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2022 Favorite Foods Show

Judges:  
Kathryn George  
Donna Maskus  
Linda Woods



**K-STATE**  
Research and Extension



Midway  
District

2022  
4-H FAVORITE FOODS  
SHOW  
Midway Extension District



January 30, 2022  
2:00 PM

Russell County 4-H Building

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marciagier@ksu.edu.

## Before Starting a Recipe

- Read the recipe twice so you understand all the steps. If you have questions, ask an adult.
- The recipe in a cookbook will tell you:
  - a. The name of the recipe.
  - b. How much the recipe will make—how many servings and how big each serving should be (Serving Size).
  - c. How long it will take you to make the recipe (Time).
  - d. What foods you need to make the recipe (What You Need).  
Some ingredients are optional that means you can choose if you want to add them.
  - e. The steps to follow to make the recipe.
- Gather all kitchen tools (like measuring spoons and cups) needed for the recipe.
- Check that you have all the ingredients before you start. Put all the ingredients in one place, so they are easy to grab while cooking.
- Some ingredients in the list may tell you things you need to do before you even get to the directions. You may need to peel, grate, or cut foods or thaw frozen foods.
  - Peeling: Hold the fruit or vegetable tightly in one hand. Use the peeler in the other hand to peel off the skin. Always move the peeler away from you. Make sure to avoid your fingers with the sharp blade.
  - Grating: Place box grater on a plate or cutting board. Hold firmly with one hand, with the other hand, hold the item you are grating. Press it against the large holes on the grater and push from top to bottom. Keep your fingers away from the sharp holes.
  - Cutting: Use a cutting board every time you cut. Clean as you go. Put measuring spoons, cups, and other kitchen tools in the sink when you are done using them. Wash your hands, knives (carefully), and cutting boards between tasks.
  - Measuring: Choose the correct measuring cup or spoon.  
Cooking is a good way to learn more about fractions. You will need measuring cups and spoons to measure fractions. Fill the measuring cup or spoon right to the top but not over. Do not pack down the ingredient.

## Playing it Safe While Cooking

- Always wash your hands with soap and hot water before you begin. Start with a clean work space.
- Clean countertops and kitchen tools are an important part of keeping food safe.
- Wash fruits and vegetables with water even if you will remove the peel.
- Rinse the tops of cans with water before you open them.
- When you are using a knife:
  - Be sure to have an adult working with you.
  - Always put the food you are cutting on a cutting board. It is best to have one cutting board for fruits and vegetables and another for ingredients like raw meat, poultry, and fish.
  - Choose a knife that feels comfortable in your hand. Hold the knife firmly by the handle. With the other hand, hold the item you want to cut. Keep your fingertips away from the blade. Make a “claw” with your hand to keep your fingertips curled under.
  - Cut straight down, not toward yourself or another person. To slice, cut in thin or thick pieces.
  - To chop, cut into squares. Try to make all the pieces close to the same size.
- Clean means safe.
- After touching meat, eggs, chicken, or fish, carefully wash the counter, your cooking tools, and your hands with soap and hot water.
- Always use clean, dry oven mitts whenever you use the oven.
- You may want to have an adult help you.
- When cooking on the stove: Be safe when cooking on the stove.
- Make sure pot handles are turned away from the front of the stove so they are not accidentally bumped or knocked off. When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- When using a blender, keep the lid on.
- Turn the blender off before putting any utensils inside the blender container.
- Keep foods at the right temperature.
- Hot foods need to stay hot, and cold foods need to stay cold. Cold foods such as milk, cheese, and eggs need to be refrigerated.
- Separate uncooked and cooked foods.
- Raw (uncooked) meat, poultry, and eggs can have harmful bacteria that is killed during cooking. Keep these foods away from uncooked foods like fruits and vegetables. Also, wash cutting boards, countertops, and knives that touch raw meats, fish, and eggs.

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# Breakfast

Ethan Maske- Sunflower  
Junior (7-9)

## Breakfast Pizza

### Ingredients:

#### Pizza Dough:

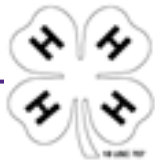
- 1 ¼ cup warm water, 105-110F
- 2 packets active dry yeast
- 2 tsp granulated sugar
- ¼ cup extra virgin olive oil, plus more for the bowl
- 4 cups all-purpose flour, plus more for dusting

#### Pizza Toppings:

- 1 can Fiesta Nacho  
Cheese sauce
- 8 Eggs
- 1/3 cup Milk
- 2-3 cups Shredded  
Cheddar Jack Cheese

#### Additional Toppings:

- 5-6 slices of Bacon, cooked and broken up
- ½ lb. sausage, cooked and ground up
- 1 cup chopped ham
- Sautéed Chopped green pepper
- Sautéed Chopped onion
- Fresh Spinach



# Soup

Gunner Rupp - Wolf Creek Valley  
Junior (7-9)

