

2022 LaRue County High School Junior Chef Recipe

Chef Hawks

Hawk-O Soup

- Ingredients:**
- 1 Recipe Roasted Corn off the Cob (*See Recipe Below*)**
 - 1 Recipe Prepared Taco Seasoning Mix (*See Recipe Below*)**
 - 1 cup yellow onion, peeled and chopped**
 - 1 Tbsp. minced Garlic**
 - ¼ cup Jalapeno Pepper, seeded and minced**
 - ½ cup Poblano Pepper, seeded and diced**
 - 2/3 cup Fresh Cilantro, washed, dried, and chopped**
 - 4 tsp. Olive Oil**
 - 1 ½ lb. Ground Pork**
 - 1 cup 50% lower sodium Beef Broth**
 - 29 oz. Canned Diced Tomatoes, with Juice**
 - 4 oz. can Green Chiles**
 - 1 14oz. can Tomato Sauce**
 - 2 Tbsp. Tomato Paste**
 - 2 tsp. Black Pepper**
 - 1 14.5oz. can reduced sodium Black Beans, drained, rinsed**
 - 1 14.5oz. can reduced sodium Pinto Beans, drained, rinsed**
 - Juice from 1 medium fresh lime**
 - 12 .75oz bags Frito Chips (2 per bowl)**
 - 6 Tbsp. Shredded Cheddar Cheese**
 - 1 medium Avocado, peeled, seeded, and sliced into 12 slices**
 - 6 Tbsp. Lite Sour Cream**
 - 6 Green Onions (green stems only) chopped**

Directions:

- 1. Prepare Taco Seasoning Mix (*See recipe below*).**
- 2. Prepare Roasted Corn (*See recipe below*).**
3. In large pot on stovetop, heat 2 tsps. Olive Oil over medium heat until waves appear. Add the pork, and cook, stirring occasionally to break up the larger chunks, until pork has reached an internal temperature of 145 degrees. Remove from heat. Place paper towels in bottom of tray or large plate. Place colander on paper towels and place the meat into the colander to drain. Set aside.
4. Return pot to stovetop and heat 2 tsps. Olive Oil over medium heat. Add the onions, garlic, jalapeno, and poblano pepper along with 2/3 cup of the cilantro. Saute vegetables for 2 minutes. Return the drained meat to the pot and combine with

vegetables. Add 2 Tbsp. water and the prepared **Taco Seasoning Mix**. Stir well to combine. Add the Beef Broth, Diced Tomatoes & Juice, green chiles, tomato sauce, tomato paste, black beans, pinto beans, and the **Roasted Corn kernels**. Stir well to combine all ingredients.

5. Turn heat to High. Cover pot with lid and allow the soup to come to a rolling boil. Reduce the heat to medium low, and allow the soup to simmer for 25 minutes, stirring occasionally. Turn off heat and prepare soup bowls.
6. When soup is done, place two .75 oz bags of Fritos in the bottom of 6 large, deep soup bowls. Stir the juice of the fresh lime into the soup pt and immediately ladle 1 cup of the soup over the Fritos. Sprinkle each bowl with 1 Tbsp. Shredded Cheese. Fan out 3 slices of the Avocado atop the cheese in each bowl. Top with 1 Tbsp of Sour Cream and sprinkle with chopped green onions. Serve piping hot.

Roasted Corn off the Cob

Ingredients: 2 ears fresh corn (husks and silks removed, washed, dried)
Non-stick cooking spray

- Directions:**
1. Coat both ears of corn with non-stick cooking spray.
 2. Place on sheet pan and roast in oven 40 minutes.
 3. Slice kernels of corn from cob when cool. Set aside for later use.

Taco Seasoning Mix

Ingredients: ½ tsp Garlic Powder
½ tsp Onion Powder
½ tsp Dried Oregano
½ tsp Chili Powder
½ tsp cracked Black Pepper
1 tsp Paprika
2 tsp. No-sodium seasoning (Mrs. Dash)
2 tsp Cumin

- Directions:**
1. Using pepper grinder, finely grind the cracked pepper.
 2. Measure ground pepper and all remaining ingredients into small container with tightly fitting lid. Shake well to combine. Set aside for later use.