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**Love Your Leftovers** p28

**Holiday Classics, Simplified** p20

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**The Perfect Pumpkin Pie** p25

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Schnucks makes holiday hosting a breeze with ready-to-serve appetizer platters. Order online or stop by the store today!

KEY: Quick (30 minutes or less) Simple Dietitian Pick Meat-Free

## BREAKFAST



28 Leftover Turkey Breakfast Sliders

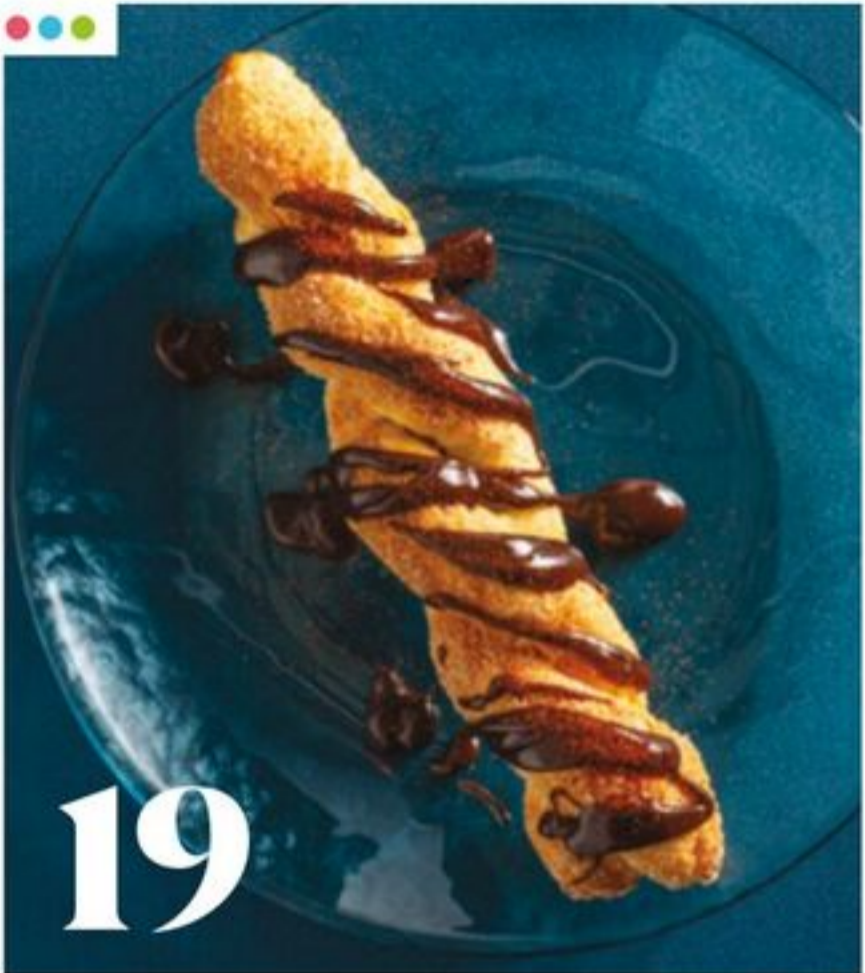


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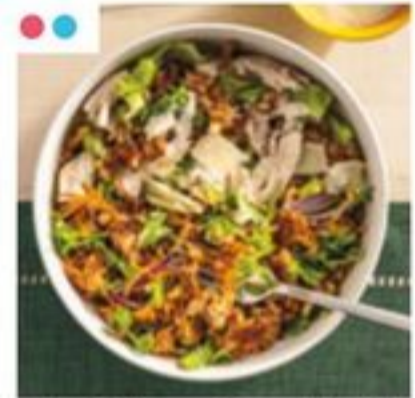
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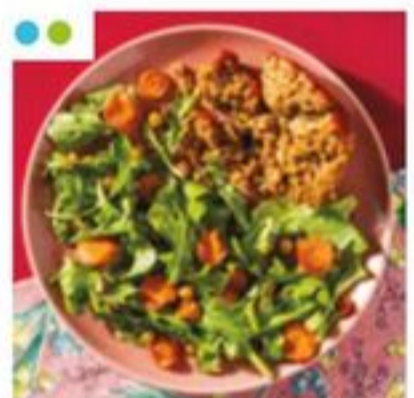
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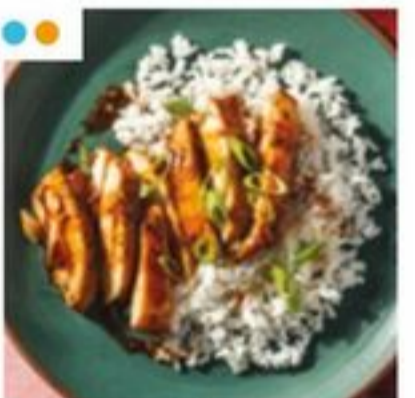
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**Spiral Sliced  
Ham**

Sliced to the bone and trimmed  
just right, just for you!

**NATURAL  
JUICES!**

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**HOLIDAY MEAL PLANS**

## three ways to holiday

Holiday meals don't have to be complicated. Whether you're craving a classic spread, running short on time or simply looking to skip the pile of dishes, we've got a menu that fits your celebration.

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#### **SCHNUCKS ENTERTAINING PLATTERS**

Visit us in store or  
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HEALTHIER HABITS

# bowlful of balance

Holiday power bowls keep you fueled from Thanksgiving to Christmas with festive flavors, hearty grains and colorful veggies. With gluten-free and vegetarian options, staying healthy through the holidays is easy and delicious.



## MORNING FLOURISH BOWL

SERVES: 2 ACTIVE: 5 MIN  
TOTAL: 5 MIN

- 1 cup Schnucks old-fashioned oats
- 1 cup Schnucks low-fat cottage cheese
- 2 tsp. chia seeds
- 1 cup red California grapes, halved
- 1 medium pear, sliced
- 2 tbsp. Schnucks honey (optional)

1. In a large microwave-safe bowl, stir together oats with 2 cups water. Microwave on High 2–3 minutes, stirring halfway through.
2. Divide cooked oats and cottage cheese among 2 bowls. Sprinkle with chia seeds and top with grapes and pears. Drizzle with honey (if using) and serve immediately.

