

Meals with Teal

Bonus 2025

Naughty but SO Nice!

Menu (Christy's favorite bread):

Pumpkin Bread

8 TBSP butter

1 ½ c sugar

2 eggs

1 2/3 c flour

¼ tsp baking powder

1 tsp baking soda

1 tsp cinnamon

1 ¾ tsp ginger

½ tsp cloves

½ tsp nutmeg

½ tsp salt

1 c canned pumpkin

¼ c apple cider or water (optional- do not use if using gluten free flour)

Mix dry ingredients. In a blender mix butter with sugar and add eggs. Slowly add dry ingredients alternating with the canned pumpkin and apple cider.

Prepare 9x9 bread pan with butter and pour in batter. Bake at 350 for 1 hour.

Video for the pumpkin bread (Ellie Teal doing video):

<https://www.youtube.com/watch?v=iZCCO0R2onE>

Ideas to use leftover canned pumpkin:

Pumpkin-doodle Cookies (they melt in your mouth!)

1 c butter

1 1/2 c sugar

1 egg

1/2 c canned pumpkin

2 tsp vanilla

1 tsp cream of tartar

1/2 tsp baking soda

2 2/3 c flour

1/2 tsp nutmeg

1/4 tsp cloves
1/2 tsp cinnamon
1/2 tsp ginger

Cinnamon sugar for the dough:

1/2 c sugar
1 TBSP cinnamon

Combine 1st 5 ingredients. Mix dry ingredients together and add to mixture. Cover and chill at least 1 hour. Roll balls in cinnamon sugar. Bake 350 for 10 min.

Pumpkin ice cream

½ gallon vanilla ice cream, softened
1 c canned pumpkin
½ c packed brown sugar
1 tsp ground ginger
½ tsp ground cinnamon
½ tsp ground nutmeg
1 TBSP orange juice

Optional: 2 TBSP bourbon

Mix all ingredients above and freeze in an air tight storage container.

If you want to make a pie, use a graham cracker crust, store bought or homemade:

1 ½ c graham cracker crumbs.
¼ c melted butter or margarine
3 TBSP white sugar.

Mix and press firmly into a prepared pie pan.

Menu (with Nick Teal):

Banana bread

Apple-cranberry crumble pie

Banana Bread:

1 ½ c flour
1 tsp baking soda
½ tsp salt

½ c white sugar
½ c brown sugar
2 eggs
3 ripe bananas
¼ c applesauce or plain Greek yogurt

Mix dry ingredients. Mix sugar, eggs, bananas and applesauce or yogurt and add dry ingredients.

Optional: add 1 cup chocolate chips or favorite nuts (or both).
Prepare bread pan and add mixture to it. Bake 350 for 45-60 min

Apple crumble pie (I often do this without the pie crust):

Pie Crust:

2 c flour
2 TBSP sugar
1 tsp salt
6 TBSP melted butter
2-3 TBSP water
1 tsp apple cider vinegar (optional)
Mix and pat into pie dish.

Filling:

6-8 c apples (I prefer granny smith)
1/2 c sugar
1/4 c flour
1/4 tsp cinnamon
1 TBSP lemon juice
Optional: 1 12 oz bag cranberries

Topping:

1/2 c unsalted melted butter
1 c flour
2/3 c brown sugar

Make crust and place filling. Spread topping over top and if desired sprinkle with 1 TBSP granulated sugar. Bake at 400 45-55 min until brown.

Video with Nick Teal:

<https://www.youtube.com/watch?v=-Z6PJBbLZ28>

Menu (with Diane- my friend and patient):

Applesauce cranberry bread (meal bonus #14)

1 1/2 cups applesauce
1 cup white sugar (or do half with brown sugar)
2 large eggs
3 tablespoons vegetable oil (or Greek yogurt)

2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground allspice or cloves
1/2 teaspoon salt

1 1/2 c cranberries

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.

In a large bowl, combine the applesauce, sugar, oil, eggs and milk; beat well. Sift in the flour, baking soda, baking powder, cinnamon, nutmeg, allspice and salt; stir until smooth. Mix in the cranberries. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of the loaf comes out clean.

