

Chapter 8

Soups and Sauces



Barbecue Sauce

- 1/2 cup onion, chopped
- 1 pound tomato sauce, canned
- 1 teaspoon Worcestershire sauce
- 1/2 cup brown sugar
- 1 1/2 teaspoons hot pepper sauce
- 1/4 cup chili sauce
- 1/4 cup mustard
- 1/4 cup honey
- 2 tablespoons vegetable oil

Instructions

Saute the onions in a non-stick frying pan.

Add the other ingredients and cook on low heat, stirring constantly until the mixture boils.

If you wish to thicken the sauce let it heat on simmer for 10-15 minutes and the sauce will thicken.

Recipe Notes

Source: Brighton High School

Basic White Sauce For Potato Bar

- 4 tablespoons margarine
- 1/4 cup flour
- 2 cups milk
- 1 pinch salt
- 1 pinch pepper

Instructions

Melt Margarine over medium heat. Stir in flour, salt and pepper. Gradually add milk and stir constantly till thickened.

Variation

Stir in browned and drained ground beef, ham, a can of drained clams or chipped beef.

Add 2 cups (8 oz) grated sharp cheddar cheese with 1-2 tablespoons green chilies or a couple dashes of cayenne pepper and dry mustard.

Sausage Topping

Saute 1 chopped onion and 1 clove minced garlic in 1 tablespoon oil. Add 1 pound Italian sausage (casing removed) and 1/4 teaspoon crushed oregano. Cook on medium heat for 10 minutes stirring occasionally. Drain excess fat if desired. Makes about 2 cups.

Mushroom Topping

Saute 1 pound sliced mushrooms in 1/4 cup margarine, salt and pepper to taste. Makes about 2 cups.

Steamed Vegetables

Broccoli, cauliflower, carrots, celery, peas, mushrooms, onions, etc. Can serve individually or mixed together. Serve with grated cheese or a cheese sauce.

Meats

Crumbled bacon, cubed ham, fried ground beef or sausage. Ground beef with taco seasoning.

Other Condiments

Chili with a mixture of cheese sprinkled on last then microwaved to melt. Sour cream, parmesan cheese, sliced green onions or chives, diced tomatoes, or diced avocado.

Seasonings

Basil, caraway seeds, celery seeds, chives, dill, onion or thyme.

(See Potato Bar recipe)

Recipe Notes

Source: LeeAnn Bitner, Alta High School

Cheddar Cheese Sauce

- 2 tablespoons margarine
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 dash cayenne pepper
- 1 dash vanilla
- 1 cup milk
- 1 cup cheddar cheese, sharp

Instructions

Melt margarine in saucepan over low heat. Blend in flour and seasonings. Gradually add milk. Stirring constantly until thickened. Add cheese and continue to cook until cheese is melted.

You can add some jalapeno pepper to spice it up and serve with chips.

Recipe Notes

Source: LeeAnn Bitner, Alta High
Food and Fitness

Cheese Fondue

- 1/2 cup cottage cheese
- 2 tablespoons milk
- 1 tablespoon margarine
- 2 teaspoons cornstarch
- 1 dash garlic powder
- 1 dash dry mustard
- 6 tablespoons milk
- 1/2 cup cheddar cheese, sharp, grated
- 1/4 cup swiss cheese, grated
- 1/2 loaf French bread

Instructions

Mix cottage cheese with 2 T. of milk and blend until smooth. Melt margarine in a small saucepan. Stir in cornstarch, garlic powder and dry mustard. Mix well.

Add 6 T. milk and cook over medium heat, stirring constantly until thick. About 3 minutes.

Reduce heat. Don't add cheese until the sauce is thickened. Stir in cottage cheese mixture. Add remaining cheeses, stirring ONLY until cheeses are melted.

Serve with cubes of french bread for dipping.

Recipe Notes

Source: LeeAnn Bitner, Alta High

Chicken Gravy With Mushroom

- 1/4 cup margarine
- 6 tablespoons flour
- 1 can chicken broth, Swanson's no-fat 14 oz.
- 1/2 cup milk, skim
- 1 can mushrooms, drained, 4 oz. (optional)

Instructions

Slowly melt margarine in a medium saucepan. stir in flour until smooth. Turn off heat.

Add broth and milk. Stir until there are no lumps.

Turn on heat to medium high. Stir constantly until thickened. Add drained mushrooms.

Serve over rice or dip chicken tenders in the gravy.

See chicken tenders recipe.

