

## FRESH TOMATO SOUP

Janet McCabe, CCFB President

1 qt tomatoes, peeled & chopped  
½ c green pepper, chopped  
1 c chopped celery  
4 ½ c chicken broth  
1 small onion, grated  
½ lb carrots, grated  
¼ c butter  
1 t salt  
¼ t pepper  
¼ c flour

Sauté celery, pepper, onion and carrot in large heavy pan. Add 4 cups chicken broth, tomatoes, salt and pepper. Cook to boiling. Lower heat; simmer for 20 minutes. Blend flour with remaining 1/2 cup chicken broth until smooth. Stir into soup gradually; cook until slightly thickened. Makes about 2 quarts.

## FIESTA FRESH CORN SALAD

Goebbert's Farm & Garden Center, South Barrington

2-3 ears sweet corn, husked & cooked  
1 c fresh tomato, chopped  
¼ c red onion, sliced thin  
½ c celery, chopped  
¼ c green pepper, diced  
1 c cucumber, peeled, seeded & chopped  
¼ c red pepper, diced  
2 green onions, sliced  
½ bottle Classic Italian or Classic Greek Salad Dressing

Husk corn, wrap in damp paper towel and cook in microwave for 3 minutes. Remove from microwave and slice corn from cobs. Chop rest of ingredients, mix all together and add salad dressing. Mix well. Ready to eat. Serve as a side at dinner, or as lunch with chunks of French bread. Serves 6-8. Stores for several days in the fridge.

## STUFFED PEPPERS

Kopping Farms, Lemont

5 to 6 locally grown green peppers  
• clean, remove stems & seeds then cook in boiling water  
1 c rice, cook until tender  
1-2 lbs of farm raised ground beef, crumbled & cooked  
4 or more cans of Campbell tomato soup  
1 c bread crumbs  
1 c onion, chopped  
Ketchup  
1 t salt

Mix together: ground beef, bread crumbs, salt, onion, tomato soup and rice in a large mixing bowl. Stand peppers upright in backing dish. Fill peppers with meat mixture. Add remaining mixture around peppers and cover with ketchup. Bake at 350° for 1 hour. Uncover last 15 minutes.

t = teaspoon  
lb = pound

T = tablespoon  
oz = ounce

c = cup  
lg = large



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## SWEET & SAVORY ROASTED CARROTS

Rick & Cathy Johnson, LaGrange

2 pounds thin/baby carrots, peeled, tops chopped off or to 2 inches  
1 T balsamic vinegar  
1 t garlic powder  
¼ t ground mustard  
¼ t dried thyme  
2 T honey  
2 T olive oil  
¼ t cumin  
¼ t pepper  
¼ t salt

Preheat oven to 375; line a baking sheet with foil. In a small bowl, whisk together remaining ingredients and pour over carrots. Toss until evenly coated. Line carrots in a single layer. Bake for 30-45 minutes depending on carrot thickness, until fork tender, stirring after 20 minutes. Serves six.

## PUMPKIN FLUFF DIP

Vander Griend's Farm Market, Chicago Heights

This is a very creamy and yummy vanilla pumpkin dip that is served with graham crackers. I like the cinnamon crackers the best.

15 oz of solid packed pumpkin, use real pumpkin  
5 oz package instant vanilla pudding mix  
16 oz container of frozen cool whip topping thawed  
1 t pumpkin spice

In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until serving.

What I like to do is use a real pie pumpkin to put this in for serving. Just clean out the pumpkin as good as you can and put the fluff into it then arrange your crackers around it for a very cute dessert.

## FREEZING CORN

Big John's Farm & Market, Chicago Heights

Submitted by Phyllis Henning, Lansing

1 dozen fresh sweet corn, cut corn from cob  
2 c water  
2 t salt  
¼ c sugar

Combine all ingredients in a large pot, put on high heat, stirring occasionally. Bring to a boil and turn off heat and cool. Ladle into freezer bags with liquid. Lay flat to freeze until firm. Thaw before using. AMAZING!



Cook County Farm Bureau®

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2019 COOK FRESH RECIPE COLLECTION



## DEEP FRIED SQUASH

*Joyce Holste, Midlothian*

2 medium yellow squash, cut into ¼-inch-thick slices	¼ c buttermilk or cultured buttermilk
1 ½ t Cajun or Creole seasoning	2 eggs
vegetable oil for frying	½ c flour
½ c yellow cornmeal	½ t salt
¼ t baking powder	pepper to taste
fresh parsley	

In large Dutch oven or fry-baby, heat 2 inches of oil to 365°. In large bowl, whisk together buttermilk and eggs until smooth. Add the squash, tossing gently to coat; let stand for 30 minutes. Drain the squash discarding the buttermilk mixture. In shallow dish, combine the cornmeal, flour, seasonings, and baking powder. Dredge the squash in the mixture to coat. Fry the squash in batches until golden brown 2-3 minutes. Drain on paper towels. Garnish with parsley, if desired. Serve immediately.

## GREEN RICE

*Irja Cheskie, River Grove*

1 ½ c instant rice, uncooked	½ c chopped onion
1 small jar cheese whiz	½ c chopped celery
1 c cooked chopped fresh spinach (1 pkg frozen)	1 stick butter or margarine, melted
1 c cream of mushroom soup	

Combine rice, soup and cheese in large bowl. Add the spinach, onion and celery. Blend in the melted butter or margarine. Pour into buttered 2-quart casserole dish. Bake at 350° for 40 minutes covered.

