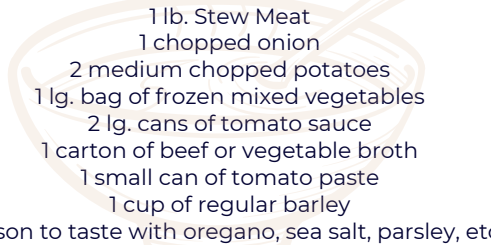


My Favorite Fall Recipes

Alice's Beef Barley Soup

(can be made with just vegetables)

Ingredients



1 lb. Stew Meat
1 chopped onion
2 medium chopped potatoes
1 lg. bag of frozen mixed vegetables
2 lg. cans of tomato sauce
1 carton of beef or vegetable broth
1 small can of tomato paste
1 cup of regular barley
Season to taste with oregano, sea salt, parsley, etc.

Directions

Start by cooking the meat with olive oil and add in onions.

Once cooked, drain and add beef broth, tomato sauce and vegetables.

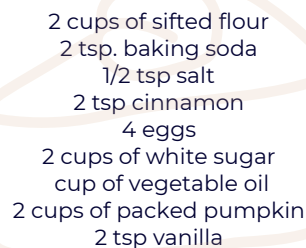
Once everything is warmed up, add barley and seasons and let simmer for a few hours.

For Vegetarians

Start with 2 cartons of vegetable broth
Add the rest of the ingredients and bring to boil.
Add barley and turn temp down to simmer.

Alice's BEST Pumpkin Cake

Cake Ingredients



2 cups of sifted flour
2 tsp. baking soda
1/2 tsp salt
2 tsp cinnamon
4 eggs
2 cups of white sugar
cup of vegetable oil
2 cups of packed pumpkin
2 tsp vanilla

Directions

Mx together dry ingredients: flour, baking soda, salt and cinnamon, then set aside.

Now mix together eggs and sugar in a separate bowl.

In the egg and sugar bowl, mix in dry ingredients from above, vegetable oil, packed pumpkin and vanilla.

Once completely mixed together, pour into a Bundt pan and bake 350 degrees for 1 hour.

Icing Ingredients

1/2 cup butter
3 ounces of cream cheese
1 tsp. vanilla