



Leaves and Ladles



Seasonal Soups and Sides

DTN 340 Nutrition Education

Fall 2023

MISSOURI STATE UNIVERSITY



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Taco Soup

1 lb	Ground Beef 80/20 (any is fine even turkey burger)
1 can (2 cups)	Kidney Beans
1 can (2 cups)	Black Beans
1 can (10 oz)	Canned diced tomatoes w/ green chilies.
1 can (2 cups)	Petite diced tomatoes
1 can (2 cups)	Yellow canned corn
1 can (2 cups)	Beef broth
1 Packet (3 Tbsp)	Taco Seasoning
1 Packet (3 Tbsp)	Ranch Seasoning

1. Cook the ground beef till brown in a skillet.
2. Add all ingredients into a crockpot.
3. Cook on High for 2 hours or Low for 4 hours.
4. Ladle into bowls and serve.

Serving Size: 1 ½

Total Servings: 8 servings

Nutrition Facts

Calories: 303

Carbohydrates 38g

Protein 20g

Fiber 10g

Fat 8g

Recipe from: Heidi. “Easy Crockpot Taco Soup Recipe {the Best!}.” *The Frugal Girls*, The Frugal Girls, 12 Jan. 2015, thefrugalgirls.com/2015/01/easy-crockpot-taco-soup-recipe.html. Accessed Nov 8, 2023.

Presented by Brayden Neal

Butternut Squash Soup

2 Tbsp	Extra-virgin olive oil
1	Large yellow onion, chopped
4 (10 oz)	Frozen butternut squash cubes
3 tsp	Minced garlic
½ Tbsp	Minced fresh rosemary
1/2 tsp	Ground ginger
3-4 cups	Low sodium vegetable broth
To taste	Salt and pepper

1. Heat oil in a large pot over medium heat. Add the onion, salt, and pepper and sauté until soft, 5-8 minutes. While sauteing, put the frozen butternut squash in microwave for the allotted time on the bag. When the onions are soft and the butternut squash is hot, add the butternut squash to onion in pot. Stir occasionally for 8-10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Cool slightly and pour the soup into a blender or use an emersion blender to smooth soup. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste.

Serving Size: ½ cup

Total Servings: 6

Nutritional Facts

Kcals	133.8 kcal
Fat	4.8g
Carbohydrates	23.8g
Protein	2.4g
Vitamin A	118.5%
Calcium	7%

Recipe modified from: Donofrio, J. Love & Lemons. Available at:

<https://www.loveandlemons.com/butternut-squash-soup/#wprm-recipe-container-42573>.

Accessed November 3, 2023.

Presented by Megan Moss

Crockpot Spinach and Artichoke Dip

1 package (10 oz)	Fresh spinach, chopped
1 can (14 oz)	Artichoke hearts, chopped
1 package (8 oz)	Cream cheese block, cut into cubes
1 cup	Sour cream
1 cup	Shredded mozzarella cheese
½ cup	Shredded Parmesan cheese
4 cloves	Garlic, minced
To taste	Salt and pepper

1. Add all ingredients to a small crockpot and stir.
2. Put the lid on and set on LOW for 2 hours.
3. After 1 hour, remove lid, and stir. Replace lid and continue to cook for 1 additional hour.
4. Stir dip and taste to adjust seasoning with salt and pepper. Serve with crackers, chips, bread, or raw vegetables.

Serving Size: 2 Tablespoons

Total Servings: 10

Nutritional Facts

Kcals	211
Fat	17g
Carbohydrates	7g
Protein	8g
Vitamin A	38%
Calcium	19%
Fiber	12%
Folate	24%

Recipe modified from: Donya Mullins, A Southern Soul. Available at:
<https://www.asouthernsoul.com/crock-pot-spinach-artichoke-dip/> Accessed
November 2, 2023.

Presented by Jaylee Wiedmer

Roasted Beet Salad with Goat Cheese and Honey Dijon Vinaigrette

Vinaigrette

2 Tablespoons	Honey
1 ½ Tablespoons	Dijon Mustard
3 Tablespoons	Red Wine Vinegar
1 ½ Tablespoons	Minced Shallots
½ teaspoon	Salt
¼ teaspoon	Ground Black Pepper
¼ cup and 2 Tablespoons	Vegetable Oil

Salad

10 ounces	Mixed Greens
½ lb.	Vacuum-packed Roasted Beets, cut into wedges
½ cup	Walnuts, coarsely chopped
3 ounces	Goat Cheese

For Vinaigrette

1. In a small bowl, whisk together the honey, Dijon mustard, red wine vinegar, shallots, salt and pepper. (Alternatively, add all the ingredients to a jar, cover with the lid, and shake vigorously to blend.)
2. Whisking constantly, slowly add the oil in a steady stream.
3. Taste and adjust seasoning if necessary.

