



Fall in Love with **COMFORT**





HAPPY FALL!

This issue comes to you full of "Love for Comfort Foods"! This is the season that family and friends look forward to gathering for a warm, comforting meal. We know the importance of being able to use one item in multiple ways, so we have chosen some of our favorite ideas and recipes to assist you in maximizing your seasonal selections.

Meet your plus one! Soup season has begun and is a go-to choice for young and old. Soups are a staple item that can be used as an entrée or as a side dish.

Dip into fall with us! Dips can be served with a variety of dippers such as crackers, vegetables, and breads to name a few. Served hot or cold, dips can be ordered as a meal or as an appetizer. Wow your customers with a variety of dips and dippers.

Appetizers are a must this time of year! What is better than greeting guests with a table full of appetizers? In this issue we showcase our gourmet holiday line from Cuisine Innovations.

The ultimate comfort meal - Chicken Fried Steak. It is a cozy meal to prepare during the cold winter nights. Pair it traditionally with mashed potatoes and gravy or feature it as a horseshoe that your customers will love.

The best way to end a meal and a visit is with treats! On cold nights, hot chocolate is often the answer to your craving for comfort. Hot chocolate isn't just for drinking though! We help you think outside the cup and have created treats with hot chocolate as the ingredient.

We wish you the very best this season!

M.J. Kellner Marketing Team

TESTIMONIALS



I would say (M. J. Kellner) has the best customer service all around town because whenever we need anything (they) are quick to come out and bring it to us or I can come out and pick it up and love that I am able to do that.... (M. J. Kellner) has been very helpful in trying to help me in trying to figure out what kind of products I can get in place of thing they might be out of at the time especially due to trucks not running or just shortages all around. They are the best ever company to work with!

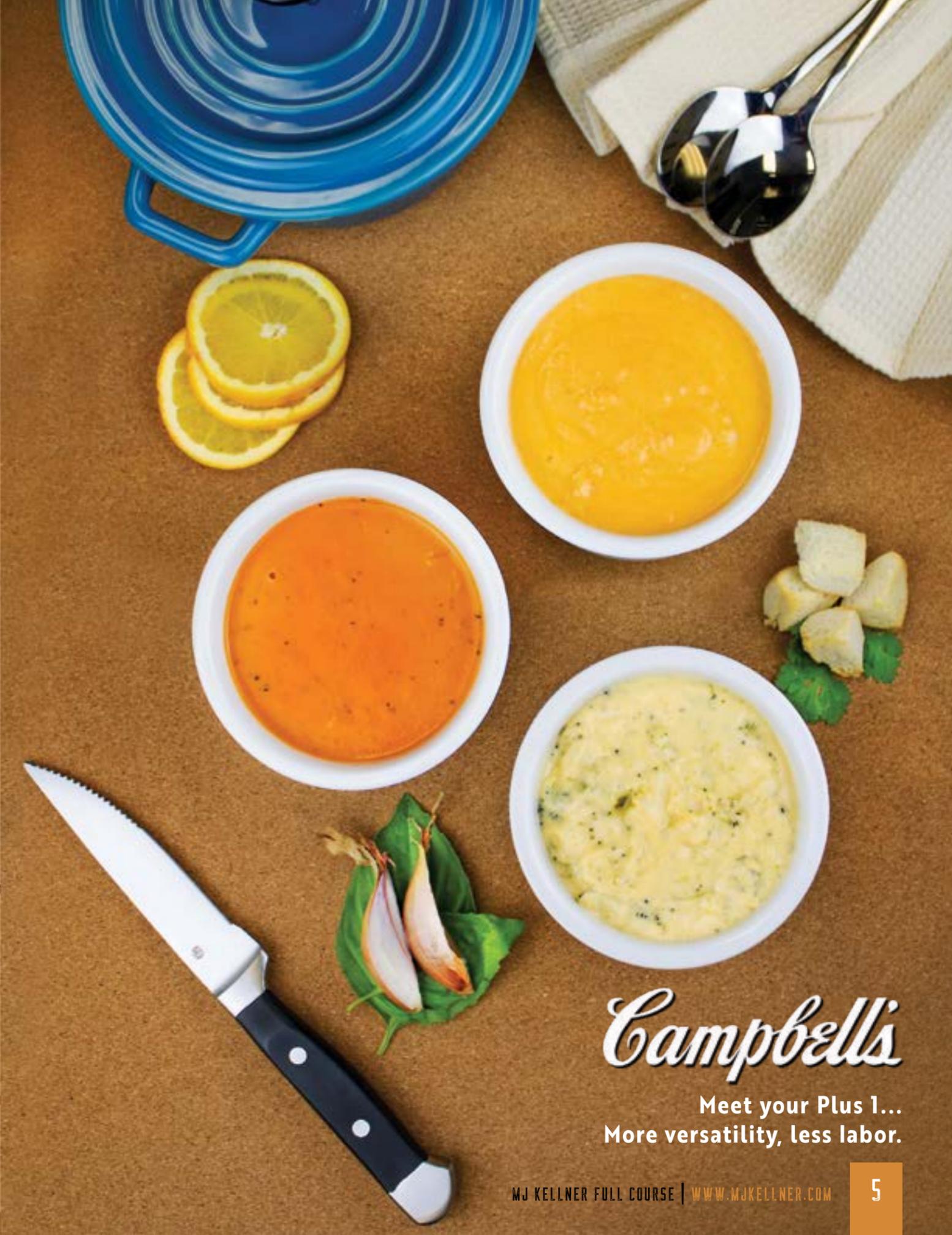
Beth Leseure
Supply Coordinator
Memorial Medical Center



