

The logo for 'Cub' is displayed in white, bold, sans-serif font on a red square background.

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## THE STARTING LINEUP:

7 Game-Day Recipes  
*that Now*

Restaurant Faves  
*at Home*

Brilliant Breakfasts  
to Last All Week

*Soup's On:*  
Fall's Most  
Comfy Recipes

PLUS

*Lindsay Whalen*  
Talks Cub Her Way

# *It's Maroon & Gold Season*

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Fall 2022

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myCub  my way.

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dollars to support the University of Minnesota Masonic Children's Hospital and MHealth Fairview. That means these dollars are staying in our communities and making a real difference. If you ask us, there isn't a more winning duo than your hometown team and your hometown grocer!

Another approach to fall? Planning! If you've already started your to-do and to-eat list for Autumn '22, don't miss Double-Duty Breakfasts (page 24) where a little advance coordination pays dividends all week long. To those who like to figure it out along the way, keep your eyes peeled for products from famous restaurants as you shop our aisles. Spoiler alert: we have loads and our Stay In, Eat Out feature (page 18) has fun riffs you're going to want to try. Maybe the smartest thing is this issue is our Have-On-Hand Game Plan (page 28). It's solid enough for planners and flexible enough for come-what-may-ers to navigate back-to-school meals.

Fall feels like a time to reset, establish new routines and to revisit old traditions. We hope these recipes, ideas, and everything we have to offer in store helps fuel your season, your way.

Here's to enjoying the comforts and colors of fall.

## How do you do, Fall?

**THERE ARE TWO WAYS TO INTERPRET THAT:** a friendly greeting to the start of autumn, and (if you skip the comma) a question of how do you personally approach the season? We mean both!

Hello to cooler temperatures, changing colors and Gopher football season. One walk around a Minnesota lake and you'll quickly see that even nature shouts Ski-U-Mah with stunning maroon and gold foliage. Is it a coincidence that the recipes in our Starting Lineup story (page 31) do the same? We'll let you decide.

On the topic of how do you do fall, one obvious answer is donning head-to-toe maroon and gold gear and tailgating. Our long-standing partnership with the Minnesota Gophers is a source of great pride. We've donated more than a million

*Your friends at Cub*



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SUPERMARKET SWEEP

# Cub Picks

Cozy season is upon us; here's what you need to enjoy it to the max.

## Prost!

New Ulm has the highest reported population in the United States with German ancestry. It's also been home to Schell's Brewery since 1860. These two fun facts make their award-winning Oktoberfest Märzen-style festbier our top pick for celebrating the fall harvest.



## Pucker Up

No one forgets their first First Kiss Apple! These Minnesota darlings burst onto the scene mid- to late August—four weeks ahead of Honeycrisp. Crisp, juicy, lively, and tart, they're perfect for snacking, baking and wooing your taste buds. Ahh to fall in love again.



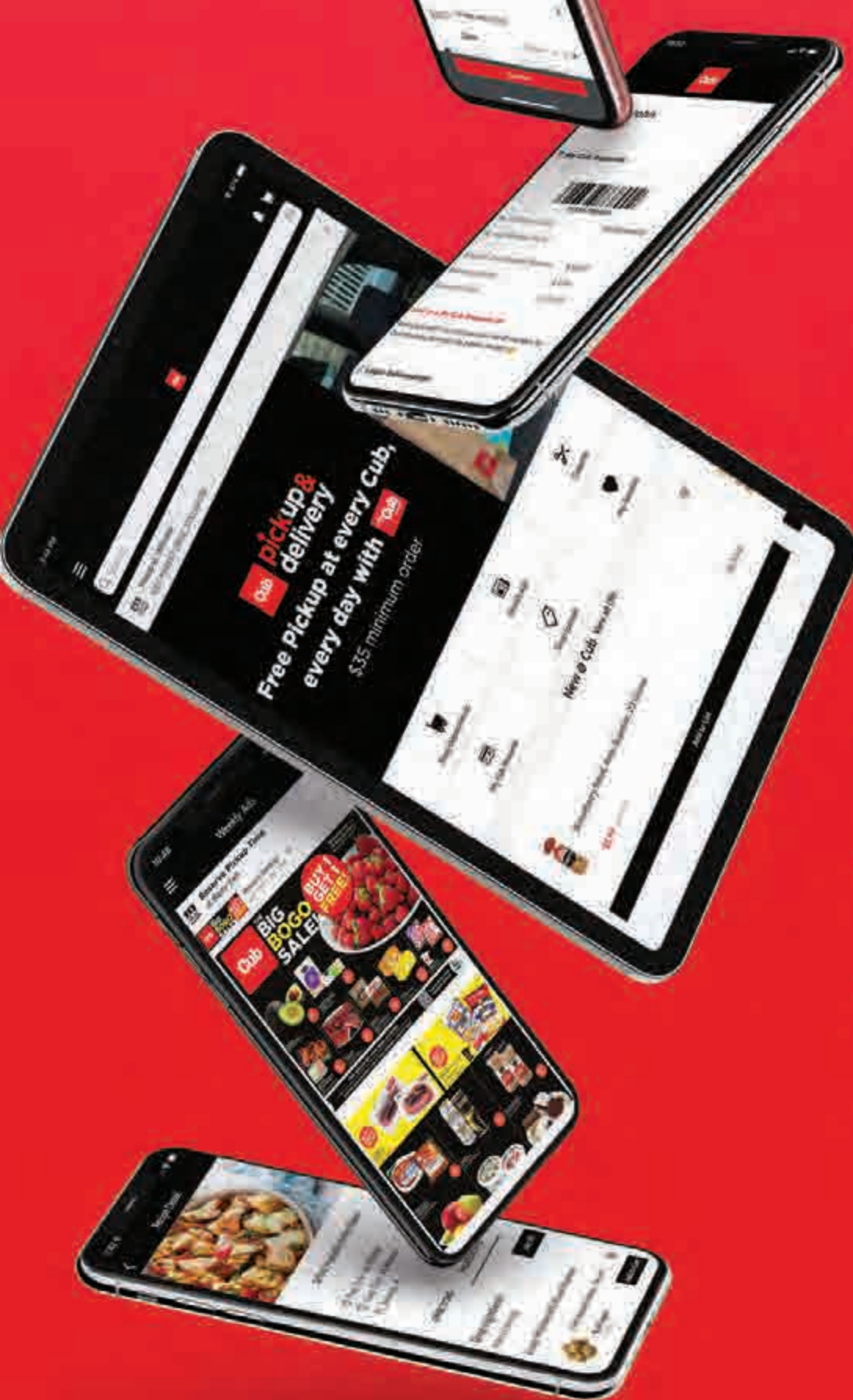
## Donuts for Dinner

Yes, really! Here's what you do: swing through the meat department for a few pecan-crusted chicken breasts, pop over to the bakery for our famous glazed donuts, and on your way to checkout, grab a bottle of hot honey. Make the chicken, make the sandwich, and make your mouth happy.



## Flavor-Fall

The Master Swiss chocolatiers at Lindt have done it again. Their newest flavor, maple, hits all the right notes: slightly nostalgic, not overly sweet, and as cozy as fuzzy slippers next to a crackling fire. We love that this maple treat sets itself apart in a sea of pumpkin spice.



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delivery**

**ROW IN THE BOAT**

MINNESOTA GOLDEN GOPHER FOOTBALL SCHEDULE 2022

SEPTEMBER 1 AT MICHIGAN STATE	SEPTEMBER 10 AT WISCONSIN	SEPTEMBER 17 AT NORTHWESTERN	SEPTEMBER 24 VS. IOWA	OCTOBER 1 AT MICHIGAN STATE	OCTOBER 15 AT ILLINOIS	OCTOBER 22 VS. OHIO STATE	OCTOBER 29 AT MICHIGAN STATE	NOVEMBER 5 VS. MICHIGAN	NOVEMBER 12 AT ILLINOIS	NOVEMBER 19 AT RUTGERS	NOVEMBER 26 AT NEBRASKA
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HOME AWAY

**BIG SCHEDULE**

SEPT 23 AT PURDUE	OCT 26 VS. MICHIGAN STATE
SEPT 25 VS. WISCONSIN	OCT 29 AT WISCONSIN
SEPT 28 VS. NORTHWESTERN	NOV 4 VS. MICHIGAN
OCT 1 VS. IOWA	NOV 6 AT ILLINOIS
OCT 7 AT MICHIGAN	NOV 11 VS. MARYLAND
OCT 9 AT MICHIGAN STATE	NOV 13 VS. INDIANA
OCT 12 VS. OHIO STATE	NOV 18 AT PENN STATE
OCT 15 VS. ILLINOIS	NOV 19 AT RUTGERS
OCT 19 AT IOWA	NOV 25 AT OHIO STATE
OCT 22 VS. PURDUE	NOV 26 AT NEBRASKA

HOME AWAY



# MINNESOTA SOCCER



AWAY  
HOME

9/16	Nebraska	Lincoln, Neb.
9/22	Indiana	ELR Stadium
9/25	Northwestern	ELR Stadium
9/29	Michigan	ELR Stadium
10/2	Wisconsin	Madison, Wis.

