



E P I C U R E™

Falliday Comfort Food

Make the official switch to comfort food with the October Epic Box! We're talking hearty, warm meals on the table in 20 minutes or less, or set it and forget it in the slow cooker. Plus some fun ideas for a scary good Halloween!

October 2023



October Epic Box Contents

Boost your kitchen confidence with help from the October Epic Box.



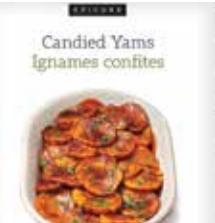
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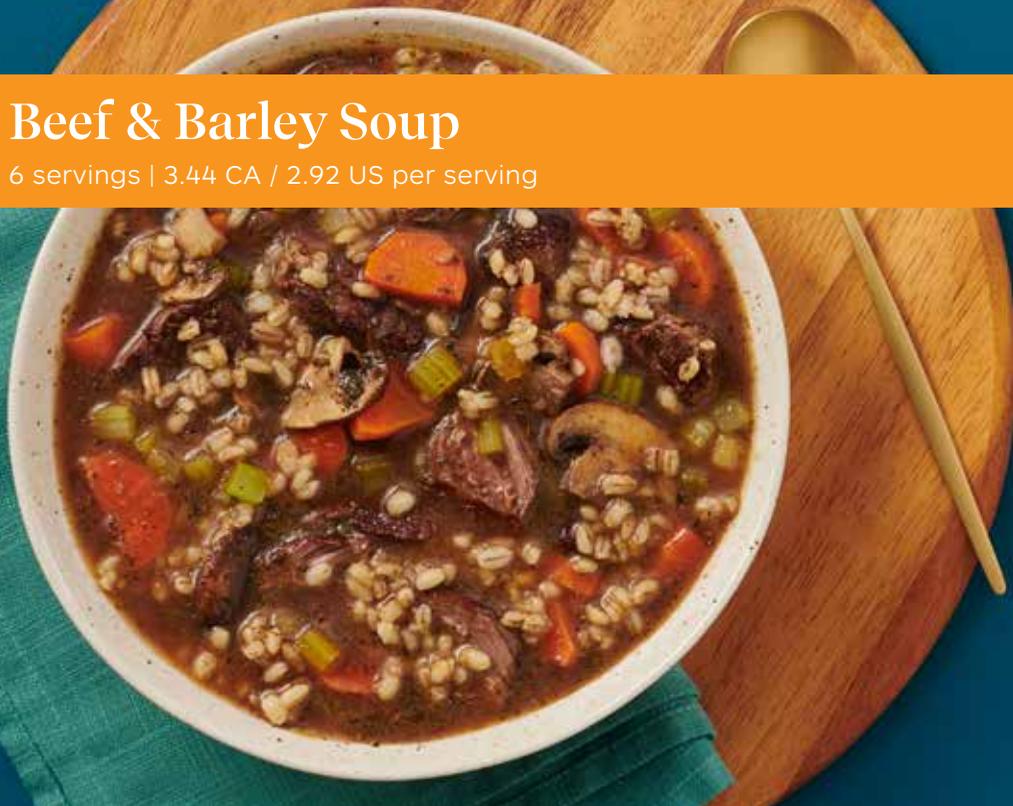
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Hearty Beef & Barley Soup

4 hr & 5 min | 6 servings | 3.44 CA / 2.92 US per serving



This classic soup is loaded with rich beef flavour but doesn't skimp on the veggies. The perfect meal to come home to on a chilly day.

Ingredients

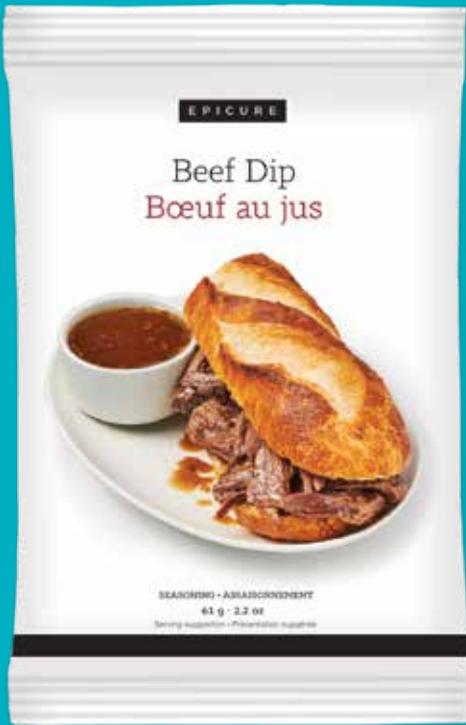
- 1 tbsp oil
- 1 ½ lbs (675 g) cubed stewing beef
- 3 carrots
- 2 celery stalks
- 2 cups sliced mushrooms
- ¾ cup uncooked pot barley
- 2 tbsp tomato paste
- 6 cups water
- 1 pkg **Beef Dip Seasoning**

