

Virginia Tech

Home Sweet Home Recipe Contest 2004 Award Winner

White Bean & Chicken Chili

Source: Linda Hanson - Vienna, Virginia

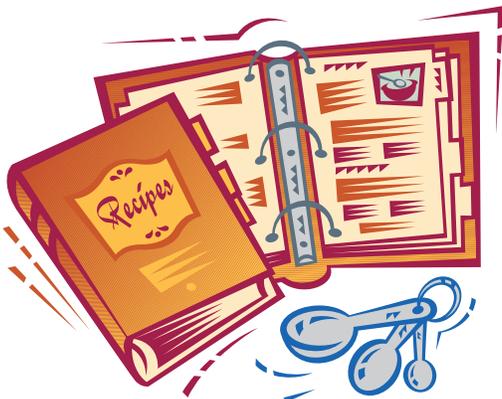


Ingredients:

2 cups	Cooked chicken breasts, chopped
1 1/2 cups	Chicken broth
1 (16 oz.) can	Great northern beans, rinsed and drained
1 (9 oz.) package	Frozen shoepeg white corn
1 (7 oz.) jar	Salsa verde (or 3/4 cup green taco sauce)
1/4 cup	Fresh cilantro, chopped
	Sour cream, if desired
	Salsa, if desired

Method of Preparation:

1. Mix chicken, chicken broth, corn, beans and salsa verde together in a large pot. Heat to boiling; reduce heat.
2. Cover and simmer 15 minutes. Stir in cilantro.
3. Top each serving with sour cream and salsa.



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Layered Vegetable Salad

Source: Jan Lushbaugh – Middletown, Maryland



Ingredients:

1 head	Lettuce, shredded
1	Green pepper, chopped
1 cup	Onion, chopped
1 cup	Celery, chopped
1 cup	Peas, drained
	Salt
	Pepper
	Mayonnaise, if desired
2 cups	Sugar
2 teaspoons	Cheddar cheese
2 cups	Bacon bits

Method of Preparation:

1. Place lettuce in bottom of serving bowls.
2. Add layers of green pepper, onions, celery, peas, salt and pepper. Spread mayonnaise over the top and seal around the edge (if desired).
3. Sprinkle with sugar, cover with cheese and garnish with bacon bits (if not serving a vegetarian dish). Refrigerate until ready to serve. Toss lightly.

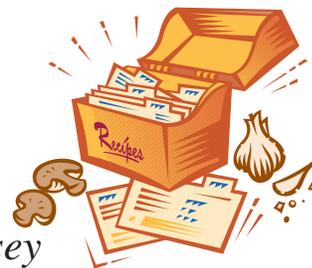


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Sweet-n-Sour Pork Chops

Source: Irene Margaretta – Old Bridge, New Jersey



Ingredients:

1/4 cup	All-purpose flour
1/2 teaspoon	Salt
1/2 teaspoon	Pepper
1/2 teaspoon	Ground ginger
6	Lean, boneless pork chops
2 Tablespoons	Canola oil
1/2 cup	Onion, chopped
1	Garlic clove, minced
3/4 cup	Water
1/3 cup	Chili sauce
3 Tablespoons	White vinegar
1 1/2 pounds	Brown sugar
2 teaspoons	Soy sauce

Method of Preparation:

1. Combine flour, salt, pepper and ginger together in a large mixing bowl. Add pork chops, one at a time, and coat evenly.
2. Heat oil in griddle and brown pork chops.
3. Sauté onion and garlic until tender.
4. Combine water, chili sauce, vinegar, brown sugar and soy sauce in large container and mix well. Pour over pork chops in the griddle.
5. Cover and simmer gently for approximately 45 minutes or until pork chops are tender.



