



Flavor YOUR FALL Cookbook



Independent
GROCERS ALLIANCE

— EST. 1926 —



TABLE OF *Contents*

OUR CONCEPT 3

How we're bringing more flavor to your fall

AUSTRALIAN GRASSFED BEEF TACO SOUP 4

A hearty bowl for crisp fall days

AUTUMN CROCKPOT BEEF STEW 6

Slow-cooked comfort for cooler nights

MARINATED SHEET-TRAY CHICKEN THIGHS WITH FALL VEGETABLES 8

Seasonal flavors come together in one pan

SLOW COOKER COCA-COLA PULLED PORK 10

A crowd-pleasing favorite for fall gatherings

CHICKEN POT PIE CASSEROLE 12

Cozy comfort straight from the oven

AUSTRALIAN GRASSFED BEEF RAGÙ WITH PAPPARDELLE 14

A hearty pasta made for chilly evenings

CINNAMON APPLE MUFFINS 16

A sweet taste of apple season

DOUBLE CHOCOLATE FUDGE COCA-COLA CAKE 18

A decadent treat for autumn celebrations

DIRTY PUMPKIN SPICE LATTE 20

Fall's favorite flavor with an espresso kick

SIPPABLE S'MORES 22

Campfire-inspired comfort in a mug



Savor the Flavors of the Season

Cooler days call for comforting meals, cozy favorites and plenty of reasons to gather around the table.

The Independent Grocers Alliance has brought together a collection of recipes filled with flavors made for the season.

From hearty soups and satisfying main dishes to fresh-baked treats and cozy drinks, there's something here for every fall occasion.

So grab your ingredients, get cooking, and Flavor Your Fall!

SOUPS

Aussie Grassfed Beef Taco Soup

INGREDIENTS

1 lb Aussie grassfed ground beef
½ Vidalia onion, chopped
3 garlic cloves, minced
4 tbsp taco seasoning
1 cup frozen corn
1 cup mixed vegetables, chopped
1 handful fresh cilantro, chopped
1 (8 oz) can tomato paste
1 (15 oz) can black beans, drained and rinsed
1 quart vegetable broth
3 cups water
1 tsp olive oil

DIRECTIONS

1. Heat a large soup pot over medium heat. Add 1 tsp of olive oil, then onion. Stir onion until starting to brown, then add garlic and turn off heat.
2. Crumble the beef into the onion and garlic mixture and use silicone or plastic spoon to break down meat. Cook on medium heat until all of the meat is brown, not burnt. Turn off heat.
3. Mix in tomato paste and all 4 tbsp of taco seasoning into meat, then pour in vegetable broth and water. Heat on medium/high heat until it begins to boil, then turn down to simmer/low heat.
4. Add in frozen corn and mixed veggies, and stir. Add in drained black beans and stir. Serve hot and top with fresh chopped cilantro.

SERVES

8

TIME

30

MIN





Autumn Crockpot Beef Stew

INGREDIENTS

1-3 tbsp Dan-O's Original Seasoning

1 1/2 lbs beef stew meat, cubed

1 large onion, diced

3 cloves garlic, minced

4 cups fresh pumpkin, cubed (you can also use sweet potato or butternut squash)

3 medium carrots, sliced into half-circles

1 cup celery, chopped

1 liter vegetable broth

2 tablespoons olive oil

DIRECTIONS

1. Peel and chop the onion and garlic finely.
2. Peel and cube the pumpkin into bite-sized pieces.
3. In a large skillet, heat the olive oil over medium heat. Cook meat and brown on all sides. Add the chopped celery, onion and garlic, and sauté until they are soft and translucent.
4. Transfer the sautéed meat, onion and garlic to the crockpot. Add the cubed pumpkin, carrots, and vegetable broth.
5. Season with Dan-O's Original to taste, 1-3 tbsp.
6. Set the crockpot to low and cook for 4 hours, or until the pumpkin is tender.
7. Serve hot and enjoy your Autumn Harvest Crockpot Stew out of an emptied out pumpkin for a visual treat.

