

Hallie Thompson
Senior
Protein
Carson County

JEWELER'S SOUP

Ingredients:

- 1 lb. boneless skinless chicken breast
- 2 large carrots broken in half
- ½ onion
- 2 celery stalks broken in half
- 1 garlic clove
- 2 Tbsp. chicken bouillon
- 2 bay leaves
- 1 package of egg noodles
- ½ chopped onion
- 2 chopped celery stalks
- 2 chopped large carrots
- ½ cup frozen green peas
- 8 oz. carton of fat free sour cream
- 2 cups of skim milk

Directions:

1. Combine chicken, broken carrots and celery, onion, garlic, bay leaves and chicken bouillon in a large pot. Cover with water and boil. After the chicken has come to an internal temperature of 160 degrees, discard vegetables. Take out the chicken and let cool, shred and place back into broth with freshly chopped onion, celery, peas, and carrots. Cook over medium heat until vegetables are tender.
2. Prepare noodles according to the directions on the package in a separate pot. Drain and add to broth. Stir in sour cream and milk. Add more chicken broth if desired. Serve.



Avonley Powers

Senior

Protein

Dallam

Amish Bean Soup

1 lb dried navy beans
2 1/2 quarts water
1 1/2 lbs meaty ham bone
1 garlic clove (minced)
1 bay leaf
1 cup chopped cubed potatoes
1 cup celery (thinly sliced)
1 cup chopped carrots
1 medium onion, diced
Salt, pepper or other seasonings as preferred

Place beans into pot with water. Place pot over heat and bring to a boil for 2 minutes. Remove from heat, let stand for at least 1 hour. Add the ham bone to the soup along with the bay leaf and garlic. Place over heat, cover, and allow to simmer for approximately 2 hours. Add the rest of the vegetable ingredients (carrots, onions, celery, and potatoes). Recover and allow to simmer for an additional hour. Remove the ham bone. Shave, dice, and shred the meat from the ham bone. Add the meat back into the soup. Increase heat and bring entire soup mixture to a boil. Remove from heat, pluck out the bay leaf, and serve. Season with salt and pepper to taste and serve immediately.

This bean soup pairs well with Artisan breads or with an Amish bread bowl.



Name Kaleigh Meador

Senior

Protein

Potter County

Perfect Pulled Pork

Ingredients:

- 2- lbs. Pork Shoulder/Butt; trimmed of excess fat
- 2- 4 ounce cans Diced Green Chilies
- 1- 12 ounce can Cherry Coke (1.5 cups)
- 1/2- cup Brown Sugar
- 1- tablespoon Apple Cider Vinegar
- 2- teaspoons Liquid Smoke
- 2- teaspoons Garlic Powder
- 1- teaspoon Onion Powder
- 1- teaspoon Salt
- 1/2- teaspoon Pepper
- 1/2- teaspoon Smoked Paprika
- 1/2- teaspoon Red Pepper Flakes
- 1- cup of your favorite Barbecue Sauce, more or less to taste

Directions:

- Lightly spray slow cooker with non-stick cooking spray and add pork
- In a medium bowl, whisk all remaining ingredients together except barbecue sauce and pour over pork.
- Cover and cook on low for 8 to 10 hours or on high for 4 to 6 hours until the pork is very tender.
- Remove pork to cutting board and shred.
- Return shredded pork back to juices in slow cooker and add barbecue sauce, adding more or less as desired.

* If using a sweet barbecue sauce, start with 1/3 cup of brown sugar and add more to taste at the end of cooking.

* May be served on Hawaiian Rolls with coleslaw



Craig Odom

Senior

Protein

Taco Stuffed Avocados with Chipotle Cream

4 large avocados, sliced in half and pitted

1 pound lean ground beef

1 cup chopped yellow onion

Garlic salt to taste

1 cup shredded cheddar cheese

1 cup nonfat plain Greek yogurt

1 tablespoon chipotle sauce

1 medium tomato, chopped

2-3 green onions, chopped

¼ cup cilantro leaves, chopped

Preheat the oven to 400 degrees F. Combine the ground beef and yellow onion in a medium skillet on the stove. Season with garlic salt and cook over medium heat until the meat is cooked through. Drain grease.

Half the avocados lengthwise, leave the skin on and remove the pit. Place the avocados, cut side up, on a baking sheet. Lightly sprinkle them with garlic salt.

Divide the beef mixture among the avocados, filling the space left by the pits. Sprinkle evenly with cheddar cheese and cook for 10 minutes or until the cheese is melted.

While the avocados are in the oven, mix the yogurt with chipotle sauce. Garnish the avocado tacos with chopped tomatoes and green onion. Drizzle with the chipotle cream. Sprinkle with cilantro and serve warm.

Makes 4 servings.