PER SERVING: 325 CAL, 6G FAT (2G SAT FAT), 15MG CHOL, 491MG SODIUM, 58G CARBS (8G FIBER, 37G SUGARS), 16G PRO



### PRO TIP

Substituting ½ cup granola for the oats offers a significant change in texture and flavor, adding a satisfying crunch and a more complex profile with nuts, seeds and dried fruit.



Enjoy **California grapes** as a fresh snack or recipe booster, adding flavor and color to your dishes. Rich in antioxidants and 82 percent water, they support your heart, brain, gut and immune health while keeping you hydrated.

## SWEET POTATO, CRANBERRY AND QUINOA POWER BOWL

SERVES: 2 ACTIVE: 15 MIN  
TOTAL: 25 MIN

- ½ cup quinoa
- 1 medium sweet potato, peeled and diced (about 1½ cups)
- 1 tbsp. Schnucks olive oil
- 1 cup fresh baby arugula
- ½ large avocado, sliced
- ¼ cup Schnucks whole-berry cranberry sauce
- 2 tsp. Schnucks orange juice
- ½ tsp. Schnucks crushed red pepper

1. Cook quinoa according to package directions. Let cool slightly.
2. Meanwhile, preheat oven to 400 degrees and line a sheet pan with foil. Spread sweet potato evenly onto pan and drizzle with oil; bake until tender, 10–15 minutes.
3. Divide cooked quinoa, roasted sweet potato, arugula and avocado among 2 bowls. In another, smaller, bowl, stir together cranberry sauce, orange juice and red pepper; drizzle over sweet potato bowls. Serve warm or at room temperature.

PER SERVING: 421 CAL, 17G FAT (1G SAT FAT), 0MG CHOL, 47MG SODIUM, 64G CARBS (10G FIBER, 16G SUGARS), 9G PRO



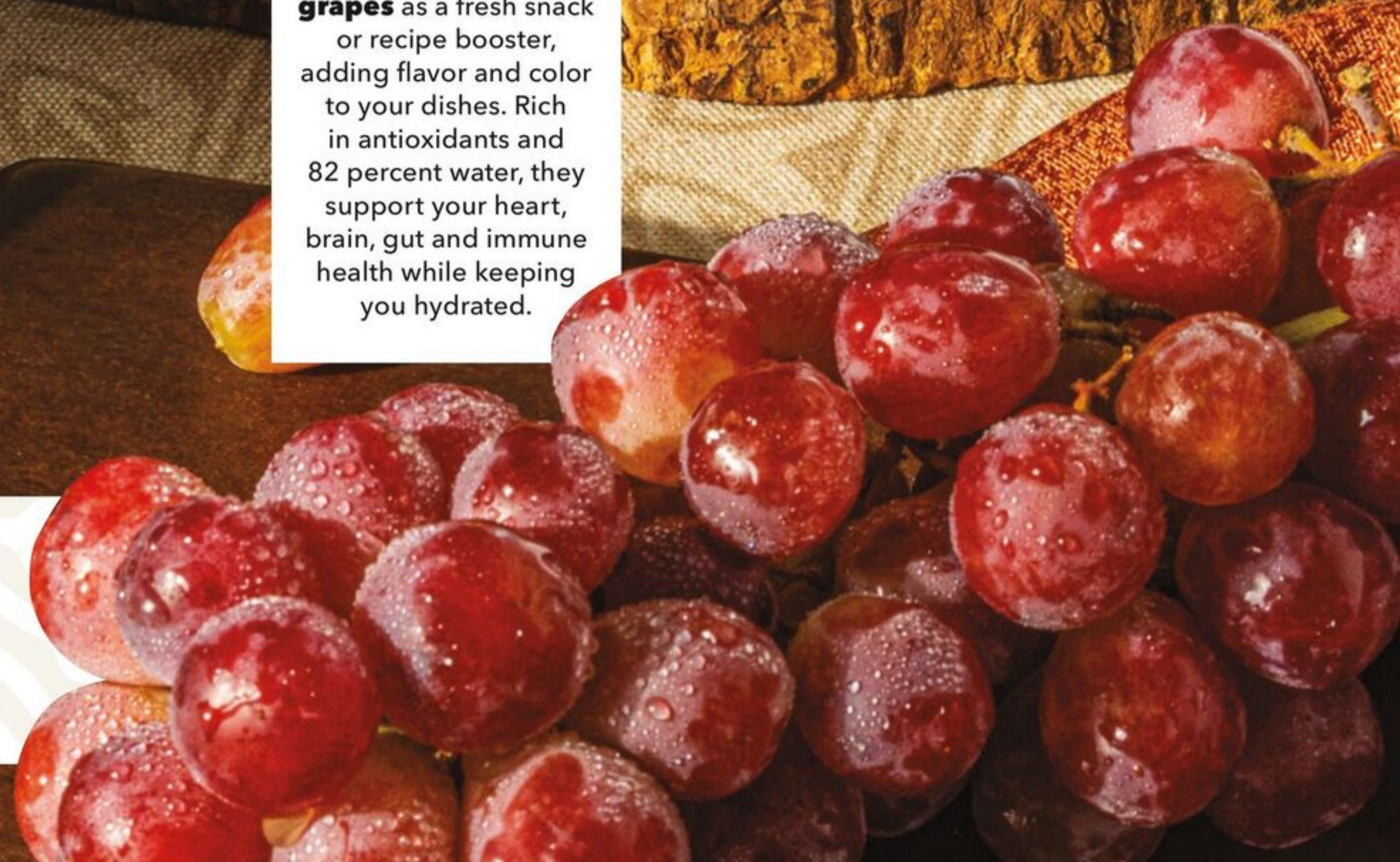
### JOIN TODAY

for more healthy, delicious recipes like these, plus other benefits!



