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4-H Program would like  
to thank the following for  
their support of the  
2026 Favorite Foods Show

**Judges:**

Marian Gier

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and

Russell County for use of the  
4-H Building Facilities

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2026  
4-H FAVORITE FOODS  
SHOW  
Midway Extension District



January 18, 2026  
2:00 PM  
Russell County 4-H Building

## 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.

# Soup

Von  
Junior (7-9)

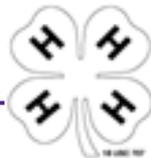
## Chicken Gnocchi Soup

### Ingredients:

3-4 boneless skinless chicken breasts- cooked and diced  
4 ribs of celery- chopped  
¼ cup diced white onion  
1 teaspoon minced garlic  
½ cup shredded carrots  
1 Tablespoon olive oil  
4 cups of low sodium chicken broth  
16 ounces of mini potato gnocchi  
1 cup of half and half  
1 cup of fresh spinach

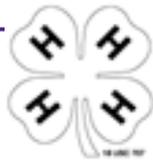
### Directions:

1. Heat olive oil.
2. Sauté celery, onions, garlic, and carrots for 2-3 minutes until the onions are translucent.
3. Add the chicken and broth. Bring the soup to a boil.
4. Gently, add the gnocchi.
5. Bring back to a boil and continue at a boil for 3 minutes.
6. Lower the heat. Simmer on low for 10 minutes.
7. Add the half and half and spinach.
8. Cook for another 1-2 minutes until the spinach is tender.



## 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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# Snack

**Cord**  
**Intermediate (10-13)**

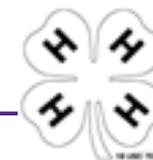
## Hamburger Bologna

### Ingredients:

- 2 Lbs. Lean hamburger
- 2 Tbsp. Mortin's Tender Quick
- ½ tsp. Liquid smoke
- 1 pinch salt
- 1/8 tsp garlic powder
- ¼ tsp onion powder
- 1 tsp mustard seed
- 1 Cup water

### Instructions:

1. Combine ingredients in bowl. Mix by hand.
2. Divide into 3 parts. Roll into 6" long roll, and wrap in plastic wrap. Refrigerate for 24 hours.
3. Unwrap and put on Broiler pan. Cook at 300 degrees for 1 ½ hours.
4. Refrigerate or freeze in foil.



# Side Dish

**Collins  
Junior (7-9)**

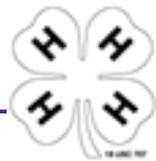
## **GG's Mac and Cheese**

### **Ingredients:**

2 C uncooked Elbow Macaroni  
1- Stick of Butter cut into slabs  
12oz- Cheddar Cheese  
4oz- Mozzarella Cheese  
5 Cups of Milk

### **Directions:**

- Preheat the oven to 350 degrees.
- Spray 9x13" Dish.
- Layer Macaroni, cheese, butter, and cover with milk, add salt and pepper to taste.
- Cook for 1 hour.



# Breakfast

**Grace  
Intermediate (10-13)**

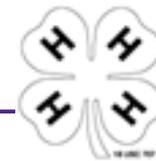
## **Rise & Shine Banana Yogurt Parfait**

### **Ingredients:**

½ cup yogurt (plain or vanilla)  
½ banana, sliced  
¼ cup granola  
1 teaspoon honey (optional)

### **Directions:**

1. Wash your hands before starting.
2. Slice the banana (ask an adult for help if needed).
3. Spoon a layer of yogurt into the bottom of a clear cup or bowl.
4. Add a layer of banana slices.
5. Sprinkle a layer of granola.
6. Repeat the layers until the cup is full.
7. Drizzle honey on top if you like.
8. Serve and enjoy!



