

# Driftless Market One Pot Fall Dinner

## Ingredients

1 Long Island Cheese Pumpkin-top cut off and gutted (can use pie pumpkin)  
2 C. cooked Jasmine rice  
2 C. canned red beans-rinsed  
4 C. Fresh tomatoes  
1 bunch fresh kale-chopped  
2 TBSP garlic- minced  
1 C. white onion-chopped finely  
1-2 TBSP of Old Bay Spice Blend (see recipe for making blend to the right)

## Old Bay Spice Blend

\*1 teaspoon paprika  
\* 1 teaspoon ground celery seed  
\*1/2 teaspoon ground nutmeg  
\*1/4 teaspoon crushed red pepper flakes  
\*1/4 teaspoon ground clove  
\*1 tablespoon ground dry bay leaf  
\* 1 1/2 teaspoons ground black pepper  
\*2 teaspoons celery salt

## Instructions

- Cook 1 C. of rice in 2 C. water to make 2 C. rice and rinse the canned beans
- Preheat the oven to 400 degrees.
- Place pumpkin on a sheet pan and cook until the pumpkin is almost but not totally fork tender
- Meanwhile, sauté the onion, garlic, kale, and tomatoes until onions become translucent
- Make the old bay spice blend
- In a bowl mix the rice, veggies, and beans into a bowl and add in some of the old bay. I usually add about 1-2 TBSP, but you can add more or less depending on your tastes
- After that, put the rice blend into the almost fully cooked pumpkin and bake for 7-10 more minutes.
- Then it's time to eat



## Long Island Cheese Pumpkin



- One of the classic pumpkins of the 19th century, this large, buff colored pumpkin very much resembles a wheel of cheddar cheese. Renowned for its sweet, deep orange colored flesh and its exceptional keeping qualities. Fantastic in pies, not to mention soups, the flavor of this pumpkin works for both sweet and savory recipes! It also makes a great side dish, very kid friendly!!!