We have been with M. J. Kellner for probably 13 years, since we have opened our doors 13 years ago. We have had nothing but great experience with them. We really enjoy their customer service and that they are a family owned business and treat everyone like they are family.

Kris Neuman
Owner & Director of
Kountry Kids
Learning Center

TABLE OF CONTENTS



Campbell's

Meet your Plus 1...
More versatility, less labor.

Plus 1: Add a soup as an ingredient

Chicken Broccoli Rice CASSEROLE

Ingredients

- 2 cups diced chicken
- 9 cups fresh broccoli cut in to bite size pieces
- 3 cups shredded cheddar cheese
- 3 cups cooked rice
- 3 cups Campbell's broccoli cheese soup
- 4 ½ tablespoons butter
- 1 cup diced onion
- ¼ teaspoon ground mustard
- ¼ teaspoon paprika
- salt to taste
- 5 tablespoons cream cheese

PREPARATION

- 1 Preheat oven to 350.
- 2 Cook onion and butter on medium-low heat until softened and translucent. Heat Broccoli Cheese Soup and add the onion mixture. Add dry mustard, paprika, cream cheese and Shredded cheese. Stir until melted.
- 3 Stir together rice, broccoli and cheese mixture. Place in half pan. Top with and additional cup of shredded cheese. Bake 35 minutes or until bubbly and cheese is lightly brown.



Seafood PASTA

Ingredients

- 10 oz of Marzetti frozen cavatappi
- ½ cup bacon bits
- 3 tbs of butter
- 1 shallot finely minced
- ½ tsp each of salt & pepper
- 2 tsp minced garlic
- 2 cups Campbell's lobster bisque
- ½ cup cream
- 2 cups shredded cheddar cheese
- 12 oz imitation crab meat

PREPARATION

- 1 Melt butter in skillet, toss in bacon bits and shallot. Add salt, pepper and minced garlic.
- 2 Place frozen pasta in half pan. Toss bacon bits and shallot over pasta. Stir cream in to Lobster Bisque and pour over pasta mixture. Stir in shredded cheese.
- 3 Bake at 350 for 30 minutes or until top is golden. Options, can top with bacon bits, crumbled crab meat and or cheese.



