



# Recipes of the Month

## Pumpkin Soup with Ham & Sage

- 3 tablespoons butter
- 1 onion, chopped
- 1 carrot, chopped
- 1 rib celery, chopped
- 1/2 tart apple, such as Granny Smith, peeled, cored, and cut into 1/2-inch dice
- 2 cups canned pumpkin puree
- 1/3 cup dry white wine
- 1 tablespoon dried sage
- 1 bay leaf
- 3 1/2 cups water
- 2 1/2 cups canned low-sodium chicken broth or home-made stock
- 1 1/2 teaspoons salt
- 1/4 teaspoon fresh-ground black pepper
- 1 1/2 pounds piece of ham, cut into 1/4-inch dice

In a large pot, melt the butter over moderate heat. Add the onion, carrot, celery, and apple and cook, stirring occasionally, until the onion is translucent, about 10 minutes.

Stir in the pumpkin puree, wine, sage, and bay leaf. Add the water, broth, salt, and pepper and bring to a simmer. Reduce the heat and simmer, partially covered, for 15 minutes. Add the ham and simmer, uncovered, until the vegetables are tender, about 5 minutes longer. Remove the bay leaf.



## Chicken Enchilada Pie

- 1 (11.5 ounce) package Old El Paso(R) Flour Tortillas for Burritos
- 2 cups cubed cooked chicken
- 1/2 cup uncooked instant white rice
- 8 ounces shredded reduced-fat Monterey Jack cheese
- 1 (15 ounce) can Progresso(R) Black Beans, drained, rinsed
- 1 (19 ounce) can Old El Paso(R) Red Enchilada Sauce
- 1 cup Green Giant(R) Frozen Shoepeg White Corn, thawed
- 1 cup Old El Paso(R) Thick 'n Chunky Salsa
- 2 tablespoons thinly sliced green onions
- Reduced fat sour cream (optional)
- Chopped green onions (optional)

Heat oven to 350 degrees F Spray 9-inch round (2-quart) glass baking dish or casserole with nonstick cooking spray. Cut 5 of the tortillas in half. Cut remaining tortillas into 2 1/2-inch-wide strips. In large bowl, combine chicken, rice, 1 cup of the cheese, beans and 1 cup of the enchilada sauce; mix well. Layer 4 tortilla halves in bottom of sprayed baking dish. Top with 1/4 cup enchilada sauce and half of the chicken mixture. Top with 2 tortilla halves; fill in empty spaces with 3 tortilla strips. Spoon corn over tortillas. Spread salsa over corn. Layer with 2 tortilla halves and 3 strips. Top with remaining half of chicken mixture. Continue layering with remaining 2 tortilla halves and strips, enchilada sauce, cheese and 2 tablespoons green onions.

Bake at 350 degrees F for 35 to 45 minutes or until mixture is thoroughly heated and cheese is melted. Cool 5 minutes. Top with sour cream and green onions.