### Already a member?

Pop into the app to check out Healthier Habits features.



# viral recipe refresh

We test the latest internet food trends, bringing you the best of the bunch, plus our own unique twists. From viral recipes to creative upgrades, we turn trending into tried-and-true.

## Simple Twist

Cook crispy rice according to recipe below. Divide 2 heads roughly chopped romaine lettuce, 1 cup shaved Parmesan cheese, 2 cups shredded rotisserie chicken,  $\frac{2}{3}$  cup crispy rice and  $\frac{3}{4}$  cup Caesar dressing. Toss to combine and, if desired, season with salt and pepper



## CRISPY RICE SALAD

SERVES: 4 ACTIVE: 20 MIN TOTAL: 30 MIN

- $\frac{2}{3}$  cup Schnucks long-grain white rice
- $\frac{1}{4}$  cup fresh lime juice
- 2 tbsp. Schnucks less-sodium soy sauce, divided
- 2 tbsp. Schnucks sugar
- 2 tsp. minced garlic
- 3 tbsp. Schnucks vegetable oil, divided
- 1 lb. 85%-lean ground pork
- 4 cups mixed baby greens
- 1 medium red onion, thinly sliced
- 1 large carrot, peeled and grated (about  $\frac{3}{4}$  cup)
- $\frac{1}{4}$  cup roasted peanuts

1. Cook rice according to package directions. Meanwhile, in a small bowl, whisk together lime juice, 1 tbsp. soy sauce, the sugar and garlic until sugar is dissolved.

2. In a large skillet, heat 2 tbsp. oil over medium high. Add pork; cook, stirring to break up lumps, until browned, about 10 minutes. Stir in lime-juice mixture, then transfer to a large bowl.
3. In same skillet, heat remaining oil until hot. Stir in cooked rice and remaining soy sauce until combined and spread in an even layer; cook 3–5 minutes per side until a crispy cake is formed. Stir into bowl with pork, breaking into small pieces.
4. Add mixed greens, red onion, carrot and peanuts. Toss to coat and serve immediately.

PER SERVING: 590 CAL, 40G FAT (11G SAT FAT), 76MG CHOL, 260MG SODIUM, 38G CARBS (3G FIBER, 9G SUGARS), 26G PRO

## ASIAN-INSPIRED NOODLES



## Simple Twist

In each jar, stir together 1 tbsp. chili sauce, 1 tbsp. curry powder and 1 tbsp. brown sugar. Layer with cilantro, green onion, mushrooms, 4 oz. rice noodles and 4 oz. peeled, deveined and cooked shrimp. To serve, add  $\frac{1}{4}$  can Schnucks coconut milk and boiling water to cover ingredients. Stir, then let stand 3 minutes.

## DIY INSTANT NOODLE JARS

SERVES: 4 ACTIVE: 15 MIN TOTAL: 35 MIN

- 4 tbsp. Schnucks chili sauce
- 4 tbsp. Schnucks less-sodium soy sauce
- 1 cup chopped red cabbage
- 1 16-oz. pkg. Schnucks frozen broccoli florets
- $\frac{1}{2}$  cup chopped fresh cilantro
- 4 green onions, sliced
- 1 16-oz. pkg. sliced baby bella mushrooms
- 4 tbsp. sesame seeds
- 4 3-oz. pkgs. instant ramen

1. Divide chili and soy sauces among 4 large mason jars. Add cabbage, broccoli, cilantro, green onion and mushrooms. Sprinkle with sesame seeds and top with ramen (with seasoning packets). Add lids and refrigerate until ready to

serve. (Chilled, this keeps up to 6 days.)

2. When ready to serve, let jars stand at room temperature 5 minutes. Add enough boiling water to cover ingredients and let stand another 5 minutes. Stir and serve immediately.

PER SERVING: 490 CAL, 17G FAT (7G SAT FAT), 0MG CHOL, 2338MG SODIUM, 70G CARBS (7G FIBER, 11G SUGARS), 14G PRO

THE HOLIDAY RESCUE

# feed the family for less

Holiday expenses add up fast, but saving on meals doesn't have to be hard. With just one \$50 shopping trip, you can create five easy dinners that will keep a family of four fed and on-budget all season long.

## VEGAN MEAT LOAF WITH ROASTED CHICKPEA-CARROT SALAD

SERVES: 4 ACTIVE: 25 MIN TOTAL: 1 HR 30 MIN

- ½ cup Schnucks green lentils
- ½ cup Schnucks ketchup, divided
- ½ cup Schnucks Italian-style breadcrumbs
- ½ cup Schnucks quick cook oatmeal
- ½ cup finely diced yellow onion
- 2 tbsp. Schnucks less-sodium soy sauce
- 1 tbsp. Schnucks tomato paste
- 1 14.5-oz. can Schnucks chickpeas, drained and patted dry
- 3 medium carrots, peeled and cut into ¼-inch pieces
- 3 tbsp. Schnucks olive oil, divided
- ¼ tsp. Schnucks ground allspice
- ¼ tsp. Schnucks cinnamon
- 2 cups fresh arugula

1. Cook lentils according to package directions.
2. Preheat oven to 375 degrees. Coat a 5x9-inch loaf pan with cooking spray.
3. In a large bowl, lightly mash cooked lentils. Stir in ¼ cup ketchup, the breadcrumbs, oats, onion, soy sauce and tomato paste until well combined. Press mixture into prepared loaf pan and spread with remaining ketchup. Bake, uncovered, until internal temperature reaches 165 degrees, 40–45 minutes.
4. Meanwhile, on a sheet pan, toss chickpeas and carrots with 1 tbsp. oil, allspice and cinnamon. Roast until crisp, about 25 minutes. Transfer to a bowl and toss together with arugula and remaining oil. Serve with meat loaf.