# Breakfast

**Sasha**  
**Intermediate (10-13)**

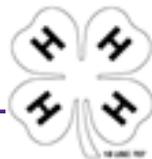
## Buffalo Breakfast Casserole

### Ingredients:

10 eggs, beaten  
1 c. milk  
1 1/2 c. diced ham, cooked sausage, chicken, or turkey  
2 c. diced bread  
1/4 t. ground mustard  
1/8 t. onion powder  
1/8 t. garlic powder  
1/4 t. salt and pepper, each  
1/4 c. buffalo sauce  
1 c. shredded cheddar  
2 T. butter

### Directions:

1. Whisk eggs until beaten.
2. Add milk and seasonings.
3. Melt butter.
4. Pour into baking pan with sides at least 2.5" tall.
5. Spread bread evenly into pan.
6. Pour egg mixture over bread.
7. Sprinkle chosen meat onto eggs.
8. Sprinkle cheese on top of casserole.
9. Cover pan with aluminum foil.
10. Bake in 350°F. oven for 1 hour.
11. Casserole can be made ahead and refrigerated prior to baking.



# Side Dish

**Stetson**  
**Junior (7-9)**

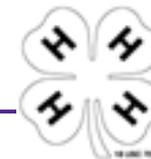
## Dilly Casserole Bread

### Ingredients:

1 pkg. dry yeast  
1 C. cottage cheese (heated to lukewarm)  
2 Tbsp. sugar  
1 Tbsp. minced onion  
1 Tbsp. butter  
2 tsp. dill seed  
1 tsp. salt  
¼ tsp. soda  
1 egg, unbeaten  
2 ½ C. flour

### Directions:

1. Soften 1 pkg. dry yeast in ¼ C. warm water.
2. Combine yeast with cottage cheese, sugar, minced onion, butter, dill, salt, soda, and egg.
2. Add softened yeast mixture to 2 ¼ - 2 ½ C. flour to make a stiff dough, beating well.
3. Cover, let rise in warm place 50-60 minutes, until double in size.
4. Stir down dough.
5. Turn into buttered pan or casserole (1 ½ - 2 quart size).
6. Let rise until light, 30-40 minutes.
7. Bake at 350°F for 30-40 minutes, or until it sounds hollow when lightly tapped.



# Main Dish

## Layken Senior (14+)

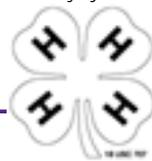
### Sloppy Sliders

#### Ingredients:

1 lb ground beef  
1/2 medium onion, finely chopped  
1 clove of garlic, minced  
1 cup ketchup  
2 tbsp brown sugar  
1 tbsp dry mustard  
1 tbsp Worcestershire sauce  
1/2 tsp salt  
1/2 tsp black pepper  
12 slider buns (Hawaiian rolls work great)  
1 cup shredded cheddar cheese  
2 tbsp butter, melted  
1 tsp garlic powder

#### Directions:

- Preheat oven to 350°F (175°C). Lightly grease a baking dish.
- Cook filling: In a skillet, brown ground beef with onion, and garlic until beef is cooked through. Drain excess fat.
- Make sauce: Stir in ketchup, brown sugar, mustard, Worcestershire, salt, and pepper. Simmer for 5–7 minutes until thickened.
- Assemble sliders: Slice rolls in half horizontally. Place bottom halves in the baking dish. Spread sloppy joe mixture evenly, sprinkle with cheese, and top with bun tops.
- Butter topping: Mix melted butter with garlic powder. Brush over the buns.
- Bake for 10–12 minutes until cheese is melted and tops are golden.
- Serve & Enjoy: Sprinkle with enjoy warm



# Breakfast

## Ryker Cloverbud (5-6)

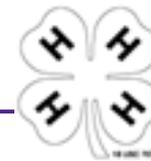
### Pumpkin Muffins

#### Ingredients:

3 cups sugar  
1 cup cooking oil  
2 cups pumpkin  
4 eggs  
Dash of salt  
2 teaspoons soda  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
¼ teaspoon cloves  
3 ½ cups flour

#### Directions:

1. Beat eggs well.
2. Add sugar, beat until light.
3. Add pumpkin, oil, and dry ingredients.
4. Grease and flour 2 loaf pans or put liners in muffin tins.
5. Bake at 350°F for about 1 hour for loaves, or about 20-25 minutes for muffins, or until a toothpick comes out clean.



