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Judges:
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Caelan Peterson
Dana Weber

Midway District Junior Leaders

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2019
4-H FAVORITE FOODS SHOW
Midway Extension District



January 27, 2019
2:00PM

Russell County 4-H Building

BREAKFAST

CINNAMON BUN STYLE BAKED DONUTS Hope Lumpkins-Fossil Creek

Moist and fluffy cinnamon bun donuts covered in cinnamon glaze, cinnamon crumbles, and vanilla frosting. Get the best of both sweet breakfasts in one!

INGREDIENTS

Cinnamon Donuts

- ¾ cup all-purpose flour
- 2 Tbsp cornstarch
- 1 tsp baking powder
- ½ tsp salt
- ⅓ cup granulated sugar
- 1 tsp ground cinnamon
- ⅓ cup buttermilk
- 1 egg
- 1 Tbsp butter melted

Cinnamon Crumble Topping

- 3 Tbsp all-purpose flour
- ½ Tbsp brown sugar
- ½ tsp ground cinnamon
- 1 Tbsp unsalted butter softened

Cinnamon Icing

- 1 cup powdered sugar
- 2 Tbsp milk
- 1 tsp ground cinnamon

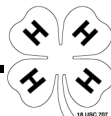
Vanilla Icing

- 1 cup powdered sugar
- ½ Tbsp milk
- ½ tsp vanilla extract

INSTRUCTIONS

For the Cinnamon Donuts

- Preheat oven to 350° F.
- Spray a donut pan with non stick cooking spray.
- In a large mixing bowl, sift together all-purpose flour, cornstarch, baking powder, cinnamon, sugar & salt. Set aside.
- In a small bowl, whisk together buttermilk*, egg & melted butter.
- Pour wet ingredients into dry ingredients, whisking together until there are no longer any clumps.



(Continued on Next Page)

DESSERT

SIMPLE COOKIES Layne Meier-Trying Tommies

INGREDIENTS

- 2 tsp vanilla
- 1 duck egg, beaten
- 1 cup peanut butter
- 1 cup sugar

DIRECTIONS

- Preheat oven to 350°.
- Beat 1 duck egg, add 2 tsp vanilla & set aside.
- In large bowl mix together 1 cup peanut butter & 1 cup sugar.
- Once mixed, add the egg & vanilla mixture. Mix together well.
- Line cookie sheet with parchment paper or spray with cooking spray to prevent from sticking.
- Take ice cream scooper (about 2½ Tbsp) & scoop out cookies onto cookie sheet.
- Place into oven & cook between 15-18 min depending on how chewy you like your cookies. When done, cool about 20-30 minutes & serve.

Yields: 12 to 15 cookies

Serving size: 2 cookies



DESSERT

SALAD DRESSING CUPCAKES Tucker Mullender-Wolf Creek Valley

INGREDIENTS

Cupcakes

- | | |
|----------------------|------------------|
| 1 ½ cups sugar | 2 cups flour |
| 2 tsp baking soda | pinch of salt |
| 1 cup salad dressing | 1 cup warm water |
| 1 tsp vanilla | ¾ cup coco |

Homemade Cream Cheese Frosting

- | | |
|--------------------------|---------------|
| 4 cups of powdered sugar | ½ cup butter |
| 8 oz cream cheese | 3 tsp vanilla |

DIRECTIONS

Cupcakes

- Mix & sift dry ingredients together, then mix in remaining ingredients.
- Bake at 350° for 30 minutes.

Frosting

- Beat cream cheese, butter & vanilla in a mixer until blended.
- Add powdered sugar a cup at a time & continue to mix until sugar is completely mixed into cream cheese.



BREAKFAST

CINNAMON BUN STYLE BAKE DONUTS Continued

- For filling the donut pan, use a pastry bag or a Ziploc bag with the corner cut to pipe the batter into the pan. Fill the donuts about 2/3 full or until all batter is used.
- Bake in the oven for 7-9 minutes or until stop of donuts are puffy & appear dry.
- Remove from oven & allow to rest for 2 minutes in the donut pan, then transfer to a wire cooling rack to cool completely.

