

Soups & Salads

Honorable Mention

HOMEMADE VENISON VEGETABLE SOUP

1 quart venison, cubed with liquid (can substitute beef)
 1 large onion, thinly sliced and quartered
 2 Tbsp. oil (or lard from venison)
 2 stalks celery, sliced to ¼-inch
 2 carrots, sliced to 1/8 inch
 1½ cups partially cooked potatoes, diced small
 ¼ cup cabbage, thinly sliced
 ½ cup corn
 ½ cup peas
 1½ cups green beans
 3 beef bullion cubes dissolved in 3 cups water
 ¼ tsp. salt
 ¼ tsp. pepper
 1-2 small bay leaves
 1 pint tomatoes
 1 tsp. sugar
 2 fresh tomatoes, diced

In large pot, brown meat in oil (if using lard, remove after browning). Partially cook potatoes. You can do this in microwave. Remove skins. Stir in vegetables, seasonings and bouillon. Add a little more water to just the top of vegetables/meat. Bring to a boil, cover and turn down to simmer, for approximately 2 hours. Stir occasionally and when checking for vegetable doneness. Remove bay leaves. Can be stored in refrigerator in jars for several days. Makes about 3-4 quarts.

B.K. Daugherty-Shri Strattanville

15-MINUTE VEGGIE SOUP

1 pound ground beef, browned
 2 cans peas
 2 cans whole kernel corn
 2 cans green beans
 2 cans sliced carrots
 1 jar or can spaghetti sauce (any kind)
 1 large bottle or can tomato or V8 juice

While browning the ground beef in a skillet, open and drain the cans of vegetables. Mix vegetables, spaghetti sauce and meat in a large soup pot. Add enough tomato or V8 juice to cover everything. Heat and serve. This also works great in a crock pot.

Paula Cornmesser Franklin

ASPARAGUS LEEK SOUP

2 bunches leeks
 1 stick butter
 5 cans chicken broth
 ¾ cup rice, uncooked
 4-5 medium potatoes, peeled and cut into small pieces
 2 carrots, sliced thinly
 1 pound asparagus, broken into pieces
 1 bag fresh spinach
 1 cup heavy cream

Slice leeks and rinse clean. Saute them in butter until translucent. Add chicken, broth, potatoes and carrots. Cook for 15 minutes. Add rice and cook for 15 minutes more. Add asparagus and cook for 15 minutes. Add spinach. Cook until spinach wilts. Add cream and stir.

Tristan MacDonald Allegheny-Clarion Valley High School

AWESOME AUTUMN CHILI

1 pound hamburger
 1 pack chili seasoning
 1 chopped onion, divided
 1 big can diced tomatoes
 1 can green chilies
 1 big can tomato soup
 2 big cans kidney beans
 1 chopped yellow zucchini
 ½ cup minced garlic
 1 pkg. shredded cheese

First, cook hamburger, zucchini and half of the chopped onion in a frying pan. Then combine the remaining ingredients except the shredded cheese in a big pot and stir often until it boils. Then let it simmer for 2 hours. Serve with shredded cheese.

Autumn Rex Tiffin, Ohio Formerly of Emlenton

BROCCOLI CHEESE SOUP

1 onion, chopped
 1 stick margarine
 6 cups water
 6 chicken bouillon cubes
 2 quarts chopped broccoli
 6 cups milk
 ½ pound Velveeta
 Angel hair pasta
 Saute onion in margarine. Add water and

bouillon. Boil, then stir in broccoli, milk and cheese. Simmer slowly until broccoli is soft. Crumble 3 cups angel hair pasta into soup. Cook until all is soft.

Katherine Hartzell Keystone High School

CHEDDAR CHEESE SOUP

5 Tbsp. butter
 2 medium carrots, finely chopped
 2 ribs celery, finely chopped
 ½ cup finely chopped onion
 ½ green pepper, finely chopped
 ½ cup finely chopped cooked ham
 ½ cup flour
 2 Tbsp. cornstarch
 4 cups chicken broth
 4 cups whole milk
 ½ tsp. dry mustard
 ½ tsp. paprika
 ¼ tsp. cayenne pepper
 1 to 1½ pounds sharp cheddar cheese, grated
 Salt and pepper to taste
 3-oz. can chopped mushrooms, drained (optional)

Melt butter in a large stockpot. Add carrots, celery, onion and green pepper. Cook over medium heat about 10 minutes until vegetables are tender, but not brown. Stir in ham. Add flour and cornstarch and cook, stirring constantly for 3 minutes. Add broth and cook, stirring constantly, until soup thickens slightly. Add milk, mustard, paprika, cayenne, cheese, salt, pepper and mushrooms (if using them), still stirring until soup is heated through and thick. Do not boil.

Jean Blandin Franklin

CHEESY POTATO SOUP

1 medium onion, chopped
 2 Tbsp. butter
 6 medium potatoes, peeled and cubed
 5 cups water
 2 cups milk
 10¾-oz. can cream of chicken soup
 ½ tsp. garlic salt
 1/8 tsp. pepper
 12 oz. processed American cheese (Velveeta), cubed

In a large saucepan or soup kettle, saute onion in butter. Add potatoes and water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender. Stir in milk, soup, garlic salt and pepper. Heat through. Add cheese. Stir until cheese is melted. Garnish with parsley. Makes 10 servings or 2½ quarts.

Tanner Guth North Clarion High School



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