Slow Cooker

1. In a large pan, heat oil over medium-high heat. Brown beef. Transfer to a 6-quart slow cooker.
2. Slice carrots into half moons. Dice celery. Add carrots, celery, mushrooms, barley, tomato paste, water, and seasoning to slow cooker.
3. Cover and cook on high 4–5 hours. The liquid should be bubbling, and the beef and veggies should be tender.

Perfectly balance your plate: Serve with 1 slice whole-grain bread, 2 cups leafy greens, and 1 tbsp Epicure Salad Dressing, your choice.

Per serving (about 2 cups): Calories 330, Fat 11 g (Saturated 3.5 g, Trans 0.3 g), Cholesterol 60 mg, Sodium 530 mg, Carbohydrate 30 g (Fibre 6 g, Sugars 6 g), Protein 27 g.



CLASSIC BEEF SLIDERS



BISTRO BURGERS



Try these alternative recipes using **Beef Dip Seasoning**.

Creamy Carrot Soup

20 min | 8 servings | 1.16 CA / 0.99 US per serving



This is your new BFF for those chilly months. It's so creamy, you won't believe it's dairy free! Yup, no milk or cream here—the creaminess is coming from our orange pals, the puréed carrots. Looking to up your freezer meal game? This recipe makes a big batch!

Ingredients

10 large carrots (about 2 ½ lbs)
1 pkg **Candied Yams Seasoning**
2 tbsp olive oil
2 tbsp **Vegetable** or **Nourish Broth Mix**
8 cups water
½ lemon
Sea salt and black pepper, to taste
Topping (optional): plain 2% Greek yogurt, chopped green onion

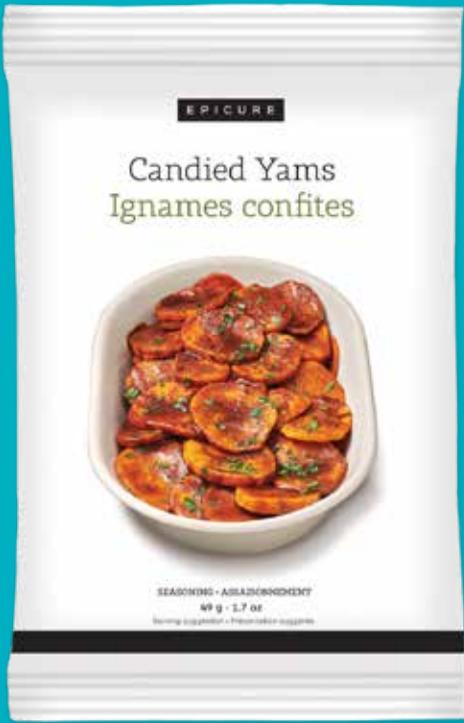
Instructions

1. Peel or scrub carrots. Slice into thick coins; you should have about 8 cups.
2. Place carrots in **Multipurpose Steamer** and toss with seasoning and oil. Cover and microwave on high 13–14 min, or until soft, stirring halfway through.
3. Meanwhile, in a large pot or Dutch oven, whisk broth mix and water. Bring to a boil.
4. Add cooked carrots to pot. Reduce heat to medium and simmer 2 min. Squeeze in lemon juice.
5. Purée soup using an immersion or standard blender (working in batches). For a smoother texture, strain soup through a fine mesh strainer, if desired.
6. Taste and season with salt and pepper. Ladle into bowls and add toppings, if desired.

Perfectly balance your plate: Serve with 4 oz (113 g) lean protein and a small dinner roll.