10/9	Iowa	ELR Stadium
10/13	Rutgers	Piscataway, N.J.
10/16	Maryland	College Park, Md.
10/20	Purdue	ELR Stadium
10/23	Illinois	Champaign, Ill.

## 2022 BIG SCHEDULE

### Old Dutch

PROUD TO SUPPORT  
  
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# Side Dish Index

**OH FALL, WE CAN'T GET ENOUGH OF YOUR COZY VIBES AND COMFORT FOODS.**

Your jam-packed, back-to-routine schedule, however, leaves a bit to be desired. Thank goodness for shortcut sides that go big on flavor and easy on effort. Knorr's range of nearly 50 pasta and side dishes make well-rounded meals possible any night of the week.



Poblanco Soup, page 42



Buffalo Wild Wings at Home, page 19



Potato and Asparagus Hash, page 27



Crispy Garlic Chicken Salad, page 11



Spicy Szechuan Hot Wings, page 35



Southwest Breakfast Sandwich, page 25



Fried Chicken, pick up in your local deli



Tangy BBQ Pork Baguette Pizzas, page 41



Sweet Potato Pulled Pork Sliders, page 41



Stromboli, page 37



Taco Bell at Home, page 20



Pecanwood Bacon-Wrapped Jalapeno Poppers, page 35



Potato and Asparagus Hash Wrap, page 27



Coca-Cola Pulled Pork, page 38



BBQ Pulled Pork Stuffed Sweet Potatoes, page 40



## Turn a side into a main!

Calling all spinach artichoke dip lovers, this one is for you. A handful of hard-working kitchen staples go a long way in pulling together a super-fast and supremely flavorful meal that doesn't skimp on serving size—or wow factor.

### **Spinach Artichoke Chicken & Pasta**

ACTIVE: 10 min

TOTAL: 22 min

SERVES: 8

#### **INGREDIENTS:**

- 2** lbs boneless, skinless chicken breasts
- 2** Tbsp olive oil
- 2** boxes (8 oz) frozen artichoke hearts, thawed
- 3** cups water
- 1** cup low-fat milk
- 1** pkg Knorr® Creamy Garlic Fusilli Family Pack
- 3** oz cream cheese, room temperature
- 1** pkg (5 oz) baby spinach leaves
- ¼** cup chopped sun-dried tomatoes packed in oil  
Parmesan for serving, if desired

#### **DIRECTIONS:**

**1** Cut chicken into bite-size pieces and season with salt and pepper. Chop artichokes and set aside. Heat oil in large nonstick skillet over medium-high heat and cook in batches, stirring occasionally, about 6 minutes. Remove and set aside. **2** Add artichokes to same skillet and cook, stirring occasionally, until browned, about 4 minutes. Remove and set aside. **3** Stir water, milk, Knorr® Creamy Garlic Fusilli Family Pack and cream cheese into skillet and bring to a boil. Cover, reduce heat and cook, stirring occasionally, until pasta is tender (about 10 minutes). Stir in spinach until wilted. Add chicken, artichoke hearts, sun-dried tomatoes and combine. Serve with grated Parmesan.





# Grape Expectations

Did you know a whopping 99 percent of U.S. table grapes are produced in California? With 81 grape varieties grown, California grapes come in three colors—green, red, and black—and are in season from May through January.

## SMART STORAGE

Grapes will keep for up to two weeks if refrigerated. Store unwashed and dry; rinse before serving and don't keep next to onions or leeks.

## DON'T BE DETERRED

Do you see a powdery-white coating on the grapes? That's bloom and it's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.

## PICK A WINNING BUNCH

Look for grapes that are firm, plump, and tightly attached to green pliable stems.



## Prosciutto, Red Grape and Pecorino Flatbread

ACTIVE: 5 min | TOTAL: 15 min | SERVES: 8

### DIRECTIONS:

Preheat the oven to 500°F. Brush 4, 8-inches pieces naan with 1 Tablespoon olive oil each and place on sheet pans. Sprinkle each with 2 Tablespoons Pecorino Romano and ¼ teaspoon lemon zest; drape 3-4

slices of prosciutto over top. Add ¼ cup halved red California grapes and sprinkle with 1 Tablespoon Pecorino Romano. Bake until grapes blister, about 10 minutes. Drizzle with olive oil, cut into wedges and serve.



## Crispy Garlic Chicken Chopped Salad

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 4

### INGREDIENTS:

½ cup grapeseed oil  
**6** cloves garlic, very thinly sliced  
**2** boneless, skinless chicken breasts  
 ¾ tsp kosher salt, divided  
 ¾ tsp black pepper, divided  
 ¼ cup lemon juice  
**1** Tbsp rice vinegar  
**2** Tbsp honey  
 Pinch cayenne  
**3** cups chopped romaine lettuce  
**2** cups chopped radicchio  
**2** cups chopped green cabbage  
**2** cups halved California grapes  
**1** cup thinly sliced celery  
 ¼ cup roughly chopped mint

### DIRECTIONS:

**1** Heat oil in a large non-stick skillet over medium-high. Add garlic and cook until crisp, removing pieces as they brown with a slotted spoon,

about 2 minutes. Pour oil into a heatproof bowl.

**2** Sprinkle chicken with ½ teaspoon each salt and pepper. Transfer 2 Tablespoons garlic oil back to the skillet. Heat over medium-high until hot and add chicken. Cook until golden on the bottom, about 7-9 minutes. Turn and cook another 7-9 minutes or until cooked through. Remove to a cutting board. Let stand 5 minutes.

**3** Whisk lemon juice, vinegar, and honey into the remaining garlic oil. Season with ¼ teaspoon each kosher salt and black pepper, and a pinch of cayenne.

**4** Combine romaine, radicchio, cabbage, grapes, celery, mint and dressing in a large bowl and toss. Serve with sliced chicken on top, sprinkled with the crispy garlic.



## Frozen Grape and Banana Skewers

ACTIVE: 20 min | TOTAL: 2 hr 20 min | SERVES: 4

### DIRECTIONS:

Line a baking sheet with wax paper. Cut 2 bananas into ½-inch rounds and toss with 2 Tablespoons orange juice. Skewer two grapes for each piece of banana and place on sheet. Finely chop 1.5 oz dark chocolate, place in a small glass bowl and microwave 30 seconds; stir well and add 5 seconds if necessary. Drizzle chocolate over the fruit. Freeze two hours. Once frozen, skewers may be stored, covered, in a freezer for up to a week.

# ***Cereal-ously Delicious***

If you thought cereal was just for breakfast, these no-bake bars will have you thinking (and snacking) again!



# What You'll Need

## 1. Choose a Fat

You'll need 4 Tablespoons. If you're using butter, salted or unsalted work equally well.

Butter

Brown Butter

Peanut Butter

Almond Butter

Coconut Oil

## 2. Pick a Flavor Boost

You can skip this part if you'd like; it's totally optional.

1 tsp Vanilla Extract

1/2 tsp Almond Extract

1/2 tsp Cinnamon

## 3. Choose a Cereal

Choose all one cereal flavor or mix and match to equal five cups total.



Cheerios



Cocoa Puffs



Chex



Cinnamon Toast Crunch



Reese's Puffs



Trix

## 4. Layer In a Mix-In

You can go up to 1 1/2 cups total, we recommend choosing up to three.

Mini Marshmallows

Chocolate Chips

Candy Pieces

Nuts

Dried or Freeze-Dried Fruit

Pretzel Pieces

Crushed Cookies

## 5. Add a Final Flourish

2 Tbsp Sprinkles

1/4 cup Melted Chocolate Chips

1/4 tsp Flaky Sea Salt

### STEP ONE

Grease an 8-inch square baking pan with softened butter or line with parchment paper.

### STEP TWO

Melt 4 Tablespoons of preferred fat in a large pot over medium heat. Add 1 10-ounce bag mini marshmallows; cook, stirring, until melted. Add flavorings, if using, and stir. Remove from heat.

### STEP THREE

Stir in cereal until fully combined, then fold in chosen mix-ins just until incorporated.

### STEP FOUR

With oiled hands, gently press into prepared pan. Add toppings, if using; let stand until firm, about 1 hour.

### STEP FIVE

Cut into squares and serve or store in an airtight container at room temperature for up to 3 days.

