

Across the Fence

Soup and Casserole Recipes – May 2017

Lyn Jarvis' Recipes

Ham and Vegetable Cobbler

¼ cup butter	2 cups diced cooked ham
¼ cup all-purpose flour	1 pkg. (10 oz.) frozen sweet peas and mushrooms
3½ cups milk	1 cup frozen crinkle-cut carrots
½ tsp. dried thyme	1 pkg. (14.1 oz.) refrigerated pie crusts
1 tsp. chicken bouillon granules	

Preheat oven to 450°F. Melt butter in a large saucepan over medium heat. Gradually whisk in flour, and cook, whisking constantly, 1 minute. Add milk and next 2 ingredients; cook, stirring constantly, 6 to 8 minutes or until thickened and bubbly. Stir in ham and next 2 ingredients; cook 4 to 5 minutes or until mixture is thoroughly heated. Spoon into a lightly greased 11x7-inch baking dish. Unroll each pie crust on a lightly floured surface. Cut pie crusts into 1¼-inch-wide strips. Arrange strips in a lattice design over ham mixture. Bake at 450°F for 40 minutes or until browned and filling is bubbly. **Yield:** 6 servings.

Hot Dog Bean Soup

3 hot dogs, halved lengthwise and cut into ¼-inch pieces	1 can (11½ oz.) condensed bean and bacon soup, undiluted
1 tsp. vegetable oil	1¼ cups water or milk
1 can (16 oz.) kidney beans, rinsed and drained	1 tsp. dried minced onion
	¼ tsp. pepper

In a large skillet, cook hot dogs in oil over medium heat for 3 to 4 minutes or until browned. Meanwhile, in a 2 quart microwave-safe bowl, combine the remaining ingredients. Cover and microwave on high for 2 to 3 minutes or until heated through, stirring once. Stir in hot dogs. **Note:** All ingredients may be added to hotdogs in skillet and cooked until hot. **Yield:** 4 servings.

Cream of Peanut Soup

3 Tbsp. butter	2 cups creamy peanut butter
1 medium onion, diced	¾ tsp. salt
2 ribs celery, diced	1¾ cups light cream
3 Tbsp. all-purpose flour	Peanuts, chopped
2 qts. low-sodium chicken stock or canned chicken broth	

In skillet, melt butter; add onion and celery and sauté until soft, but not brown. Stir in flour until well blended. Add chicken stock, stirring constantly, and bring to boil. Lower heat and add peanut butter, salt and cream, stirring to blend thoroughly. Do not boil. Serve garnished with peanuts. **Yield:** 10 servings.

Chicken Broccoli Mac and Cheese with Bacon

6 oz. uncooked large or regular elbow macaroni
3 cups pre-chopped broccoli florets
3 bacon slices, chopped
12 oz. skinless, boneless chicken breasts, cut into ½-inch pieces
1 tsp. salt, divided

1 Tbsp. minced fresh garlic
⅛ tsp. ground turmeric
1¼ cups 1% low-fat milk
1 cup low-sodium chicken stock
¼ cup plus 1 tsp. all-purpose flour
5 oz. sharp Cheddar cheese, shredded (about 1¼ cups)

Cook pasta according to package directions, omitting salt and fat. Add broccoli to pan during last 2 minutes of cooking. Drain. Cook bacon in a large ovenproof skillet over medium-high heat, stirring occasionally, 4 minutes or until browned. Remove bacon with a slotted spoon; reserve 1½ tsp. drippings in skillet. Sprinkle chicken with ¼ tsp. salt. Cook chicken in hot drippings 4 minutes. Sprinkle with garlic; cook, stirring occasionally for 2 minutes. Sprinkle with turmeric; cook, stirring often for 30 seconds. Whisk together milk, stock, flour, and remaining salt; add to skillet. Bring to a boil, stirring often. Cook 2 minutes or until thickened. Stir in pasta mixture and 2 oz. cheese. Top with bacon and remaining cheese. **Yield:** 5 to 6 servings.