TIP: The longer you cook the carrots, the softer they will become. For an extra velvety texture, simmer the carrots in the broth a little longer.

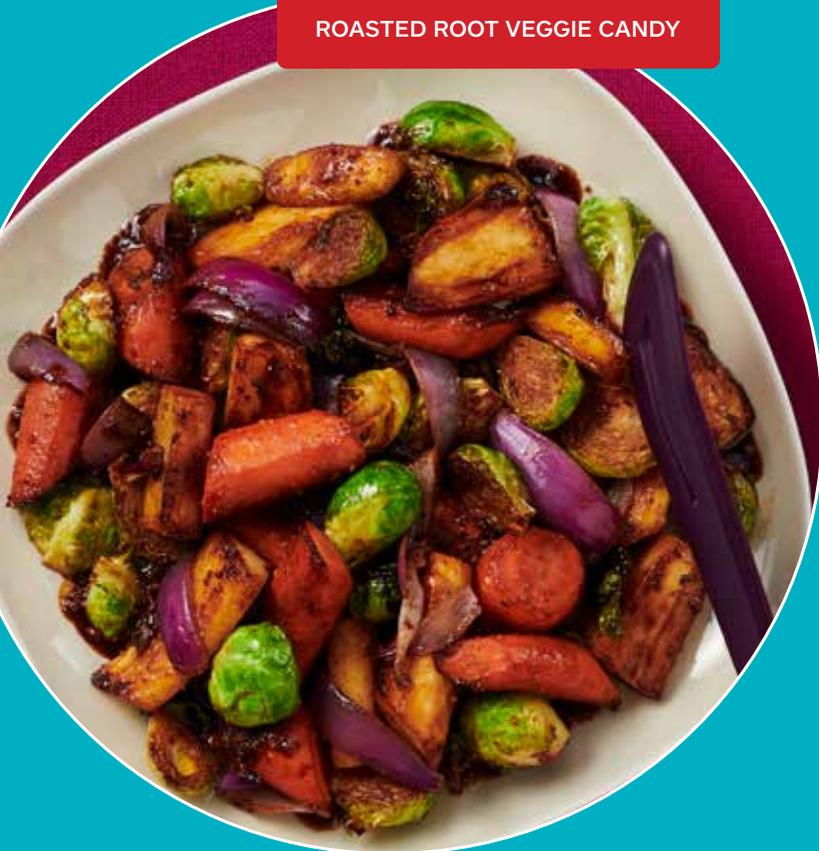
Per Serving (about 1 ¾ cups): Calories 100, Fat 3.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 210 mg, Carbohydrates 16 g (Fibre 4 g, Sugars, 11 g), Protein 2 g



CANDIED BACON



ROASTED ROOT VEGGIE CANDY



Try these alternative recipes using **Candied Yams Seasoning**.

Stroganoff Meatballs & Dijon Sour Cream Sauce

15 min | 4 servings | 1.98 CA / 1.58 US per serving



Ingredients

- 1 lb (450 g) lean ground beef
- 1 pkg **Beef Stroganoff Seasoning**
- 1 tbsp water
- ¼ cup light sour cream
- 1 tbsp Dijon mustard
- ½ tbsp sugar or honey

Instructions

1. In large bowl, using a fork, combine ground beef, seasoning, and water. Form into 16 meatballs (about a scant 2 tbsp each).
2. Spread in a single layer in **Multipurpose** or **Round Steamer** (it's OK if they touch). Cover and microwave on high, 4 min or until cooked. Uncover; let sit 1 min before serving.
3. Meanwhile, prepare dipping sauce. In a small bowl, whisk together sour cream, mustard, and sugar.
4. Serve meatballs with sauce for dipping.

Perfectly balance your plate: Serve with ½ cup rice and 1 cup steamed vegetables.

Per serving (4 meatballs): Calories 360, Fat 19 g (Saturated 8 g, Trans 0.5 g), Cholesterol 95 mg, Sodium 440 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 2 g), Protein 35 g.



CHICKEN STEAKS WITH CREAMY MUSHROOM SAUCE



BEEF STROGANOFF "HELPER"

CREAMY TOMATO CHICKEN



Try these alternative recipes using **Beef Stroganoff Seasoning**.

