GLENN ISSLER
MORTGAGE BROKER

VIP CLUB · FALL EDITION

Fall Favourites

Recipes shared by Glenn's clients and community

From my kitchen table to yours

This month, my VIP Club asked one question: what's your favourite fall dish to make?

So many of you answered that I wanted to share them back. These are your recipes, written exactly the way you sent them. Thank you for being part of this community.

— *Glenn*

SOUPS & STEWS

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FROM GLENN'S KITCHEN

24-Hour Neapolitan Pizza Dough



CHAPTER ONE

Soups & Stews

SOUPS & STEWS

Jill's tomato soup recipe

> *I start with this and then add lots more tomatoes and peppers, depending on my mood:*

IN A 9X13 DISH:

- 4-5 tomatoes
- Pack of multi coloured cherry tomatoes
- 1 Red pepper
- 1 red onion
- 1 shallot
- As many cloves of garlic that you want

- Salt/pepper
- Red pepper flakes
- Drizzle oil generously

METHOD

Bake 40 min at 400 degrees

When the veggies are tender, put them in a blender or use an immersion blender in a bowl.
Add chicken or veggie stock gradually to reach your desired consistency.
Add spices to taste; I use basil but oregano or italian spice are good options.

And that's it!

SOUPS & STEWS

Gordon's African Peanut Soup

INGREDIENTS:

- 2 Tbsp olive oil
- 2 medium onions, chopped
- 2 large red bell peppers, chopped
- 4 cloves garlic, minced
- 1 - 28 oz can crushed tomatoes with liquid
- 8 cups vegetable broth or stock
- ¼ tsp pepper
- ¼ tsp chilli powder (optional)
- 2/3 cup peanut butter
- ½ cup uncooked brown rice
- Peanuts, sour cream and parsley for serving

DIRECTIONS:

Sauté onions and peppers together in olive oil; add garlic and sauté for a few more minutes.

Add tomatoes, broth, pepper and chilli powder; simmer for approximately 30 minutes.

Add rice 1 hour before you are planning to eat.

Add peanut butter about 15 minutes before you want to eat.

Serve with peanuts, sour cream and parsley.

SOUPS & STEWS

Shelby's Creamy Zuppa Toscana

INGREDIENTS

- 1 pound Italian sausage (I used mild)
- 1 large onion, chopped
- 3 cloves garlic, minced
- 5 cups chicken broth
- 1 1/2 pounds Russet potatoes, cut in half lengthwise, then thinly sliced
- 8 oz. cream cheese, softened
- 1/2 cup milk
- 1/2 Tablespoon flour
- 3-4 cups chopped kale leaves, stems removed
- 1/2 teaspoon red pepper flakes (if you don't like too much spice, you can reduce this or leave it out)
- 1/2 teaspoon dried oregano
- salt and pepper to taste

INSTRUCTIONS

1. Brown and crumble Italian sausage with the onions and garlic in a large skillet. Cook until no longer pink, drain fat, and set aside.
2. In a large soup pot, bring chicken broth and potatoes to boil over high heat. Cook until potatoes are tender, about 15 minutes.
3. Reduce heat to medium and stir in the softened cream cheese. Stir and cook for about five minutes, until cheese is melted.
4. In a small bowl, mix together the milk and flour, then stir into the soup. Cook for a couple minutes more. Season the soup with salt, pepper, red pepper flakes, and oregano.
5. Stir in the cooked sausage/onions and chopped kale and cook for another 1-2 minutes. Serve and enjoy!

SOUPS & STEWS

Stephanie's Vegan Lasagna Soup

PREP TIME 12 minutes **COOK TIME** 18 minutes **TOTAL TIME** 30 minutes

INGREDIENTS

- ½ tbsp oil
- 1 small onion diced
- 4 garlic cloves minced
- 1 ½ tsp Italian seasoning
- 1 tsp onion powder
- ½ tsp paprika
- 1 ¼ tsp sea salt or less/more to taste
- Black pepper to taste
- ½ cup (105 g) dried red lentils
- 5 cups (1200 ml) low-sodium vegetable broth or water
- ½ cup (120 ml) dairy-free milk or cream
- ½ cup (120 ml) tomato sauce (passata)
- 1 tbsp tomato paste
- 6 (150 g) lasagna noodles broken into pieces (you can use gluten-free noodles)
- ¼ cup nutritional yeast
- ⅓ cup (80 g) cashew butter (see notes)
- 1 tbsp lemon juice
- Red pepper flakes (optional)
- Vegan ricotta or mozzarella to garnish (optional)
- Fresh herbs (e.g. parsley) to garnish