PER SERVING: 426 CAL, 15G FAT (0G SAT FAT), 0MG CHOL, 1134MG SODIUM, 67G CARBS (10G FIBER, 14G SUGARS), 16G PRO

\$1.25  
per serving\*

\$1.19  
per serving\*

## SAVORY BREAD PUDDING WITH MUSHROOM GRAVY

SERVES: 4 ACTIVE: 20 MIN TOTAL: 50 MIN

- 3½ tbsp. butter, divided
- ½ cup diced white onion
- 1½ cups chopped white mushrooms, divided
- 4 large Schnucks eggs
- 2 cups Schnucks milk, divided
- 1 tsp. Schnucks Italian seasoning
- ½ tsp. Schnucks garlic powder
- 4 cups cubed Schnucks French bread (day-old preferred)
- 1 tbsp. Schnucks flour

1. Preheat oven to 375 degrees. Coat a 9x9-inch baking dish with cooking spray.
2. In a skillet over medium heat, melt 1½ tbsp. butter. Add onion; cook until soft, about 3 minutes. Stir in 1 cup mushrooms; cook until browned, about 5 minutes.
3. In a large bowl, whisk together eggs, 1 cup milk, the Italian seasoning and garlic powder. Stir in bread and mushroom mixture until bread is fully soaked. Transfer to prepared baking dish. Bake, uncovered, until golden and set, 35–40 minutes.
4. Meanwhile, in same skillet over medium heat, melt remaining butter. Stir in remaining mushrooms; cook until browned. Stir in flour, then slowly whisk in remaining milk. Simmer, stirring, until thickened, about 3 minutes. Season with salt and pepper, if desired. Serve with bread pudding.

PER SERVING: 368 CAL, 18G FAT (10G SAT FAT), 221MG CHOL, 500MG SODIUM, 36G CARBS (2G FIBER, 7G SUGARS), 16G PRO

HOT TIP

Have a different kind of bread on hand? Artisan-style loaves like Italian, sourdough, ciabatta, brioche, whole wheat or multigrain all work well in this dish.

\*Price per serving based on item cost at press time.

## SPICY KOREAN-STYLE CHICKEN

SERVES: 4 ACTIVE: 15 MIN TOTAL: 40 MIN

- 2 tbsp. gochujang
- 1 tbsp. rice vinegar
- 1 tbsp. Schnucks packed light brown sugar
- 1 tbsp. Schnucks less-sodium soy sauce
- 2 tsp. minced garlic
- 1 tsp. sesame oil
- 1 lb. boneless, skinless chicken thighs
- 1 cup Schnucks jasmine rice
- 1 tbsp. Schnucks vegetable oil
- 1 tbsp. sliced green onion

1. In a gallon zip-top plastic bag, add gochujang, rice vinegar, brown sugar, soy sauce, garlic and sesame oil. Seal and shake until well mixed. Add chicken and turn to coat. Refrigerate at least 20 minutes or up to overnight.
2. Meanwhile, cook rice according to package directions.
3. In a large skillet over medium heat, add oil and chicken (with marinade). Cook until internal temperature reaches 165 degrees, about 4 minutes per side. Slice chicken and serve over rice, garnished with green onion.

PER SERVING: 343 CAL, 9G FAT (2G SAT FAT), 105MG CHOL, 344MG SODIUM, 40G CARBS (1G FIBER, 4G SUGARS), 25G PRO

**\$1.64**  
per serving\*



## STUFFED PORK CHOPS WITH ROASTED APPLE SLAW

SERVES: 4 ACTIVE: 20 MIN TOTAL: 45 MIN

- 1 lb. bone-in pork chops (about 4 chops)
- 2 Gala apples, peeled and cut into matchsticks, divided
- 1 cup Schnucks panko breadcrumbs
- 1/2 cup finely diced white onion
- 1/2 tsp. Schnucks poultry seasoning
- 1 large Schnucks egg, lightly beaten
- 2 tbsp. Schnucks olive oil, divided
- 1 12-oz. bag ready-to-eat Schnucks broccoli slaw
- 1 tbsp. Schnucks apple cider vinegar

1. Preheat oven to 375 degrees. Line a sheet pan with parchment paper.
2. Horizontally slice a pocket into each pork chop and, if desired, season with salt and

- pepper. In a medium bowl, stir together half the apple matchsticks, the panko, onion, poultry seasoning, egg and 1 tbsp. oil. Stuff into pork chops and transfer to half of prepared sheet pan. Roast 10–15 minutes.
3. In a large bowl, toss broccoli slaw with remaining apple and oil. Remove sheet pan from oven and spread slaw on remaining half of sheet pan. Roast until slaw is tender and pork's internal temperature reaches 145 degrees, 15–20 minutes.
4. Drizzle slaw with cider vinegar and serve immediately with pork chops.

PER SERVING: 391 CAL, 18G FAT (4G SAT FAT), 106MG CHOL, 126MG SODIUM, 33G CARBS (4G FIBER, 12G SUGARS), 24G PRO

**\$2.22**  
per serving\*



HOT TIP

Make it vegetarian by swapping 2 cups of crumbled veggie-burger patties in for the ground beef.

## CHEESEBURGER BISCUIT PIE

SERVES: 4 ACTIVE: 15 MIN TOTAL: 40 MIN

- 1 lb. Schnucks 80%-lean ground beef
- 1 small white onion, diced (about 1/2 cup)
- 1/2 cup chopped baby bella mushrooms
- 1/4 cup Schnucks ketchup
- 1 tbsp. Schnucks mustard
- 1/2 tsp. Schnucks garlic powder
- 1 cup Schnucks shredded sharp cheddar cheese
- 1 16-oz. can Schnucks ready-to-bake buttermilk jumbo biscuits

1. Preheat oven to 375 degrees. Lightly coat a 9-inch pie dish with cooking spray.
2. In a skillet over medium-high heat, cook ground beef, onion and mushrooms, stirring, until beef is browned, 7–9 minutes. Drain.
3. Stir in ketchup, mustard and garlic powder. Season with salt and pepper, if desired. Let simmer about 2 minutes. Spread into prepared pie dish and top with cheese. Flatten biscuit dough slightly and arrange on top.
4. Bake until dough is golden and cooked through, 20–25 minutes. Let cool 5 minutes.

