



Supper's Ready

10 FALL
FAVORITES
FROM MY
SOUTHERN
KITCHEN





Hi! I'm Sharon!

Welcome to Grits and Pinecones — I'm so glad you're here!

There's something about the first cool morning of fall that makes me want to fill my kitchen with the smell of something simmering on the stove or baking in the oven, and this collection is my answer to that feeling.

From Crock Pot Pot Roast and Country Style Steak to creamy Chicken and Dumplings that taste like a hug in a bowl, these are the ten recipes I turn to again and again once the weather turns. They're the dishes I make for Sunday suppers, tailgates, potlucks, and those evenings when only real comfort food will do.

I hope these recipes find a permanent home in your recipe box, just like they have in mine. Enjoy, and thank you so much for being here!

Warmly,
Sharon Riggsby



Smothered Southern Country-Style Steak

TOTAL TIME: 2HR 15MIN

SERVES: 6

Ingredients

- 2 pounds beef bottom round trimmed of excess fat
- 1 cup buttermilk
- 1 tablespoon kosher salt, divided
- ½ teaspoon freshly ground black pepper
- 1 cup all-purpose flour
- ½ teaspoon smoked paprika
- ½ cup bacon drippings or vegetable oil
- 2 cups chicken stock; I like and use Better Than Bouillon roasted chicken base, and mix it with water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 large yellow onion, thinly sliced; a handheld mandoline works great for this.
- 2 tablespoons heavy cream for a richer gravy (optional)



Instructions

1. Soak the steak - If your beef is thicker than one-half inch, cut it into half-inch slices, season, and soak in buttermilk for at least 1 hour.
2. Dredge and tenderize-Flour the steaks, tenderize them using a meat mallet or needle tool until they're a quarter-inch thick, and then dredge again.
3. Caramelize the onions - In bacon fat or oil, cook onions in a large skillet over medium-low heat until golden, sweet, and a light golden brown. This will take about 15 minutes. Remove the onions and set aside.
4. Sear the steaks - Increase the heat to medium and brown the steaks in batches, 2 minutes per side. Remove and set aside.
5. Make the onion gravy - Add chicken stock, Worcestershire, and thyme into the pot. Bring to a simmer.
6. Braise - Return steaks and onions to the pot, cover, and cook at 300°F for 1 to 2 hours, until fork-tender.
7. Optional: For a richer, silkier gravy, stir in cream just before serving.

Southern Country-Style Steak



Easy Baked Ravioli (4-Ingredients)

TOTAL TIME: 35 minutes

SERVES: 6

Ingredients

- 1 pound Italian sausage
- 24 ounces marinara sauce
- 25 ounces frozen cheese ravioli
- 3 cups shredded mozzarella cheese
- Optional: chopped parsley & shredded parmesan cheese

Instructions

1. Preheat the oven to 350° F.
2. Cook the Italian sausage over medium heat for 4-7 minutes or until the meat is no longer pink.
3. Add 1 cup of marinara sauce to the bottom of the 9x13 baking dish.
4. Layer half of the ravioli over the sauce.
5. Pour half of the sauce, sausage, and cheese over the ravioli.
6. Repeat with the ravioli, sauce, sausage, and cheese.
7. Bake for 20-25 minutes or until the sauce is bubbling.
8. Let rest a few minutes before serving. Garnish with parsley or a sprinkle of Parmesan, if desired.



Baked Ravioli



Easy Crock-Pot Pot Roast with Onion Soup Mix

TOTAL TIME: 8 hours

SERVES: 6

Ingredients

- 3 pounds boneless beef chuck roast
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- 1 ounce dry onion soup mix
- 1 cup beef stock
- 3 carrots, cut into halves or thirds
- 24 ounces baby potatoes, if large, cut in half
- 1 medium onion, peeled and cut into quarters
- 3-4 sprigs fresh thyme
-

Instructions

1. Season the roast with salt, pepper, and garlic powder. Dust with flour on all sides and pat in.
2. Heat oil in a large skillet over medium-high heat. Add the roast and sear 3-4 minutes on both sides or until golden brown and crusty
3. Place the roast in the Crock Pot and sprinkle dry soup mix over the top. Add the beef stock and arrange the vegetables around the roast.
4. Use kitchen string to tie the thyme in a bundle and place it on the roast.
5. Cover and cook on low for 8-10 hours. You should be able to pull the meat apart with a fork. If it resists, cook it a bit longer.
6. Serve immediately.