INSTRUCTIONS

1. You can watch the video in the post for visual instructions. In a sieve, rinse lentils under running water, set aside.
2. Chop the onion and mince the garlic.
3. Heat oil in a large pot and sauté the onion for about 3-4 minutes over medium heat. Add the garlic and sauté for a further one minute.
4. Add all spices (Italian seasoning, onion powder, paprika, sea salt, black pepper), the lentils, tomato sauce, tomato paste, cashew butter, and the vegetable broth. Stir with a whisk and bring to a boil.
5. Meanwhile, break the lasagna noodles into smaller pieces. Once the soup boils add the lasagna noodles and cook for about 9-10 minutes or until the noodles are al dente.
6. Finally, add the plant-based milk (or cream), the lemon juice, and nutritional yeast. Turn off the heat.
7. Taste and adjust the seasonings. Add more salt, pepper, Italian herbs as needed. You can also add red pepper flakes or hot sauce for a spicier soup!
8. Serve immediately and garnish with fresh herbs and vegan ricotta cheese. Enjoy!
9. The soup will thicken over time, as the noodles will absorb a lot of the liquid. Simply add more vegetable broth if you want to eat leftovers the next day. Store covered in the fridge for up to 4-5 days.

NOTES

Cashew butter: You can use any other nut butter of your choice (for example, almond butter).

Vegan sour cream is fine too!

Nutrition facts are for 1 of 4 servings (1/4 of the recipe)

SOUPS & STEWS

Connor's Duck Blind Chili

One-pot recipe

INGREDIENTS

Meat & Vegetables

- 1 lb (454 g) ground duck/beef/pork
- 5 strips bacon, chopped
- 1 brown onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced

Seasonings

- 2 tbsp brown sugar
- 3 tbsp chili powder
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp black pepper
- ½ tsp salt
- ½ tsp cayenne pepper

Liquids & Canned Ingredients

- 1 can beer (approximately 355 mL)
- 1 cup (250 mL) brewed coffee
- 1 can kidney beans, drained
- 1 can black beans, drained
- 1 can chili beans, undrained
- 1 can fire-roasted diced tomatoes, undrained
- 2 cans diced green chilies
- 1 can tomato paste
- 2 tbsp Worcestershire sauce

COOKING INSTRUCTIONS

1. Cook the bacon. In a large Dutch oven or heavy-bottomed pot over medium heat, cook the chopped bacon until crispy. Remove and set aside, leaving the grease in the pot.
2. Sauté the vegetables. Add the diced onion, red pepper, and green pepper to the bacon grease. Cook for approximately 3–4 minutes until softened.
3. Add the garlic. Stir in the minced garlic and cook for about 1 minute, being careful not to burn it.
4. Brown the main meat. Add the ground meat breaking it apart with a spoon. Mix in the brown sugar and all the dry seasonings. Cook until the duck is fully browned.
5. Add the remaining ingredients. Pour in the beer and brewed coffee. Add the kidney beans, black beans, chili beans, fire-roasted tomatoes, green chilies, tomato paste, and Worcestershire sauce. Stir thoroughly.
6. Return the bacon. Add the crispy bacon back into the chili, or reserve it to sprinkle on top when serving.
7. Simmer. Bring the chili to a boil, then reduce the heat to low. Simmer uncovered for 30–60 minutes, stirring occasionally. Longer simmering develops a richer flavour.
8. Serve. Taste and adjust the seasoning. Serve hot with your favourite toppings.

OPTIONAL TOPPINGS

- Shredded cheddar cheese
- Sour cream
- Fresh jalapeños
- Chopped cilantro
- Green onions
- Cornbread on the side

CHAPTER TWO

Mains

MAINS

Jennifer's Pulled Pork

TONI'S PULLED PORK

INGREDIENTS

- 4 lbs Boneless pork butt (remove strings and excess fat)
- 1 jar (250ml) apricot preserves
- 1 cup hot-style barbeque sauce
- ½ cup chopped sweet onion
- ½ cup chopped dried apricots

METHOD

Place pork butt in slow cooker. Mix the rest of the ingredients in a bowl and pour on top of pork butt.

Cook on low heat for 8-10 hours or on high heat for 4-5 hours.

Ladle off extra sauce (save for serving) then use 2 forks to gently shred the meat. Serve meat mixture on Kaiser Rolls or over rice.

MAINS

Frida's Mexican-Style Scrambled Eggs with Tomato & Chili

SERVINGS: 2 people

INGREDIENTS

- 6 eggs
- ½ onion
- 6 small tomatoes or 3 large tomatoes
- Chili peppers (birds eye green or red)
- Cooking oil
- Salt

INSTRUCTIONS

1. Chop the vegetables: Finely dice the onion and chop the chili peppers into small pieces.
2. Heat the oil: Add cooking oil to a frying pan and heat it over medium heat.
3. Cook the onion and chili: Add the diced onion and chopped chili peppers to the hot pan. Let them cook for a little while.
4. Add the tomatoes: Chop the tomatoes into small pieces and add them to the pan. Cook over medium heat until the tomatoes release their juices.
5. Beat the eggs: In a separate bowl, beat the 6 eggs with salt to your liking.
6. Add the eggs: Once the tomatoes have released their juices, pour the beaten eggs into the pan.
7. Cook the eggs: Stir and cook until the eggs are fully cooked to your liking.

