

Delicious Fall Dinner and Dessert Recipes

Beef and Cabbage Soup

When green cabbages are fresh and in season, this will become a go-to soup. Serve with crusty bread and green salad for a complete meal.

Serves 10 | Prep time 15 minutes | Cooking time 2 hours

Ingredients

- 1 pound beef stew meat, cut into ¾-inch pieces
- Salt and pepper
- 2 tablespoons olive oil
- 6 cups beef stock, divided
- 1 medium-sized green cabbage, shredded
- 6 red tomatoes, diced
- 1 large onion, diced
- 3 cups water
- 2 cloves garlic, minced
- 1 ½ teaspoons Italian seasoning

Directions

1. Pat the beef dry with paper towels and season with salt and pepper.
2. Add oil to a large Dutch oven and sear the meat over medium heat on all sides until well browned. Do not overcrowd the oven, work in batches if needed. Place the browned beef on a plate.
3. Add about half of the beef stock and bring to a boil. Stir and scrape the brown bits. Return the beef to the Dutch oven.
4. Add the cabbage, tomatoes, onion, remaining beef stock, water, garlic, Italian seasoning.
5. Bring to a boil over medium-high heat.
6. Decrease the heat to medium-low and let cook for 2 hours until the beef is tender and cabbage soft, taking care of stirring a few times.
7. Taste and adjust seasoning with salt and pepper.

Nutrition (per serving)

Calories 176, fat 3 g, carbs 15 g,
Protein 13 g, sodium 816 mg

Spiced Pork Tenderloin with Apples

Pork and apples are a perfect match of sweet and savory. When it's apple season, it's a great recipe to make.

Serves 4 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients

- Cooking spray or oil for greasing
- 1 pound pork tenderloin, trimmed and cut crosswise into 12 or more pieces
- 2 tablespoons butter
- 3 apples, sliced
- $\frac{1}{3}$ cup shallots or red onion, thinly sliced
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ cup apple cider
- 1 teaspoon fresh thyme leaves

Spice mix

- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg

Directions

1. Combine ingredients for spice mix and rub over pork.
2. Heat cast iron pan over medium high heat. Spray or grease with oil and cook pork to desired doneness, about 3-5 minutes on each side; with at least 145°F for internal temperature. Use a slotted spoon to transfer to a plate and let rest. Cover with foil to keep warm.
3. In the same skillet, swirl in the butter to melt. Add the apple, shallots and salt. Sauté until browned, about 5-6 minutes. Add apple cider and cook until tender-crisp.
4. Add sautéed apples to pork and serve.

Nutrition (per serving)

Calories 234, fat 9 g, carbs 12 g, sugar 7 g

Protein 24 g, sodium 394 mg

Ground Beef Casserole

This quick and easy ground beef casserole is full of flavors and perfect for a weeknight meal the whole family will enjoy.

Serves 4-6 | Prep time 15 minutes | Cook time 35 minutes

Ingredients

- 1 pound ground beef
- 1 cup diced onion
- 3 tablespoons olive oil
- 1 carrot, grated
- ½ cup diced bell pepper
- Salt and pepper to taste
- 1 pound diced fresh tomatoes
- 1 (10-ounce) can diced tomatoes with green chilies
- 1 ½ teaspoons dried oregano
- 2 teaspoons chili powder
- 2 cups corn, fresh or frozen
- 2 ounces grated parmesan cheese
- 1 ½ cups dry macaroni pasta
- 1 cup grated cheddar cheese

Directions

1. Warm the olive oil in a nonstick frying pan over medium heat.
2. Sauté the diced onion for 1-2 minutes and stir in the diced bell pepper. Season with salt and pepper to taste.
3. Add the ground beef and stir-fry until the meat is brown on all sides.
4. Stir in the fresh diced tomatoes, diced tomatoes with green chilies, dried oregano, chili powder, and corn.
5. Stir in the mini macaroni and transfer to a casserole dish.
6. Top with grated cheddar cheese and parmesan cheese.
7. Bake for about 25-30 minutes or until the macaroni is tender.
8. Serve and enjoy.

