

Make your home an autumn oasis

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Photos provided

For a less expensive option HomeGoods carries an array of blankets this time of year. Throw one over the sofa, on your favorite chair, or at the foot of your bed. There is nothing more comforting than a fuzzy throw on a chilly afternoon.

5) Bake something: And last but not least – bake something yummy! Even if baking is not your thing, head to Trader Joe's and pick up a box of pumpkin bread. No one will ever know. Those who know me, know I don't enjoy cooking or baking, but for some reason when fall arrives I make an exception. All things pumpkin for this girl. I even add some organic canned pumpkin to my morning smoothie. If you're not into sweets, then pull out the Crockpot and try some new fall soup recipes. Pinterest is a great resource for Crockpot ideas.

I hope you enjoy my easy autumn tips and I wish you a wonderful, cozy week!

As the Owner and Principal Designer of Lamorinda-based Amanda Carol Interiors, Amanda Eck believes your home's interior should be both approachable and well-appointed. She often asserts, "Beauty is a necessity."

With a distinct sense of style that mixes contemporary and classic design she fashions spaces that are both elegant and inviting. Her design aesthetic is inspired by anything visual but especially fashion, architecture and art.

Visit <http://amandacarolinteriors.com> for more design ideas.



Amanda's Comfort Soup

(this can be made in the Crockpot or on the stove)

INGREDIENTS

2 cups of chopped celery

2-3 cups of chopped carrots

3-4 cloves of garlic (I use Trader Joe's frozen garlic)

4 cups of chicken or vegetable broth

2 cans of diced tomatoes

1 can of white beans

Chopped spinach or kale (optional)

Seasonings: sea salt, garlic powder, onion powder, Italian or any herb seasoning

1 package of cheese tortellini (in the refrigerated or frozen section)

DIRECTIONS

Sautee celery, carrots and garlic in olive oil until soft. Add all the other ingredients except tortellini (this will be added 5-10 minutes before serving). Bring to a boil then reduce heat to medium low for 30 minutes to 1 hour or set Crockpot for 4-5 hours on high.

Enjoy!