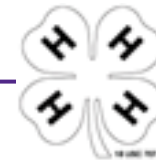
## Deer Chili

### Ingredients:

- 2 lb ground venison
- 1 Onion
- 1 tablespoon chopped Garlic
- 2 28oz cans Diced Tomatoes
- 2 4oz cans of green chiles
- 1 30oz cans Kuner's chili beans
- 1 30oz cans Kuner's black beans
- 1 30oz cans Kuner's kidney beans
- 1 30oz cans Kuner's navy beans
- Cheese

### Directions:

Add venison, onion, and garlic to a skillet on low heat. Cooked until meat is browned While meat is browning open beans and diced tomatoes. In a large pot add beans, diced tomatoes, cooked venison. Cook over medium heat for 30 to 45 minutes. Serve in a bowl and garnish with cheese. Enjoy!



# Soup

**Gracie Karst - Lonestar  
Senior (14+)**

## Chili

### Ingredients:

1 1/2 pounds Ground Beef  
3/4 cup chopped Yellow Onion  
1 TBSP Olive Oil  
30 oz. Dark Red Kidney Beans rinsed and drained  
30 oz. Tomato Sauce  
4 oz. Green Chilies can  
20 oz. Ro-tel  
1/2 Tsp Cumin  
1/2 Tsp Ground Mustard Powder  
3 Large Garlic Cloves minced  
1/2 Tsp Black Pepper  
1/2 Tsp Cayenne Pepper  
1 TBSP Chili Powder  
1/2 Tsp Dried Basil Leaves  
1/2 Tsp Salt

### Directions:

1. Add 1 TBSP Olive Oil, Beef and Chopped Onions to frying pan.
2. Brown Beef and soften onions.
3. Drain juices from meat and set mixture aside.
4. In a small bowl, mix your Chili Powder, Cumin, Mustard Powder, Basil, Cayenne Pepper, Black Pepper and Salt.
5. Add all ingredients to 6-7 quart crockpot and stir well.
6. Cook on HIGH for 2 hours, or LOW for 4 hours, stirring every 30 minutes.



# Breakfast

**Ethan Maske- Sunflower  
Junior (7-9)**

## Breakfast Pizza (Continued)

### Directions:

Preheat oven to 450F. In a large bowl, stir together water, yeast and sugar and let stand until foamy, about 5 mins. Whisk in the oil and salt. Add flour and stir until a sticky dough forms. Lightly brush another bowl with a little olive oil. Place dough inside and drizzle with a little olive oil over the top. Cover the bowl with plastic wrap and let rise at room temperature for about 1 hour. TIP: Use a heating pad on low to help dough rise faster.

Transfer dough to a floured surface and gently knead dough 1 or 2 times. Forming into a round ball. Let rest for about 10 more minutes. Use or store as is for 1 large pizza, or divide in 2 for a medium pizza, or divide in 4 for 4 individual pizzas.

### How to Form a Pizza:

Prepare all desired toppings for your breakfast pizza(s). After your dough has rested for 10 minutes, press dough out onto a pizza stone to desired size. Bake dough for 3-4 minutes, until dough is firm to touch but not fully baked. While dough is baking, prepare your scrambled eggs. Whisk eggs and milk together and cook until scrambled. Remove dough from oven, top pizza dough with Fiesta Nacho Cheese for your sauce. Top pizza with your desired toppings; Cooked breakfast Meats, sautéed Veggies, top with Scrambled Eggs, last top with Shredded Cheese. Bake pizza @ 450F for 8-10 minutes, or until cheese is melted and bubbly.



# Breakfast

Layken Eck - Sunflower  
Intermediate (10-13)

## Breakfast Ham and Cheese Muffins

### Ingredients:

#### Sift Together :

- 1  $\frac{2}{3}$  Cup Sifted Flour
- $\frac{1}{3}$  Cup Yellow Cornmeal
- 2 Tbl Sugar
- 3 tsp Baking Powder
- $\frac{1}{4}$  tsp Salt

#### Stir In:

- $\frac{2}{3}$  C. Diced Cooked Ham
- $\frac{2}{3}$  C. Shredded Swiss Cheese

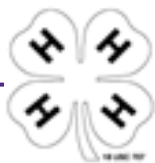
#### Combine:

- 1 Egg Beaten
- $\frac{1}{4}$  Veg. Oil
- 1 C. Milk

#### Directions:

Pour liquid over dry ingredients and stir just until moistened. Spoon batter into paper lined muffin pan cups and bake at 400° for 20 min or until toothpick comes out clean. Delicious served warm, store left overs in an airtight container in the refrigerator.

DELICIOUS and HEALTHY Alternative to all the sweet morning pastries.



