

Cub

IN THIS ISSUE:

9 PLAYS
TO TACKLE MEALTIME

SCHOOL-SAFE SNACKS
EVERYONE CAN LOVE

5 DOABLE DINNERS
FOR WHEN IT'S GO TIME



PROUD SPONSOR
OF GOPHER ATHLETICS

MILK & CEREAL
REMIX

Spoiler alert:
it's not just
for breakfast

BRING ON FALL

BUILD YOUR BEST-EVER BREAKFAST SANDWICH
LIKE THIS SPICY EGG & SAUSAGE STUNNER

SNACKS, PUMPKIN, FOOTBALL,
WE'RE HERE FOR IT ALL!



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Fall 2024

Glad You're Here

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IT'S GO TIME!

AS MINNESOTANS, we share a drive to squeeze as much fun, flavor, and magic from each season as possible—yes, even winter—because we know all too well how fleeting four seasons can be. But fall, in all her maroon and gold glory, hits especially hard. There are apple orchards and pumpkin patches to visit, hometown football teams to root for, and 10,000 reasons to return to the kitchen.

It's that go-all-in mentality that drives us to raise funds—more than a million dollars to date—every fall to support M Health Fairview Masonic Children's Hospital in partnership with the Minnesota Gophers. And we're back at it this year. Huddle up with us to support the kids beginning in early September by making a \$1, \$3, or \$5 donation at checkout. Every dollar stays local and makes a difference.

The cross section of fall, football, and return to routine comes with a unique set of opportunities (comfort food! fall flavors! slow-cooker everything!) and challenges (practices, lessons, and homework) so we made it our mission to develop a playbook full of clever strategies

that make it easy to get dinner on the table when you're short on time, inspiration, or both. Get all 9 Plays to Tackle Mealtime starting on page 21.

For those cool and cozy autumnal mornings when time is on your side, we dig into how to create coffeehouse vibes at home (page 30). Yes, for all the PSL superfans, we broke down how to perfect a DIY pumpkin spice latte. But we went in other directions, too, so there's something for everyone. We're also sharing the key to perfect breakfast sandwiches. Spoiler alert: it's all about the eggs.

To round out the issue, and hit on everything dear to our Minnesotan hearts, we included five more of our signature doable dinners (plus our first-ever doable dessert!), non-boring snack ideas, and how to eat cereal for breakfast, lunch and dinner.

From cover to cover, we've got more than 75 ideas on how to "go fall in." Are you ready? Let's go. Bring on fall!

Your friends at Cub



21

52

facebook.com/cub pinterest.com/cubfoods Instagram.com/mycubfoods

myCub my way.

Operation School Supplies

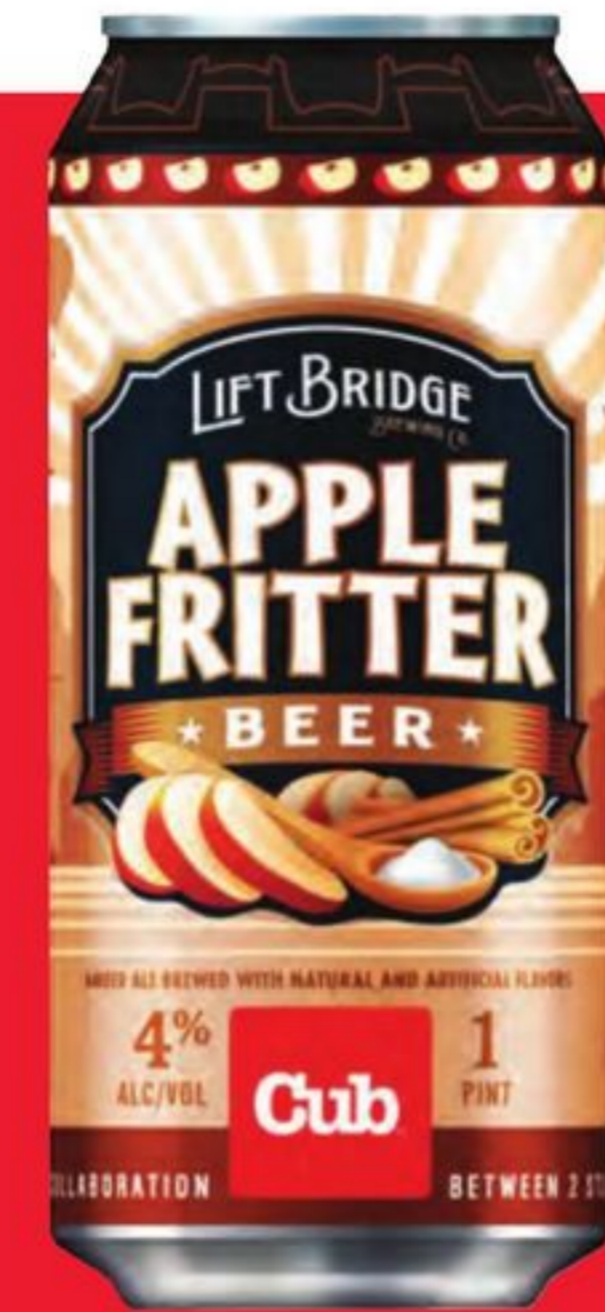
► **LAST YEAR, CUB SHOPPERS DONATED 8,142 SCHOOL SUPPLIES THROUGH OPERATION SCHOOL SUPPLIES.** This year, we're back at it helping students in our communities get ready to go back to class. Join us by purchasing essential school supplies for \$6, or a filled backpack for \$12 and bringing to the drop-off station at the front of the store. It's that easy! We're partnering with the Kids in Need Foundation to distribute to local schools. Every backpack helps create a brighter future for students. *Thank you for your generosity.*



Go Gophers
Cub's 20+ year sponsorship of Gopher Athletics has allowed us to donate more than a million dollars to support the M Health Fairview Masonic Children's Hospital! Huddle up with us this fall to cheer for the Gophers and raise money for families in our communities. Ski-U-Mah™!

Adopt an Acre

Did you know that 1 in 3 bites of food is made possible by pollinators? Supporting local farms is an important part of sustaining and advancing our communities. Cub has partnered with Honeybear Brands and their Adopt an Acre program in an effort to support healthy orchards. This program creates pollinator habitats near local apple orchards that supply the very apples you'll find in our stores. These habitats are an integral part of the apple tree pollination process, allowing bees to cross-pollinate and further the health of the orchards. We're proud to invest in this project and value the ongoing partnership we have with our local growers!



CUB'S NEWEST BREW: Apple Fritter Beer

It's not officially fall until you've sunk your teeth into an apple fritter from Cub. The fresh apples, the cinnamon, the perfectly light glaze, what's not to love? Now there's another way to get your apple fritter fix. We've partnered with Lift Bridge Brewing Co. to create an Apple Fritter Beer. Enjoy the taste and aroma of fresh-made Cub Apple Fritters in a crisp Golden Ale. At 4% ABV, we're packing it for tailgating and fall bonfires. Look for it on shelves starting in September.



Prepare for Takeoff

We offer travel vaccines, medications, and travel health services to keep you and your family protected. Schedule a consultation on cub.com/pharmacy 4-6 weeks prior to your trip so you can travel with peace of mind.



Free Flu Shots

We offer both a standard dose vaccine and a high-dose vaccine for ages 65+. All the flu vaccines we offer provide protection against the three most common strains of influenza.



Save on Pet Meds

Get up to 50% off in three easy steps. Just call Cub Pharmacy, provide your pet and vet info, and a Cub Pharmacist will call your vet to transfer your pet's prescriptions.



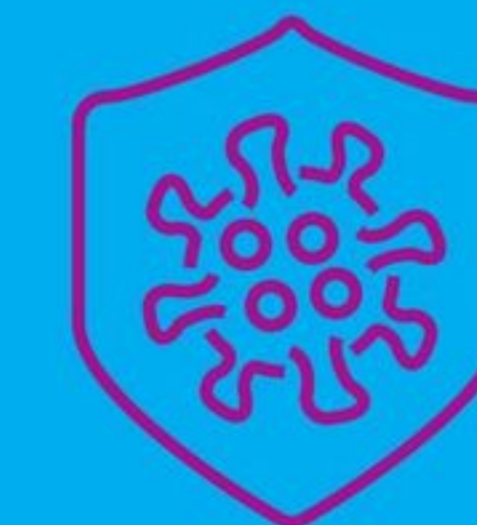
Shots, Shots, Shots!

In addition to flu and COVID-19, we offer 20+ immunizations—from Shingrix (shingles prevention) and RSV to tetanus and hepatitis B.



Same-Day Delivery

Cub pharmacies offer delivery services for prescription and over-the-counter medications. You can have your prescriptions delivered weekdays between 1-5 p.m.



Stay Ahead and get the NEW COVID vaccine
COVID-19 peaks during the winter driven by new variants and decreasing immunity from previous infections and vaccinations. Protect yourself from serious illness by staying up to date with vaccinations. Schedule an appointment at cub.com/pharmacy.



Medicine Cabinet Must-Haves

- Throat lozenges
- Ibuprofen
- Acetaminophen
- Cough syrup
- Nasal saline
- Neti pot
- Tissues
- Alcohol/disinfectant wipes



Strep Throat and Flu Testing

Patients ages 5+ can take advantage of our onsite testing at select Cub Pharmacies. Walk-ins are welcome and if the test is positive, a Cub pharmacist will fill a prescription.



Pharmacy

your trusted place to keep your family safe



MINNESOTA VOLLEYBALL

2024 SCHEDULE

AUG 24	IOWA STATE (EXHIBITION)
SEP 1	STANFORD (Milwaukee)
SEP 2	TEXAS (Milwaukee) Women's Volleyball Showcase
SEP 6	BAYLOR
SEP 7	TCU (WACO) BIG TEN/BIG 12 Challenge
SEP 10	ST. THOMAS
SEP 12	TBD
SEP 13	AUBURN Diet Coke Classic
SEP 19	GREEN BAY
SEP 20	NORTH DAKOTA (GREEN BAY)
SEP 21	CHICAGO STATE (GREEN BAY)

BIG

SEP 25	WISCONSIN
SEP 28	PURDUE
OCT 4	UCLA
OCT 5	USC
OCT 11	INDIANA
OCT 12	MARYLAND
OCT 18	RUTGERS
OCT 20	PENN STATE
OCT 23	NORTHWESTERN
OCT 27	OHIO STATE
NOV 1	MICHIGAN STATE
NOV 3	MICHIGAN
NOV 7	WASHINGTON
NOV 9	OREGON
NOV 14	NEBRASKA
NOV 17	MICHIGAN
NOV 20	WISCONSIN
NOV 23	IOWA
NOV 27	ILLINOIS
NOV 29	OHIO STATE

HOME AWAY

2024 GOPHER SOCCER

SCHEDULE






AUG. 7 IOWA STATE 6:00 PM AMES, IA	SEPT. 8 BROWN 1:00 PM ELR	OCT. 4 NORTHWESTERN 7:00 PM ELR
AUG. 10 S. DAKOTA 5:00 PM ELR	SEPT. 12 ILLINOIS 7:00 PM CHAMPAIGN, IL	OCT. 10 OHIO STATE TBA COLUMBUS, OH
AUG. 15 CREIGHTON 7:00 PM ELR	SEPT. 15 NDSU 1:00 PM ELR	OCT. 13 PENN STATE TBA STATE COLLEGE, PA
AUG. 25 ST. THOMAS 1:00 PM ST. PAUL, MN	SEPT. 19 MICHIGAN 7:00 PM ELR	OCT. 17 MARYLAND 7:00 PM ELR
AUG. 29 MILWAUKEE 7:00 PM MILWAUKEE, WI	SEPT. 22 WISCONSIN 1:00 PM MADISON, WI	OCT. 20 INDIANA 1:00 PM ELR
SEPT. 1 MARQUETTE 1:00 PM MILWAUKEE, WI	SEPT. 26 USC TBA LOS ANGELES, CA	OCT. 27 IOWA 1:00 PM ELR
SEPT. 5 ARMY 7:00 PM ELR	SEPT. 29 UCLA TBA LOS ANGELES, CA	HOME AWAY



2024

MINNESOTA FOOTBALL SCHEDULE

 THU 8.29 VS. NORTH CAROLINA	 SAT 9.7 VS. RHODE ISLAND	 SAT 9.14 VS. NEVADA	 SAT 9.21 VS. IOWA
 SAT 9.28 AT MICHIGAN	 SAT 10.5 VS. USC	 SAT 10.12 AT UCLA	 SAT 10.26 VS. MARYLAND
 SAT 11.2 AT ILLINOIS	 SAT 11.9 AT RUTGERS	 SAT 11.23 VS. PENN STATE	 SAT 11.30 AT WISCONSIN

ROW THE BOAT

HOME AWAY

Quick Bites



Pass the Pringles

INSPIRE A SCRIMMAGE AT THE SNACK TABLE WITH THESE SWEET-MEETS-SALTY BITES. All dressed up in their game-day garb, these Pringles are sure to score big with everyone at your next tailgate gathering. To assemble, microwave ½ cup chocolate melts in 15 second increments, stirring in between, until melted. Then dip Pringles original chips into the melted chocolate. After the chips have dried on a baking sheet lined with wax paper, pipe the laces on each football with white icing.



