## **LOOKING BACK**



Kay Lee and Amanda Jett volunteered at NHC Oakwood. (from The Lewisburg Tribune, Sept. 3, 1998.)



Rev. J. L. Perry, Debra Archer, the bride and groom, Cindia and Stanley Bivins, Freddie Lee, and Stacey Hillard. Cindia and Stanley were united in marriage on Aug. 10, 1979.

# Cook Up Pumpkin-Inspired Comfort

#### FAMILY FEATURES

fter a cool, blustery day, it's hard to beat a satisfying meal that provides comfort from the inside out. Better yet, turning to a filling dish that's easy to pre-▶ pare means more time cozying up with a favorite book or movie and less time in the kitchen.

Casseroles and soups are classic options for cooking up comfort at home, and these recipes lean on the reliability of classic Minute Instant White Rice and Instant Jasmine Rice. Known for its light, fluffy texture; short, easy prep; and only 5 minutes of cook time, the rice is perfect for busy families who need quick, satisfying meals.

Simply cooked then dried with nothing added, it's one simple ingredient: rice grown in the United States, meaning whether your loved ones go gluten-free, vegan, vegetarian or anything in between, you can count on these rice varieties all comfort food season long.

If you're looking for a filling feast, you can let your oven do the work with this Pumpkin and Spinach Layered Rice Casserole for an Italian-inspired solution. It doesn't get much creamier than combining sweet pumpkin puree with three gooey cheeses while folding in a protein-rich egg, fresh spinach and fluffy jasmine rice makes it a truly satisfying meal.

Keep that seasonal pumpkin flavor on the menu by serving up Pumpkin Curry Turkey Soup with Rice as a simple recipe that takes only 20 minutes. With the addition of coconut milk, this rich and creamy soup is quick, comforting and tasty for a hot bite on cool, crisp nights To find more family-favorite comfort foods, visit MinuteRice.com.



### **Pumpkin Curry Turkey Soup** with Rice

Prep time: 10 minutes Cook time: 10 minutes Servings: 6

- 4 cups sodium-reduced turkey broth
- can (14 ounces) pumpkin puree 1
- 2 tablespoons curry powder
- 1 teaspoon cayenne powder
- teaspoon fresh grated ginger
- teaspoon pumpkin pie spice
- 1 teaspoon salt
- cup water
- cups shredded, cooked turkey
- can (14 ounces) coconut milk
- 2 cups Minute Instant White Rice

In large saucepan, combine turkey broth, pumpkin puree, curry powder, cayenne powder, ginger, pumpkin pie spice, salt and water. Bring to boil.

Stir in turkey and coconut milk; return to boil. Reduce heat to medium-low. Cook 5-8 minutes, or until turkey is heated through.

Stir in rice; cover and remove pan from heat. Let stand about 5 minutes until rice is tender.



Pumpkin Curry Turkey Soup with Rice

### **Pumpkin and Spinach** Layered Rice Casserole

Prep time: 10 minutes Cook time: 50 minutes Servings: 4

- 2 cups Minute Instant Jasmine Rice
- ounces pumpkin puree
- 1/2 cup heavy cream
- 2 tablespoons butter, cut
- into cubes
- 1 1/4 teaspoons salt, divided
- 1 1/4 teaspoons black
  - pepper, divided
  - tablespoon olive oil
  - 5 ounces spinach
  - 1 clove garlic, minced
  - 1 cup ricotta cheese
  - egg cups shredded mozzarella 2
- cheese, divided 3/4 cup grated Parmesan cheese, divided

Pumpkin and Spinach Layered Rice Casserole

Prepare rice according to package directions.

Stir in pumpkin puree, cream, butter, 1/2 teaspoon salt and 1/2 teaspoon pepper; set aside.

Preheat oven to 375 F. In large skillet over medium heat, heat oil. Add spinach and garlic; cook 2-4 minutes, or until wilted. Let cool completely; squeeze out excess moisture. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper.

In medium bowl, combine ricotta, egg and spinach. Stir in 1 cup mozzarella, 1/2 cup Parmesan cheese and remaining salt and pepper.

Layer half of rice mixture in greased 8-inch square baking dish. Top with spinach mixture then top with remaining rice mixture. Sprinkle with remaining mozzarella and Parmesan.

Cover with foil; bake 30 minutes. Remove foil; bake 15-20 minutes, or until golden brown and bubbling.

## Kick winter's chill with hearty chowder

#### (Family Features)

Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweetpotatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

When your family needs a warm-up on those frosty days, put sweetpotatoes at the center

of mealtime (with an added kick) in this Jalapeno Sweetpotato Chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas.

## **Jalapeno Sweetpotato** Chowder

Recipe courtesy of the North Carolina SweetPotato Commission

Servings: 6

2 large North Carolina sweetpotatoes, baked

1 small onion, 1/4-inch diced  $2 \ \ {\rm tablespoons \ olive \ oil}$ 

1 quart chicken or vegetable

stock

2 cups cooked chicken, cubed

whole corn kernels

teaspoons  $\mathbf{2}$ minced jalapenos

1/2 cup heavy cream

1 teaspoon salt chopped scallions, for garnish

Peel baked sweetpotatoes; discard skin and puree.

In soup pot, saute onion in butter until softened. Add pureed sweetpotato and stock, as desired. Bring to boil, reducing liquid slightly.

Add chicken, corn, jalapenos, heavy cream and salt. Simmer 10 minutes.

To serve, ladle into bowls and garnish with chopped scallions.

## **2<sup>nd</sup> Annual Southern Fall Craft Show**

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