Recipe Notes

Source: Debbie Adams, Rocky Mt. Jr.
Food and Fitness

Chile Con Queso Sauce

- 1/2 cup onion, chopped
- 1 tablespoon vegetable oil
- 2 cups velveeta cheese, grated
- 1 can chiles, chopped
- 1 tablespoon pimento, or chopped red peppers
- 1 pint sour cream

Instructions

1. Saute the onion in oil until the onion is transparent.
2. Reduce the heat and add the processed cheese gradually, stirring constantly.
3. Pour in the chopped chiles, including the juice.
4. Add pimiento or chopped red peppers.
5. Remove the pan from the heat and stir in the sour cream until it is thoroughly mixed.
6. Salt and pepper to taste.

Do not use regular cheese or add salt until the end or the mixture will curdle.

Recipe Notes

Source: Brighton High School

Chili

- 1 can chili beans, 1 lb.
- 1 pound ground beef
- 1/2 teaspoon salt
- 1 1/2 tablespoons Worcestershire sauce
- 8 ounces tomato sauce
- 1 tablespoon chili powder
- 1/2 onion, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano

Instructions

Brown ground beef with onion. Drain fat.

Add remaining ingredients including drained beans.

Cook until well blended and heated through.

You can substitute kidney beans for chili beans.

Recipe Notes

Source: Nancy Fidler, West Lake Junior High School
Food and Fitness

Chili - Christmas Turkey

- 1 cup green pepper, diced
- 1 1/4 cups chopped onion
- 1/2 teaspoon garlic salt
- 3 tablespoons oil
- 2 cans kidney beans, drained, 15 1/2 oz.
- 1 28 oz. can tomato, stewed
- 10 mushrooms, sliced
- 1 cup tomato sauce
- 3 cups cooked turkey, chopped
- 1/2 teaspoon chili powder
- 1/2 teaspoon cilantro
- 1/2 teaspoon red pepper

Instructions

In a 3-quart saucepan, saute green pepper and onion in oil over medium/high heat for about 5 minutes or until vegetables are crisp-tender. Add the rest of the ingredients and stir.

Increase the heat and bring mixture to a boil. Reduce heat and simmer uncovered for about 25 minutes. Garnish with onion or cheese.

For vegetarian chili substitute 3 cups of broccoli for the turkey.

Recipe Notes

Source: Chris Judd, Layton High School
Food for Life

Chili - Quick And Yummy

- 1 pound ground beef
- 1 small onion, chopped
- 2 cans chili beans
- 1 can stewed tomato, large
- 1 can tomato, diced, large
- 1 teaspoon chili powder
- 1 package chili seasoning

Instructions

Brown ground beef in a dutch oven.

Chop onion and add to ground beef. Cook until transparent Drain off grease.

Then add chili beans, stewed tomatoes, diced tomatoes, chili seasoning, and chili powder.

Cover with lid and simmer about 1 hour to blend flavors.

Recipe Notes

Source: Box Elder Middle School

Chili - White

- 4 cups chicken, cooked and diced
- 1 8 oz. can garbanzo bean, drained
- 1 8 oz. can great northern bean, white
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon cumin
- 2 cans chicken broth
- 1 can green chilies
- 1 8 oz. can white hominy, drained

Instructions

Saute chopped onion and garlic in a little chicken broth. Add the rest of the ingredients. Heat. Serve with grated cheese and sour cream.

Recipe Notes

Source: Susan Schumacher, Pleasant Grove High

Chowder

1 cup potato, finely diced
1/2 cup celery, finely diced
1/2 cup onion, finely chopped
1/2 cup butter
1/2 cup flour
2 cups milk
3/4 teaspoon salt

Instructions

Combine potatoes, onions, and celery with enough water to cover. Bring to a boil and cook until tender. DO NOT DRAIN OFF WATER.

Meanwhile, melt butter in separate pan; stir in flour. SLOWLY add milk, stirring constantly. Cook over med-high heat until thick. Cream sauce will be quite thick.

When vegetables are done, combine the butter mixture and the potato mixture, without draining the vegetables.

Add one of the variations:

Clam: Add 1 can of minced clams plus liquid.

Corn: Add 1 can of cream style corn and strips of crisply cooked bacon.

Potato-Cheese: Add 1 can shredded cheese.

Broccoli: Cook one 10 oz package of chopped broccoli with the other vegetables.