### Silly Rabbit Trix Bars

- 4 Tbsp butter
- 5 cups Trix
- 1 cup mini marshmallows
- 2 Tbsp sprinkles

### Peanut Butter Cup Bars

- 4 Tbsp peanut butter
- 5 cups Cocoa Puffs
- 1 cup Reese's cups, roughly chopped

### Cranberry Pistachio Bars

- 4 Tbsp brown butter
- 5 cups Cheerios
- 1 tsp vanilla
- 3/4 cup dried cranberries
- 3/4 cup pistachios, chopped

### Salted Almond Oreo Bars

- 4 Tbsp almond butter
- 5 cups Corn Chex
- 1 1/2 cup Oreo minis
- 1/4 cup chocolate chips, melted
- 1/4 tsp flaky sea salt



EASY ENTERTAINING

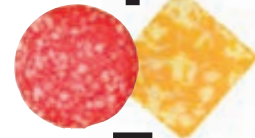
## A Bone to Pick

Is there a trickier night for Halloween to fall on than a Monday? We've got a treat of an idea to help with dinner. Instead of trying to prepare a whole meal (and convince your kids to sit still long enough to eat it!) take a grazing approach. We started with RITZ Crackers for their lightly salted, flaky crunch, added TRISCUIT Crackers for texture and a nutty, smokey finish.

### YOUR GUIDE FOR HOW TO STACK THE PERFECT BITE



+



=

Flaky, sharply salty with a savory finish.



+

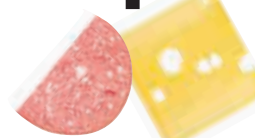


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The bite-size version of a cold pepperoni pizza, in the most fresh, flavorful way.



+



=

Smokey and nutty flavors paired with a sweet crisp at the end.

## RECIPE REMIX

# All Dressed Up

In life—and in salad dressings—we subscribe to the motto work smarter not harder. And without this rather brilliant five-minute dressing recipe, there's nothing harder than trying to get the last swipes of mustard out of a Grey Poupon jar. The smart way (read: the way to do it without spraining your wrist working a teeny tiny spatula at odd angles) is to add all the ingredients right to the jar and shake, shake, shake. Voilà! An all-purpose salad dressing that tastes so much more complex than it was to make. Your greens and your wrist will thank you.

## THE RECIPE BREAKDOWN

When you have about 2 teaspoons of Grey Poupon Dijon mustard left, add to the jar:

- ½ cup lemon juice  
(about 3 lemons)
- 2 tsp honey
- ½ tsp kosher salt
- 1 Tbsp of whatever fresh herbs you like
- ½ cup good quality olive oil

## GOT 5 MORE MINUTES?

→ **Toast your nuts.** It adds extra depth of flavor by releasing the oils. It also improves their texture so they stay crisp. Heat oven to 350° spread nuts on a baking sheet and roast 5-10 minutes, or until fragrant and a shade darker.

→ **Make lemon bread-crumbs.** Breadcrumbs on a salad, you ask? Trust us on this one. The subtle crunch is a revelation. Heat ¼ cup olive oil in a medium skillet over medium-high heat. Add 1 clove garlic and cook until golden, about 2 minutes. Add ½ cup fresh breadcrumbs and cook, stirring constantly, until golden brown, about 4 minutes. Drain on paper towels and cool. Discard garlic. Transfer to a bowl, add 1 teaspoon lemon zest, a pinch of salt and toss to combine.

→ **Get Cheesy.** Use a vegetable peeler to shave long, thin ribbons off large blocks of cheese. Nothing makes a salad feel fancier faster than that.





DINNER IS IN SESSION

# Pizza Geometry 101

Frozen pizza truly is the MPV dinner for hectic school nights; it cooks quickly to keep you on schedule and satisfies the cravings of everyone at the table. But what about those nights where you've got two pies worth of people to feed and only enough time to cook one? That's nothing geometry can't solve. First, place two frozen pizzas on a cooking tray and cut both in half. Arrange the four, now semi-circle shaped pizzas on a cooking tray (or directly on oven grates) so that all four rounded sides are facing one another. Cook as directed and ta-da! Two pizzas in the time of one.



### NO, YOU HAVE IT...

Leaving the perfectly good last slice, bite, or piece of anything for someone else is a "Minnesota Nice" courtesy that no one can seem to shake. Luckily geometry is here (again!) to make sure no one suffers last-slice guilt. With three clever cuts you can turn that final slice of pizza into four mini triangle pieces, so everyone gets an equal share of the last bite. That's what we call "Minnesota Smart."

### TOP OF THE CLASS

These two pizzas make the grade for flavor options, perfect crusts and just the right amount of sauce.





**BIRTHDAYS ARE GR-R-REAT**

## Frost Your Flakes

Here's a timely fun fact: 9 out of the 10 most popular birthdays are in September. In order, it goes 9, 19, 12, 17, 10, 20, 15, 16, 18. That means the odds of you needing an impressive birthday treat idea right about now are high to very high. Enter Kellogg's Frosted Flakes Cupcakes. Consider them your flakes-up-the-sleeve play that can be pulled out at 9:00 p.m. the night before you realize you need something to bring tomorrow—and still get you to bed on time. And in the statistically likely event that you know two people sharing a birthday, these are way more fun than sharing a cake.

### PRO TIP:

If you don't have an icing bag, fill a plastic baggy (do not seal) with frosting, snip the corner, and pipe away!



### FROSTED FLAKE CUPCAKES


Our no-bake cupcake hack keeps your ingredient list blessedly short (five items!) and your total time commitment to a minimum.

#### INGREDIENTS:

- 6** cups Frosted Flakes
- 1** cup sugar
- 1** cup corn syrup
- 1** cup creamy peanut butter
- 1** (16 oz) tub chocolate frosting

#### DIRECTIONS:

- 1** Grease muffin tin. Set aside. Pour Frosted Flakes into a large bowl and set aside.
- 2** In a medium pot over medium heat, stir together sugar and corn syrup until fully incorporated. Remove from heat when mixture starts to bubble and stir in peanut butter.
- 3** Pour hot mixture over Frosted Flakes in large bowl and mix well. Firmly press about  $\frac{1}{2}$  cup cereal mixture into each muffin cup. Cool until firm (about an hour).
- 4** Transfer to liners and pipe icing on each cupcake; finish with sprinkles. Store loosely covered.



# Stay In, Eat Out

All it takes is a walk through the aisles of Cub and you'll quickly realize that's not an oxymoron. More and more restaurants are making their famous fare available for meals at home. From drive-thru classics (looking at you Taco Bell) to local favorites (Green Mill! Black Forest Inn!) we have an impressive array of options—no tipping required!

## Copycat Dirty Dubs Tots

ACTIVE: 15 min | TOTAL: 55 min | SERVES: 8

### INGREDIENTS:

- 1 (32 oz) bag frozen potato rounds
- 1 lb sauceless pulled pork
- ½ Vidalia onion, chopped
- 2 Tbsp olive oil
- 1 cup Buffalo Wild Wings Honey BBQ sauce
- ½ cup prepared queso
- 1 red jalapeño pepper, thinly sliced
- 2 Tbsp green onion, thinly sliced
- 2 Tbsp pickled hot peppers, sliced
- ⅓ cup Cotija cheese, crumbled

### DIRECTIONS:

- 1 Heat oven to 425°F. Line large rimmed baking pan with parchment or foil. Bake potato rounds according to package directions.
- 2 In a small non-stick pan over medium-high heat, sauté onions in olive oil until they begin to brown. Set aside.
- 3 Arrange pulled pork over potatoes, sprinkle with sautéed onion and drizzle with Buffalo Wild Wings sauce. Spoon over queso. Bake 8 to 10 minutes or until meat is hot.
- 4 Top with jalapeño pepper, green onion, pickled hot peppers and Cotija.

\* We substituted ready-made pulled pork for the smoked pulled brisket to save time and make these weeknight friendly.





**HOW MUCH SAUCE  
DO YOU NEED?**

Figure about 1 Tbsp per wing. Each bottle is enough for 20-24 wings, depending how saucy you like them.

**WING NIGHT ESSENTIALS**

- Wings (wings and drums separated)
- Popcorn chicken
- Buffalo Wild Wings sauces
- Blue cheese dressing
- Ranch dressing
- Celery
- Carrots



**FIND THESE FLAVORS AT CUB**



**PARMESAN GARLIC**

Big on the cheese, bold with the garlic.  
**Flavors:** Parmesan, roasted garlic, and Italian herbs  
**Spicy Level:** mild



**HONEY BBQ**

Sweet with gentle heat.  
**Flavors:** Honey meets smoky BBQ  
**Spicy Level:** mild+



**ASIAN ZING**

Where sweet meats heat.  
**Flavors:** chili pepper, soy, and ginger  
**Spicy Level:** medium



## Instant Upgrade

There's no *wrong* way to make a Taco Bell Crunchy & Soft Taco Kit, but if you're a cheesy-gordita-ranch-lovin' kinda guy or gal, here's what you need to turn this into these.