Homemade Mexican Salsa

- 3 large, round tomatoes
- ¼ onion
- Chili peppers (birds eyes green or red)
- 4 sprigs of fresh cilantro, washed
- 1 garlic clove
- Salt

INSTRUCTIONS

1. Prepare the ingredients: Wash the cilantro and prepare the tomatoes, onion, chili peppers, and garlic.
2. Blend everything raw: Add all the ingredients to a blender, including salt to taste. Blend until you reach your desired consistency.
3. Boil the salsa: Pour the blended salsa into a pot and bring it to a boil.
4. Let it cook: Allow the salsa to boil briefly until heated through and cooked to your liking.

> *Once it's done I toss some tortillas on the pan and I make myself some tacos*



CHAPTER THREE

Something Sweet

SOMETHING SWEET

Deanna's Apple Crisp

INGREDIENTS

- 4 cups rough chopped apples
- 2 cups quick oats
- 1/2 cup butter (may use 1/2 butter 1/2 oil if you want less animal fat)
- 1 cup brown sugar

METHOD

Mix oats sugar and butter until crumbly
You can put a small amount of sugar on the apples if you want sweeter
And cinnamon if you like
Bakes at 350 f until apples bubbling and topping light brown, approx 30 minutes

CHAPTER FOUR

From Glenn's Kitchen

FROM GLENN'S KITCHEN

24-Hour Neapolitan Pizza Dough

Start the poolish the night before · About 15 minutes of mixing · Ready 2½–3 hours after mixing

01 Prepare the poolish

INGREDIENTS

- 400 ml water
- 400 g "00" flour
- 5 g yeast
- 5 g honey

Start this the night before

1. Mix the ingredients together.
2. Rest for 1 hour.
3. Refrigerate for up to 24 hours.

02 Make the final dough

INGREDIENTS

- 100 ml cold water
- 15 g salt
- 2 tsp olive oil, divided
- 310 g "00" flour

1. Pour the poolish into the mixing bowl.
2. On speed 1, add the flour one spoonful at a time, mixing well.
3. Add 1 tsp olive oil and the salt. Mix on speed 1 until everything is well integrated.
4. Speed up to 2. When you hear the KitchenAid working harder, start adding water, 1 tbsp at a time. Wait until the water is absorbed before adding another tbsp. Gradually increase the speed to halfway.
5. Speed up to ¾ and add the last bit of water. Allow about 15 minutes for the whole process.
6. Remove the dough from the mixing bowl.

> **TIP** The dough will detach itself from the bowl and stick to the hook when the gluten is strong.

FROM GLENN'S KITCHEN

24-Hour Neapolitan Pizza Dough, continued

03 Rest and shape

1. Oil your hands and use quick movements to form the dough into a big ball.
2. Add more oil on top of the ball and cover with plastic wrap.
3. Rest for 1 hour.
4. Cut into smaller balls, about 250–280 g each.
5. Make tight, smooth balls and place them in a sealed container for 1.5–2 hours.
6. Your dough is ready to use.

04 Make the sauce

INGREDIENTS

- 1 can (28 oz) San Marzano tomatoes
- Olive oil
- Salt

1. Open the can, add olive oil and salt.
2. Use an immersion blender to lightly blend, then taste.
3. Add more salt to your liking.

05 Making the pizza

Use a small amount of semolina flour on your prep surface, and on your pizza peel if you're using a pizza oven.

1. Take a ball and flatten it with the palm of your hand, working from the centre outward. Push all the air out of the dough and shape into 10–12 inch pizzas.
2. Place on the pizza peel and add your sauce and toppings.

PRO TIP Avoid overloading the pizza. Excess moisture can make the centre soggy.

06 Bake

DEDICATED PIZZA OVEN

1. Preheat to about 400–450°C (750–840°F).
2. Launch the pizza onto the hot cooking surface.
3. Bake for about 60–120 seconds, turning as needed, until the crust is puffed and spotted and the base is cooked.

HOME OVEN

Preheat a pizza steel or stone at the oven's highest setting for 45–60 minutes. Baking will take longer, depending on your oven.

MY FAVES Prosciutto and fresh mozzarella (torn into small pieces). After baking, add arugula and a hot honey topping.

Enjoy, and let me know how your pizza turns out! — Glenn

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