HOSTING HACK

A Cut Above the Rest

Any way you slice it, Cub Chocolate Ganache Cake is impressive. With three layers of deliciously spongy chocolate cake, whipped chocolate frosting hiding inside, and irresistible chocolate ganache covering the outside, it's a triple dose of chocolate even before we add the best part: those showstopping dark chocolate shavings. It's perfect for celebrating everything from birthdays to anniversaries—not to mention casual Tuesdays that need a pick-me-up. Just know, when word gets out there's Cub cake, everyone will want some. Here's how to cut smarter, not smaller.

HOW TO

There's really no *wrong* way to cut a cake. But if you're looking to serve as many people as possible, this is the move. It guarantees a perfect frosting-to-cake ratio and won't topple over the way slices do when cut into traditional wedges.



1 Using a bread knife, cut a 1-inch slice across the entire cake.



2 Angle a plate or cutting board close to the piece to "catch" it, then cut into pieces.



3 Cut each large slice into half, thirds, or fourths, depending on how many people you'd like to serve, then repeat with remaining cake.



Apple Nachos

Follow our three-in-one recipe, or add your own riffs. Anything goes when it comes to apple nachos!

Prep Time: 25 minutes
Serves: 6

INGREDIENTS:

- 5 apples, cored and sliced
- ¼ cup almond butter
- 2 tbsp mini chocolate chips
- ½ tsp cinnamon
- 2 tbsp chocolate chips
- ¼ cup caramel sauce
- 2 tbsp sprinkles
- 2 tbsp mini marshmallows
- 2 tbsp caramel chips
- ½ cup popcorn
- 2 tbsp chopped pecans

DIRECTIONS:

- 1** Arrange apples on a platter or baking sheet. In a microwave-safe bowl, heat the almond butter 15 seconds, stir, then drizzle over the top third of the apples, followed quickly by the mini chocolate chips, then cinnamon.
- 2** For the middle section, heat the regular chocolate chips in another bowl 15–30 seconds or until melted, stir, then drizzle over the next section of apples. Top with caramel sauce, mini marshmallows, and your favorite sprinkles.
- 3** Finish the last section following the same method as the first two, using caramel chips, popcorn, pecans and a sprinkle of salt.

RECIPE REMIX

Nacho Average Apples

When life gives you apples, make nachos! That's not quite how the saying goes, but around here, a good apple isn't hard to find. In fact, the University of Minnesota has introduced 28 varieties of apples in the past 115 years, including the Haralson, Zestar!, Sweet Tango, First Kiss, and of course, the biggest hit of all, Honeycrisp. At Cub, we work with local growers to bring you the freshest picks and widest variety, plus every apple is backed with our Fresh Produce Promise: Love it or we'll replace it and refund your money.

INSTANT UPGRADE

Pan Sauce 101

When meat, poultry, or fish meet a sizzling hot skillet and create fond, aka, crusty bits, you're already well on your way to a pan sauce. Those browned bits are hiding an incredible amount of flavor, and all you need to do to unleash their full deliciousness is deglaze using whatever liquid you like. Broth, vinegar, beer, wine, and cider are all solid options. Adding aromatics like garlic or herbs takes things a step further in terms of yum, and tossing in a nob of butter at the end makes for a glossy finish. Follow our steps and add your own riffs. As long as you're not using a nonstick pan, there's almost no wrong way to make a pan sauce.



1 Heat 2 tablespoons vegetable oil in a stainless-steel pan over high heat. Cook pork chops to your liking, turning occasionally.



2 Pour fat from skillet. Add 1 tablespoon butter, 1 tablespoon minced shallot, and 1 teaspoon chopped thyme; cook, stirring until softened, about 1 minute.



3 Stir in 1/3 cup apple cider and bring to a boil. Lower heat to medium and simmer until liquid is slightly reduced, about 4 minutes.



4 Whisk in 1/2 teaspoon apple cider vinegar and 3 tablespoons butter.



5 Remove from heat, season to taste, and stir in 1 teaspoon minced parsley.



6 Plate chops and spoon sauce on top to serve.



Wholestone Farms is a family of 200 farmers from across the Midwest producing high-quality pork provisions. Through a unique partnership with Cub butchers, pork is cut and packaged in store for the freshest product possible.

CHOP TALK

Pork chops are our go-to pick for comfort food season. They're easy to prepare, quick to cook, and lend themselves to killer pan sauce.

THE CUTS

Whatever you're planning, find the right chop at Cub. If you don't see it, ask and we'll cut it for you!



Rib Chop
Also called Ribeye Chops. These have mild flavor and are tender with little fat, so they grill hot and fast. They're available in both thick and thin cuts.



Centercut Loin Chop
Also known as the pork T-bone, they're cut thick and include both the loin and tenderloin which gives two tastes and textures in one chop.



Boneless Loin Chop
Also called America's Chop, New York Chop, or Center-Cut Chops. It's the pork equivalent of a strip steak.



FUN WITH FOOD

Halloween No-Brainer

Between school pickup and trick-or-treating plans, there's hardly time to think, let alone squeeze in a meal. Unless you have a Lotzza Motzza frozen pizza stashed in the freezer, that is! In that case, you're just minutes away from a gooey-gory skull of yum. After cooking your 'za, carve out two football-shaped slices on either side to form a skull shape. Then, create the skeleton's facial features using two rows of mozzarella pearls for the mouth, two black olives for the nose, and stacked pepperoni and olives for the eyes. Then all that's left to do is serve up your creepy, cheesy masterpiece to the sound of delighted screams!

All Treats, No Tricks!

Try the newest additions to the Brew Pub family.

Brew Pub Pizza Bowls:

Dippable, scoopable, and ideal for those nights when all you need is a single serving of pizza. Try Sausage and Pepperoni or Supreme.



Brew Pub MVPs:

These may be the rookies on your game day snack roster, but we're confident they'll prove themselves as true winners. Try all four brand-new flavors: Philly Cheesesteak, Smoked BBQ Chicken, Six Meat, and Jalapeño Popper.





Macaroni and Lots of Cheese

There are about as many ways to make macaroni and cheese as there are packages of Crystal Farms cheese inside a cooler case at Cub. But only one rule applies to all: When in doubt, add more cheese.



Cavatappi with Monterey Jack, Cheddar, Broccoli, Bacon and Breadcrumbs

What You'll Need

1. Pick a Pasta

In a large pot, cook 1 pound of pasta until al dente, 2-3 minutes less than label directions; drain. Meanwhile, heat oven to 450°F.



2. Get Saucy

Heat 5 cups milk in a saucepan. In a separate saucepan, melt 5 tablespoons butter over medium heat. Whisk in 6 tablespoons flour and cook, stirring, about 1 minute (do not let flour brown). Slowly whisk in hot milk, then bring to a simmer and cook 5 minutes. Season with salt, pepper and a dash of nutmeg; pour into a large bowl.

3. Make it Grate

Add the hot cooked pasta to the bowl with the sauce and mix in 1 pound grated cheese (about 4 cups) in any combination until melted.



4. Add In Some Extras

Mix in 2 cups in any combination. From proteins to vegetables (this is a brilliant way to sneak in more of those!) anything goes.

- | | | |
|--------------------|-----------------------------|-----------------------------|
| rotisserie chicken | frozen peas, thawed | butternut squash cubes |
| cooked sausage | frozen spinach, thawed | cooked zucchini |
| crumbled bacon | roasted red peppers, sliced | sautéed mushrooms |
| diced ham | broccoli, blanched | sautéed artichokes, chopped |

5. Top It All Off

The easiest way to elevate your mac and cheese to mind-blowingly delicious status is with a crunchy topping. Trust us on this one!

- | | | |
|---|--|---|
| <p>Cracker Crumbs Topping
Mix 4 tablespoons melted butter, 1 cup panko, 1 cup roughly crushed crackers, and 1/3 cup grated Parmesan in a small bowl until combined. Sprinkle over pasta before baking.</p> | <p>Herbed Panko Topping
Mix 2 tablespoons melted butter, 1 cup Panko breadcrumbs and 1 tablespoon fresh thyme leaves in a small bowl until combined. Sprinkle over pasta before baking.</p> | <p>Breadcrumb Topping
Melt 2 tablespoons butter in a skillet over medium heat. Add 1/2 cup dry breadcrumbs; cook and stir until coated and browned. Spread over pasta and sprinkle with paprika before baking.</p> |
|---|--|---|

6. Into the Oven

Spread the pasta in a buttered 3- to-4-quart baking dish, top as directed and bake, uncovered, until browned, about 15 minutes.

Consider Cabbage

Often overlooked or relegated to slaws, it's time to move the entire brassica family to a front-row seat at your dinner table.

7 Kinds of Cabbage to Know

Cabbages are members of the brassica family, a group of cruciferous vegetables that also includes broccoli, cauliflower, turnips, and more. Get familiar with the most common varieties to make the most of your cabbage dishes:



Green Cabbage

With a mild yet slightly peppery flavor and crisp texture, this iconic cabbage is a staple ingredient in coleslaw, sauerkraut, and stir-fries. Remember to discard the outer wrapper leaves before using.



Red Cabbage

Less tender than other varieties thanks to a longer maturing process, red (also known as purple) cabbage is an excellent source of crunch and color for many dishes.



Savoy Cabbage

Known for its ruffled leaves and delicate flavor, this cabbage holds up well to sautéing, braising, and roasting. Thanks to a short cook time, it's a great choice for weeknight meals.



Bok Choy

Sweeter and more tender than denser varieties, this leafy cabbage is popular in Asian dishes. Give it a try in a stir-fry or soup or enjoy it raw in a salad or wrap.



Napa Cabbage

A versatile style thanks to its milder flavor, this variety has an oblong shape with a sweet taste. Most commonly used in Kimchi, it's also a great addition to salads thanks to its crunchy (but not too crunchy!) leaves.



Brussels Sprouts

With the right technique, these cruciferous cuties are undeniably delicious. Their nutty flavor and tender-yet-crisp texture sing when roasted, steamed, or sautéed.



Tuscan Kale

Also known as dinosaur kale, Italian kale, and black kale, this leafy green has a deep and earthy flavor that lends itself well to salads, stir-fries, soups, and more.



Curly Kale

Bright, peppery, and a little bitter, this variety can be enjoyed raw or cooked. Add it to smoothies and salads or get creative and make your own kale chips with its sturdy leaves.

HOW TO

STORE CABBAGE

→ **Buy Only the Best**
Ensuring produce longevity starts at the grocery store, choose a cabbage that is heavy relative to its size and firm to the touch. Leaves should be firmly attached to the head and you should avoid any signs of wilting, bruising, or discoloration.

→ **The Whole Head**
When stored correctly, a whole head of cabbage can last up to two months. You may be inclined to wash your cabbage before storing it—don't! This step introduces additional moisture that will reduce its lifespan. Instead, store your unrinsed head of cabbage in a plastic bag in the crisper drawer of your refrigerator.

→ **Cut Cabbage**
If storing a partial head of cabbage, you can keep it fresh for up to three days in the fridge. Keep it in a plastic bag, an airtight container, or wrap it in plastic wrap.



love it or we'll replace it and refund your money!



In Season | Cabbage

Charred Cabbage Wedges with Herbed Sour Cream

Prep Time: 10 Minutes | Cook Time: 35 Minutes
Serves: 6

INGREDIENTS

- ½ cup sour cream
- 1 tbsp cider vinegar
- 3 tbsp chopped herbs, such as parsley, dill, or thyme
- ½ tsp sugar
- ¼ tsp pepper
- ½ head medium green cabbage, cut in six wedges
- ½ head medium red cabbage, cut in six wedges
- ½ medium yellow onion, cut into six wedges
- 4 tbsp butter, melted
- ¼ tsp salt
- ¼ cup chopped, toasted walnuts

DIRECTIONS

- 1 In a medium bowl, mix sour cream, vinegar, herbs, sugar, and pepper. Cover and refrigerate.
- 2 Heat oven to 450°F. Coat large, rimmed sheet pan with cooking spray. Add cabbage and onion wedges; brush with butter and sprinkle with salt.
- 3 Roast 35–40 minutes, until red cabbage wedges are tender. Drizzle with sour cream mixture and sprinkle with walnuts. Serve with additional herbs if desired.