# Dessert

## Kashden Junior (7-9)

### Christmas Jello

#### Ingredients:

- ½ c cinnamon red hot candies
- 1 cup water
- 1 (3 ounce) package cherry-flavored gelatin (such as JELL-O)
- 2 cups applesauce

#### Directions:

Dissolve cinnamon candies in water in a saucepan over medium heat. Mix in gelatin and allow to dissolve; remove from heat and stir applesauce into mixture. Pour into serving dish and refrigerate until set, about 2 hours.



# Main Dish

## Ari Intermediate (10-13)

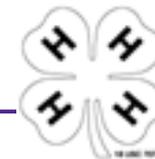
### Chicken Avocado Over-Stuffed Quesadillas

#### Ingredients:

- 3 T. Caesar dressing
- 2 t. chopped fresh cilantro
- 2 burrito sized flour tortillas
- ¾ c. grated Monterey Jack cheese
- 1 c. chopped grilled chicken breast(¾" pieces)
- ½ c. shredded cabbage
- ½ c. Pico de gallo
- 1 avocado sliced
- 2 T. vegetable oil

#### Directions:

1. Combine dressing and cilantro in a small bowl.
2. Roll up tortillas in waxed paper or paper towel and microwave 10 seconds to soften.
3. Place tortillas on work surface.
4. Sprinkle ¼ c. cheese in a circle in the center of tortilla, leaving 3" border all around.
5. Top with half the chicken; drizzle with half the dressing mixture.
6. Top with half each of cabbage, Pico, and avocado; sprinkle with 2 T. cheese.
7. Working with one tortilla at a time, fold top of tortilla down over filling to the center. Clockwise, fold next section toward center, and so on until a hexagonal shape forms and center is covered.
8. Heat 1 T. oil in skillet over medium heat.
9. Cook each side of quesadilla about 5 minutes per side.
10. Add second T. oil and repeat cooking process with the other quesadilla. Serve while warm!



# Main Dish

## Julien Cloverbud (5-6)

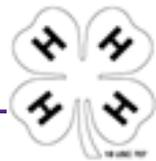
### Smoky Two-Bean Chili

#### Ingredients:

1 lb. browned ground beef/pork blend  
1 chopped onion  
1 chopped bell pepper  
1 T. chopped garlic  
2 t. smoked paprika  
1 T. chili powder  
1 T. oil  
1 t. Italian seasoning  
1/c. chopped fresh cilantro  
1/2 t. cumin  
1 15.25 Oz can no-salt black beans  
1 15.25 Oz can dark red kidney beans  
1 28 Oz can crushed tomatoes (fire roasted if available)  
1 8 Oz can no salt tomato sauce  
1/2 c. beef broth  
2 t. chopped jalapeno  
8-10oz chopped roasted green Chiles  
1 t. liquid smoke  
1 t. Worcestershire sauce  
Salt and pepper to taste

#### Directions:

Saute onion, bell pepper, and garlic until tender. Add remaining ingredients. Simmer, stirring occasionally until just a slight bubble. Serve alone, over corn chips, hot dogs, or with your favorite toppings!



# Dessert

## Olivia Junior (7-9)

### Sugar Cookie Cheesecake Cups

#### Sugar Cookie Cups - Ingredients:

¾ c butter, softened  
1 c sugar  
1 large egg  
1 tsp vanilla extract  
2 c flour  
1/8 tsp salt  
1 tsp baking soda  
2 tsp cornstarch

#### Directions:

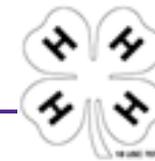
Preheat oven to 350 degrees F. Lightly spray mini muffin pan with cooking spray and set aside. Cream butter and sugar together until creamy. Beat in the egg and vanilla until well blended. In a separate bowl, add the flour, salt, baking soda, and cornstarch. Mix together. Beat the dry ingredients into the wet ingredients until well combined. Dough will be very thick. Make into balls and place into each muffin tin, press cookie dough in bottom and about half way up the sides, forming a cup shape. Bake for 20-22 minutes or until cups lightly brown. Remove from oven and let cool about 5 minutes. Note: If centers have puffed up too much, then use the end of a wooden spoon, glass, or the bottom of a spoon to press the center down. Allow to cool.