# Soup

Trent Norris - Elkhorn  
Intermediate (10-13)

## Fast and Easy Chili

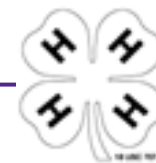
### Ingredients:

- 1 lb hamburger
- 2 cans fire roasted tomatoes
- 1 can chili beans
- 1 Tbs. chili powder

#### Directions:

In a skillet, chop and brown hamburger. Add tomatoes, chili beans, and chili powder. Stir until mixed. Cook on medium heat until bubbling. Serve with Fritos chips or Ritz crackers.

Serves: 5



# Soup

Hope Lumpkins - Fossil Creek  
Senior (14+)

## Creamy Sausage Tortellini Soup

### Ingredients:

1 lb Italian sausage  
1 small yellow onion - diced  
1 small shallot - diced  
2 large carrots - peeled and diced  
4 cloves garlic - minced  
1/4 cup all-purpose flour  
5 cup chicken broth  
14 oz refrigerated cheese tortellini\*  
1 tsp kosher sea salt  
1/2 tsp ground black pepper  
1/2 tsp Italian seasoning  
6 oz fresh spinach - chopped  
2 cups half and half - or heavy cream

### Directions:

In a large stockpot set over medium-high, cook the sausage until browned. Using a slotted spoon, transfer the cooked sausage to a paper towel lined plate; set aside. Add onion, shallot and carrot, sauté for 5 minutes or until the vegetables are soft. Add the garlic and sauté for an additional 2 minutes, or until fragrant, stirring occasionally to prevent it from burning. Whisk in the flour and cook for 1 minute. Gradually add in the chicken broth, whisk to combine. Continue cooking until the mixture reaches a simmer, then reduce heat to medium-low and simmer for 6 minutes. Pat as much grease as possible off of the sausage, then add it along with the tortellini, salt, pepper, Italian seasoning, spinach, and half & half. Simmer for 5 minutes, or until the tortellini is fully cooked. Serve immediately with freshly grated parmesan, if desired.



# Breakfast

Raylan Rupp - Wolf Creek Valley  
Cloverbud

## French Toast Recipe

### Ingredients:

8 slices Texas Toast  
1 Cup Milk Warmed  
4 Eggs  
1/2 tsp Cinnamon  
3 tablespoons Sugar  
1 tablespoon Vanilla  
Butter

### Directions:

Whisk together milk, eggs, sugar, cinnamon, and vanilla in a large bowl until well blended. Soak the bread in the mixture about 20 seconds per side. Add butter to a skillet, and cook over low heat. Transfer slices of bread to the skillet and cook until golden brown, about 3 to 4 minutes, then flip and cook for another 3 to 4 minutes. Transfer toast to a baking sheet. Repeat until all toast is cooked. Serve warm with butter, powdered sugar, and/or syrup. Enjoy!



# Breakfast

Chance Zeigler - Wolf Creek Valley  
Junior (7-9)

## Cinnamon Rolls

### Ingredients:

#### FOR THE DOUGH AND FILLING:

1 C whole milk  
1/4 C  
1/4 C sugar  
1. 1/8 tsp active dry yeast  
2 1/4 C (reserve the 1/4 C) all-purpose flour  
1/4 tsp. (heaping) baking powder  
1/4 tsp. (scant) baking soda  
1/4 tsp. salt  
Plenty of melted butter  
2 c. sugar  
Generous sprinkling of cinnamon

#### FOR THE FROSTING

1 C milk  
1/4 C vegetable oil  
1/4 C sugar  
1 1/8 tap active dry yeast  
2 1/4 C flour  
1/4 heaping tsp bkg powder  
1/5 scant tsp bkg soda  
1/4 tsp salt

### Directions:

**For the dough:** Heat the milk, vegetable oil, and sugar in a medium saucepan over medium heat to just below a boil. Set aside and cool to warm. Sprinkle the yeast on top and let it sit on the milk for 1 minute. Add 2 cups of the flour. Stir until just combined, then cover with a clean kitchen towel, and set aside in a relatively warm place for 1 hour. After 1 hour, remove the towel and add the baking powder, baking soda, salt, and the remaining 1/4 cup flour. Stir thoroughly to combine. Use the dough right away, or place in a mixing bowl and refrigerate for up to 3 days, punching down the dough if it rises to the top of the bowl. (Note: The dough is easier to work with if it has been chilled for at least an hour or so beforehand.)

**To assemble the rolls:** Remove half the dough from the pan/bowl. On a floured baking surface, roll the dough into a large rectangle, about 30 x 10 inches. The dough should be rolled very thin.



