

CHEESE BROCCOLI SOUP

2 cans cream of celery soup
8 oz. Cheez Whiz
1 pint Half & Half
2 10-oz. pkgs. chopped broccoli

Mix all together in a soup pan and cook over medium heat for 1½ hours. Serves 6.

Shyla Johnson
Allegheny-Clarion Valley High School

CHILI

2 pounds ground beef, turkey or chicken
1 Tbsp. diced dried onion
15.5-oz. can light red kidney beans, rinsed
28-oz. can Red Pack crushed tomatoes
2 cans Campbell's tomato soup
1 soup can of water
1 Tbsp. McCormick's original chili seasoning mix
1 Tbsp. McCormick's hot chili seasoning mix

Brown meat and dried onions. Add the rest of the ingredients. Simmer 20-30 minutes and serve.

For a twist, in each serving bowl, place ½ cup cooked angel hair pasta, 1 cup of the chili, ½ to 1 Tbsp. shredded cheddar cheese and a dollop of sour cream.

Coleen Nelson
Oil City

CHILI

1 to 1½ pounds ground beef
28-oz. can tomato sauce
16-oz. can stewed tomatoes
2 16-oz. cans light kidney beans, rinsed
½ onion, chopped
2 Tbsp. white sugar
1 Tbsp. garlic powder
1 tsp. salt
½ tsp. black pepper

For spicy chili, add:
1 chopped hot pepper
1 Tbsp. crushed red pepper flakes

Fry ground beef and onions together in a dutch oven, crumbling up beef until it is not pink. Drain off grease. Add all remaining ingredients in order they appear. Cook on low to medium heat, simmering for about an hour, stirring occasionally. If you want spicy chili, just add the hot pepper chopped up and a tablespoon of red pepper flakes.

Jeff Tarr
Cooperstown

COLD SOUR CREAM SOUP

1 cup diced onion
2 Tbsp. butter
4 cans peeled green chilies, rinsed of seeds
1 cup milk
½ tsp. salt
1 small clove garlic, crushed (optional)
2 cups sour cream
Lemon juice

Cook onion in butter until just tender. Add chilies, milk, salt and garlic. Bring to just under a boil, then whirl smooth in a blender. Stir in sour cream, then add season-

ings and more salt, if desired. Add a few drops of lemon juice, if needed. Chill and serve in cups, sprinkled with chives.

Candy E. Baker
Franklin

Finalist

CREAM OF BROCCOLI SOUP

1 Tbsp. refined coconut oil
1 onion, diced
4 cups broccoli florets, coarsely chopped (just the flower head)
2 tsp. salt
1 tsp. pepper
1½ cups vegetable stock
4 cups milk
5 tsp. cornstarch dissolved in ¼ cup cold water
6 oz. cheddar cheese

Put coconut oil in stock pot over medium heat. Add onion and cook for 2 minutes, stirring occasionally. Add broccoli, pepper and salt, stirring occasionally until onion is almost see-through and broccoli is crisp and tender. Stir and pour in stock. Turn up heat and bring to a boil for 4 minutes.

Then reduce heat to a simmer. Cook until broccoli is tender, then in 10 minutes, take off the heat. Put 1 cup milk in and stir.

Stick in blender on low or medium speed and puree until smooth. Put mixture back into pot and put on medium heat. Stir in remaining milk. Add cornstarch-water mixture. Add cheddar cheese and stir until it all melts. Makes approximately 8 cups.

Ashley Kaltenbach
Keystone High School

CREAM OF MUSHROOM SOUP

2 to 3 cups thinly sliced fresh mushrooms
1 cup water
1 can beef stock
1 medium onion, chopped
1 clove garlic, chopped
2 Tbsp. chopped parsley
1 tsp. salt
1 tsp. pepper
1 Tbsp. lemon juice
1 stalk celery, chopped
6 Tbsp. flour
½ tsp. ginger
¼ cup butter
1 can of canned milk
2 cups whole milk

Wash and slice mushrooms and put in large soup pot. Mix flour and water and add to mushrooms. Add milk, broth and butter. Begin heating on stove – not too high or it will burn. Add chopped celery, parsley and onion. Add salt, pepper, ginger, lemon juice and both milks. Bring to a boil, stirring often until broth thickens a bit. After it boils, turn down to low and simmer for 40 minutes.

Hearty soup can be a meal with bread and salad or as a starter. Serves 6-8.