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Shrimp Fettuccine

Source: Sharon Borge – Jefferson, Maryland

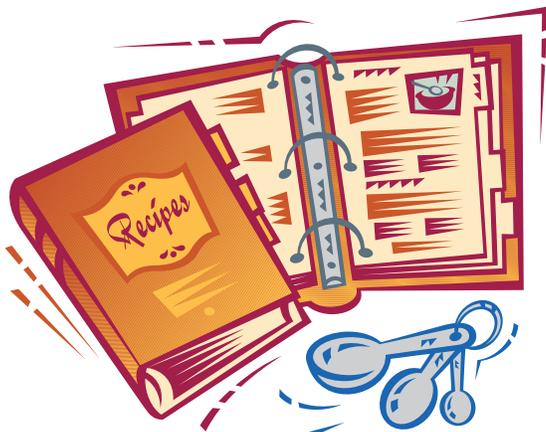


Ingredients:

1 package	Fettuccine noodles
1/2 pound	Shrimp, peeled and de-veined
3/4 stick	Butter or margarine
3 cloves	Garlic, minced
1/2 cup	White wine
1/4 teaspoon	Oregano
dash	Salt
dash	Pepper
2 Tablespoons	Olive oil
1 cup	Grated Parmesan cheese

Method of Preparation:

1. Cook noodles as directed on the packages.
2. Sauté shrimp with butter and garlic until shrimp turns pink. Add wine, half the oregano, salt and pepper.
3. Drain noodles and add other half of oregano, olive oil and half the Parmesan cheese. Toss and set aside.
4. Remove shrimp from butter mixture. Toss butter mixture with the noodles. Add most of the shrimp back and toss to distribute shrimp evenly throughout noodles.
5. Garnish with extra shrimp, sprinkle remaining cheese on top and serve.



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Chris' Alouette Chicken



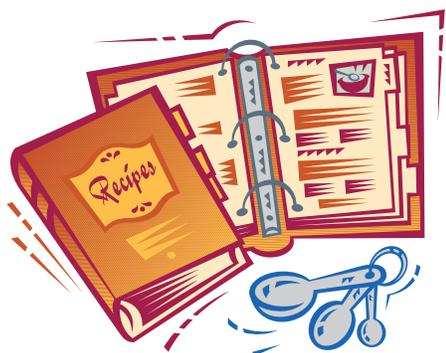
Source: Becky Gorman – Alpharetta, Georgia

Ingredients:

1 (16 oz.) package	Puff pastry sheets, thawed
1 (4 oz.) package	Garlic and spice flavor Alouette cheese (or cream cheese with dried onions and chives)
6-8	Boneless chicken breasts
1/2 teaspoon	Salt
dash	Pepper
1	Egg, beaten
1 Tablespoon	Water

Method of Preparation:

1. Unfold pastry sheets onto lightly floured surface. Cut each sheet into 4 equal rectangles (about 7" x 6" each). Roll each rectangle to flatten as much as possible without falling apart.
2. Spread Alouette cheese on each rectangle.
3. Sprinkle chicken breasts with salt and pepper.
4. Place one chicken breast in the center of each pastry rectangle. Lightly moisten pastry edges with water. Fold the ends over the chicken and seal as much as possible.
5. Place each bundle, seam side down, on lightly greased baking sheets.
6. Combine eggs and water in mixing bowl. Brush egg mixture over pastry bundles. (Optional: If there is leftover pastry, make decorative braids for bundles and brush with egg and water mixture.)
7. Bake at 400° for 25 minutes or until bundles are golden brown. Ensure final temperature is 145° or greater.



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Pumpkin Soup

Source: Winnifred Johnson – Roanoke, Virginia



Ingredients:

1/4 cup	Onions, finely chopped
4 Tablespoons	Margarine
1 (10 3/4 oz.) can	Condensed tomato soup
1 2/3 cups	Mashed pumpkin
1/2 teaspoon	Ground nutmeg
1/4 cup	Sugar
1/4 teaspoon	Salt
dash	Pepper
1 soup can	Water

Method of Preparation:

1. In a pot, cook onions with margarine until tender.
3. Add soup, pumpkin, nutmeg, sugar, salt and pepper. Gradually add water.
4. Heat, stirring occasionally, until hot. Do not boil. Ensure final temperature is 145° or greater.



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Joe's Favorite Dessert

Source: Judy Smith – Bristol, Tennessee



Ingredients:

1 carton	Cool Whip
1 box	Large ice cream sandwiches
	Ice cream toppings (chocolate chips, butterscotch chips, M&Ms®, nuts)
	Chocolate syrup
	Caramel syrup

Method of Preparation:

1. Lay ice cream sandwiches on bottom of baking pan.
2. Spread whipped topping over sandwiches.
3. Drizzle syrup over whipped topping.
4. Sprinkle toppings on top.
5. Freeze for at least two hours and serve immediately from the freezer.