# Soup

Taylor Cook - Sunflower  
Intermediate (10-13)

## Creamy Sausage, Potato & Sauerkraut Soup

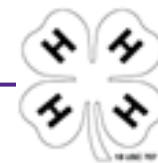
### Ingredients:

4 tablespoons butter  
1 medium onion, finely diced  
1/4 cup flour  
1 1/2 cups chicken broth  
2 1/2 cups milk  
1- 14 ounce Polska Kielbasa or smoked sausage, halved and sliced  
1 1/2 cups cooked diced potatoes  
1 cup sauerkraut  
1/2 teaspoon dried parsley  
1 cup shredded cheddar cheese  
black pepper

### Directions:

In a large saucepan, melt butter over medium heat. Add onions and saute for about five minutes, until tender. Add flour, stirring until completely combined. Cook for one minute, then add the chicken broth and milk. Turn heat to medium high, then cook stirring often until broth begins to thicken. Reduce heat to medium then add kielbasa, diced potatoes, sauerkraut and parsley. Simmer for five minutes, then add shredded cheddar. Stir to combine and remove from heat. Serve sprinkled with black pepper.

Yield: 4 Servings





# Soup

**Sasha Robbins - Big Creek  
Junior (7-9)**

## New England Clam Chowder

### Ingredients:

1/4 c. chopped bacon, ham, or sausage  
1 T bacon grease (or butter if meatless)  
1/3 c. chopped onion  
1/4 c. chopped celery  
4-5 medium potatoes (peeled and cubed)  
1 1/2-2 1/2 c. water  
1 1/2 t. salt  
1/2 t. pepper to taste  
garlic and onion powder to taste  
2, 6.5 oz cans minced clams  
1 1/2 c. cream  
1 1/2 c. milk

In large saucepan, sauté the bacon, ham, or sausage in grease. (Skip this step if going meatless) Add chopped onion and celery and continue to saute. (use butter for sautéing vegetables if going meatless) Add water to pan, along with diced potatoes. Cover pan loosely and heat until potatoes start to soften. Next, add clams with juice, cream, and milk. Continue cooking, being careful not to boil or scorch. Taste to see if anymore salt or pepper is needed and that potatoes are done. Warm to allow flavors to meld until ready to serve. Enjoy!



# Breakfast

**Chance Zeigler - Wolf Creek Valley  
Junior (7-9)**

## Cinnamon Rolls (Continued)

**To make the filling,** pour 3/4 cup to 1 cup of melted butter over the surface of the dough. Use your fingers to spread the butter evenly. Generously sprinkle half of the ground cinnamon and 1 cup of the sugar over the butter. Don't be afraid to drizzle on more butter or more sugar! Goopy is the goal. Now, using a pizza cutter, cut dough into 1/2 inch strips and roll into rolls. Pour a couple of teaspoons of melted butter into ceramic pans and swirl to coat. Place the sliced rolls in the pans, being careful not to overcrowd. Repeat the rolling/sugar/butter process with the other half of the dough and more pans. Preheat the oven to 375 degrees. Cover all the pans with a kitchen towel and set aside to rise on the countertop for at least 20 minutes before baking. Remove the towel and bake for 15 to 18 minutes, until golden brown. Don't allow the rolls to become overly brown.

**To make the frosting:** While the rolls are baking, make the frosting: In a large bowl. Whisk together the powdered sugar, milk or heavy cream, melted butter, and salt. Splash in the vanilla. Whisk until very smooth. Taste and add in more vanilla, sugar, butter, or other ingredients as needed until the icing reaches the desired consistency. The icing should be somewhat thick but still very pourable.

Remove the pans from the oven. Immediately drizzle icing over the top. Be sure to get it all around the edges and over the top. As they sit, the rolls will absorb some of the icing's moisture and flavor. They only get better with time... not that they last for more than a few seconds!



# Breakfast

**Kinley Stoughton -Big Creek  
Intermediate (10-13)**

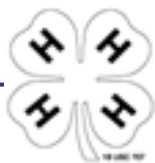
## Cheesy Sausage Balls

### Ingredients

- 1 lb. hot sausage, uncooked
- 1 8oz. package of cream cheese, softened
- 1 1/4 c. Bisquick
- 1 c. shredded cheddar cheese

### Directions:

Preheat oven to 400 degrees. Mix all of the ingredients until well combined. (It's easiest to use a mixer with the dough hook attachment.) Roll into 1-inch balls and place on a rimmed baking sheet. Bake for 18-22 minutes, or until brown.



# Soup

**Ari Robbins - Big Creek  
Cloverbud (5-6)**

## Chicken Noodle Soup

### Ingredients:

- 1/2-1 lb chicken (in small pieces)
- 1/4 c. chopped celery
- 1/4 c. chopped carrot
- 1/4 c. chopped onion
- 1/8 t. garlic powder
- 1/8 t. onion powder
- 1/8 t. Italian seasoning
- 2 T. chicken bouillon
- 1 1/2T. bacon grease or butter
- 6-8 c. water
- 1 bay leaf
- salt and pepper
- dash cinnamon
- 1-2 t. chopped jalapeno peppers with juice/brine
- 2-3 handfuls dry noodles

### Directions:

In large pot with lid, season raw chicken with salt and pepper and cook in 1/2T. butter or bacon grease until done. Remove from pan, cool, and cut into small pieces. Set aside. In same pan, sauté the chopped vegetables in the remaining bacon grease or butter. Next, dissolve the bouillon in 1 c. hot water. Once veggies are sauteed, add water, bouillon, bay leaf, Italian seasoning, garlic and onion powder, chicken pieces, jalapenos with juice, and salt and pepper to taste, to the pot. Cover loosely and warm just to boiling. Add cinnamon and dry noodles. Continue cooking at low boil until noodles are tender. Taste to see if any other seasonings are needed, based on preference. Simmer on low to allow flavors to meld until ready to serve. Enjoy!