Stuffed Shells POMODORO



Ingredients

- 12 jumbo stuffed shells
- 2 tsp minced garlic
- Campbell's tomato basil soup
- freshly grated Parmesan for garnish

PREPARATION

- 1 Preheat oven to 350.
- 2 Place frozen stuffed shells in 9x13 pan.
- 3 Mix tomato basil soup with minced garlic. Pour over stuffed shells. Bake, covered, for 30 minutes.
- 4 Uncover, top with chopped basil. Optional, top with Parmesan cheese.

Menu Up-do! Country fried
steak more than one way.



CASSEROLE

COUNTRY FRIED STEAK



Ingredients

- country fried steak
- ½ cup corn
- 1 cup mashed potatoes
- ½ cup white gravy mix
- biscuits

PREPARATION

- 1 Deep fry country fried steak to internal temperature of 165 degrees.
- 2 Cook white gravy mix, potatoes and biscuits according to container instructions.
- 3 Plate country fried steak and pour brown gravy over country fried steak.
- 4 Plate with choice of vegetable, mashed potatoes and biscuits.



COMFORT FOOD

Any food eaten not only for its pleasing taste but also for a sense of contentment, nostalgia, and warmth that it provides.

Country Fried Steak HORSESHOE

Ingredients

- country fried steak
- ½ cup cheese
- ½ cup white gravy mix
- 10 oz fries
- Texas toast

PREPARATION

- 1 Deep fry country fried steak to internal temperature of 165 degrees.
- 2 Cook white gravy and cheese sauce according to container instructions.
- 3 Deep fry choice of fries or chips.
- 4 Toast bread.
- 5 Place toast on plate and top with country fried steak and fries. Pour cheese sauce on one half of horseshoe and white gravy on the other half.

Mushroom COUNTRY FRIED STEAK



Ingredients

- country fried steak
- ½ cup brown gravy mix
- ¾ cup noodles
- ¼ cup mushrooms
- garlic toast
- mixed veggies

PREPARATION

- 1 Deep fry country fried steak to internal temperature of 165 degrees.
- 2 Cook brown gravy according to container instructions. Add mushrooms.
- 3 Cook noodles according to container instructions.
- 4 Place noodles on plate and top with country fried steak. Pour mushroom gravy over the top of the steak. Add vegetables on the side.



**Appetizers for all of
your Holiday needs!**

- Fig & Mascarpone in Fillo: DOT# 521911
- Beef Empanada: MJK# S78980
- Skewered Chicken Tenderloin: DOT# 362975
- Mini Beef Frank Puff: MJK# 78766
- Beef Teriyaki Brochette: DOT# 362973
- Vegetable Spring Roll: MJK# S78829
- Beef Tenderloin En Croute: MJK# S78818
- Sausage Stuffed Mushroom: MJK# S78988
- Antipasto Skewer: MJK# S78994
- Spanakopita: MJK# 78817





Enjoy
HOT CHOCOLATE
 in a cup, cookies,
 cheesecake and cupcakes.



Hot Chocolate
COOKIES



Frozen Hot Chocolate
CHEESECAKE

Ingredients

- 1 cup butter, softened
- 1 ½ cups light brown sugar
- 2 eggs
- 1 tsp vanilla
- ½ cup cocoa powder
- ¼ cup Swiss Miss hot chocolate
- 2 cups flour
- 1 tsp baking soda
- 1 tsp fine sea salt
- ¾ cup mini dehydrated marshmallows

PREPARATION

- 1 In a medium mixing bowl, sift together cocoa powder, hot chocolate mix, flour, baking soda and fine sea salt. Set aside.
- 2 In a large mixing bowl, cream together butter and brown sugar until fluffy, approximately 5 min.
- 3 Add eggs, one at a time.
- 4 Add vanilla, blending until mixed.
- 5 Slowly add dry mixture until dough forms.
- 6 Fold in mini dehydrated marshmallows.
- 7 Cover and refrigerate for a minimum of 1 hr and up to 36 hrs.
- 8 When ready to bake, preheat oven to 350 degrees. Line an insulated baking sheet with parchment paper.
- 9 Dip heaping tablespoons of cookie dough onto the cookie sheet.
- 10 Bake for 9-11 min and remove right before they look cooked.
- 11 Cool for 10 min before placing on a cooling rack and allowing to cool fully.



