



pumpkin goulish goulash

peel+shred+chop

Peel **1 orange sweet potato** and shred it using a box grater! Peel **1 small sweet onion** and chop ½ of it. Chop **1 bell pepper** (throw out stem and seeds).

heat+sauté+measure+mix

Heat **2 T butter or olive oil** in a skillet over medium heat. Sauté the sweet potato, sweet onion, and bell pepper for 2 to 3 minutes. Kids can measure and mix **1 tsp flour + 2 T paprika**. Sprinkle the flour/paprika over the veggies in the skillet and mix to coat them.

measure+whisk+stir+thicken

Separate the contents of **1 15-oz can of pureed pumpkin** in half. Add ½ pureed pumpkin to a mixing bowl. Kids can whisk in **1 tsp garlic powder, 2 tsp salt, ½ tsp ground black pepper**. Add a splash of water and whisk again. Add this mixture to the skillet and stir again. Cook until goulash is bubbling and thick, adding a little water at a time until a thick sauce forms and veggies are tender.

stir+taste+enjoy

Just before serving, add **2 tsp vinegar** to the goulash. Taste and adjust seasoning with more salt or pepper. Stir in **¼ C sour cream** or serve on top of each serving of goulash. Serve Goulish Goulash over a scoop of Batty Booodles and ENJOY!

::recipes continued::



Family Fun Recipes



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pumpkinstein's smoothie

measure+add+peel

Measure $\frac{1}{2}$ tsp pumpkin pie spice, 2 C whole milk, 2 T sugar/honey, and $\frac{1}{2}$ C ice and add to your blender. Peel and add 1 ripe banana to blender. Add the other $\frac{1}{2}$ can of pumpkin puree to the blender, too.

blend+pour+enjoy!

Blend on high until smoothie is pureed. Pour into cups and enjoy!

::continued::



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shopping list!

Batty BoOoOdles

- ½ lb dried bowtie noodles
- 1 T extra dark cocoa powder
- ½ tsp salt
- 1 T butter

Pumpkin Ghoulish Ghoulash

- 1 orange sweet potato
- 1 bell pepper
- ½ small sweet yellow onion
- 2 T butter or olive oil
- 1 tsp all-purpose flour
- 2 T paprika
- ½ 15-oz can pureed pumpkin
- 1 tsp garlic powder
- 2 tsp salt
- ½ tsp ground black pepper
- 2 tsp vinegar
- ¼ C sour cream

Pumpkinstein's Smoothie

- 1 ripe banana
- ½ 15-oz can pureed pumpkin
- ½ tsp pumpkin pie spice
- 2 C whole milk
- 2 T sugar/honey
- ½ C ice

::continued::

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What exactly is Goulash?!

Goulash is a hearty, warming stew made of meat (either veal, pork, lamb, or beef) and vegetables and seasoned with lots and lots of paprika. Vegetables commonly used are parsnips, carrots, and tomatoes, and it can also be made from nothing other than beef, onions, and paprika. Earlier versions of goulash did not include tomato or paprika, as the addition of these ingredients happened once they were introduced to the Old World.

The National Dish of Hungary is Goulash! (spelled: GULYÁS). The word Gulyas comes from the Hungarian word for cowboy or herdsmen. Over time, the dish became known as “gulyashus,” meaning “gulyas meat,” which translates to “meat cooked by herdsmen.” Meat back then was scarce, and every part of the animal was used!

History of Halloween!

Halloween has evolved and changed throughout history. Over 2,000 years ago people called the Celts lived in what is now Ireland, the UK, and parts of Northern France. November 1 was their New Year's Day. They believed that the night before the New Year (October 31) was a time when the living and the dead came together.

Immigrating Europeans brought the tradition of Halloween to America. But some of the traditions changed a little. For example, on Halloween in Europe some people would carry lanterns made from turnips! In America, pumpkins were more bountiful than turnips, so people began putting candles inside them and using them as lanterns. That is why you see Jack 'o lanterns today.

The Surprise Ingredient: Pumpkin!

- ★ **Pumpkins are believed to have originated in Central America.** Seeds from pumpkins were found in the highlands of Oaxaca, Mexico that dated back to 7000 to 5500 B.C. - 9,000 years ago!
- ★ **Pumpkins contain potassium, Vitamin C, soluble fiber, and beta carotene.** Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Time for a laugh!

What do ghosts eat for supper? Spooket!

What do birds say on Halloween? Twick-o-tweet!

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