# Soup

**Hailey Gier - Fossil Creek  
Senior (14+)**

## Taco Soup

### Ingredients:

1 lb lean ground beef  
1 small onion, chopped  
1 15 oz can kidney beans  
1 15 oz can black beans  
1 15 oz can corn kernels  
1 15 oz can diced tomatoes  
1 8 oz can tomato sauce  
2 TBSP taco seasoning

### Optional ingredients:

Shredded cheddar cheese  
Sour Cream  
Pico de gallo  
Avacado  
Tortilla chips  
Lime wedges  
Chopped cilantro

### Directions:

Add ground beef and onion to a large pot and stir until beef is cooked through. Drain excess liquid. Add beef to the slow cooker. Add the kidney beans, black beans, corn, tomatoes, tomato sauce, and taco seasoning to the slow cooker, and stir until combined. Cook on high for 3-4 hours or low for 6-8 hours. Serve with whichever optional ingredients you desire. Enjoy!



# Dessert

**Triston Lumpkins - Fossil Creek  
Intermediate (10-13)**

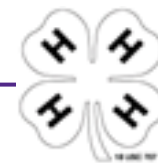
## Baklava Thumbprint Cookies

### Ingredients:

1 cup sugar  
1/2 cup butter, softened  
2 large eggs, room temperature  
1 teaspoon almond extract  
1 teaspoon vanilla extract  
2-1/4 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
topping:  
3 tablespoons sugar  
2 teaspoons ground cinnamon  
1/2 cup honey  
3/4 cup chopped walnuts

### Directions:

In a large bowl, cream sugar and butter until blended. Beat in eggs, one at a time, and extracts. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture. Wrap dough in plastic; refrigerate until firm enough to form into balls, about 30 minutes. Preheat oven to 375°. For topping, combine sugar and cinnamon; set aside. Shape dough into 1-in. balls; refrigerate again if dough becomes too warm. Place 2-1/2 in. apart on parchment-lined baking sheets. Bake 8 minutes. Press a deep indentation in center of each cookie with the back of a rounded teaspoon. Fill each with honey and walnuts; sprinkle with cinnamon sugar. Return to oven and bake until edges begin to brown, 7-9 minutes longer. Cool on pans 1 minute. Remove to wire racks to cool. Store in an airtight container.



# Dessert

Grace Smith - Lonestar  
Intermediate (10-13)

## Sugar Cookies

### Ingredients:

1 c. shortening or margarine  
2 c. sugar  
2 eggs  
1 c. sour cream  
2 tsp. vanilla  
5 c. flour  
3 tsp. baking powder  
1 tsp. baking soda

### Directions:

Mix shortening or margarine, sugar, eggs and sour cream. Add vanilla. Mix in remaining ingredients. Chill dough before rolling out. Bake at 350 degrees for 8-10 minutes.

Makes 2 dozen.



# Side Dish

Allie Smith - Lonestar  
Intermediate (10-13)

## Dorito Taco Salad

### Ingredients:

1 pound lean ground beef  
1 packet taco seasoning  
 $\frac{2}{3}$  cup water  
1 head iceberg lettuce chopped into bite sized pieces  
 $\frac{1}{2}$  cup sliced black olives  
1 can pinto beans rinsed and drained  
1 cup tomatoes diced (optional)  
 $\frac{1}{4}$  cup green onions chopped thin, leave a bit for garnish  
1 cup cheddar cheese shredded  
10 ounces Nacho flavored Doritos  
16 ounces Catalina salad dressing

sour cream, optional garnish

### Directions:

Brown the ground beef until no pink remains. Drain any fat. Stir in the taco seasoning packet and water. Simmer until thickened, about 5 minutes. Set aside to cool. In a large bowl, combine the lettuce, peppers, black olives, pinto beans, tomatoes, cheddar and green onions. Top with the seasoned and cooled ground beef. Slightly crush the Doritos and sprinkle on top. Drizzle with Catalina dressing and toss to coat evenly. Garnish with sour cream and additional green onions is desired. Serve immediately.

### Recipe Notes

Toss just before serving to avoid the Doritos from becoming soggy.



