A Taste Of HOME

Fall 2006

Brought to you by the Department of Dining Services.
Table of Contents

I. Taste SOUPS from home
II. Taste BREADS from home
III. Taste SIDE DISHES from home
IV. Taste CHICKEN DISHES from home
V. Taste MAIN ENTREES from home
VI. Taste ITALIAN DISHES from home
VII. Taste MEXICAN DISHES from home
VIII. Taste DESSERTS from home
SOUPS
Acme Chili
From the Kitchen of Jeanie Benson
Serves 12

2-1/2 lbs hamburger
1 (15 oz) can tomatoes
5 Tbsp chili powder
3 medium onions, diced
1 (1 qt) can tomato juice
1 Tbsp black pepper
2 (15 oz) cans small red beans
3 Tbsp salt
1 (15 oz) can water

Brown onions and hamburger. Add all other ingredients and cook slowly at least 2 hours (all day is better).

Note from Jeanie about this recipe:

Zach’s Grandpa Zalman was a student at the University of Nebraska in 1929. When he had a little extra money he would eat lunch at the Acme Chili Parlor at 14th and O Streets in Lincoln. Here is the original recipe that we all grew up on and is a family staple.
Cajun Black Bean Soup
From the Kitchen of Paul Judd
Serves 8

1 lb dry black beans | 1/2 tsp cayenne pepper
2 lbs smoked ham hock | 1 cup minced green bell pepper
1-1/2 quarts water | 2 Tbsp chili powder
1/4 cup dried minced onion | 1 tsp salt
2 Tbsp smoked paprika | 1/2 tsp ground cumin

In a large kettle, combine beans, ham hocks and water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Stir frequently and add more water if necessary to cover beans. To test for doneness, remove a few beans from kettle with a slotted spoon and blow on them. Skin will pop open when beans are cooked.

Remove ham hock. Chop meat from bones and discard fat and bones. Add meat to soup. Stir in minced onion, paprika, cayenne pepper, green pepper, chili powder, salt and cumin. Cover and simmer for one hour. Serve with shredded Monterey Jack cheese, sour cream, minced chives or chopped hard cooked eggs.
Creole Chicken Gumbo
From the Kitchen of Becky LeForce
Serves 8

1 whole chicken, cooked 1 (1 lb) can whole tomatoes
1/3 cup oil 3 to 4 cloves garlic, chopped
1/3 cup flour 2 bay leaves (optional)
1 large onion, chopped 1 (20 oz) bag frozen okra, thawed
2 ribs celery, chopped salt and pepper to taste
1/2 lb ham, cubed steamed rice
chicken broth

Cut chicken into bite size pieces. In large skillet, heat oil and stir in flour. Stir constantly until dark brown. Add onions and celery; brown until onions are clear. Transfer to a large pot. Add ham, cooked cut chicken, tomatoes, garlic, bay leaves, thawed okra and enough chicken broth to make a thick soup. If okra is slimy, use vinegar or lemon juice to cut the slime and then rinse before adding to Gumbo. Cook on low heat with lid on for 2 hours. If gumbo is too thick, add water. Serve over rice.
Chicken Tortilla Soup
From the Kitchen of Colleen Destree
Serves 6-8

4 boneless, skinless chicken breast halves, cut in bite-size pieces
2 (15 oz) cans black beans, undrained
2 (15 oz) cans Rotel tomatoes
1 cup mild salsa
1 (4 oz) can chopped green chiles
1 (14.5 oz) can tomato sauce
tortilla chips
2 cups grated Colby Jack cheese
sour cream or guacamole, to taste

Combine all ingredients except chips, cheese and sour cream or guacamole in a large slow cooker. Cover and cook on low for 8 hours or until chicken is thoroughly cooked. Can also be cooked on the stove on low heat.

To serve, put a handful of chips in each soup bowl. Ladle soup over chips. Top with cheese, sour cream and guacamole as desired.
Easy Potato Soup
From the Kitchen of Judy Gregory
Serves 6

1 (32 oz) bag frozen hashbrowns, in chunks
1/2 onion, chopped
1/2 lb chopped cooked bacon
8 oz cream cheese, cubed
40 oz chicken broth

Melt cream cheese and a little broth. Mix remaining broth and all ingredients. Cook until potatoes are tender.
Grandpa’s Beef Veg Soup
From the Kitchen of the Sargent Family
Serves 10

2 lbs beef stew meat, cubed
6 cups water
2 (16 oz) cans stewed tomatoes
2 medium onions, diced
1 cup celery, diced
2 garlic cloves, minced (or 1/4 tsp garlic powder)
1 Tbsp salt
1/4 tsp pepper
1-3/4 tsp chili powder
1 package frozen mixed vegetables

Place beef cubes and all ingredients except veggies in a large pan; cover. Simmer for 2 hours or until meat is tender and done. Then add the veggies. Potatoes and cabbage can also be added. Simmer until done.
# Moroccan Cumin Chicken Soup

**From the Kitchen of Jill Arko**

**Serves 6**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 chicken breasts, diced</td>
<td>8 cups chicken stock</td>
</tr>
<tr>
<td>2 tsp ground cumin</td>
<td>1/2 tsp salt</td>
</tr>
<tr>
<td>2 Tbsp olive oil</td>
<td>1/4 tsp black pepper</td>
</tr>
<tr>
<td>1 onion, diced</td>
<td>1/2 cup dry pasta (small for soups)</td>
</tr>
<tr>
<td>2 large carrots, diced</td>
<td>1 tsp lemon juice</td>
</tr>
<tr>
<td>6 garlic cloves, minced</td>
<td>1/4 cup chopped parsley</td>
</tr>
</tbody>
</table>

