

## SOUPS AND SIDES

### MINISTRONE WITH PESTO

Oscar Oberkircher  
Laurens

#### Ingredients:

6½ cups vegetable broth  
3 tablespoons olive oil  
1 large onion, finely chopped  
1 leek, sliced  
2 carrots, chopped fine  
1 celery stalk, chopped fine  
2 garlic cloves, minced  
2 potatoes, peeled and diced  
1 bay leaf  
½ teaspoon thyme, dry salt and pepper  
¾ cup peas, frozen  
2 zucchini, finely chopped  
3 tomatoes, peeled, chopped  
2 cups cannellini beans  
3 tablespoons pesto sauce

**Directions:** In a large saucepan, bring stock to a simmer. While stock is heating, saute onion and leek in a small stock pot with olive oil until softened. Add carrots, celery and garlic; to onions; saute 5 more minutes. Add potatoes and cook another 2 to 3 minutes. Add broth and stir well. Add bay leaf, thyme and salt and pepper.

Bring soup to a boil, then reduce heat and cook or several minutes. Add zucchini and cook 5 minutes. Add peas and tomatoes. Cover and bring slowly to a boil. Reduce heat and simmer several minutes.

Twenty minutes before serving, add beans and simmer for 10 minutes. Ten minutes before serving, add pesto and season to taste. Simmer 5 minutes, then let stand before serving.

### BACON SQUARES

Danny Gillingham  
Maryland

#### Ingredients:

1 cup mayonnaise  
2 teaspoons Worcestershire sauce  
½ teaspoon salad seasoning  
¼ teaspoon paprika  
2 cups shredded cheddar cheese (about 8 ounces)  
8 slices bacon, cooked and crumbled  
½ cup chopped peanuts  
4 sliced green onions (about ¼ cup)  
24 slices of bread

**Directions:** Mix mayonnaise, sauce, seasoning and paprika. Stir in cheese, bacon, peanuts and onions.

Spread about 3 tablespoons bacon mixture over each slice of bread. Bake on ungreased baking sheet for 10 minutes. Cut each slice into 4 pieces. Serve hot.

### HEART-WARMING POTATO SOUP

Caren M. Kelsey  
Hartwick

#### Ingredients:

8 large potatoes, peeled and cubed  
2 cans Campbell's cream of celery soup  
1 can Campbell's cheddar cheese soup  
1 large onion, diced  
salt and pepper, to taste  
bacon bits (optional)  
1 cup shredded cheddar cheese

**Directions:** Add potatoes to salted boiling water. When potatoes are half done, add onion, cheese and soup. Cook on medium heat until potatoes are tender.

Reduce heat and simmer until desired thickness occurs. Thicken with instant potatoes if needed.

Serve with bacon bits, with or over corn bread. Season with salt and pepper to taste.

### ITALIAN APPETIZER BITES

Anna McKee  
DeLancey

#### Ingredients:

2 8-ounce packages refrigerated crescent rolls  
½ pound sliced deli salami  
½ pound sliced provolone cheese  
½ pound sliced boiled deli ham  
7 eggs  
1 cup grated Parmesan cheese  
2 12-ounce jars roasted red peppers, drained  
poppy seeds and sesame seeds (optional)

**Directions:** Heat oven to 350 F. Coat a 13-by-9-by-2-inch glass baking dish with nonstick cooking spray. Unroll one package of rolls and use dough to line the bottom of prepared baking dish. Pinch seams together.

Cover rolls with half of the salami, provolone and ham. Lightly beat together 6 eggs and Parmesan; pour half evenly over top. Top with half of the roasted red peppers.

Repeat layering with remaining salami, cheese, ham, egg mixture and peppers. Top with remaining package of crescent rolls.

Lightly beat remaining egg and brush over top. Cover dish with foil; bake at 350 F for 30 minutes. Uncover and bake 30 more minutes.

Cool for 1 hour; cut into 32 squares and serve.

### TERIYAKI VENISON JERKY

Taryn Stilson  
Laurens

#### Ingredients:

2 tablespoons brown sugar  
1 teaspoon garlic powder  
¼ teaspoon pepper  
½ teaspoon ground ginger  
½ cup soy sauce  
15-20 strips venison

**Directions:** Combine all dry ingredients. Whisk in soy sauce.

Prepare meat and marinate overnight in sauce. Place strips of meat on food dehydrator on racks and dry until jerky meat is stiff and done. Meat should be pliable, yet dry when done.

### JAMAICAN BEEF STEW

Nancy Murphy  
Oneonta

#### Ingredients:

1 tablespoon oil  
1 tablespoon sugar  
1½ pounds sirloin steak  
5 plum tomatoes  
3 large carrots  
3 celery stalks  
4 green onions  
¾ cup beef broth  
¼ cup barbecue sauce  
¼ cup soy sauce  
2 tablespoons steak sauce  
1 tablespoon garlic  
1 teaspoon thyme  
¼ teaspoon allspice  
¼ teaspoon pepper  
⅓ teaspoon hot sauce  
1 tablespoon cornstarch  
2 tablespoons cold water

**Directions:** Wash and chop vegetables. Slice beef into ¾-inch pieces.

In a Dutch oven, heat oil over medium heat. Add sugar; cook and stir for 1 minute until dissolved. Add beef and brown on all sides.

Stir in vegetables, broth, barbecue sauce, soy sauce, steak sauce and seasonings. Bring to a boil. Reduce heat; cover and simmer for 1 to 1¼ hours or until tender.

Combine cornstarch and water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve alone or over mashed potatoes.

### SECOND HELPING SOUP

Marilyn Gilmore  
Laurens

#### Ingredients:

1 pound ground beef, browned, drained and crumbled  
1 16-ounce can pork and beans with brown sugar  
4 cups water  
2 beef bouillon cubes

1 16-ounce package frozen peas  
1 16-ounce package frozen corn  
1 cup chopped frozen green beans  
1½ cups baby carrots, diced  
1 small onion, chopped fine  
2 medium potatoes, cubed  
1 14.5-ounce can diced tomatoes with liquid  
1 8-ounce can tomato sauce  
1 teaspoon Mrs. Dash  
¼ teaspoon red pepper flakes  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
1 tablespoon butter  
pepper, to taste

**Directions:** Add all ingredients to one large pot. Cover and simmer for about 1 hour, or until vegetables are done.

### MARINATED FETA SPREAD

Heather Morse  
Oneonta

#### Ingredients:

8 ounces dry packed feta cheese, crumbled  
good-quality olive oil  
1 tablespoon each shredded fresh basil and parsley  
1 teaspoon shredded oregano  
1 spring thyme  
1-2 garlic cloves, minced  
½ teaspoon red pepper flakes salt and pepper to taste

**Directions:** Combine ingredients into a jar, adding enough olive oil to cover the cheese and herbs. Seal and refrigerate for at least 24 hours.

Serve on toasted baguette bread, crackers, grilled chicken or as a spread for sandwiches.



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