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| Butternut Squash, Feta, and Arugula Dish  A simple healthy fall dish with about 5 minutes of prep and about 30 minutes of bake time. Ingredients:  |  |  | | --- | --- | | 10 oz | Cubed Frozen (thawed) Butternut Squash ($1.90) | | 5 oz  6 oz can  10 oz  12 oz | Frozen Chopped Onions ($.60)  Sliced Black Olives ($1.00)  Crumbled Feta Cheese ($3.00)  Arugula or Spinach ($2.79)  Olive Oil |  Directions: Preheat the oven. Use a 9x13 baking dish and oil the bottom generously. Add the onion, squash, and arugula to your baking dish. Be sure you drain the liquid out of the frozen vegetable bags. You can add a little of salt if you’d like. Toss them all together. Then spread the black olives (drain most of the brine) with the remaining brine over the top. Then top the dish with the feta cheese. Bake for about 30 minutes covered with foil for the first 20 minutes. Etththrothroththrow | Logo  Description automatically generated |
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| German Sweet and Savory Bratwurst Stew  Type any introductory text about the recipe here. This recipe template can be used to make handy recipe cards that can be passed on for many generations. Ingredients:  |  |  | | --- | --- | | 16 oz pkg | Bratwurst | |  | Chopped Onions  Brussel Sprouts  Coleslaw  Potatoes  Apple Sauce  Broth  Oil  Salt  Sage |  Directions: Type recipe directions here | Logo  Description automatically generated |
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| Cajun Style Venison Sausage, Sweet Potato, and Kidney Bean Stew  Type any introductory text about the recipe here. This recipe template can be used to make handy recipe cards that can be passed on for many generations. Ingredients:  |  |  | | --- | --- | | Amount | Venison Sausage (or chicken, pork) | | Amount | Sweet Potatoes  Green Beans  Kidney Beans  Diced Tomatoes  Bell Pepper  Onions  Coconut Oil or Oil of Choice |  Directions: Type recipe directions here | Logo  Description automatically generated |

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| Meatloaf  Type any introductory text about the recipe here. This recipe template can be used to make handy recipe cards that can be passed on for many generations. Ingredients:  |  |  | | --- | --- | | Amount | Ground Beef | | Amount | Onion  Rolled Oats  Egg  Riced Cauliflower  Green Peas  Ketchup  Mustard  Milk  Water  Oil  Apple Cider Vinegar  Garlic  Salt |  Directions: Type recipe directions here | Logo  Description automatically generated |