For Salad

1. Place the greens in a large bowl.
2. Drizzle with about half of the vinaigrette and toss to combine.
3. Add as much of the remaining vinaigrette as desired and toss again.
4. Arrange the greens on a large platter or divide onto plates, then top with beets, walnuts, and goat cheese.
5. Serve immediately.

Note: If you'd like to roast your own beets, you'll need 1 bunch of medium beets (about 3). Preheat oven to 425°F and set one oven rack to the middle position. Wipe or scrub the beets clean, then trim stems down to one inch (leave "tails" on). Place the beets on a large piece of aluminum foil, drizzle with 1 tablespoon olive oil, then wrap foil around the beets to form a neat packet. Roast directly on a rack in the middle of the oven until tender, about 1 hour. Test for doneness by piercing the largest beet with a knife. If it enters easily, it's done. Unwrap the beets and let sit until cool enough to handle. Use your hands or a paring knife to peel the skin, then cut into wedges.

Make-Ahead Instructions: The vinaigrette can be made up to 4 days ahead and stored in the refrigerator. Before serving, let the vinaigrette sit out at room temperature for about 30 minutes, and then shake to re-emulsify.

Serving Size: 1 cup
Total Servings: 6 to 8 servings

Nutrition Facts

Per serving (6 servings)

Calories: 242

Fat: 21g

Saturated fat: 3g

Carbohydrates: 11g

Sugar: 9g

Fiber: 2g

Protein: 4g

Sodium: 322mg

Cholesterol: 7mg

Recipe modified from: Once Upon a Chef with Jen Segal. Available at:

<https://www.onceuponachef.com/recipes/roasted-beet-salad-with-goat-cheese-walnuts-honey-dijon-vinaigrette.html>. Accessed November 2, 2023.

Presented by Betsy Whitehurst and Amy Henning

Palestinian Lentil Soup

1.5 cups	Dry red lentils
6 cups	Water or vegetable stock
1 cube	Bouillon Cube
1 cup	Carrots, chopped
1	Onion, Chopped
2 cloves	Garlic, minced
1 tbsp	Olive oil
1 tsp	Cumin
½ tsp	Turmeric
To taste	Salt and pepper
Optional:	Lemon Wedges and pita chips

1. In a pot, add olive oil. Add onions, garlic, and carrots. Season with salt and pepper. Sauté for 5 minutes until fragrant.
2. Add lentils and sauté briefly. Season with cumin, turmeric, and crushed bouillon cube. Mix well.
3. Add water or vegetable stock. Bring to a boil, then reduce to a simmer. Cook for about 25 minutes until carrots are tender.
4. Once tender, use an immersion blender to puree the soup until creamy. If no immersion blender, transfer to a regular blender for a minute until smooth.
5. Serve hot with crispy pita chips and a squeeze of fresh lemon juice.

Serving Size: 1 cup

Total Servings: Approximately 6 servings

Nutritional Facts

Kcals	172.6
Fat	4.6g
Carbohydrates	24.4g
Protein	10.0g
Folate	50%
Fiber	28%

Recipe modified from: Alnamoora Family

Presented by Minna Alnamoora

Pumpkin Soup with Coconut Milk

1 large sweet potato
1 small pumpkin or buttercup squash, peeled and cut into 1-inch cubes (4 cups)
3 large carrots, peeled and cut in half
2 large red onions, halved
¼ cup cold-pressed extra-virgin olive oil
1 teaspoon flaked sea salt, or to taste
½ teaspoon ground allspice
1 pinch ground white pepper
1 teaspoon ground nutmeg
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground ginger
1 pinch ground black pepper
4 cups chicken stock
2 (13.5 ounce) cans coconut milk

1. Preheat oven to 350 degrees F (175 degrees C)
2. Wrap sweet potato in aluminum foil; place on an oven-safe dish to catch drips.
3. Bake in the preheated oven until soft, about 45 minutes.
4. While the sweet potato is roasting, place pumpkin, carrots, and onions on a baking pan. Brush with olive oil; sprinkle with salt, allspice, and white pepper.
5. Bake in the preheated oven until soft, 30 to 40 minutes.
6. Peel the sweet potato and squash when cool enough to handle. Transfer to a large saucepan; add carrots, onions, nutmeg, cumin, coriander, ginger, salt, and pepper. Stir in chicken stock and coconut milk. Bring soup to a boil; reduce heat and simmer until fragrant, about 20 minutes. Remove from heat.
7. Puree soup using an immersion blender until smooth.