Ingredients

For the Crust: (or purchase pre-made Oreo crust)

- 24 Oreo cookies
- 6 tbsp melted butter
- ¼ cup sugar

For the Cheesecake:

- 2 blocks cream cheese, softened
- ½ cup powdered sugar
- ¼ cup chocolate sauce
- 3 Swiss Miss hot cocoa packs
- pinch of salt
- 2 cups heavy cream
- 1 cup mini marshmallows

PREPARATION

- 1 Make crust. In a food processor, pulse Oreo cookies until they are fine crumbs. Transfer crumbs to a bowl, then add butter and sugar and stir until combined. The texture should be similar to wet sand.
- 2 Grease a 9" pie plate and press in the crust mixture.
- 3 In a large bowl using a hand mixer, beat cream cheese until light and fluffy. Add powdered sugar, chocolate sauce, cocoa packets and salt and mix until smooth.
- 4 Add about half of the heavy cream and beat until smooth. Add the rest of the heavy cream and beat until very fluffy.
- 5 Fold in mini marshmallows. Pour cheesecake mixture into the prepared crust.
- 6 Freeze until solid, about 4 hours.

Hot Chocolate CUPCAKES

Ingredients

Cupcakes:

- 1 box dark chocolate fudge cake mix
- 3.9 oz instant chocolate fudge pudding mix
- 4 large eggs
- 1 cup sour cream
- ¾ cup vegetable oil
- ½ cup Swiss Miss hot chocolate
- 1 tsp vanilla extract
- ¼ tsp salt

Filling:

- 1 ½ cups marshmallow fluff

Frosting:

- 2 cups heavy cream
- ½ cup powdered sugar
- ¼ cup instant vanilla pudding mix

Topping:

- mini cocoa marshmallows
- chocolate sprinkles

PREPARATION

- 1 Preheat oven to 350.
- 2 Line cupcake pan with liners.
- 3 Combine cupcake ingredients in mixing bowl and beat until well combined, making sure to scrape down the sides as needed.
- 4 Add about ¼ cup of batter to each liner so they're about ¼ full.
- 5 Bake cupcakes for about 18-20 min until toothpick comes clean.
- 6 Let set in pan for a couple of minutes before transferring to oven rack to finish cooling.
- 7 Core out the center of the cupcakes and pipe in fluff until each is full

Frosting:

- 1 Combine heavy cream, powdered sugar, and pudding mix in mixing bowl and beat until stiff peaks form.
- 2 Pipe frosting onto cupcakes and sprinkle with sprinkles and mini marshmallows.



THINK OUTSIDE THE CUP!
HOT CHOCOLATE ISN'T JUST
FOR HOT CHOCOLATE....



Dip into
Fall.





Raspberry CHIPOTLE DIP

Ingredients

- 3 - 8 oz whipped cream cheese
- 1 cup raspberry jam
- 3 tbsp Minor's chipotle base
- ½ cup pecan halves, toasted

PREPARATION

- 1 In a small mixing bowl, mix together chipotle base and raspberry jam. Set aside.
- 2 Spread cream cheese onto a small serving platter. Top with raspberry jam mixture and pecans.
- 3 Refrigerate until serving.

Honey Chipotle DIPPING SAUCE

Ingredients

- ¾ cup plain nonfat Greek yogurt
- 2 tbsp mayonnaise
- 2 tbsp Minor's chipotle base
- 1 tsp honey
- ¼ tsp kosher salt
- ⅛ tsp garlic powder

PREPARATION

- 1 Add all ingredients into a food processor and blend until smooth.
- 2 Pour Sauce into small serving bowls and refrigerate until ready to serve.