Nutrition (per serving)

Calories 639, fat 32 g, carbs 41 g, sugar 10 g,
Protein 51 g, sodium 983

One Pot Creamy Chicken and Gnocchi

What is better comfort food than gnocchi? Especially when combined with chicken as it is here.

Serves 6 | Prep. time 25 minutes | Cooking time 40 minutes

Ingredients

- 2 boneless, skinless chicken breasts
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 1 yellow onion, diced
- 8 ounces baby bella mushrooms
- 2 cloves garlic, minced
- 2 teaspoons chopped thyme leaves
- 1 teaspoon dried oregano
- 1 cup low-sodium chicken broth
- 1 ¼ cups heavy cream
- 1 pound fresh gnocchi
- ¾ cup mozzarella cheese, shredded
- ½ cup grated parmesan cheese
- 3 cups baby spinach

Directions

1. Season the chicken breasts with salt and pepper.
2. Heat the olive oil in a large nonstick frying pan over medium heat.
3. Add the chicken and cook on each side for about 4-5 minutes.
4. Remove the cooked chicken and set it aside on a plate. Cover with foil to keep warm.
5. In the same pan, add the onion and cook for about 2-3 minutes.
6. Stir in the mushrooms and garlic. Season with thyme, oregano, and salt and pepper.
7. Stir in the gnocchi and mix until just combined.
8. Pour in the chicken broth and cook the gnocchi for about 5-6 minutes or until the whole liquid has evaporated and absorbed into the gnocchi.
9. Stir in the baby spinach and heavy cream. Mix until creamy.
10. Dice the chicken into smaller pieces and stir them into the pan.
11. Add the mozzarella cheese and parmesan cheese, and mix until well-combined.
12. Serve warm.

Nutrition (per serving)

Calories 684, fat 30 g, carbs 52 g, sugar 2 g,
Protein 51 g, sodium 477 mg

Garlic Shrimp with Brussels Sprouts

This a quick dish to make and full of garlicky flavors. The addition of Brussels Sprout makes it perfect for a Fall meal.

Serves 4 | Prep time 15 minutes | Cook time 10 minutes

Ingredients

- 1 pound Brussels sprouts
- 2 pounds shrimps, peeled and deveined
- Salt and pepper to taste
- 3 cloves garlic, minced
- 4 tablespoons butter, divided
- 1 teaspoon chili flakes or to taste
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- Juice of 1 lemon
- ¼ cup soy sauce

Directions

1. Wash and trim the Brussels Sprouts. Cut them in half and finely slice them.
2. Warm 2 tablespoons of butter in a frying pan or wok over medium-high heat.
3. Cook the shrimp for about 1-2 minutes on each side until cooked through and turned pink. Transfer the shrimp to a plate and set aside.
4. Stir in the minced garlic and season with chili flakes to taste. Add dried oregano, onion powder, and lemon juice. Add remaining butter and let melt.
5. Stir in the Brussels sprouts and cook for about 2-3 minutes until tender.
6. Pour in the soy sauce and return the shrimp to the pan. Stir to coat.
7. Mix until everything is combined and cook on low for 3 more minutes.
8. Serve and enjoy with some cooked rice on the side.

Nutrition (per serving)

Calories 336, fat 4 g, carbs 17 g, sugar 3 g,
Protein 57 g, sodium 1483

Apple Upside-Down Cake

Savor this buttery apple upside-down cake that's so delicious you can even have it for breakfast if you want.

