

### GREEK LENTIL SOUP

1 pound dried lentils 1 cup olive oil  
2-3 garlic cloves Salt and pepper  
2-3 bay leaves to taste  
Red wine vinegar  
1 small can tomato paste  
1 medium onion, chopped

Soak lentils overnight. Continue adding water because lentils will absorb it. Drain water from lentils and rinse. Bring to a slow boil 2¼ quarts of water, tomato paste, garlic, onion, bay leaves, salt and pepper. Add lentils and oil. Cook until lentils are tender, about 1 to 1½ hours. Remove bay leaves before serving. Serve with red wine vinegar on the side.

**Brenden Cujas**  
Keystone High School

### HAMBURGER SOUP

1 pound ground beef  
4 cups water  
14½-oz. can diced tomatoes, undrained  
3 medium carrots, sliced  
2 medium potatoes, peeled and cubed  
1 medium onion, chopped  
½ cup chopped celery  
4 beef bouillon cubes  
1½ tsp. salt  
¼ tsp. pepper  
¼ tsp. dried oregano  
3 cups chopped cabbage  
1 can corn, undrained  
1 cup cut fresh or frozen green beans

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add

the next 11 ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes, carrots and cabbage are tender. Add corn and beans. Cover and simmer 15 minutes longer or until beans are tender and corn is heated through. Makes 8 servings or 2 quarts.

**Lloyd H. Sampson**  
Dempseytown

### HOBO MEATBALL STEW

1 pound ground beef  
1½ tsp. salt, divided  
½ tsp. pepper, divided  
4 medium potatoes, peeled and cut into chunks  
4 medium carrots, cut into chunks  
1 large onion, cut into chunks  
½ cup water  
½ cup ketchup  
1½ tsp. cider vinegar  
½ tsp. dried basil

In a bowl, combine the beef, 1 tsp. salt and ¼ tsp. pepper. Shape into 1-inch balls. In a skillet over medium heat, brown meatballs on all sides; drain. Place potatoes, carrots and onion in a 3-quart slow cooker. Top with meatballs. Combine water, ketchup, vinegar, basil and remaining salt and pepper and pour over meatballs. Cover and cook on high for 4-5 hours or until the vegetables are tender.

**Candy E. Baker**  
Franklin

### HOMESTYLE CHILI

1 pound ground beef (may use 1 pound of hot Italian sausage)  
½ to 1 cup chopped onions  
2 Tbsp. olive oil  
1 Tbsp. minced garlic  
2 Tbsp. chili powder (or more, if desired)  
1 Tbsp. paprika  
1 can tomatoes  
1 can tomato sauce  
1 tsp. salt (optional)  
1 small green pepper, chopped  
1 small bay leaf  
2 cans kidney or chili beans

Brown the meat, then add the rest of the ingredients except the beans. Let simmer for about an hour. Add the beans and cook until beans are heated through. For a chili dog sauce, add 1 can of tomato paste instead of tomato sauce.

**John Patrick Woloszyn**  
Franklin

### HOT & SPICY CHILI

1 pound ground turkey (or ground beef)  
1 pound hot sausage  
1 pkg. chili seasoning  
2 cans chili beans  
2 cans red kidney beans  
1 medium onion  
1 medium green pepper  
2 small cans tomato paste  
2 cans stewed tomatoes  
1 tsp. salt  
1 tsp. pepper  
1 tsp. paprika  
1 tsp. garlic powder  
1 tsp. red pepper flakes  
1 tsp. cayenne pepper  
1 Tbsp. of your favorite hot sauce

Brown meat; do not drain fat. Add onion and green pepper and cook until vegetables are tender. Add all the other ingredients. If too thick, add chicken stock. Cook on low for 2-3 hours. Top with cheddar cheese and cornbread.

**Laura Shaffer**  
Grove City

### ITALIAN MEATBALL SOUP

18 oz. frozen meatballs, about 10  
1 can sweet peas, drained  
1 can diced tomatoes, Italian-style  
1 can beef broth

Combine all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, about 10 minutes.

**Mary M. Miller**  
Franklin

### ITALIAN POTATO SOUP

1 stick butter or margarine  
32 oz. heavy whipping cream  
32 oz. chicken broth  
½ tsp. onion powder  
1 tsp. salt  
1 tsp. pepper  
10 medium or larger white potatoes  
2 pounds hot Italian sausage  
2 Tbsp. parsley  
½ cup parmesan cheese

In a large pot, melt butter. Add cream, chicken broth, onion powder, salt and pepper. Fry sausage; drain and add to soup. Peel potatoes and cut into bite-size pieces. Add to soup. Cook until potatoes are soft. Add parsley and parmesan cheese. Simmer for a few more minutes. Serve with cheese bread.

**Carol Nichols**  
Emlenton



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