

Can-Do PUMPKIN



Pumpkin Muffins

Servings: 12

Ingredients

- 1 package (18.25 ounces) spice cake mix
- 1 can (15 ounces) pumpkin

Directions

1. Wash hands and surfaces.
2. Preheat the oven to 350 degrees F. Grease a 12-cup muffin pan or line with paper baking cups.
3. In a large bowl, mix ingredients until smooth. Spoon equal amounts of batter into the prepared muffin cups.
4. Bake for 25 minutes, or until a toothpick inserted in muffin's center comes out clean.

Information on pumpkins

Pumpkin is a source of vitamin A, an antioxidant that may reduce your risk of heart disease and certain cancers. Pumpkin is also a source of potassium, vitamin K, magnesium and fiber. Potassium helps maintain healthy blood pressure, vitamin K and magnesium help build and maintain strong bones, and fiber helps control cholesterol and keeps you regular.

Additional cooking tips

- Substitute other flavors of cake mixes to create different muffins with this easy recipe.
- Try adding nuts or fruit (such as blueberries) to these muffins for even more variety.

White Bean Pumpkin Chili

Servings: 4

Ingredients

- 1 pound lean ground beef or turkey
- 1 can (15 ounces) white beans, drained and rinsed
- 2 teaspoons onion powder
- 1 can (15 ounces) pumpkin, plain
- 1 can (14.5 ounces) chicken or vegetable broth
- ½ teaspoon thyme or tarragon (optional, to taste)
- 1 cup water (or to desired thickness)
- Salt and pepper (optional, to taste)

Directions

1. Wash hands and surfaces.
2. Brown ground beef in a skillet over medium high heat until done. Drain.
3. In a soup pot, mix beef, beans, pumpkin, broth and spices. Add water if too thick.
4. Cover and cook over low heat for about 15 to 20 minutes until warmed through.
5. Enjoy! Refrigerate leftovers immediately.



Cooking tip

Add some of your favorite canned vegetables to make the soup more hearty. Drain and add to soup pot with beans and pumpkin.

Working with fresh pumpkin

Choose: well-shaped pumpkins that are firm and slightly heavy. They should have tough skin without any wrinkles or blemishes. Avoid the large pumpkins that are meant for carving. They tend to be tough and stringy. Instead, choose small pie or sugar pumpkins.

Store: in a cool, dry place. Whole pumpkins can be stored up to 3-6 months.

Prepare: Wash pumpkin, cut and remove seeds. To bake, cut in half. Bake at 350 F for 30 minutes to 1 hour or microwave on high for 15 minutes. Pumpkin is done when it is tender. Mash with brown sugar or maple syrup and a little butter. Puree and serve as the base of a savory soup or in a sweet pie or spread on toast and top with cinnamon and sugar.



Roasted Pumpkin Seeds

Servings: varies

Ingredients

- Pumpkin seeds
- Butter
- Seasonings such as garlic powder, onion powder or Parmesan cheese (optional)

Directions

1. Wash hands and surfaces.
2. Preheat oven to 375 degrees F.
3. Wash the seeds and spread them on a cookie sheet.
4. Roast the seeds until dry, typically about 20 minutes.
5. Dot the seeds with butter or margarine and heat for 5 to 10 more minutes at 400 degrees F, stirring the seeds often.
6. For extra flavor, sprinkle the roasted pumpkin seeds with garlic powder, onion powder or Parmesan cheese. Store in a covered container.



Cooking tip

Try making a sweet treat by sprinkling the seeds with cinnamon and a little sugar.



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance

Ramen Haystacks

Servings: 24

Ingredients

- 1 can (15 ounce) pumpkin puree
- 1 cup packed brown sugar
- 2 eggs
- ½ cup vegetable oil
- 1 ½ cups flour
- 1 ¼ cups whole-wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped nuts of your choice (optional)

Directions

1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.
3. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix until smooth.
4. In another bowl, stir together the flours, baking powder, cinnamon, nutmeg, ginger and salt. Add to the pumpkin mixture and mix well.
5. Stir in raisins and nuts.
6. Drop the dough by a tablespoon onto a greased baking sheet, 1 inch apart.
7. Bake 10 to 12 minutes until tops are dry and begin to brown.



Extension
University of Missouri

Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211 • MU Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension.missouri.edu