Serves 10 | Prep. time 25 minutes | Cooking time 35 minutes

Ingredients

Topping

- Cooking spray
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup water
- 2 large apples, sliced $\frac{1}{4}$ inch thick
- $\frac{1}{4}$ cup walnuts, chopped

Cake

- $1\frac{1}{3}$ cups cake flour
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{2}{3}$ cup sugar
- 3 Tablespoons butter, softened
- 2 large egg yolks
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup 1% low-fat milk
- 3 large egg whites, placed in a dry, grease-free bowl

Directions

1. Preheat the oven to 350°F (177°C).
2. Prepare the topping. Combine sugar and water in a stainless-steel sauce pan and heat over medium heat. Swirl slightly to mix, but refrain from overmixing. Cook until the sugar dissolves and the solution turn golden brown, about 4 minutes. Pour immediately into a cast iron skillet. Tip a skillet to spread the syrup and coat the bottom evenly. Arrange the apple slices in the syrup (use tongs if the syrup is still hot) and sprinkle with nuts. Set aside.
3. Prepare batter for the cake. In a medium bowl, combine flour, baking powder, and salt. In a large bowl, add sugar and butter. Beat with a mixer at medium speed until light-colored and fluffy. Add egg yolks and vanilla, and beat to combine. Add a small amount of flour mixture and stir, followed by milk, stirring again. Repeat, adding flour mixture alternately with milk.
4. Using clean, dry, and oil-free beaters, beat egg whites at high speed until stiff peaks form.
5. Fold egg whites into the batter.
6. Pour batter into the skillet over apples and spread evenly with a spatula.
7. Bake for 35 minutes or until a toothpick inserted in the center comes out clean.
8. Remove from oven and place on a rack to cool for 5 minutes.
9. Loosen edges using a knife and carefully invert over a serving plate.

Nutrition (per serving)

Calories 253, carbs 45 g, fat 6 g,
Protein 3 g, sodium 163 mg

Carrot Cake

Carrot cake is a classic moist cake that can be made in one bowl by whisking simple fall ingredients all together.

Serves 8 | Prep. time 10 minutes | Cooking time 45 minutes

Ingredients

For the carrot cake

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- Pinch of kosher salt
- 1½ teaspoons ground cinnamon
- 1 ¼ cups vegetable oil
- 1 cup granulated sugar
- 1 cup light brown sugar
- 1 teaspoon pure vanilla extract
- 4 large eggs, room temperature
- 3 cups carrots, peeled and grated
- 1 cup pecans, chopped
- ½ cup raisins
- ½ cup coconut flakes

For the frosting

- 8 ounces cream cheese, softened
- 1 ¼ cups powdered sugar
- ⅓ cup heavy cream
- ½ cup pecans, roughly chopped

Directions

1. Preheat oven to 350°F (177°C). Grease a springform pan with a removable bottom with cooking spray or butter.
2. To make the carrot cake, in a large mixing bowl, combine the flour, baking soda, salt, and ground cinnamon.
3. Stir in the vegetable oil, granulated sugar, light brown sugar, vanilla extract, eggs, grated carrots, chopped pecans, raisins, and coconut flakes. Mix until well-combined.
4. Transfer the batter to the prepared springform pan and bake for about 45-50 minutes.
5. Let the cake cool completely.
6. In the meantime, make the frosting. In a large mixing bowl, use a hand mixer to beat the cream cheese with powdered sugar and heavy cream.
7. Using an offset spatula, frost the whole cake and sprinkle some chopped pecans on top.
8. Serve warm.

Nutrition (per serving)

Calories 985, fat 62 g, carbs 100 g, sugar 70 g,
Protein 11 g, sodium 491 mg

Pumpkin Chocolate Chip Bread

This recipe makes a perfect edible gift for the foodies in your life.

Serves 12 | Prep. time 10 minutes | Cooking time 55 minutes

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon ground ginger
- Pinch of kosher salt
- 2 large eggs, room temperature
- $\frac{1}{2}$ cup granulated sugar
- $\frac{3}{4}$ cup light brown sugar
- 1 $\frac{1}{2}$ cups pumpkin purée
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{4}$ cup orange juice
- $\frac{2}{3}$ cup semi-sweet chocolate chips

Directions

1. Preheat oven to 350°F (177°C). Grease a loaf pan with butter.
2. In a large mixing bowl, combine the flour, baking soda, cinnamon, nutmeg, cloves, ginger, and salt.
3. Stir in the eggs, granulated sugar, brown sugar, pumpkin purée, vegetable oil, and orange juice. Whisk until well-combined.
4. Fold in the chocolate chips.
5. Pour the loaf batter into the prepared pan and bake for about 55 minutes.
6. Cool slightly before serving.