For the Cinnamon Crumble Topping

- In a large bowl, mix flour, brown sugar & cinnamon.
- Add softened butter & mash with your fingers. Begin mashing the butter into the dry ingredients. Continue to combine until you can pick up all ingredients in your hands. Squeeze dough together to pack everything together.
- Once dough is smooth & firm, begin pinching the dough within your fingers so that it breaks apart into small pieces. Set aside.

For the Cinnamon Icing

- In a wide bowl, whisk together milk, sugar & cinnamon. Set aside.

For the Vanilla Icing

- In a small bowl, whisk together milk, sugar & vanilla. Pour icing into a pastry bag with a small tip or in a Ziploc bag with the corner cut out. Set aside.

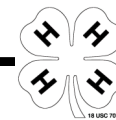
Putting it All Together

- Dip cooled donuts in cinnamon icing. Quickly sprinkle cinnamon crumble topping on top so that it sticks to the cinnamon frosting.
- Allow donuts to dry for 15 minutes, then drizzle vanilla frosting on top of the donuts. Let donuts dry for another 15-20 minutes before eating.

Recipe Notes

** If you don't have any buttermilk, you can make your own. Using a measuring cup, pour in 1 ½ tsp of either lemon juice or vinegar. Then pour milk in the measuring cup, going up to 1/3 cup. Stir and let mixture sit for 5 minutes, then use as buttermilk in the recipe.

Prep Time 15 Minutes **Cook Time** 7 minutes **Yields** 6 donuts **Calories** 338



BREAKFAST

APPLE CINNAMON PANCAKES Kierra Eck-Sunflower

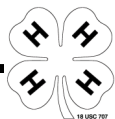
INGREDIENTS

- 1 cup flour
- 1 Tbsp sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1 beaten egg
- 1 cup buttermilk
- ¾ cup finely chopped apples



DIRECTIONS

- Combine the flour, sugar, baking powder, baking soda & salt.
- Make a well in the center of the flour mixture, set aside.
- Combine the egg, buttermilk & oil.
- Add egg mixture all at once to the flour mixture.
- Then stir in ground cinnamon & finely chopped apples.
- If too thick, add buttermilk to thin batter.
- Lightly grease pre-heated griddle & spread batter in desired shape & size, once the top has a heavy, bubbling flip once. Proceed to cook until lightly browned & batter cooked.
- Serve with warm breakfast for a fun, kid friendly, healthy meal.
- Top with desired syrups & toppings.



DESSERT

PERFECT FUNFETTI CUPCAKES Taylor Cook-Sunflower

INGREDIENTS

Cupcakes

- ½ cups all-purpose flour
- ½ tsp salt
- ¼ cups sugar
- 1 Tbsp vanilla extract
- ¾ cup buttermilk - or combine ¾ cup milk + 1 tsp white vinegar & let sit for 5 minutes
- 1 tsp baking powder
- 1 stick unsalted butter - melted
- 3 large eggs
- ½ cup Sprinkles

Frosting

- 2 sticks unsalted butter - softened
- ¼ tsp salt
- 1 Tbsp vanilla extract
- Additional Sprinkles - for decorating
- 5 cups powdered sugar
- 1-2 Tbsp heavy whipping cream



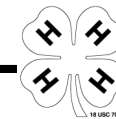
DIRECTIONS

Cupcakes

- Preheat oven to 350°.
- Line cupcake tins with liners (makes 15).
- Whisk flour, baking powder & salt in a medium bowl.
- Add melted butter to a large bowl & mix in sugar with a hand mixer for 30 seconds, until thick and yellow.
- Add eggs one at a time, beating after each addition.
- Beat in vanilla extract.
- Add the flour mixture & buttermilk alternately, starting & ending with the flour. Don't over mix!
- Stir in sprinkles. Divide batter among liners, filling 2/3 full (about ¼ cup of batter per cupcake).
- Bake for 15-20 minutes until a toothpick comes out clean. (Check at 15 minutes to avoid over baking.)
- Cool completely before frosting.

