



Made From Scratch Monthly

Hauntingly Healthy Halloween Foods

Ghoulishly Good Goulash

- 2 tbsp. olive oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 1 1/2 lb. ground beef
- 1 (15-oz) can beef broth
- 1 (15-oz) can tomato sauce
- 1 (15-oz) can diced tomatoes
- 1 tbsp. Worcestershire sauce
- 1 tsp. salt
- 2 tsp. Italian seasoning
- 1 tbsp. ground paprika
- 1/2 tsp. black pepper
- 2 c. elbow macaroni
- 1 c. sharp cheddar cheese
- Chopped herbs, like parsley or chives to garnish

Instructions:

1. Add oil to a large Dutch oven or pot over medium-high heat. Once hot, add onion and cook for 3 minutes until slightly softened. Add garlic and cook for one more minute. Add ground beef, breaking it up into little pieces, and cook until no pink remains, about 5 minutes. If a lot of liquid or fat remains in the skillet, drain most and discard.
2. Add beef broth, tomato sauce, diced tomatoes, 1/2 cup water, Worcestershire sauce, seasoned salt, Italian seasoning, paprika, and black pepper. Stir to combine and return to a simmer.
3. Add macaroni and return the pot to a simmer. Reduce heat to medium-low and cook for about 12 minutes, until macaroni is tender, stirring occasionally. Remove from heat and fold in cheese. Stir until it is completely melted into the sauce. Serve topped with chopped herbs, if desired.



Tip: Store leftovers in an airtight container in the refrigerator for up to three days. Reheat before serving.

Adorable Halloween Deviled Eggs

- 6 eggs
- 1 tbsp. mayo
- 1 1/2 tsp. spicy brown mustard
- 1 tsp. sour cream
- Salt and pepper to taste
- 1 large red bell pepper

Instructions:

1. Add six eggs to a pot of cool water, turn the heat to medium until boiling, then boil for 20 minutes. Once boiled, place in a bowl of cold water for 10 minutes.
2. When cooled, remove the shells carefully to prevent any tears or dents.
3. Slice eggs down the middle and carefully remove yolks.
4. Slice a tiny bit off the bottom so your egg sits flat.
5. Push yolks through a mesh strainer to break up the yolks and ensure your filling will be smooth.
6. In a bowl, mix egg yolks, mayo, sour cream, spicy brown mustard, salt, and pepper to taste. Cover and put it in the refrigerator.



For the Wings & Horns

1. Slide the red pepper in half (or quarters?), discard seeds, and cut off as much of the white pith as possible. Press pepper pieces gently to make flatter.
2. Use a sharp knife or x-acto knife to cut out the bat wings (12 each, left & right) and tiny horns (24 total) as shown in picture Slice tiny little horns out of the remaining pepper.
3. Remove your filling from the fridge, pipe your eggs and carefully place the tiny horns and wings into the top and sides of the filling.





Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Maple-Roasted Sweet Potatoes

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 c. pure maple syrup
- 2 tbsp butter, melted
- 1 tbsp lemon juice
- 1/2 tsp salt
- Ground pepper, to taste

Instructions:

1. Preheat oven to 400°
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt, and pepper in a small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes.



Apple-Spiced Pork Roast Recipe

- 2 tsp. fresh rosemary, finely chopped
- 2 tsp. fresh thyme, finely chopped
- 1 tsp. dried marjoram
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 2 1/3 to 2 1/2 pound pork sirloin tri-tip roast
- 1 c. spiced apple cider
- 2 Fuji or Granny Smith apples, cored and cut into 3/4-inch pieces
- 1 large red onion, cut into 3/4-inch pieces
- 1/4 c. dark brown sugar, loosely packed
- 1/2 tsp. ground cinnamon
- 2 tbsp. maple butter (you can substitute maple syrup)
- 2 tbsp. quick-mixing flour

Instructions:

1. In a small bowl, mix together rosemary, thyme, marjoram, salt, and pepper. Rub the herb mixture all over the outside of roast. Place in the slow cooker and pour apple cider around the roast. Cover roast with apple pieces, then top apples with onion pieces. Sprinkle brown sugar and cinnamon over the top of the apples and onions.
2. Cover and cook on low about 4-5 hours (a meat thermometer inserted into center of roast should register 165°). When cooked throughout, remove roast to serving platter.
3. Turn slow cooker to high. Add maple butter to a microwave-safe bowl and microwave on high for 5 seconds to soften. Stir in flour (add a tablespoon of juice from slow cooker, if needed). Stir maple paste into the apple-onion-cider mixture in slow cooker. Cook for 30 minutes longer, or until thickened nicely. After pork has cooled slightly, cover with foil to keep warm.
4. Serve sliced pork roast with apple-onion sauce.



Haunted (Black Cauldron) Punch

- 6 c. 100% grape juice (the dark purple type)
- 6 c. diet orange soda
- 6 c. diet ginger ale soda

Instructions:

1. Add all ingredients to a large serving punch bowl and stir gently to blend well.
2. Add ice or frozen "hands" (made by freezing water inside a new rubber glove).

Tip: This punch will stain (because of the grape juice), so serve it outside or in a well-protected area.