Crock Pot Pot Roast



Chuck Roast Chili (Made with Leftover Roast)

TOTAL TIME: 75 minutes

SERVES: 8

Ingredients

- 2 tablespoons olive oil
- 1½ pounds cooked chuck roast, shredded or chopped
- 1 onion, diced
- 1 green bell pepper, seeded and diced
- 1 jalapeño, seeded and diced
- 4 cloves garlic, minced
- 1 tablespoon tomato paste
- 2½ tablespoons chili powder, divided
- 1 teaspoon cumin
- 14.5 ounces canned crushed tomatoes
- 14.5 ounces canned black beans, rinsed and drained
- 14.5 ounces canned fire-roasted tomatoes
- ½ cup leftover braising liquid, optional
- 1 tablespoon Better than Bouillon Beef Base
- 1½ cups water
- 1 cup beer
- 1 tablespoon brown sugar
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

Instructions

1. Add olive oil, onions, jalapeño, and green bell pepper to a Dutch oven over medium heat. Cook for about 5 minutes or until the onions have softened. Add the garlic and cook for 30 seconds. Add the tomato paste and spices, stir, and cook for one minute.
- 2.
3. Add in the remaining ingredients and bring to a boil. Reduce the heat and simmer uncovered for 45-60 minutes or until the chili has thickened.
4. To serve, top with optional toppings, such as cheddar cheese, green onions, sour cream, tortilla chips, Cheez-Its, and sliced jalapeños.



Chuck Roast Chili



Easy Chicken Taco Casserole (Ready in 30 Minutes!)

TOTAL TIME: 30 minutes

SERVES: 6

Ingredients

- 3 cups cooked shredded chicken
- 1 cup salsa verde, jarred or homemade
- ½ cup sour cream
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 15-ounce can black beans, drained and rinsed
- 1 cup fresh, frozen, or canned corn
- ¼ cup diced red onion
- 2 cups shredded Mexican blend cheese
- 4 ounces tortilla chips
- ¼ cup chopped cilantro
- ¼ cup chopped green onions
- ¼ cup pickled jalapeños
- Optional: lime wedges for serving

Instructions

1. Coat a 9×13-inch baking dish with cooking spray and preheat the oven to 375°F.
2. Place the shredded chicken into a large bowl. Add the salsa verde, sour cream, chili powder, cumin, garlic powder, salt, and pepper. Mix well until all the chicken is coated and everything looks evenly combined.
3. Pour the chicken mixture into the baking dish and spread it out evenly across the bottom of the pan.
- 4.
5. Layer the black beans evenly over the chicken. Next, layer the corn, followed by the diced red onion.
6. Sprinkle half of the shredded Mexican cheese over the top, covering the casserole evenly.
7. Break the tortilla chips up a little bit, leaving them in larger pieces, not crumbs. Cover the casserole with lightly crushed tortilla chips.
8. Sprinkle the remaining cheese over the top. Cover the dish lightly with aluminum foil. Bake for 15 minutes, then remove the cover. Continue baking for 5 more minutes, or until the cheese on top is melted and slightly golden.
9. Garnish with chopped cilantro, pickled jalapeños, and sliced green onions. Serve while hot.



Chicken Taco Casserole



Chicken and Dumplings with Biscuits

TOTAL TIME: 35 ,minutes

SERVES: 5

Ingredients

- 5 cups chicken stock, 40 oz
- 10.75 ounces can condensed cream of chicken soup
- ¼ teaspoon poultry seasoning
- 1 rotisserie chicken, skin and bones removed, and meat shredded or chopped.
- 16.3 ounces can refrigerated biscuits; I used Pillsbury Grands, Southern Homestyle Buttermilk Biscuits
- 2 carrots, peeled and chopped
- 3 celery ribs, chopped
- 1 tablespoon fresh parsley, chopped (optional garnish)

Instructions

1. Add stock, chicken, soup, and poultry seasoning to a large Dutch oven over medium-high heat. Bring to a boil. Reduce the heat to low, cover, and simmer for five minutes.
2. While the soup cooks, roll out or pat six biscuits to ⅛-inch thickness on a lightly floured surface. Cut each biscuit into ½-inch wide strips.
3. Remove the lid from the soup, increase the heat to medium-high, and return to a boil. Drop the biscuit strips, one at a time, into the boiling soup. Stir gently. Once all of the biscuit strips have been added, add the carrots and celery.
4. Reduce the heat to low, cover, and simmer 20 minutes. Stir gently every five minutes to keep the dumplings from sticking together.
5. Ladle into a bowl and serve immediately! Garnish with chopped parsley if desired.