Frosting

- Beat butter until creamy.
- Beat in salt & 1 cup of powdered sugar at a time until it's all added.
- Beat in vanilla extract & 1 Tbsp heavy whipping cream. Add more cream as needed for desired consistency.
- Frost cupcakes by placing frosting in a pastry bag. I like the 1M tip, it gives pretty swirls.
- Add sprinkles for fun!
- Frosting can be made the day before, but let it come to room temperature before using.



DESSERT

PEANUT BUTTER PIZZA Josey Norris-Eikhorn

INGREDIENTS

- ½ cup sugar
- ½ cup brown sugar
- ½ cup margarine (1 stick)
- 1 egg
- ½ cup peanut butter
- ½ cups flour

Topping: 6 oz chocolate chips
2 cups mini marshmallows

DIRECTIONS

- Mix together first 6 ingredients & press into pizza pan.
- Bake 375° for 7-8 minutes.
- Sprinkle chocolate chips & marshmallows on top.
- Bake until brown.



SNACK

REFRIGERATOR CROCK PICKLES Renya Anschutz-Big Creek

INGREDIENTS

- Grandma Lorraine's Brine
- 1 gallon water
- 1 cup pickling salt
- 1-2 cups brown vinegar (cider)



Pickle Ingredients

- 1-5 gallon bucket fresh cucumbers
- 20 cloves peeled garlic
- 10-20 jalapeno or cayenne peppers - cut in ½ lengthwise
- 10 stalks fresh dill

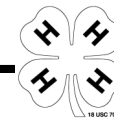
DIRECTIONS

- Scrub cucumbers & peppers.
- Place one layer of cucumbers (6" deep) in bottom of a clean sterilized (we use bleach) non-reactive container (plastic, crockery or glass).
- Place a few garlic, peppers & dill on top of cucumbers.
- Add layers of cucumbers & goodies until full to about 3" of top of container.

- Boil enough brine to cover vegetables by 2-3" of liquid.
- You need about 3 gallons brine for a 5 gallon bucket.
- Weigh down pickles with a sterilized glass plate.
- Leave no pickles or seasonings above level of liquid - they will spoil if you don't.
- If you need more weight, add a plate or two.
- Snap lid back on bucket or cover crock with a clean towel.
- Let cool to room temperature.
- Put container in refrigerator for two weeks.

Eat pickles!

(1 5 gallon bucket makes about 18 quarts of pickles.)



MAIN DISH

CLASSIC GOULASH Kara Hays-Ash Creek

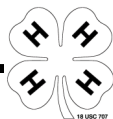
INGREDIENTS

- 2 lbs lean ground beef
- 2 large yellow onions, chopped
- 3 cloves garlic, chopped
- 3 cups water
- 2 (15 ounce) cans tomato sauce
- 2 (14.5 ounce) cans diced tomatoes
- 3 Tbsp soy sauce
- 2 Tbsp dried Italian herb seasoning
- 3 bay leaves
- 1 Tbsp seasoned salt, or to taste
- 2 cups uncooked elbow macaroni



DIRECTIONS

- Cook & stir the ground beef in a large Dutch oven over medium-high heat, breaking the meat up as it cooks, until the meat is no longer pink & has started to brown, about 10 minutes.
- Skim off excess fat & stir in the onions & garlic.
- Cook & stir the meat mixture until the onions are translucent, about 10 more minutes.
- Stir water, tomato sauce, diced tomatoes, soy sauce, Italian seasoning, bay leaves & seasoned salt into the meat mixture.
- Bring to a boil over medium heat.
- Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally.
- Stir macaroni into the mixture, cover & simmer over low heat until the pasta is tender, about 25 minutes, stirring occasionally.
- Remove from heat, discard bay leaves & serve.



