

Black Bean Soup

Ingredients:

1 ½ Tablespoons canola oil
¾ 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.

Tate Sanderson
Senior
Protein
Collingsworth

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.

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.

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 1/2 cups penne pasta
2 15 ounce cans cannellini beans
1 14.5 ounce can diced tomatoes in juice
1/2 cup chopped fresh parsley
1/4 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.

Russell Spurlock
Senior
Protein
Sherman

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.