# Main Dish

**Emma Karst - Lonestar  
Senior (14+)**

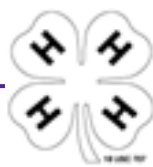
## Ham & Swiss Sliders

### Ingredients:

24 slices of deli ham  
6 slices of Swiss cheese  
1/3 cup mayonnaise  
1 TBSP Poppy Seeds  
1 1/2 TBSP Dijon Mustard  
1/2 Cup Butter melted  
1 TBSP Onion Powder  
1/2 Tsp Worcestershire sauce  
2 Packages Hawaiian Dinner Rolls

### Directions:

Cut rolls in half and spread mayonnaise onto 1 side of the rolls. Place a slice or two of ham and a slice of Swiss cheese on roll. Replace the top of the rolls and bunch them closely together into a 9x13 baking dish. In a medium bowl, whisk together poppy seeds, Dijon mustard, melted butter, onion powder and Worcestershire sauce. Pour sauce over the rolls, just covering the tops. Cover with foil and let sit for 10 minutes. Bake at 350 degrees for 10 minutes or until cheese is melted. Uncover and cook for additional 2 minutes until tops are slightly browned and crisp. Serve warm.



# Drink

**Layne Vaughan-Meier - Trying Tommies  
Senior (14+)**

## Orange Creamsicle Smoothy

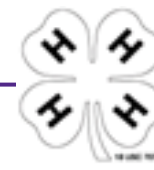
### Ingredients:

1 Frozen ripe banana, previously peeled and sliced  
2 Teaspoons pure vanilla extract  
\*1/2 Cup orange juice  
3/4 Cup vanilla Greek yogurt  
1 Orange, peeled and sliced  
Optional: 2 Teaspoons orange zest

### Directions:

Make sure you have a strong, powerful blender to break down the frozen banana and orange. On high blend the banana chunks, vanilla, and orange juice together until thick, creamy, and smooth – about 3 minutes. Scrape down the sides of the blender as needed. Add the yogurt, orange, and orange zest (if using). Blend until combined. For extra nutrition punch, try adding 1 cup of your favorite greens like kale or spinach! Also try adding protein powder to the mix to drink as a meal.

Prep Time: 5 minutes Cook Time: 0 minutes Serves: 2



# Main Dish

Layne Stoughton - Big Creek  
Junior (7-9)

## Sloppy Joes

### Ingredients:

1 lb. ground beef  
1 med. onion, chopped  
1/2 t. black pepper  
2 T. sugar  
2 T. yellow mustard  
1 T. white vinegar  
1 t. salt  
3/4 c. ketchup

### Directions:

Cook ground beef with the onion until brown and crumbly. Drain grease. Return to the pan with the rest of the ingredients and mix well. Simmer on low heat for 15 minutes, or until ready to serve. Serve on hamburger buns or slider buns.



# Main Dish

Kierra Eck - Sunflower  
Senior (14+)

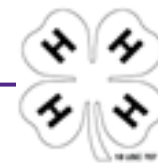
## Beefy Pastry Pie (continued)

### Filling (continued):

Place crust over each ramekin allowing edges to drape over ramekin rim; crimping edges to seal. Cut three slits in crust to vent; brush top with egg. Place ramekins on lined baking sheet. Bake in 400°F oven 30 to 35 minutes, until instant-read thermometer inserted into center registers 160°F and crust is golden brown. Let stand 5 minutes before serving. Serve with ketchup or gravy, if desired.

### To prepare the pie dough:

In a food processor, combine the flour and salt. Add the butter and pulse a few times until the butter is the size of peas. Add the water and vinegar and pulse a few more times. It does not need to come to a ball. It will look like a big pile of crumbs, and that's what you want. Remove the dough from the food processor and place on a large piece of Saran wrap. Twist the plastic to tighten the dough into a ball. Cut into two pieces and flatten each piece into a disk. Cover with a plastic wrap and refrigerate for 1 hour. Alternatively, twist the plastic wrap on both ends, as if you were wrapping a candy. Cut the dough into 8 disks. This will make 4 smaller chicken pot pies that can be baked in ramekins. Preheat the oven to 400F. On a lightly floured work surface, roll out the two dough discs into two circles, one about 13 inches in diameter and the other about 10 inches in diameter. With a sharp knife, make a few slits in the second (10 inch) dough circle. Line a 9-inch pie dish with the larger dough circle. The dough should overhang the dish by about 1/2 inches. If making smaller pot pies in 4 ramekins, roll out 4 disks into 8"-9" circles and 4 disks into 5"-6" circles. Spoon the beef filling into the baking dish, or ramekins. Cover with the second sheet of dough. Crimp the edges and tuck them in. Brush the top with egg yolk wash. If making single portion pot pies in ramekins, repeat the process four times.