Broccoli & Cheddar Soup

20 min | 8 servings | 1.29 CA / 1.10 US per serving



Ingredients

1 pkg **Home-Style Chicken Stew Seasoning**

3 cups water or low-sodium broth

1 broccoli crown

2 medium-sized carrots

2 cups milk, your choice

1½ cups grated cheddar cheese

Black pepper, to taste

Toppings (optional): **CCB Dip Mix**, **Better Than Bacon Topper**

Instructions

1. In **Wok**, add seasoning and water; stir to combine. Cover and start to heat over medium heat.
2. Meanwhile, chop broccoli into small, bite-sized pieces. You should have about 4 cups. Using the smaller holes on a box grater, grate carrots. You should have about 2 cups. Add veggies to wok. Simmer, covered, until broccoli is vibrant green, about 2 min. The soup will have thickened at this point.
3. Add milk; stir in cheese. Keep uncovered and bring back to a simmer, stirring occasionally. Simmer until broccoli is tender, about 2 min. Taste and season with pepper. Add toppings just before serving, if desired.

Perfectly balance your plate: Serve with an open-faced or half sandwich made with 1 slice whole-grain bread, ½ tbsp mayo, ½ cup lean protein, and ½ cup leafy greens.

TIP: Use freshly grated cheddar instead of pre-grated cheese. Pre-grated cheese will work—but it's coated with anticaking agents that will give the soup a grainy texture, and it doesn't melt as smoothly.

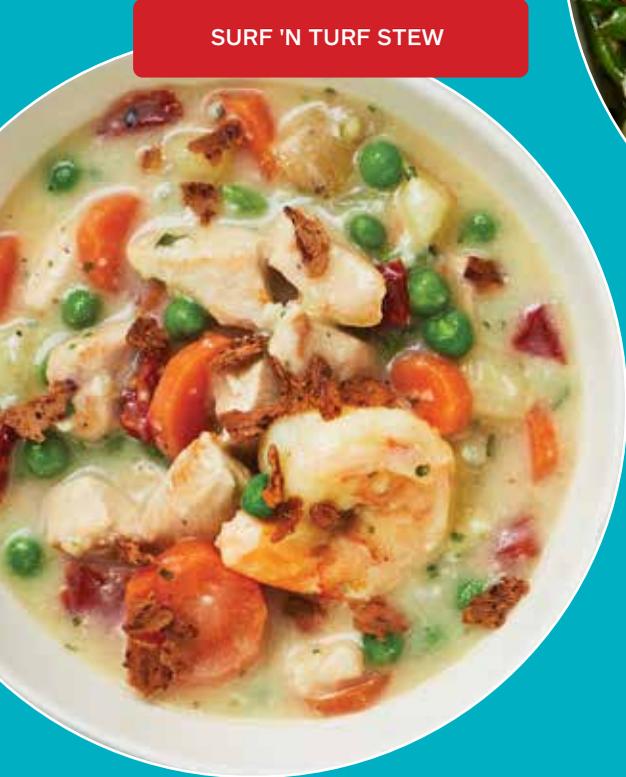
Per serving (about 1 cup): Calories 170, Fat 9 g (Saturated 6 g, Trans 0.1 g), Cholesterol 30 mg, Sodium 360 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 3 g), Protein 10 g.



CHICKEN & CORN CHOWDER



HOME-STYLE GREEN BEAN CASSEROLE



SURF 'N TURF STEW

Try these alternative recipes using **Home-Style Chicken Stew Seasoning**.

Gnocchi with Creamy Lemon Sauce

20 min | 4 servings | 3.10 CA / 2.64 US per serving



Using affordable, easy-to-find ingredients, you can create a budget-friendly, restaurant worthy gnocchi main course at home.

Ingredients

- 1 pkg **Lemon Chicken Orzo Seasoning**
- 1 cup half and half cream (10%)
- 1 cup water, divided
- 2 cups each broccoli and cauliflower florets
- 1 pkg (350 g/12 oz) gnocchi
- Topping** (optional): grated Parmesan cheese, **Chili Flakes & Garlic Topper Blend**

Instructions

1. In a bowl, combine seasoning, cream, and $\frac{1}{2}$ cup water. Set aside.
2. Chop broccoli and cauliflower into small pieces. Place cauliflower in **Sauté Pan** set over medium-high heat. Add remaining $\frac{1}{2}$ cup water and bring to a boil. Cover; steam for 2 min or until slightly softened.
3. Add seasoning mixture, gnocchi, and broccoli to pan. Bring back to a boil, then reduce heat and simmer, stirring occasionally for 8–10 min, or until sauce is thick. Add toppings, if desired.