DESSERT

PEANUT BUTTER BROWNIE TRIFLE Cheyenne Blundon-Big Creek

Prep: 1 hour + Chilling
20 servings

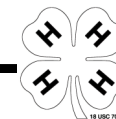
INGREDIENTS

- 1 fudge brownie mix (13" x 9" pan size)
- 2 pkg. (13 oz. each) miniature peanut butter cups
- 4 cups cold 2% milk
- 2 pkg. (5.1 oz. each) instant vanilla pudding
- 1 cup creamy peanut butter
- 4 tsp vanilla extract
- 3 cartons (8 oz. each) frozen whipped topping, thawed



DIRECTIONS

- Heat oven to 350°
- Prepare brownie batter according to package directions. Bake in a greased 13" x 9" baking pan for 20-25 minutes or until a toothpick inserted near center comes out with moist crumbs (do not overbake).
- Cool on a wire rack, cut into 3/4" pieces, a serrated plastic knife works well for this.
- Cut peanut butter cups in half, set aside 1/3 cup for garnish.
- In a large bowl whisk milk & pudding mixes for 2 minutes. Let stand for 2 minute or until soft-set.
- Add peanut butter & vanilla, mix well.
- Fold in 1/2 carton whipped topping.
- Place a third of the brownies in 5-qt. glass bowl or punch bowl, top with 1/3 of the remaining peanut butter cups. Spoon 1/3 of the pudding mixture over the top. Repeat layers twice.
- Cover with remaining whipped topping, garnish with reserved peanut butter cups.
- Refrigerate until chilled.
- *If you like it with more peanut flavor stir in 1 pkg. (10 oz.) peanut butter chips into the brownie batter before pouring into baking pan.



DESSERT

OREO COOKIE BALLS

Madelyn Harrison-County Liners

INGREDIENTS

- 1 (8oz) pkg cream cheese, softened
- 40 Oreo cookies, finely crushed, divided
- 16 oz Baker's Semi-Sweet Chocolate, broken into pieces & melted

DIRECTIONS

- Mix cream cheese & 3 cups cookie crumbs until blended.
- Shape into 48 (1-inch) balls.
- Freeze 10 minutes.
- Dip balls in melted chocolate.
- Place in single layer in shallow pan lined with waxed paper.
- Sprinkle with cookie crumbs.
- Refrigerate 1 hour or until firm.



MAIN DISH

G'S MAC & CHEESE

Grace Lumpkins-Fossil Creek

INGREDIENTS

- ½ tsp kosher salt + more for pasta water
- 12 oz Hickory smoked peppered bacon, uncooked
- 4 oz extra sharp cheddar (white), shredded
- 2 oz smoked provolone cheese, shredded
- 2 oz Asiago cheese, shredded
- 2 Tbsp unsalted butter
- 1 cup chicken broth
- ¼ cup all-purpose flour
- ½ tsp smoked paprika
- 1 tsp garlic powder



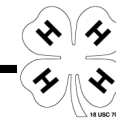
- ½ tsp New Mexico chili powder
- 1 Tbsp chili pepper paste
- ½ Tbsp Worcestershire sauce
- 2 cups milk
- 8 oz dry elbow pasta
- croutons (garnish)

DIRECTIONS

- Bring an 8 quart covered pot filled with water to a boil over high heat. Once it boils, add a handful of salt & pasta. Reduce heat to medium high & cook uncovered to al dente (has a bite to it). Drain & set aside.
- Meanwhile warm a large 12" skillet over medium-high heat. Using clean kitchen shears cut bacon into bite size pieces over the skillet & let them to fall into the pan. Stir occasionally as needed. Cook until crisp.
- While the bacon is cooking, shred cheeses & prepare remaining ingredients.
- Once bacon is cooked through, remove bacon to a bowl with a slotted spoon. Reserve 2 tablespoons of bacon drippings & discard the rest. Wipe the side of the skillet to avoid flame ups.
- Pour reserved bacon drippings back into the skillet over medium heat & add butter. Once melted add flour & whisk to combine. Add spices, chili paste, Worcestershire & chicken broth. Whisk to combine. Allow to come to a bubble for 3 minutes, whisking occasionally to help pick up the bits on the bottom of the pan. Add milk. Whisk to combine. Bring back to a bubble & add cheeses. Stir until cheese is melted & smooth.
- Add pasta to sauce & stir to combine. Add bacon. Cook pasta in sauce for 5 minutes over medium heat until sauce thickens & the pasta has a chance to absorb some of the sauce.
- Sprinkle with croutons, if desired. Serve and enjoy!

