

Across the Fence

Soup, Salad & Sandwich Recipes – February 2019

Deb Plumley's Recipes

Sweet Potato Chipotle Cheddar Soup

3 Tbsp. extra virgin olive oil	1 chipotle chili in adobo, minced, or more to taste
1 yellow onion, chopped	2 Tbsp. cider vinegar
1 cup chopped celery	6 oz. grated sharp cheddar cheese (about 1 ½ cups)
¾ tsp salt	2 sliced green onions for garnish
1 tsp. cumin	Low-fat Greek yogurt or sour cream for topping
¼ tsp. cinnamon	
2 large sweet potatoes, peeled and cut into 1½-inch chunks	
6 cups chicken or vegetable broth	

Heat oil in a large heavy-bottomed pot over medium-high heat. Add onions, celery, salt and cook, stirring occasionally, until onion is softened and starting to brown, about 7 minutes. Stir in cumin and cinnamon and cook just until spices are fragrant, about 30 seconds. Add sweet potatoes and broth; cover pot, increase heat to high, then reduce to a simmer. Maintain a gentle simmer and cook, uncovered until the potatoes are completely soft and falling apart, about 20 minutes.

Carefully (to avoid splatters with hot soup) puree in batches in a blender or use an immersion blender. Add the grated cheddar to the soup, stirring until completely melted. Serve topped with green onions and a dollop of sour cream or Greek yogurt to individual serving bowls. **Note:** This is a hearty soup with a sweet/hot flavor from the sweet potatoes and chili. If your family prefers a milder flavor, reduce the chili amount and pass the hot sauce for those that prefer a bit more heat.

Monte Cristo Sandwich

A quick and easy sandwich with ham, turkey and Swiss slices, dipped in an egg/milk mixture and fried to a golden brown. A sandwich with substance!

2 slices firm bread	2 slices cooked turkey (thinly sliced)
1 tsp. mayonnaise	1 slice Swiss cheese
1 tsp. prepared mustard	1 egg
2 slices ham (thinly sliced)	½ cup milk

Spread bread with mayonnaise and mustard. Alternate ham, Swiss and turkey slices on bread. Beat egg and milk in a small bowl. Coat the sandwich with the egg and milk mixture. Heat a greased skillet over medium heat, brown sandwich on both sides. Serve hot. **Note:** Try dipping the sandwich in berry jam on the side for a great flavor pairing. **Yield:** 1 sandwich.

Swedish Pancakes

4 eggs
2 cup milk
½ cup all-purpose flour

1 Tbsp. sugar
Pinch salt
2 Tbsp. melted butter

In a large bowl, beat the eggs with a wire whisk. Mix in milk, flour, sugar, salt and melted butter. Preheat a nonstick skillet (electric works well) to medium heat. Pour a thin layer of batter on the skillet and spread to edges. Cook until top surface appears dry. Cut into 2 or 4 sections and flip with spatula. Cook for another 2 minutes, or until golden brown. Roll each pancake up and serve. **Note:** Served as a side to the Swedish Yellow Pea soup these thin crepe-like pancakes are often topped with berry jam. Try lingonberries for an authentic pairing.

Swedish Yellow Pea Soup

1 lb. dried yellow peas (whole if you can get them, but split work just as well)
8 cups water
2 cups finely chopped onion
1 small potato, studded with whole cloves (5 to 6 cloves)
1 cup chopped carrots

½ cup chopped celery
1 meaty ham bone
1 tsp. dried thyme
1 tsp. ground ginger
1 tsp. salt
⅛ tsp. pepper
1 tsp. grainy brown mustard

Rinse and pick thru 1 pound of dried peas removing any stones or dirt. Soak the peas overnight in water to cover by about 2-inches. Fill a large pot with 8 cups of water. Add the drained peas, chopped onion, potato with whole cloves, carrots, celery, and ham bone. Bring to a boil, skimming off any foam, then cover pot and reduce to a simmer over low heat for 90 minutes. Remove the potato with cloves and discard. Remove the ham bone, chop any meat and return the meat to the pot. Remove 3 to 4 cups of soup, puree and return the puree to the pot. Season the soup with the dried thyme, ground ginger, 1 tsp. salt and ⅛ tsp. pepper. Simmer 15 minutes. Just before serving stir the mustard throughout the soup. **Note:** This Swedish dried pea soup is an immensely gratifying, warming soup served on Thursdays in Sweden in the winter months.

