

Recipes Using Canned Applesauce

Neighborsinc., South St. Paul, MN 55075



Menu Makers Applesauce Muffins

You will need:

$\frac{3}{4}$ cup unsweetened applesauce	$\frac{3}{4}$ cup packed brown sugar	1 large egg	1 cup flour
1 tsp. baking powder	$\frac{1}{4}$ tsp. baking soda	$\frac{1}{4}$ tsp. salt	1 cup instant oatmeal
1 cup semisweet chocolate chips	$\frac{1}{2}$ cup butter, softened		

Instructions:

- Heat oven to 350 degrees F. In a large bowl, cream butter and brown sugar. Beat in egg.
- Combine dry ingredients except for oatmeal and chocolate chips.
- Add alternately with applesauce to cream the mixture. Stir in the chips and oats.
- Fill regular size paper-lined muffin cups $\frac{3}{4}$ full. Bake at 350 degrees F for 20 - 27 minutes.

Menu Makers Applesauce Bread

You will need:

1 $\frac{1}{4}$ cups unsweetened applesauce	1 cup white sugar	$\frac{1}{2}$ cup vegetable oil	2 large eggs
3 tbsp. milk	2 cups flour	1 tsp. baking soda	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tsp. ground cinnamon	$\frac{1}{4}$ tsp. ground nutmeg	$\frac{1}{4}$ tsp. allspice	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup chopped pecans or walnuts	add sugar to taste		

Instructions:

- Preheat oven to 350 degrees F. Lightly grease a 9x5 inch loaf pan.
- In a large bowl, combine applesauce, sugar, eggs, oil and milk; beat well
- Sift in the flour, baking soda, baking powder, cinnamon, nutmeg, allspice and salt. Add sugar to taste.
- Stir until smooth. Fold in the nuts. Pour batter into loaf pan.
- Bake for 50 - 60 minutes or until toothpick comes out clean.

Menu Makers Applesauce Yams

You will need:

1 cup unsweetened applesauce	1 pound (about 3 medium) yams	$\frac{1}{3}$ cup packed brown sugar
$\frac{1}{4}$ cup chopped nuts	$\frac{1}{2}$ tsp. ground cinnamon	2 tbsp. butter or margarine

Instructions:

- Place yams in a 3-quart saucepan; add enough water (salted if desired) to cover.
- Heat to boiling; reduce heat. Cover and simmer 30 - 35 minutes or until tender; drain.
- Remove skins (optional); cut each yam lengthwise in half. Heat oven to 375 degrees F.
- Place sweet potatoes, cut sides up, in an ungreased 2-quart casserole or square 8x8x2 inch baking dish.
- Spread applesauce over yams. Mix brown sugar, nuts and cinnamon; sprinkle over applesauce.
- Dot with butter. Cover and bake about 30 minutes or until hot.

Menu Makers Applesauce Chicken

You will need:

1 (15 oz.) can unsweetened applesauce	12 chicken drumsticks or 12 boneless, skinless chicken thighs
1 + tbsp. oil	1 (18 oz.) bottle Sweet and Saucy BBQ Sauce
1/3 cup packed brown sugar	1 tbsp. chili powder; to taste salt and pepper to taste

Instructions:

- Season chicken with salt and pepper. In a heavy fry pan, heat oil over medium heat.
- Brown chicken pieces in batches, remove from pan and set aside while cooking the remaining pieces.
- Add more oil if needed. If skinless thighs stick to pan, turn down the heat.
- After all pieces are browned, drain oil from the pan.
- Add remaining ingredients, except chili powder, to the pan.
- Return the chicken pieces to the pan and bring to a boil. Reduce heat to a simmer and cover.
- Simmer, covered, for 20 - 25 minutes or until chicken is tender.
- Add chili powder, salt and pepper to taste.

Menu Makers Applesauce Pork

You will need:

$\frac{3}{4}$ cup unsweetened applesauce	1 tbsp. butter	$\frac{1}{4}$ cup chopped onion
1 apple; peeled, cored and sliced	2 pork chops, $\frac{1}{2}$ inch thick	2 tbsp. brown sugar
$\frac{1}{2}$ tsp. ground mustard (optional)	1/8 tsp. ground cinnamon	salt and pepper to taste

Instructions:

- Preheat oven to 375 degrees F. Melt butter in a large skillet over medium heat.
- Cook and stir onion and apple slices in the melted butter until tender; about 5 minutes.
- Transfer the onion and apple to a bowl. Place pork chops in the same skillet.
- Cook over medium heat until pork chops are browned on both sides; about 5 minutes per side.
- Mix applesauce, brown sugar, mustard and cinnamon into onion and apple mixture.
- Place pork chops in a 9x9-inch baking dish. Season with salt and pepper.
- Spoon applesauce mixture over pork chops; cover dish.
- Bake in preheated oven until pork chops are no longer pink in the center, about 30 - 45 minutes.

Menu Makers Applesauce Cookies

You will need:

1 cup unsweetened applesauce	1 cup brown sugar	$\frac{1}{2}$ cup butter, softened
1 egg	1 cup chocolate chips	2 $\frac{1}{4}$ cups flour
1 cup oatmeal	$\frac{1}{2}$ tsp. salt	1 tsp. baking soda
1 tsp. cinnamon	$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{2}$ tsp. cloves

Instructions:

- Preheat oven to 375 degrees F. Mix together applesauce, brown sugar and butter. Mix in egg.
- Add remaining ingredients (except chocolate chips) and stir until combined.
- Dough should be firm. Add more flour if needed.
- Fold in chocolate chips. Refrigerate dough for 1 hour. Scoop dough in tablespoonfuls onto cookie sheet.
- Bake 12 - 15 minutes until golden brown.