
fresh pomegranate seeds, for garnish

1. Roast and remove skins and seeds from the poblano peppers.
2. In a hot pan, add olive oil and shredded chicken and sauté until the chicken is warm.
3. Add diced onions and continue to sauté until onions are translucent.
4. Add chopped garlic and all fresh and dried fruit and continue to sauté for about one more minute.
5. Add tomato paste and continue to sauté until all ingredients are covered with tomato paste.
6. Add white wine and continue to simmer until the wine is reduced by about half. Season to taste.
7. Remove from heat and stuff peppers with chicken-fruit mixture; set aside.
8. For the sauce, add oil to the sauté pan and heat. Add shallots and sauté until translucent. Add garlic and continue to sauté until it has turned a light caramel color. Add white wine and reduce until almost gone. Add heavy cream and about two tsp. of the ground almonds, stirring to combine. Reduce heat and simmer, reducing by about half.
9. To serve, place one or two stuffed peppers on a plate and spoon enough sauce over the top to cover, and garnish with fresh pomegranate seeds, a pinch of ground almonds, and cilantro.



**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking



**A big bite of  
“Smokin Hot”  
flavor to warm  
you up on a  
winter’s day!**



**CHEF ABBY J**  
Founder of Abby J’s Gourmet  
Proprietor Blackhawk Flyfishing

## **Cheesy Broccoli Potato Bites**

SERVES: 8

- 2 cups leftover or prepared mashed potatoes
- 3 large eggs
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup broccoli, chopped
- 1/2 cup onions, chopped
- 1 tbsp. Abby J’s Smokin Hot Sauce
- 1/4 cup jalapeños, chopped
- 1 tsp. salt
- 1 tsp. pepper

1. Preheat the oven to 400°F. Prepare the muffin tin with nonstick cooking spray.
2. Place the chopped broccoli in a microwave-safe bowl with 3 tbsp. of water and microwave for 1 minute.
3. Combine all the ingredients and gently stir in the steamed broccoli.
4. Divide the mixture into a muffin tin.
5. Bake at 400°F for 20 minutes.
6. Serve immediately or freeze for later.



**SCOTT CULPEPPER**  
Proud Marine with a passion for  
aviation and Southwestern cooking

## Braised Beef Short Ribs

SERVES: 2-4

2 tbsp. extra virgin olive oil  
4 bone-in or boneless beef short ribs  
4 ribs celery, chopped  
2 sweet potatoes, peeled,  
halved and cut into 1/4" slices  
2 large shallots, peeled and chopped  
6 cloves garlic, chopped  
1 (32 oz.) box beef broth  
2 cups bold red wine,  
such as cabernet or zinfandel  
2 bay leaves  
2 tsp. dried rosemary  
2 tsp. dried thyme  
2 tsp. dried oregano

1. Heat oven to 275°F.
2. Heat extra virgin olive oil in an oven-proof Dutch oven over medium-high heat.
3. Lightly season short ribs with salt and pepper.
4. Sear short ribs for 3 minutes on each side, browning them evenly.
5. Once ribs are seared evenly, remove them from the Dutch oven and set aside.
6. Add celery, sweet potatoes, and shallots to the pot and sauté for about 5 minutes, then add garlic, bay leaves, and herbs, stirring to combine all ingredients.
7. Add red wine to deglaze the bottom and sides of the pot and return to a simmer.
8. Stir in the beef broth and return to a slow simmer.
9. Return beef ribs to the Dutch oven, cover, and place in the oven for two hours.
10. Remove the pot from the oven, gently stir all ingredients, re-cover, and return to the oven for two more hours.
11. Remove the pot from the oven, uncover, and let rest for five minutes. Remove the bay leaves.
12. Serve ribs and cooked vegetables over your favorite side dish, such as mashed potatoes, rice, etc.
13. As an option, use a blender or immersion blender to liquefy the vegetables and sauce to turn it into a sauce you can garnish the ribs and side dish with.

# FROZEN VEGGIES

Your favorite vegetable is in-season and on sale... Stock up and freeze some to use later in the year. It's easier than you think to preserve fresh veggies at home.



Freezing cooked vegetables isn't very hard; they will reheat just fine. There are some basic steps you should follow when freezing your cooked vegetables.

1. Allow cooked vegetables to come to room temperature without letting them get cold for about 30 min.
2. Put cooked vegetables into freezer bags (recommended) or airtight containers. If there's juice with your vegetables, include it.
3. Make sure you seal the container tightly. If using a freezer bag, remove as much air as possible before sealing.
4. Label your container with the name and the date.
5. Store them in the freezer for 8-12 months.