# Main Dish

**Kierra Eck - Sunflower  
Senior (14+)**

## Beefy Pastry Pie

### Ingredients:

#### Filling:

1-1/2 pounds Ground Beef (93% lean or leaner)  
1 Homemade Flaky Pie Crust  
3/4 cups Shredded Carrots  
3/4 cups Frozen Peas  
1-1/4 cups Shredded Russet Potatoes  
3/4 cup Finely Chopped Onion  
1 teaspoon Salt  
1 teaspoon Pepper  
1 Egg, Beaten  
Ketchup or Beef Gravy (optional)

#### Crust:

2 cups All-Purpose Flour  
1/2 tsp Salt  
1 cup Cold Unsalted Butter, cut into cubes  
1/4 cup Ice Water  
1 Tbsp White Vinegar  
1 Egg Yolk plus 2 tsp Milk mixed well, for brushing

#### To prepare the filling:

Preheat oven to 400°F. Combine Ground Beef, carrots, potatoes, onion, salt and pepper in large bowl, mixing lightly but thoroughly. Divide mixture evenly into six 8-ounce ovenproof ramekins or bowls, packing mixture down evenly. Set aside. Unfold pie crust on flat surface, pressing out fold lines with fingers. Cut crust evenly into six circles, about 3-3/4 inch in diameter.



# Main Dish

**Josey Norris - Elkhorn  
Intermediate (10-13)**

## Deer Hunter's Smothered Meat

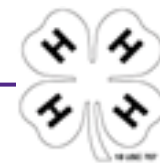
### Ingredients:

2 lbs deer venison, whole muscle cut (backstrap or ham)  
1/4 cup lemon juice for marinade  
1 T. Everglades seasoning  
1 cup Olive oil (to fry)  
1 cup seasoned flour (to fry)  
1/2 cup seasoned flour (for gravy)  
4 cups water

### Directions:

Trim meat and slice 1/2 inch thick, against the grain. Marinate the meat in lemon juice and Everglades for an hour, or while you're getting the frying pan ready. Flour the strips and lightly fry in olive oil. Just enough to get the crust crispy; it will continue to cook in the oven. Layer fried meat in a deep oven-safe dish. For gravy: Remove excess oil from frying pan; leaving 1 T of oil and any extra crust. Add 1/2 cup seasoned flour and whisk with oil. Slowly add water, whisking and mixing completely. Gravy needs to be thin! Keep adding additional water, if needed. Pour gravy over meat in baking dish and cover. Bake on 350 degrees for 2 hours. Gravy will thicken as cooked, and meat will become tender. Serve over rice or egg noodles.

Serves: 6



# Main Dish

**Cord Norris - Elkhorn  
Junior (7-9)**

## Cowboy Approved BBQ Meatballs

### Ingredients:

5 oz evaporated milk  
1-1/2 lbs hamburger  
1 cup quick cook oatmeal  
1 egg  
1/2 T. minced onion  
1/4 tsp garlic powder  
1 tsp salt  
1/4 tsp pepper  
1/2 tsp chili powder  
Sauce:  
1 cup ketchup  
3/4 cup brown sugar  
1/4 tsp garlic powder  
1 T. liquid smoke  
Dash of onion salt

### Directions:

In a large bowl, add oatmeal and evaporated milk. Let sit 2-3 minutes for the oatmeal to absorb the milk. Add all other ingredients and completely mix together. Spray 9x13" pan with oil spray. Form meat mixture into 2" balls (about the size of a golf ball) and place in pan. For the sauce: In small mixing bowl, mix all ingredients for the sauce. Spoon or pour sauce over meatballs, covering them completely. Bake in 350 degree oven for 45-60 minutes, or until inside temperature of meatballs reaches 160 degrees.

Serves: 8 hungry cowboys



# Main Dish

**Colton Mullender - Wolf Creek Valley  
Intermediate (10-13)**

## Yuck and Bannocks

### Ingredients:

#### For the Yuck:

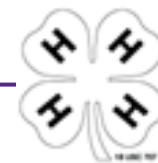
1 lb hamburger  
1 lb sausage  
2 cans cream of mushroom soup

#### For the Bannocks:

2 cups all purpose flour  
1 cup quick cooking oats  
1 tablespoon baking powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 cup butter + 1 Tablespoon for skillet  
3/4 cup milk  
1/2 cup plain yogurt

### Directions:

Brown hamburger and sausage together. Add cream of mushroom soup and stir. Move rack to upper middle position and heat oven to 400\* F. Put cast iron skillet in oven to warm. Combine flour, oats, baking powder, sugar and salt in large bowl. Melt butter in microwave, then add milk and yogurt, and stir. Add to dry ingredients and mix well. Add 1 tablespoon of butter to cast iron skillet and let melt. Carefully pour Bannock batter into hot skillet and smooth out top. Bake until golden, 25 minutes. Turn out of skillet and cut into pie like wedges.