Make-Ahead Maple Soy Brussels Sprouts with Gruyere

Prep Time: 20 Minutes | Cook Time: 25 Minutes
Serves: 4

INGREDIENTS

- 1½ lb (5 cups) Brussels sprouts, quartered
- ½ cup water
- ¼ cup maple syrup
- 3 tbsp soy sauce
- ½ tsp red pepper flakes, optional
- 2 tsp butter
- ¼ tsp salt
- ¼ cup shredded gruyere

DIRECTIONS

- 1 Place Brussels sprouts and water in large microwavable bowl, cover with plastic wrap and tent to allow some air to escape. Microwave on High 7–9 minutes, or until tender when pierced with a paring knife. Thoroughly drain; cover and refrigerate up to 2 days.
- 2 In 1-quart saucepan, heat maple syrup, soy sauce, and red pepper flakes until boiling. Reduce heat and simmer 5–7 minutes, until thickened and reduced by half.
- 3 In 12-inch nonstick skillet, melt butter over medium-high heat. Add Brussels sprouts and salt; cook, stirring occasionally, 5–7 minutes, or until heated through and browned on edges. Drizzle with maple syrup mixture. Sprinkle with cheese.



9 PLAYS TO TACKLE MEALTIME

Fast, fumble-free, and sure to score major points with your home team, this collection of dinnertime strategies proves once again that the best defense is a good offense.

OUR NO. 1 PLAY IS SERVING SNACKS FOR DINNER

PLAY NO.
1

Serve Snacks for Dinner

When you've only got 20 minutes on the clock, this is the play. Prep is uber fast, everyone is happy, and plates are totally optional.



Taquitos FTW

These can be made in the microwave, oven, or air fryer in minutes, plus they have 12 grams of protein per serving.



Mini Pepper Cream Cheese Snackers

Cut, slather, sprinkle, and it's game time. We used about 1 tablespoon cream cheese and ½ teaspoon everything bagel seasoning per half pepper.



Elote Tortilla Pizza

These come together faster than you can say Kraft Classic Caesar Dressing, which just so happens to be the secret ingredient. *See page 29 for recipe.*

PLAY NO.

Cook Once, Eat Three Times

Three pounds of beef chuck roast, 15 minutes of effort, and your trusty slow cooker team up to carry you over the line with a hearty base for nearly a week's worth of dinners.

BASE RECIPE

Slow-Cooker Mississippi Pot Roast

Prep Time: 15 Minutes
Cook Time: 6 Hours 15 Minutes
Serves: 12

INGREDIENTS:

- 1 boneless beef chuck roast (at least 2.5 lbs), trimmed
- ¼ tsp salt
- ¼ tsp pepper
- 2 tbsp flour
- ½ cup water
- 4 tbsp melted butter
- 1 packet (1 oz) Hidden Valley Ranch Seasoning
- 1 packet (1 oz) au jus gravy mix
- ½ cup sliced pepperoncini peppers

DIRECTIONS:

- 1 Coat 5- to 6-quart slow cooker with cooking spray. Season roast with salt and pepper and sprinkle all over with flour.
- 2 In 12-inch skillet, heat oil over medium-high. Add roast; cook 5 minutes per side, until brown.
- 3 In medium bowl, combine water, butter, ranch mix and au jus; mix with fork.
- 4 Place roast in slow cooker; pour butter mixture over top. Add pepperoncini. Cover and cook on low heat setting 6–8 hours until beef is tender. Discard any pieces of fat and shred the roast to serve.



Packed with zesty herbs and spices for big, bright flavor, only Hidden Valley Ranch Seasoning can deliver this level of pure ranch deliciousness.

SEE RECIPES ON PAGE 29



MEAL 1: BEEF AND CORN ENCHILADAS

MEAL 2: CHICAGO-STYLE ITALIAN BEEF SANDWICHES

MEAL 3: EASY BEEFY CHILI

PLAY NO. 3

Raid the Pantry

It's no secret that the pantry is where all the meal-time MVPs hang out. Straight out of the can or used as ingredients, these hardworking staples aren't just the most valuable players of breakfast, lunch, and dinner, they're a great value, too. Win-win.



BUMBLEBEE TUNA

The go-to plays:
Tuna melts, tuna noodle casserole, niçoise salad

The trick play:
Udon Noodle Salad with Tuna and Veggies

FIRE ROASTED DICED TOMATOES

The go-to plays:
Marinara sauce, shakshuka, chili

The trick play:
Shrimp Creole



SKIPPY PEANUT BUTTER

The go-to plays:
PB&J (duh!), peanut butter cookies, peanut noodle salad

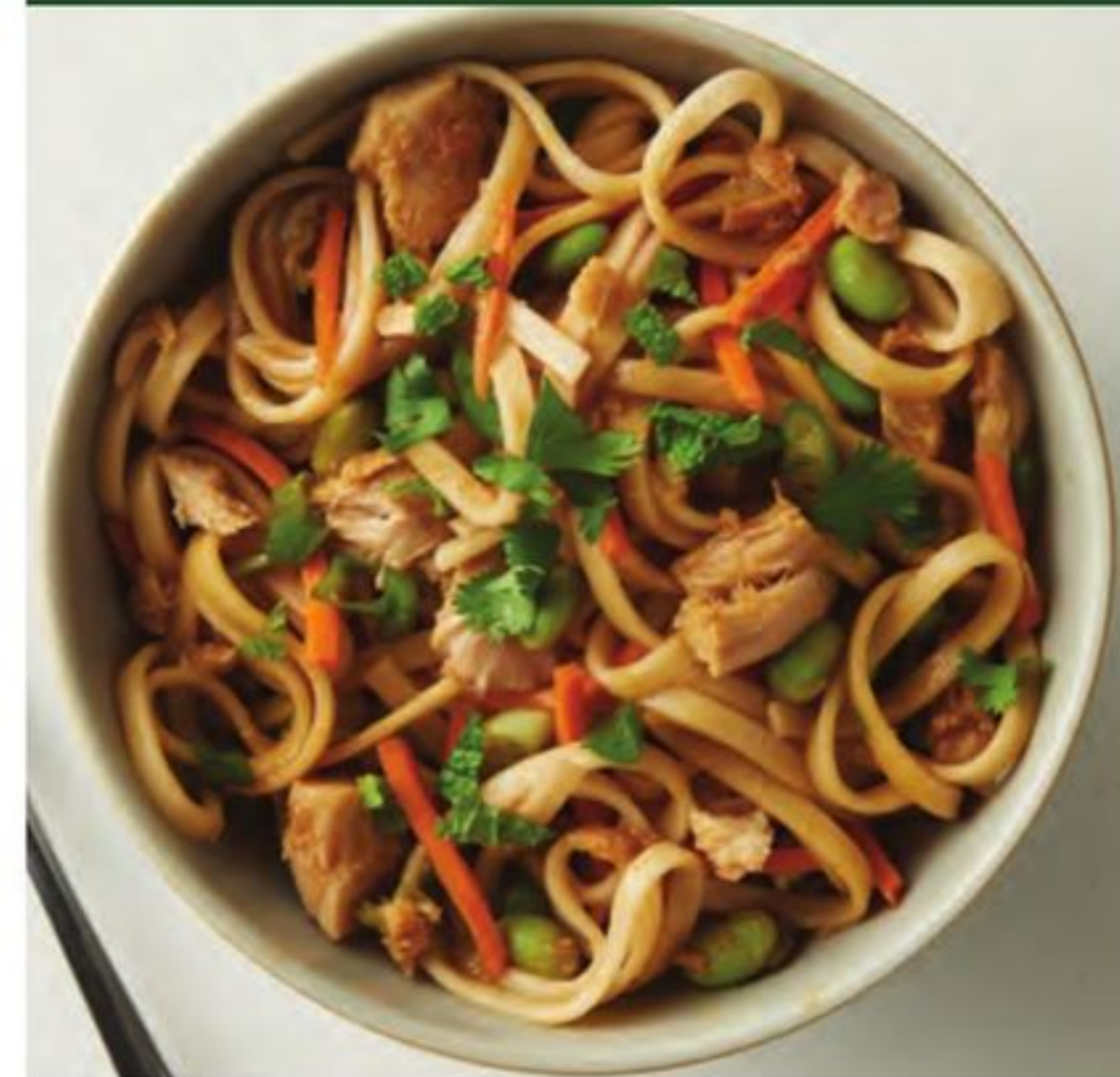
The trick play:
African Peanut Soup



SPAM

The go-to plays:
Spam fried rice, Spam musubi, Spam and eggs

The trick play:
Spam Melt Sliders



Think of this as tuna casserole 2.0. It's a fresh take on the classic noodle bake that leans on pantry and freezer staples for a simple dish that tastes even better the next day for lunch.

Udon Noodle Salad with Tuna and Veggies

Prep Time: 10 Minutes
Cook Time: 15 Minutes
Serves: 4

- INGREDIENTS:**
- 10 oz udon noodles
 - 1 cup frozen shelled edamame
 - ½ cup soy sauce
 - ¼ cup rice vinegar
 - 2 tbsp packed brown sugar
 - 1 tsp ground ginger
 - 1 tsp garlic powder
 - ½ tsp salt
 - 2 cans (5 oz each) Bumblebee Tuna in oil, undrained
 - 1 cup matchstick carrots
 - ½ cup thinly sliced green onions

- DIRECTIONS:**
- 1 Bring 2 quarts of water to a boil in a 4-quart saucepan. Add udon noodles and return to a boil; cook 8 minutes. Add edamame; cook 5-7 minutes longer, until noodles are tender. Drain and rinse well under cold water. Drain thoroughly.
 - 2 Meanwhile, in large bowl, combine soy sauce, vinegar, brown sugar, ginger, garlic powder, and salt. Stir in tuna, carrots, and green onions. Add noodles and edamame; toss to coat. Top with mint and cilantro to serve.



By far the least fussy dish from New Orleans, shrimp Creole is fast, flavorful, and full of Big Easy flair. That means its weeknight approved. Cheers to the easy wins. *Laissez-les bons temps rouler!*

Shrimp Creole

Prep Time: 15 Minutes
Cook Time: 20 Minutes
Serves: 4

- INGREDIENTS:**
- 4 tbsp butter
 - 1 cup chopped yellow onion
 - 1 medium green bell pepper, chopped (1 cup)
 - 1 stalk celery, finely chopped (½ cup)
 - ½ tsp Creole seasoning
 - ¼ tsp cayenne pepper, optional
 - 1 can (14.5 oz) Wild Harvest fire-roasted diced tomatoes, undrained
 - 1 lb uncooked large shrimp (16-20 per lb), thawed
 - 4 cups cooked white rice
 - 2 tbsp parsley, chopped

- DIRECTIONS:**
- 1 In a 12-inch skillet, melt butter over medium heat. Cook onion, bell pepper, celery, Creole seasoning, and cayenne in butter 13-15 minutes, stirring occasionally, until vegetables are tender.
 - 2 Stir in tomatoes and bring to a simmer over medium heat.
 - 3 Add shrimp. Bring to a boil; reduce heat to medium. Cover and cook 4-6 minutes, stirring occasionally, until shrimp are pink and firm. Serve shrimp mixture over rice. Top with parsley.



Just when you thought you couldn't love peanut butter more, there's this. Come for the nutty flavor, stay for the ginger, garlic, and chile notes that make the whole thing sing.

African Peanut Soup

Prep Time: 15 Minutes
Cook Time: 30 Minutes
Serves: 4

- INGREDIENTS:**
- 2 tbsp olive oil
 - 1 cup chopped onion
 - 1 tbsp minced ginger
 - 1 jalapeño, seeds and ribs removed, chopped
 - 4 cloves garlic, minced
 - ½ tsp pepper
 - 2 tsp cumin
 - 2 tbsp tomato paste
 - 4 cups vegetable stock
 - 1 sweet potato, peeled and diced
 - 1 can (15 oz) chickpeas, drained
 - 1 cup Skippy Super Chunk Peanut Butter
 - 4 cups chopped kale
 - 1 tsp salt
- Chopped Planters Dry Roasted peanuts
Cilantro, chopped

- DIRECTIONS:**
- 1 In large saucepan over medium, heat oil. Add onions. Sauté 3-4 minutes, or until softened. Add ginger, jalapeño, and garlic. Cook 1 minute or until fragrant. Add pepper, cumin, and tomato paste. Cook 1-2 minutes until combined.
 - 2 Add crushed tomatoes, stock, sweet potatoes, chickpeas, and peanut butter. Bring to boil. Lower heat. Simmer 15-20 minutes, or until sweet potatoes are tender. Stir in kale, then salt.
 - 3 Serve garnished with chopped peanuts and cilantro.



When seared, slices of Spam crisp up and make a worthy swap for bacon. Pair with volcanic aioli, pile on a sweet roll, and you've got a sammy so uniquely delicious even skeptics can't resist.

