



5 Simple Menu Plans

Soup & Bread Meals for Fall

An Oregon Cottage

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Best Homemade Tomato Soup



Prep Time: **10 min**

Cook Time: **20 min**

Total Time: **30 min**

Ingredients

- 3 tablespoons butter
- 1 onion chopped
- 2 carrots peeled and chopped
- 1 clove garlic minced
- 4 cups chopped tomatoes or 3 14-ounce cans
- 4 cups chicken or vegetable stock
- 1/2 teaspoon dried thyme optional
- 1 teaspoon dried basil or 1 TB. chopped fresh in season
- salt and pepper to taste

Easy Homemade Tomato Soup

Easy to make and fairly quick, this soup is a great weeknight option, plus it tastes so good you'll never go back to soup out of a can.

Instructions

1. Melt the butter in a 4-quart saucepan over medium heat. Add the onions and carrots and cook for 5 minutes until softened. Add the garlic and cook another minute.
2. Add all the remaining ingredients and bring to a boil over medium-high heat, then reduce heat and simmer for 15 to 20 minutes.
3. Blend with an immersion blender (or in batches in a blender) until smooth.
4. When serving, garnish with sliced green onions, parsley, or fresh basil.

Notes

Using the thyme and basil gives it a pizza-like flavor, leave out if you'd prefer or replace with oregano.

OPTION: You can replace 1/4 cup of the stock with orange juice for a unique, bright flavor.

[See Recipe on AnOregonCottage.com](http://AnOregonCottage.com)

Amazing Whole Wheat Biscuits



Prep Time: **15 min**

Cook Time: **15 min**

Total Time: **30 min**

Ingredients

- 3 cups whole wheat pastry flour*
- 1/2 teaspoon salt
- 1 teaspoon honey or sugar
- 1/2 cup cold butter
- 4 teaspoons baking powder
- 1 egg
- 3/4 teaspoon cream of tartar
- 1 cup buttermilk**

*You can use a combination of whole wheat and all-purpose, but then it won't be 100% whole wheat, obviously.

**Add 1 tablespoon vinegar to a 1 cup measure and then add milk to equal 1 cup unless you have access to real buttermilk - what they sell in the stores as "buttermilk" is full of additives!

Flaky Whole Wheat Biscuits

*Tender and easy 100% whole wheat biscuits that really are amazingly flaky.
Ready to go in about 30 minutes, perfect for dinner, breakfasts, or even sandwiches.*

Instructions

1. Preheat oven to 425 degrees.
2. In the bowl of a food processor or regular bowl, combine the first 5 ingredients (if using honey, combine it with the liquid ingredients). Pulse (or mix) to combine.
3. Cut up the butter into eight pieces and add to the dry ingredients. Pulse (or use a pastry blender) until the mixture resembles coarse cornmeal with a few pea-sized pieces of butter remaining. If using a processor, transfer to a medium bowl.
4. Combine the egg and buttermilk (and honey, if using) in a glass measure; add to the dry ingredients all at once. Stir with a wooden spoon just until mixture starts to come together (it will not be completely mixed). Don't over mix.
5. Turn out onto a floured surface and knead 10 - 15 times until dough holds together, folding a couple of times at the end like a letter. Pat or roll into a 1 to 1-1/4 inch rectangle. Cut with a biscuit cutter or knife into about a dozen biscuits depending on the size.
6. Place on a lined or greased cookie sheet, and brush the tops with milk, if desired, for a shiny, browned top.
7. Bake for 12 to 15 minutes until golden brown. Cool on a wire rack.