PER SERVING: 658 CAL, 41G FAT (20G SAT FAT), 105MG CHOL, 1112MG SODIUM, 42G CARBS (1G FIBER, 11G SUGARS), 30G PRO

**\$2.62**  
per serving\*



# HOLIDAY HOSTING

## Made Easy

Take the stress out of holiday cooking with recipes that let your slow cooker and air fryer do the heavy lifting. From tender roasts to festive sides and cozy desserts, these set-it-and-forget-it dishes free up your time so you can focus on what matters most—celebrating with family and friends.

### Slow Cooker FOUR-INGREDIENT HAM

SERVES: 8 ACTIVE: 5 MIN TOTAL: 4 HR 5 MIN

- 1 4-lb. smoked boneless ham
- 1 cup Schnucks packed light brown sugar
- ½ cup Schnucks Dijon mustard
- 1 20-oz. can Schnucks sliced pineapple in pineapple juice

1. Arrange ham flat side down in a slow cooker. In a small bowl, stir together brown sugar, Dijon and pineapple (with juice); pour over ham to coat.

- 2. Cover and cook on Low about 4 hours, basting once, until heated through and tender. Slice ham and serve with pineapple and pan juices.

PER SERVING: 360 CAL, 7G FAT (1G SAT FAT), 107MG CHOL, 2523MG SODIUM, 41G CARBS (0G FIBER, 38G SUGARS), 37G PRO



Green bean casserole is one of those must-have dishes that completes any holiday spread. With its creamy base and crispy onion topping, it's perfect for both Thanksgiving and Christmas dinner.

### Easy Slow Cooker GREEN BEAN CASSEROLE

SERVES: 8 ACTIVE: 10 MIN TOTAL: 2 HR 10 MIN

- 2 10.5-oz. cans Schnucks condensed cream of mushroom soup
- 1 cup Schnucks 2% milk
- 1½ cups Schnucks French-fried onions, divided
- 3 14.5-oz. cans Schnucks French-style green beans, drained

1. Coat a slow cooker with cooking spray. Stir in soup, milk and 1 cup fried onion. Season with salt and pepper, if desired. Stir in green beans until coated.

2. Cook, covered, 2 hours on High or 4 hours on Low. Scatter with remaining fried onion, replace lid and let warm through about 5 minutes. Serve immediately.

PER SERVING: 159 CAL, 8G FAT (3G SAT FAT), 6MG CHOL, 974MG SODIUM, 15G CARBS (2G FIBER, 3G SUGARS), 5G PRO

## Slow Cooker

### JOLLOF RICE WITH SIRLOIN

SERVES: 8 ACTIVE: 10 MIN TOTAL: 2 HR 10 MIN

- 1½ lb. sirloin steak, cut into bite-size pieces
- 1½ tbsp. Schnucks less-sodium soy sauce
- 3 tbsp. Schnucks tomato paste
- 1½ cups diced red bell pepper (about 1½ peppers)
- 1 large yellow onion, chopped (about 2 cups)
- 3 tsp. minced garlic
- 1½ tsp. Schnucks ground ginger
- 1½ tsp. Schnucks cayenne pepper
- 1½ tsp. Schnucks dried thyme
- 3 cups Schnucks long-grain white rice, rinsed
- 2 Schnucks bay leaves
- ½ cup Schnucks vegetable oil
- 4 cups beef broth

1. In a medium bowl, toss together steak and soy sauce. In a large slow cooker, stir together remaining ingredients and top with steak. Cook, covered, until steak's internal temperature reaches 160 degrees, 2–2½ hours on High or 4 hours on Low.

2. Gently fluff with a fork to evenly combine steak and rice. Serve immediately.

PER SERVING: 593 CAL, 26G FAT (7G SAT FAT), 78MG CHOL, 368MG SODIUM, 58G CARBS (2G FIBER, 3G SUGARS), 32G PRO

## Slow Cooker

### AFRICAN PEANUT STEW

SERVES: 8 ACTIVE: 10 MIN TOTAL: 4 HR 10 MIN

- 2 medium sweet potatoes, peeled and diced (about 3 cups)
- 1 large yellow onion, diced (about 2 cups)
- 2 tbsp. minced garlic
- 2 tsp. Schnucks cumin
- 2 tsp. Schnucks ground ginger
- 5 cups Schnucks 33%-less-sodium chicken broth
- 2 15.5-oz. cans Schnucks chickpeas
- 2 14.5-oz. cans Schnucks no-salt-added diced tomatoes
- 2 13.5-oz. cans Schnucks lite coconut milk
- 1 cup Schnucks peanut butter (creamy or chunky)
- 2 lbs. boneless, skinless chicken thighs
- 6 cups fresh baby spinach

1. Coat a large slow cooker with cooking spray. Stir in first 10 ingredients (through peanut butter) until combined. Gently top with chicken thighs.

2. Cook, covered, until chicken's internal temperature reaches 165 degrees, 4 hours on High or 7 hours on Low. Stir in spinach and let stand, covered, 10 minutes to wilt. Shred chicken into smaller pieces before serving.

PER SERVING: 556 CAL, 27G FAT (9G SAT FAT), 105MG CHOL, 905MG SODIUM, 35G CARBS (7G FIBER, 7G SUGARS), 31G PRO

This Slow Cooker African Peanut Stew is a hearty, flavor-packed dish inspired by traditional flavors often enjoyed during Kwanzaa celebrations.



#### EFFORTLESS CLEANUP

Pop in a *Simply Done* slow cooker liner and say "bye-bye" to dish duty.

This jollof recipe is inspired by a main dish often served for celebrations, holidays and family gatherings in West Africa.



This recipe is inspired by traditional Jewish brisket, a beloved dish often served during holidays such as Passover, Rosh Hashanah and Hanukkah.

