

ALL FOR THE LOVE OF FOOD.

the Wooden Spoon

By Shelly Rankin



So last year at this time, I brought you an overnight crockpot apple oatmeal for breakfast. I got so excited to share a recipe my sister showed me for pumpkin cinnamon oatmeal. I bought all the ingredients, and then decided I couldn't resist the urge for dessert instead. Can you blame a person? I had to make the pumpkin crunch cake in the name of all things good and true. Obviously. I hope you saved that crunch cake recipe I wrote about last November! I prepared it in ten minutes and threw it in the oven. Minimal effort. Easy ingredients. Mix. Bake. Eat. No-flop guarantee. I'll wait for your return as you leave to go dig up the recipe. It's highly recommended! Now go.. go. Really, I'll wait. If you can't find it listed under Pumpkin Crunch Cake, it goes by the alias Sin on a Plate.

Call the goodies for crockpot apple oatmeal

Back? Okay. So now I was in a scramble of what recipe I could bring to you this week. I like to bring the Internet to you, scouring the Web for new, creative recipes, scouring the cupboards for whatever ingredients I have. I follow a number of food writers, and then it was like a glorious light shown down from the heavens and angels sang. Having never made this soup, but always wanting to try a good autumn soup like this, I decided to go for it. Is this recipe going to be for everyone? Not at all, but that's okay. Heck, as far as I know, this recipe may only sound appetizing to a whopping two people out there. For the rest of you, you have Pumpkin Crunch Cake. Oh, you don't like pumpkin, you say? You don't like apples, you say, or sweet potatoes? Leave now. I kid, but if you do say you don't like pumpkin, I'll look at you really funny for a really long time.

Now that I've thinned out the herd, let's talk about this soup! Literally, it warmed me from the inside out. My taste buds did their happy dance. This soup is just going to wrap you up in a hug. So smooth, so creamy, so comforting, so simple. No fancy tricks or ingredients here, folks. I could eat another bowl right now. Oh, how I do hope and pray from the bottom of my sweet potato heart that you enjoy this soup as much as I did! I've never had anything like it before!

I've tweaked it a little bit only to adjust to the ingredients I had in the house. I substituted chicken for ground turkey. I used whole milk because, let's face it, who can afford to buy two different kinds of milk when you have a one-year-old in the house? We've all converted to the whole milk way. I didn't have a zucchini, but I highly recommend you add it for health reasons. You'll need all the help you can get after eating that Pumpkin Crunch Cake. That cake only has a stick of butter melted on it. This cake is causing all kinds of drama this week. I do not apologize for the unhealthiness of that cake, nor do I apologize for the healthiness of this soup! Balance and moderation.

What is the name of the soup, you ask? It hales from Oh, Sweet Basil, and are you ready for this twist? Easy Sweet Potato Apple Chicken Chili. Yep, there's a lot going on there, huh? Ready to dive in head first? Might as well, right? Like I said, this was a first for my family as well. I knew the Scrumptious Little would enjoy it as sweet potatoes and apples are some of her favorites. After every sip of soup, she went, "Mmmmm!" The Dashing Gent was going to require a bit of convincing, and, boy, was I ever right! It's not that he didn't like it. It is just one of those recipes he'll never request. I will, though. I'll request it to myself every time he is gone for whatever reason this winter! If you do attempt this soup for your loved ones and they like it, know that you've accomplished a delicious feat! Pat yourself on the back! I served this with a salad, some rolls, and an apple crisp for dessert! Perfect simplicity.

Apple Crisp because the Crunch Cake was good as gone!



Sin on a plate!

Easy Sweet Potato Apple Chicken Chili

Recipe from Oh Sweet Basil



GROCERY LIST:

- 1 large sweet potato, baked then peeled
- 3 c. Chicken or Vegetable Broth
- 1 tbsp. olive oil or butter
- 1 large carrot, chopped
- 1 zucchini, chopped
- 1/2 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 2 chicken breasts, cooked and shredded
- 1 large apple, peeled and chopped
- 1 c. milk
- 1/4 tsp. pumpkin pie spice
- salt to taste

INSTRUCTIONS:

- In a blender, combine the broth and sweet potato, puree until smooth. Set aside.
- Heat a large pot over medium heat and melt the butter. Add the carrots, peppers, and zucchini and saute until tender, about five minutes. Add the cooked chicken and apple and cook until apple is tender.
- Once everything is cooked through and tender, add the puree and milk to the pot, stirring gently to lift any browned bits from the bottom. Add the spices and turn down to simmer.
- You can simmer very low all day or just for 30 minutes prior to serving. See disclaimers about seasoning.



DISCLAIMERS: 1) Salt is very important as the sweet potato needs seasoning. Make sure you don't add it until the end though as you'll want to taste the broth first and then if it isn't flavorful enough chances are you've skimmed on the salt.

2) I went ahead and listed the zucchini in the recipe because I really think this soup deserves nothing but the best to for me to cut it out is just shameful. If it ain't broke, don't fix it.

3) However, I can't leave good enough alone. I added bacon. Of course. Do it. You know you want to.

Wambam, thank you, ma'am you have yourself the perfect batch of {h.e.a.l.t.h.y} autumn soup. It makes me giddy with cheer. Soon to be Christmas cheer! But, my, oh my. I just adore this time of year from the weather to the recipes to the beauty! It's such an easy season to cook for. I love that the house smells yummy when the little family returns home. Now, if only I could get them to accept that in this beige house on the corner, cat hair is both a condiment and a fashion statement.

Stay tuned for next week when I clear up a few misleading facts floating around, and we finally get a look at the Pumpkin Oatmeal! Are they really facts if they're misleading? Thought of the day...