Nathan Buzzanca
New Bethlehem

CROCK POT CHICKEN TORTILLA SOUP

1 pound boneless chicken, cooked and shredded
15-oz. can crushed tomatoes
10-oz. can enchilada sauce
1 medium onion, chopped or ½ cup dry minced onion
4-oz. can chopped green chilies, undrained
2 garlic cloves, minced
2 cups water
14½-oz. can chicken broth
15-oz. can whole kernel corn
1 tsp. cumin
1 tsp. chili powder
¼ tsp. bay leaf, crushed
1 Tbsp. dried cilantro

Combine all ingredients in greased 4½- to 6-quart slow cooker. Cover and cook on low heat 6-8 hours or on high for 3-4 hours. Top with Monterey Jack or pepper cheese, guacamole or sour cream. Serve with tortilla strips or chips.

David Kirk
Redbank Valley High School

EASY CHICKEN GUMBO

2 Tbsp. olive oil
2 Tbsp. bacon grease
1 Tbsp. butter
1 bag sliced okra
1 small onion, chopped
1 bell pepper, chopped
3-4 stalks celery, chopped
2 Tbsp. garlic, chopped
4 cups water mixed with 5 chicken bouillon cubes
2 Tbsp. Worcestershire sauce
2 Tbsp. soy sauce
2 Tbsp. Old Bay Seasoning or to taste
1 can diced tomatoes, undrained
3-4 bay leaves
1-2 Tbsp. parsley
Salt and pepper
3-4 chicken breasts
1 pound shrimp
1 pkg. Hillshire Farms sausage, cut into slices
Hot cooked rice

Cook chicken and dice. Set aside. Fry okra to get slime out. Melt olive oil, bacon grease and butter and sauté onion, green pepper, garlic and celery until tender. Add chicken broth, spices, Worcestershire sauce, soy sauce and tomatoes. Cook about 20 minutes. Add chicken; cook 20 minutes. Add okra. Serve over hot cooked rice.

Robbie J. McCrea
Oil City

GRAM'S SOUP

1 large onion, chopped
2 large carrots, diced
2 large stalks celery, diced
2-3 cloves garlic, chopped fine
1 bay leaf
1 sprig of rosemary, stripped and chopped
14½-oz. can diced tomatoes
14½-oz. can white beans
14½-oz. can kidney beans
14½-oz. can green beans

4 cups beef or chicken stock plus 2 cups water
1-2 cups pasta of your choice
Salt and pepper to taste

In a large heavy soup pot, put a little olive oil. With low heat, saute onion, celery, carrot, rosemary and garlic. Add bay leaf and cook 15-20 minutes. Add beans, except the green beans. Add stock and water and bring to a boil. Add pasta and boil again. Turn heat down to simmer. Cook until pasta is partially cooked. Add green beans and 2 Tbsp. parsley. Can use whatever kind of beans you like. Serve hot.

Destiny Smith
Keystone High School

GUMBO

3 large boneless skinless chicken breast halves
Salt and pepper
¼ cup vegetable oil
1 pound smoked sausage, cut into ¼-inch slices
½ cup all-purpose flour
6 Tbsp. margarine
1 large onion, chopped
8 cloves garlic, minced
1 green bell pepper, seeded and chopped
3 stalks celery, chopped
¼ cup Worcestershire sauce
¼ bunch flat leaf parsley, coarsely chopped; set aside some leaves for garnish
4 cups hot water
5 beef bouillon cubes
14-oz. can stewed tomatoes with juice
2 cups frozen sliced okra
4 green onions, sliced (white and green parts)
½ pound small shrimp, peeled, deveined and cooked

Season the chicken with salt and pepper. Heat oil in a heavy-bottomed large pot or dutch oven, over medium-high heat. Cook the chicken until browned on both sides and remove. Add the sausage and cook until browned, then remove. Sprinkle the flour over the oil. Add 3 Tbsp. of margarine and cook over medium heat, stirring constantly, until brown, about 5 minutes or less. Let cool.

Return the pot to low heat and melt the remaining 3 Tbsp. of margarine. Add the onion, garlic, green pepper and celery. Cook for 10 minutes. Add Worcestershire sauce, salt and pepper to taste and the ¼ bunch of parsley. Cook, while stirring frequently, for 10 minutes. Do not allow to stick to the bottom of the pan. Add 4 cups hot water and bouillon cubes, whisking constantly. Add the cut-up chicken and sausage. Bring to a boil, then reduce heat. Cover and simmer for 45 minutes. Add tomatoes and okra. Cover and simmer for 1 hour. Just before serving, add the green onions, shrimp and chopped parsley.

Trisha Jester
Clintonville