[See Recipe on AnOregonCottage.com](http://AnOregonCottage.com)

Meal Plan 2

Quick & Easy Chicken Noodle Soup



Prep Time: **20 min**

Cook Time: **2 hrs**

Total Time: **2 hrs 20 min**

Ingredients

- 8 cups chicken broth
- 1 onion diced
- 3 stalks celery diced
- 2 large carrots peeled and diced
- 1 clove garlic peeled and minced (optional)
- 3 to 4 cups cooked chicken cubed and/or shredded or uncooked boneless chicken
- 6 ounces egg noodles*
- 2 teaspoons salt or to taste, depending on type of broth used
- 1 teaspoon black pepper or to taste

Comforting Chicken Noodle Soup

A family favorite, 30 minute quick and easy homemade chicken noodle soup is thick and healthy - maybe the perfect comfort food!

Instructions

1. Put the broth in a large soup pot, add the vegetables (onion, celery, carrot, and garlic if using) and bring to a boil. Reduce heat and simmer 10 minutes, until vegetables are tender-crisp.**
2. Add the noodles and cooked chicken to the soup, bring back to a boil, and simmer 8 minutes or until the noodles are just barely tender.
3. Season with salt and pepper and serve immediately.
4. To start with uncooked chicken:
5. Either sauté boneless chicken breasts or thighs in a pan or add them to the broth before the vegetables and cook thoroughly, 15-20 minutes for whole breasts, 10 minutes for diced chicken.
6. When the chicken is cooked, allow to cool and then cut into pieces, if needed while vegetables are cooking.
7. Set it aside to add with the noodles. I've found adding it later helps retain the chicken flavor by not letting it boil out in the soup while the vegetables are cooking.

Notes

*Lower Carb Chicken Vegetable Soup Variation: omit the noodles and add other vegetables like parsnips, cabbage, kale, and/or spinach. With this option, you'll skip step 2, adding all the vegetables and meat in step 1 and cooking for 15 minutes until all vegetables are tender, making it even quicker to make.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Soft 100% Whole Wheat Dinner Rolls



Prep Time: **2hrs 30 min**

Cook Time: **25 min**

Total Time: **2 hrs 55 min**

Ingredients

- 2 tablespoons active dry yeast* (instant works, too)
- 1/2 cup warm water
- 1/2 cup butter softened
- 1/4 cup honey
- 3 eggs
- 1 cup lukewarm milk or buttermilk
- 4½ to 5 cups whole wheat flour
- 1 ½ teaspoons salt

Truly Soft Whole Wheat Rolls

The softest 100% whole wheat dinner rolls you've ever had! Plus, easy to make and to make-ahead. These are so good – with or without butter!

Instructions

1. Dissolve the yeast in the 1/2 cup warm water in a glass measure. Set aside.
2. Cream the butter and honey in the bowl of a stand mixer with the paddle attachment. Add the eggs and mix, scraping the sides. Add the warmed milk along with the yeast mixture.
3. Add 4½ cups of flour and the salt, mixing until combined. Change to dough hook and knead for 2-3 minutes only, just until no longer tacky, adding a tablespoon or two of flour at a time, if needed. (Do not add too much.)
4. Let sit in bowl, covered, to rise for one hour. Turn out onto a floured surface and knead a couple of times, then let rest 3 minutes.
5. Divide into 24 equal pieces, shaping each into a ball and placing in a buttered 13x9-inch baking dish with the pieces touching.
6. Let rise, covered for 1 hour.
7. Preheat oven to 350 degrees.
8. Bake for 20-25 minutes until golden brown.

Notes

*This recipe is a low-knead bread, so calls for more yeast than normal.

However, you can use less - 1-1/2 tablespoons is the amount in 2 packages of yeast and should be sufficient if you are using that. Some commenters have used 2 teaspoons to 1 tablespoon and thought they were fine. Experiment at your own risk, lol.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Meal Plan 3

Amazing Cauliflower Cheese Soup



Prep Time: **10 min**

Cook Time: **25 min**

Total Time: **35 min**

Ingredients

- 4 cups chicken stock (or your frozen homemade broth)
- 2 potatoes diced (optional- they make the soup thicker, but I rarely use them)
- 1 onion chopped
- 2 carrots peeled and chopped
- 3 garlic cloves minced
- 1/2 of a large head of cauliflower chopped (about 3½ cups)
- 1½ teaspoon salt needed with homemade stock, not so much with canned, so be sure to taste
- 1/4 teaspoon dry mustard
- 1/4 teaspoon black pepper
- 1½ cup grated sharp cheddar cheese medium will work, but sharp has the best flavor
- 1 cup milk
- herbs for garnish (optional)

Cauliflower Cheese Soup

A cheesy, delicious homemade soup that's ready in about 30 minutes and is full of vegetables - but no one will believe it!