Cook's Note's

- Recipe may be doubled. Simply use 2x the ingredients & follow cooking directions.
- Sauce will thicken as it cools. If sauce is too thick, add milk ½ cup at a time until it reaches your desired consistency.
- Reheat instructions: Add pasta to pot with milk. Heat until warmed through, adding ½ cup of milk at a time until desired consistency is reached.
- Freezing instructions: Allow pasta to come to room temperature. Place in resealable plastic bag or container. If using a container press a small piece of plastic wrap over top to avoid freezer burn. Will keep for up to 6 months. To reheat, thaw pasta & follow reheat instructions.



MAIN DISH

INSTANT POT BABY BACK PORK RIBS Teagen Pfeifer-Fossil Creek

INGREDIENTS

- 1 rack of baby back pork ribs
- ¼ cup brown sugar
- 2 Tbsp chili powder
- 2 tsp dried parsley
- 1 tsp each: salt, pepper, cumin, garlic powder, onion powder
- ¼ tsp cayenne pepper
- 1 cup water
- ½ cup apple cider vinegar
- ¼ tsp liquid smoke, optional
- ½ cup bbq sauce

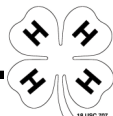


DIRECTIONS

- Remove the lining from the bottom side of the ribs by running a butter knife under the skin & then using a paper towel to grip & remove completely.
- Combine the brown sugar, chili powder, parsley, salt, pepper, cumin, garlic powder, onion powder & cayenne pepper in a small dish & rub all over the ribs.
- Place the rack in your pressure cooker & place the ribs inside the pot, standing on their side, wrapping around the inside of the pot. Pour in the water, apple cider & liquid smoke (if using), being careful to not wash off any of the seasonings.
- Secure the lid, making sure the vent is closed. Press the Meat button & set to 25 minutes. Let the pressure naturally release for 10 minutes, then quick release the rest of the way.
- Carefully remove the ribs from the pressure cooker & set on a foil lined baking sheet. Brush down with your favorite BBQ sauce, & pop under the broiler for 5 minutes, but keep an eye on it so it doesn't burn (some ovens are more hot than others). Enjoy!

Notes

You can double the recipe, by wrapping the second rack of ribs around the first. Just double the spices, but keep the same amount of liquid underneath.



DESSERT

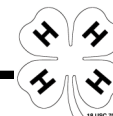
KIT KAT FRIES Abigale Hopper-Big Creek

INGREDIENTS

- Kit Kats, one per fry
- Egg Roll wrappers, large
- 1 egg & a splash of water mixed up for egg wash
- Coarse sugar for sprinkling & to mimic salt
- Oil for frying, canola or vegetable work the best
- Caramel for dipping, optional

DIRECTIONS

- Prepare the egg wash by simply mixing one egg with a splash of water. Set aside.
- Now, lay out one of the wrappers & place a Kit Kat across the wrapper, diagonal from the corner. Roll it up, making sure to bring the edges of the wrapper in as you roll.
- Brush the final corner with some egg wash & seal up the Kit Kat VERY well.
- Gather them up & prepare them for the fryer, as you heat your oil to 350°-360°.
- Fry them up one or two at a time, as they get golden super fast!
- While they're HOT, sprinkle them generously with the sugar.
- Serve them with some caramel for dipping, if you'd like.



DESSERT

GERMAN BLACK FOREST CAKE Gracie Karst-Lone Star



INGREDIENTS

1 cup whole milk	2 cups sugar
3 large eggs	3/4 cup baking cocoa
1/2 cup canola oil	1 1/2 tsp baking powder
3 tsp vanilla extract	3/4 tsp baking soda
2 cups, plus 2 Tbs all-purpose flour	3/4 tsp salt

Filling:

2 cans (14.5 oz) pitted tart cherries	1 cup sugar
1/4 cup cornstarch	2 tsp vanilla extract

Whipped Cream:

3 cups heavy whipping cream	1/3 cup confectioners sugar
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DIRECTIONS