#### Cheesecake Filling - Ingredients:

8 oz cream cheese  
½ c sugar  
1 tsp vanilla extract  
4 oz cool whip

#### Directions:

Beat cream cheese until smooth. Add in sugar and vanilla and beat for about 2-3 minutes until creamy. Fold in whipped cream. Spoon pipe into each cooled cookie top. Top with your choice of mixed fruit.  
Top with your favorite fruits!



# Dessert

## Kambri Intermediate (10-13)

### Fresh Lemon Meringue Pie

#### Crust Ingredients:

2 c. flour  
1 c. Crisco (butter flavored)

1 tsp. Salt  
½ c. ice water

#### Directions:

Combine flour and salt, cut in Crisco, then add ice water gradually, and stir until well blended. Roll out on a floured surface. Makes 2 9-inch crusts.

#### Filling Ingredients:

1 ½ c. sugar  
¼ tsp. salt  
½ c. fresh squeezed lemon juice  
3 egg yolks, well beaten  
1 ½ c. boiling water  
2 to 3 drops yellow food coloring, optional

¼ plus 2 T corn starch  
½ c. cold water  
1 (9 inch) baked pie crust  
2 T. butter or margarine  
½ lemon peel, grated

#### Directions:

In a saucepan thoroughly combine sugar, cornstarch and salt. Gradually blend in cold water and lemon juice; stir in egg yolks. Add butter and boiling water. Over medium high heat, bring to a boil, stirring constantly. Reduce heat to medium and boil 1 minute. Remove from heat and stir in lemon peel and food coloring. Pour into baked pie crust.

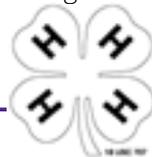
#### Meringue Ingredients:

1 T. cornstarch  
½ c. warm water  
6 T. sugar  
1 tsp. Vanilla

1 ½ T. cold water  
3 egg whites  
⅛ tsp Salt

#### Directions:

Dissolve cornstarch in cold water. Add warm water and cook until clear. Let cool slightly. Put egg whites, sugar, salt, vanilla and cornstarch mixture into mixer bowl. Beat until firm but not dry peaks form. Pile meringue on pie. Be sure to seal edges. Bake at 350 degrees until lightly browned.



# Main Dish

## Colt Junior (7-9) Colt's Seafood Sushi Cups

#### For the Rice:

1 cup sushi rice  
2 Tablespoons Rice Vinegar  
Avocado Oil Spray

#### Directions:

1. Preheat oven to 400 F
2. Cook the rice according to the package, once rice is cooked stir in Rice Vinegar.
3. Spray a muffin tin generously with avocado oil
4. Scoop equal amounts of sushi rice in each cup & press gently to even out. Use a measuring cup to press & make cup shapes. Place in freezer for 20 min.
5. Remove rice in muffin tray from freezer & spray rice with avocado oil. Bake for 15 min.

#### For the Filling:

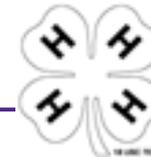
12 oz imitation crab and/or shrimp, chopped  
4 oz cream cheese  
1/4 cup sour cream  
1/2 teaspoon Worcestershire sauce  
2 teaspoon soy sauce  
1 teaspoon garlic powder  
pinch salt  
pepper to taste

#### Directions:

1. In a bowl combine crab, shrimp, cream cheese, sour cream, salt, pepper, garlic powder, soy sauce & Worcestershire. Set in fridge for 30 min.
2. Remove the muffin tray of rice from the oven, scoop equal amounts of crab mix in each compartment & press down a bit.
3. Bake for about 7-10 min, until crab is a bit golden on top.
4. Remove & let cool
5. Carefully use an icing/offset spatula to remove from muffin tin.