Spam Melt Sliders

Prep Time: 15 Minutes
Cook Time: 5 Minutes
Serves: 4

- INGREDIENTS:**
- 1 can (12 oz) Spam Classic, cut into 9 slices
 - 1 pkg (12 oz) Hawaiian sweet rolls, split and lightly toasted
 - 1 medium yellow onion, thinly sliced and caramelized
 - 2 Roma tomatoes, cut into 12 slices
 - 1 cup finely shredded lettuce
 - ½ cup thinly sliced snow peas
 - ½ cup of mayonnaise
 - 1½ tbsp Sriracha
 - ¼ tsp garlic chili paste
 - ⅛ tsp sesame oil

- DIRECTIONS:**
- 1 For the volcanic aioli combine ½ cup mayonnaise, 1½ tablespoons Sriracha, ¼ teaspoon garlic chili paste, and ⅛ teaspoon sesame oil. Set aside.
 - 2 For the sliders, cut each slice of Spam in half and cook in a skillet until browned on both sides.
 - 3 To finish, drizzle a little volcanic aioli on the bottom half of each roll and place a few caramelized onions over the sauce. Add 1½ slices of Spam, a slice of tomato, butter lettuce, and snow peas. Drizzle with more volcanic aioli and cover with the tops of rolls.

PLAY NO.
4

Set It and Forget It

Any meal that cooks itself is an automatic win. Of course, this Tuscan Chicken Stew will need a little assist by way of chopping, can-opening, and dumping. But that's an easy price to pay for something this comforting.

Looking to up your greens? Stir in a few handfuls of fresh baby spinach at the end of cooking.

Slow-Cooker Tuscan Chicken Stew

Prep Time: 15 Minutes
Cook Time: 5 Hours
Serves: 6

Your slow cooker will start out super full without much liquid, but don't worry. By the time it's done cooking, all those hearty beans, chicken thighs, and veggies will have simmered in the juicy, fire-roasted tomatoes and cooked down to a rich, delicious, stick-to-your-ribs stew.

INGREDIENTS:

- ¼ cup olive oil
- ½ tsp salt
- ½ tsp Italian seasoning
- ¼ tsp red pepper flakes, optional
- 1 onion, thinly sliced (1½ cups)
- 1 red bell pepper, sliced (1 cup)
- 2 cans (15 oz each) cannellini beans, rinsed and drained
- 1¼ lbs boneless, skinless chicken thighs
- 2 cans (14.5 oz each) fire-roasted diced tomatoes, drained
- ½ cup thinly sliced basil

DIRECTIONS:

- 1 Coat 5- to 6-quart slow cooker with cooking spray. In large bowl, mix olive oil, salt, Italian seasoning, and red pepper flakes. Add onion and bell pepper; toss to coat. Transfer to slow cooker and spread in even layer; reserve oil mixture in bowl. Top vegetables with beans.
- 2 Add chicken thighs to bowl with oil mixture; turn to coat. Place on top of beans in slow cooker. Evenly top chicken with tomatoes.
- 3 Cover; cook on low heat setting 5-7 hours, or until chicken is cooked through (at least 165°F in center). Remove chicken; pull or shred. Return to slow cooker; stir to combine. Top with basil to serve.



PLAY NO.

5

Iterate

Winning ideas are worth repeating. The trick—in football and at dinnertime—is to keep your plays fresh by changing up a few components here and there. Applied to pasta, it's a strategy that keeps everyone coming back for more. Ask us how we know.



START WITH A WINNER

For all recipes, cook 20 ounces (2 packages) of ravioli according to package directions, reserving pasta water to use as needed.



Ravioli All'Amatriciana

In a large skillet, cook 6 ounces chopped pancetta over medium until crisp. Drain all but 1 tablespoon fat. Add a pinch of red pepper flakes and 15-ounce container Rana marinara. Bring to a simmer and cook 5 minutes. Add ravioli and ½ cup grated Parmigiano Reggiano to skillet; toss to coat. Top with basil.



Ravioli with Butternut Squash, Pecans, and Sausage

In a large skillet, heat ¼ cup olive oil. Add 4 cloves crushed garlic, 2 cups diced butternut squash, and 2 sprigs rosemary; toss over medium-high, 5 minutes. Move to a bowl. Repeat with ¼ cup olive oil, 2 sprigs rosemary, and 1 pound Italian sausage, cooking until crispy. Add back the squash, season and stir in ravioli. Top with toasted pecans.



Ravioli with Pesto, Chicken, and Green Beans

Add 2 cups green beans cut into 2-inch pieces to ravioli during the last 2 minutes of cooking; reserve ½ cup pasta water. In a large bowl combine 1 cup Rana pesto with 3 tablespoons pasta water. Add ravioli, green beans, and 3 cups shredded chicken; toss gently. Top with grated Parmigiano Reggiano.



Ravioli with Zucchini and Mint

In a large skillet, heat ¼ cup olive oil. Add 2 medium zucchini cut into coins and sauté until tender, 5 minutes. Add 2 cloves minced garlic; cook 30 seconds. Add ravioli, ½ cup olive oil, 1 cup grated pecorino romano, and ¼ cup chopped mint. Gently toss. Season with salt and pepper.



Ravioli with Pancetta, Asparagus, and Breadcrumbs

In a large skillet, cook 8 ounces chopped pancetta in ¼ cup olive oil over medium heat until crisp, 3-5 minutes. Add 1 pound asparagus, cut into 2-inch pieces. Cook until tender crisp, 3-4 minutes. Add ravioli and 1 cup chicken stock; cook until slightly thickened. Stir in 2 cups shredded pecorino romano; season with salt and pepper. Toss to coat, garnish with toasted breadcrumbs.

PLAY
NO.

6

Crush It

Take down boring chicken tenders by upping their crunch and flavor factor. That means crushing, pounding, or otherwise crumbling your favorite chips and crackers into yummy, yummy coatings. (It's a doubly smart play after a stressful day.)

Air Fryer Chicken Strips

Prep Time: 10 Minutes | Cook Time: 10 Minutes | Serves: 4

INGREDIENTS:

- 1 large egg
- 3 cups crushed chips or crackers
- 1 pound chicken tenderloins
- Kosher salt
- Olive oil spray

DIRECTIONS:

- 1 Beat egg in a shallow dish. Put coating in another shallow dish. Season chicken with salt and pepper. Dip in egg, shake off excess, then press in the coating. Spray both sides generously with oil.
- 2 Heat air fryer to 400°F. In batches, cook 5–6 minutes on each side until the chicken is cooked through and crispy and golden on the outside.



Club Minis
Parmesan Garlic



Cheez-It
Hot & Spicy



Pringles
Pizza Flavor



Toasted
Rosemary
and Olive Oil



Town House Pita
Mediterranean
Herb



PLAY NO.
7

Toss It On and Toss It In

From Instant Pots and slow cookers to air fryers and toaster ovens, there are plenty of food-prep power players. But the hardest-working tool for turning out a meal all-in-one is undoubtedly the humble sheet pan. Case in point: this 30-minute wonder.

Maple Chili Pork and Sweet Potato Sheet Pan Dinner

Prep Time: 15 Minutes
Cook Time: 30 Minutes
Serves: 4

INGREDIENTS:

- 3 tbsp olive oil
- ½ tsp salt
- ½ tsp smoked paprika
- 2 medium (or 1 large) sweet potatoes, cut into ¾-inch planks (1¼ lbs)
- 1 lb pork tenderloin
- ¼ cup maple syrup
- 1 tbsp chili garlic sauce
- 1 tbsp apple cider vinegar
- 1 bag (12 oz) fresh green beans
- 2 tbsp chopped flat-leaf parsley

DIRECTIONS:

- 1 Heat oven to 425°F. Coat large, rimmed sheet pan with cooking spray. In large bowl mix olive oil, salt, and smoked paprika.
- 2 Lightly score sweet potatoes halfway through in one direction, then again in opposite direction to form grid-shaped marks. Brush all sides with olive oil mixture; reserve mixture in bowl for pork. Place on pan scored-side down.
- 3 Add pork to bowl and turn to coat. Place on pan with sweet potatoes. Roast 23–27 minutes or until pork is cooked to desired doneness (at least 140°F) and sweet potatoes are fork-tender.
- 4 Meanwhile, in small bowl, mix maple syrup, chili paste, and apple cider vinegar. Flip pork and sweet potatoes. Add green beans to pan and toss them in pan juices. Drizzle beans, potatoes, and pork with the maple syrup mixture. Roast 5–7 minutes longer, or until beans are tender.
- 5 Slice pork and return to pan; divide among 4 plates. Top with parsley.

Chile garlic sauce packs tons of complex flavors in a tiny amount of sauce, but if you don't have any in your pantry, you can substitute 1 chopped garlic clove and ¼ teaspoon red pepper flakes.

PLAY NO.

Take a Shortcut

Like a Hail Mary pass—but with guaranteed success—these heat-and-serve meals are game-changers. One minute you're panicked you'll lose, then you remember your freezer is stocked with easy wins, and 15–30 minutes later you're singing "We Are the Champions."

BERTOLLI CHICKEN FLORENTINE & FARFALLE

Never underestimate what you can pull off with one skillet, 10 minutes, and an assist from Bertolli. We raise our forks to authentic Italian recipes ready in minutes.

GARDEIN PLANT-BASED MEATBALLS

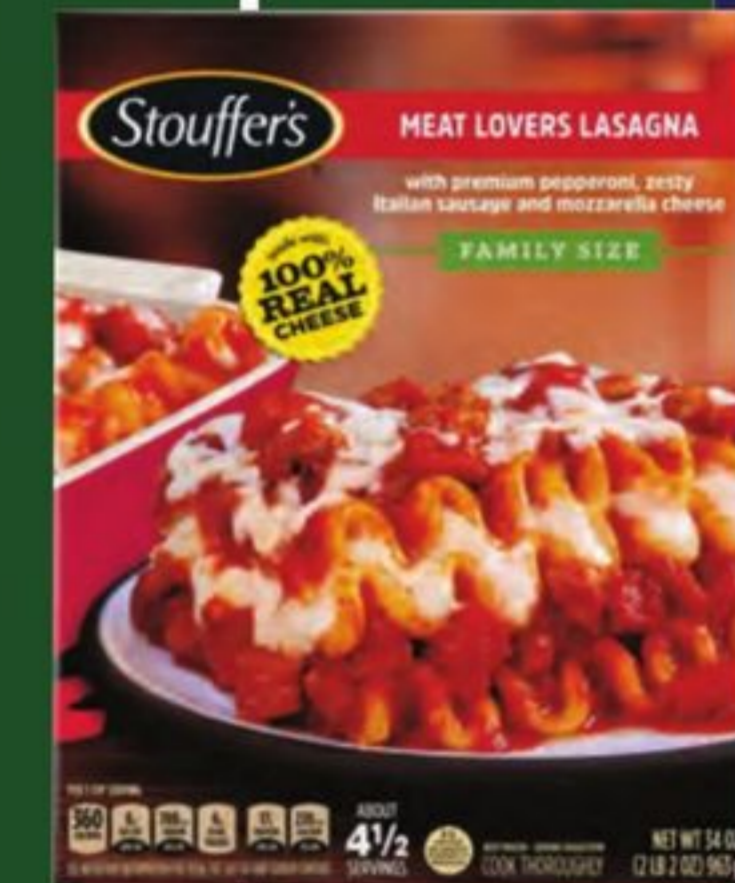
Certified vegan, kosher, and dairy free = a meatless Monday triple play. Toss into your favorite jarred sauce and mamma mia, you've got dinner on the double.

STOUFFER'S FAMILY SIZE LASAGNA

America's No. 1 selling brand of frozen lasagna needs no introduction. Just a reminder that there's no greater insurance against mealtime mutiny than having one (or four) of these in the freezer.

STOUFFER'S MELT-FULLS

Made with real cheese and thick-cut Italian bread, both flavors (Grilled Chicken Parmesan and Double Cheddar Steak) come hot and crispy. Microwave for softer bread or air fry for max crunch.



JACK'S PULL-APART PIZZA STICKS

It's everything you love about pizza tucked neatly into sticks. Dippers, rejoice! These are for you. Now the most Minnesotan question of all: Will you be dipping them into ranch or marinara?

DIGIORNO CHEESE STUFFED PIZZA

Two and a half feet of cheese stuffed into the crust. Need we say more? Of course, if that's not your style, there's classic crust, hand-tossed, thin, or rising crust. In short: You've got options.

BIRDS EYE VOILA! GARLIC CHICKEN

Grab a skillet and let's sizzle. This one-pan wonder is ready in under 20 minutes. Leave it to Birds Eye Voila!'s restaurant-inspired flavors to get everyone to the table with smiles on their faces.

