

POULTRY SPICE, Thyme (dried herb), Garlic Granules, Bay Leaf

MUSHROOM-BARLEY SOUP



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POWDERED ROSEMARY

This is a hearty, 'earthy' soup that is full of herbal flavors. It is a perfect soup to serve on a chilly fall evening. The Poultry Spice gives the soup wonderful spiced sage flavors, and the Thyme and Garlic Granules are great complements for the mushrooms. Serve this soup with buttered, warm crusty bread, and you have a delicious, healthy meal that is a real winner!

Ingredients:

1/2 cup Pearl Barley (quick cooking)	2 tsp each: Poultry Spice, Thyme, Garlic Granules
1 lb assorted fresh, sliced (e.g., shiitake, cremini, button)	1 Bay Leaf
2 celery stalks, finely chopped	1 cup white wine (not sweet)
3 large shallots, minced	3 1/2 cups chicken stock (divided)
3 Tblspns olive oil	2 1/2 Tblspns flour
1 Tblspn butter	1/2 cup light sour cream
	1/2 tsp salt

Directions: Bring 1 1/2 cups of the stock & a Bay Leaf to a boil. Lower the heat and add the barley. Cover and let simmer for 20 minutes. Remove from the heat, discard the Bay Leaf and set aside. In a heavy, deep skillet, heat the oil and the butter. Saute the shallots in the heated oil/butter until they are soft (about 2 minutes). Add the mushrooms, celery, Poultry Spice, Thyme Garlic Granules, salt, and pepper to taste, and cook until the mushrooms start to soften (about 3 minutes). Sprinkle the flour over the vegetables and stir to incorporate. Turn the heat to medium and add the wine and cook for about a minute. Add the remaining 2 cups of stock to the pan and stir for about 20 minutes until the soup starts to thicken. Turn the heat to low and stir in the cooked barley and the sour cream, and then cook on low heat for another 5 minutes.

Pumpkin Pie Spice —True Cinnamon EASY PUMPKIN MUFFINS



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FEATURING
OUR PUMPKIN PIE SPICE

EASY PUMPKIN MUFFINS

For pumpkin lover's, there is really nothing better than a moist and delicious pumpkin muffin that has just the perfect pumpkin flavor (no nuts, no filling, and no sugary topping - just pumpkin). That is what you have with this recipe. It is an easy to prepare, simple & great muffin, loaded with pumpkin flavor - made even better with Pumpkin Pie Spice and True Cinnamon. So perfect and so simply good- these are hard to resist!

Ingredients

1 3/4 cup flour	1 1/2 tsp Pumpkin Pie Spice
1 cup white sugar	2 eggs
1/2 cup light brown sugar	1 (about 15 ounce can) pumpkin puree (recommend "Libby's")
1 tsp baking soda	1/2 cup canola oil
1/2 tsp salt	1 tsp vanilla extract
2 tsp True Cinnamon	

Directions : Preheat oven to 375 degrees. Spray (with non-stick cooking spray) muffin liners and 12 large muffin tin cups. In a large bowl, mix together flour, sugars, baking soda, salt, and spices. In a separate bowl, blend together pumpkin, eggs, oil, and vanilla. Pour the pumpkin mixture into the flour mixture and stir until blended (do not over mix). Fill each muffin cup with a large scoop of the mixture (fill each cup to the top with the batter). Bake the muffins for about 20 minutes or until a knife inserted into the middle of the muffin comes out clean. Cool the muffins on a wire rack.