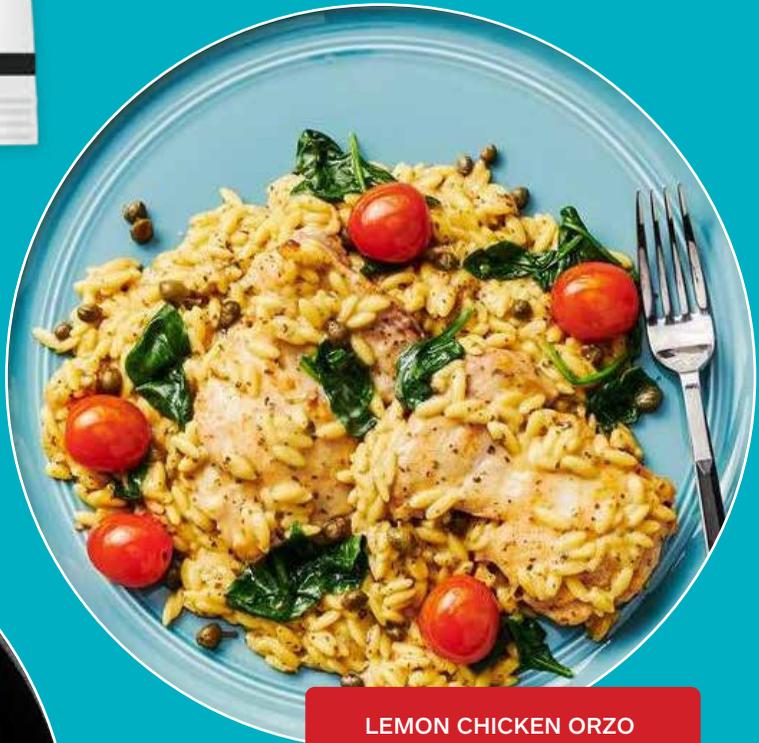
Perfectly balance your plate: Serve with 4 oz (113 g) lean protein.

TIP: Easy swap: Try frozen veggies in place of fresh ones to lower your grocery bill.

Per serving: Calories 320, Fat 8 g (Saturated 4 g, Trans 0 g), Cholesterol 35 mg, Sodium 540 mg, Carbohydrate 52 g (Fibre 6 g, Sugars 4 g), Protein 12 g.



LEMONY BAKED PITA WEDGES



LEMON CHICKEN ORZO

SYLVIE'S SPAGHETTI ALLE VONGOLE



Try these alternative recipes using **Lemon Chicken Orzo Seasoning**.

Creamy Mexican-Inspired Tomato Soup

18 min | 4 servings | 4.01 CA / 3.40 US per serving



A quick, plant-based, protein-packed tomato soup with fresh Mexican-inspired flavours! Delicious paired with grilled cheese.

Ingredients

- 1 can (28 oz/796 ml) whole peeled tomatoes
- 1 cup hot water
- 1 pkg **Taco Seasoning**
- 2 cans (14 oz/398 ml each) unsalted butter, navy, or white kidney beans
- 1 can (14 oz/398 ml) light coconut milk
- 1–2 tsp maple syrup, optional

Topping (optional): halved cherry tomatoes, diced red onion, cilantro

Instructions

1. In **Multipurpose Pot**, add tomatoes (including liquid), water, and seasoning. Cover; bring to a boil.
2. Using the back of a wooden spoon, gently smash tomatoes. Drain and rinse beans; add to pot.
3. Stir in coconut milk. Reduce heat and simmer, uncovered, 7–8 min to allow flavours to blend. Stir occasionally.
4. Remove from heat. Using an immersion blender, purée.
5. Taste: if it's too acidic, add maple syrup, if desired.
6. To serve, ladle into bowls and add toppings, if desired.

Perfectly balance your plate: Serve with half a grilled cheese sandwich made with 1 slice whole-grain bread and 2 tbsp cheese.