Carolyn Peake's Recipes

Tomato Soup

1 can of tomato soup
2 cans of milk
1 can (28 oz.) tomato sauce
1 can (12 oz.) tomato paste
¼ cup sugar

Mix all ingredients together in a large saucepan and heat. Other things that can go in would be a pint jar of tomatoes, some onions chopped fine and precooked, finely chopped cooked bacon, finely chopped and precooked celery.

Grilled Cheese Sandwiches

One or more of your favorite cheeses (cheddar, mild or sharp, herb and garlic cheddar, other flavored cheeses) Regular bread and/or artisan breads of your choice. Slice the cheese and set aside. Place a large skillet on the stove to start heating over medium heat. Using two slices of bread per sandwich, butter one side of the first side. Place butter side down on the pan. Add some slices of cheese. Butter one side of other slice of bread and place on top of cheese, butter side up. Allow to cook until bread is browned on bottom slice and cheese has started to melt. Flip sandwich and brown on bottom. Cook as many sandwiches as your group wants. Especially great after a day out in the snow! Serve with hot chocolate and you'll have friends for life!

Slow-Cooker Cheesy Potato Soup

1 bag (32 oz.) frozen southern-style diced hash brown potatoes	3 Tbsp. flour
½ cup chopped onion	1 cup milk
1 medium stalk of celery, diced	8 oz. shredded American-Cheddar cheese, blended (2 cups)
1 container (32 oz.) chicken broth	¼ cup cooked bacon pieces
1 cup water	4 medium green onions

In a slow-cooker, mix potatoes, onion, celery, broth, and water. Cover and cook on LOW heat setting for 6 to 8 hours. In small bowl, mix flour into milk, stir into potato mixture. Increase heat setting to HIGH. Cover and cook 20 to 30 minutes or until mixture thickens. Stir in cheese until melted. Garnish individual servings with bacon and green onions. **Yield:** 6 servings.

Popcorn Salad

¾ cup mayonnaise	¾ cup crumbled cooked bacon, divided
1 cup diced celery	¼ cup shredded carrots
1¼ cups shredded cheddar cheese, (5 oz.)	2 Tbsp. minced chives
1 can (8 oz.) can sliced water chestnuts, drained	6 cups popped popcorn

In a large bowl combine the mayonnaise, celery, 1 cup of the cheese, water chestnuts, ½ cup bacon, carrots and chives. Mix well. Add popcorn and stir to coat. If desired, spoon it into a lettuce-lined bowl. Top with remaining cheese and bacon and serve immediately. **Yield:** 10 to 12 servings. **Note:** ¾ of un-popped kernels will make about 6 cups of popcorn.

Ham Salad Sandwiches

1½ lbs. ham, ground	1 Tbsp. Worcestershire sauce
1 cup mayonnaise	30 slices of bread
¾ cup sweet pickle relish, well drained	15 slices American cheese
3 Tbsp. chopped onion	Lettuce leaves, optional

In a bowl, mix ham, mayonnaise, relish, onion and Worcestershire sauce. Use about ⅓ cup for each sandwich. Top with a slice of cheese and lettuce if desired. **Yield:** 15 sandwiches. **Note:** The salad will keep in the refrigerator for 4 to 5 days in a covered dish. If you don't need that much salad at one time, save it for later. Recipe can be halved.

Marco Ayala's Recipes

BLT Wraps

12 oz. thick cut bacon
¼ cup mayonnaise
1 Tbsp. Dijon mustard
2 romaine lettuce hearts
1 pint cherry tomatoes, halved
4 flour tortillas (10-inch)

Place half of bacon on paper towel-lined plate. Top with paper towels, and repeat with remaining bacon. Microwave until crispy, about 7 to 9 minutes. Whisk mayonnaise and mustard together in large bowl until combined. Add lettuce and tomatoes and toss to coat evenly with dressing. Lay tortillas on counter and divide lettuce, tomatoes, and bacon evenly among tortillas. Roll tightly and serve. Yield: 4 servings.