P.F. CHANG'S MONGOLIAN STYLE BEEF

When your favorite restaurant sells your favorite dishes in the frozen aisle at Cub (thus saving you both time and money on busy nights) it feels like finding a delicious loop hole in the system.

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P.F. CHANG'S and P.F. CHANG'S HOME MENU are registered trademarks owned by P.F. Chang's China Bistro, Inc. and are used under license.

RECIPE RECAP

Elote Tortilla Pizza

Prep Time: 10 Minutes
Cook Time: 20 Minutes
Serves: 4



INGREDIENTS:

- 1 cup shredded cooked chicken
- 1 cup frozen corn, thawed
- 2 tbsp fresh lime juice
- 6 tbsp Kraft Classic Caesar Dressing, divided
- 4 flour tortillas (8 inch)
- 1 cup Kraft shredded Pepper Jack Cheese
- ¼ cup cilantro

DIRECTIONS:

- 1 Heat oven to 475°F. In a medium bowl stir together lime juice and 2 tablespoons dressing. Add chicken and corn; mix lightly.
- 2 Place tortillas in single layer on parchment-covered baking sheet; spread with remaining 4 tablespoons dressing. Flip and top with chicken mixture and cheese.
- 3 Bake 10 minutes or until cheese is melted, and edges of tortillas are crisp and lightly browned. Top with cilantro to serve.

Beef and Corn Enchiladas

Prep Time: 15 Minutes
Cook Time: 40 Minutes
Serves: 4



INGREDIENTS:

- ¼ cups shredded beef, heated, drained
- 1 cup Birds Eye frozen sweet corn, thawed
- 1 can (4.5 oz) chopped green chiles, drained
- 1 pouch (8 oz) Frontera red chile enchilada sauce
- 1 cup shredded Colby Jack cheese (4 oz)
- ¼ cup sliced green onions
- 4 flour tortillas (7- to 8-inch)
- Cilantro, chopped

DIRECTIONS:

- 1 Heat oven to 350°F. Coat bottom and sides of 8-inch square (2-quart) baking dish with cooking spray. Spread ¼ cup enchilada sauce in bottom of dish.
- 2 In large bowl, mix beef, corn, green chiles, ½ cup enchilada sauce, ½ cup cheese, and green onions until evenly combined.
- 3 Spoon scant ¾ cup beef mixture down center of each tortilla. Roll up tortillas; arrange, seam sides down in baking dish.
- 4 Pour remaining enchilada sauce on top of enchiladas and sprinkle with remaining cheese. Coat sheet of foil with cooking spray;

cover dish with foil, sprayed side down.

5 Bake 30 minutes. Remove foil; bake 10–15 minutes longer, or until cheese is melted and lightly browned. Garnish with chopped cilantro. Serve with sour cream, salsa, guacamole, and pickled jalapeños, if desired.

Easy Beefy Chili

Prep Time: 15 Minutes
Cook Time: 15 Minutes
Serves: 4



INGREDIENTS:

- 2 tbsp vegetable oil
- 1 cup chopped yellow onion
- 1 red bell pepper chopped (1 cup)
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp garlic powder
- ½ tsp salt
- 1 can (14.5 oz) fire-roasted diced tomatoes, undrained
- 1 can (15 oz) kidney beans, rinsed and drained
- 1½ cups shredded beef

DIRECTIONS:

- 1 In 3-quart saucepan, heat oil over medium. Add onion, bell pepper, chili powder, cumin, coriander, garlic powder and salt; cook 7–9 minutes, or until vegetables are tender.
- 2 Stir in tomatoes, beans, and beef; bring to a simmer. Cook 5 minutes to combine flavors.

Chicago-Style Italian Beef Sandwiches

Prep Time: 10 Minutes
Cook Time: 5 Minutes
Serves: 4



INGREDIENTS:

- 4 hoagie buns, split
- 4 slices provolone cheese, halved
- 1 cup shredded beef, heated
- ½ cup chopped giardiniera, drained
- ¼ cup hot banana pepper rings, drained

DIRECTIONS:

- 1 Heat oven to 350°F. Line sheet pan with foil or parchment paper.
- 2 Place split hoagie buns on prepared pan; press slightly to open. Top each bun with 1 slice cheese (2 halves). Top each with ¼ cup beef, 2 tablespoons giardiniera, and 1 tablespoon pepper rings. Toast 4–6 minutes, until cheese is melted and toppings are hot.

PLAY NO. 9

Wing It

With a full roster of outstanding flavors, Cub chicken wings are a last-minute dinner winner. Choose between traditional or boneless, and picking them up hot or cold. Then it's down, set, dinner!

PICK YOUR PLAYERS

Traditional

- Barbecue
- Buffalo
- Garlic Parmesan
- Salt and Vinegar
- Teriyaki

Boneless

- Barbecue
- Buffalo
- Crispy Ranch
- Garlic Parmesan
- General Tso's

Flavors and availability vary by store.

Fall Coffee Specials

BRING THE COFFEEHOUSE HOME

The freshest cup in town is the one you craft yourself. Pair with a sweet treat or a piping-hot breakfast sandwich for the full coffee shop experience at half the price.



Salted Maple Coffee

Brew 1 cup of Starbucks Maple Pecan Flavored Coffee. Combine coffee, 1 tablespoon maple syrup, 1 tablespoon almond milk, 1 tablespoon coconut oil, and a pinch of sea salt in a blender. Blend on high speed for 15–30 seconds, until frothy. Pour directly into cup and top with a pinch of cinnamon.



Brown Sugar Cinnamon Cold Brew with Oatmilk Ice

To make oatmilk ice cubes, combine 16 ounces oatmilk, ¼ cup brown sugar, and 1 teaspoon cinnamon. Stir until sugar dissolves. Pour into ice cube trays and freeze. Prepare Starbucks Brown Sugar Cinnamon Flavored Cold Brew Concentrate per directions. Fill glass with ice to half-inch below the rim and top with cold brew. Add oatmilk to taste.



Baked Cinnamon Apple Pie Coffee

In a coffee maker brew basket, combine 2 tablespoons Starbucks Cinnamon Dolce Flavored Ground Coffee and half a packet of spiced apple cider mix. Brew as usual. Pour hot coffee into a mug. Add 2 teaspoons sugar and ¼ cup almond milk. Stir until sugar is dissolved. Top with whipped cream and a drizzle of caramel sauce. For K-Cup pods, brew coffee directly into mug containing the cider mix.



Pumpkin Spice Latte

Heat and froth 1 cup milk. Brew 1 ounce Starbucks Espresso Roast in an espresso machine or stovetop moka pot, or brew a Starbucks by Nespresso Espresso Roast capsule in a Nespresso machine. Add 3 tablespoons homemade pumpkin spice syrup to a mug, followed by hot espresso; stir. Fill mug with heated frothed milk until ¾ full, then top with ½ cup whipped cream, and sprinkle with pumpkin pie spice.



Pumpkin Spice Cold Foam

Prepare Starbucks Cold Brew Pumpkin Spice Flavored Concentrate per directions. Meanwhile, combine 4 ounces 2% milk and 2 tablespoons homemade pumpkin spice syrup and froth. Gently pour on top of the iced coffee.

PERSONALIZE YOUR BEVERAGE

Pumpkin Spice Syrup

Combine 1½ cups sugar and 1½ cups water in saucepan and bring to a simmer. Once sugar is dissolved, add 6 cinnamon sticks, 1 teaspoon ground cloves, 1 teaspoon ginger, 2 teaspoons nutmeg and 4 tablespoons pumpkin purée; simmer for 20 minutes. Remove from heat and immediately strain through cheesecloth. Makes enough syrup for 8 beverages. Keeps up to 7 days in the fridge.

HOUSE-SPECIAL Sandwiches

Find these recipes on the next page.



Canadian Bacon, Egg, and Cheese



Spicy Egg and Sausage



Ham, Egg, and Swiss Croissant



Double Maple and Bacon

CUB SIGNATURE

Chunky Cinnamon Bread

From the mesmerizing cinnamon swirls and crunchy sugar on top, to the warm, hug-like vibes it delivers when toasted and slathered with butter, there are loads of reasons this Cub staple has amassed a cult-like following and deserves a spot in your morning routine.



Pecan Pumpkin Pie Toast

To make, mix 1 ounce cream cheese and 3 tablespoons canned pumpkin. Slather on the cinnamon bread, drizzle with maple syrup, and garnish with toasted, chopped pecans.

RELIABLY DELICIOUS Cub Donuts

Fried fresh daily and available in every shape and variety you can think of, Cub donuts will never let you down.



Chocolate Glazed Raised



Glazed Croissant



Apple Fritter



Cinnamon Sugar Twist



Glazed Raised



Old Fashioned

For a limited time only



BUILD YOUR

Best-Ever Breakfast Sandwich

There are two non-negotiables: Start with the very best protein (that would be Hormel) and build it on the freshest bread (ahem, Cub bakery). All other riffs, twists, and add-ons are welcome.



Double Maple and Bacon Breakfast Sandwich

- 2 slices Hormel Black Label Maple Bacon
- 1 patty Hormel Mild Spice Pork Sausage
- 1 egg, cooked to your liking
- 2 slices Cub chunky cinnamon bread
- ¼ cup honey pecan cream cheese
- 1 slice cheddar cheese
- 1 tbsp maple syrup

• Upgrade Your Egg

Fried eggs can be spurdy and scrambled eggs aren't cohesive, but this method is just right, delivering creamy, cheesy egg in every bite.



Breakfast Sandwich Cheesy Egg

INGREDIENTS

- 1 egg
- 2 tbsp cottage cheese
- Salt and pepper
- ½ tbsp butter
- 1 slice yellow American cheese

DIRECTIONS:

1 Whisk 1 large egg, 2 tablespoons cottage cheese, and a pinch each salt and pepper until combined. 2 Heat a large nonstick skillet over medium heat. Once hot, add ½ tablespoon butter and cook until sizzling. Pour in the egg mixture and quickly rotate the pan so the egg covers the bottom in a thin layer. It will start to set immediately. 3 Add a slice of cheese and when the egg is set, fold all the sides into the center so that the cheese is all wrapped up in a tidy little square.



Canadian Bacon, Egg, and Cheese

- 2 slices Hormel Canadian Bacon
- 1 tbsp maple syrup
- 1 brioche bun
- 1 egg, cooked to your liking
- 1 slice Cheddar cheese
- 2 slices avocado
- 2 tbsp mayo



Spicy Egg and Sausage

- 1 patty Hormel Mild Spice Pork Sausage
- 1 egg, cooked to your liking
- 1 Cub everything bagel
- 2 tbsp harissa paste
- 1 oz feta, thinly sliced
- 2 tbsp sliced drained Calabrian peppers
- ½ cup cilantro leaves



Ham, Egg, and Swiss Croissant

- 3 slices Hormel Applewood Smoked Ham
- 1 slice Swiss cheese
- 1 Cub croissant
- 1 egg, cooked to your liking
- 2 tbsp honey
- 2 tbsp mayo
- 2 tbsp Dijon mustard

• The Meat of the Matter

Having a global branded food company in our own backyard means we can carry flavorful, convenient, best-in-class Hormel products that you can trust.



ALWAYS TENDER MILD SPICE PORK SAUSAGE

Best for: pairing with a sturdy bread and something sweet like maple syrup, or a spicy element like sriracha mayo. Or be wild and do sweet AND spicy.

BLACK LABEL PECANWOOD THICK CUT BACON

Best for: taking your sandwich to the next level. Pecanwood smoke is naturally complex and delicate, delivering that little something extra with every bite.

BLACK LABEL CANADIAN BACON

Best for: when you're in a hurry. Canadian bacon comes fully cooked, so there's no frying, baking, or extra cleanup required.

• All Kinds of Eggs

Shopping at Cub means you have an incredible number of egg options.

Cage-Free: from hens that are free to walk around the hen house.

Free-Range: same as cage-free, but hens have access to an outdoor area.

Organic: from hens that are fed only certified organic feed.

Pasture Raised: hens are free to roam and forage for food. The USDA does not recognize this label as no standards are established.

Brown: Shell color doesn't relate to nutrition, quality or flavor. Hens with white earlobes lay white eggs, while hens with red earlobes lay brown eggs.

CHOP TO IT

IT'S NOT OFTEN THAT MAKING YOUR MEAL IS AS SATISFYING AS EATING IT, but that is 110% the case with these TikTok-inspired chopped salad sandwiches. Load up on Kretschmar meats from the Cub deli, grab your biggest cutting board and your favorite knife, and let's go!

THE RIGHT TOOL FOR THE JOB

The best way to ensure you're not leaving any flavor on the cutting board is to use a bench scraper. It neatly scoops up your chopped-up creation and effortlessly transfers it to your bread of choice.