Instructions

1. In a large saucepan, combine the stock, potatoes (if using), onion, carrots, garlic, and cauliflower. Bring to a boil, lower heat and simmer for 15 minutes or until the vegetables are tender.
2. Add the mustard, black pepper, and salt if needed, and puree all the ingredients with an immersion blender right in the pan (alternately, transfer portions of the soup to a blender to puree, but be careful with the hot soup!).
3. Reduce the heat to low and add the cheese and milk, stirring well.
4. Continue to cook over low heat for about 5 more minutes until the soup is warmed through and the cheese is all melted. Taste and adjust seasonings, if needed.
5. Garnish with herbs if desired before serving.

Notes

Make Ahead: this soup stores well for a week or more, so you can make it early for dinner or lunch prep.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Easy Artisan Bread (Yeast)



Prep Time: **5 min**
+ 2 hrs Rise

Cook Time: **30 min**

Total Time: **2 hrs 35 min**

Ingredients

- 3 cups warm water
- 1 tablespoon instant yeast
- 2½ teaspoon salt
- 3½ cups whole wheat flour*
whole wheat white flour works great
- 3 cups unbleached flour*

***Note:** If you want to use less whole wheat flour, or the consistency is affected too much, try just 2 cups of whole wheat to 4 1/2 cups of unbleached flour.

Easy Artisan Yeast Bread

Make the easiest artisan bread with an amazing crust in an enamel Dutch oven - you'll never go back to store-bought!

Instructions

1. Put the yeast and salt in a bowl and add the water.
2. Add all the flour and mix well.
3. Put in a bowl and cover with plastic wrap (not airtight). Let set at room temperature for about 1½ hours.
4. Put in the refrigerator for up to a week or week-and-a-half. (Or bake right away - cut off what you need, shape, and let sit while pot heats).
5. When ready to bake, place an enameled dutch oven, with lid, in a 450 degree oven.
6. Dust the dough with flour, grab a quarter or half (depending on the size loaf you want) and cut off piece with a serrated knife. Using well-floured hands, shape gently into a ball and place on a piece of parchment paper resting on a cookie sheet (or in a small round skillet to help shape). Dust the top with more flour.
7. Let sit on the counter 30 minutes. Then slash the top of the loaf with a serrated knife.
8. Transfer the loaf to the hot dutch oven using the edges of the parchment, replace the lid, and cook for 15 to 17 minutes.
9. Remove lid and continue to cook for another 15 to 17 minutes, or until loaf is a golden brown.
10. Remove to a cooling rack for 30 to 60 minutes before cutting.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Easy Sourdough Artisan Bread



Prep Time: **20 min + 5 hr**
40 min Rise Time

Cook Time: **30 min**

Total Time: **6 hr 30 min**

Ingredients

- 3+ cups (360-400 gr) flour white whole wheat, whole wheat, unbleached, or a combo
- 1 ¼ cups (296 ml) warm water
- ¾ cup (177 ml) active sourdough starter 75%-100% hydration (I use 75%)
- 1 tablespoon (15 ml) honey*
- 1 ½ teaspoons (9 gr) salt

Note: You may need less or more if your starter is dryer/wetter- the 1 ¼ cups works for a 100% hydration starter, fed an equal ratio of flour to water. Adjust yours accordingly.

*The honey is optional, it helps with coloring and gives a bit more boost to the wild yeast.