How to cook al dente pasta: Always make sure you cook in a large pot with plenty of water. Pasta needs room to move around freely. The general rule is to use 5 to 6 quarts of water per pound of pasta. Once water comes to a hard boil add about 2 tablespoons of salt. Add pasta and return to a hard boil. Place the lid back on the pot to help it come to a boil fast but remove as soon as it starts to boil to prevent pasta from boiling over. To keep from sticking stir constantly for the first 1 or 2 minutes only.

Mexican Casserole

1½ lbs. ground beef
1 envelope taco seasoning
¾ cup water
1 can (16 oz.) refried beans
½ cup salsa

6 flour tortillas (6 inches)
2 cups frozen corn, thawed
2 cups (8 oz.) shredded Cheddar cheese
Shredded lettuce, chopped tomatoes, sliced ripe olives and sour cream, optional

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Meanwhile, in a microwave-safe bowl, combine beans and salsa. Cover and microwave for 1-2 minutes or until spreadable. Place three tortillas in a greased round 2½-quart baking dish. Layer with half of the beef, bean mixture, corn and cheese; repeat layers. Bake, uncovered, at 350° for 40 to 45 minutes or until cheese is melted. Let stand for 5 minutes. Serve with lettuce, tomatoes, olives and sour cream, if desired. **Yield:** 6 servings.

Bacon Potato Corn Chowder

½ lb. bacon, chopped
¼ cup chopped onion
1½ lbs. Yukon Gold potatoes (about 5 medium), peeled and cubed

1 can (14.75 oz.) cream-style corn
1 can (12 oz.) evaporated milk
¼ tsp. salt
¼ tsp. pepper

In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1½ teaspoons in pan. Add onion to drippings; cook and stir over medium-high heat until tender. Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook, uncovered, 10 to 15 minutes or until tender. Drain, reserving 1 cup potato water. Add corn, milk, salt, pepper and reserved potato water to saucepan; heat through. Stir in bacon and onion. **Yield:** 6 servings.

Carolyn Peake's Recipes

Cheeseburger Soup

½ lb. ground beef
4 Tbsp. butter, divided
¾ cup chopped onion
¾ cup shredded carrots
¾ cup diced celery
1 tsp. dried basil
1 tsp. dried parsley flakes

1¾ lb. (about 4 cups) cubed peeled potatoes
3 cups chicken broth
¼ cup all-purpose flour
1 pkg. (16 oz.) Velveeta® cheese, cubed
1½ cup whole milk
Pepper to taste
¼ cup sour cream

In a large saucepan over medium heat, cook and crumble beef until no longer pink, drain and set aside. In the same saucepan, melt 1 Tbsp. butter over medium heat. Sauté onions, carrots, celery, basil, and parsley until tender, about 10 minutes. Add potatoes, beef and broth; bring to a boil. Cover and simmer, until potatoes are tender; about 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 for 2 minutes. Reduce heat to low. Stir in cheese, milk and seasonings, cook until cheese melts. Remove from heat, blend in sour cream. **Yield:** 8 servings.

Hot Fruit Casserole

1 pkg. (6 oz.) dried apricots
1 can (16 oz.) sliced peaches, drained
1 can (16 oz.) pineapple chunks, drained

1½ cups applesauce seasoned with:
½ tsp. cinnamon
¼ tsp. ginger
¼ tsp. cloves
¼ tsp. nutmeg
1 can (21 oz.) cherry pie filling

Put apricots in 2 quart casserole. Add peaches and pineapple. Spread applesauce mixture over drained fruit. Spread cherry filling on top. Bake at 350°F for 1 hour or 325°F for 1½ hours. Serve hot with meal.