Recipe Notes

Food and Fitness

Chowder - Bratten's Clam

- 2 cans minced clams
- 1 cup onion, chopped
- 2 cups celery, diced
- 2 cups potatoes, chopped

Instructions

Put vegetables, chopped onions, diced celery, diced potatoes, in saucepan, pour in clams with juice and enough water to cover them. Cook 20 minutes.

Make white sauce, cook till thick.

White Sauce

- 3/4 cup margarine
- 3/4 cup flour
- 1 quart half and half
- 1 1/2 teaspoon salt
- pepper to taste
- 1 1/2 teaspoon sugar

Add white sauce to vegetables and clams.

Recipe Notes

Source: Betty Woodruff, Alpine Life and Learning Center

Chowder - Clam

- 4 tablespoons butter or margarine
- 2 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- 1 cup potato, diced and cooked
- 1 can minced clams
- 1/2 can corn, or cream style
- 1 tablespoon parsley flakes
- 1 tablespoon onion, minced
- 1/2 teaspoon salt

Instructions

Put butter into heavy sauce pan. Heat gently stirring until butter melts.

Add flour and blend. Let mixture bubble gently.

To this paste, called a roux, add milk in at least 2 or 4 installments, stirring gently but thoroughly until the mixture is smooth and boiling. (Use whip to remove lumps)

Season with salt.

Add potato (already cooked and diced), clams, corn, parsley flakes, minced onions and salt.

Return to a boil and serve piping hot.

Recipe Notes

Source: Robin Gunbrecht, Sunset Junior High School
Life Skills

Chowder - Clams

- 1 can clams, chopped
- 1 cup half & half
- 1 cup milk
- 1 can cream of celery soup, canned
- 1/4 cup margarine
- 1 onion, diced
- 3 potatoes
- 1 stalk celery, sliced
- 2 tablespoons cornstarch

Instructions

Saute the celery and onion in margarine. Barely cover the potatoes with water in a saucepan and add 1 t. salt. Boil the potatoes until they are fork tender. Drain off the water.

Add celery and onion to the potatoes. Add the clams and juice. Combine the celery soup, milk, half and half and cornstarch in a bowl.

Add to potato mixture and simmer (don't boil) for about 10 minutes. Chowder will thicken as it cooks.

Recipe Notes

Source: Karen Munson, Hunter High
Food and Fitness, Food for Life

Chowder - Midwest

- 1 cup potato, diced
- 1/4 cup carrot, sliced
- 2 tablespoons chopped onion
- 1/4 cup celery, sliced
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3 tablespoons margarine
- 3 tablespoons flour
- 1 1/2 cups milk
- 1/2 cup cheddar cheese, grated
- 1/2 cup corn, cream style
- 1 tablespoon powdered cream

Instructions

Combine potatoes, carrots, onion, celery, 1/2 teaspoon salt and pepper in a stockpot. Barely cover vegetables with water and bring to a boil, covering pot with a lid and cooking until tender. Cook for 10-15 minutes, watching to make sure vegetables don't boil dry. DO NOT DRAIN.

In large saucepan melt margarine. Remove from heat and blend in flour and 1/2 teaspoon salt using a wire whisk until a smooth paste is formed. Stir in milk until mixture is smooth. Cook over medium heat, stirring constantly until sauce is thick and has gently boiled for one minute.

With a slotted spoon, add the vegetables to the cream sauce. Save the liquid. Stir in cheese. Add corn and powdered cream. Stir in vegetable water if soup is too thick. Heat soup, but do not let it boil.

Recipe Notes

Source: Diane R. Anderson, East
Food and Fitness

Easy Pizza Sauce

- 1 8 oz. can tomato sauce
- 2 tablespoons parmesan cheese
- 1/4 teaspoon oregano
- 1/4 teaspoon garlic salt
- 1/4 teaspoon salt

Instructions

Combine all ingredients in small pan.
Heat to boiling; simmer about 5 minutes.

Recipe Notes

Source: Cheryl M. Moyle, Olympus High School
Food and Fitness

Marinade

1 cup lemon-lime soda
1/2 cup soy sauce
1/2 cup vegetable oil

Instructions

Mix ingredients and add horseradish and garlic powder to taste. Use for turkey or chicken; also excellent for a barbeque, stir fry or fajitas. Marinade in a plastic container with lid for 15 minutes for a light flavor or over night to pieces of meat that are quite thick.

Recipe Notes

Elaine Miller, Evergreen Junior High
8th Grade Life Skills, Food and Fitness

Meduim White Sauce

- 1 cup milk
- 2 tablespoons flour
- 2 tablespoons vegetable oil
- 1/4 teaspoon salt

Instructions

Stir in saucepan or heavy frying pan, oil, flour and salt, blend until smooth. Remove from heat and add milk in small protions and blend thoroughly after each addition until all milk has been added. Place over direct heat: stir constantly, bring to a boil and boil for 2 minutes.