### MAKE IT:

- + 1 bag Taco Bell 7-Layer Shredded Cheese Blend
- + 1 lb ground beef
- + Shredded iceberg lettuce
- + 1 bag Taco Bell Taco Night Shredded Cheddar Cheese

- + **Spicy Ranch Sauce**
- ½ cup sour cream
- 2 Tbsp ranch dressing
- ½ tsp hot sauce



**PRO TIP:** This kit comes with packets of Taco Bell's signature hot sauce, but let's be honest, you're going to want more! Yes, you can buy it by the bottle.



\* If making Taco Bell's breakfast hours isn't in the cards, we got you! This recipe is spot-on. Just don't skip the creamy jalapeno sauce.

## Copycat Breakfast Crunch Wrap

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 2

### INGREDIENTS:

- 2 flour tortillas, 10-inch
- 3 large eggs, scrambled
- ½ cup cooked bacon, crumbled
- ½ cup Taco Bell Shredded 7-Layer Blend Cheese
- 2 frozen hash brown patties, cooked per directions
- Creamy Jalapeno Sauce

### Creamy Jalapeno Sauce

- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 tsp paprika
- ½ tsp garlic powder
- ¼ tsp cumin
- Pinch of salt
- ¼ tsp sugar
- 3 tsp chopped, pickled jalapenos
- 1 Tbsp juice from pickled jalapenos

### DIRECTIONS:

- 1 Place a large tortilla on a plate or work surface. Spread 1 tablespoon jalapeno sauce up to an inch from the edges. Layer with crispy baked hash brown, egg, cheese, and cooked bacon.
- 2 Place a small pan on the stove and heat to low/medium heat. While the pan is heating, fold the wrap. Form pleats by folding one edge of the tortilla towards the center of the ingredients, holding in place and continuing all the way around to seal and form a circle.
- 3 Carefully pick up the crunch wrap and place seam side down into the heated pan. Cook 1 to 2 minutes, or until lightly browned, flip and cook an additional minute. Serve immediately or freeze for up to 3 months.

Pull out all the stops by plating these like a chef! A caramel drizzle to start and a final powdered sugar dusting will have everyone thinking you ordered delivery.



## Level Up Your Lettuce Wraps

If you've never made crispy rice sticks at home, you're in for some fun! It's hands-down, the most satisfying 10 seconds you'll ever spend at the stove.

Cut noodles into small amounts (they will triple in size) for each lettuce cup. Heat 2 cups oil in a medium pan over medium-high heat. After 1 minute, drop a batch into the hot oil, watch them bloom instantly, then flip 10 seconds and remove to paper towels. Repeat until you have enough 'nests' for serving.

### EVERYTHING YOU'LL NEED:

- + P.F. Chang's Chicken Lettuce Wraps Cooking Sauce
- + 1 lb ground chicken
- + ½ cup chopped onion
- + ½ cup chopped shitake mushroom
- + 1 can (8 oz) water chestnuts, drained and chopped
- + 2 scallions, thinly sliced
- + Iceberg lettuce leaves
- + 2 cups vegetable oil
- + 1 pkg Dynasty Maifun rice sticks
- + 1 bottle P.F. Chang's Kung Pao Sauce

## Copycat Apple Crunch

ACTIVE: 40 min  
TOTAL: 40 min  
SERVES: 4

### INGREDIENTS:

- 3** medium Granny Smith apples, peeled and diced into 1-inch pieces
- ¼ cup light brown sugar
- ¼ cup water
- 1 tsp vanilla extract
- 1 egg
- 1 Tbsp water
- 24** wonton wrappers
- Vegetable oil, for frying
- Caramel Sauce
- Vanilla ice cream
- Powdered sugar
- Cinnamon

### DIRECTIONS:

- 1** In a medium saucepan set over medium-high heat, combine apples, brown sugar, vanilla and water; bring to a boil. Reduce heat to low and simmer until apples are soft and liquid is mostly evaporated, about 15-20 minutes. Lightly mash with a fork. Let cool.
- 2** In a small bowl, whisk together the egg and water.
- 3** On a cutting board lay out 3 wonton wrappers. Lightly brush the edges with the egg wash. Place 2 teaspoons filling onto the bottom third of each wrapper. Beginning at the bottom of the wrapper, roll the wrapper up around the filling, while folding the edges inward, like a small eggroll. Place on a baking sheet. Repeat with remaining wrappers and filling.
- 4** Line large plate with layers of paper towels. Heat 2 inches oil in a large saucepan to 325°F. Fry 4 or 5 wontons at a time, for 2-3 minutes, or until golden brown. Transfer to the paper towel-lined plate. Repeat with remaining wontons.
- 5** Drizzle caramel sauce on a plate. Top each plate with 6 wontons and a scoop of ice cream. Garnish with powdered sugar and cinnamon, if desired.





# Can We Take Your Order?

With all of these restaurant faves available at Cub, it means there's a whole new world of possibilities.

Hello, Chick-fil-A sauce with Arby's curly fries.





1



2



3



4



5



6



7



8



9



10

1. In a world of copycat sliders and mini burgers, there's only one **White Castle Original Slider**. Top them with dill pickles for a true White Castle experience.

2. It's hard to imagine a food that's not made better by a dip in **Chick-fil-A Sauce**. Ahh, that honey mustard and smoky tang. Pick up Polynesian sauce while you're at it.

3. They gave away the rights to 'When You're Here You're Family' in 2013, so absolutely feel free to use the slogan when serving

**Olive Garden Signature Italian Dressing and Croutons** at home.

4. If you find yourself wanting to try daredevil chopping and frying techniques while making **Benihana Yakisoba Chicken**, know that you're not alone. And also know how to put out grease fires. (Use salt.)

5. Is there a greater joy than the cheese pull of a **TGI Friday's Mozzarella Stick**? With their golden, crisp outside and soft, springy inside, the answer is nope.

6. Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce. Or as we call **Panera's Broccoli Cheddar Soup**, a hug in a bowl.

7. Crisply, golden brown ringlets of deliciousness await inside every bag of **Arby's Seasoned Curly Fries**. How many to make versus how many to share is a personal call.

8. Who needs candles when you can make **Cinnabon Frosting-filled CinnaPastries** at home? The only thing better than that sweet, sweet

smell is the irresistible cream cheese frosting.

9. German food is comfort food, and you won't find a better batch of European egg noodles than Minneapolis' own beloved **Black Forest Inn Spaetzle**.

10. Sure, you could spend every weekend honing the perfect spice blend and sauce for your grilling adventures. Buy why when we sell **Famous Dave's Award-Winning Rib Rub & BBQ Sauces**?

# Double-Duty Breakfasts

*MORNINGS ARE, WELL, MORNINGS.* So why not make them twice as nice with easy recipes you can pull together on Sunday and enjoy all week as-is or with a simple redo.





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## THE RECIPE

# Southwest Breakfast Casserole

ACTIVE: 20 min | TOTAL: 1 hr 20 min | SERVES: 12

### INGREDIENTS:

- 16 oz mild, medium or hot pork sausage, thawed
- ½ cup chopped yellow onion
- ½ cup chopped red bell pepper
- 1 (4 oz) can diced green chiles, drained
- 1 (16 oz) jar mild or medium picante sauce
- 1 tsp cumin
- 1 (30) oz package frozen country style hash browns
- 3 cups Crystal Farms Cheddar Jack Shredded Cheese
- 8 large eggs
- 1¼ cups 2% milk

### DIRECTIONS:

- 1 In large skillet over medium-high heat, cook and crumble sausage, onions and bell peppers until sausage is no longer pink; drain. Stir in green chiles, 1 cup picante sauce and cumin; set aside.
- 2 Place potatoes in a greased 13x9-inch baking dish. Top with 1½ cups cheese and sausage mixture.
- 3 In large bowl, whisk eggs and milk until well combined; pour over casserole. Top with remaining cheese. Refrigerate, covered, several hours or overnight.
- 4 Bake, uncovered, in a preheated 350°F oven until knife inserted in center comes out clean (about 50-60 minutes). Serve with remaining picante sauce.



## THE REMIX

Elevate the standard go-to a.m. sandwich by adding a piece of casserole and slice of your favorite cheese (we like it kicked up with Crystal Farms Jalapeño & Habanero Jack) to your Crystal Farm English Muffin for an ideal to-go anytime breakfast.

If you're assembling several for the week, wrap each sandwich in a paper towel or parchment paper, then aluminum foil, and keep in the fridge until ready to eat; unwrap the foil and pop in the microwave on high for a minute or so and dig in!