Roasted Garlic & Bacon SPINACH DIP

Ingredients

- 5 slices of bacon
- 4 cups fresh spinach
- 8 oz cream cheese, softened
- 1/3 cup plain yogurt or sour cream
- 1/4 cup mayonnaise
- 1/3 cup shredded Parmesan cheese
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper
- 3 tbsp roasted Minor's garlic base
- 1/2 cup shaved Parmesan cheese

PREPARATION

- 1 Preheat oven to 350 degrees F.
- 2 Cook the bacon in a skillet over medium heat until crisp. Turn off the heat, leave the grease in the pan, and transfer the cooked bacon to a paper towel lined plate. Set Bacon aside.
- 3 Wilt the spinach in the still-warm skillet for a minute or two. Set aside.
- 4 Using a handheld mixer, beat the cream cheese, yogurt, and mayonnaise together on medium-high speed until creamy and smooth. Add the shredded Parmesan cheese, salt, pepper, and roasted garlic base. Beat on high speed until combined. Crumble up 4 slices of bacon and add it to the cream cheese mixture, along with the wilted spinach. Fold them into the mixture until combined.
- 5 Spoon the mixture into an 8-inch casserole/baking pan and top with shaved Parmesan. Bake for 20-25 min or until cheese on top is melted.

Roasted Garlic and PUMPKIN DIP

Ingredients

- 1 can pumpkin
- 3 tbsp roasted Minor's garlic base
- 1 can cooked, drained chickpeas
- 1/4 cup olive oil
- roasted pecans (optional)
- 1/2 tsp salt

PREPARATION

- 1 In a food processor, blend pumpkin, garlic base, chickpeas, oil, cumin seeds and salt for a smooth consistency.
- 2 To serve, add a little oil on top with roasted pecans (optional).

Ingredients

- 1 cup plain yogurt
- 1 cup unpeeled cucumber
- 2 tbsp fresh dill – stems removed and chopped
- 1 tbsp fresh mint – minced
- 1 1/2 tbsp fresh lemon juice
- 1/2 tsp garlic – crushed
- 1/2 tsp salt
- 1 tbsp Minor's vegetable base

PREPARATION

- 1 Start by cleaning and shredding the cucumber with a grater. Measure the cup of cucumber you need, place it on a clean towel and fold the towel on top of it, squeeze to remove as much water as you can.
- 2 Transfer the cucumber to a medium bowl and add all other ingredients. Stir well.
- 3 Serve cold.



Zucchini BABAGANOUSH

Ingredients

- 2 large zucchinis
- 1 clove garlic
- 2 tsp parsley (optional)
- 2 tbsp tahini
- juice from 1/2 lemon
- salt to taste
- 2 tbsp Minor's vegetable base

PREPARATION

- 1 Grill the zucchini until they are blackened on the outside and soft & squasy in the middle.
- 2 Let them cool for a bit, then remove the blackest bits of skin.
- 3 Blend the zucchini insides with all the rest of the ingredients until smooth and delicious.
- 4 Serve drizzled with olive oil and extra herbs.

06

Chicken Broccoli Rice Casserole

- Chicken: MJK# 63525
- Broccoli: MJK# 40422
- Shredded Cheddar Cheese: MJK# 20365
- Rice: MJK# 12131
- Campbell's Broccoli Cheese Soup: MJK# 68052
- Butter: MJK# 19401
- Onion: MJK# 40364
- Ground Mustard: MJK# 34270
- Paprika: MJK# 34350
- Cream Cheese: MJK# 20350
- Skillet: AMC# CIS61

07

Seafood Pasta

- Marzetti Frozen Cavatappi: MJK# 69142
- Bacon Bits: MJK# 32323
- Butter: MJK# 19401
- Shallots: MJK# 40839
- Garlic: MJK# 21459
- Campbell's Lobster Bisque: MJK# 68217
- Cream: MJK# 20822
- Shredded Cheddar Cheese: MJK# 20326
- Imitation Crab Meat: MJK# 62738
- Mini Cast Iron Skillet: AMC# CIS41
- Cast Iron Dish: AMC# CIPR7251