#### Topping Options:

Avocado, diced  
Spicy mayo  
Furikake



Bang Bang sauce  
Cucumbers, diced  
Sriracha

# Main Dish

## Trent Senior (14+) Dutch Oven Pizza

### Ingredients:

#### For the Pizza Dough:

- 4 ½ cups bread flour or all-purpose flour
- ½ tablespoon granulated sugar
- 1 tablespoon kosher salt
- 1 envelope instant dry yeast (7g)
- 3 tablespoons olive oil (plus more for brushing)
- 15 oz lukewarm water

#### For the Pizza Sauce:

- 1 (15 oz) can crushed tomatoes
- ½ tsp garlic salt
- 1 tsp Italian seasoning
- ½ tsp black pepper

#### For the Toppings:

Your choice of meat toppings, cheese, veggies, and more

### Directions:

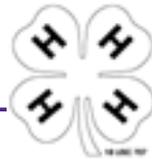
#### Make the Pizza Dough:

1. In an electric mixer or food processor, whisk together flour, sugar, salt, and yeast.
2. Add olive oil and lukewarm water, mixing until combined. If using an electric mixer, switch to a dough hook.
3. Knead the dough until smooth, then divide into three equal pieces. Let rise for 1 ½ hours.

#### Make the Pizza Sauce:

1. Puree the crushed tomatoes in a blender and transfer to a bowl.
2. Stir in seasonings. Set aside or refrigerate.
4. Assemble the Pizza:
  1. Preheat oven to 450°F with the Dutch oven on the lowest rack.
  2. Roll out dough on a floured surface into a 12-inch disk. Brush with olive oil and spread sauce.
  3. Top with desired toppings
  4. Carefully lift the pizza onto parchment paper and place in the Dutch oven.
  5. Bake for 12-15 minutes until the crust is golden and the cheese is melted. 6. Repeat with remaining dough.

*For Campfire Cooking: Preheat the Dutch oven over a fire, then cover with the lid and bake for about 30 minutes.*



# Dessert

## Rylee Intermediate (10-13) Chocolate Candy Cake

### Ingredients:

#### Cake -

- ½ c. margarine
- 1 c. water
- ½ c. shortening
- ¼ c. cocoa
- 2 c. sifted flour
- 2 c. sugar
- ½ c. sour milk
- 2 eggs
- 1 tsp. soda

#### Frosting-

- ½ c. margarine
- 5 tbsp. milk
- ¼ c. cocoa
- 1 lb. powdered sugar

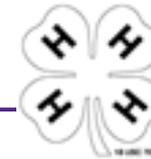
### Directions:

#### Cake-

1. Mix margarine, water, shortening and cocoa. Heat to boiling and margarine is melted.
2. Pour over sifted flour.
3. Add sugar and mix well.
4. Add sour milk, eggs, and soda.
5. Pour on greased jelly roll pan and bake at 350°F for 15-20 minutes.

#### Frosting-

1. Heat margarine, milk, and cocoa until margarine is melted.
2. Pour over sifted powdered sugar.
3. Mix well and spread on hot cake.



# Main Dish

Ethan

Intermediate (10-13)

## Sweet Heat Chicken (Served over White Rice)

### Ingredients:

#### Sweet Chili Sauce:

6 Garlic cloves peels and minced	1 ½ Tbsp Spicy Chili Crisp
1 cup Sugar	1 ½ cup Water
½ cup Vinegar	1 tsp Salt
2 Tbsp Cornstarch	

#### Rice:

1 ½ cup White Rice	3 cups Water
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#### Chicken:

2 ½ lbs boneless, skinless Chicken Thighs	½ tsp Salt
Salt and Pepper	¾ cup Cornstarch
Sesame Seeds and green onions for garnish	1 ½ cup Vegetable Oil

### Directions:

#### Preparing the Sauce:

Start by mincing your garlic. In a small saucepan, whisk together garlic, chili crisp, sugar, water, vinegar, salt and cornstarch. Cook on medium heat, simmer until thickened, whisking frequently. Once thickened, set aside.

