Black Bean Soup

Ingredients:
- 1 ½ Tablespoons canola oil
- 3/4 cup diced onion
- 2 teaspoon minced garlic
- 1 medium red bell pepper, seeded and diced
- 1 cup diced carrots
- 3 ribs celery, thinly sliced
- 1 Tablespoon chili powder
- ½ teaspoon cumin
- 6 cups low sodium chicken broth
- 4 15-ounce cans black beans, drained and rinsed
- Salt
- Pepper
- 6 Tablespoons low-fat Greek yogurt
- 2 Tablespoons chopped cilantro

Directions:
Warm oil in large (4-6 quart) saucepan over medium heat. Add onion, bell pepper, carrots, and celery and cook, stirring occasionally for about 12 minutes. Add chili powder and cumin and sauté for 3 minutes. Stir in broth and beans and bring to a boil. Reduce heat and simmer for 25 minutes, stirring occasionally.

Remove 2 cups of soup and puree in blender. Return pureed soup to pot and cook another 5 minutes. Season with salt and pepper to taste.

Spoon into bowls, top with yogurt and cilantro and serve.

Makes 6 servings.

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Sweet & Spicy Hot Wings

2 lb chicken wings, separated at joint, and tips discarded
- ½ cup Louisiana-Style Hot Sauce
- ¼ cup Butter
- 1/3 cup Jamaican Honey
- Pinch of Garlic Salt
- Pinch ground Black Pepper
- ¼ teaspoon Cayenne Pepper
Preheat oven to 375 degrees F.  
Bake Chicken to 165 degrees, approximately 30 minutes.  
In sauce pan over medium heat mix all remaining ingredients. Simmer for 10 minutes.  
Pour sauce over baked Chicken, and stir to coat.  
4 wings per serving. Approx 3 servings per recipe.  
Store leftover in airtight container in refrigerator up to 5 days.

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Taylor Simpson  
Senior  
Protein  
Dallam

**Grab 'n Go Peanut Butter Bars**  
*Makes 16 servings, 1 bar each*

**Ingredients:**  
1/2 cup brown sugar, firmly packed  
1/2 cup honey  
1/2 cup natural peanut butter  
3 cups shredded wheat cereal, coarsely crushed  
3/4 cup raisins

**Directions:**  
Mix sugar, honey, and peanut butter in large size microwavable bowl. Microwave on HIGH 1 1/2—2 minutes or until bubbly at edge; stir until well blended. Stir in cereal and raisins. Press firmly into 8-inch square pan sprayed with cooking spray. Cool. Cut into bars. Store in airtight container.

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Hannah Allemand  
Senior  
Protein  
Oldham

**Italian Pasta and Bean Soup**

**Ingredients:**  
1 tablespoon olive oil  
1 cup chopped onion  
1 tablespoon minced garlic  
6 cups low sodium chicken stock  
1 ½ cups penne pasta  
2 15 ounce cans cannellini beans  
1 14.5 ounce can diced tomatoes in juice  
½ cup chopped fresh parsley  
¼ cup grated parmesan cheese

**Directions:**  
Heat oil in a large saucepan over medium-high heat. Add the onion and cook, stirring often, until the onion begins to soften, about 5 minutes. Add the garlic and cook, stirring for 1 minute. Add the broth and pasta and bring to a boil. Reduce heat and simmer until the pasta is tender, 8-10 minutes. Drain and rinse the beans. Add beans and tomatoes to pasta and cook until heated through, about 2 minutes. Chop parsley and stir into soup. Divide into 6 bowls and sprinkle with parmesan cheese, then serve. Serves 6
**Tater Tot Casserole**

1lb ground beef  
1 medium onion, chopped  
1 can of cream of mushroom soup  
Worcestershire sauce  
Bag of tater tots

Preheat oven to 350 degrees F (175 degrees C).  
Cook and stir ground beef in large skillet, over medium heat until no longer pink and completely brown, 7 to 10 minutes; season with black pepper and salt. Stir cream of mushroom soup into the cooked ground beef; pour mixture into a 9x13 inch baking dish. Layer tater tots evenly over beef mixture. Top with cheddar cheese. Bake until tater tots are golden and hot, 35-40 minutes.

**Jumbo Cheesy Italian Meatballs**

For the meatballs:  
3½ cups torn stale whole wheat bread  
1 cup 2% milk  
2 large eggs  
2 lb. ground beef  
1 small bunch parsley, chopped  
½ cup grated parmesan cheese  
1 clove garlic, grated  
1 teaspoon kosher salt  
½ teaspoon red pepper flakes  
Fresh mozzarella, chunked

For the sauce:  
2 Tablespoons olive oil  
3 cloves garlic, thinly sliced  
½ teaspoon red pepper flakes  
1 20-oz can crushed tomatoes  
4 sprigs of basil, chopped  
½ teaspoon of kosher salt

Make the meatballs. Preheat the oven to 400° and brush a baking sheet with olive oil. Pulse the bread in a food processor to make coarse crumbs. Transfer to a small bowl, add the milk and set aside to soak. Lightly beat the eggs in a large bowl, and then add the beef, parsley, parmesan, parsley, salt and red pepper flakes. Mix with your hands to combine. Add the bread-milk moisture and mix until just combined.
Dampen your hands and shape the meat mixture into 8 large balls. Make an indentation in the center of each with your thumb and stuff with a hunk of fresh mozzarella, then mold around the cheese. Arrange the meatballs on the prepared baking sheet and cook until brown and firm, 25-30 minutes.

Meanwhile, make the sauce. Heat the olive oil in a large deep skillet over medium-high heat. Add the garlic and red pepper flakes and cook, stirring, until the garlic softens, about 1 minute. Add the tomatoes, 1 cup water, the basil and salt. Bring to a boil, and then reduce the heat to low and simmer until thickened, about 30 minutes. Remove the meatballs from the oven and add to the sauce, spooning some of the sauce on top. Continue cooking, occasionally spooning the sauce over the meatball, until tender and cooked through, about 6 minutes. Serve with ricotta cheese and fresh basil.