SERVES

6

TIME

4

HR

DAN-O'S[®]
— SEASONING —



MAIN DISHES

Marinated Sheet-Tray Chicken Thighs with Fall Vegetables

INGREDIENTS

Chicken Thigh Marinade

1 cup Chobani® Nonfat Plain Greek Yogurt

4 garlic cloves

½ cup shredded fresh horseradish root

2 tbsp lemon juice

¼ cup extra-virgin olive oil

1 tsp kosher salt

1 tsp freshly ground black pepper

6 bone-in, skin-on chicken thighs

Vegetables

1 lb peeled mixed colored carrots

1 ½ lb sweet potatoes with skin on

3 apples of choice

½ lb cipolini onions, peeled

1 cup pitted mixed olives

1 tsp kosher salt

½ tsp freshly ground black pepper

2 tbsp extra-virgin olive oil

1 bunch Tuscan kale

DIRECTIONS

1. In a blender, add all ingredients (except chicken) and blend until just combined.
2. Reserve half of the marinade for a sauce.
3. Combine chicken thighs with the remaining marinade and refrigerate for 1 to 3 hours.
4. Preheat convection oven to 425°F.
5. Cut carrots, sweet potatoes, and apples into wedges. Place on a sheet tray with the cipolini onions and mixed olives.
6. Add olive oil, salt, and pepper to the vegetables and toss to coat.
7. Add marinated chicken to the sheet tray, skin-side up. Roast for 20 minutes, or until the chicken reaches an internal temperature of 165°F.
8. Remove from the oven and toss the kale with the roasted vegetables to wilt. Adjust seasoning if needed.

SERVES

6

TIME

3

HR

Chobani®



Slow Cooker Coca-Cola Pulled Pork

INGREDIENTS

Coca-Cola Pulled Pork

1 (3½-lb) boneless pork shoulder

1 (12-oz) can Coca-Cola

Coca-Cola Barbecue Sauce

¾ cup Coca-Cola

¾ cup ketchup

2 tbsp vinegar

2 tbsp Worcestershire sauce

1 tbsp dried minced onion flakes

½ tsp chili powder

½ tsp salt, or to taste

DIRECTIONS

Pulled Pork

1. Place the pork in the crockpot. Pour Coca-Cola over the pork.
2. Cover and cook on low for 8-10 hours.
3. Remove from crockpot and shred. Serve with your favorite BBQ sauce.

BBQ Sauce

1. Combine all ingredients in a saucepan.
2. Bring to a boil; cover pan; reduce heat and simmer about 20 to 30 minutes until sauce is very thick. Stir occasionally.

SERVES

10

TIME

8.5

HR





MAIN DISHES

Chicken Pot Pie Casserole

INGREDIENTS

**Dan-O's SPG Tri-O (Salt, Pepper, Garlic)
Seasoning**

Dan-O's Original Seasoning

1 lb Chicken Breast

12 oz Frozen Peas and Carrots, thawed

**2 cups Frozen Diced Potatoes, thawed (like
Hash Browns or Potatoes O'Brien)**

1 Onion, diced

2 cans Cream of Chicken Condensed Soup

1 cup Water

2 cans Refrigerated Crescent Rolls

½ cup green onion, diced

1 tsp fresh rosemary, chopped fine

Olive oil

DIRECTIONS

1. Preheat your oven to 350°F.
2. Season and grill the chicken breasts until fully cooked. Let them cool, then cut into ½-inch cubes.
3. Grill or sauté diced onions with SPG seasoning until soft and translucent. Set aside.
4. Lightly grease an 11×13-inch baking dish.
5. Make the Bottom Crust: Unroll one can of crescent roll dough and press the seams together to form a single sheet. Press it into the bottom of the dish and slightly up the sides (it doesn't need to reach all the way up). Bake for 20 minutes, or until lightly golden. Remove and let cool.
6. Prepare the Filling: In a large skillet over medium heat, combine the cubed chicken, cooked onions, potatoes, peas, and carrots, rosemary, and water. Cook for 5–10 minutes, stirring occasionally, until warmed through.