For a vegetarian option, use Masse(R) chicken-style stock, which is vegetable-based.

Servings: 8

Yield: 8 servings

Nutritional Facts

Kcals	357
Fat	28g
Carbohydrates	25g
Protein	5g
Vitamin C	60%
Calcium	5%
Iron	39%

Recipe from: <https://www.allrecipes.com/recipe/259743/pumpkin-soup-with-coconut-mlk/>
accessed October 2023

Presented by Zoe Frederickson

Caramel Apple Cinnamon Scones

2 cups	All purpose flour + more for hands and work surface
2½ tsp	baking powder
1¼ tsp	ground cinnamon
½ tsp	salt
½ cup	unsalted butter frozen
½ cup	heavy cream + 8 tbsp for brushing
1	large eggs
½ cup	packed light or dark brown sugar
1 tsp	pure vanilla extract
1 heaping cup	peeled and chopped apple (Granny or Gala)
Optional topping:	coarse sugar
Topping:	store bought or homemade salted caramel

1. Whisk flour, baking powder, cinnamon, and salt together in a large bowl.
2. Grate the frozen butter using a box grater. Add it to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs.
3. Place in the refrigerator or freezer as you mix the wet ingredients together.
4. Whisk heavy cream, the egg, brown sugar, and vanilla extract together in a small bowl.
5. Drizzle over the flour mixture, add the apples, then mix together until everything appears moistened.
6. Pour onto the counter and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more Tablespoons heavy cream. Press into an 8-inch disc and, with a sharp knife or bench scraper, cut into 8 wedges.
7. Brush scones with remaining heavy cream and for extra crunch, sprinkle with coarse sugar. (You can do this before or after refrigerating in the next step.)
8. Place scones on a plate or lined baking sheet (if your fridge has space!) and refrigerate for at least 15 minutes.
9. Meanwhile, preheat oven to 400°F (204°C).
10. Line a large baking sheet with parchment paper or silicone baking mat. After refrigerating, arrange scones 2-3 inches apart on the prepared baking sheet(s).
11. Bake for 22-25 minutes or until golden brown around the edges and lightly browned on top. Remove from the oven and cool for a few minutes before topping with caramel.
12. Leftover iced or un-iced scones keep well at room temperature for 2 days or in the refrigerator for 5 days.

Serving Size: 1 scone

Total Servings: 8 scones

Nutritional Facts

Kcals	432.4
Fat	19.5
Carbohydrates	57.45
Protein	5.6
Vitamin A	181.6

Calcium	135.5
Iron	2.3
Selenium	16.3
Sodium	333.5
Phosphorus	108.8
Folate	85.3

Recipe modified from: Sally's Baking Recipes. Available at <https://sallysbakingaddiction.com/caramel-apple-cinnamon-scones/>. Accessed November 3, 2023.

Presented by Julianne Skovgaard

Mini Pumpkin Muffins

3 ½ cups	Flour
3 cups	Sugar
2 tsp	Baking Soda
1 1/3 tsp	Salt
1 tsp	Ground Cinnamon
1 tsp	Nutmeg
1 cup	Oil
2/3 cup	Water
4	Eggs
1 – 15oz can	Pumpkin

1. Heat oven to 350 F
2. Whisk together the flour, sugar, baking soda, salt, cinnamon, and nutmeg.
3. Add the oil, water, and eggs to the dry mixture, stirring until combined.
4. Fold in the pumpkin until it is fully incorporated.
5. Spray mini muffin pans with cooking spray.
6. Fill muffin cups with batter until each are half full.
7. Bake at 350 F for 18 minutes. You will know they are done when a toothpick inserted into the middle comes out clean.
8. Allow muffins to cool for 15 minutes before removing and serving.

Serving Size: 1 mini-muffin

Total Servings: 30

Nutritional Facts

Kcals	210
Fat	8g
Carbohydrates	33g
Protein	3g
Potassium	54mg (1% of daily value)
Iron	1mg (5% of daily value)

Recipe from: The Kitchen of Melinda Long

Presented by Megan Long

Apple Walnut Salad

1 cup uncooked quinoa	3 Tablespoons olive oil
2 cups water	2 Tablespoons apple cider vinegar
2 cups spinach roughly chopped.	1 Tablespoon maple syrup
1 cup walnuts roughly chopped	2 teaspoons Dijon mustard
1 ½ cups diced apples	½ teaspoon salt
¼ cup cranberries	¼ teaspoon black pepper
¼ cup red onion finely chopped	

1. Place the quinoa in a medium saucepan over medium heat. Toast until the seeds start to pop and become aromatic.
2. Add 2 cups of water to the quinoa and bring to a boil, then turn down the heat to low.
3. Cover and simmer the quinoa for 15 minutes. Remove from the heat and keep covered for an additional 10 minutes.
4. Fluff with a fork and season with salt.
5. To make the dressing, whisk together the olive oil, apple cider vinegar, maple syrup, Dijon mustard, salt and pepper.
6. When the quinoa is cool, place it in a bowl and add all the ingredients for the salad on top. Pour the dressing on top and stir gently to combine. Serve at room temperature or chilled.

