Deb Plumley’s Recipes
Sweet Potato Chipotle Cheddar Soup

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

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
1 tsp. mayonnaise
1 tsp. prepared mustard
2 slices ham (thinly sliced)
2 slices cooked turkey (thinly sliced)
1 slice Swiss cheese
1 egg
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
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 pre cooked, finely chopped cooked bacon, finely chopped and pre cooked 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

1 ½ lbs. ham, ground 1 Tbsp. Worcestershire sauce
1 cup mayonnaise 30 slices of bread
¼ 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 ½ 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.

**Higgedly Piggedly 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
- 1 cup of peeled, quartered and sliced kiwis
- 2 cups of mandarin orange or clementine segments
- ½ cup pomegranate arils
- 3 Tbsp. lemon or lime juice
- 3 Tbsp. honey
- 1 Tbsp. poppy seeds
- 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
- 6 Tbsp. salad seasoning mix
- 1 bottle (16 oz.) Italian-style salad dressing
- 2 cups cherry tomatoes, diced
- 1 green bell pepper, chopped
- 1 red bell pepper, diced
- ½ yellow bell pepper, chopped
- 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
4 Tbsp. butter, divided
¾ cup chopped onion
¼ cup shredded carrots
¼ cup diced celery
1 tsp. basil
1 tsp. parsley flakes
1½ lbs. (about 4 cups) cubed peeled potatoes

3 cups chicken broth
¼ cup all-purpose flour
2 to 4 cups shredded Velveeta® processed cheese
1½ cups whole milk
¾ tsp. salt
¼ to ½ tsp. pepper
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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