Slow-Cooker Creamy Chicken Pot Pie

2½ lbs. boneless, skinless chicken thighs, cut into 1-inch pieces
1 cup heavy whipping cream
¼ cup all-purpose flour
1 envelope (0.87 oz.) chicken gravy mix
1 Tbsp. poultry seasoning
1 bag (12 oz.) frozen mixed vegetables
1 can (16.3 oz.) refrigerated buttermilk biscuits

Spray a 5-quart oval slow cooker with cooking spray. Place chicken in slow cooker. In a small bowl, mix whipping cream, flour, gravy mix, and poultry seasoning and pour over chicken. Cover and cook on LOW heat setting 3 to 4 hours or until chicken is tender. Heat oven to 350°F. Stir frozen mixed vegetables into the slow cooker. Remove slower cooker insert. Separate dough into 8 biscuits. Top mixture in slow cooker with biscuits. Bake uncovered for 35 to 40 minutes or until biscuits are deep golden brown on top and cooked through.

Deb Plumley's Recipes

Southern-Style Rice (from Leigh Cole)

2 cups uncooked rice (white, brown,
jasmine, basmati, etc.)
4 cups broth, chicken or vegetable
2 bay leaves

1 Tbsp. olive oil
Couple dashes of salt
1 small can of mushrooms or ½ cup sautéed
mushrooms

Check rice package instructions to confirm the correct amount of broth for the amount of rice you are cooking. Combine all items in a baking dish, stir to combine. Bake at 350°F for 30 to 45 minutes uncovered, until rice is tender. Remove from oven and stir. Remove bay leaves. Serve immediately or cover with foil until serving. **Note:** This rice recipe came from a South Carolina family, dear friends of Chris Cole's parents, Carole and Dick Cole, formerly summer residents of North Hero.

Scalloped Pineapple Casserole (from Jessica Remmey)

¾ cup butter
1¼ cups sugar
3 eggs
1 can (20 oz.) crushed pineapple, well drained
1½ tsp. lemon juice
4 cups firmly packed cubed white bread, crusts removed

In a mixing bowl, cream butter and sugar. Add eggs, beat well. Stir in pineapple and lemon juice. Gently fold in bread cubes. Spoon into greased 2-quart baking dish. Bake uncovered at 350°F for 40 to 45 minutes. Serve warm. **Yield:** 6 servings. **Note:** If doubling recipe, use 1 cup butter total.

This recipe is one from my mother, Rita Lavallee. She makes it every year for Easter. It goes great with ham, but also works as a side dish for brunch.

Slumgullion

8 oz. dry macaroni pasta
1½ cups green beans, topped and tailed
1½ cups sliced carrots
1 lb. ground beef
½ cup diced onions
¼ cup minced fresh parsley

Dash garlic powder
½ tsp. dried oregano
⅛ tsp. dried basil
4 cups chopped tomatoes
Salt and pepper to taste
½ cup shredded Cheddar cheese

Cook the pasta according to package directions. Drain and set aside. In a small saucepan, steam the beans and carrots until tender crisp. Set aside. Brown the ground beef and onions. Drain off fat. Stir in parsley, garlic powder, oregano and basil. Mix well. Add the tomatoes, reserved pasta and vegetables. Simmer for 20 to 30 minutes. Salt and pepper to taste. Serve in bowls topped with shredded cheese. **Note:** Slumgullion is defined as a concoction made from available leftovers. Sometimes it's a soup. Sometimes it's a stew. Sometimes it's a hash. That all depends on the ingredients.

Viewer's Recipes

Weekday Beef Stew

Donna Barcomb, Milton, Vt.

1 sheet frozen puff pastry, thawed	1 pkg. (16 oz.) frozen vegetables for stew
1 pkg. (15 oz.) refrigerated beef roast au jus	¾ tsp. pepper
2 cans (14½ oz. each) diced tomatoes, undrained	2 Tbsp. cornstarch
	1¼ cups water

Preheat oven to 400°F. Unfold puff pastry. Using a 4-inch round cookie cutter, cut out four circles. Place 2-inches apart on a greased baking sheet. Bake 14 to 16 minutes or until golden brown. Meanwhile, shred beef with two forks; transfer to a large saucepan. Add tomatoes, vegetables and pepper; bring to a boil. In a small bowl, mix cornstarch and water until smooth; stir into beef mixture. Return to a boil, stirring constantly; cook and stir 1 to 2 minutes or until thickened. Ladle stew into four bowls; top each with a pastry round. **Yield:** 4 servings.