#### Preparing the Rice:

Combine rice, water and salt into medium saucepan. Cook on the stove over medium-high heat until it comes to a boil, uncovered. As soon as it begins to boil, stir the rice, immediately cover the saucepan with a lid and turn the heat to low setting. Cook without peeking for at least 7-10 minutes. Peeking releases the steam that is needed for cooking the rice. Once the cooking time is up, remove the pot from the heat and let it stand, with the lid on until ready to serve.

#### Preparing Chicken

Cut the chicken thighs into bite-size pieces and put them into a large Ziploc bag. Combined with salt, pepper and cornstarch. Shake until all chicken is well coated. Heat the vegetable oil in a large skillet over medium-high heat. Add the chicken, shaking any excess cornstarch off the chicken. Cook until nicely browned on all sides and cooked through, for about 4-5 minutes. Reduce the heat if needed so the chicken does not over-brown or stick to the pan. Remove the chicken and rest on a plate with paper towels on it to absorb the excess oil.

#### Preparing the dish:

In a large skillet, add the cooked chicken and pour sweet chili sauce over the chicken. Gently stir the chicken to evenly coated in the sauce. Grab a fork and fluff your rice, then add it to the bottom of a serving dish. Pour the chicken over the rice, along with all the sauce. Top with sesame seeds and green onions for a garnish.

# Main Dish

Charlie

Intermediate (10-13)

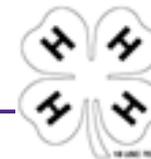
## Davey Jones Caribbean Pulled Chicken

### Ingredients:

- 2 # of chicken
- 1/4 c. Tamari Sauce or Soy Sauce
- 2 TBP Brown Sugar
- 1 c Crushed Pineapple
- 2 TBL Tomato Paste
- 1 TSP Garlic
- 1 TSP Chopped Onion
- 2 TSP Fresh Ginger

### Directions:

Mix ingredients together cook in crockpot and cook on low for 8 hrs. Serve with a bun or as a lettuce wrap



# Main Dish

Josey  
Senior (14+)

## Venison Tacos

### Ingredients:

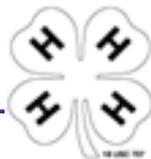
1 medium Venison roast, a tender cut  
1 ½ Tbsp. Taco seasoning  
2 cups Beef bone broth  
3-4 oz. Peppers in adobo sauce (Chipotles)  
½ White onion  
2 tbsp lime juice  
Flour/corn tortillas  
Cheddar cheese

### Taco Seasoning:

2 Tbsp. Chili powder  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp oregano  
1 tsp paprika  
2 tsp pepper  
3 tsp cumin

### Directions:

1. Trim up venison, removing any silver-skin. Leave meat whole.
2. Put venison in crock pot, along with beef bone broth, Chipotles, taco seasoning, onion, and lime juice.
3. Cook in crock pot on high for 5-6 hours or until meat can be shredded with a fork.
4. To assemble tacos, dip tortillas in leftover juice from meat. Lightly crisp on a griddle. Fill with meat, and cheese, and cook until crispy. Serve immediately.



# Main Dish

LeeAnn  
Junior (7-9)

## Tacos de Carne de Res con Salsa Verde

### Ingredients:

Carne de Res  
10 lb chuck roast, cut into small cubes  
1 medium yellow onion, diced  
1 tbsp garlic powder  
1 tbsp salt  
½ tbsp ground cumin  
Avocado oil (enough to coat the pan)

### Salsa Verde

8 tomatillos, peeled and rinsed  
1 medium yellow onion  
4 jalapeños  
5 serrano peppers  
4 cloves garlic  
1 bay leaf  
1 bunch cilantro  
1 tsp salt  
1 tsp ground cumin  
1½ tsp chicken bouillon  
Water (for boiling)