## BERTA'S ZUCCHINI DINNER TART

*Jayne Quetsch-Rohrer, Lemont*

½ lb sweet Italian sausage (or ground turkey)	3 T spicy brown mustard
2 small zucchini, sliced	shredded mozzarella cheese (or Italian blend)
1 small onion, chopped	salt & pepper to taste
Premade pizza dough	1 T olive oil

**Optional add ins: sliced mushrooms, chopped sweet pepper**

Preheat oven to 400°. Brown meat in skillet, breaking into small pieces. Remove meat from skillet with slotted spoon. Sauté zucchini and onion (and any optional vegetables) in the drippings. Season with salt and pepper. Spread pizza dough into a deep pie dish. Spread mustard all over the crust. Return meat to skillet and mix with vegetables. Spoon mixture into pie dish. Top with shredded cheese. Bake until dough is golden brown (15-20 minutes). Cut into wedges to serve. Serves 4.

## CREAM OF CAULIFLOWER OR BROCCOLI SOUP

*Zeldenrust Farm Market, Chicago Heights*

8 c fresh cauliflower or broccoli (cut up)	
10 chicken bouillon cubes	
4 ribs of celery, cut up	½ t pepper
1 c onion, cut up	½ t garlic powder
1 t. salt	6 c water

Boil above ingredients until tender, about 15 minutes.

Proceed with recipe:

1 stick butter	8 T flour
2 c milk	2 c heavy cream

**Optional: ¼ lb of American cheese added gives good flavor.**

In saucepan melt butter; stir in flour, milk and heavy cream. Add to boiled ingredients.

## PESTO

*Smits Farms, Sauk Village*

2 c fresh basil leaves	½ c pine nuts (or walnuts)
2 cloves garlic	½ c extra-virgin olive oil
½ c grated parmesan cheese	salt and pepper to taste

Using a food processor, finely chop the basil and garlic. Add the parmesan cheese and pine nuts and pulse into a coarse paste. With the machine on, slowly add the olive oil until incorporated. Season with salt and pepper. Can be refrigerated in an air tight container for up to 1 week. Can also be frozen but will darken in color.

## SWEET POTATO SALAD

*Yvonne Massie, Mount Prospect*

2 pounds fresh sweet potatoes	2 t Dijon mustard
4 eggs, hardboiled & chopped	1 ½ c celery chopped
1 ½ c mayonnaise	8 green onions chopped
	¼ t salt

Peel sweet potatoes then boil until just done (don't overcook so watch carefully). Cool thoroughly and cut into bite size pieces. In large mixing bowl add mayonnaise, mustard, salt eggs, celery, green onions, toss and serve!

## MARINATED ASPARAGUS

*Yvonne Massie, Mount Prospect*

1 ½ lb fresh asparagus spears	½ c vegetable oil
1 T onion finely chopped	½ c white vinegar
½ c warm water	1 T sugar
½ t fresh dill weed	½ t salt

Cook asparagus in boiling water until tender crisp. Make the marinade by combining the remaining ingredients. Pour over asparagus in shallow dish. Refrigerate overnight. Drain before serving.

## MEATY ZUCCHINI CASSEROLE

*Michael O'Brien, Summit*

½ c grated cheese (parmesan, cheddar, asiago, romano, etc. separate or mixed)	1 t garden herbs of choice
2 c grated zucchini or yellow squash	1 large egg white beaten
¾ c chopped smoked sausage or ham	½ c minced onion
¼ c chopped pepper (mild or hot)	1 large egg beaten
½ c unbleached flour	½ c sweet corn
2 T vegetable shortening	1 t baking powder
	Dash of pepper
	2 t olive oil
	½ t salt

Preheat oven 350°, mix all ingredients together in a bowl; grease baking dish & pour mixture. Bake until golden brown, about 45 to 50 minutes, until tester comes out clean. Cut into squares/slices & enjoy!

## BLACKBERRY ROSEMARY HERB COCKTAIL

*Ray's Quality Greenhouse, Steger*

1½ T fresh rosemary, finely chopped	2 c fresh blackberries
1 bottle Prosecco (Italian White Wine)	¼ c plus 2 T sugar
	¾ c water

Simmer blackberries, sugar, water, and rosemary in sauce pan for about 20 minutes. Cool and pour through sieve over large glass measuring cup. Should yield about 1/3 cup. Chill. In 6 small flutes glasses add 1½ teaspoons of the mixture in each. Fill glass with Prosecco, garnish with a sprig of rosemary. Serves 6.

## RHUBARB BERRY COFFEE CAKE

*Joyce Holste, Midlothian*

1 ½ c sliced fresh strawberries	¾ c chopped walnuts
1 ½ c fresh rhubarb, finely chopped	1 c (8 oz) sour cream
½ c packed brown sugar	¼ c all-purpose flour
1 pkg yellow cake mix (regular size) divided	2 T butter
	2 eggs

In small bowl, combine 1/2 cup cake mix and sugar; cut in butter until crumbly. Add walnuts; set aside. In another bowl, combine sour cream, eggs, flour, and remaining cake mix; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in rhubarb and strawberries. Spread into greased 13 x 9-inch baking dish. Sprinkle with reserved crumb mixture. Bake 350 degrees for 35-40 minutes or until toothpick inserted comes out clean. Cool on wire rack. If desired, drizzle with frosting or serve with ice cream. Yield 12-15 servings.