Apple Walnut Salad Variations:

Switch up the nuts-Try almonds or pecans

Protein additives-Tofu cubes

Oil alternatives-Avocado or coconut oil

Serving Size: 1 Cup

Total servings: 4

Nutritional Facts

Kcals 123	Carbohydrates 1.5g
Fat 8g	Protein 2.75g
Sodium 85mg	Vitamin A 358IU
Potassium 132mg	Vitamin C 2mg
Fiber 1.7g	Calcium 18mg
Sugar 2.2g	Iron 0.7mg

Recipe from: Jawad, Y. Feel Good Foodie. Available at: <https://feelgoodfoodie.net/> . Accessed October 31, 2023.

Presented by Grace Buschling

Rosemary Focaccia Bread

4 cups	All-purpose flour
2 teaspoons	Kosher salt
2 teaspoons	Instant yeast
2 cups	Lukewarm water
4 tablespoons	Olive oil, divided into 1 tablespoon
2 tablespoons	Fresh rosemary (1 tablespoon dried)
Optional	Flaky salt, olives, tomatoes

1. **Make focaccia dough:** In a large bowl, mix the flour, salt, and yeast. Once combined, add the lukewarm water. With a spatula, mix until the ingredients form a slightly sticky dough ball. Coat the dough with 1 tablespoon of olive oil. Cover the bowl with a damp cloth or plastic wrap and let the dough rise at room temperature for 1-2 hours.
2. Coat two 9x13 inch pans with 2 tablespoons of olive oil each.
3. Deflate the dough by separating all sides of the dough from the bowl. Using a fork, split the dough ball into two pieces.
4. Add each piece of dough onto the pan and roll the dough around in the oil until it forms a ball. Let the dough rest for 3-4 hours uncovered.
5. Preheat the oven to 425 degrees Fahrenheit.
6. Pour the remaining tablespoon of olive oil over the dough and press straight down to create dimples in the dough. Continue to do this as you stretch the dough to fill the entire pan.
7. Add rosemary, flaky salt, and any other topping you want.
8. Place the pans into the oven for 25-30 minutes, or until the bottom of the bread is golden in color. Take the pans out of the oven and cool for 10 minutes before cutting and serving.

Yields two loaves.

Serving Size: One piece of focaccia

Nutritional Facts

Kcals	122
Fat	3g
Carbohydrates	19g
Protein	3g
Folate	13.5%
Thiamine	13.8%

Recipe from: Strafford, A. Alexandras Kitchen. Available at:

<https://alexandracoops.com/2018/03/02/overnight-refrigerator-focaccia-best-focaccia/>.

Accessed November 8, 2023.

Presented by Parker Buzbee

Cheesy Cauliflower Breadsticks

1 medium head (6 cups)	Cauliflower, cut into 1-inch florets
½ cup	Shredded part-skim mozzarella cheese
½ cup	Grated Parmesan cheese
½ cup	Shredded Cheddar cheese
1 large	Egg
¼ cup	Chopped basil
¼ cup	Chopped parsley
1	Garlic clove, minced
1 tsp	Salt
½ tsp	Pepper

1. Preheat oven to 425 F
2. Process cauliflower in batches in a food processor until finely ground.
3. Microwave, covered, in a microwave safe bowl on high until tender, about 8 minutes.
4. When cauliflower is cool enough to handle, wrap in a clean kitchen towel and squeeze dry. Return to bowl.
5. Meanwhile, in another bowl, mix cheeses together. Stir half of the cheese mixture into cauliflower; reserve remaining cheese mixture.
6. Combine egg, basil, parsley, garlic, salt and pepper and stir into cauliflower.
7. On a baking sheet lined with parchment, shape cauliflower mixture into an 11x9 inch rectangle. Bake until edges are golden brown, 20-25 minutes.
8. Top with reserved cheese, bake until melted and bubbly, 10-12 minutes. Cut into 12 breadsticks.