Premium Deli Meats

Since 1883

For nearly 150 years, Kretschmar premium deli meats and cheeses have been crafted for quality. From uniquely smoked ham to hand-trimmed fine cuts of beef and poultry, their off-the-bone deli meats come from the leanest, most tender cuts.



Chopped Italian Sub

Prep Time: 15 Minutes | Cook Time: 0 Minutes | Serves: 1

INGREDIENTS:

- ½ cup shredded iceberg lettuce
- 2 slices provolone cheese
- 2 slices Kretschmar off-the-bone honey ham
- 3 slices Kretschmar pepperoni
- 2 slices Kretschmar salami
- 2 slices tomato
- ¼ cup red onion, thinly sliced
- 1 tbsp banana peppers
- 1 tbsp mayonnaise
- 2 tsp olive oil
- 2 tsp red wine vinegar
- ¼ tsp Italian seasoning
- 1 hoagie roll

DIRECTIONS:

- 1 Place the shredded lettuce, provolone slices, ham, pepperoni, salami, tomato slices, red onion, and banana peppers onto a large cutting board.
- 2 Chop up all the ingredients into bite-sized pieces.
- 3 Add mayonnaise, olive oil, red wine vinegar, Italian seasoning, salt, and pepper to the top of the chopped mixture.
- 4 Chop and mix until the ingredients are well combined. Scoop into hoagie roll.



KNOW YOUR ROLL

A quick stroll through your Cub's bakery section will reveal a plethora of fresh, delectable breads and rolls. Here's a quick guide to the five best suited for chopped sandwiches.

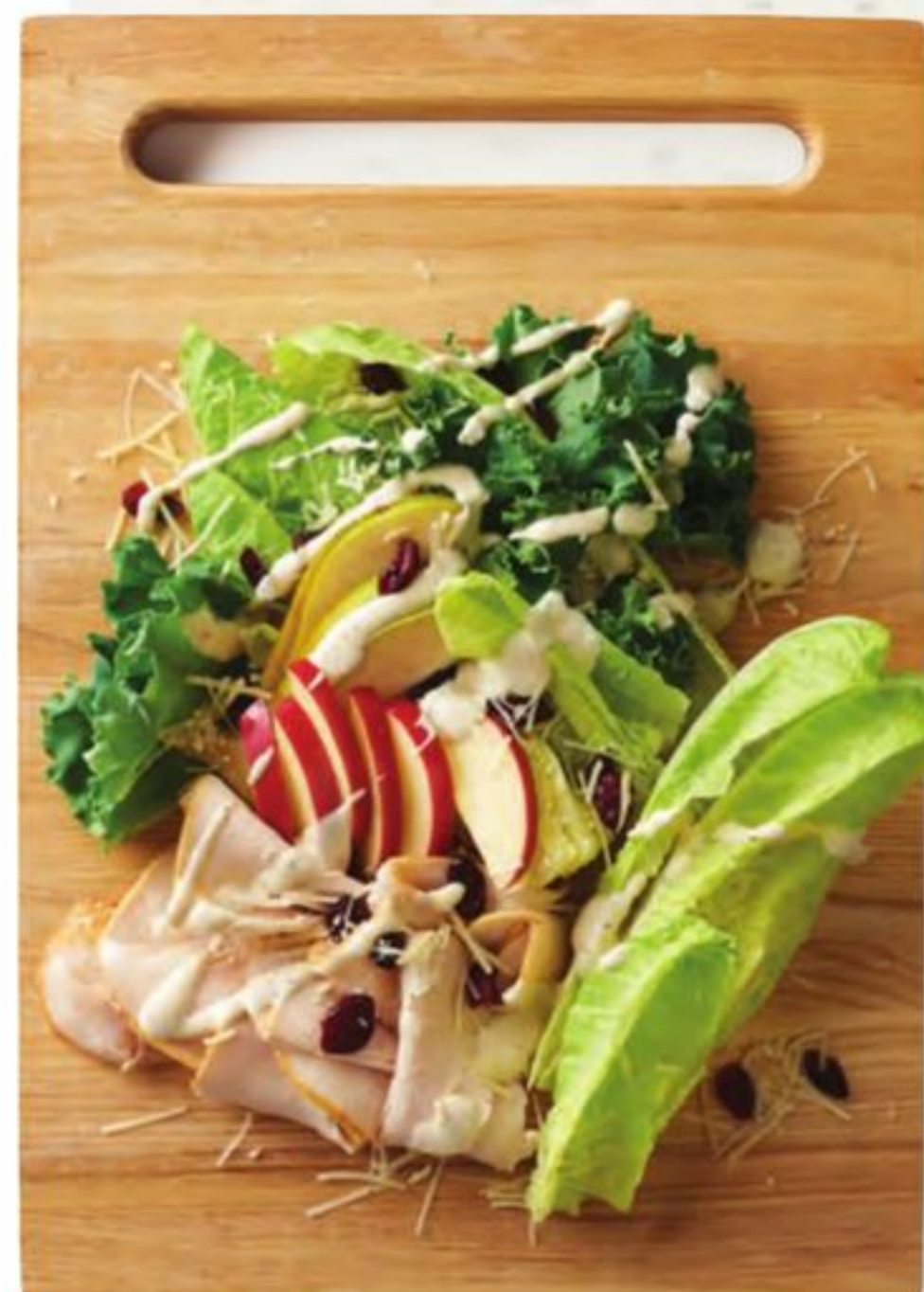
HOAGIES Crispy and flaky on the outside, soft yet chewy inside, hoagies have a light interior crumb and a paper-thin crust that is known for leaving crumbs on your plate while you're eating.

PRETZEL Everything you love about a soft pretzel—the brown, shiny crust; the soft and chewy interior; the coarse sea salt topping—but in a roll form sturdy enough to hold all the fillings.

BOLILLO These popular traditional Mexican rolls have a flavor similar to French baguettes, but they are shorter in length. Their outside is crusty and chewy while the inside is soft and fluffy.

TELERA A variation of the bolillo, these staple Mexican sandwich rolls are very similar. Usually (but not always) telera rolls are softer, slightly sweeter, and a bit less crusty than bolillos.

KAISER Easily picked out by their unique design, kaisers are crisp on the outside yet soft on the inside. They're made with bread flour which gives them a chewy texture and stable structure.



Chopped Turkey Apple Caesar Sandwich

Prep Time: 15 Minutes | Cook Time: 0 Minutes | Serves: 1

INGREDIENTS:

- 3 romaine leaves
- 1-2 kale leaves
- 5 slices Kretschmar oven-roasted turkey
- 4 slices honey crisp apple
- 4 slices pear
- 1 tbsp shredded Parmesan
- 1½ tsp dried cranberries
- 2 tbsp Caesar dressing
- 1 tsp maple syrup
- 1 hoagie roll

DIRECTIONS:

- 1 Place the romaine, kale, turkey, apple, pear, cheese, and dried cranberries on a large cutting board.
- 2 Chop up all the ingredients into bite-sized pieces.
- 3 Add Caesar dressing and maple syrup to the top of the chopped mixture.
- 4 Chop and mix until the ingredients are well combined. Scoop into hoagie roll.



MAKE AHEAD These sandwiches are at their peak of deliciousness right after they're made. That said, if you want to work ahead, chop up all the ingredients, but wait to mix in the wet items until you're ready to serve.

Chopped Chicken Cobb Sandwich

Prep Time: 15 Minutes | Cook Time: 0 Minutes | Serves: 1

INGREDIENTS:

- 3 romaine leaves
- ½ cup arugula
- 5 slices Kretschmar oven-roasted chicken breast
- 2 slices tomato
- 2 strips thick-cut bacon, cooked
- ¼ cup thinly sliced cucumber
- 1 tbsp crumbled blue cheese
- 1 green onion
- 1 hard-boiled egg
- 3 slices ripe avocado
- 2 tbsp blue cheese dressing
- 1 hoagie roll

DIRECTIONS:

- 1 Place the romaine, chicken, tomatoes, bacon, cucumber, blue cheese, green onion, and egg on a large cutting board.
- 2 Chop up all the ingredients into bite-sized pieces.
- 3 Add blue cheese dressing and avocado slices to the chopped mixture.
- 4 Chop and mix until well combined. Scoop into a hoagie roll.



New season. New snacks.

New reasons to head to Cub.

In a Pumpkin State of Mind

If the changing of the leaves aren't a giveaway that fall is in full swing, the crop of pumpkin spice snacks lining our shelves sure is!



PUMPKIN SPICE OREO COOKIES

OREO cookies are the classic sweet snack that need no introduction, but allow us to refresh your memory on this back-by-popular-demand, limited-edition version. It's two golden wafers filled with a rich pumpkin spice flavored cream.



TATE'S BAKE SHOP PUMPKIN SPICE COOKIES

Uniquely thin and deeply delicious, these cookies are loaded with white chocolate chips and comforting pumpkin spice flavors. The delightfully light, crisp texture makes them prime for whoopie pies, dessert parfaits, or of course, enjoying just as they are.



BELVITA BREAKFAST BISCUITS PUMPKIN SPICE

Start your morning off with a lightly sweet and crunchy breakfast bite. Specially baked with slow-release carbs that break down gradually for steady energy, these biscuits combine wholesome grains with pumpkin spice flavor for a portable breakfast that eats like a treat.



Pumpkin Spice Dip

INGREDIENTS:

- 1 cup whipped cream cheese spread
- ½ cup canned pumpkin
- 2 tbsp honey
- ½ tsp pumpkin pie spice
- 2 tbsp chopped toasted pecans

DIRECTIONS:

Mix all ingredients (except nuts) until blended. Top with nuts and serve with your favorite cracker.



UNLOCKED:

Pumpkin Snacking Upgrade

You're only ever 5 minutes away from a rich and creamy pumpkin dip that's so versatile it can be a sweet treat or a savory snack based on what you pair it with.

SWEET & SALTY



TRISCUIT THIN CRISPS

We've never met a TRISCUIT cracker we didn't like. And while it's true that it's hip to be square (love you, TRISCUIT original!), it's also true that being a triangle is terrific. There's something about those 60° angles that just feels right when dunking into dip. We'd also like to say that the sea salt notes paired with pumpkin spice is a taste sensation everyone should experience at least once.

SWEET & SWEET



HONEY MAID GRAHAM'S CINNAMON

While you're swapping out summer clothes for fall wardrobes, keep in mind your cupboard could use a seasonal update, too. Thank traditional HONEY MAID grahams for all the s'mores you enjoyed this summer, then make way for this fall favorite. Served with pumpkin dip, it's a double dose of cinnamon deliciousness as comforting as your favorite sweater.



WHEAT THINS BIG

There's nothing like the satisfying crunch of original WHEAT THINS crackers, except when a bigger WHEAT THINS cracker enters the chat. Hello, 2x the nutty whole grain flavor in each square. Don't mind if we do. We love the increased surface area for shoveling dip—especially this creamy, autumnal, cinnamon-spiked stunner. But don't sleep on enjoying these big guys with meat and cheese.



NILLA WAFERS

Is it just us, or do NILLA wafers not get the recognition they deserve? These unsung heroes of the subtly sweet snacking world can do it all. They go on of banana puddings, cakes, and cupcakes; create mini ice cream sandwiches; start in pudding cups; and—our favorite—act as perfect little dip carriers. The sweet-crispy-creamy-pumpkin-vanilla combo is, as they say, chef's kiss.

School-Safe Snacks for All

Food allergies can be difficult to navigate when school is in session. Easy to pack, fun to share, and above all, safe for everyone, here's our roundup for best-in-class treats and snacks.



When you see this badge, it means the product is **made without** or **free from** the nine most common food allergens (as listed by the FDA) specifically: peanuts, tree nuts, dairy (milk), eggs, gluten (wheat), soy, crustacean shell-fish, fish, and sesame.



ABE'S BAKED GOODIES

The inclusive treat kids love to eat.

ABE'S STORY

About 20 years ago, Abe's parents started a commercial bakery with the goal of spreading happiness, one delicious dessert at a time.

The problem was Abe couldn't enjoy anything they made because he was born with an anaphylactic allergy to peanuts, tree nuts, and sesame. He was also severely allergic to eggs, dairy, soy, and seeds.

Growing up with food allergies was rough. Abe, like millions of kids, was isolated from friends and classmates during celebrations, snack, and lunchtime.

So, in a fit of inspiration, Abe's parent set out to create an allergy-friendly treat that Abe would love, and that family and friends would devour, too.

Fast forward a few years and many delicious products later, and we're proud to offer a truly yummy variety of school-friendly options at Cub!

SALTY SNACKS

Stock up on crunchy, salty, better-for-you chips, crisps and puffs. There are bags, boxes, and canisters of options waiting for you at Cub.