## THE RECIPE

# Caramelized Spiced French Toast

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

### INGREDIENTS:

- Cooking spray
- 1 cup milk
- 3 eggs
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 3/4 cup raw cane sugar
- 8 Texas toast slices
- thick-sliced white bread

### DIRECTIONS:

- 1** Spray 10-inch non-stick skillet or griddle with cooking spray; heat over medium-high.
- 2** Combine milk, eggs, cinnamon, and nutmeg in shallow dish, whisk to combine. Set aside. Place sugar in a shallow dish in an even layer.
- 3** Dip a slice of bread on both sides in egg mixture. Place in hot skillet. Cook 2 to 3 minutes on each side or until lightly browned. Lightly press each side of cooked French toast into raw sugar; return to skillet. Cook 1 minute on each side or until sugar has browned and is crisp. Repeat with remaining slices of bread.



## THE REMIX

Not ones to even consider wasting French toast, we're all about the next-day parfait. All you need are a few single-serve containers (mason jars work great here) that can hold 2-3 layers of French toast, yogurt and fresh fruit.

Cut the French toast into bite-size pieces and start layering. We start with yogurt, fruit, then the French toast, repeating layers until your cup nearly runneth over. A finishing sprinkle of sliced almonds and drizzle of honey would take this over the top in the best way possible.

THE RECIPE

## Potato and Asparagus Hash

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 6

**INGREDIENTS:**

- 3 Tbsp olive oil
- ½ cup chopped yellow onion
- ½ cup chopped red bell peppers
- 1 Tbsp chopped garlic
- 1 lb cooked and cubed baby red potatoes
- 1 lb fresh asparagus trimmed, cut into 1-inch pieces
- 2 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- ¼ cup Crystal Farms Shredded Parmesan
- poached eggs optional

**DIRECTIONS:**

- 1 In a large skillet, heat oil over medium heat. Add onions, peppers and garlic. Saute until onions are softened (about 3-5 minutes).
- 2 Add potatoes; salt and pepper to taste. Saute 5 minutes. Add asparagus, thyme and rosemary; continue sauteing until desired doneness and potatoes are slightly browned.
- 3 Sprinkle with cheese and serve with poached eggs, if desired.



THE REMIX

Cutting back on carbs? Doubling down on protein? Just really love cheese? Give this veggie-packed hash new life with Crystal Farms' newest product: cheese wraps.

The wraps (imagine a tortilla made entirely of cheese!) come in three flavors—Marble Jack, Mozzarella, and Cheddar Blend—so you can get creative with mixing, matching and meal repackaging.





## ***The Have-On-Hand Game Plan***

We're revealing our fridge, freezer, and pantry play-by-play for winning mealtime. Because the best offense is good defense—true in sports and dinner.



## Pantry Plays

Think of your pantry as your powerhouse player. There are boxes of cereal and snacks (so many snacks!), of course, and then there are the shelf-stable meals like canned soups and ramen, plus shortcuts like broth and canned tomatoes that are there to save you any night of the week.



### Manwich

Classics are classics for a reason, usually because they stand the test of time and never fail to satisfy. Looking at you, Manwich Original. Keep it on hand for the nights you need a guaranteed win.

**TRY NEXT:** Frontera Classic Fajita Skillet Sauce with Chipotle & Lime



### Healthy Choice Soups

In the race to get dinner on the table, the way we define 'healthy' sometimes slips (French fries are technically vegetables, okay?!), but that's never the case with Healthy Choice. Every product they make complies with FDA guidelines for fat, saturated fat, cholesterol, and sodium.

**TRY NEXT:** Healthy Choice Café Steamers, Beef Teriyaki



### Hunt's Diced Tomatoes

What do bruschetta, chilaquiles, minestrone, countless skillet meals, and all the best pasta dishes have in common? You guessed it: they're all made easier with a can of diced tomatoes. We choose Hunt's because they're naturally steam peeled, which means no chemical by-products go back into the earth.

**TRY NEXT:** Hunt's Fire Roasted Diced Tomatoes



### DINNER IN 30

## One-Skillet Italian Sausage Pasta

Heat large skillet over medium-high heat. Add  $\frac{3}{4}$  lb Italian sausage; cook 5 minutes, breaking apart to crumble. Drain; return to skillet. Add  $\frac{1}{4}$  cup water, 1 undrained can Hunt's Diced Tomatoes with Basil, Garlic and Oregano, 1 cup tomato sauce and 8 oz penne; stir to combine. Bring to a boil. Cover; reduce heat and cook 15 minutes or until pasta is tender. Top with Parmesan to serve.



## Fridge Plays

Show of hands, whose fridge is 50% full of condiments? There are reasons for that: making sauces, dressings and marinades is hugely time consuming, plus they just make eating more fun! The trick is keeping the right ones on hand so they're multi-purpose and worth the space.



### Reddi Wip Original

Adding Reddi Wip to anything instantly makes it feel special. Fruit becomes dessert, coffee and cocoa become gourmet, and every dessert it dons becomes an experience—all without hydrogenated oil. Double score.

**TRY NEXT:** Reddi Wip Zero Sugar (it's Keto friendly)



### Wish-Bone Dressings

Not just for salads (though they get plenty of use for that!), they go a long way dressing up sandwiches, acting as dips and doubling as marinades. Wish-Bone has been the #1 brand of Italian dressing since 1970.

**TRT NEXT:** Wish-Bone Strawberry Balsamic Vinaigrette.

## 3 Easy Wish-Bone Ideas



### Wish-Bone Marinated Chicken

Pour ½ cup Wish-Bone Italian Dressing over 6 boneless, skinless chicken breasts. Marinate in fridge 30 minutes to 3 hours. Grill or broil chicken, brushing frequently with a new ¼ cup dressing until cooked through.

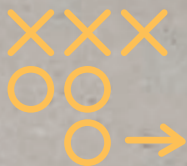
### Apple Cranberry Slaw

Toss 1 bag coleslaw mix, 1 granny smith apple (cored and chopped) and ¼ cup dried cranberries with Wish-Bone Deluxe French Dressing in large bowl. Refrigerate 30 minutes, up to 3 hours.

### Classic Italian Burgers

Combine 1½ lb ground beef (95% lean), ¼ cup Wish-bone Italian Dressing, ¼ cup chopped green onions, 2 Tbsp grated Parmesan and 2 cloves finely chopped garlic in medium bowl; shape into four ¾-inch-thick patties. Prepare as desired and top with mozzarella.





## Freezer Plays

There's no greater insurance against busy nights, lazy nights, and average Tuesdays than a well-stocked freezer. From family meals ready as fast as you can preheat your oven, to gloriously easy microwave-and-eat options for one, these staples will have your back every time.



### Marie Callender's Chicken Pot Pie

The beautiful thing about these is that for zero effort you can have what tastes like a home-cooked meal and feels like a warm embrace.

**TRY NEXT:** Hungry Man Double Chicken Bowl in Chicken Bacon Ranch



### Bird's Eye Voila! Alfredo Chicken, Family Size

Start your watch: this well-rounded (Grilled white meat chicken! Carrots! Peas! Pasta!) meal goes from freezer to skillet to table in just 16 minutes and serves 6. Whoa.

**TRY NEXT:** Bertolli Chicken Parmigiana & Penne



### Gardein Plant-Based Meatballs

Going meatless doesn't have to be complicated or time consuming. With these in the freezer you're only ever a few short minutes away from Italian night.

**TRY NEXT:** Gardein Ultimate Plant Based Burgers

# THE STARTING LINEUP

WHETHER YOU'RE TAILGATING, WATCHING FROM HOME OR HEADED TO A FRIEND'S, WE'VE GOT SERIOUSLY SATISFYING OPTIONS WORTHY OF THEIR OWN SKI-U-MAH CHEER. **GO GOPHERS!**







## **Deluxe Walking**

### **Tacos**

ACTIVE: 10 min  
TOTAL: 35 min  
SERVES: 2

#### **INGREDIENTS:**

- 1 (9¼ oz) bag corn chips
- 1 (15 oz) can Hormel Chili, heated
- Shredded lettuce
- Chopped tomatoes
- Chopped avocado or guac
- Sour cream
- Shredded Cheddar cheese
- Sliced green onions
- Pickled jalapeños
- Sliced ripe olives
- Pico de gallo
- Sliced radishes
- Chopped fresh cilantro

#### **DIRECTIONS:**

Cut a capital I in front side of bag. Spoon chili over chips. Top with desired toppings.



This is less of a recipe and more a tailgating way of life. The only two things you need for sure are corn chip and Hormel chili. But in the spirit of going big, we added ALL the toppings.

PRESENTED BY





## **Ultimate Pepperoni Pizza Dip**

ACTIVE: 10 min | TOTAL: 35 min  
SERVES: 8

### **INGREDIENTS:**

- 1 (5 oz) pkg Hormel Pepperoni Cup N' Crisp Bold, divided
- 1 (8 oz) pkg cream cheese, room temperature
- 2 cups shredded mozzarella cheese, divided
- 1 cup freshly grated Parmesan cheese, divided
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1 cup pizza sauce

### **DIRECTIONS:**

- 1 Heat oven to 350°F. Spray 9-inch pie plate or 9x9 casserole dish with cooking spray.
- 2 Slice 10 pepperoni slices into quarters. In medium bowl, combine quartered pepperoni slices, cream cheese, 1½ cups mozzarella cheese, ¼ cup Parmesan cheese, Italian seasoning, and garlic powder; mix well.
- 3 Spread cheese mixture evenly in prepared serving dish. Spread pizza sauce over cheese mixture. Sprinkle remaining ¾ cup shredded mozzarella cheese over pizza sauce. Place 30 pepperoni slices around the serving dish. Sprinkle with remaining Parmesan cheese.
- 4 Bake 25 minutes. Cool slightly before serving.