- Preheat oven to 350°. Line bottoms of two greased 9-inch round baking pans, grease paper.
- In a large bowl, beat milk, eggs, oil & vanilla until well blended. In another bowl, whisk flour, sugar, cocoa, baking powder, baking soda & salt; gradually beat into milk mixture.
- Transfer to prepared pans. Bake 30-35 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans 10 minutes before removing to wire racks, remove paper. Cool completely.
- Meanwhile, for the filling, drain cherries, reserving 1/2 cup juice. In a small saucepan, whisk sugar, cornstarch & reserved juice, add cherries. Cook & stir over low heat 10-12 minutes, or until thickened and bubbly. Remove from heat, stir in vanilla. Cool completely.
- In a large bowl, beat cream until it begins to thicken. Add confectioners sugar; beat until stiff peaks form.
- Using a long serrated knife, cut each cake horizontally in half. Place one cake layer on a serving plate. Top with 1/2 cups whipped cream. Spread 3/4 cup filling to within 1 inch of edge. Repeat twice. Top with remaining cake layer. Frost top and sides of cake with remaining whipped cream, reserving some to pipe decorations, if desired. Spoon remaining filling onto top of cake. Refrigerate until serving.



MAIN DISH

INSTANT POT SWISS STEAK Caleb Hays-Ash Creek

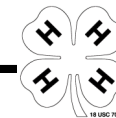
INGREDIENTS

2 lbs bottom round steak, trimmed & sliced into large squares
2 tsp garlic powder
1 tsp sea salt
1 tsp ground black pepper
2 Tbsp corn starch
2 Tbsp vegetable oil
1 medium white or yellow onion, peeled & diced
2 bell peppers, seeded and diced
1 cup beef broth
1/2 cup crushed tomatoes



DIRECTIONS

- Season the sliced round steak on both sides with garlic powder, sea salt & black pepper.
- Lightly dredge the meat on both sides with the corn starch
- Press SAUTE on the Instant Pot & when it reads Hot, add the oil. Working in batches, brown the round steak on both sides, then place on a plate & cover with foil until all of the steak is browned
- Add the diced onions and peppers to the pot & cook until slightly soft, stirring frequently
- Add some of the beef broth & stir with spatula or wooden spoon to deglaze the pot & release any browned bits on the bottom of the pot
- Hit CANCEL, then add the round steak back to the pot. Pour remaining beef broth over & around steak & top with the crushed tomatoes. Don't stir!
- Place lid on pot, turn valve to Sealing position & hit PRESSURE COOK for 30 minutes. After 30-minute cook time, allow a 10 minute natural release, then hit CANCEL & turn valve to Venting position to release remaining pressure
- When pin drops, open lid & remove steak to a large casserole dish or platter. For thicker gravy, hit SAUTE & boil to reduce sauce. Or mix 1 Tbsp corn starch with 1 Tbsp cold water until smooth, then stir boiling sauce to thicken even more
- Pour sauce over steak & serve



MAIN DISH

LASAGNE

Gabbie Fontanez-Fossil Creek

INGREDIENTS & DIRECTIONS

Sauce: 1lb ground meat

1 tsp garlic salt

1 tsp salt

½ cup chopped onion

1 lb can of tomatoes (diced)

2 6oz cans of tomato paste



Brown meat. Drain fat. Add remaining ingredients. Simmer uncovered 30 minutes. Stir once in a while.

Noodles: Cook 10oz noodles in a large amount of boiling, salted water. This takes about 15-20 minutes. Drain, rinse in cold water.

Cheese Filling: 3 cups Ricotta cheese

½ cup grated Parmesan cheese or Romano cheese

2 Tbsp parsley flakes

2 beaten eggs

2 tsp salt

½ tsp pepper

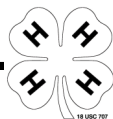
1lb Mozzarella cheese (sliced thin)

Mix the first 6 ingredients of filling together.

Layers: Place cooked noodles to cover 13x9x2 baking dish. Spread ½ of the cheese filling on top of noodles. Cover with ½ of the Mozzarella cheese, then ½ of the meat sauce. Repeat layers: noodles, cheese filling, mozzarella cheese, meat sauce.

Bake at 375° for 30 minutes or refrigerate until needed and bake at 350° for 45 minutes.

Serves 12 people.