Nutrition (per serving)

Calories 288, fat 13 g, carbs 40 g, sugar 23 g,
Protein 4 g, sodium 139 mg

Peach and Blueberry Crumble

This crumble is ideal to make when peaches are in season. The grounded pecans and cinnamon make this crumble extra tasty.

Serves 6-8 | Prep time 15 minutes | Cooking time 45 minutes

Ingredients

- Cooking spray or butter for greasing
- Vanilla ice cream

For the Peaches and Blueberries

- 1 ½ pounds peaches, about 6 medium-sized peaches
- 1 ½ cups blueberries, fresh or frozen
- 1 ½ tablespoons all-purpose flour
- ½ cup packed light brown sugar
- 1 teaspoon ground cinnamon or to taste
- 1 teaspoon lime or lemon zest

For the Crumble

- ½ cup pecans
- ⅔ cup white sugar
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 ½ cups all-purpose flour
- ⅔ cup unsalted butter

Directions

1. Preheat the oven to 375°F (191°C).
2. Grease a baking dish with cooking spray or butter.
3. In a large bowl, add the peaches, 1 ½ tablespoons flour, brown sugar, cinnamon, and zest, and mix well to coat. Pour mixture at the bottom of the baking dish.
4. Add the pecans to a food processor and pulse until pecans are well chopped. Add the sugar, nutmeg, salt, flour, and butter with pecans and pulse until combined but still crumbly.
5. Sprinkle the crumble mixture evenly over the peaches.
6. Bake for about 35-45 minutes or until peaches are tender and the top is golden brown.
7. Remove from the oven and set aside for about 10 minutes before serving with vanilla ice cream if desired.

Nutrition (per serving)

Calories 286, fat 13 g, carbs 38 g, sugar 22 g,
Protein 3 g, sodium 101 mg

Apple Fritters

Fresh apples, some spices, and a lemon-sugar glaze combine in this recipe to make this perfect fall treat!

Makes 10 | Prep. time 10 minutes | Cooking time 20 minutes

Ingredients

For the fritters

- 4 cups red apples, peeled and diced into smaller pieces
- 1 tablespoon lemon juice
- 1 ¼ cups all-purpose flour
- 1 teaspoon ground cinnamon
- Pinch of kosher salt
- 2 teaspoons baking powder
- 1 tablespoon granulated sugar
- 2 large eggs, room temperature
- ⅓ cup whole milk
- 1 tablespoon unsalted butter, melted
- 1 teaspoon pure vanilla extract
- 1 tablespoon vegetable oil or more as needed for cooking

For the glaze

- 1 cup powdered sugar
- ½ teaspoon pure vanilla extract
- 3 tablespoons whole milk

Directions

1. To make the fritters, in a large mixing bowl, combine the flour, ground cinnamon, salt, baking powder, and granulated sugar.
2. Stir in the eggs, whole milk, melted butter, and vanilla extract,
3. Stir in the diced apples and lemon juice and mix until well combined.
4. Heat about a tablespoon of vegetable oil in a large nonstick frying pan over medium heat. Working in batches add dollops of the apple fritter batter into the hot oil and cook for about 3-4 minutes on each side.
5. To make the glaze, in a medium mixing bowl, combine the powdered sugar, vanilla extract, and whole milk.
6. Drizzle the glaze over the fritters before serving.

Nutrition (per serving)

Calories 187, fat 2 g, carbs 38 g, sugar 22 g,
Protein 3 g, sodium 43 mg

***These recipes and more are found in Louise Davidson's cookbooks *Harvest Cooking: Easy Family-Friendly Fall Dinner Recipes* and *Fall Desserts: Easy Family-Friendly Fall Dessert Recipes*. To get your own copy of each book, click on the covers below or click [here](#) and [here](#).