The Good Crisp Company

Using cleaner and sustainable ingredients, each snack is free from eggs, wheat and gluten, peanuts, tree nuts, soy, fish and shellfish, sesame seeds, and mustard, so they taste great and make you feel good.



Hippeas

Made with sustainably grown chickpeas, these puffs are a rich source of plant-based protein, fiber, and far out flavor! They're vegan, non-GMO, gluten-free, kosher, with no peanuts, tree nuts, or soy.



Boulder Canyon

These wavy Canyon Cut chips are cooked in pure avocado oil for a uniquely subtle, buttery taste and a satisfying crunch.



Milton's Crispy Sea Salt Gluten Free Crackers

Made with five gluten-free grains and baked to crispy perfection with just the right touch of sea salt.

BEST BARS, BAR NONE

This collection of bars makes it easy to grab and go without having to think twice.



Made Good Granola Bars

A lot of thought goes into these portable snacks. They're shareable, flavorful, made with responsibly farmed organic ingredients, and free from the top nine allergens.



Solely

Solely doesn't believe in settling for "better for you" foods. They seek to build genuinely "good for you" goods—not made from concentrate or purees. Nature made it perfect, and they're making it perfectly portable.

ON A ROLL

Finally, fruit snacks you can feel good about doling out for snacktime, packing into lunches, and sneaking for yourself.



BEAR

BEAR wants to take a big bite out of unhealthy snacking habits Grrr! That is why BEAR Fruit Rells contain just four ingredients to be gluten-free, nut-free, and vegan.

SOMETHING SWEET

Life is too short not to give into sweet cravings when you can! These are the products that make it easy to say yes.



Enjoy Life

Enjoy Life Chocolate is always free from 14 common allergens, which includes dairy, nuts, and soy.



Sun Cups Milk Chocolate

Using only organic ingredients and equitably traded chocolate, Sun Cups are peanut-, tree nut- and gluten-free.



Free2b Dark Chocolate Sunflower Butter Sun Cups

The perfect combination of sweet and salty, creamy and chocolate-y, these cups are free from the nine most common food allergens, plus coconut, mustard, and corn.



Goodie Girl Fudge Striped Crunchy Oat Flour Cookies

You would never believe these are gluten-free and baked without artificial colors, preservatives, corn syrup, peanuts, or eggs.



LUNCHBOX BITES

The not-so-secret secret to pulling together kid-approved lunchboxes is having big-pack snacks at the ready. They deliver on perfect portions, total ease of packing, and the thrill of finding something special packed just for you.



TEDDY GRAHAMS HONEY
No artificial colors or flavors, no high fructose corn syrup, and eight grams of whole grains per serving.



BARNUM'S ANIMAL CRACKERS
Unleash a world of delicious snacking fun with a surprising source of calcium.



ZBAR CHOCOLATE CHIP
Made with a delicious and nutritious blend of unsweetened chocolate and 11 grams of whole grains from oats.



PIRATE'S BOOTY
Baked perfectly to pirate standards with puffed rice and corn, plus real aged white cheddar.



CHIPS AHOY! MINI
The deliciously baked cookies you know and love, made with real chocolate chips in every bite.



NUTTER BUTTER BITES
It's crunchy meets creamy in these sweet and savory bites filled with real peanut butter.



OREO MINI
For over 110 years, OREO has been filling the world—and lunchboxes—with playful moments.



RITZ BITS
These cracker sandwiches are made with real cheese and contain no high fructose corn syrup.

Old Dutch



CELEBRATING 90 YEARS OF QUALITY SNACKS



WE'RE HONORED TO BE CALLED
"EVERYBODY'S FLAVOR FAVORITE"
SINCE 1934.

Commemorative Packaging & Sweepstakes!



Enter the sweepstakes by scanning the QR Code
or by visiting celebrate90.olddutchfoods.com



Doable Dinners

Comforting fall favorites the whole family will actually enjoy, but make them with just 5 key ingredients, in 30 minutes or less, for around \$20 each. Check, check, and check.



Skillet Tater Tot Hot Dish

Prep Time: 5 Minutes | Cook Time: 30 Minutes | Serves: 4



1 can (10.5 oz)
condensed
cream of
mushroom soup



1 bag (12 oz)
frozen mixed
vegetables



1 pound
90% lean
ground beef



1 cup (4 oz)
Colby-Jack cheese,
shredded



3 cups
Ore-Ida golden crispy
potato crowns

DIRECTIONS:

1 Heat oven to 450°F. Spread potato crowns in an even layer on a large, rimmed sheet pan. Bake 13-15 minutes, until crispy.

2 Meanwhile, spray 12-inch oven-safe skillet with cooking spray. Add beef and cook over medium-high heat 5-7 minutes, stirring frequently, until brown; drain, and return to skillet. Stir in vegetables, soup, ¼ cup water, and ½ tsp salt; bring to a simmer and cook 2-4 minutes, until heated through.

3 Place potatoes in single layer over top of beef mixture. Bake 7-9 minutes, until beef mixture is bubbly and potatoes are browned. Top with cheese; let stand 3 minutes, until melted.

LEVELED UP

Tater tot hot dish, the canonical comfort food, usually requires a long bake time and you often still end up with soggy tots. Not anymore! The secret to this super-fast skillet tater tot hot dish is slim, crispy golden crispy potato crowns.



Sheet-Pan Asian Pork and Vegetables

Prep Time: 10 Minutes | Cook Time: 30 Minutes | Serves: 4



1 pound
pork tenderloin



1 bag (12 oz)
fresh stir-fry
mix vegetables



½ cup
stir-fry sauce
and marinade



2 tablespoons
thinly sliced
green onions



2 tablespoons
fresh cilantro



Miso Butter Chicken and Broccoli Ramen

Prep Time: 5 Minutes | Cook Time: 10 Minutes | Serves: 4



2 cups
broccoli florets



2 tablespoons
white miso paste



1 cup pulled
cooked chicken



¼ cup
sliced green onions



2 packages
(3 ounces each)
chicken instant ramen



DIRECTIONS:

- 1 Heat oven to 425°F. Coat a large, rimmed sheet pan with cooking spray.
- 2 Add pork to pan. Rub on all sides with 1 tablespoon oil. Roast 10 minutes. Reserve ¼ cup of the stir-fry sauce. Brush pork with remaining ¼ cup stir-fry sauce, turning once to coat.
- 3 In large bowl, toss vegetables with remaining 2 tablespoons oil. Arrange vegetables around pork in pan. Roast 14–16 minutes, or until pork is no longer pink (145°F) and vegetables are fork-tender. Toss vegetables in sauce and pan drippings. Cover with foil and let stand 5 minutes.
- 4 Cut pork into slices and divide among 4 plates. Drizzle with remaining stir-fry sauce. Divide vegetable mixture among plates, and drizzle with pan drippings. To serve, top with green onions and cilantro.

TIMING IS EVERYTHING

Some of the mixed stir-fry veggies are thicker than others. If you want the carrots cooked more and the other veggies cooked less, you can add the carrots first, then add remaining veggies about 7 minutes later.



DIRECTIONS:

- 1 In 4-quart saucepan, bring 5 cups water to a boil over medium-high heat. Add noodles from both packages, chicken, miso, and butter. Return to a boil and cook 3–4 minutes, until noodles are tender and chicken is heated through. Remove from heat and stir in flavor packets from ramen. Let stand 1 minute.
- 2 Meanwhile, place broccoli, and 2 tablespoons water in a microwave-safe bowl, loosely cover and microwave on high 5 minutes. Let stand 1 minute, then stir into ramen mixture in pan.
- 3 Divide ramen mixture among 4 bowls. Top with green onions.

EASY SWAP

With Thanksgiving just around the corner, keep in mind that you can make turkey ramen by swapping leftover cooked turkey in for the chicken.



Caesar Pork Chops and Pasta

Prep Time: 5 Minutes | Cook Time: 20 Minutes | Serves: 4



4 bone-in pork chops, 1/2-inch thick



2 cups penne pasta, uncooked



1 cup shredded parmesan, divided



1/2 cup Kraft Classic Caesar Dressing, divided



1 cup cherry tomatoes, halved



2 cups baby spinach leaves

+
PANTRY STAPLES
4 cloves garlic, minced

DIRECTIONS:

- 1 Cook pasta per package directions. Meanwhile, heat large nonstick skillet on medium. Top each pork chop with 1 tablespoon dressing and 2 tablespoons cheese, pressing into dressing to secure.
- 2 Add 2 pork chops to skillet, cheese sides down; cook 4 minutes per side or until done. Transfer to plate and cover to keep warm. Repeat with remaining pork chops.
- 3 Drain pasta; add to skillet along with spinach and garlic. Cook and stir 1 minute or just until spinach is wilted. Stir in remaining 1/4 cup dressing, 1/2 cup cheese, and tomatoes; cook and stir 1 minute. Serve with chops.

USE IT UP

This recipe uses half a bottle of Kraft Caesar Dressing. Use the other half to: marinate meat, toss with veggies before roasting, spread on a burger bun, or to use it in place of mayo in tuna or chicken salad.



Cheesy Chicken Fiesta

Prep Time: 5 Minutes | Cook Time: 15 Minutes | Serves: 4



1 can (15 oz) black beans



1 package Knorr Rice Sides, chicken flavor



1 pound boneless, skinless chicken thighs



1 can (8.5 oz) corn kernels



1/3 cup shredded cheddar cheese

+
PANTRY STAPLE
1 tablespoon vegetable oil

DIRECTIONS:

- 1 Heat oil in large skillet over high. Cut chicken thighs into bite-sized pieces.
- 2 Add chicken to skillet and cook 3 minutes. Rinse and drain beans and corn; add to skillet with 2 cups water and Knorr Rice Sides, chicken flavor. Bring to a boil.
- 3 Cover and boil 7 minutes or until rice is tender and chicken is thoroughly cooked. Serve topped with cheese, tomatoes, and sour cream, if desired.

MORE IS MORE

Pile your plate high with extras like sour cream, chopped tomato, green onion, avocado, and cilantro. It's a fiesta, after all!



Chai Pumpkin Napoleons

Prep Time: 15 Minutes | Cook Time: 15 Minutes | Serves: 12



1 sheet puff pastry



2 cups canned pumpkin



½ cup powdered sugar



2 teaspoons Watkins Chai powder



2 cups whipped topping

DIRECTIONS:

1 Heat the oven to 400°F. Unfold pastry sheet on a lightly floured surface. Cut into 3 strips along fold marks. Cut each strip into 4 rectangles, making 12 in all. Place on a baking sheet.

2 Bake 15 minutes or until golden brown. Cool on a wire rack for 10 minutes. Split pastries into 2 layers, making 24 total.

3 Stir the pumpkin, chai powder, and sugar in a medium bowl. Fold in the whipped topping. Refrigerate for 30 minutes.

4 Divide the pumpkin mixture among 12 bottom layers. Add top pastry layers and garnish with powdered sugar, additional whipped topping, and chai powder.

FIND YOUR FLAVOR

If chai powder isn't for you, try using Watkins Cinnamon for a spin on pumpkin spice, or Watkins Vanilla powder for an extra-sweet treat.



COZY UP TO DELICIOUSNESS



Milk & Cereal Remix



Like PB&J, salt and pepper, or ketchup and mustard, milk and cereal are meant to be together. And while traditionally considered a breakfast duo, they have so much more to give. From dessert ideas to after-school snacks and late-night treats, we're basically giving you an excuse to eat cereal morning, noon, and night.



Milk and Cereal Bars

Prep Time: 30 Minutes
Cook Time: 10 Minutes
Serves: 9

INGREDIENTS:

- 6 cups Kellogg's Froot Loops, Apple Jacks, or Corn Flakes
- ½ cup corn syrup
- 6 tbsp unsalted butter
- ¼ cup sugar
- 1 tsp vanilla
- ¼ tsp salt
- 1 cup powdered sugar
- 1 tbsp instant milk powder
- 2 tbsp Kemps milk, any variety

DIRECTIONS:

- 1 Line a 9x9 baking pan with parchment paper.
- 2 Place the cereal in a large bowl. In a small sauce pot, add corn syrup, butter, sugar, vanilla, salt, and stir until melted and smooth. Cook over medium heat until the mixture begins to bubble vigorously. Continue to cook 2 minutes, until foamy and slightly thickened. Working quickly, pour the mixture over the cereal, mix well to combine, and press firmly into bottom of the pan. Let cool.
- 3 For the icing, add powdered sugar, 1 tablespoon instant milk powder and milk to a small bowl; whisk to combine. Add more milk as needed, 1 teaspoon at a time, to reach drizzling consistency.
- 4 Remove the cereal treats from the pan and cut into individual bars. Liberally drizzle the milk icing over the bars. Let sit for an hour uncovered, or until the icing is set. Store in an airtight container.