Hearty Chili Mac

Carolyn Bourgeois, Vergennes, Vt.

1 lb. 90% lean ground beef	1 garlic clove, minced
1 can (14½ oz.) diced tomatoes, drained	½ tsp. oregano
½ tsp. salt	¼ tsp. red pepper flakes
1 cup chopped onion	¼ tsp. black pepper
½ tsp. ground cumin	2 cups cooked macaroni
1 Tbsp. chili powder	

Brown beef in large non-stick skillet over medium-high heat stirring to break up meat. Drain fat and transfer to crockpot. Add tomatoes and next 8 ingredients. Mix well. Cover and cook on LOW for 4 hours. Stir in macaroni. Cover and cook 1 hour longer. Enjoy! **Yield:** 6 servings.

Mashed Potato Sausage Bake

Virginia Longe, Sheldon, Vt.

5 medium potatoes, peeled and quartered	1 cup chopped onion
½ cup sour cream	1 garlic clove, minced
¼ cup low-sodium chicken broth	¼ cup shredded Cheddar cheese
1 lb. fully cooked kielbasa, sliced	1 tsp. dried parsley flakes
8 oz. fresh mushrooms, sliced	½ tsp. dried oregano

Place potatoes in a saucepan; cover with water. Bring to a boil; reduce heat. Cover and simmer for 20 to 25 minutes or until very tender; drain. Transfer to a mixing bowl. Add sour cream and broth; beat on low speed until smooth. In a skillet cook sausage, mushrooms, onion, and garlic until vegetables are tender. Spread half of potato mixture into a 9x5x3-inch loaf pan coated with nonstick cooking spray. Top with sausage mixture and remaining potatoes. Sprinkle with cheese, parsley and oregano. Bake at 350°F for about 15 minutes or until cheese is melted, serve with green salad or slaw. **Yield:** 6 to 8 servings.

Canadian Cheese Soup

Judy Morgan, Berlin, Vt.

½ cup beer or ginger ale	1½ cup diced onions
½ lb. Canadian bacon	1 scant tsp. thyme
1 lb. Cheddar cheese, shredded	1½ tsp. minced garlic
1½ sticks butter	1½ cup hot heavy cream
1 cup plus 1 Tbsp. flour	¾ cup hot milk
5 cups chicken stock	1 cup plus 1 Tbsp. sour cream

In a large pot melt butter, add onions and cook until translucent. Add thyme, garlic and Canadian bacon, cut into bite sized pieces. Blend well. Stir in flour and mix well. Add stock and beer (or ginger ale), blending quickly with a whisk until smooth. Bring to a simmer, stirring often. Cook for 20 minutes. Remove from heat, gradually mixing in shredded cheese and stirring until blended. Blend together the cream, milk and sour cream. Add to the soup mixing continuously until well mixed. Keep hot but do not boil. Top with tiny pieces of bacon and croutons if desired. **Yield:** 4 to 6 servings.

Easy Tuna Casserole

Irving Keller, South Hero, Vt.

3 cups cooked macaroni	1 cup shredded Cheddar cheese
1 can (5 oz.) tuna, drained	1½ cups French fried onions
1 can (10.75 oz.) condensed cream of chicken soup	¼ cup scallions, chopped

Preheat oven to 350°F. In a 7x11-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese. Bake at 350°F for about 25 minutes, or until bubbly. Sprinkle with fried onions and scallions, bake for another 5 minutes. Serve hot. **Yield:** 4 servings.

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