SERVES

4

TIME

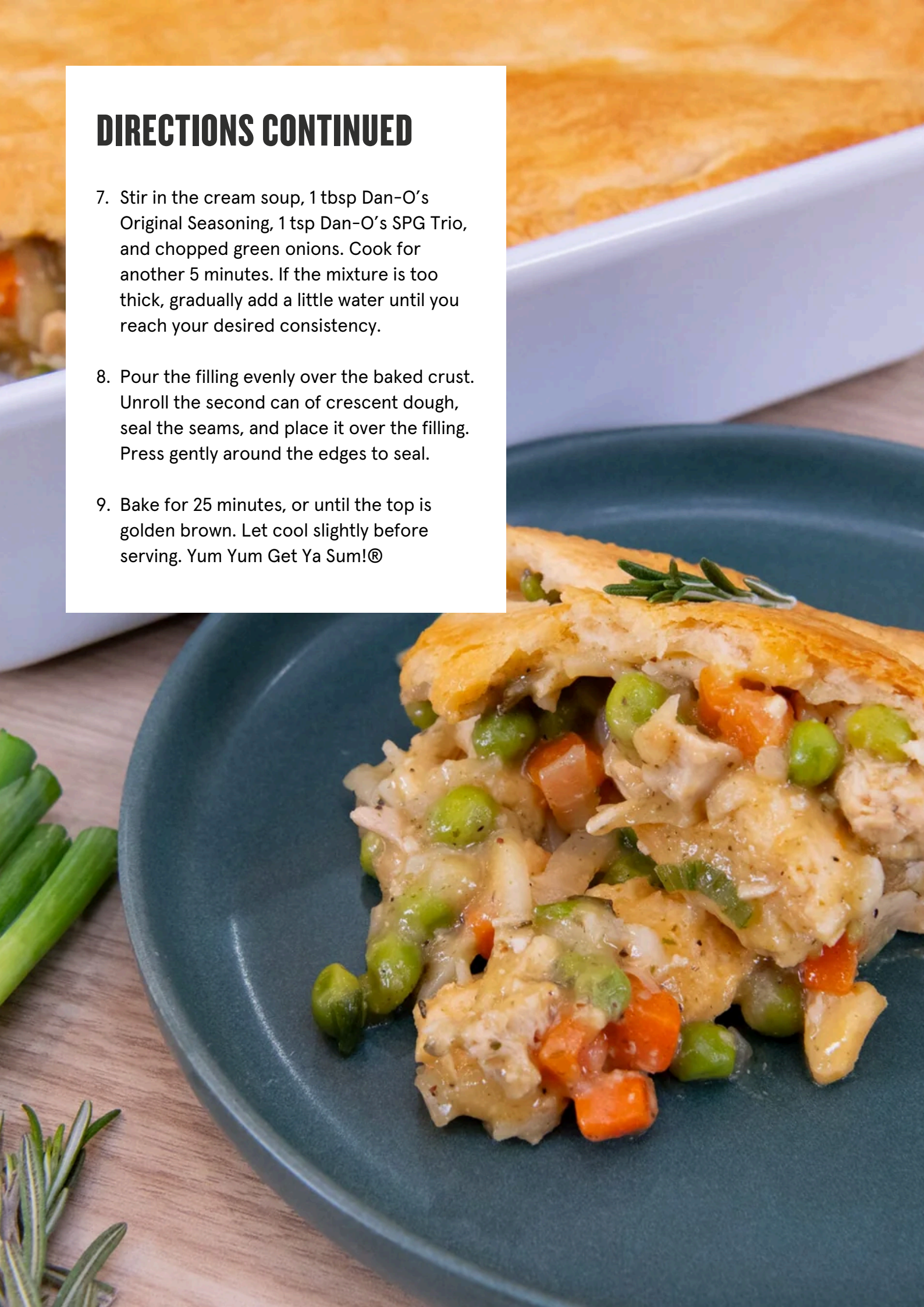
1

HR

DAN-O'S®
— SEASONING —

DIRECTIONS CONTINUED

7. Stir in the cream soup, 1 tbsp Dan-O's Original Seasoning, 1 tsp Dan-O's SPG Trio, and chopped green onions. Cook for another 5 minutes. If the mixture is too thick, gradually add a little water until you reach your desired consistency.
8. Pour the filling evenly over the baked crust. Unroll the second can of crescent dough, seal the seams, and place it over the filling. Press gently around the edges to seal.
9. Bake for 25 minutes, or until the top is golden brown. Let cool slightly before serving. Yum Yum Get Ya Sum!®



MAIN DISHES

Australian Grassfed Beef Ragù with Pappardelle

INGREDIENTS

2 lb. Australian Grassfed Flank Steak
16 oz. Pappardelle Pasta
28 oz. Crushed Fire-Roasted Tomatoes
2 tbsp. Butter
3 tsp. Minced Garlic
2 cups Beef Broth
1/3 cup Fresh Basil
1/4 cup Fresh Rosemary
1 tbsp. Fresh Thyme
2 Whole Bay Leaves
2 tsp. Basil Leaves
1 tsp. Oregano
1 tsp. Black Pepper
1/2 tsp. Garlic Powder
1/4 tsp. Himalayan Salt
Parmesan Cheese, optional
Creme Fraiche, optional

STEAK SEASONINGS

1/2 tsp Himalayan Salt
2 tsp Black Pepper
3 tsp Oregano

DIRECTIONS

1. Cut Australian Grassfed Flank Steak into 4 pieces.
2. Season both sides of the steak with steak seasonings.
3. Heat cooking pan on high heat and sear steak for 1 minute on each side.
4. Remove leaves from thyme, rosemary, and basil then chop using food processor. Turn Instant Pot setting to Pressure Cook (High).
5. Add butter and minced garlic followed by steak and remaining ingredients.