Variations of white sauce:

Cheese sauce:

To one cup meduim white sauce add one cup grated cheese. Serve hot over broccoli or cauliflower.

Egg sauce:

To one cup meduim white sauce add 2 hard cooked eggs that have ^{been} sliced. Serve hot on toast.

Mushroom sauce:

To one cup meduim white sauce add 3/4 cup sliced canned mushrooms and a few drops of onion juice.
Serve with meats, broiled steak or meat loaf.

Creamed dishes:

1 cup tuna fish, chipped or dried meat, 1 cup meduim white sauce
Combine cooked vegetables, meat, fish, hard-cooked eggs, etc. with prepared white sauce.

Recipe Notes

Source: Margie Kunz, Fremont
Food and Fitness

Pan Gravy

- 1/2 pound sausage, or bacon broken in small piece
- 2 tablespoons flour
- 1 1/2 cups milk
- 1 dash salt, and pepper to taste

Instructions

Cook the bacon or sausage until well done.

Remove the meat from pan. Place it where it will remain hot, pour off all drippings except for 2 tablespoons.

Blend together drippings and flour. Stir with a wire whisk until the flour has thickened and is well combined.

Continue to cook slowly and stir constantly, while adding milk, salt and pepper.

Continue to cook slowly, stirring often until mixture begins to bubble. If too thick, add a little more milk.

Add meat and serve over buttermilk biscuits

(See Buttermilk Biscuit recipe)

Recipe Notes

Source: Shirley Slack and Louella Hall, North Sanpete High School
Food and Fitness

Soup - Beefy Mexican

- 1 pound ground beef
- 1/2 cup onion, chopped
- 1/4 cup green peppers, chopped
- 1 package Hamburger helper sauce mix, for chili tomato
- 5 cups water
- 1 teaspoon chili powder
- 1/2 teaspoon garlic salt
- 1/4 teaspoon salt
- 1 can tomato, canned, whole
- 1 can corn, canned, 8 oz.
- 2 tablespoons olives, sliced
- 1 package macaroni

Instructions

Using a large kettle cook ground beef, onion and green pepper until beef is browned, stirring regularly. Drain grease.

Stir in sauce mix, water, chili powder, garlic salt, salt and tomatoes with liquid, breaking up the tomatoes with a fork. Heat mixture to boiling, stirring constantly; reduce heat. Cover and simmer, stirring occasionally for 10 minutes. Stir in macaroni, corn with liquid and olives. Cover and cook 10 more minutes or until macaroni is tender. Garnish with corn chips if desired.

Recipe Notes

Source: Tami Rauzi, Northridge High

Soup - Cheese Broccoli

- 4 quarts water
- 1/4 cup chicken bouillon
- 3 sticks butter or margarine
- 2 cups flour
- 1 pound velveeta cheese
- 1 pound broccoli, or frozen broccoli

Instructions

Bring water and chicken bouillon to a boil. Cut up broccoli in bite size pieces, add to water and cook until tender. Remove broccoli from boiling broth,

In a separate saucepan melt margarine and add flour to make a roux. Add cooked roux to hot liquid. Stir until thickened and smooth, add cheese, stir until melted, gently add broccoli.

Recipe Notes

Source: Terilee Herbon, Hunter High School

Soup - Cheesy Potato

- 3/4 cup margarine
- 3/4 cup flour
- 2 cups milk
- 2 cups half & half
- 1 jar Cheez Whiz, 12 oz.
- 3 cups potatoes, cubed
- 1 cup carrot, cubed
- 1 cup celery, cubed
- 1/2 cup onion, chopped
- 1 teaspoon basil
- 3 cups water
- 4 chicken bouillon

Instructions

Make a paste of margarine and flour. Cook over low heat until light and caramel color.

Remove from heat and add milk, half and half and Cheez Whiz.

Return to heat and cook slowly until the cheese melts and mixture thickens.

In another pan cook for about 15 minutes the potatoes, carrots, celery onion, basil, water and bouillon cubes.

Blend the two mixtures and heat through.