"Fried" Ice Cream Bars

Prep Time: 20 Minutes | Cook Time: 5 Hours
Serves: 16

INGREDIENTS:

- 5 cups Kellogg's Frosted Flakes
- 2 cups Kellogg's Froot Loops
- ½ cup butter, melted
- 2 quarts Kemps vanilla or chocolate ice cream, softened
- 2 tsp cinnamon
- ¾ cup caramel sauce
- 1 tub (8 oz) frozen non-dairy whipped topping, thawed

DIRECTIONS:

- 1 Line 13x9x2-inch baking dish with foil, allowing excess foil to hang over edges. Lightly coat foil with nonstick cooking spray. Set aside.
- 2 In large bowl, combine Kellogg's Frosted Flakes cereal and Kellogg's Froot Loops. Drizzle with butter. Toss to combine. Sprinkle 4 cups of the cereal mixture in prepared pan.
- 3 Arrange small scoops of ice cream over cereal mixture. Carefully spread into an even layer. Sprinkle with cinnamon. Top with remaining cereal mixture, gently pressing into ice cream. Cover and freeze for 4-24 hours, or until firm.
- 4 Use foil to remove ice cream from dish. Cut into 16 bars. Serve topped with caramel sauce and whipped topping.

Strawberry Milkshake Frosted Flakes Whipped Cream

Prep Time: 5 Minutes | Cook Time: 20 Minutes | Serves: 4

INGREDIENTS:

- 4 cups Kems Fresh Heavy Whipping Cream
- 2½ cups Kellogg's Strawberry Milkshake Frosted Flakes
- ½ cup powdered sugar
- 1 tsp vanilla extract
- Waffles for serving

DIRECTIONS:

- 1 Combine heavy cream with 2 cups Strawberry Milkshake Frosted Flakes. Place in an airtight container and refrigerator 8 hours or overnight.
- 2 When ready to make whipped cream, run cream through a fine mesh sieve over a large bowl. Extract the cream from the cereal by pressing with a spatula.
- 3 Discard leftover cereal and approximately 2 cups of heavy cream will remain.
- 4 Place a clean mixing bowl and whisk attachment in the freezer for 5-10 minutes to chill.
- 5 Pour heavy cream into the chilled bowl and use an electric mixer to beat on medium-high speed until soft peaks form. Slowly add powdered sugar and continue beating on high speed until stiff peaks form.
- 6 Grind the remaining ½ cup cereal into fine crumbs with a food processor. Beat into prepared whipped cream.



TIP: We chose waffles, but this fruity cereal whipped cream is equally at home on pies, cupcakes, pancakes, or dolloped on top of ice cream sundaes.

Cereal Milk Panna Cotta

Prep Time: 20 Minutes
Cook Time: 3 hours
Serves: 16

INGREDIENTS:

- 3 cups Kellogg's Froot Loops, Corn Pops, or Cocoa Krispies
- 3 cups Kemps whole milk
- 2 cups Kemps Fresh Heavy Whipping Cream
- Pinch of salt
- 1 tbsp powdered, unflavored gelatin (about 1½ packets)

DIRECTIONS:

- 1 Heat oven to 300°F. Toast the cereal on a baking sheet for 10-12 minutes. While still warm, pour into bowl and add milk and cream. Stir, and steep for 40 minutes.
- 2 Strain into saucepan through a fine mesh sieve, pressing on solids to extract all the liquid. Add salt and heat over medium low until just warm. Pour ¼ cup milk mixture into small bowl and stir in gelatin. Let sit for 5 minutes, then whisk back into milk mixture.
- 4 Divide into small cups or ramekins; chill, covered, until set, about 3 hours.
- 5 Crush additional cereal and sprinkle on the finished panna cotta.



Farm to Family Dairy

Kemps passionately transforms nature's pure milk into great products every day with a range of smooth, rich, and creamy choices that go from farm to fridge in just 48 hours.

CREAMS OF THE CROP

Not all creams are exactly the same! Ultra-pasteurized whipping cream and half-and-half are the most commonly available, but if you're looking for the freshest of fresh, Cub is the place to shop. We're one of only a select number of retailers to carry both Kemps Fresh and UHT Heavy Whipping Cream and Half and Half. When we say fresh, we mean it!



UHT WHIPPING CREAM

While most whipping cream goes through a standard pasteurization process, ultra-high temperature, or UHT, whipping cream goes through ultra-pasteurization, which safely heats the cream to a higher-than-usual temperature. This, like regular pasteurization, kills bacteria in the cream that may be harmful or cause the cream to spoil. Ultra-pasteurized whipping cream has a shelf life of several weeks.



FRESH WHIPPING CREAM

What Kemps fresh heavy whipping cream lacks in shelf life it more than makes up for in standout flavor. Stored properly, fresh cream (which goes through standard versus ultra pasteurization) lasts the same amount of time as milk, 5-7 days. It delivers a premium flavor, mouthfeel, and whips up better if you're making whipped cream or meringue.

5 Cereal Mashups You Have to Try

Liven up your bowl by inviting more than one flavor to the party.



Two Scoops Are Better Than One

Cocoa Krispies + Strawberry Milkshake Frosted Flakes
True in ice cream and in cereal, as it turns out.

I'm Going Double Froot Loopy, K?

Froot Loops + Special K Fruit & Yogurt
Sometimes it's best to just call things what they are.

Corny Is as Corny Does

Corn Flakes + Corn Pops
Double down on your morning dose of corn cereal.

Double Cinnalicious Apple Delight

Apple Jacks + Extra Crispy Clusters Cinnamon
Apple-y, crispy, and oh-so-cinnamon-y.

Frosted Brownies in a Bowl

Frosted Mini-Wheats Little Bites + Krave Double Chocolate Brownie Batter
Probably the no. 1 reason to get out of bed.



OKTOBERFEST: SEPT. 21-OCT. 6
 Hard to believe, but it's already time to roll out the barrels and break out the big beer steins (or das boot, if you prefer). While Munich limits their official Oktoberfest beer to just six breweries, we've got many more Märzen to offer. From traditional German imports to fun local finds, your local Cub Wine & Spirits is prepared to help you próst.

OUR FAVE FEST FINDS



**A TOAST TO THE
 Season with
 the Most**

No other time of the year has more spectacular colors, more football, or more reasons to break out the bourbon. Here are 4 fall-specific reasons to raise a glass and cheers to being Minnesotan.

FRIDAY THE 13TH: SEPTEMBER
 Whether you prefer the 1980 Kevin Bacon version, or Jared Padalecki's from 2009, it just feels right to watch with a dark and moody drink in hand. For that, we give you the **Midnight Moon Smash**. In a rocks glass, muddle 2 **blackberries**. In a shaker, combine 2 ounces **brandy**, 2 ounces **merlot**, $\frac{3}{4}$ ounce **lime juice**, and $\frac{3}{4}$ ounce **simple syrup**. Shake and strain over rocks glass filled with ice.

DANDY BRANDIES



**NATIONAL BOURBON
 HERITAGE MONTH:
 SEPTEMBER**

It's said that behind every barrel of Kentucky bourbon is the history of America itself: the spirit of the land, the rise of American ingenuity, and the legacy of family and traditions. Let's cheers to that with a **Gold Rush**: Add 2 ounces **bourbon**, $\frac{3}{4}$ ounces **lemon juice**, $\frac{3}{4}$ ounces **honey syrup** (2 parts honey to 1 part hot water) to a shaker. Shake and strain over ice. Garnish with lemon.

BOURBONS WE CAN GET BEHIND



LABOR DAY: SEPTEMBER 2

Or as we call it around these parts, cabin closing weekend. Go out on a high note with a **Batanga**. It's refreshing, fast to make, and an excellent bridge from summer to fall. To make, stir 1 pinch **salt** with $\frac{3}{4}$ ounce **lime juice** in the base of a glass to dissolve. Add ice, $1\frac{1}{4}$ ounces **tequila** and 3 $\frac{1}{2}$ ounces **cola**, and stir. Garnish with lime.

OUR TOP TEQUILA PICKS



THE LAST LITTLE BIT

How to make use of every last crumb, dollop, and drop of your favorite grocery staples.

IF THE LAST CRUNCH OF THE LAST CLAUSSEN PICKLE IN THE JAR MAKES YOUR HEART SINK, we have a way to lift your spirits. What if you could savor every bite of briny delight *and* put all the extra pickle juice to good use? We'd call that a pretty big dill. Meet your new signature sweet n' sour sipper, the Pickle Margarita. To make, start by filling a shaker with ice. Add 1 ounce blanco tequila, ½ ounce lime juice, ½ ounce agave nectar, and 1 ounce brine from a jar of Claussen pickles (or measure with your heart). Shake things up until your arms get tired. Rim your glass with salt and Tajín, and add ice. Pour your Pickle Margarita into the glass, and sip away. Relish spice? Add a slice or two of jalapeño.



America's Pre-Game Pick

AMERICA'S FAVORITE RANCH *

Based on IRI Unit sales data L52W ending 08/20/23

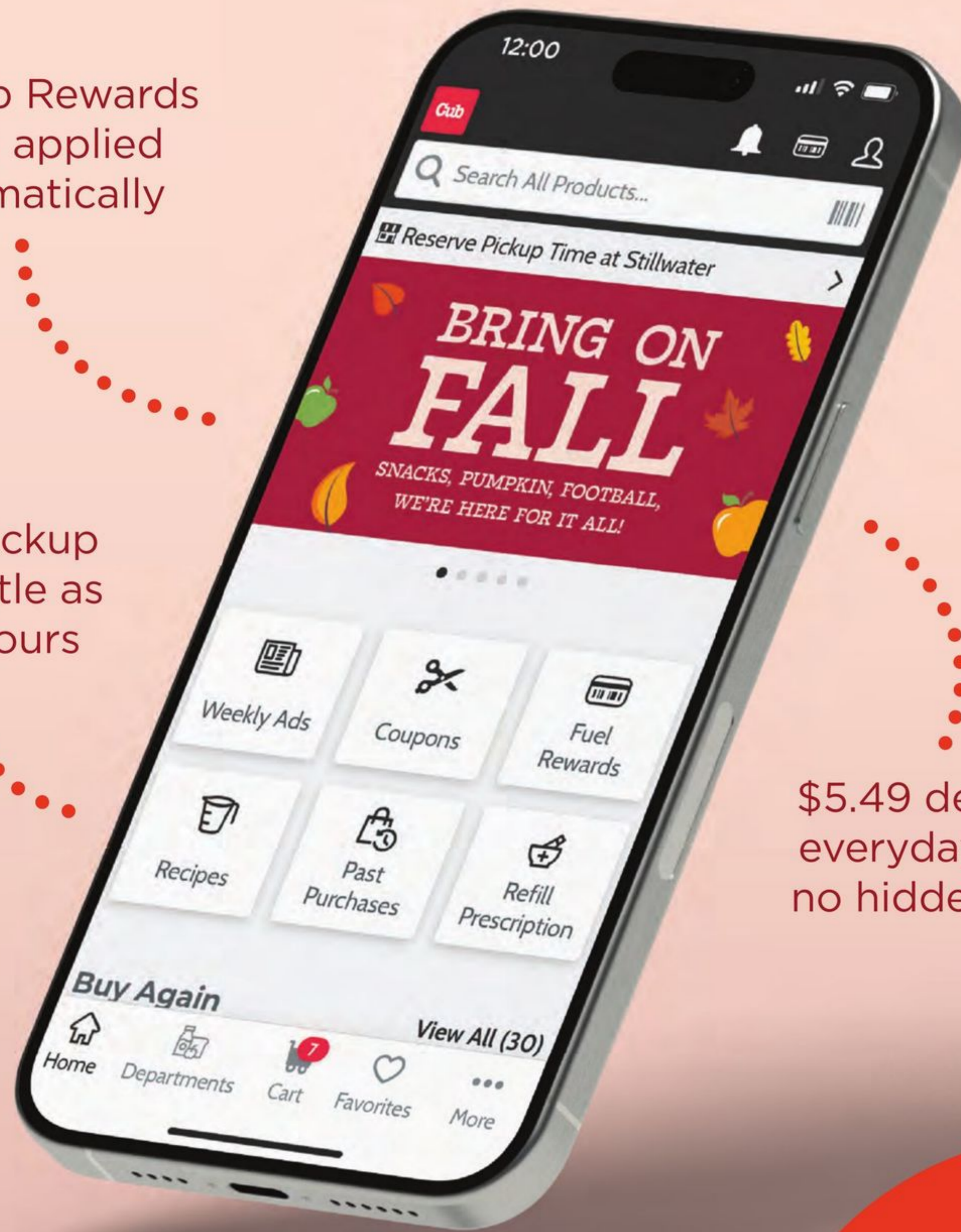
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