SERVES

4

TIME

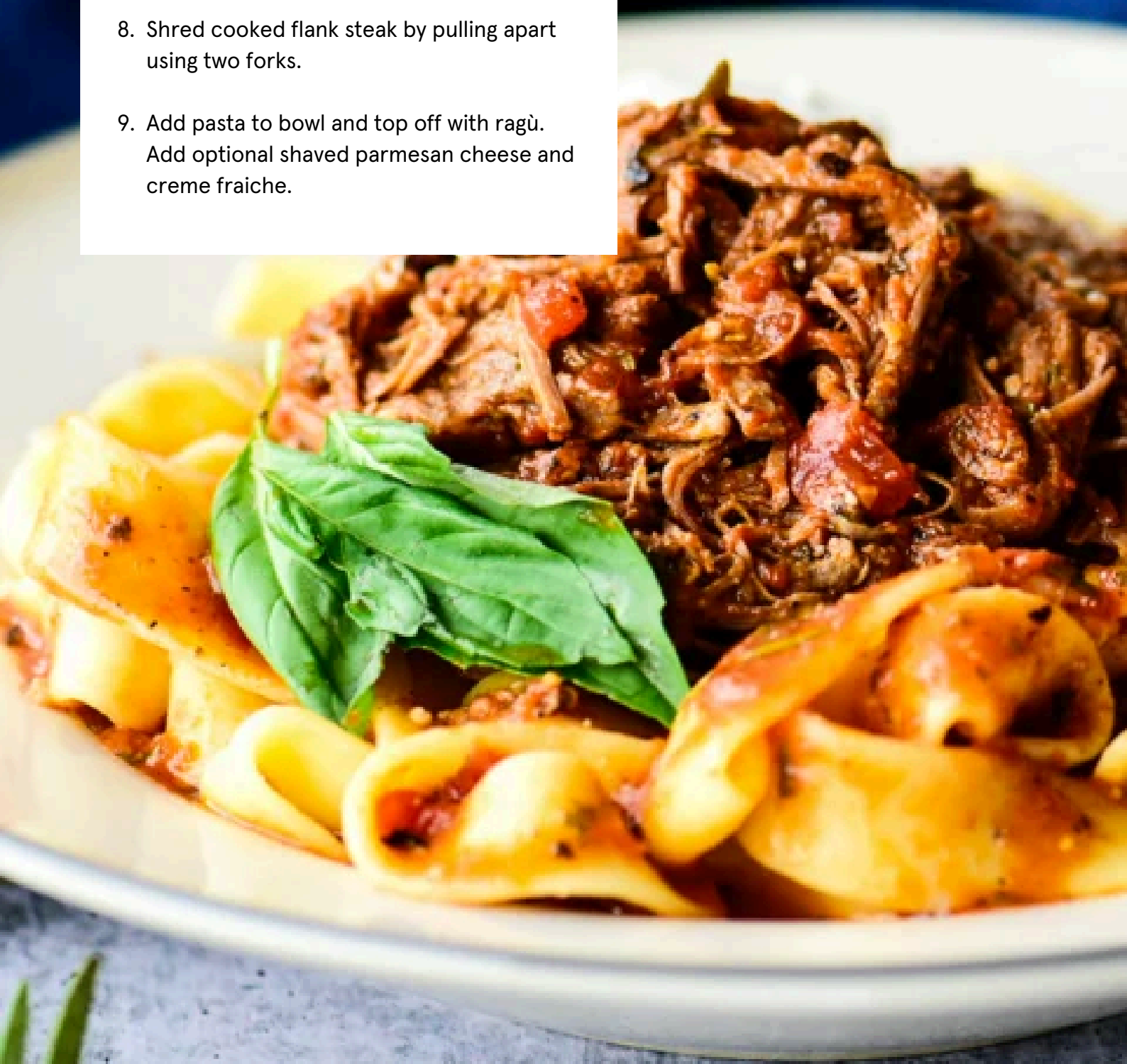
55

MIN



DIRECTIONS CONTINUED

6. Cook for 35 minutes on Pressure Cook (High). Allow to slow release for an additional 20 minutes.
7. Cook pasta as instructed, drain, and set to side.
8. Shred cooked flank steak by pulling apart using two forks.
9. Add pasta to bowl and top off with ragù. Add optional shaved parmesan cheese and creme fraiche.