Chicken and Dumplings



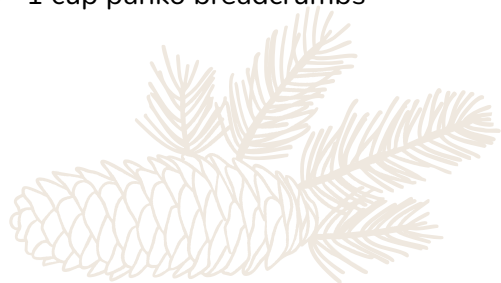
Southern-Style Chicken Divan

TOTAL TIME: 45 minutes

SERVES: 8

Ingredients

- 1 rotisserie chicken, skin and bones removed, about 3 cups chopped chicken
- 2 large stalks broccoli, cut into bite-size pieces, about 4 cups
- 1 teaspoon kosher salt
- 6 tablespoons butter, divided
- 1/3 cup all-purpose flour
- 1 2/3 cups chicken stock
- 1/3 cup white wine or cream sherry; I used chardonnay; you may substitute chicken stock
- 16 ounces sour cream
- 1 1/2 cups shredded extra-sharp white cheddar cheese, 6 ounces
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon curry powder
- 1 cup panko breadcrumbs



Chicken Divan

Instructions

1. Preheat oven to 350 °F.
2. Add the broccoli to a large bowl with two tablespoons of water. Cover the bowl with a plate and microwave for four minutes to blanch it. Or, you can bring a large pot of water to boil over high heat. Then, add the broccoli and cook for three minutes. Remove from the heat and drain. Set aside.
3. Melt four tablespoons of butter in a large 12-inch skillet over medium heat. Add the flour and one teaspoon of kosher salt when the butter has melted. Cook for two minutes, whisking frequently.
4. Add the chicken stock and wine, and whisk constantly. Cook for about three minutes or until the sauce has thickened.
5. Reduce the heat to low and add the sour cream and one cup of shredded cheese. Whisk until the cheese is melted and the mixture is smooth.
- 6.
7. Remove the pan from the heat and add the chicken, broccoli, lemon juice, and curry powder. Mix well until everything is well combined. Pour this mixture into a 9x13 casserole dish sprayed with non-stick cooking spray.
8. Melt the remaining two tablespoons of butter and add it to the panko. Add the remaining half cup of shredded cheese. Mix well. Sprinkle the panko/cheese mixture evenly over the casserole.
9. Bake uncovered for 30 minutes or until it is bubbly and the topping is golden brown. Serve immediately.



Easy Small Meatloaf Recipe (1-Pound)

TOTAL TIME: 55 minutes

SERVES: 4

Ingredients

Meatloaf Ingredients

- 1 teaspoon olive oil
- 1 clove garlic, minced
- 2 tablespoons finely minced shallot or yellow onion
- 1 large egg
- 1/3 cup whole milk
- 1 tablespoon tomato paste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly cracked black pepper, or to taste
- 1/2 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon finely chopped sun-dried tomatoes, in oil, drained, optional
- 1 tablespoon chopped fresh parsley or basil, or both
- 1 pound ground beef and pork blend
- 1/2 cup shredded mozzarella cheese, divided
- Glaze Ingredients
- 4 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 2 teaspoons olive oil
- 3 to 4 teaspoons water, just enough to make it brushable
- 1/4 teaspoon crushed red pepper flakes, optional
- Pinch of salt and pepper

