

# Soups, Sides & Salads

Submitted By: Rainbow Academy  
Staff, Family and Friends



# Cheddar Chicken Chowder

Submitted By: Carolyn Smaka

## Ingredients:

- 2 bacon slices
- 1 lb boneless, skinless chicken breasts, cut into bite size pieces
- 1 cup chopped onion
- 1 cup dices red bell pepper
- 2 garlic cloves, minced
- 4 1/2 cup fat free, less sodium chicken broth
- 1 3/4 cup diced peeled red potato
- 2 1/4 cup frozen whole kernel corn
- 1/2 cup all purpose flour
- 2 cup 2% low fat milk
- 3/4 cup shredded cheddar cheese
- 1/2 tsp salt
- 1/4 tsp black pepper



## Cooking Instructions:

Cook bacon in a large soup pan until crisp. Remove bacon from pan, crumble, set aside. Add the chicken, onion, pepper and garlic to drippings in pan: sauté 5 min. Add broth and potato: bring to boil. Cover, reduce heat and simmer 20 min or until potato is tender. Add corn, stir. Lightly spoon flour into a dry measuring cup, level with a knife. Place flour in bowl. Gradually add milk, stirring with a whisk until blended, add to soup. Bring to a boil over a mid-high heat. Reduce heat to medium and simmer 15 min or until thick, stirring frequently. Stir in the cheddar cheese, salt and pepper. Top with the crumbles bacon when serving.

# Potato, Cheese & Chili Soup

Submitted By: Beck

## Ingredients:

4 medium potatoes

1 tbsp butter

1 1/2 cups chopped onion

1 tsp cumin

2 medium cloves crushed garlic

1 1/2 cups dices green bell pepper

3/4 cup sour cream

3/4 cup (packed) grated jack cheese

3 cups water

1 tbsp olive oil

1 3/4 tsp salt

1 tsp basil

Freshly ground black pepper

1 cup dcd canned green chilis

1 cup milk

2 scallions (finely minced)

## Cooking Instructions:



Scrub potatoes, cut into small chunks and cook them in water, partially covered, until tender (20 min).

Cool until room temperature. Keep the water!

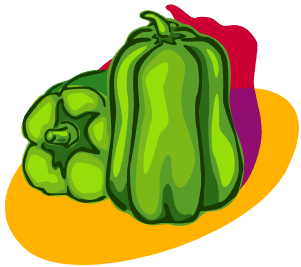
Saute onions in butter and olive oil in large heavy skillet. After several minutes, add salt, cumin, basil, garlic and black pepper. Continue to sauté over medium heat until onions are soft. Add chopped green bell pepper and sauté a few minutes more.

Puree the potatoes in their cooking water (use a food processor fitted w/ a steel blade or a blender).

Return the puree to a large, sturdy saucepan. Add the sauté plus diced green chilies, sour cream and milk.

Whisk until well blended and heat over slow flame.

When hot, stir in cheese and scallions, serve.



# Corny Cheesy Cornbread

Submitted By: Tami Cymerman

## Ingredients:

1 package corn muffin mix (8 1/2 oz)

Softened butter to grease pan

1/3 lb Monterey jack or pepper jack cheese diced 1/4 in

1/2 c. corn kernels frozen

1 scallion, sliced thin

Water, egg & oil for muffin mix



## Cooking Instructions:

Preheat oven to 400 degrees. Grease baking pan with butter. Mix cheese, corn and prepared muffin mix together. Pour into baking dish and sprinkle sliced scallion over it. Bake at 400 degrees until golden brown. (about 15-18 min). Makes 6 Large squares.

# Emma's Latkes

Submitted By: Gropack

## Ingredients:

3 large potatoes

1 medium onion

2 eggs

2 tbsp flour

1 tsp salt

pinch of pepper

vegetable oil

## Cooking Instructions:

Wash, peel and grate potatoes. Squeeze and drain all excess liquid. Chop onion.

Lightly beat eggs.

Mix eggs, onion, salt and pepper into potatoes. Add flour to firm the consistency.

Heat 1/4 cup oil in frying pan to approx 350 degrees.

For each pancake, spoon 1 heaping tablespoon batter into pan.

Leave enough space between pancakes so they do not run together.

When edges are golden brown, turn pancakes and cook other side.

Add fresh oil to pan as needed.

Serve with sour cream or applesauce.



# Taco Salad

Submitted By: carrea

## Ingredients:

1 lb chopped meat  
1 pkg. taco seasoning  
1 head iceberg lettuce, chopped  
1 pkg. shredded cheddar cheese  
1 bottle Catalina dressing  
1 bag Doritos nacho cheese flavor

1 tomato, diced  
1/2 onion, diced



## Cooking Instructions:

Brown chopped meat and drain. Add taco seasoning and prepare as directed on envelope. Remove meat from stove and let cool completely. In a bowl, mix all salad ingredients. Add taco meat and toss. Pour whole bottle of Catalina dressing on top and mix to coat. Crush Doritos while still in the bag. Pour Doritos into salad and toss. You may prefer to add more vegetables or olives. Also, do not add Doritos until ready to serve—they will get soggy.

# Orzo & Veggie Salad

Submitted By: O'Hara

## Ingredients:

- 1 cup uncooked orzo
- 1/2 cup feta cheese
- 4-6 cherry tomatoes
- 8-10 pitted olives, slices
- 1/2 cup other assorted vegetable (spinach, asparagus, peppers)
- Juice from 1/2 lemon or use more or less to taste
- 3 tbsp of Italian dressing or package of "Good Seasons" Italian dressing mix made with balsamic vinegar

## Cooking Instructions:

- Cook Orzo according to package and then refrigerate.
- Mix the chilled orzo with all the other ingredients.
- Serve chilled.



# Fried Rice

Submitted By: Ojo

## Ingredients:

2 cups uncooked rice

2 cups frozen mixed veggies

1 cup shrimp (cooked & deveined)

2 1/2–3 tbsp canola oil

4 cups water

1 cup (diced) smoked sausage

1 tsp curry (optional)

salt

## Cooking Instructions:

In a large saucepan, add 1 tbsp canola oil-heat for 2 minutes over medium heat. Add rice.

Stir continuously until rice is thoroughly coated.

Add curry to water in another pot and bring to boil.

Add rice from saucepan and cook according to package instructions.

Add salt to taste.

Dice sausage and cook according to package instructions-set aside.

In the saucepan, heat 1/2 tsp oil and frozen vegetables-cook til tender.

Add shrimp and sausage-mix and set aside.

Add remaining oil to the saucepan. Add cooked rice, shrimp and sausage. Carefully mix and serve.