Recipe Notes

Source: Kena Lee Winn, Juab High/Juab Middle
Food and Fitness, Food for Life

Soup - Chicken Noodle

- 3 pounds chicken
- 1 1/2 tablespoons salt
- 1/4 teaspoon pepper
- 2 bay leaves
- 1 stalk celery, chopped
- 1/4 onion
- 1 carrot, peeled and sliced
- 1/2 teaspoon parsley, dried
- 1/4 teaspoon basil
- 4 teaspoons chicken bouillon, granules
- 1 cup chicken, cooked and cubed
- 2 cups egg noodles, homemade

Instructions

Cook chopped celery, onion, carrot, parsley, basil and chicken bouillon in chicken broth in medium saucepan for 5 minutes.

Add noodles. Heat to boiling. Reduce heat and simmer about 10 minutes or until noodles are tender.

If noodles are thick, cook entire time with vegetables.

Add chicken the last 5 minutes to warm through.

(See Homemade Egg Noodle recipe)

Recipe Notes

Source: Louise Chamberlain, Woods Cross High School
Food and Fitness, Food for Life

Soup - Cream

- 1/4 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup butter or margarine
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 teaspoons instant chicken bouillon
- 1 1/2 cups hot water
- 1 1/2 cups milk

Instructions

In med. saucepan, saute onion and celery in margarine until tender. Stir in flour, salt and pepper. Cook 1 min., stirring constantly, until smooth and bubbly. Add bouillon to hot water, stir to dissolve and then combine with milk. Gradually add bouillon/milk mixture to saucepan, stirring constantly. Cook until slightly thickened. Do not boil. Use variations listed below.

CAULIFLOWER DILL CREAM SOUP: In med. saucepan cook 2 cups cut up cauliflower in 1/2 cup water and 1/2 tsp. salt until fork tender; drain. Add 1/2 tsp. dill weed. Add mixture to cream soup. Cook 1-2 min. more.

POTATO CREAM SOUP: In med. saucepan cook 2 cups diced potatoes in 3/4 cups water and 1 tsp. salt until fork tender; drain. Add potatoes to cream soup; add 2 tsps. Worcestershire sauce and 1/4 tsp. dry mustard. Cook 1-2 min. more.

BROCCOLI CREAM SOUP: In med. saucepan cook 2 cups broccoli florettes in 1/2 cup water and 1/2 tsp. salt until fork tender. Drain water and add 2 tsps. lemon juice and 1/4 tsp. garlic powder. Combine broccoli and cream soup. Cook 1-2 min. more.

MUSHROOM CREAM SOUP: In small frypan melt 2 tbsp. margarine; add 2 cups sliced fresh mushrooms and saute until tender. Add 1/2 tsp. finely crushed basil leaves and 1/4 tsp. garlic powder. Add mixture to cream soup. Cook 1-2 min. more.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Soup - Cream Of Potato

- 2 cups potatoes, peeled and diced
- 1 cup water
- 1/8 teaspoon pepper
- 1/4 teaspoon celery salt
- 1/4 teaspoon onion salt
- 2 tablespoons margarine
- 2 tablespoons flour
- 1/4 teaspoon salt
- 2 cups milk

Instructions

Combine potatoes, water, pepper, celery salt and onion salt in a saucepan. Cover and bring to a boil. Reduce heat and boil for 10 minutes until fork tender.

Prepare a thin white sauce as follows:

Melt margarine in a heavy saucepan on medium heat. Add flour and salt to margarine and stir until smooth. Pour milk into mixture while stirring with a whip.

Cook mixture on medium heat to boiling, stirring constantly. Cook for 1 to 2 minutes after sauce begins to boil.

Combine white sauce, potatoes and potato water. Heat to serving temperature.

Can make the different lab units make the recipe with skim/nonfat dried milk, evaporated milk (1 cup milk plus 1 cup water), 2% and whole milk and then compare the soups.

Recipe Notes

Source: Janet Anderson, Manti High
Food and Fitness

Soup - Gezpacho

- 5 tomatoes, diced
- 3 green bell peppers, diced
- 3 cucumbers, diced
- 2 onions, diced
- 2 1/2 cups tomato juice
- 1/2 cup vegetable oil
- 2 tablespoons vinegar
- 1 tablespoon salt
- 1/2 teaspoon Tabasco sauce
- 1/2 teaspoon basil
- 1 tablespoon lemon juice
- 1/2 teaspoon oregano

Instructions

Mix all the ingredients together in a large bowl. Chill two hours before serving.

