Ham & Corn Chowder
Yield: 10-12 servings

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ C</td>
<td>Butter, unsalted (1/2 stick)</td>
<td></td>
</tr>
<tr>
<td>1 C</td>
<td>Onions, small dice</td>
<td></td>
</tr>
<tr>
<td>4 C</td>
<td>Frozen kernel corn</td>
<td></td>
</tr>
<tr>
<td>½ C</td>
<td>Celery, small dice</td>
<td></td>
</tr>
<tr>
<td>½ C</td>
<td>Red pepper, small dice</td>
<td></td>
</tr>
<tr>
<td>1 t</td>
<td>Dry thyme leaves</td>
<td></td>
</tr>
<tr>
<td>1 t</td>
<td>Garlic, minced</td>
<td></td>
</tr>
<tr>
<td>¼ C</td>
<td>All-Purpose flour</td>
<td></td>
</tr>
<tr>
<td>2 qt.</td>
<td>Canned chicken broth</td>
<td></td>
</tr>
<tr>
<td>3 med.</td>
<td>Red Potatoes, medium dice</td>
<td></td>
</tr>
<tr>
<td>1 t</td>
<td>Freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>3 C</td>
<td>Cooked ham, small dice</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>14.75 oz. Cans of Creamed corn</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>12 oz. Evaporated milk can</td>
<td></td>
</tr>
</tbody>
</table>

Method:

1. In saucepan, melt butter and sweat onions until translucent then add frozen corn, celery, and peppers. Allow flavors to release their flavors for 4-5 minutes.
2. Add garlic & thyme and cook for 1 minutes until aromatic.
3. Add flour to the pan so it can absorb all the juices and melted butter. Continue to stir roux mixture for 2-3 minutes.
4. Add the desired stock, red potatoes, and freshly ground black pepper. Bring to a simmer and cook until potatoes are tender.
5. Add ham and creamed corn to the soup then simmer for 10 minutes. Add evaporated milk and return to light simmer. Adjust seasoning accordingly then serve while hot.
Chicken Pot Pie
Yield: 1: 9” pie pan

Ingredients:
1 Onion, medium dice
2 Medium carrots, medium dice
1 Celery stalk, medium dice
2 Garlic cloves, sliced
¼ t Dried thyme
1 cup Green peas, blanched
1 cup Pearl onions
Roast Chicken, chilled; cut into pieces

1/3 cup All-purpose flour
1 1/2 cups Chicken stock
Salt and Freshly ground black pepper
1 Pie crust, homemade or store-bought

Instructions:
1. Preheat oven to 400F.
2. Sauté the onion till golden in oil or butter.
3. Add the celery and carrots and sweat for a few minutes. Add garlic and thyme then cook for 1 minute.
4. Whisk in flour to form a roux then cook for 3-4 minutes.
5. Add stock and return to a boil then add peas, pearl onions, and chicken. Bring to a boil to allow mixture to thicken.
6. Place the mixture and then pour into shell, put top crust on, cover edges with pie shield or tin foil.
7. Place in oven and bake 400 F Until golden brown about an hour. Can also make individual pot pies which will cook faster with only crust on the top.
8. Remove and serve.
Southwest Spicy Bean Salsa

Yield: 12 servings

**Ingredients:**

1 15 oz. can  Black-eyed peas
1 15 oz. can  Black beans, rinsed and drained
1/2 C  Onion, small dice
1/2 C  Green bell pepper, small dice
1  Jalapeno peppers
1 14.5 oz.  Diced tomatoes, drained
1-2 tsp  Garlic, minced
2  Green onions, sliced on bias
1-2 T  Fresh herbs like cilantro or flat leaf Italian parsley

**Dressing:**

1/2 C  White wine vinegar
1 C  Extra virgin olive oil
2  Garlic cloves, minced
1/2 tsp  Dried oregano
1/2 tsp  Dried basil
1/4 tsp  Onion granules
1/4 tsp  Salt to taste

Freshly ground pepper to taste

**Method:**

1. Prepare vinaigrette. Whisk together ingredients forming an emulsion. Season to taste.
2. In a medium bowl, combine black-eyed peas, black beans, onion, green bell pepper, jalapeno peppers, green onions, tomatoes, garlic, and herbs.
3. Add the Italian-style salad dressing; mix well. Cover, and refrigerate overnight to blend flavors.