

Pumpkin Pie Spice —True Cinnamon
Pumpkin Chocolate Chip Cookies



FEATURE
 RECIPE 10/29/16

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Pumpkin Chocolate Chip Cookies

These cookies are moist and chewy and extra chocolatey. They are definitely a kid-favorite and they always disappear quickly. The oats help to make the cookie chewy and the pumpkin makes it moist. The spices - True Cinnamon & Pumpkin Pie Spice - give them a delicious sweet spice flavor. What a great fall- time treat!

Ingredients

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| 1 cup butter (room temperature) | 1 tsp baking soda |
| 3/4 cup granulated sugar | 1 tsp True Cinnamon |
| 3/4 cup light brown sugar (packed) | 2 tsp Pumpkin Pie Spice |
| 1 egg | 1/2 tsp salt |
| 1 tsp vanilla extract | 1 cup pumpkin puree |
| 2 cups flour | 2 cups semi-sweet chocolate chips |
| 1 cup quick cooking oats | |

Directions :

Preheat oven to 350 degrees. Grease a large cookie sheet with non-stick cooking spray. Cream the sugars and the butter until light and fluffy. Beat in the egg and the vanilla. In a separate bowl, combine the flour, oats, baking soda, salt, and spices. Stir the four mixture into the butter mixture, alternately with the pumpkin. Stir to combine. Fold in the chocolate chips. Scoop rounded tablespoons of the batter onto the prepared cookie sheet. Bake the cookies for about 10 minutes in the pre-heated oven (or until the cookies ore golden with lightly brown edges). Cool the baked cookies on a rack.

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Bay Leaf—Oregano—Thyme— Basil

MINESTRONE SOUP



RECIPE Of
 THE WEEK 10/29/16

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Minestrone Soup

This is an Italian vegetable soup that is loaded with vegetables, beans, and herbs. Oregano, thyme and basil dried herbs give the soup a Tuscany flavor. The bay leaves are added for an extra herb flavor that compliments the vegetables and the cannellini beans. A delicious and healthy soup that is a meal in a bowl. Soup's on!!

Ingredients:

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| 2 Tblspns olive oil | 1 cup (medium sized) shell pasta |
| 2 onions, chopped | 5 ounces of fresh baby spinach |
| 2 garlic cloves, minced | One 19 ounce can of cannellini beans (rinsed and drained) |
| One, 28 ounce can of crushed tomatoes | 2 bay leaves |
| 3 cups vegetable broth | 1 tsp each: dried oregano, basil, and thyme |
| 1/2 cup red wine | 1/2 tsp black pepper |
| 2 carrots, sliced | 1 tsp salt |
| 3 celery stalks, chopped | Grated parmesan, romano and asiago cheese |
| 1 cup chopped zucchini | blend (to sprinkle over top of each serving) |

Directions:

In a large saucepan, heat the oil and add the onions and garlic. Cook the onions/garlic for about 5 minutes, or until softened. Add the tomatoes, broth, wine, bay leaves, carrots, zucchini, celery, bring to a boil and cook (simmer) for 15 minutes. Add the pasta and cook for another 10 minutes or until the pasta is just done. Add the beans, spinach, dried herbs, salt and pepper. Return to a low boil and cook for about 5 minutes or until the spinach is done. Remove and discard the bay leaves. Serve hot with the grated cheese sprinkled on top of each serving.

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