## Slow Cooker BRISKET WITH ORANGE-HERB GREMOLATA

SERVES: 8 ACTIVE: 10 MIN TOTAL: 8 HR 10 MIN

- 3 lbs. flat-cut beef brisket
- 1 large yellow onion, sliced
- 2 tbsp. Schnucks tomato paste
- ½ cup dry red wine
- 1 cup Schnucks beef broth
- 1 1-oz. packet Schnucks onion soup and dip mix
- 6 tsp. minced garlic, divided
- 1 orange, zested
- 1 tbsp. chopped fresh parsley
- 1 tbsp. chopped fresh rosemary

1. In a large slow cooker, stir in onion, tomato paste, wine, broth, onion soup mix and 4 tsp. garlic until combined.
2. Pat brisket dry with paper towels and season with salt and pepper. Transfer to slow cooker and cook, covered, on Low until brisket is fork-tender, about 8 hours.
3. In a small bowl, stir together orange zest, parsley, rosemary and remaining garlic. Slice brisket against the grain and spoon with cooking liquid and onion. Serve garnished with orange gremolata.

PER SERVING: 403 CAL, 29G FAT (11G SAT FAT), 113MG CHOL, 2104MG SODIUM, 9G CARBS (1G FIBER, 3G SUGARS), 25G PRO



Serve these warm, crispy churros with a rich, spicy chocolate sauce for a festive twist during Las Posadas.

## Air Fryer CHURROS WITH SPICY CHOCOLATE SAUCE

SERVES: 8 ACTIVE: 10 MIN TOTAL: 15 MIN

- 1 16-oz. can Schnucks refrigerated jumbo buttermilk biscuits
- ½ cup Schnucks sugar
- 2 tsp. Schnucks cinnamon
- 2 tbsp. Schnucks heavy cream
- ½ cup Schnucks semi-sweet chocolate baking morsels
- ½ tsp. Schnucks cayenne pepper
- 1 pinch salt (optional)

together sugar and cinnamon; roll ropes in mixture. Working in batches as needed, air-fry ropes until golden and puffed, about 6 minutes.

2. In another bowl, microwave heavy cream and chocolate about 30 seconds, stirring halfway through. Sprinkle with cayenne and salt (if using). Serve with warm churros.

1. Preheat an air fryer to 375 degrees. Separate biscuits, cut each in half and gently roll into 10-inch-long ropes; cut in half and twist 2 ropes together. In a shallow dish, stir

PER CHURRO: 242 CAL, 10G FAT (6G SAT FAT), 5MG CHOL, 317MG SODIUM, 38G CARBS (1G FIBER, 23G SUGARS), 2G PRO

# THE CLASSICS *Simplified*

You don't need a gourmet budget or a chef's skills to enjoy the classic dishes of the season. These foolproof recipes keep things simple and affordable—without cutting corners. Use them with confidence to create the comforting, familiar dishes everyone looks forward to.

per serving  
**\$4.15**



## **SLOW COOKER TURKEY WITH CITRUS-BOURBON CRANBERRY SAUCE**

SERVES: 8 ACTIVE: 15 MIN TOTAL: 6 HR

- 2 lbs. boneless turkey breast
- 2 cups turkey broth
- 3 tbsp. Schnucks private stock bourbon
- 1 2-oz. packet Schnucks onion soup and dip mix
- 1 14-oz. can Schnucks jellied cranberry sauce
- 1 14-oz. can cranberry sauce with whole cranberries
- 1 orange, zested and juiced

1. Pat turkey dry with paper towels and season with salt and pepper. In a slow cooker, stir together broth, bourbon and onion soup mix. Add turkey and cook, covered, on Low until its internal temperature reaches 165 degrees, about 5 hours. Transfer to a cutting board and let rest 15 minutes before slicing.

2. In a bowl, stir together cranberry sauces with orange zest and juice. Serve with turkey.

PER SERVING: 359 CAL, 1G FAT (0G SAT FAT), 57MG CHOL, 438MG SODIUM, 48G CARBS (2G FIBER, 35G SUGARS), 35G PRO

### **LEFTOVER CRANBERRY SAUCE?**

Give it new life in a bright, flavorful morning parfait. Find the recipe on page 29.



## **SWEET POTATO CASSEROLE**

SERVES: 12 ACTIVE: 15 MIN TOTAL: 1 HR

- 4 lbs. sweet potatoes, peeled and cubed
- 2 large Schnucks eggs, beaten and at room temperature
- ¾ cup Schnucks packed light brown sugar, divided
- 6 tbsp. Schnucks butter, softened
- ¼ cup Schnucks milk
- ¼ cup Schnucks orange juice
- 1 tsp. Schnucks pure vanilla extract
- ¼ cup Schnucks flour
- 1 pinch salt
- ¾ cup Schnucks chopped pecans

1. Preheat oven to 350 degrees. In a medium saucepan, cover sweet potatoes with cold water and bring to a boil over medium heat. Cook until fork-tender, about 15 minutes. Drain well.

2. Transfer sweet potatoes to a large bowl and mash until smooth. Stir in beaten eggs, ¼ cup brown sugar, 2 tbsp. butter, the milk, orange juice and vanilla until well combined. If desired, season with salt and pepper. Spread evenly into a 9x13-inch baking dish.

3. In a medium bowl, stir together flour, salt and remaining brown sugar. Using a pastry cutter or 2 forks, cut in remaining butter until mixture is coarse and crumbly. Stir in pecans, then sprinkle evenly over sweet potato mixture. Bake until topping is golden brown, about 30 minutes.

PER SERVING: 301 CAL, 12G FAT (4G SAT FAT), 47MG CHOL, 141MG SODIUM, 46G CARBS (6G FIBER, 19G SUGARS), 5G PRO

per serving  
**66¢**

\*Price per serving based on item cost at press time.

### CLASSIC MASHED POTATOES

Peel and cube 5 lbs. potatoes. Boil in salted water until fork-tender, about 10 minutes. Drain and return to pot. Add 1 stick softened butter, ¼ cup grated Parmesan and 1 cup heavy cream. Mash until creamy. Season with salt and pepper.