DESSERT

FRUIT SKEWERS

Colton Mullender-Wolf Creek Valley

INGREDIENTS

20 pieces of each of these ingredients:

Watermelon (cut 1"x1")

Strawberry (cut in half)

Pineapple (cut in small pieces)

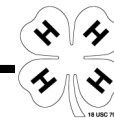
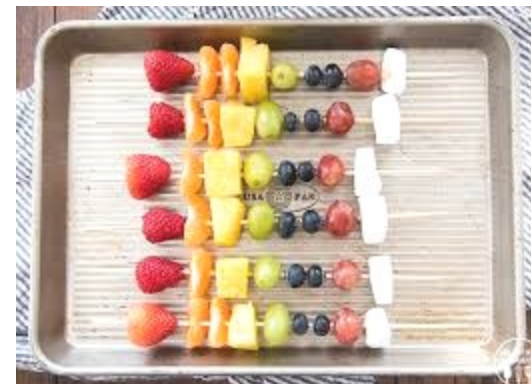
Little Marshmallows

Blue Berries

10 skewers

DIRECTIONS

- Cut fruit to size needed.
- Thread one piece of fruit & marshmallows onto skewer.
- Serve & enjoy!!!



DESSERT

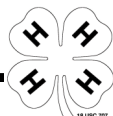
CHOCOLATE CHIP COOKIES Hallie Thielen-Wilson Winners

INGREDIENTS

- 1 cup shortening
- 1 cup brown sugar
- ½ cup white sugar
- 2 tsp vanilla
- 2 eggs
- 2¼ cups flour
- 1 tsp baking soda
- ¼ tsp salt
- About 1 cup chocolate chips (I use milk chocolate chips)

DIRECTIONS

- Blend shortening & sugars.
- Beat in vanilla & eggs. Sift dry ingredients & add to the mixture.
- Mix well.
- Stir in chocolate chips.
- Bake at 375° until golden brown (approximately 8-10 minutes).



MAIN DISH

LOADED CAULIFLOWER CASSEROLE Triston Lumpkins-Fossil Creek

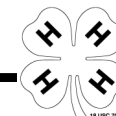
INGREDIENTS

- 2 lbs cauliflower florets
- 8 oz shredded sharp cheddar cheese, divided
- 8 oz shredded Monterey Jack cheese, divided
- 8 oz block cream cheese, softened
- 2 bunches green onions, sliced (1½ cups)
- 6 slices bacon, cooked & crumbled
- 1 clove garlic, grated
- Salt & pepper to taste
- *¼ cup heavy cream (optional)



DIRECTIONS

- Preheat oven to 350°.
- Steam cauliflower florets until tender.
- While cauliflower steams, cream together 6oz of the shredded cheddar, 6oz of the Monterey Jack & softened cream cheese.
- Stir in sliced green onions, chopped bacon & garlic.
- Set aside.
- Drain steamed cauliflower & add to cheese mixture.
- Stir cauliflower & cheese mixture together.
- Taste for seasoning & add as necessary.
- *For a creamier texture, add in the ¼ heavy cream.
- * If you want a finer texture, give a few mashes with the potato masher.
- Pour into a 2-3 quart casserole & sprinkle on remaining cheddar & Monterey Jack cheese.
- Cover dish with foil & bake for 25 minutes, remove foil & continue to bake until cheese is brown & bubbly.



MAIN DISH

MUSHROOM PATTIES Hailey Gier-Fossil Creek

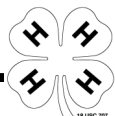
INGREDIENTS

Patties: 1 lb ground beef
1/3 cup milk
1 egg
1 cup oatmeal
Season salt
Onion salt
Salt

Sauce: 1 can cream of mushroom soup
1 soup can of milk

DIRECTIONS

- Mix all patty ingredients in a large bowl.
- Form meat into 4-6 patties.
- Cook in a skillet 15-20 minutes on medium heat or until meat is no longer pink in the middle.
- While patties are cooking, mix the sauce.
- Reduce heat to low & pour sauce over cooked patties.
- Cook on low for 5 minutes or until sauce is warmed.
- Serve over rice or mashed potatoes.