You'll need a total of 40 slices of pepperoni for your pizza dip. 10 of the slices will be quartered and mixed in with the cheeses, and you'll use at least 30 for the top. Feel free to use more for the top as the edges will curl up forming little cups as they bake.

## Spicy Szechuan Hot Wings

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 12

### INGREDIENTS:

- 3 lbs chicken wings
- oil for frying
- ¼ cup butter
- 2 tsp minced garlic
- ½ cup House of Tsang Spicy Szechuan Sauce
- ¼ cup amber beer
- 2 Tbsp honey
- 1 Tbsp spicy mustard

### DIRECTIONS:

- 1 Heat oil to 325°F.
- 2 In large skillet with high sides, fry wings in hot oil, in batches until cooked through. Drain on paper towels.
- 3 In small saucepan over medium heat, melt butter. Add garlic and cook 1 minute or until fragrant.
- 4 Add Szechuan sauce and remaining ingredients; let simmer 5 minutes. In large bowl, toss wings and sauce until coated.



## Pecanwood Bacon-Wrapped Jalapeno Poppers

ACTIVE: 10 min  
TOTAL: 25 min  
SERVES: 10

### INGREDIENTS:

- 10 jalapeno peppers
- 1 (8-oz) package cream cheese
- 10 slices Hormel Black Label Premium Pecanwood Bacon

### DIRECTIONS:

- 1 Heat oven to 425° F.
- 2 Halve each pepper lengthwise. Remove seeds and veins from peppers. Cut bacon in half lengthwise. Stuff pepper with cream cheese and wrap with 1 slice of bacon.
- 3 Bake on baking sheet for 15 to 20 minutes or until bacon is crisp.

► *Pecanwood bacon is the key to upping your popper game. Baconnoisseurs love this subtle nutty flavor with a hint of spice. It makes hickory, history.*



Thinking dinner instead of appetizers? Use bone-in skin-on chicken thighs in place of wings.

## Fiesta Layered Dip

ACTIVE: 15 min | TOTAL: 10 min | SERVES: 8

### INGREDIENTS:

- 1 (15 oz) can refried beans, heated
- 1 cup sour cream
- 1 (7 oz) package Wholely Guacamole Classic Guacamole
- 1 cup Chi-Chi's Thick & Chunky Salsa
- ¼ cup shredded Cheddar cheese
- ¼ cup sliced green onions
- Chi-Chi's tortilla chips

### DIRECTIONS:

Spread warm refried beans in bottom of each cup. Layer sour cream, guacamole, and salsa over refried beans. Sprinkle with cheese and onions. Serve with chips.



Don't want to mess with individual servings? No problem, make the recipe in a pie plate or serving dish.



## Goldie's Snack Mix

ACTIVE: 5 min | TOTAL: 20 min | SERVES: 8

### INGREDIENTS:

- 3 cups mini saltine crackers
- 1 (10.3 oz) can Planters Mixed Nuts
- 3 Tbsp butter, melted
- 1 tsp chili powder
- ½ tsp ground cumin
- ¼ tsp garlic powder

### DIRECTIONS:

- 1 Heat oven to 375°F. Line a large, rimmed baking sheet with parchment paper.
- 2 In large bowl, combine crackers and nuts. Mix butter and seasonings. Drizzle over cracker mixture; toss to coat. Spread onto bottom of prepared pan. Bake 10 minutes or until lightly toasted, stirring after 5 minutes. Cool.

► *Variety is the spice of life, so we called for mixed nuts. But feel free to go all in on your favorite kind instead.*



**WARNING:**

these slices will go quickly. We highly recommend doubling the recipe.

## Triple Meat Stromboli

ACTIVE: 10 min

TOTAL: 40 min

SERVES: 6

**INGREDIENTS:**

- 1 lb pizza dough
- 20 slices Hormel Natural Choice Uncured Pepperoni
- 4 slices provolone cheese
- 8 slices Hormel Natural Choice Hard Salami
- 6 slices Hormel Natural Choice Smoked Deli Ham
- 4 slices mozzarella cheese
- ¼ cup grated Parmesan cheese
- 2 Tbsp chopped fresh parsley leaves, divided
- ¼ tsp crushed red pepper
- 1 egg, lightly beaten
- Pizza Seasoning
- Marinara Sauce, for serving

**DIRECTIONS:**

- 1 Heat oven to 425°. Line large baking sheet with parchment paper.
- 2 On lightly floured work surface, roll and stretch pizza dough into 11×14-inch rectangle.
- 3 Layer pepperoni, provolone cheese, salami, ham and mozzarella cheese across lower third of the dough rectangle. Sprinkle with Parmesan cheese, 1 tablespoon parsley and crushed red pepper.
- 4 Starting with the long edge, roll up jelly-roll style, tucking ends as you roll. Place seam-side-down on prepared baking sheet.
- 5 With sharp knife, make 4 to 5 diagonal slashes down center of roll. Brush with beaten egg. Sprinkle with pizza seasoning.
- 6 Bake 25 to 30 minutes or until golden brown. Let cool 10 minutes before slicing. Garnish with remaining parsley. Serve with marinara sauce.

# 4 WAYS WITH COCA-COLA PULLED PORK

**COCA-COLA DOES IT AGAIN!**

Here's a brilliant (read easy and delicious) meal prep idea: cook a big batch of pork low and slow with Coca-Cola and a few spices, then use some now and freeze the rest for later. Your future self will thank you.



TANGY  
BBQ PORK  
BAGUETTE  
PIZZAS



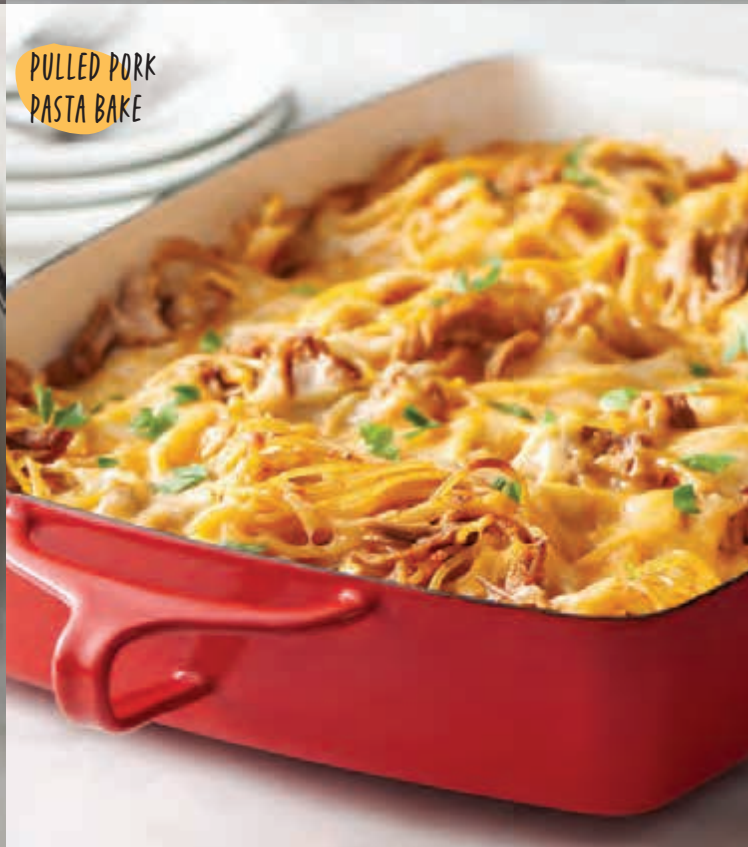
SWEET POTATO  
PULLED PORK  
SLIDERS



BBQ PULLED PORK  
STUFFED SWEET  
POTATOES



PULLED PORK  
PASTA BAKE





## BASE RECIPE

### Coca-Cola Pulled Pork

ACTIVE: 15 min | TOTAL: 3 hr 15 Min | SERVES: 8

#### INGREDIENTS:

- 5 lb boneless pork butt or shoulder roast
- 1 liter (about 3, 12-oz cans) Coca-Cola
- ½ white or yellow onion, finely chopped
- 2 tsp garlic powder
- 1 tsp chili powder
- 1½ tsp black pepper
- 1 Tbsp kosher salt
- 1-2 cups Coca-Cola BBQ sauce *recipe below*

#### DIRECTIONS:

- 1 Add first six ingredients to slow cooker or covered baking dish. Once foaming from Coca-Cola has subsided, sprinkle with 1 Tablespoon kosher salt. Cook 6 hours in slow cooker or 3 hours in 350° oven, until meat shreds easily and roast is falling apart.
- 2 Remove roast from cooking vessel. Set aside 1-2 cups of the braising liquid and dump the rest. Shred meat and add back to pot. Mix in 1-2 cups of Coca-Cola BBQ sauce. Add remaining braising liquid as needed when you reheat in order to keep moist.