Sprinkle chicken with cumin. Heat oil; add chicken and saute 10 minutes. Transfer chicken to a plate. Add onion, carrots and garlic to skillet; cook 8 minutes. Transfer vegetable mixture to a large saucepan. De-glaze skillet with some chicken stock. Add to saucepan along with remaining stock. Bring to a boil, then simmer for 15 minutes. Add chicken along with salt, pepper, pasta and lemon juice. Simmer for 5 more minutes. Add parsley and serve.
Parmesan Potato Soup
From the Kitchen of Jennifer Olstad
Serves 10

2 pounds baking potatoes 1/2 tsp black pepper
3/4 cup diced onion 1/2 tsp rubbed sage
1/2 cup butter 1/2 tsp thyme
1/2 cup flour 4-1/2 cups chicken broth
1/2 tsp basil 6 cups milk
1/2 tsp Lawry’s seasoned salt 1 cup parmesan cheese
1/2 tsp celery salt 10 bacon strips, cooked crisp and crumbled
1/2 tsp garlic powder

Pierce potatoes and bake until tender. Cool, peel and cube. In a large kettle over medium heat, saute onions in butter until onions are clear. Combine flour and spices in small bowl and stir into butter and onion mixture. Gradually add broth, stirring constantly. Bring to a low boil; cook and stir for 2 minutes. Add potatoes and return to a boil. Cover and simmer for 10 minutes. Add milk and cheese. Heat through. Stir in bacon and serve.
Potato Soup
From the Kitchen of Janna Jernigan
Serves 6

1 large onion, chopped
1 clove garlic, minced
1 carrot, diced
1 quart chicken broth
3 Tbsp flour
salt and pepper to taste
2 Tbsp margarine or butter
3 cups potatoes, pared and diced
1 stalk celery, diced
1/2 cup half and half
1 chicken bouillon cube

In a 4-quart casserole, cook onion and garlic with butter for 4 minutes, uncovered on high, stirring every 2 minutes. Add potatoes, carrots and chicken broth. Cover tightly and cook on high for about 15 minutes, stirring occasionally. Add parsley. Mix flour with 1/2 cup half and half; add to soup. Cook covered for 5-7 minutes on medium high, stirring several times until soup is hot and thickened. Add salt and pepper to taste.
Taco Soup
From the Kitchen of Janna Jernigan
Serves 8

1 lb lean ground beef
3 (15 oz) cans of beans (feel free to mix and match - black, pinto, brown)
1 (15 oz) can of whole kernel corn
1 (15 oz) can Rotel tomatoes
1 package of taco seasoning mix
1 package Hidden Valley Ranch dressing mix
1 onion, chopped
1 Tbsp tomato paste

Brown hamburger meat and onion. Put browned meat mixture in a soup pot. Add beans, corn, both packages of seasonings, Rotel tomatoes, and tomato paste. Bring to a boil and simmer for a while. Add water as needed to bring the soup to a good consistency.
Tortilla Soup
From the Kitchen of Jennifer Olstad
Serves 8

3 cups chicken broth
3 (15 oz) cans diced tomatoes with juice
2 chicken breasts, cooked and cubed
1 box Zatarain’s red beans & rice, prepared
2 Tbsp dried minced garlic
2 Tbsp dried minced onion
2 Tbsp dried oregano
pepper to taste
garlic salt to taste
corn tortilla chips
1 cup water
cilantro
green onion, chopped

In a large sauce pan, combine chicken broth, tomatoes, cooked chicken, prepared red beans and rice, and spices. Bring to a boil. Turn heat to low and simmer for at least 20 minutes. Add tortilla chips, water and cilantro. Let simmer 10 minutes until chips have broken down. Add the green onions. Serve with sour cream and cheese on top.
A Taste of Home is one way for students here at the University of Northern Colorado to participate in one of the many exciting events here on campus.

UNC Dining Services is proud to provide this cookbook to you as a “thank you” for your participation in the Fall 2006 Taste Of Home. With the assistance of parents like you, we are able to look into your recipe box and see what your students enjoy while dining at home. This information gives us the opportunity to analyze our menus and keep in touch with the ever changing dining habits of our students.

**Additional Services Provided by Dining Services:**

For upperclassmen living off campus or in Lawrenson Hall:  
**Bear Plans are a Smart Choice**
- 50 meal access averages to 3 meals per week
- 80 meal access averages to 5 meals per week
- 120 meal access averages to 7 meals per week
- 160 meal access averages to 10 meals per week

These are our most flexible meal plans available.

Eat any meal you care to. Take a friend or parent to lunch. Any time you are on campus, you have access to any of UNC’s three dining facilities.

In addition to our Executive Chef, Registered Dietitian and three dining facilities, we also offer: University Catering, Taco Bell Express™, Kepner Coffee Korners, Michener Library Coffee Corner, the University Center Food Court Express, and the UC Starbucks® coffee location.

Other special events throughout the year: Steak Nights, Thanksgiving Brunch, Study Breaks during finals week, the RHA (Residential Housing Association), Returnopoloy, Various Monotony Breakers, Easter Brunch, Winter and Spring Festivals, Family Weekend, the Welcome BBQ during Fall opening weekend, and other dinners such as the Homecoming Kick-Off Dinner.

Weekly menus are available in the dining rooms and online at www.unco.edu/dining, or call the FOOD LINE for daily menus at 351-FOOD (351-3663)

**Interesting Facts:** Currently, we have over 1,000 faculty and staff members who are signed up to eat in the dining rooms through our payroll deduction program. In October, over 1,300 meals were enjoyed by these staff members. We have roughly 2,700 students eating with us who live on campus, and over 1,250 who live off-campus.