TIP: Whole peeled canned tomatoes are the best choice for this soup—they're more reliable in terms of flavour and quality. In a pinch, swap with crushed or diced tomatoes, but make sure to taste and season the soup as needed.

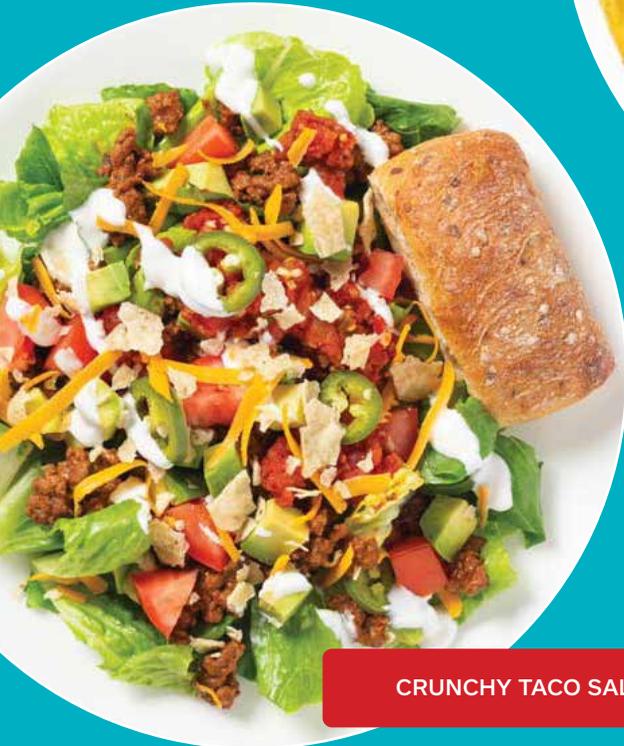
Per serving: Calories 300, Fat 8 g (Saturated 5 g, Trans 0 g), Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 45 g (Fibre 11 g, Sugars 8 g), Protein 15 g.



CHEESY TACO PASTA



SMASHED CHICKPEA TACOS



CRUNCHY TACO SALAD

Try these alternative recipes using **Taco Seasoning**.

Jack-O'-Lantern Pumpkin Spice Pancakes

20 min | 4–5 servings | 1.74 CA / 1.48 US per serving



Ingredients

1 pkg **Pumpkin Spice Loaf & Muffin Mix**
2 eggs
1 cup pumpkin purée
1 cup water
¼ cup oil, for batter
3 tsp oil, for cooking
¼ cup caramel sauce or chocolate fudge sauce, optional

Toppings (optional): plain 2% Greek yogurt, chocolate chips, chopped pecans, whipped cream, maple syrup

Instructions

1. In a large bowl, whisk mix with eggs, pumpkin purée, water, and ¼ cup oil. Let batter rest 3 min—it will continue to thicken.
2. Heat 1 tsp oil in **Sauté Pan** over medium heat.
3. Working in batches and using ¼ cup as a guide, scoop 3 pancakes into pan, leaving space between them.
4. Cook 2–5 min. When edges start to brown, flip each pancake and cook for an additional 1–2 min.
5. Repeat steps 2–4 for two more batches, or until all batter is cooked. Cooking times will vary.
6. Divide pancakes between four plates. If using, scoop caramel or fudge sauce into piping bag (or Ziploc® bag with one corner snipped). Draw Jack-O'-Lantern faces on pancakes. Add toppings, if desired.

Perfectly balance your plate: Serve with ¾ cup plain 2% Greek yogurt and 1 cup berries.

TIP: Instead of piping caramel or fudge sauce to make faces, arrange chocolate chips into Jack-O'-Lantern smiles on the pancakes.

TIP: To create a pumpkin-shaped pancake, drag a small amount of batter out of one side to make a 'stem' right after you scoop the batter into the pan.

Per serving (2 pancakes): Calories 360, Fat 17 g (Saturated 2 g, Trans 0 g), Cholesterol 75 mg, Sodium 460 mg, Carbohydrate 48 g (Fibre 3 g, Sugars 19 g), Protein 5 g.



PUMPKIN SPICE LOAF & MUFFINS



VEGAN PUMPKIN SPICE LOAF

Try these alternative recipes using **Pumpkin Spice Loaf & Muffin Mix**.