Recipe Notes

Source: Tami Rauzi, Northridge High

Soup - Hamburger Barley

- 1 1/2 pounds ground beef
- 6 cups water
- 3 bouillon cube
- 2 cups carrots, chopped
- 1 cup potatoes, chopped
- 1/2 cup celery, diced
- 1 cup onion, chopped
- 1/3 cup barley, uncooked
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon garlic, minced
- 2 bay leaves
- 1 can tomato soup, canned

Instructions

Brown ground beef and drain.

Put into pan and add rest of ingredients.

Bring to boil, reduce heat and cover and simmer for one hour or until barley is done.

Remove bay leaves.

Serve with garlic french bread.

Recipe Notes

Source: Betty Woodruff, Alpine Life & Learning Center

Soup - Potato

- 1/2 onion, chopped
- 2 medium potatoes
- 1 teaspoon chives, sliced
- 1 1/2 teaspoons bouillon
- 1 teaspoon salt
- 3 tablespoons margarine
- 3 tablespoons flour
- 1 1/2 cups milk

Instructions

Place onion, potatoes, chives, bouillon and 1/2 teaspoon salt into a stockpot and barely cover with water. Bring to a boil, cover pot with a lid, and turn the heat down, cooking until tender. (Watch pot to make sure potatoes don't boil dry.) DO NOT DRAIN.

Melt margarine in large saucepan. Remove from heat. Using a wire whisk, stir in flour and 1/2 teaspoon salt until a smooth paste is created. Stir in milk until smooth. Then return to medium heat. Stir constantly until mixture is thick and has gently boiled for one minute.

Dip vegetables out of stockpot and into the cream sauce with a slotted spoon. Add as much vegetable water as needed to make soup.

Soup can be served with grated cheese, crackers, bacon bits, paprika or pepper.

Recipe Notes

Source: Diane R. Anderson, East
Food and Fitness

Soup - Potato And Cheese

2 cups water
2 cups potatoes, diced
1/2 cup grated carrots
1/2 cup onion, chopped
1/4 cup butter
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup flour
2 cups milk

Instructions

In large saucepan, bring water to a boil, add potatoes, carrots and onions. Cook until soft.

In another large pan, melt butter, add salt and flour. Cook and stir until bubbly. Add milk and cook until thickened. Add undrained vegetables to milk mixture.

Stir in grated cheddar cheese and chopped ham if desired. Heat thoroughly without boiling.

Recipe Notes

Source: Jane Webecke, Young Parents Davis
Food and Fitness, Food for Life

Soup - Print Shoppe Cheese

- 5 stalks celery, chopped
- 20 ounces frozen peas
- 6 cups red potatoes
- 1 large yellow onion, diced
- 5 whole carrots, diced
- 1 cup butter
- 1 cup flour
- 6 chicken bouillon cubes
- 1 pound velveeta cheese, cubed

Instructions

Place all the vegetables in a large stock pot and cover with water, cook until tender. Do not drain. Set aside.

In a sauce pan melt butter over low heat. Add flour and stir into the melted butter to make a thick paste. Remove from heat to prevent burning.

Add 6 bouillon cubes to 1 quart of water. Gradually add the bouillon water to the butter paste stirring the whole time. Cook until smooth. Add the velveeta cheese. Cook until melted.

Add the cooked vegetables to the cheese sauce.

Simmer, stirring occasionally so it does not burn.

Recipe Notes

Source: Diane Thurman, Clearfield High School
Used in Food Service/Culinary Arts

Soup - Santa Fe Chicken

- 1/2 green peppers, chopped
- 1 tablespoon vegetable oil
- 1/4 red pepper, chopped
- 2 carrots, sliced
- 1/2 onion, chopped
- 1/2 teaspoon garlic
- 1 chicken breast, cut up
- 1 cup salsa
- 1/2 teaspoon cumin
- 1 cup corn
- 1 cup chicken broth
- 1 tablespoon lime juice
- 1 can kidney bean, optional

Instructions

Brown cut up chicken in oil

Add peppers, carrots, onions and garlic and cook for 4-6 minutes.

Add salsa and cook together 5 more minutes

Add cumin, corn, and chicken broth. Then heat to a boil, reduce heat and simmer 10 minutes uncovered.

Stir in lime juice.

Serve over Lime'N Chile tortilla chips

Recipe Notes

Source: Vickie Bingham, South Davis Junior High School
Food and Fitness

Soup - Sausage And White Bean

- 2 cups navy beans
- 8 cups chicken stock
- 1 large bay leaf
- 1/4 thyme
- 1/4 cup olive oil
- 1 1/2 cups onions, chopped
- 1/2 cup celery, diced
- 2 large carrots, sliced
- 1/4 large green peppers, chopped
- 1 1/4 pounds pork sausage, 12 links
- 2 cloves garlic, minced
- 1/4 cup red wine

Instructions

Pick over beans and soak overnight, or use the quick soak method.