Video with Diane:

<https://www.youtube.com/watch?v=CzPLCDcmR2Y>

Menu (with Victoria, surgical resident):

Peppermint Bark (meal # 5 bonus)

2 bags each of Ghiradelli dark chocolate and white chocolate melting wafers.

1 bag crushed candy canes (can get on Amazon) or crush 6-8 candy canes in a ziplock bag using a hammer.

Peppermint extract.

*Melt the dark chocolate on the stove or in the microwave. Add 3 tsp peppermint extract. Line a cookie sheet with aluminum foil. Spread chocolate mixture evenly. Cover and refrigerate overnight.

*Melt the white chocolate on the stove or in the microwave. Add 1 tsp peppermint extract. Quickly spread mixture over dark chocolate. Sprinkle crushed candy canes on top. Cover and refrigerate overnight.

*Break into pieces (I recommend using cooking gloves) and share with those who you love!

Video with Victoria:

<https://www.youtube.com/watch?v=DBRVrDEfzWc>

Menu (with Dr. Anita McSwain):

Dr. Teal's favorite brownies (meal #2 bonus)

Mix: 2c sugar
4 eggs

Melt: 1 c butter
4sq bitter chocolate

Add: 2 tsp vanilla
1c flour
1c nuts or chocolate chips (optional)

Butter 9x13 pan and add brownie mix. Bake at 350 for 25-30 min.
Serve with ice cream, whip cream, or alone!

Video with Dr. McSwain:

<https://www.youtube.com/watch?v=aRtivrcmdVk>

Menu (with Tugce and Rima):

Turkish Cookies – Sekerpare (meal # 10 bonus):

Ingredients

5 TBSP butter, softened

1 egg

¾ cup plus 2 TBSP flour

6 TBSP fine grained semolina or almond flour

1 teaspoon baking powder

5 TBSP powdered sugar

10 almonds

Glaze:

¾ c plus 1 TBSP granulated sugar

1 c water

1 TBSP lemon juice

*bring to a boil until thickened.

Mix dry ingredients. Using hands mix with butter and egg with dry ingredients. Roll into a tube and break into 10 parts. Flatten on a baking sheet and place an almond in the middle of each cookie. Bake at 350 for 9-11 minutes.

Video with Tugce and Rima:

<https://www.youtube.com/watch?v=gBeSdcKHVLk>

Menu (with Marina Marraco)

Lemon Cookies (meal #9 bonus):

Ingredients

1/2 cup butter, softened

1 cup granulated sugar

1/2 teaspoon vanilla extract

1 egg

1 tablespoon lemon zest

2 tablespoons fresh lemon juice

1/4 teaspoon salt

1/4 teaspoon baking powder
1/4 teaspoon baking soda
1 1/2 cups flour

Glaze:

1 c confectioners' sugar
1-2 TBSP lemon juice
Lemon zest (optional)

Mix soft ingredients in a blender. Mix dry ingredients and add to the blender. Put balls of dough on cookie sheet and flatten some. Bake at 350 for 9-11 minutes.

Once slightly cooled spread glaze on top and enjoy once cooled!

Video with Marina:

<https://www.youtube.com/watch?v=PvEE7Tu6CsI>

Menu (with Dr. Rachel Brem)

Apple or peach cake (meal #12 bonus):

2 cups raw, cubed apples (or peaches if in season)
1 egg
1 cup sugar
1/4 cup oil
1 tsp. cinnamon
1 cup flour
1 tsp. baking soda
1/4 tsp. salt
1 tsp. Vanilla

Combine apples and egg; stir. Add remaining ingredients.
Pour into greased 9x9 baking pan.
Bake at 350° for 40 – 45 minutes

Sprinkle with powdered sugar before serving.
Extra bonus: serve this warm with vanilla ice cream

Video with Dr. Brem:

<https://www.youtube.com/watch?v=Q8mq1bQYVdA>