

Uses Our: Pumpkin Pie Spice / True Cinnamon
Pumpkin Pecan Squares



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FEATURING
 OUR:
 PUMPKIN PIE SPICE

Pumpkin Pecan Squares

These little squares are easy to prepare, and loaded with pumpkin pie flavors. The pumpkin is made even better with the addition of the Pumpkin Pie Spice and True Cinnamon. With pumpkin treats this delicious and easy to make - you may find they are a great replacement for the traditional pumpkin pie!

Ingredients For Crust:

- 1 cup flour
- 1/2 cup old-fashioned or instant oats
- 1/2 cup butter (room temperature)
- 1/2 cup packed light brown sugar

For The Pumpkin Filling:

- 3/4 cup granulated sugar
- 1 can (15 ounces) pure pumpkin
- 1 can (12 fl. ounces) evaporated milk / 2 eggs
- 1 Tblspn Pumpkin Pie Spice / 1 tsp true Cinnamon

For the Topping: 1 cup chopped pecans / 1/2 cup packed light brown sugar / 1 tsp True Cinnamon

Preheat oven to 350 degrees. Prepare a 13 x 9 inch pan by lightly spraying it with cooking spray.

To make the crust: Combine the flour, oats, brown sugar and butter in a bowl and mix until crumbly. Press this mixture into the bottom of the prepared pan. Bake the crust for 15 minutes. Let the crust cool completely before topping with the filling.

To make the pumpkin filling: Combine the granulated sugar, pumpkin, evaporated milk, eggs and spices in a mixing bowl. Beat at medium speed for 1 -2 minutes. Pour filling over the prepared crust. Bake for 20 minutes.

To make the topping: Combine the pecans, brown sugar and True Cinnamon in a small bowl. Sprinkle this mixture over the top of the cooked pumpkin filling. Return to the oven and cook for an additional 15 - 20 minutes (or until knife inserted into the center comes out clean). Cool completely on a wire rack and then cut into bars. Top with whipped cream if desired.

BERBERE BLEND, Curry Powder Blend, Garlic Granules, Chili Flakes
WEST AFRICAN PEANUT SOUP



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FEATURING
 OUR: POULTRY SPICE

This is a wonderful combination of peanuts, tomatoes and spices blended to make a delicious and exotic soup - with a kick! In this recipe, the chicken for the soup is spiced with our Ethiopian Berbere Blend, and then shredded and combined with coconut milk, peanut butter, tomatoes, and spiced with our Curry Powder Blend and Garlic Granules. This is a great, spicy soup that is so good, you'll want to serve it again and again.

Ingredients:

- 2 chicken breasts, boneless and skinless (2 lbs)
- 1 1/2 Tblspn olive oil
- 3 cups plus 1 Tblspn chicken stock (divided)
- 1 Tblspn Berbere Blend
- 1 small onion, minced
- 2 tsp sesame oil
- 2 tsp Garlic Granules

- 2 tsp Curry Powder Blend
- 1/2 tsp Salt & Pepper
- 1 cup low-fat coconut milk
- 1/4 cup tomato paste
- 1 cup chunky (mild) salsa
- 3/4 cup chunky peanut butter
- Peanuts (chopped) & Chili Flakes (for garnish)

Directions: Prepare and cook the chicken- Make a paste with the Berbere, and 1 Tblspn each of olive oil and chicken stock. Cover each breast with the mixture and then sear each side of the breasts in the remaining 1/2 Tblspn of olive oil. Cook the seared breasts in 1 cup of the chicken stock in a Pressure Cooker (e.g., 'Instant Pot'), crock pot, or on the stove. Remove the cooked breasts from the stock, shred the meat, and set aside. In a heavy, deep skillet, saute the onions and Garlic Granules in the sesame oil until just soft. Add the Curry Powder, salt & pepper, and the cooked/shredded chicken and saute until incorporated. Turn the heat to low and add the remaining 2 cups of stock, coconut milk, tomato paste, salsa, and peanut butter. Stir to combine and then cook on medium heat until heated through. Serve immediately, garnished with the chopped peanuts and Chili Flakes.