To use the Quick-Soak method do as follows: Place beans in a large pot. Add enough water to cover by 1 inch. Bring to a boil over high heat; turn back to a simmer and cook for 2 minutes. Remove from heat and allow to soak for 1 hour.

Drain and place beans, chicken stock, bay leaf and thyme in a large pot. Bring to a simmer and continue to cook, skimming as necessary, until beans begin to get tender and fall apart, 1 1/2 to 2 hours.

Add another 2 cups chicken stock or water.

Meanwhile, place olive oil in a large skillet and saute all the vegetables except the garlic until they start to brown. Scrape into a food processor and puree. Reserve this puree and add to the beans for the last 30 minutes of their cooking time.

Place sausage in a cold skillet and cook over high heat for 6 minutes, turning often. Pour off the fat. Add the garlic and red wine.

Simmer covered, for another 15 minutes. Cut the sausage into rings and add to the soup.

Degrease the pan with a few tablespoons of water or chicken stock, then add to soup.

Recipe Notes

Source: Betty Woodruff, Alpine Life & Learning Center

Soup - Taco

- 1/2 pound hamburger, cooked & drained
- 2 tablespoons diced onion, cooked with hamburger
- 2 tablespoons taco seasoning
- 2/3 cup diced stewed tomato, with juice
- 1/2 cup pinto bean, drained
- 2/3 cup corn, drained
- 1 8 oz. can tomato sauce
- 1 1/2 cups water

Instructions

Combine all of the ingredients in a large saucepan. Heat for 10 minutes. Serve with grated cheese, sour cream and corn chips.

Recipe Notes

Source: Cindy Gulbranson, Roy High
Food and Fitness, Food for Life

Soup - Taco Easy

- 1/8 cup onion, diced
- 1/2 pound hamburger
- 2 tablespoons taco seasoning
- 1 can kidney beans, canned
- 1 can tomato, canned

Instructions

Cook hamburger and onion. Drain. Add seasoning, beans, and tomatoes. Simmer 15 minutes. Serve with cheese, chips, avocado, and sour cream.

Recipe Notes

Source: Kena Lee Winn, Juab High/ Juab Middle
Food and Fitness, Food for Life

Soup - Taco With Corn

- 1/2 pound ground beef
- 2 tablespoons onions, chopped
- 2/3 cup stewed tomato, diced, including juice
- 1/2 cup pinto bean, drained
- 2/3 cup corn, drained
- 1 8 oz. can tomato sauce
- 1 1/2 cups water
- 3 tablespoons taco seasoning

Instructions

Brown ground beef in saucepan, season, drain off fat.

Saute onions with ground beef.

Heat all ingredients and simmer 10 minutes.

Serve with grated cheese, sour cream and corn chips.

Recipe Notes

Source: Margie Kunz, Fremont
Food and Fitness

Soup - Taco With Fritos

- 1/2 pound ground beef
- 3/4 cup corn
- 1 cup tomato
- 2 teaspoons taco seasoning
- 1/4 cup sour cream
- 1/4 medium onion, chopped
- 1 cup beans
- 8 olives, sliced
- 4 ounces cheese, grated
- 1/2 cup tomato sauce

Instructions

In a dutch oven, cooked ground beef and chopped onion. Add corn, beans, tomatoes, tomato sauce and taco seasoning.

Simmer for 20 minutes.

Serve over Fritos with a garnish of sour cream, olives and grated cheese.

Recipe Notes

Source: Sue Schumacher, Pleasant Grove High

Soup - Taco Fast

- 1/2 pound hamburger
- 2 cups stewed tomatoes
- 1 cup kidney beans, canned, with juice
- 2 cups water
- 1 tablespoon taco seasoning

Instructions

Brown hamburger and drain. Add tomatoes (or salsa), beans, water and taco seasoning (1-2 Tbsp depending on taste); simmer for approximately 20 minutes.

Add taco chips, cheese, sour cream and avocado as garnish just before serving.

Recipe Notes

Soup - Turkey Noodle

- 1 cup turkey, cut in chunks
- 5 cups water
- 4 chicken bouillon cubes
- 3 carrots, peeled & sliced
- 3 stalks celery, sliced
- 1/2 onion, chopped
- 1 dash pepper

Instructions

HOMEMADE NOODLES

- 2 eggs, beaten
- 1 teaspoon salt
- 4 tablespoons canned milk or top cream
- 1 3/4 to 3 cups flour (start with less).