### Coca-Cola BBQ Sauce

#### INGREDIENTS:

- 2 cups Coca-Cola
- 2 cups ketchup
- ½ cup Worcestershire sauce
- ½ cup brown sugar
- ½ cup steak sauce
- 1 Tbsp lemon juice
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground black pepper

#### DIRECTIONS:

Combine all ingredients in a medium saucepan over low heat. Bring to a simmer, stirring occasionally. Cook over low heat for 15 minutes.

### BBQ Pulled Pork Stuffed Sweet Potatoes

ACTIVE: 25 min

TOTAL: 25 min

SERVES: 6

#### INGREDIENTS:

- 3 large sweet potatoes (about 2½ lbs)
- 1 lb Coca-Cola pulled pork, sauced
- 1 can (10 oz) diced tomatoes & green chilies, drained
- 3 Tbsp butter
- ¼ tsp salt
- ½ cup sour cream
- 2 Tbsp thinly sliced green onions

#### DIRECTIONS:

- 1 Place potatoes in large microwave-safe bowl; cover. Microwave on high 6 minutes; turn over. Microwave 5 minutes more or until potatoes are tender.
- 2 Combine pulled pork and drained tomatoes in medium bowl; cover. Microwave on high 2 to 3 minutes or until mixture is hot, stirring at end.
- 3 Carefully cut each potato in half lengthwise; fluff with fork. Top each potato half evenly with butter; sprinkle with salt. Place about ½ cup pork mixture on top of each potato half. Top evenly with sour cream and green onions.





## Sweet Potato Pulled Pork Sliders

ACTIVE: 30 min  
TOTAL: 30 min  
SERVES: 8

### INGREDIENTS:

- 1½ cups Coca-Cola pulled pork, sauced
- 1 pkg (20 oz) sweet potato waffle fries
- 1 cup prepared coleslaw
- ½ cup mild yellow banana pepper rings

### DIRECTIONS:

- 1 Prepare waffle-cut fries according to package directions. Cool slightly for 5 minutes.
- 2 To assemble sliders, place pulled pork on 16 waffle-cut fries, top with coleslaw and pepper rings. Finish with waffle fry topper. Serve warm.

## Tangy BBQ Pork Baguette Pizzas

ACTIVE: 15 min  
TOTAL: 25 min  
SERVES: 6

### INGREDIENTS:

- ½ cup apple cider vinegar
- 1 Tbsp sugar
- 1½ tsp kosher salt
- 1 red onion, thinly sliced
- 1 (24-inch) baguette
- ½ cup shredded provolone
- ½ cup shredded sharp white Cheddar
- 1 lb Coca-Cola Pulled Pork, sauced
- ½ cup shredded smoked mozzarella cheese
- 1 ear of corn, kernels removed
- ½ cup fresh basil, chiffonade cut
- pickled onions

### DIRECTIONS:

- 1 Make pickled onions by whisking together apple cider vinegar, sugar and salt. Place onions in a jar or bowl and cover with mixture. Leave at room temperature for 1 hour. Drain before using.
- 2 Preheat broiler. Split baguette in half horizontally, then in half crosswise. Place on large baking sheet, cut sides up, and broil 3 to 5 minutes or until golden brown. Lower oven temperature to 400°F.
- 3 Sprinkle with provolone and sharp white Cheddar cheese. Top with shredded pork, smoked mozzarella and corn.
- 4 Bake 5 to 7 minutes or until cheese is melted and bread is crisped. Top with fresh basil and pickled onions to serve.

## Pulled Pork Pasta Bake

ACTIVE: 15 min  
TOTAL: 40 min  
SERVES: 4

### INGREDIENTS:

- 1 (16 oz) pkg spaghetti
- 1 cup pasta sauce
- 1½ cups Coca-Cola barbecue sauce
- 1 lb Coca-Cola pulled pork
- 1 (8 oz) pkg shredded Cheddar cheese, divided
- 1 cup shredded mozzarella cheese

### DIRECTIONS:

- 1 Preheat oven to 350°F. Cook pasta according to package directions; drain and place in a large bowl. Stir in pasta sauce, barbecue sauce, pork, and 1 cup Cheddar.
- 2 Spoon into a lightly greased 13-x9-inch baking dish; sprinkle with 1 cup each cheddar and mozzarella. Bake 30 minutes or until hot and bubbly.



# SOUP'S ON

GET YOUR STOCK POT AND LADLE READY FOR THESE THREE SOUP-FOR-SUPPER RECIPES THAT OFFER MAXIMUM COMFORT FOR MINIMAL EFFORT

## Creamy Loaded Baked Potato Soup

ACTIVE: 25 min  
TOTAL: 1 hr 15 min  
SERVES: 6

### INGREDIENTS:

- 2 large russet baking potatoes, cleaned
- 8 oz bacon, chopped
- ½ cup butter
- 1 cup yellow onion, chopped
- ½ cup all-purpose flour
- 4 cups reduced sodium chicken broth
- ¼ tsp dried thyme
- 1 cup Kemps Select half & half
- 1 cup shredded mild cheddar cheese
- ½ cup sliced green onion loaded baked potato thick-cut potato chips, broken up

### DIRECTIONS:

- 1 Pierce potatoes with a fork several times; bake in a preheated 400°F oven 1 hour or until fork tender; cool slightly. Cut into 1½-inch cubes.
- 2 Meanwhile, in large saucepan over medium heat, sauté bacon until crisp; remove to paper towels.
- 3 Add butter to pan; when melted, add onions. Sauté until onions are softened, 3-5 minutes. Stir in flour; cook 1 minute. Add chicken broth and thyme; salt and pepper to taste. Bring to a boil; reduce heat and simmer 5 minutes.
- 4 Stir in cubed potatoes, half & half, and cheese; simmer 10 minutes. Remove from heat; stir in bacon and green onions. Serve topped with potato chips.

## Roasted Poblano & Sweet Potato Chicken Soup

ACTIVE: 1 hr  
TOTAL: 1 hr  
SERVES: 8

### INGREDIENTS:

- 2 medium poblano peppers
- 4 tsp vegetable oil, divided
- 1½ cups chopped yellow onion
- 1 Tbsp garlic, minced
- 6 cups chicken stock
- 1 can (10 oz) diced tomatoes and green chilies, undrained
- 2 large sweet potatoes, peeled, cut in bite-sized pieces
- 1½ lbs boneless skinless chicken thighs, cut in bite-sized pieces
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp smoked paprika

### DIRECTIONS:

- 1 Preheat broiler to high. Drizzle peppers with 1 teaspoon oil; place on baking sheet. Broil peppers until skin is charred, about 12 minutes, turning halfway through. Transfer peppers to a bowl, cover with plastic wrap and set aside until cooled.
- 2 Meanwhile, heat remaining 1 Tablespoon oil in 5-quart saucepan or Dutch oven over medium heat. Add onion and cook until tender, about 5 minutes, stirring occasionally. Stir in garlic and cook until fragrant. Add chicken stock, undrained tomatoes, sweet potatoes, chicken, salt, pepper and paprika; bring to a boil. Reduce heat and simmer, covered, until sweet potatoes are tender and chicken is cooked through, 20 to 25 minutes.
- 3 Peel blackened skin off peppers and discard skin, stems and seeds. Slice peppers and stir into soup. Continue cooking 5 minutes, until peppers are heated through.

## Easy Tomato Soup with Cheese Tortellini

ACTIVE: 15 min  
TOTAL: 15 min  
SERVES: 4

### INGREDIENTS:

- 1 (26 oz) can condensed tomato soup
- 1 (14.5 oz) can fire roasted diced tomatoes, drained
- ¾ cups Kemps Select whole milk
- 1 Tbsp dried basil
- 1 (19 oz) package cheese tortellini
- ¾ cup grated Parmesan cheese
- Basil, if desired

### DIRECTIONS:

- 1 In large saucepan over medium heat, combine soup, tomatoes, milk, and basil; salt and pepper to taste. Bring to a simmer.
- 2 Add tortellini; simmer 5-10 minutes or until pasta floats, stirring occasionally. Remove from heat; stir in Parmesan. Top with basil, if using.



You can't top a topper! This smoky soup is the perfect base for a finishing touch of Kemp's Mexican Style sour cream and sprinkle of cilantro and/or green onions.