Cinnamon Apple Muffins

INGREDIENTS

**2 (5.3 oz) containers Chobani®
Zero Sugar* Vanilla**

2 large apples

1½ cups all-purpose flour

2 tsp ground cinnamon

1½ tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup fat-free skim milk

3 tbsp canola oil

2 large eggs

DIRECTIONS

1. Preheat the oven to 375°F. Line a 12-cup muffin tin with paper liners.
2. Coarsely shred enough of the apples to get 1½ cups. Very thinly slice any remaining apple.
3. In a large bowl, whisk the flour, cinnamon, baking powder, baking soda, and salt. In a medium bowl, whisk the milk, oil, yogurt, and eggs until well combined; stir in the shredded apple. Add the milk mixture to the flour mixture; stir until just combined.
4. Divide the batter evenly among the prepared muffin cups. Top the muffins with the slices of apple.
5. Bake until the muffins are lightly browned and a wooden pick inserted in the center comes out clean, 25 to 28 minutes. Serve warm, or cool on a wire rack.

SERVES

12

TIME

25

MIN

Chobani®



NATURAL INGREDIENTS
60 CALORIES 0 LACTOSE
Chobani
Zero Sugar
Vanilla
FLAVOR
WITH OTHER NATURAL FLAVORS

NATURAL INGREDIENTS
60 CALORIES 0 LACTOSE
Chobani
Zero Sugar
Vanilla
FLAVOR
WITH OTHER NATURAL FLAVORS

Double Chocolate Fudge Coca-Cola Cake

INGREDIENTS

Cake

2 cups flour
2 cups granulated sugar
1 tsp baking soda
1 cup Coca-Cola
1 cup salted butter
6 tbsp baking cocoa
2 eggs
1 tsp vanilla extract
½ cup buttermilk

Frosting

½ cup salted butter
3 tbsp baking cocoa
6 tbsp Coca-Cola
1 tsp vanilla extract
4 cups powdered sugar

DIRECTIONS

1. **Prep:** Before mixing up the ingredients, preheat the oven to 350 degrees F, and spray your baking dish with nonstick spray. I recommend using a 9×13-inch pan for this recipe, as it allows for even baking and easy frosting.
2. **Dry ingredients:** Mix flour, sugar, and cocoa powder in a large bowl. Give it a good whisk to ensure everything is evenly distributed.
3. **Chocolate batter:** Put the butter, cocoa powder, and soda in a saucepan. Put it over medium heat and bring it to a boil, stirring constantly. Once it starts to boil, pour it into the dry ingredients and mix well. Stir in the vanilla extract, buttermilk, and eggs and mix well.
4. **Bake:** Pour the cake batter into the prepared pan and bake for 30 minutes.

SERVES

16

TIME

50

MIN



DIRECTIONS CONTINUED

5. **Frosting:** Make the frosting as soon as the cake is done. Put the butter, cocoa powder, Coca-Cola, and vanilla in a medium saucepan. Heat it on medium heat, stirring constantly, until it boils. Take it off the heat and stir in the powdered sugar until the frosting is smooth. Pour the warm frosting over the warm cake right away.



BEVERAGES

Dirty Pumpkin Spice Latte

INGREDIENTS

**1 cup TAZO® PUMPKIN SPICE LATTE
CONCENTRATE**

½ cup Vanilla oat milk

¼ cup Espresso or 1 tbsp Instant coffee

DIRECTIONS

1. Heat the TAZO concentrate and add the espresso.
2. Froth milk and layer slowly into cup.
3. Garnish with whipped cream and nutmeg.

SERVES

1

TIME

5

MIN

TAZO®



TAZ

PUMPKIN SPICE
LATTE

FLAVOR WITH OTHER NATURAL
Fall for a warming
pumpkin pie spices

Blond with milk
and enjoy hot or cold

CAPPING LEVEL ● ● ● ● ●

12 FL OZ (1 QUART) 946 ml

BEVERAGES

Sippable S'mores

INGREDIENTS

Hazelnut Milk 16 oz

Bittersweet Chocolate 8 oz

TAZO® Tea Concentrate Classic Chai Latte
1:1 6 x 32 oz 8 oz

Marshmallow Topping 1 cup

Graham Crackers, crushed 0.25 cup

DIRECTIONS

1. Add Hazelnut Milk, Chocolate, and TAZO Tea Concentrate Classic Chai Latte to saucepan and over low heat melt chocolate. Do not boil.
2. When chocolate is melted, pour into 4 tea mugs.
3. Top each mug with $\frac{1}{4}$ cup of Marshmallow fluff (brulee with pastry torch if you have one handy).
4. Sprinkle 1 tbsp of crushed graham cracker over each.
5. Serve immediately.

SERVES

4

TIME

10

MIN

TAZO®



RECIPE CLUB



Independent
GROCERS ALLIANCE

— EST. 1926 —

COOKBOOK