When cooking frozen vegetables on a stovetop, go straight from the freezer to the pan, rather than thawing them first. There is no need to add water.

1. Place your frozen vegetables into a pan with a lid.
2. Cover the pan and set the heat to medium.
3. As the vegetables begin to thaw, stir them to break them up.
4. Bring your vegetables to your desired temperature and serve.

To cook your frozen vegetables in a microwave, place the vegetables into a microwave-safe container and heat for about 5 minutes, stirring after every minute.

If adding your frozen vegetables to a recipe rather than as a side dish, it's a good idea to cook them just long enough that they are not fully frozen.

To freeze fresh vegetables, follow the directions above, but remember that most vegetables benefit from a quick blanch before freezing. Blanching stops the enzymes that cause discoloration and turn frozen produce mushy.

Note: Not all vegetables freeze well. Avoid freezing vegetables like cucumbers or lettuce.



**CHEF ABBY J**  
Founder of Abby J's Gourmet  
Proprietor Blackhawk Flyfishing

## **Brie Stuffed Roasted Pears with Raspberry Sauce**

SERVES: 4

### **ROASTED PEARS:**

2 large pears  
2 oz. brie cheese, cut into small chunks  
1 tbsp. honey  
2 oz. toasted walnuts, chopped  
sprinkle of cinnamon

### **RASPBERRY SAUCE:**

1 cup frozen raspberries  
1/4 cup water  
1 1/4 cup raspberry liqueur  
1 tsp. vanilla  
1/4 cup sugar  
1 tbsp. cornstarch

1. Preheat the oven to 350°F. Line a small baking sheet with a silicon baking mat.
2. Slice the pears lengthwise and use a melon baller or spoon to remove the core.
3. Sprinkle with cinnamon and brush lightly with honey.
4. Bake pears at 350°F for about 10 minutes or until tender. Remove from the oven and stuff the holes with chunks of brie cheese. Return to the oven for a few minutes until the cheese has melted.
5. put all ingredients except cornstarch in a small saucepan for the raspberry sauce. Stir and cook over medium heat for about 10 minutes. Mix the cornstarch with 1 tbsp of water and add to the pan. Stir and cook for a minute or until it begins to thicken.
6. Move the pear halves to serving plates, top with the raspberry sauce, and sprinkle with walnuts.



Get a delicious "Pistachio Gin Sour" recipe exclusively at [ingles-markets.com](http://ingles-markets.com)

## Hardwood Cocktail

SERVES: 1

### INSTRUMENTS:

- jigger
- mixing glass
- Hawthorne strainer
- bar spoon/stirrer

### INGREDIENTS:

- 2 oz Hazel 63 Rum
- 1/4 oz. Asheville Crème de Cacao
- 1/4 oz. Charred Oak & Maple Syrup
- 2 dashes orange and fig bitters
- 2 dashes black walnut bitters

### DIRECTIONS:

1. In a mixing glass, add all ingredients and fill the glass halfway with ice.
2. Stir for 15 seconds.
3. Strain into a rocks glass over a large ice cube and garnish with an orange peel, and enjoy!



TAYLOR & LEAH HOWARD  
[cultivated-cocktails.com](http://cultivated-cocktails.com)



**MARC & ANGELA RYAN**  
Newlyweds who love cooking together

## Hummus Pasta

SERVES: 4

8 oz. gluten-free pasta  
2 cups water  
3/4 cup plain hummus  
2 cups Harvest Farms Organic baby spinach

1/4 tsp. Laura Lynn garlic powder  
1/4 tsp. dried parsley  
1/4 tsp. Laura Lynn onion powder  
1/2 lemon, zested and juiced  
2 tbsp. grated red onion

1/2 cup cherry or teardrop tomatoes  
salt and freshly ground black pepper,  
to taste (optional)  
1/4 tsp. cayenne pepper (optional)

1. Pour uncooked pasta into a large skillet with water, cover, and bring to a boil.
2. Once boiling, bring the water to a simmer and cook the pasta until al dente, stirring frequently.
3. Add the hummus, spinach, cayenne pepper, garlic powder, onion powder, lemon zest, lemon juice, and grated red onion. Mix well to combine. I prefer to save the tomatoes until the end to keep them crisp and add texture to the dish, but you add them with the rest of the ingredients to soften them.
4. Cook until heated through. We like our sauce on the thicker side, but you can add more water to the skillet until you reach your desired consistency.
5. Serve immediately.

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