### For Serving

Chopped cilantro  
Chopped white onion  
Lime wedges  
Corn or flour tortillas

### Directions:

#### Carne de Res

Heat a large, heavy pan or comal over **medium heat**. Lightly coat the bottom with avocado oil. Add the diced yellow onion and cook for **2-3 minutes**, just until softened and fragrant. Add the cubed beef to the pan and season with garlic powder, salt, and cumin. Stir well to evenly coat the meat with seasoning. Cook on **medium heat**, stirring occasionally. The meat will release its juices—allow it to cook until all the liquid has completely evaporated. Continue cooking until the beef begins to fry in its own fat and develops a deep, well-browned color. Remove from heat and keep warm.

#### Salsa Verde

Fill a medium-sized pot with water. Add the tomatillos, onion, jalapeños, serrano peppers, garlic, and bay leaf. Bring to a boil and cook until all the vegetables are soft. Reserve **½ cup** of the cooking water, then drain the vegetables and discard the bay leaf. Add the vegetables and reserved water to a blender. Add the cilantro, salt, cumin, and chicken bouillon. Blend until smooth. Taste and adjust seasoning as needed.

#### To Serve

Warm the corn or flour tortillas on a griddle or comal until soft and lightly toasted. Fill each tortilla with the carne de res. Top with chopped onion, cilantro, a squeeze of fresh lime, and salsa verde to taste. Serve immediately.

#### Notes

*Cutting the meat into small cubes allows it to cook evenly and brown properly, giving it a traditional taquería-style texture.*

*Let the meat fry briefly after the liquid cooks off for the best flavor.*

*Serve family-style with extra salsa verde, lime wedges, and warm tortillas.*

# Main Dish

**Gemma  
Junior (7-9)**

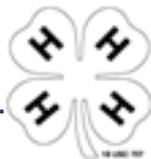
## Beef and Bean Tiny Tacos

### Ingredients:

1 pound ground beef  
1 packet taco seasoning  
1/2 cup water  
48 round corn tortilla chips, from 1 (11 ounce) bag  
1 (14 ounce) can refried beans  
8 ounces shredded Mexican blend cheese  
1/4 cup finely chopped cilantro  
1/4 cup taco sauce for dipping, or as needed

### Directions:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Heat a large skillet over medium-high heat. Add beef and cook while crumbling with a spatula and stirring occasionally until browned, about 5 minutes. Add taco seasoning and water and stir, using a wooden spoon to scrape up any browned bits from the bottom. Cook, stirring occasionally, until meat is well coated in seasoning. Remove from heat and set aside.
3. Arrange whole chips on the bottom of 2 rimmed baking sheets. Spread each chip evenly with a thin layer of refried beans. Top evenly with taco meat and cheese.
4. Bake in the preheated oven until cheese is melted, 5 to 7 minutes.
5. As soon as chips are baked, carefully fold each chip in half to form a taco shape.
6. Place tacos on a serving platter with your choice of toppings and dips.



# Main Dish

**Emitt  
Intermediate (10-13)**

## Tortellini Primavera

### Ingredients:

2 T butter  
1 onion finely diced  
3 garlic cloves, minced  
3 medium carrots, diced  
1 cup small cauliflower florets  
1/2 C chicken broth  
1/3 C heavy cream  
1/2 C freshly grated Parmesan cheese, plus more for serving  
1 C frozen peas  
3/4 C small-diced cooked ham  
12 basil leaves, chopped  
1 pound cheese or spinach tortellini, cooked according to package directions

### Directions:

Melt butter in a large skillet over medium-high heat. Add the onion and garlic and saute for 1 minute. Add the carrots and cauliflower and stir, then cook for another minute. Splash in the chicken broth. Then cook for 2-3 minutes, until the liquid has reduced a bit. Turn the heat to low and add the cream and parmesan. Stir the sauce and let it bubble up and thicken for 2-3 minutes more. Pour in the frozen peas and the ham. Stir it all around, then add the basil and salt and pepper to taste. Finally toss in the tortellini and serve it up with extra parmesan and basil.