Higgledy Piggledy Hamwiches

2 hardboiled eggs, chopped
1 can (2 ¼ oz.) deviled ham, about ¼ cup
2 Tbsp. pickle relish, drained
1 Tbsp. mayonnaise
6 slices whole wheat bread, buttered
3 slices American cheese
Lettuce

Combine chopped egg, deviled ham, pickle relish and mayonnaise. Spread on 3 slices of bread, top with cheese and crisp lettuce and second slice of bread. Yield: 3 sandwiches

Winter Salad

3 cups of cubed pineapple	3 Tbsp. lemon or lime juice
1 cup of peeled, quartered and sliced kiwis	3 Tbsp. honey
2 cups of mandarin orange or clementine segments	1 Tbsp. poppy seeds
½ cup pomegranate arils	Fresh mint leaves, optional garnish

Place the pineapple, kiwi, mandarin oranges and pomegranate arils in a large bowl. In a small bowl whisk together the lemon juice, honey and poppy seeds. Pour the poppy seed dressing over the fruit and toss gently to coat. Garnish with mint leaves if desired.

Italian Pasta Salad

1 lb. tri-colored spiral pasta	1 green bell pepper, chopped
6 Tbsp. salad seasoning mix	1 red bell pepper, diced
1 bottle (16 oz.) Italian-style salad dressing	½ yellow bell pepper, chopped
2 cups cherry tomatoes, diced	1 can (2.25 oz.) black olives, chopped

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain. Whisk together the salad spice mix and Italian dressing. In a salad bowl, combine the pasta, cherry tomatoes, bell peppers and olives. Pour dressing over salad; toss and refrigerate overnight.

Viewer's Recipes

Chicken, Corn and Bean Soup

Virginia Longe – Sheldon, Vt.

2 cans (10.5 oz. each) low sodium
chicken broth
4 medium carrots, diced
4 celery stalks, diced
1 medium onion, chopped
2 cups cooked chopped chicken
4 cups frozen corn

2 cans (15 oz. each) cannellini beans, rinsed
and drained
2 cups skimmed milk
¼ tsp. basil
½ tsp. garlic powder
⅛ tsp. pepper

In a soup kettle, combine the broth, carrots, celery and onion. Bring to a boil, reduce heat; cover and simmer for 15 minutes stirring occasionally until vegetables are tender. Stir in remaining ingredients; simmer 7 to 10 minutes longer or until corn is tender. Serve hot with crackers or rolls. **Yield:** 10 servings.

Portuguese Kale Soup

Karin Gottlieb, Stowe, Vt.

1 Tbsp. olive oil
2 garlic cloves
2 medium sized onions, chopped
1 lb. spicy sausage, sliced and then halved
6 cups chicken broth
1 lb. fresh kale, washed, stems discarded
1 can bean with bacon soup plus
1 can water*
2 large potatoes, peeled, cubed
Kosher or sea salt
Pepper

Shred kale into small pieces. In a large soup pot over medium high heat, add oil and cook garlic, onions, and sausage slices until onions are soft. Add chicken broth and kale. Cover and let kale cook down, stirring occasionally Add bean soup and water (or substitute beans and broth); simmer about 5 minutes. Add more water if the mixture isn't diluted enough. Add cubed potatoes. Simmer, covered, 20 to 30 minutes longer, until potatoes are soft. Season to taste with salt and pepper. Serve hot with crusty bread or add a pie for a complete meal.

***Note:** The can of bean and bacon soup can be substituted with 1 can white beans plus 2 cups chicken broth.

Cheeseburger Soup
Ron Deragon – Plattsburgh, N.Y.

½ lb. ground beef	3 cups chicken broth
4 Tbsp. butter, divided	¼ cup all-purpose flour
¾ cup chopped onion	2 to 4 cups shredded Velveeta®
¾ cup shredded carrots	processed cheese
¾ cup diced celery	1½ cups whole milk
1 tsp. basil	¾ tsp. salt
1 tsp. parsley flakes	¼ to ½ tsp. pepper
1¾ lbs. (about 4 cups) cubed peeled potatoes	¼ cup sour cream

In a large saucepan over medium heat, cook and crumble beef until no longer pink; drain and set aside. In same saucepan, melt 1 tablespoon butter over medium heat. Sauté onion, carrots, celery, basil and parsley until vegetables are tender, about 10 minutes. Add potatoes, ground beef and broth; bring to a boil. Reduce heat; simmer covered, until potatoes are tender, 10 to 12 minutes. Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir until bubbly, 3 to 5 minutes. Add to soup; bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper; cook until cheese melts. Remove from heat; blend in sour cream.

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