Instructions

1. Preheat oven to 400°F and line a baking sheet with parchment paper or foil.
2. Heat 1 teaspoon olive oil in a small skillet over medium heat. Add the minced garlic and shallot and cook for 1-2 minutes, just until softened and fragrant. Remove from heat and let cool slightly.
3. In a medium bowl, whisk together the egg, milk, tomato paste, Italian seasoning, salt, and pepper. Stir in breadcrumbs, Parmesan, sun-dried tomatoes (if using), and herbs. Add the cooled garlic-shallot mixture and stir to combine, then set the pan aside for the glaze.
4. Add the ground beef and pork blend, along with half of the mozzarella. Mix gently with your hands until just combined. Do not overwork. Shape the mixture into a small loaf about 6x4x2 inches on the prepared baking sheet or make two mini loaves if you want them to cook a little faster.
5. Heat a small skillet over medium-low heat and add the olive oil. Stir in the tomato paste and cook for 1-2 minutes, pressing it into the pan so it darkens slightly and smells sweet and caramelized. Turn off the heat and whisk in the balsamic vinegar, water, crushed red pepper flakes (if using), and a pinch of salt and pepper until smooth. The glaze should be thick but brushable. Brush half the glaze over the top.
6. Bake for 20 minutes, then brush with the remaining glaze and sprinkle the remaining mozzarella on top. Continue baking for 10-15 minutes more, or until the internal temperature reaches 160°F.
7. Let rest 5 minutes before slicing. Serve with salad and roasted carrots.

Meatloaf



Mexican Pork Stew Recipe (15 minutes)

TOTAL TIME: 45 minutes

SERVES: 8

Ingredients

- 1 pound purchased roasted or smoked shredded or cubed pork butt, about 2 cups
- 16-ounce jar salsa verde
- 2 cups chicken stock; can substitute vegetable broth
- 15-ounce can black beans, rinsed and drained
- 30 ounces fire-roasted diced tomatoes, 2 15-ounce cans with juice
- 1 teaspoon ground cumin
- ½ teaspoon Kosher salt
- ¼ teaspoon ground black pepper
- Optional: add your favorite toppings (sour cream, avocado, corn chips,

Instructions

1. Add all ingredients except the salt and pepper, and place the pork in a large saucepan or Dutch oven over medium-high heat.
2. Bring to a boil, then reduce the heat to medium and simmer for 10 minutes. Stir occasionally.
3. When it's done, taste and add kosher salt and ground black pepper if needed.
4. Serve immediately with optional toppings.



Mexican Pork Stew



Southern Shrimp and Parmesan Grits

TOTAL TIME: 20 minutes

SERVES: 4

Ingredients

Parmesan grits

- 5 cups water
- ½ teaspoon kosher salt
- 1 cup quick grits
- 2 tablespoons butter
- 2 tablespoons heavy cream
- 1½ cups grated or shredded Parmesan cheese

Cajun shrimp and sauce

- 1½ pounds raw shrimp, extra-large, sized 21-25 a pound, peeled, deveined with the tails removed
- 2 teaspoons Cajun or Creole seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 pinch cayenne pepper
- 4 tablespoons unsalted butter
- 2 cloves garlic, finely minced
- ¼ cup fresh lemon juice
- 1 tablespoon fresh parsley, chopped, plus more for garnish if desired

Instructions

Parmesan cheese grits

1. To make Parmesan cheese grits, combine 5 cups of water and 1/2 teaspoon of salt in a medium saucepan over medium heat. Bring the water to a boil, then, stirring or whisking constantly, pour in the grits.
2. Bring it back to a boil, then reduce the heat to low and simmer; stir or whisk often until the mixture becomes thick and creamy, about seven to ten minutes. Add two tablespoons of butter and the heavy cream, and stir to combine.
3. If your grits get too thick, add more water and mix well. I prefer mine on the thin side and usually add a tablespoon more water, but if you like them thicker, by all means, skip the extra water.
4. Once they are done, remove the pan from the heat and add the parmesan cheese. Stir constantly until the cheese is melted. Cover the pan and keep it warm while you sauté the shrimp.

Shrimp and sauce

1. Place the shrimp in a medium-sized bowl and add the Cajun or Creole seasoning, salt, black pepper, and cayenne pepper. Toss with a spoon or fork.
2. To sauté the shrimp, melt four tablespoons of butter in a large skillet over medium-high heat.
3. Add the minced garlic and shrimp and sauté, stirring frequently, until the shrimp are pink and opaque. (two to three minutes).
4. Remove the skillet from the heat and add four tablespoons of water, lemon juice, and parsley. Stir to coat the shrimp with the sauce.
5. Divide the Parmesan grits into four bowls and top with the Cajun shrimp mixture. Garnish with extra parsley if desired, and serve hot. Enjoy!

Shrimp and Grits



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