# Main Dish

Madison Rupp - Wolf Creek Valley  
Senior (14+)

## Pulled Pork sandwiches

### Ingredients:

#### Meat:

1 Pork Loin roast  
2 tbsp Jack's gourmet seasoning  
Hamburger buns  
Homemade BBQ sauce

#### Homemade BBQ sauce:

½ cup vinegar  
¼ cup brown sugar  
2t mustard  
2t Worcestershire sauce  
1 tsp onion powder  
½ tsp black pepper  
½ tsp cayenne pepper  
¼ tsp salt

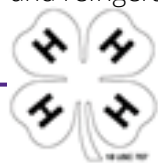
### Directions:

#### For the meat:

First, set your smoker to temp 150 to 200. Then take about 2 tablespoons of Jack's Gourmet seasoning and rub it all over your meat. Then place your meat on the smoker for about 4 hours or until done. Then take your meat and shred it up into little pieces using 2 forks. Place your shredded meat on a hamburger bun of choice and put your homemade BBQ sauce on top and enjoy.

#### For the BBQ sauce:

In a medium saucepan mix together all ingredients. Heat over medium heat until the mixture begins to simmer, stirring often. Simmer for 6-8 minutes until thickened then remove from heat. Use this sauce immediately or pour into an airtight food storage container and refrigerate.



# Main Dish

Cooper Gier - Fossil Creek  
Intermediate (10-13)

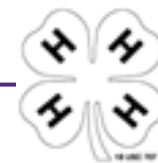
## Crock Pot Honey Bourbon Chicken

### Ingredients:

2 lb boneless skinless chicken breasts  
salt and pepper  
1 cup honey  
1 cup low sodium soy sauce  
1/2 cup ketchup  
4 Tablespoons vegetable oil  
2 cloves minced garlic or 1 teaspoon minced garlic in oil  
1/2 cup diced onion  
1/2 teaspoon red pepper flakes

### Directions:

Trim the chicken breast, sprinkle with salt and pepper, and place them in the slow cooker. In a medium bowl, add the honey, soy sauce, ketchup, oil, garlic, onion, and red pepper flakes. Stir well to combine. Pour over the chicken in the slow cooker. Cook on low for 3-4 hours or high for 1 1/2 to 2 1/2 hours. When done, remove the chicken from the crockpot and cut into chunks.



# Main Dish

**Teagun Pfeifer - Fossil Creek  
Senior (14+)**

## Brown Sugar Bourbon Mini Meatloaves

### Ingredients:

1 1/2 lbs lean ground beef  
3/4 cup milk  
2 eggs  
1 teaspoon salt  
1 1/2 tablespoons of bourbon seasoning  
1 tablespoon of Worcestershire  
1/4 teaspoon ground black pepper  
1 small onion, chopped  
1 red pepper, chopped  
1/4 teaspoon ground ginger  
3/4 cup (Italian) breadcrumbs

### Topping

1/2 cup brown sugar, packed  
1/2 cup ketchup

### Directions:

Preheat oven to 350 degrees. Lightly grease a sheet pan. In a mixing bowl, mix all ingredients and shape into a mini loaves. Bake in preheated oven for until juices are clear and internal temp is 160 degrees. Mix topping ingredients together. In last 10 minutes of baking place brown sugar/ketchup mixture on loaves. Remove from oven and let sit for 3 minutes before serving



# Main Dish

**Payton Maske - Sunflower  
Intermediate (10-13)**

## Onion Bombs

### Ingredients:

#### Meatballs:

2 lbs. Lean ground Beef  
1 cup Bread Crumbs  
1 Egg, beaten  
1/2 cup Milk  
1/2 cup BBQ sauce  
1 Tbs. Liquid Smoke  
1 tsp. Salt  
1/2 tsp Ground Pepper  
1/2 tsp Onion Powder  
1/2 tsp Garlic Powder  
1/2 inch cube of cheddar  
cheese per Meatball

#### Onion Bombs:

5-6 large Yellow Onions  
2 lbs. Bacon  
Additional BBQ sauce

### Directions:

Mix the meatball ingredients together, omitting the cheese, in a large bowl with your hands until well combined. Preheat BBQer/Smoker to 425F. Slice the onion down one side all the way through the middle of the onion. Peel off the onion skin. Slowly and carefully, peel apart the layers of the onion and set aside. Using the size of each onion layer, size up the size of meatball that you will need to fill the onion. Press cheese cube into meatball and press beef around covering cheese completely. Stuff meatball into onion layer carefully, do not over stuff. Wrap each of the onion bombs with 2-3 slices of bacon depending on the size of bomb and secure with toothpicks. Place in BBQer for 40mins or until a thermometer reads 165F. Turning the bombs approx. every 10mins so the bombs cook evenly. When bombs are almost to temp, brush with BBQ sauce and cook for 5mins then rotate to BBQ bottom side. Cook for a additional 5 mins or until BBQ sauce is nice and sticky.