07

Stuffed Shells Pomodoro

- Stuffed Shells: MJK# 61613
- Garlic: MJK# 21459
- Campbell's Tomato Basil Soup: MJK# 68560
- Parmesan Cheese: MJK# 20450
- Skillet: AMC# CIS51

11

Country Fried Steak

- Country Fried Steak: MJK# 64098
- White Gravy Mix: MJK# 18316
- Corn: MJK# 68446
- Potatoes: MJK# 11123
- Biscuits: MJK# 75140

12

Country Fried Steak Horseshoe

- Country Fried Steak: MJK# 64098
- White Gravy Mix: MJK# 18316
- Cheese: MJK# 30350
- Fries: MJK# 61781
- Texas Toast: MJK# 75548
- Square Plate: AMC# MRSW9

13

Mushroom Country Fried Steak

- Country Fried Steak: MJK# 64098
- Brown Gravy Mix: MJK# 30505
- Noodles: MJK# 27305
- Mushrooms: MJK# 10830
- Garlic Toast: MJK# 75522
- Tuscan Blend Veggies: MJK# 68486

17

Hot Chocolate Cupcakes

- Dark Chocolate Fudge Cake Mix: MJK# 18193
- Eggs: MJK# 19950
- Sour Cream: MJK# 20806
- Vegetable Oil: MJK# 19290
- Swiss Miss Hot Chocolate: MJK# 31133
- Marshmallow Fluff: MJK# 33057
- Heavy Cream: MJK# 20822
- Powdered Sugar: MJK# 17090

19

Hot Chocolate Cookies

- Butter: MJK# 19401
- Light Brown Sugar: MJK# 17120
- Eggs: MJK# 19950
- Cocoa Powder: MJK# 32050
- Swiss Miss Hot Chocolate: MJK# 31133
- Flour: MJK# 18031
- Baking Soda: MJK# 18460
- Tableware: WC# SBMW-156

Frozen Hot Chocolate Cheesecake

- Oreos: MJK# S25400
- Butter: MJK# 19401
- Sugar: MJK# 17020
- Cream Cheese: MJK# 20350
- Powdered Sugar: MJK# 17090
- Chocolate Sauce: MJK# 20989
- Swiss Miss Hot Chocolate: MJK# 31133

23

Chipotle Dip

- Whipped Cream: MJK# S20358
- Raspberry Jam: MJK# S29050
- Minor's Chipotle Base: MJK# 22065
- Pecan Halves: MJK# 32430

23

Honey Chipotle Dipping Sauce

- Nonfat Greek Yogurt: MJK# 20720
- Mayonnaise: MJK# 26997
- Minor's Chipotle Base: MJK# 22065
- Honey: MJK# 33151
- Garlic Powder: MJK# 34180
- Mini Cookware: AMC#SHSP41

24

Roasted Garlic & Bacon Spinach Dip

- Bacon: MJK# 65269
- Spinach: MJK# 40210
- Cream Cheese: MJK# 20350
- Plain Yogurt: MJK# 20806
- Mayonnaise: MJK# 26997

Roasted Garlic & Pumpkin Dip

- Canned Pumpkin: MJK# 10840
- Roasted Minor's Garlic Base: MJK# 32831
- Canned Chickpeas: MJK# 10260
- Olive Oil: MJK# 19040
- Pecans: MJK# 32430

25

Zucchini Babaganoush

- Zucchini: MJK# 40225
- Garlic Clove: MJK# 40834
- Parsley: MJK# 40616
- Tahini: MJK# S28000
- Lemon: MJK# 40552
- Minor's Vegetable Base: MJK# 32829

Vegetable Tzatziki Sauce

- Plain Yogurt: MJK# 20720
- Cucumber: MJK# 40141
- Dill: MJK# S40814
- Mint: MJK# 40832
- Lemon: MJK# 40552
- Garlic Clove: MJK# 40834
- Minor's Vegetable Base: MJK# 32829

Key

MJK = MJ Kellner
 AMC = American MetalCraft
 WC = WinCo



THANK YOU FOR JOINING US AT OUR

OPEN HOUSE