Easy Sourdough Artisan Bread

Instructions

1. Mix all ingredients together in the bowl of a stand mixer (or large mixing bowl) just until combined and then let sit for 15 minutes.
2. Using a dough hook, knead for 5 minutes. If making by hand, knead for 8 to 10 minutes. (Add more flour as needed, a little at a time, to create a dough that's still clinging to the bottom of the bowl, but also clearing the upper part of the bowl. It should be tacky, but not cling to your finger.)
3. Transfer to a medium-sized bowl, lightly coated with oil. Cover with plastic and let rise for 3 hours, turning and folding the dough once or twice.
4. Remove dough, turn and fold again with oiled hands, and place it back in the bowl, seam-side up. Let rise for another 2 hours.
5. After the second rise, place a square of parchment on a cookie sheet, sprinkle the dough with flour and gently shape the dough into a ball or oval (using lots of flour, as the dough is moist) and set on the parchment. Shape it in your hands right over the parchment. Make sure there's a good coating of flour on the top, as this will make slicing the top later easier.
6. Bake with a Dutch Oven: While the shaped dough is resting, set an empty enameled cast iron dutch oven into a cold oven and turn heat to 450 degrees (alternately, you can use a baking stone), and set the timer for 40 minutes.
7. When the timer goes off, slash the top of the loaf with a serrated knife (in 2-3 places) and transfer it to the hot pot (or stone) by holding the edges of the parchment to gently lower into the pot (the bread will bake while on the parchment).
8. Replace the hot lid and bake for 12-15 minutes. Remove the lid and continue baking for another 13-15 minutes, until golden brown.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

(Including how to bake without a Dutch oven)

Meal Plan 4

Best Sausage & Lentil Stew



Prep Time: **10 min**

Cook Time: **1 hr 25 min**

Total Time: **1 hr 35 min**

Ingredients

- 1 tablespoon olive oil
- 1 pound Italian sausage mild or hot (we like hot)
- 1 onion chopped
- 3 large cloves garlic chopped
- 6 cups chicken broth
- 1½ cups water
- 1 lb. dry lentils, rinsed about 2-1/4 cups
- 3 14-15oz cans stewed tomatoes (or regular canned tomatoes, cut up)
- 1/2 teaspoon dry tarragon
- 1/2 teaspoon dry oregano
- 1 teaspoon black pepper
- 1/4 to 1/2 teaspoon hot sauce (omit if using hot sausage)
- 1/2 teaspoon salt or to taste
- parsley for garnish, optional

Delicious Sausage Lentil Stew

The best lentil stew with sausage recipe ever. It contains a couple of unique ingredients and makes great leftovers for lunches.

Instructions

1. Heat oil in a large stockpot. Add the sausage and cook until brown. Add onions and garlic; cook 5 minutes. Add broth, water, and lentils.
2. Bring to a boil; reduce heat and simmer, covered, 30 minutes.
3. Stir in tomatoes and spices.
4. Bring back to a boil; reduce heat and simmer, covered, until lentils are tender, 45-50 minutes.
5. Serve with optional parsley garnish.

Notes

- This is worth buying dried tarragon for - it is key to the flavor, I think.
- I like the flavor stewed tomatoes bring, but regular diced tomatoes are fine here.
- This recipe makes GREAT leftovers - you can even use this for a meal prep session to eat all week for lunches and quick dinners. It also freezes well.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Simple French Baguettes

or the bread you can't stop eating



Prep Time: **10 min +**
2 hr Rise Time

Cook Time: **25 min**

Total Time: **2 hr 35 min**

Ingredients

- 3 cups unbleached flour
- 1 teaspoon instant yeast (NOT active dry)
- 1½ teaspoon salt
- 1¼ cup warm water
- olive oil

Note: To make ahead: let the dough rise slowly in the refrigerator after step 3 until about two hours before serving. Continue with directions to shape, rise and bake bread to have freshly baked bread for dinner.