Knead to medium dough and roll out. Roll paper thin, sprinkle flour on top, and roll up as a jelly roll. Cut 1/8 inch pieces. Unroll and drop into boiling soup. Cook 15-20 minutes, or until noodles are done and the vegetables are tender.

Add 1 cup of cut up turkey pieces to soup.

Recipe Notes

Source: Mary Margaret Lyon, Bonneville High School

Soup - Vegetable

- 1 potato, diced
- 1 carrot, sliced
- 1 stalk celery, chopped
- 1 teaspoon onion flakes
- 2 beef bouillon, cubes
- 2 1/4 cups water
- 1/4 teaspoon parsley flakes

Instructions

Place potato, carrot, and celery in a covered microwave safe dish with 1/4 cup water. Cook on high for 5-7 minutes or til vegetables are tender. Let stand 2 minutes.

In a saucepan add 2 cups of water, bouillon cubes and onion flakes. Boil until cubes are dissolved.

Combine cooked vegetables, beef broth and parsley.

Serve with crackers.

Recipe Notes

Source: Teri Cullimore, Mount Logan Middle School
Life Skills

Soup - Vegetable Beef

- 1/2 pound ground beef
- 1/4 cup onion, diced
- 2 potatoes, cubed
- 2 carrots, thinly sliced
- 2 stalks celery, chopped
- 32 ounces tomatoes
- 2 beef boullion cubes
- 1 vegetable boullion cube

Instructions

Saute meat with onion. Rinse with hot water. Cook vegetables in just enough water to cover until tender. Add meat to vegetables and remaining water. Add tomatoes and boullion cubes. Season with salt and pepper. Add more water if needed.

Recipe Notes

Source: Chris Judd, Layton High School
Food-for Life

Spaghetti Sauce - Joann's

- 2 pounds ground beef, lean
- 1/2 pound sausage, Italian, mild
- 2 1/2 cloves garlic, chopped
- 1/2 cup butter
- 1 can tomato puree, 30 oz.
- 1 can tomato paste, 12 oz.
- 4 cans water
- 1/4 cup parsley, chopped
- 2 teaspoons basil
- 1 teaspoon oregano
- 1/2 teaspoon rosemary
- 1/2 cup parmesan cheese
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 cans mushrooms, canned, 4 oz.
- 1 package spaghetti sauce
- 1 onion, chopped

Instructions

Brown the ground beef, sausage onion and garlic and drain. In a saucepan mix remaining ingredients and heat until boiling. Turn down to simmer and add meat mixture to the sauce mixture. Cook down to half of the original amount. (About 8 hours) Serve over pasta.

Recipe Notes

Source: Tami Rauzi, Northridge High

Stew - White Bean

- 1 pound white beans, dried
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 2 carrots, chopped
- 1 stalk celery, diced
- 6 cloves garlic, minced
- 1 6 oz. can tomato paste
- 1/4 cup red wine vinegar
- 5 cups chicken broth, or water
- 1 tablespoon salt
- 2 bay leaves
- 6 slices French bread

Instructions

Place beans in a bowl with enough water to cover by 3 inches and soak beans overnight in the refrigerator.

Heat oil in a large, heavy saucepan. Saute onion, chopped carrots, chopped celery and garlic for 5 minutes over medium-high heat until onions are translucent.

Drain and rinse beans, and stir into vegetables.

Stir in tomato paste, then vinegar and cook, stirring, for 2 more minutes.

Add enough stock or water to saucepan to cover the beans with 1 1/2 inches of liquid (about 5 cups).

Stir in salt and bay leaves, bring mixture to a boil, reduce heat and simmer for about 45 minutes, until beans are tender.

Cool beans, cover and refrigerate until ready to serve.

To serve, reheat beans.

Place a slice of bread into each bowl and ladle stew over bread.

Garnish with chopped parsley, if desired.

Recipe Notes

Source: Betty Woodruff, Alpine Life & Learning Center

Won Ton Sauce

- 1 cup pineapple juice
- 1 cup water
- 1 6 oz. can tomato paste
- 1 cup brown sugar
- 1/2 teaspoon monosodium glutamate

Instructions

Combine all ingredients in a saucepan and bring to boil stirring occasionally.

Reduce heat and simmer until thickened about 15 minutes.

Recipe Notes

Source: Chris Judd, Layton High School