Did you know that half & half is 50% whole milk and 50% heavy cream? If you're looking to make this soup thicker and more decadent, feel free to swap Kemp's Select half & half for the whole milk called for in the recipe.




Don't have half and half, just heavy cream? All the better. They can be used interchangeably in this recipe; Kemp's Select heavy whipping cream will simply create a richer taste.



*Kentucky Heritage*

# BOURBON MONTH

**IT'S BEEN SAID THAT BEHIND EVERY BARREL OF KENTUCKY BOURBON IS THE HISTORY OF AMERICA ITSELF.** The spirit of the land. The rise of American ingenuity. A legacy that's rooted in family and traditions. If that's not something to pour a few drams and cheers to this September, what is?



**KENTUCKY BOURBON** is the gold standard of American whiskey, with such exacting requirements for how it's made, it's earned its own legal standard of identity: a "bourbon" is a type of whiskey where the "mash bill"—which is the recipe of grains used to produce the whiskey—consists of 51%–80% corn. Typically, distillers use approximately 70% corn content and are free to choose other grains for the remainder of the mash bill. The type of grain used will affect the style and flavors of the whiskey. Whether you're a seasoned aficionado or new to bourbon, these bottles deserve a spot in your collection.

**A HIGH-WHEAT OPTION**

**Maker's Mark 46**

This signature bourbon begins with fully matured cask strength Maker's Mark that get a first-of-its-kind finishing in barrels fitted with ten seared French oak staves (wood planks). The resulting taste is mildly sweet and uniquely layered with big notes of vanilla, caramel, and baking spice.

**A TRADITIONAL CHOICE**

**Jim Beam**

Since 1795, Jim Beam has been crafted by the Beam family and distilled with a strong sense of family values. Seven generations later, it's still made with those same values and aged twice as long as the law requires. Perhaps that's why, today, it stands as one of the world's top-selling bourbons.

**THE SPECIAL PROJECT BOURBON**  
**Russell's Reserve**  
**10 Year Old Bourbon**

Russell's Reserve is Eddie's tribute to his father. Jimmy has been a part of Wild Turkey for more than 60 years, making him the longest-tenured, active Master Distiller in bourbon. Together they created a blend of old and new that delivers a balance of rich, spicy vanilla flavors.

**A HIGH-RYE BOURBON**

**Woodford Reserve**

The art of making fine bourbon first took place on the site of the Woodford Reserve Distillery, a National Historic Landmark, in 1812. The perfectly balanced taste is comprised of more than 200 flavors (212 to be exact!), from bold grain and wood, to sweet aromatics, spice, and fruit & floral notes.

**A SMALL-BATCH PICK**  
**Four Roses Single Barrel Vintage**

This high rye single barrel vintage is hand-picked by distiller Brent Elliot—and has racked up dozens of accolades. It's complex, full-bodied, and surprisingly smooth. Come for the dried spice, pear, cocoa, vanilla, and maple syrup nose, stay for the delicate, long and, unbelievably mellow finish.



# Nothing Brat Net

Take a page from Lindsay's playbook and bring brats to your next get-together. Our smokehouse bratwursts have that quintessential snap when grilled and come in eight flavors: Summit EPA, Bacon Cheddar, Wild Rice, Pickle & Cheddar, Bacon Bleu Cheese, Jalapeno & Cheddar, Whiskey Peppercorn and Habanero & Mango.

## Maroon & Gold Potluck Platter

**Serves:** 7-10, or as many as your tray will hold **Prep Time:** 25 minutes

### Your shopping list:

- + 7-10 Cub brats and buns
- + equal number ears of corn
- + 1 jar sauerkraut
- + 1 jar pepperoncini
- + 1 bottle spicy mustard
- + 1 bottle ketchup
- + 1 yellow onion, chopped
- + 1 jar pickle spears
- + butter & parsley for the corn

**HELLO**  
MY NAME IS

**LINDSAY WHALEN**

Q+A

**First things first, a favorite maroon and a favorite gold food?**

Maroon food would be beets

Gold food would be butterscotch pudding

**Grocery lists: write 'em out, type on phone, or wing it?**

Type on the phone or wing it!

**You're at Cub. In what aisle do you spend the most time shopping?**

Fresh seafood and meats!

**Best thing to eat after a hard practice?**

Pizza

**What's something in your fridge or pantry that might surprise us?**

Blue cheese-stuffed olives

**What was the first and last thing you ate yesterday?**

Coffee and chia seed pudding

**Pickup, delivery, or DIY?**

DIY

**It's a Gopher sports potluck, what dish are you bringing?**

Brats

**Three things that are always on your grocery list:**

Half and half for my coffee

Bread

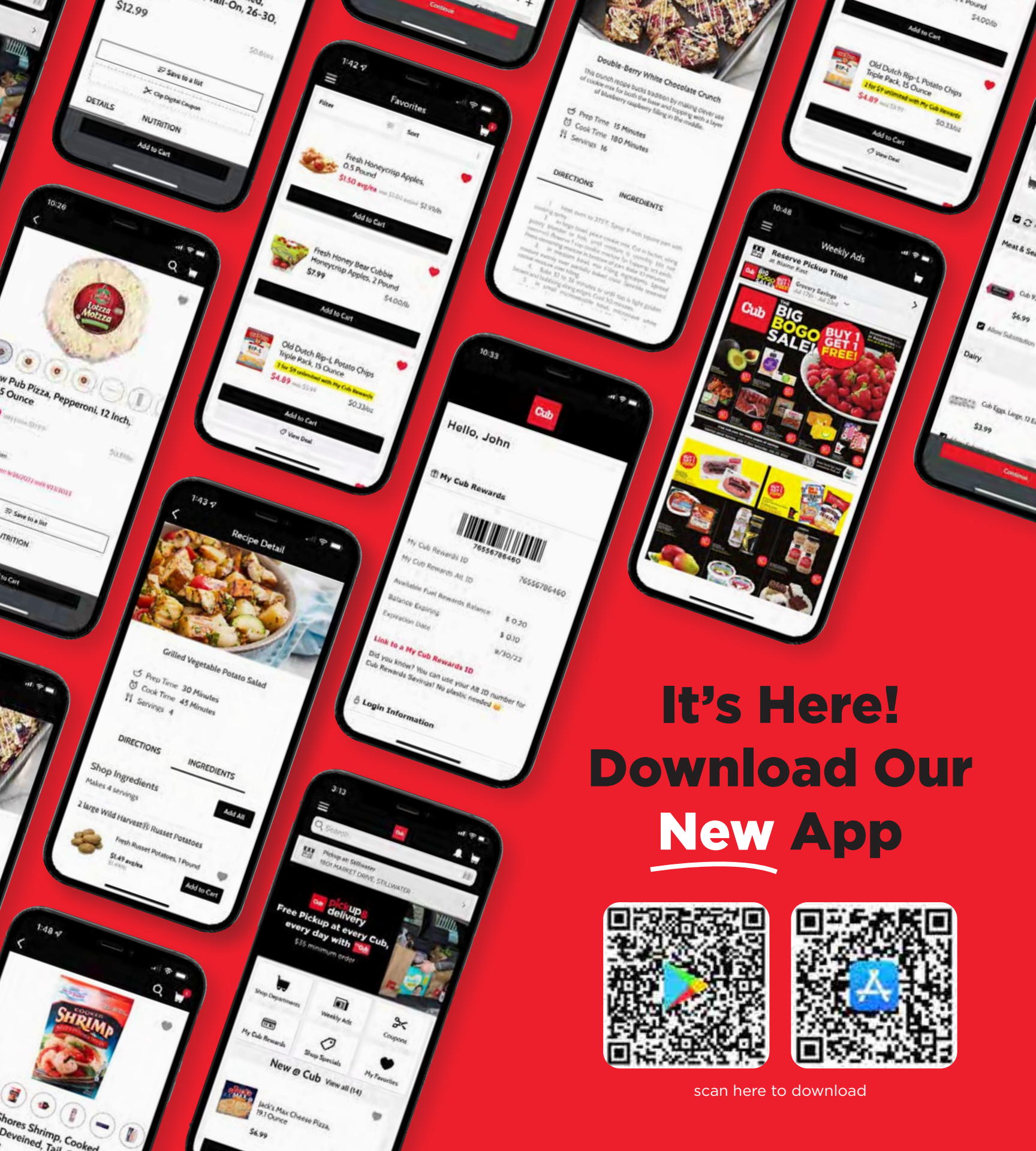
Bananas

**Congratulations on being named a first-ballot member of the Naismith Memorial Basketball Hall of Fame! The official ceremony is Sept. 10 in Springfield Mass, which is also known as the "City of Firsts". In that spirit, what was the first meal you made on your own?**

First meal I made on my own was macaroni and cheese with apple slices as my side!

**myCub** ❤️  
**my way.**





# It's Here! Download Our New App



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