

Kinlea Ford
Junior
Soup (hot or cold)
Carson

TACO SOUP

Ingredients:

1 pound cooked Ground Beef
1 can Kidney Beans
1 can Pinto Beans
1 can Black Beans
1 can crushed Tomatoes or Rotel
1 can Corn
1 can Tomatoes
1 package Taco Seasoning
1 Package Ranch Dressing mix

Directions:

Put all ingredients into a crock pot and cook on low for 4-6 hours. Ready to serve.

Arianna Pena
Junior
Soup (hot or cold)
Collingsworth

GROUND BEEF VEGETABLE SOUP

Ingredients:

2 pounds ground beef
4 carrots, diced
4 celery ribs, chopped
1 onion, chopped
4 potatoes, peeled and cut into 1-inch pieces
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can whole tomatoes, crushed
1 (15 ounce) can peas, undrained
1 (15.25 ounce) can whole kernel corn, drained and rinsed
ground black pepper to taste
1/8 teaspoon ground thyme
1 bay leaf, or more to taste
1/4 cup water, as needed

Directions:

Crumble ground beef into a stockpot over medium-high heat; cook and stir until beef is crumbly, evenly browned, and no longer pink, 7 to 10 minutes. Drain and discard any excess grease. Stir carrots, celery, and onion into the ground beef; cook and stir until vegetables are soft, about 5 minutes. Add potatoes, tomato sauce, crushed whole tomatoes, undrained peas, corn, and green beans to the pot; season with black pepper. Stir mixture until evenly mixed. Add thyme and bay leaf to the pot. Pour 1/4 cup water over the mixture if needed to moisten mixture, replenishing as needed while cooking. Bring soup to a simmer; place a cover on the pot, and cook, stirring regularly, until potatoes are tender, about 1 hour.

Katie Hollingsworth
Junior
Soup (hot or cold)
Dallam

KATIE'S KICKIN' CHILI STEW

1 pound 10% lean ground beef
1 large yellow onion (diced)
2 jalapeño peppers, cored and diced
1 can (10 oz.) Rotel with green chilies
2 cans (15 oz.) black beans
2 cans (15 oz.) chili beans
2 cans (15 oz.) dark red kidney beans
1 tsp. sea salt
2 tsp. chili powder
1 tsp. cumin
1 tsp. garlic powder
Black pepper to taste
Sour cream
Shredded sharp cheddar cheese

In a large pot, brown ground beef and sauté diced peppers and onion with spices on medium heat. Cook covered until the meat is no longer pink, the peppers are softened and the onion is translucent. Do not drain. Add tomatoes and beans and stir. Bring the mixture to a slow boil. Reduce heat and simmer 15-20 minutes, stirring occasionally. Serve warm with a dollop of sour cream and shredded cheese.

Joshua Lee
Junior
Soup (hot or cold)
Gray

CHICKEN NOODLE SOUP

2 boneless chicken breasts
2 – 14.5 ounce cans chicken broth
2 cups diced carrots
1 small onion – diced
1 cup diced celery
1 – 10.5 ounce cans of cream of chicken soup
3 cups noodles
1 Tablespoon chicken flavor bouillon

Boil chicken breasts. When cooked, remove chicken from water and cut into bite size pieces. Simmer chicken broth, carrots, celery, and onion. When vegetables are tender, add chicken, cream of chicken soup to the chicken broth. Simmer 5 minutes.

In a separate pan, cook 3 cups of noodles according to package directions. When noodles are al dente, add to soup.

Season the soup with chicken bouillon, salt, and pepper to taste. Simmer 5 minutes.