Serving size: 1 breadstick

Total serving: 12

Nutritional Facts

Kcals	71
Fat	4g
Carbohydrates	4g
Protein	5g
Sodium	15%
Vitamin C	46%

Recipe modified from: Iverson, N. Taste of Home. Available at <https://www.tasteofhome.com/recipes/cheesy-cauliflower-breadsticks/>. Accessed on November 3, 2022.

Presented by Amy Henning

Cheese and Garlic Crack Bread (Pull Apart Bread)

1 loaf	Crusty Loaf, <i>preferably sourdough or Vienna</i>
1 cup	Shredded Mozzarella Cheese <i>or other melting cheese</i>
8 Tablespoons	Unsalted Butter, <i>softened</i>
2 cloves	Large Garlic Cloves, <i>minced</i>
¾ teaspoon	Salt
1 Tablespoon	Fresh Parsley, <i>finely chopped</i>

1. Heat oven to 350 F
 2. Combine butter, garlic and salt in a heatproof bowl and melt in the microwave. Stir through parsley.
 3. Cut the bread on a diagonal into 2cm/1” diamonds but do not cut all the way through the bread.
 4. Use your fingers or a knife to pry open each crack and drizzle in a teaspoon of butter and stuff in a pinch of cheese. This might sound like a bit of an effort, but I promise you it is worth it! You don’t need to be super neat, it’s nice to have some of the butter drizzled over the crust.
 5. Brush surface with remaining butter.
 6. Wrap with foil and bake for 20 minutes until the cheese has mostly melted, then unwrap and bake for 5 – 10 minutes more to make the bread nice and crusty.
 7. Serve immediately.
- Dip in marinara sauce or other favorite type of dipping sauce.

Serving Size: 1 slice
Total Servings: 8-10

Nutritional Facts

Kcals	191
Fat	10.9g
Carbohydrates	19.5g
Protein	2.5g
Vitamin A	350IU
Calcium	90mg

Recipe modified from: Recipetineats. Available at: <https://www.recipetineats.com/cheese-garlic-crack-bread-pull-apart-bread/>. Accessed November 3, 2023.

Presented by Haley Brucks

Creamy Sweet Potato and Carrot Soup

Ingredients:

- 1 onion, chopped
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 large sweet potatoes, peeled and chopped
- 4 large carrots, peeled and chopped
- 4 cups vegetable broth
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- to taste Salt and pepper
- 4 cups vegetable broth
- optional Chopped fresh parsley for garnish

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté for about 5 minutes, or until it becomes translucent.
2. Add the minced garlic and sauté for an additional minute until fragrant.
3. Add the chopped sweet potatoes and carrots to the pot, along with the ground cumin, ground ginger, salt, and pepper. Stir to coat the vegetables with the spices and cook for a few minutes.
4. Pour in the vegetable broth and bring the mixture to a boil. Reduce the heat, cover, and simmer for about 20-25 minutes or until the sweet potatoes and carrots are tender.
5. Use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, carefully transfer the soup in batches to a blender and blend until smooth, then return it to the pot.
6. Taste and adjust the seasonings if necessary.
7. Serve hot, garnished with chopped fresh parsley if desired.

Serving Size: 1 cup of soup

Total Servings: 6

Nutrition Facts

Kcal- 150 kcal
Fat- 3 grams
Carbohydrates- 30 g
Protein- 3 g
Vitamin A- 200% DV
Fiber- 6 g

Family Recipe modified by John Oss

White Chili

2	Onions
4	Garlic Cloves
1 Tbsp	Olive Oil
2 – 4 oz cans	Green Chilis
2 tsp	Cumin
1 ½ tsp	Oregano
¼ tsp	Pepper
6 cups	Chicken Broth
3 cans	Great Northern Beans
4 cups	Cooked Chicken
3 cups	Monterey Jack Cheese
To taste:	Sour Cream

1. Sauté the onion and garlic cloves over medium heat using a medium sized skillet and olive oil.
2. Add green chilis, cumin, oregano, and pepper to the skillet. Continue to sauté until the ingredients are tender.
3. Add chicken broth and beans to a large stock pot over medium heat. Transfer sautéed ingredients to the large pot.
4. Let the mixture simmer for 2 hours.
5. Add chicken and 1 cup of cheese to the large stock pot. Continue to simmer for 15 minutes.
6. Remove and serve into small bowls.
7. If desired, garnish with sour cream and cheese.

Serving Size: 1 medium bowl (about 22oz)

Total Servings: 12

Nutritional Facts

Kcals	430
Fat	14g
Carbohydrates	25g
Protein	43g
Fiber	28%
Calcium	31%

Recipe modified from: A Noll family recipe

Family Recipe modified by Maggie Emht