83¢

per serving\*

### BEST-EVER TURKEY GRAVY

SERVES: 10 ACTIVE: 30 MIN TOTAL: 1 HR 30 MIN

- 8 cups turkey stock
- 2 tbsp. Schnucks poultry seasoning
- 1 head garlic, peeled
- 1 medium yellow onion, roughly chopped (about 1 cup)
- 1 bay leaf
- 6 tbsp. Schnucks butter
- ½ cup Schnucks flour

1. In a pot over high heat, bring stock, poultry seasoning, garlic, onion and bay leaf to a boil. Reduce heat to medium and simmer until reduced by one-third, about 1 hour. Strain, discarding solids, and cover to keep warm.

- 2. In a skillet over medium heat, melt butter. Whisk in flour until smooth and lightly browned, about 2 minutes. Gradually whisk in broth, stirring constantly. Simmer, stirring often, until gravy is thickened to your preference, about 20 minutes. If desired, season with salt and pepper, and serve over mashed potatoes.

PER SERVING: 102 CAL, 7G FAT (4G SAT FAT), 18MG CHOL, 351MG SODIUM, 7G CARBS (1G FIBER, 1G SUGARS), 3G PRO

per serving\*  
\$1.36

### MAPLE-GLAZED ROASTED BRUSSELS SPROUTS

SERVES: 8 ACTIVE: 10 MIN TOTAL: 35 MIN

- 2 lbs. Brussels sprouts, trimmed and halved (or quartered, if large)
- ¼ cup Schnucks olive oil
- 4 tsp. Culinary pure maple syrup
- ⅔ cup Schnucks pecan halves
- ¼ cup Schnucks dried cranberries

1. Preheat oven to 425 degrees. Line a sheet pan with parchment paper.
2. In a bowl, toss Brussels sprouts with oil, maple syrup and, if desired, salt and pepper. Space out evenly on prepared sheet pan. Roast until browned around edges and fork-tender, 25–35 minutes.
3. Transfer to a serving dish and toss with pecans and cranberries.

PER SERVING: 179 CAL, 14G FAT (1G SAT FAT), 0MG CHOL, 18MG SODIUM, 15G CARBS (4G FIBER, 8G SUGARS), 4G PRO



**HOMEMADE BUTTERY-HERB STUFFING**

SERVES: 8 ACTIVE: 15 MIN TOTAL: 1 HR 5 MIN

- 1 cup Schnucks butter (2 sticks)
- 1 large Vidalia onion, diced (about 2½ cups)
- 1 cup diced celery
- 3 garlic cloves, minced
- 4 tbsp. Schnucks poultry seasoning
- 3 cups Schnucks chicken stock
- 2 large Schnucks eggs, beaten, plus 1 unbeaten yolk
- 2 15-oz. loaves Schnucks French bread, cut into 1-inch chunks

1. Preheat oven to 350 degrees. Coat a 9x13-inch baking dish with cooking spray.
2. In a skillet over medium-high heat, melt butter. Add onion and celery; cook, stirring, until onion is translucent, about 5 minutes. Add garlic and poultry seasoning; cook, stirring, until fragrant, 3–5 minutes more.
3. Transfer mixture to a large bowl and stir in chicken stock and eggs until well combined. Add bread and toss until fully soaked. Transfer to prepared baking dish.
4. Bake until fully set and internal temperature reaches 160 degrees, about 50 minutes.

PER SERVING: 287 CAL, 3G FAT (1G SAT FAT), 50MG CHOL, 732MG SODIUM, 52G CARBS (3G FIBER, 1G SUGARS), 11G PRO

per serving  
**\$1.06**



**THE PERFECT PUMPKIN PIE**

SERVES: 8 ACTIVE: 10 MIN TOTAL: 1 HR

- 1 9-inch Schnucks frozen pie crust, thawed
- 1 15-oz. can Schnucks 100% pure pumpkin
- 1 14-oz. can Schnucks sweetened condensed milk
- 2 tsp. Schnucks cinnamon
- 1 tsp. Schnucks ground ginger
- 1 tsp. Schnucks ground nutmeg, plus more for serving
- ½ tsp. Schnucks allspice
- ½ tsp. salt
- 1 tbsp. Schnucks pure vanilla extract
- 2 large Schnucks eggs, at room temperature
- ½ cup Schnucks original whipped topping

1. Preheat oven to 425 degrees. Using a fork, prick pie crust several times, then bake 10 minutes.
2. Meanwhile, in a medium bowl, whisk together pumpkin, condensed milk, spices, salt and vanilla extract until smooth. Whisk in eggs until combined. Pour into crust and bake 15 minutes. Reduce temperature to 350 degrees; continue baking until a knife comes out clean, 30–40 minutes more. Serve with whipped topping and additional nutmeg.

PER SERVING: 282 CAL, 10G FAT (4G SAT FAT), 59MG CHOL, 276MG SODIUM, 41G CARBS (2G FIBER, 28G SUGARS), 7G PRO

per serving  
**\$1.25**

SIP, SIP HOORAY!

# pitcher-perfect holiday

This season, batch cocktails are your best friend!  
Mix up one big, crowd-pleasing drink and skip the pricey bar cart—your guests stay happy, and you stay out of the kitchen.



## MAKE IT A MOCKTAIL

Simply skip the rum and add extra eggnog to taste.

## GINGERSNAP FROSTY

SERVES: 10 ACTIVE: 5 MIN TOTAL: 5 MIN

- 10 gingersnap cookies
- 7 cups Schnucks vanilla-bean ice cream
- 3 cups Schnucks gooey butter cake cream rum
- 2½ cups eggnog
- Cinnamon sticks and whipped cream, for garnish

1. Working in batches as needed, coarsely crush cookies. Add ice cream and eggnog. Blend until fully combined. Divide among 10 glasses and serve garnished with cinnamon sticks, whipped cream and, if desired, whole gingersnaps.