DESSERT

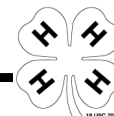
BUTTERBEER Melanie Harrison-County Liners

INGREDIENTS

2 cups vanilla ice cream
2 cups cream soda ice cubes
2 tsp imitation butter extract
4 Tbsp butterscotch topping
1 cup cream soda
1 pinch salt
Whipped cream

DIRECTIONS

- Pour 1 can of cream soda into ice cube trays & freeze at least 4 hours.
- Once the cream soda is frozen, measure 2 cups of cream soda ice cubes & place in blender.
- Add all remaining ingredients & blend until smooth.
- Pour into your favorite frosted mug.
- Add whipped cream & drizzle with butterscotch topping.
- Enjoy!



MAIN DISH

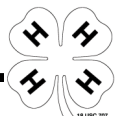
WHITE CHICKEN CHILI Emma Karst-Lone Star

INGREDIENTS

- 3 large cans chicken, drained & crumbled (or you can use shredded roasted chicken)
- 1 medium onion - chopped
- 1 10-3/4 oz can 98% fat free cream of chicken soup
- 3 cups water
- 1 4oz can mild chopped green chilies, undrained
- 2 or 3 16oz cans white beans, drained but not rinsed
- 1 tsp garlic powder
- 2 tsp ground cumin
- 1 1/2 tsp oregano
- 16 oz Monterrey Jack shredded cheese
- 1 cup fat free sour cream

DIRECTIONS

- In pan or crock pot, combine chicken, onion, soup, water, chilies, beans & spice blend.
- Cook until onions are done.
- Then stir in sour cream.
- Before serving add shredded cheese & cook until it is melted.



MAIN DISH

SLOW COOKER CRACK CHICKEN Cooper Gier-Fossil Creek

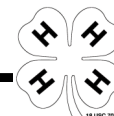
INGREDIENTS

- 3 lbs chicken breasts
- 2 (8oz) blocks cream cheese
- 2 (1oz) packets dry Ranch seasoning
- 8 oz bacon, cooked crisply & crumbled

DIRECTIONS

- In a slow cooker, place chicken, chunked cream cheese & Ranch seasoning.
- Cook on low for 6-8 hours or on high for 4 hours, until chicken shreds easily.
- Once chicken shreds, stir with a large fork or spoon, so the chicken shreds & all ingredients combine.
- Add in crumbled bacon & stir to incorporate.
- Serve warm on a hamburger bun, homemade roll or tortilla.

Optional toppings: Shredded cheese, BBQ sauce.



MAIN DISH

SUPER SLOPPY JOES Colton Habiger–County Liners

INGREDIENTS

- 1 lb ground beef
- Salt & freshly ground black pepper
- ½ cup onion, chopped
- 8 oz tomato sauce
- ⅓ cup ketchup
- ¼ cup BBQ sauce
- 2 Tbsp Worcestershire sauce
- 1 tsp yellow mustard
- ½ tsp garlic powder
- 5 hamburger buns

DIRECTIONS

- Add beef to a large pan over medium heat. Season with salt & pepper.
- Cook, crumbling & stirring, until browned. Drain grease.
- Add onion & cook for a few minutes.
- Add remaining ingredients to the pan.
- Simmer for 20 minutes, stirring occasionally.
- Serve warm, inside a hamburger bun.



MAIN DISH

VENISON CHILI Zach Rose–Wolf Creek Valley

INGREDIENTS

- 2 lbs ground venison (can use ground beef)
- 1 onion (finely diced)
- 2 cans rotel tomatoes (with peppers)
- 1 tsp minced garlic
- 3 tsp chili powder
- 1 tsp salt
- 1 tsp cumin
- ½ tsp red pepper
- 1 can beef broth
- 2 Tbsp tomato paste
- 1 can red kidney beans (drained)
- 1 can black beans (drained)

DIRECTIONS

- Brown meat & onions in a dutch oven.
- Stir in seasonings, garlic & tomatoes.
- Add broth & tomato paste.
- Add in beans.
- Simmer for 30 minutes.
- Garnish to preference using shredded cheese & sour cream.

