

# Butternut Squash Soup

1st Place 2019



FROM THE KITCHEN OF  
TERESA & JOHANNES CAUSEY

## Ingredients

2 T butter or olive oil  
1.5 C chopped yellow onion  
1/4 t salt  
1/8 t black pepper  
1 3-lb roasted butternut squash\*  
1/8 t ground cinnamon  
6 C vegetable or chicken stock\*\*

## Optional garnish

drizzle of heavy cream or coconut cream  
toasted pumpkin seeds

## Directions

- Melt the butter in a soup pot over medium heat, then add the onion, salt, and pepper, and cook for 10 minutes, until the onions are soft.
- Add the roasted butternut squash cubes and cinnamon, and stir for 2 minutes, until the cinnamon smells fragrant.
- Add the stock, bring the liquid to a boil over high heat, and then reduce to a simmer. Cook for 2 minutes at a simmer.
- Puree the soup, either using an immersion blender, or by cooling the soup slightly and blending in a blender (you will likely need to do this in batches).
- Taste the soup, and see if it needs more seasoning. Serve as is, or with a drizzle of heavy cream and a few pumpkin seeds, if desired. Enjoy!

## Notes

\*I strongly recommend using Roasted Butternut Squash in this recipe, as the caramelization that happens when roasting the squash in cubes makes a huge flavor difference in the soup. I often make a double batch, one for eating, and one batch for this soup. However, you may also cube the butternut squash raw and simmer it for about 20 minutes in the stock until soft, and then puree. This recipe yields a little bit over 7 cups of soup.

\*\*I like my soup on the thinner side, as I don't want to feel like I'm eating butternut squash puree in a bowl. If you like a thicker soup, you can start with 4 cups, puree it, then taste and add more broth as desired.

## Notes from the Causeys

*Roasted Butternut Squash:* Maximize the caramelization and intensification of the squash by peeling and cutting into 1 inch cubes. Toss with about a tablespoon of olive oil, some salt and pepper, spread on a covered (foil or parchment paper) cookie sheet and roast in 400 degree oven for 30-45 minutes, turning the squash over about half-way through.

*Toast raw pumpkin seeds:* Toss 1 cup raw pumpkin seeds with a teaspoon of olive oil, and a sprinkle of salt and pepper, spread on covered cookie sheet and roast in 350 degree oven for about 20 minutes, stirring about halfway through.

2nd Place 2019

# Creamy Potato Soup



From the kitchen of Linda Clegg

---

## Ingredients

30 oz bag of frozen diced hash browns  
32 oz box of chicken broth  
10 oz can of low sodium cream of chicken soup  
8 oz package of cream cheese  
3 oz bacon bits  
1 C shredded cheddar cheese  
salt and pepper to taste

## Directions

- Put the hashbrowns in a crockpot. Add in the chicken broth, cream of chicken soup and half the bacon bits. Add a pinch of salt and pepper
- Cook on low for 7-8 hours or until potatoes are tender. I found mine were ready at hour 6
- An hour before serving cut the cream cheese into small cubes. Place the cubes in the crock pot. Mix a few times throughout the hour before serving.
- Once the cream cheese is completely mixed in it's ready to serve.
- Top with cheddar cheese and some additional bacon bits-enjoy!

3rd Place 2019

# Chicken & Dumpling Soup



FROM THE KITCHEN OF JANET HALL

## Ingredients:

1 T extra virgin olive oil  
1 T butter  
2½ lb skin-on, bone-in chicken pieces  
Salt and freshly ground pepper  
1 C chopped celery  
2 C diced carrots  
½ C corn (I used canned)  
1 C diced potatoes  
3 garlic cloves minced  
1½ T fresh thyme or 1½ t dried thyme  
3 bay leaves  
½ t garlic powder  
½ t onion powder  
¼ t turmeric  
1 t ground mustard  
1 t Better Than Bouillon  
10 C low-sodium chicken broth

## Directions:

- In a large deep pot set over medium-high heat, melt together olive oil and butter. Generously season chicken pieces with salt and pepper. Brown the chicken on both sides, working in batches so as not to crowd the pot (about 4 to 6 minutes per side).
- Transfer chicken to a plate and set aside
- Add the celery, carrots potatoes and garlic to the pot.
- Cook the vegetables in the drippings until they begin to soften, stirring and adjusting the heat as necessary, about 5 to 7 minutes.
- Add the brown chicken pieces, thyme, bay leaves, garlic powder, onion powder, turmeric, Better Than Bouillon and chicken broth.
- Bring to a simmer and cook until the chicken is cooked through, about 25 to 30 minutes.

## Directions (con't):

- Remove the discard the thyme and bay leaves.
- Transfer the cooked chicken to a plate. Remove and discard the skin and bones, shred the chicken and return to the pot.
- Ladle 2 cups of the cooking liquid to a large bowl. Whisk in ½ cup flour until smooth. Continuously whisk the contents of the pot while slowly pouring in the flour mixture.
- Simmer and whisk until slightly thickened about 8 to 10 minutes.
- Add the corn.

## For the Dumplings:

2¼ C all-purpose flour (divided)  
½ C cornmeal  
1 T baking powder  
½ t baking soda  
6 T unsalted butter, melted  
¾ C buttermilk, room temperature  
2 T minced fresh parsley (plus more for garnish)

## Directions for dumplings:

- In a medium bowl, whisk together the remaining (2 cups) flour, cornmeal, baking powder, baking soda, ¼ teaspoon salt and ¼ teaspoon pepper.
- Stir in the melted butter, buttermilk, and minced parsley until just combined.
- With heat reduced to low, drop teaspoon size balls into the simmering broth. Gently stir dumplings one time and then simmer, covered, until the dumplings are firm, about 12 to 15 minutes.
- Season with additional salt and pepper to taste. Sprinkle with fresh minced parsley.