Easiest French Baguettes

Amazingly simple French baguettes made in a food processor or by hand. Be prepared to share it, though, so you don't eat it all.

This bread also freezes wonderfully and can be reheated in foil in the oven.

Instructions

1. In a food processor (or mixing bowl), combine the flour, instant yeast, and the salt. Pulse to mix.
2. Add the water and pulse a few times to mix before running the machine for a full minute to knead the bread (it should form a slightly sticky ball). Pull the dough out of the processor onto a lightly floured surface and knead a few times to form into a ball (if making by hand, mix until combined, turn out onto a floured surface and knead about 10 minutes).
3. Place the ball in a lightly oiled bowl, cover with a cloth and let rise until doubled, about one hour (see note for refrigerated make ahead option).
4. Punch the dough down and turn onto a lightly floured surface. Divide the dough and roll each half into a long rectangle (between 10-12" long and 5-7" wide); roll up and pinch seam to seal.
5. Place seam side down on a lined or greased baking sheet (dusted with cornmeal if you like), cover with a towel, and let rise another hour to double the volume.
6. Fifteen minutes before the second rise is complete, preheat the oven to 450 degrees.
7. Slash loaves if desired and lightly brush them with water before placing in the heated oven. Bake for 20 to 25 minutes or until the crust is firm and the loaves are golden brown.
8. Cool on a wire rack about 10-15 minutes before serving warm.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Meal Plan 5

Savory Tomato Seafood Stew



Prep Time: **10 min**

Cook Time: **30 min**

Total Time: **40 min**

Ingredients

- 2 tablespoons olive oil or butter or a combination
- 1 onion chopped
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 14- ounce can diced tomatoes & chilies Rotel or a home-canned version
- 1 24- ounce jar tomato pasta sauce or homemade sauce
- 2 cup chicken broth (or fish broth)
- 4 medium potatoes diced
- 1 cup sliced carrots
- 1 cup diced sweet red or yellow peppers
- 1 pound fish fillets (cod, tilapia, salmon) cut into 1-inch pieces
- 1/2 pound shrimp peeled and deveined
- salt to taste*

Tomato Seafood Stew

A delicious and easy seafood stew with a tomato base that's perfect for weeknight meals. Serve with bread and a salad.

Instructions

1. Heat the oil or butter over medium heat in a large 6-qt. stock pot.
2. Add the onion, garlic, oregano, basil, thyme, and cayenne if using, and saute for about 5 minutes.
3. Turn the heat to medium-high and add the tomatoes, tomato sauce, broth, potatoes, carrots, and peppers. Bring to a boil, then reduce the heat and simmer, covered, for 20 minutes or until the vegetables are tender.
4. Stir in the seafood, replace cover and simmer for 5 minutes more or until fish is cooked through and opaque in the center.
5. Season to taste with salt and serve with a good crusty bread.

Notes

*The salt needed will vary a lot depending on the jarred sauces and tomatoes you choose and if they're homemade or not, so taste as you go and adjust seasoning at the end.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

long ferment

Easy No-Knead Sourdough Focaccia



Prep Time: **15 min** +
16 hr Rise Time

Cook Time: **25 min**

Total Time: **16 hr 40 min**

Ingredients

- 1 cup active sourdough starter (fed and doubling in 6 hours or less)
 - 2 teaspoons honey or maple syrup, or sugar
 - 2 cups lukewarm water
 - 4-4½ cups flour* depending on hydration of starter
 - 2 teaspoons salt plus more for sprinkling
 - 4 tablespoons olive oil, divided
 - butter for pan
- Optional Topping:**
- 2 tablespoons butter
 - 1 teaspoon minced garlic or 1/4 teaspoon garlic powder
 - 1 tablespoon chopped fresh basil, rosemary OR thyme or 1 teaspoon dried herb

No-Knead Sourdough Focaccia

A "mix everything together and let sit recipe" that's a delicious blend of crispy edges and a tender, slightly sour interior. Use in smaller dinner bread sizes or cut larger for burger and sandwich buns.

