

Fall wonders

Beef meatball soup

The intoxicating smell of this heart-warming meal will have you hooked.

INGREDIENTS

Servings: 4

- 450 grams ground beef
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning
- 1 egg, lightly beaten
- 1/3 cup grated Parmesan cheese
- 1/3 cup breadcrumbs (Italian or regular)
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 medium carrots, coarsely diced
- 2 medium potatoes, coarsely diced
- 1 tablespoon tomato paste
- 1 litre beef broth
- Salt and pepper, to taste
- Chopped parsley, for garnish

DIRECTIONS

1. In a large bowl, combine the beef, garlic, Italian seasoning, egg, cheese, breadcrumbs and a little salt and pepper. Shape into balls slightly smaller than golf balls. Heat 1 tablespoon of oil in a large frying pan and brown the meatballs on all sides. The aim is to colour them, not cook them thoroughly. Set the meatballs aside with all the cooking liquid in the pan.
2. Heat the remaining oil in a large pot and saute the onion, carrots and potatoes for a few minutes. Add the tomato paste and beef stock. Bring to a gentle boil and simmer for 15 minutes.
3. Add the meatballs and cooking liquid to the pot and simmer for 10 more minutes (the vegetables should be tender).
4. Season with salt and pepper to taste and garnish with parsley.



Peppers stuffed with sausage meat

Looking for your next go-to comfort food recipe? Bursting with delicious flavours, this one is sure to please!

INGREDIENTS

Servings: 4 (two pepper halves per person)

- 4 bell peppers in various colours, halved lengthwise (with stems, if possible)
- 450 grams sausage meat, your choice
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 cup cooked rice
- 1 teaspoon Cajun spices (or other spicy seasoning)
- 1 cup store-bought tomato sauce
- 1 tomato, chopped
- 1 cup shredded strong cheese, such as medium cheddar or Monterey Jack
- 1 cup grated cheese that melts well, such as mozzarella or Gruyere
- Salt and pepper, to taste

DIRECTIONS

1. Remove the membranes and seeds from the peppers and preheat the oven to 350 F.
2. In a skillet, saute the sausage meat, onion and garlic in oil until the meat is cooked through. Remove from the heat and drain the fat. Add the rice, spices, sauce, chopped tomato and spiced cheese. Add salt and pepper to taste.
3. Stuff the 8 bell pepper halves with the rice mixture. Place the peppers in an ovenproof dish and cover with aluminum foil. Bake for 30 minutes.
4. Remove from the oven, remove the foil and spread the melting cheese over the peppers. Return to the oven for 10 minutes, or until the cheese has melted. Broil for a toastier appearance.



This recipe is excellent with sausage meat, but ground beef or pork will also provide delicious results!



Cheese and zucchini quiche

This delicious vegetarian quiche is an autumnal delight! Try it for yourself.

INGREDIENTS

Servings: 6 to 8

- 2 medium zucchinis (ideally one yellow and one green)
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 1/2 onion, chopped
- 1 store-bought pie shell
- 2 large eggs, room temperature
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 cup grated mozzarella cheese
- 1 cup 35% heavy whipping cream
- Salt and pepper, to taste
- 1 tablespoon Dijon mustard
- 1 small Italian tomato, thinly sliced
- Rosemary, chopped, for garnish

DIRECTIONS

1. Preheat the oven to 400 F.
2. Thinly slice one half of the green zucchini and one half of the yellow zucchini. Dice the other two halves.
3. In an oiled cast-iron skillet (or on the BBQ), sear the zucchini slices for one or two minutes on each side until lightly browned. Set aside.
4. Melt the butter in a skillet. Add the diced zucchini and onion and saute for a few minutes. Drain, set aside and let cool.
5. Place the pie shell in the oven for 15 minutes.
6. In a large bowl, beat the eggs. Add the parsley, garlic, basil, cheese, cream and onion mixture. Season with salt and pepper. Mix well.
7. Using a kitchen brush, spread the mustard over the bottom of the par-baked pie shell.
8. Pour the mixture into the pie shell. Gently spread the zucchini and tomato slices on top. Garnish with rosemary.
9. Bake for 35 minutes.

