

Recipes



Corn Chowder

Ingredients:

- 1/2 lb bacon
- 1 medium onion (1/2 cup)
- 2 medium stalks of celery (1 cup)
- 2 medium carrots
- 2 tablespoons flour
- 4 cups milk
- 1-2 cups chicken stock
- 1/8 tsp pepper
- 1 can cream corn
- 1 can of diced potatoes or 3 small potatoes peeled and cubed
- fresh chopped parsley (optional)
- a pinch of paprika

Directions:

1. In a 3 quart saucepan, cook bacon over medium heat 8-10 minutes, stirring occasionally, until crisp. Drain fat, reserving 3 tablespoons in saucepan. Drain bacon on paper towels and set aside.
2. Cook onion and celery in bacon fat over medium heat about 5 minutes, stirring occasionally, until tender. Stir in flour. Cook over medium heat, stirring constantly, until mixture is bubbly; remove from heat.
3. Gradually stir in milk and chicken stock. Heat to boiling, stirring constantly. Boil and stir for 1 minute.
4. Stir in pepper, corn and potatoes. Heat until hot. Stir in bacon. Sprinkle with parsley and paprika.



Bacon Cheeseburger Soup

Ingredients:

- 2 lb 96% lean ground beef
- Hamburger seasoning or salt/pepper
- 1 large onion, diced
- 1 Tb light butter
- 1 box (32 oz) Reduced Sodium Chicken Broth
- 1/2-3/4 of a 2 lb log (so, approx 1-1.5 lb) of 2% Velveeta Cheese (On the show, she used Cheese Wiz, and thought Velveeta would work better)
- 1-1.5 pint Fat Free Half & Half
- 1 Tb flour
- 1 Tb cold water (may take a bit more)
- 3 medium tomatoes, diced
- 1/2 head of lettuce, shredded
- Bacon, cooked, crumbled up

Directions:

1. In a skillet sprayed with cooking spray, brown the ground beef. Season with your choice of hamburger seasonings—I used McCormick Hamburger seasoning. Drain and set aside.
2. In a large soup pot, add 1 Tb light butter, and diced onion. Allow the onion to sweat over medium heat. When the onions become translucent, you are ready to continue.
3. Add the chicken broth (she used a chicken base—like bouillon + water—but I think it is just easier to use broth), the diced Velveeta and the half & half. Allow the Velveeta to melt into the mixture.
4. In a small bowl or ramekin, mix the flour and water to make a slurry. You may need a bit more of water—just add enough to make a smooth mixture, somewhat thin, but not watery (if that makes sense). Once mixed well, add to the cheesy mixture.
5. Stir to combine, and bring to a boil, stirring constantly (the cheese likes to stick).
6. Add the ground beef to the soup pot; turn down to medium low heat.
7. Dice tomatoes, shredded lettuce and bacon to garnish.

Vegetable Soup

Ingredients:

- 2 cups carrots peeled and sliced
- 2 lg potatoes large dice
- 1 small onion minced
- 2 stalks celery medium slices
- 1 can kidney beans drained and rinsed
- 1/3rd small cabbage sliced medium chopped
- 1 can diced tomatoes
- 2 cans green beans or two cups frozen green beans
- 10-12 cups vegetable broth (1 cube per 8 ounces of water)
- 2-4 cups (16 ounces) water
- 1 1/2 tsp dried basil
- 1 pinch sage
- 1 pinch dried thyme
- 1-2 tsp garlic powder
- 1 cup of orzo pasta
- Salt and pepper to taste

Directions:

1. Wash all vegetables before starting please
2. Combine the carrots, potatoes, onion, celery, beans, cabbage, tomatoes, green beans, vegetable stock, water, basil, sage, thyme, and garlic powder in a large pot; bring to a boil. Reduce heat to low; cover. Simmer until vegetables are tender, about 90 minutes.

Pasta Fagioli

Ingredients:

- 2 stalks celery, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 teaspoons fresh parsley
- 1 teaspoon Italian seasoning
- 1/4 teaspoon crushed red pepper flakes salt to taste
- 1 (14.5 ounce) can chicken broth
- 2 medium tomatoes, peeled and chopped
- 1 (8 ounce) can tomato sauce
- 1/2 cup uncooked spinach pasta
- 1 (15 ounce) can cannellini beans, with liquid

Directions:

1. In a large saucepan over medium heat, cook celery, onion, garlic, parsley, Italian seasoning, red pepper and salt until onion is translucent. Stir in chicken broth, tomatoes and tomato sauce, and simmer on low for 15 to 20 minutes.
2. Add pasta and cook 10 minutes, until pasta is tender.
3. Add undrained beans and mix well. Heat through. Serve with grated Parmesan cheese sprinkled on top.

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- Niagara College, Canadian Food & Wine Institute, Chef/ Professor David Gibson & Students
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