PER SERVING: 247 CAL, 11G FAT (7G SAT FAT), 32MG CHOL, 99MG SODIUM, 32G CARBS (0G FIBER, 21G SUGARS), 4G PRO



## MAKE IT A MOCKTAIL

For an alcohol-free option, replace the bourbon with 1 cup of cold-brewed black tea.

## CHAI OLD FASHIONED

SERVES: 8 ACTIVE: 10 MIN  
TOTAL: 40 MIN

- 2½ cups Schnucks private stock bourbon
- 1 cup strong brewed chai, cooled
- ⅓ cup Culinary pure maple syrup
- 1¼ tsp. orange bitters
- Orange twists, cinnamon sticks and/or star anise, for garnish

1. In a large pitcher or mason jar, stir together bourbon, chai, maple syrup and bitters. Refrigerate at least 30 minutes or up to 24 hours. Divide among 10 glasses over ice and serve garnished with orange twists, cinnamon sticks and/or star anise.

PER SERVING: 196 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 2MG SODIUM, 8G CARBS (0G FIBER, 7G SUGARS), 0G PRO

## MRS. CLAU'S WINTER COSMO

SERVES: 8 ACTIVE: 5 MIN  
TOTAL: 5 MIN

- 2½ cups Dubbles citrus-flavored vodka
- 1¼ cups Schnucks orange juice
- 5 limes, juiced (about ⅔ cup)
- 12 Schnucks frozen cranberries, plus more for garnish
- 2½ cups lime seltzer or Schnucks club soda

1. In a large pitcher, stir together vodka, orange juice and lime juice. Add frozen cranberries and refrigerate at least 30 minutes or up to overnight. Pour into 8 martini or coupe glasses. Add club soda; serve garnished with cranberries and, if desired, lime slices.

PER SERVING: 186 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 0MG SODIUM, 7G CARBS (0G FIBER, 4G SUGARS), 0G PRO



## MAKE IT A MOCKTAIL

For an easy family-friendly version, simply swap the vodka for Schnucks white grape juice.

THE BREAKFAST REVIVAL

# love your leftovers

The best way to beat the post-holiday grocery bill? Start with what's already in your fridge! Whether it's turkey breakfast sliders, cranberry sauce layered into parfaits or stuffing biscuits topped with gravy, these morning makeovers are big on flavor, not cost.



## LEFTOVER TURKEY BREAKFAST SLIDERS

SERVES: 6 ACTIVE: 15 MIN TOTAL: 25 MIN

- 6 Schnucks slider rolls
- ¾ cups cooked turkey, shredded or sliced
- 6 tbsp. cranberry sauce, plus more for serving
- 3 slices Schnucks Gouda cheese, halved
- 6 large Schnucks eggs, cooked as preferred
- 1½ tbsp. Schnucks butter, melted
- ¼ tsp. Schnucks garlic powder

1. Preheat oven to 350 degrees. Lightly coat a 9x13-inch baking dish with cooking spray.

- 2. Slice rolls in half horizontally and arrange bottoms in prepared dish. Top with turkey, cranberry sauce, Gouda, cooked eggs and roll tops.
- 3. In a small bowl, stir together melted butter and garlic powder; brush onto sliders. Bake, covered with foil, 10 minutes. Remove foil and continue baking until golden, 3–5 minutes more. Serve warm with additional cranberry sauce on the side.

PER SERVING: 290 CAL, 12G FAT (6G SAT FAT), 231MG CHOL, 354MG SODIUM, 24G CARBS (0G FIBER, 10G SUGARS), 21G PRO

### PRO TIP

Turn this into a lunch slider by skipping the egg and smothering it in gravy. It's just as delicious—and maybe even less effort.



### SWEET AND SAVORY

Give your dish a little holiday flair by adding a spoonful of cranberry sauce for a sweet and savory surprise.

## STUFFING BISCUITS AND GRAVY

SERVES: 6 ACTIVE: 15 MIN TOTAL: 30 MIN

- 2 cups leftover cooked Homemade Buttery Stuffing (recipe on page 24)
- 1 cup Schnucks flour
- ½ cup Schnucks shredded sharp cheddar cheese
- 1 tbsp. baking powder
- ½ tsp. Schnucks black pepper (optional)
- ½ cup Schnucks low-fat buttermilk (or ½ cup milk with 1 tsp. vinegar)
- ¼ cup Schnucks butter, melted
- 2 cups leftover Best-Ever Turkey Gravy, warmed (recipe on page 22)

- 1. Preheat oven to 425 degrees. Line a sheet pan with parchment paper.
- 2. In a large bowl, add stuffing, flour, cheese, baking powder and pepper (if using). Stir in buttermilk and melted butter just until a rough dough forms (don't overmix). Scoop 6 mounds of dough onto prepared sheet pan using a cookie scoop (#20–#24); lightly flatten tops with floured fingers.
- 3. Bake until golden and firm, 14–18 minutes. Serve with warmed gravy.

PER SERVING: 326 CAL, 15G FAT (9G SAT FAT), 54MG CHOL, 316MG SODIUM, 37G CARBS (2G FIBER, 2G SUGARS), 9G PRO

## DECADENT CRANBERRY PARFAITS

SERVES: 4 ACTIVE: 10 MIN TOTAL: 10 MIN

- 2 cups Schnucks nonfat plain Greek yogurt
- ½ cups leftover cranberry sauce, divided
- 1½ cups Schnucks almond granola
- 2 tbsp. Culinaria pure maple syrup, plus more for serving

- 1. Into each of 4 small glasses or jars, add 3 tbsp. yogurt, then layer on 5 tbsp. cranberry sauce, 6 tbsp. granola and ½ tbsp. maple syrup.
- 2. Top each with another 1 tbsp. cranberry sauce and a drizzle of maple syrup.

PER SERVING: 390 CAL, 4G FAT (2G SAT FAT), 4MG CHOL, 81MG SODIUM, 74G CARBS (2G FIBER, 18G SUGARS), 15G PRO



# King's Hawaiian®

CELEBRATING  
**75** YEARS



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