



CROCKPOT RUMBLE

Good Thymes

SOUP AND CHILI RECIPES

INGREDIENTS:

- Ham bone (bone-in cooked ham)
- 2 pints, half-and-half
- 5 lbs. potatoes - peeled and sliced
- 1 onion - diced
- 2 carrots - chopped

INSTRUCTIONS

1. Combine butter, onion, carrots, garlic, and celery in a 5 quart pan. Sauté until translucent.
2. Fill pan with 10 cups of water. Add ham bone and boil until meat falls off the bone.
3. Remove meat and bone. Add potatoes. Boil potatoes to desired doneness — approximately 20 minutes.
4. Turn burner to medium and add cheese and half and half.
5. Dice ham and add back into pan.
6. Salt and pepper to taste.

**Notes: 1) If soup is too thin, add cheese until thickened. 2) Add ham bouillon for more flavor, if desired.*

CHEESY HAM AND POTATO SOUP

Submitted by: Pamela Eddy

- 1 celery stalk - chopped
- 1 Tbsp. garlic - chopped
- ½ stick of butter
- 2 12-16 oz. shredded cheese packages
- Ham bouillon (optional)

INGREDIENTS:

- 1 lb. boneless/skinless chicken breast
- 1 medium onion - sliced
- 1 c. frozen corn
- 15 oz. can black beans - drained and rinsed
- 15 oz. can white beans - drained and rinsed
- 8 oz. cream cheese - cut into cubes

INSTRUCTIONS

1. Combine all ingredients into a crockpot.
2. Cook on low for 6 hours or on high for 3 hours.
3. When cook time is up, remove chicken, shred, and stir back in.
4. Top with cilantro - optional.

- 10 oz. Rotel diced tomatoes with chilis - not drained
- 1 package dry ranch mix
- 1 package taco seasoning
- 2 tsp. vegetable or chicken bouillon base
- 1 c. water
- Cilantro (optional)

CHICKEN TACO RANCH CHILI

Submitted by: Ellen Klug

INGREDIENTS:

- 1 big piece of salmon - not frozen
- 6 hash brown patties - approximately 3 cups of shredded hashbrowns

INSTRUCTIONS

1. Remove bones and scaled skin from salmon.
2. Add salmon, onion, carrot, and hashbrowns into 5 ½ cups of water. Boil for 30 minutes. Salmon patties and hash browns should fall apart on their own. If they do not, use a spoon while stirring to break items up. If broth tastes too thin, boil out some of the water.
3. Season with salt and pepper.

SALMON AND HASH BROWN SOUP

Submitted by: Maria Selezneva

- 1 lg. carrot - grated
- 1 lg. onion - diced
- Salt and pepper



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“STUCK IN THE MIDDLE” CHICKEN TORTILLA SOUP

Submitted by: Jennifer Schloesser

INGREDIENTS:

- 2 lbs. chicken
- 15 oz. black beans
- 1 can of corn
- 10 oz. tomatoes with green chilis
- 28 oz. diced tomatoes
- 8 c. water
- 8 chicken bouillon cubes
- ½ tsp. paprika
- ½ tsp. pepper
- ½ tsp. salt
- ¼ tsp. cumin
- 1 Tbsp. parsley
- 1 c. onion
- 4 cloves of garlic - minced
- 1 green pepper - chopped
- ¼ tsp. chili powder
- 1 avocado - chopped (*garnish*)
- 1 lime - squeezed (*garnish*)
- cilantro - chopped (*garnish*)

INSTRUCTIONS

1. Cook chicken, remove, and shred.
2. Sauté onions and green peppers.
3. Add 4 cups of water and spices. Bring to a boil.
4. Put chicken and remaining ingredients into water.
5. Add water to pot until you have reached your desire thickness. For each cup of water used add one bouillon cube.
6. Top with avocado, lime juice, and cilantro - optional.

WILD RICE AND HAM BONE

Submitted by: Jenny Ledman

INGREDIENTS:

- Ham bone (bone-in cooked ham)
- 2 c. carrots - chopped
- 3 stalks of celery - chopped
- 2 c. cooked ham
- 1 lg. can sliced mushrooms
- 1 package of creamy wild rice soup mix
- 1 Tbsp. garlic salt
- 1 tsp. ground pepper
- 1 tsp. ground red pepper

INSTRUCTIONS

1. Slice meat off ham. Dice about 2 cups.
2. Bring 12 cups of water to a boil. Add ham bone. Boil for 20 minutes. Remove ham bone and put on a plate.
2. Add remaining ingredients to the ham stock.
3. Return to a boil, reduce heat, and simmer for 20 minutes stirring occasionally.
4. While soup is simmering, pick clean the ham bone and add that meat to the soup.

The 2019 Crockpot Rumble: Good Thymes marked Empire's 9th annual cook-off for charity. Proceeds were donated to GROW La Crosse, an organization that connects children to healthy food and nature. GROW La Crosse teaches kids about planting, tending, and harvesting vegetables and caring for farm animals. Children receive hands-on education sessions, science lessons connecting to curriculum, and taste tests. GROW La Crosse also helps get fresh food into the school cafeterias. Since GROW La Crosse was established in 2013, they have served 295 students. Empire Screen Printing was glad to partner with GROW La Crosse for this event. It was wonderful meeting new people within our community and learning about the good they are doing for the children of the La Crosse area.