Instructions

1. Mix sourdough starter, honey, and water in a large bowl until combined.
2. Add 4 cups flour and salt; mix with a wooden spoon or paddle of an electric mixer just until no flour streaks remain. (If dough seems too wet - though this is a wetter dough - add up to 1/2 cup more flour.)
3. Coat a large non-metal bowl with 2 tablespoons of the olive oil; transfer dough to bowl and turn to coat in oil. Cover and place in the fridge for 12 to 24 hours.
4. The next day butter a 13x9-inch baking pan (and no, the olive oil alone won't keep it from sticking - trust me on this!) and add 1 tablespoon of the olive oil to the bottom.
5. Remove the bowl from the fridge and fold and turn the dough in the bowl a couple times. Dump it into the center of the prepared pan. Cover pan with plastic and let it sit in a warm place for 4 hours. (The dough may not double, that's okay.)
6. Heat oven to 450 degrees with the rack in the middle.
7. Oil your hands and gently stretch/push the dough into the corners to fill the pan evenly. Drizzle with remaining tablespoon of olive oil and use your fingers to dimple the dough all over the top. Sprinkle the top with a flaky sea salt (or regular if you don't have it).
8. Bake until golden and edges are crisp, 20-25 minutes.
9. **Optional Topping:** In a small bowl, melt butter, garlic, and herb of choice together. Brush all over the top of the warm focaccia bread.
10. Cut into squares and serve warm (see cutting suggestions below). Freeze for longer storage.

[See Recipe at AnOregonCottage.com](http://AnOregonCottage.com)

Bonus Recipe

Rosemary Focaccia (Yeast)



Prep Time: **15 min +**
1 hr Rise Time

Cook Time: **15 min**

Total Time: **1 hr 30 min**

Dry Ingredients

- 1 cup bread flour
- 1/2 cup whole wheat flour
- 1 tablespoon instant yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- 1½ teaspoon dried rosemary crumbled
- 1 teaspoon crushed red pepper flakes, optional, but really good

Wet Ingredients

- 1/2 cup warm water
- 4 Tablespoons olive oil, divided
- kosher, Maldon, or other coarse salt (optional for topping)

Rosemary Focaccia

A "gift in a jar" recipe from the website that I've written out to be used as a recipe to make a yeasted version of focaccia. With just one rise and a quick bake, it's a great alternative to the longer sourdough version.

Instructions

1. Mix all dry ingredients together in a large bowl or stand mixer. Add water and 2 tablespoons of oil.
2. Using a wooden spoon or dough hook, stir until mixed. Knead in the mixer 3-4 minutes or my hand about 5 minutes on a floured board. If sticky, add just a bit of flour - not too much.
3. Place dough in oiled bowl and turn to coat top. Cover and let rise in warm spot until doubled, about an hour.
4. Heat oven to 425 degrees. Drizzle 1 tablespoon of oil into bottom of 13x9 inch baking pan, then turn the dough out into the pan, spreading to cover. Use fingers or the end of a wooden spoon handle to create the indentations on the top of the bread.
5. Drizzle with remaining tablespoon of oil and sprinkle with salt (or other herb if you'd like).
6. Bake for 10-15 minutes until golden brown. Let cool about 10 minutes before cutting into squares to serve.

Note

I don't have a photo of the finished product, since it is a gift idea on the website. I have made it, though, and it's a delicious, easy bread!

[See gift idea with printable tag at AnOregonCottage.com](http://AnOregonCottage.com)

I hope you have enjoyed this 5 Day Cozy Fall Meal Plan! Be sure to let me know if you make the plans and what you thought!

Visit [An Oregon Cottage](#) for more whole food recipes, doable gardening tips, simple DIY and remodeling, and free printables.

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Simple Homemade Life