Ashley Perry
Junior
Soup (hot or cold)
Hemphill

CHICKEN NOODLE SOUP THREE WAYS

3 boneless breast of chicken, chopped
1 white onion, chopped
2 garlic gloves, chopped
3 tbsp Haco Chicken bouillon
½ pound spaghetti noodles
½ cup each red, black, and white quinoa
10 or more cups of water
½ cup ultra gel
3 tablespoons olive oil
Salt and pepper to taste

Directions:

Place oil in pressure cooker, saute chicken, onions, and garlic. Add grains and toast lightly. Add remaining ingredients except ultra gel. Pressure for 15 minutes on high. Reduce pressure and thicken with ultra gel adding more water, if desired. Yield: 6 Servings

Justin Hill
Junior
Soup (hot or cold)
Moore

QUICK AND EASY TOMATO SOUP

Ingredients:

1 Tablespoon Olive Oil
2 Onions, chopped
4 cloves garlic, minced
28 oz. Tomatoes
3 Cups chicken stock
¼ cup tomato paste
¼ teaspoon pepper
Salt and garlic powder to taste

Directions:

In a saucepan, heat oil over medium heat. Cook onions and garlic until softened. Add tomatoes, stock, tomato paste, pepper and garlic powder (if desired). Bring to a boil. Reduce heat and simmer for 15 minutes or until slightly thickened. Using immersion blender or food processor, puree. Add salt to taste.

Abby Gist
Junior
Soup (hot or cold)
Oldham

CHEESY VEGETABLE SOUP

7 cups water
4 teaspoons chicken granules
30 ounces frozen shredded hashbrowns
16 ounces frozen broccoli and cauliflower
2 10 ounce cans cream of mushroom soup
1 cup milk
1 ½ pound cubed Velveeta cheese

Bring water to a boil. Add the chicken granules. Add the hashbrowns and broccoli and cauliflower. Bring mixture to a low boil and stir occasionally. Cook until the vegetables are tender, or about 10 minutes. Add the mushroom soup, milk, and cheese. Bring soup to a simmer and stir often until cheese is melted. Garnish as desired and serve in bowls.
Makes 8-10 servings.

Pasta Fagioli

1 cup ditalini pasta
2 tablespoons olive oil, divided
1 pound spicy Italian sausage, casing removed
3 cloves garlic, minced
1 onion, diced
3 carrots, peeled and diced
2 stalks celery, diced
3 cups chicken broth
1 (16-ounce) can tomato sauce
1 (15-ounce) can diced tomatoes
1 teaspoon dried basil
1 teaspoon dried oregano
3/4 teaspoon dried thyme
Kosher salt and freshly ground black pepper, to taste
1 (15-ounce) can red kidney beans, drained and rinsed
1 (15-ounce) can Great Northern beans, drained and rinsed

Instructions:

In a large pot of boiling salted water, cook pasta according to package instructions; drain well and set aside.

Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage to the skillet and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat and set aside. Add remaining 1 tablespoon oil to the stockpot.

Stir in garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.

Whisk in chicken broth, tomato sauce, diced tomatoes, basil, oregano, thyme, Italian sausage and 1 cup water; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer, covered, until vegetables are tender, about 10-15 minutes.

Stir in pasta and beans until heated through. Serve immediately.

Brynn Hochstein
Junior
Soup (hot or cold)
Randall

CREAMY CHICKEN CORN CHOWDER

2 tbsl Butter	2 cups chopped, roasted, boneless
¼ cup chopped onion	chicken breast (about 2 halves)
¼ cup chopped celery	½ cup fresh or frozen corn kernels
1 jalapeno pepper seeded & minced	1 tsp chopped fresh or ¼ tsp dried thyme
2 tbsl all-purpose flour	¼ tsp ground red pepper
3 cups 2% reduced fat milk	1/8 tsp salt
1 14 ¾ oz can of cream style corn	

Directions:

Melt the butter in a large Dutch oven over medium heat. Add onion, celery and jalapeno and cook for 3 minutes or until tender stirring frequently. Add flour, cook 1 minute, stirring constantly. Stir in milk and remaining ingredients. Bring to a boil, cook until thick, stirring frequently (about 5 to 7 minutes).

Max Engelbrecht
Junior
Soup (hot or cold)
Sherman

CHILLED PEAR SOUP

5 cups yogurt
2½ cups canned pears
2½ cup pear juice
1 piece pear diced for garnish
Mint leaf

Combine all ingredients and blend in a food processor until smooth consistency. Garnish with diced pear and mint leaf. Chill.
