

Gathered Group Recipes

Zuppa Toscana

From the Kitchen of Lindy Kiser
West Fort Worth Campus
Serves 6 to 8

Ingredients:

2 slices bacon, roughly chopped
1 cup minced yellow onion (about ½ medium onion)
4 garlic
c cloves, minced
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 pound Italian pork sausage (if you buy it in links, remove from the casings)
2 tablespoons arrowroot flour or cornstarch
4 cups (32 ounces) low sodium chicken broth
1 teaspoon
Italian seasoning
4 cups chopped & deribbed kale (about 1 bunch)
2 cups peeled and cubed (½ inch) russet potatoes (about 1 large potato)
1 cup heavy cream or (1 cup dairy free creamer)
¼ cup grated Parmesan cheese or (1 tablespoon nutritional yeast if want dairy free)
2 tablespoons freshly squeezed lemon juice (about 1 lemon)
2 tablespoons chopped fresh parsley, optional for garnish

Directions:

In a pot over medium heat, add bacon pieces and cook, stirring occasionally, until just crispy, 4 to 6 minutes. Remove bacon with slotted spoon, to a plate lined with paper towels and set aside, reserving the bacon fat in the pot. ADD the onion, garlic, salt, pepper, and sausage to the pot and cook, breaking up the meat with a wooden spoon, until cooked through and no longer pink, 4 to 5 minutes. ADD the arrowroot flour and stir until well incorporated into the meat mixture. While stirring, slowly pour in the chicken broth. Bring the soup to a boil, reduce the heat to a simmer, and add the Italian seasoning, kale, and potatoes. Cover and cook until the potatoes are tender, 10 to 15 minutes. UNCOVER and stir in the cream and parmesan cheese. Simmer for 5 minutes to let the flavors meld with the cream. Stir in the lemon juice. Serve or pour into a crock pot and keep warm until ready to serve.

Crockpot Chicken Taco Bowls

From the Kitchen of Audrey Mack
West Fort Worth Campus
Serves 6 to 8

Ingredients:

3 boneless, skinless chicken breasts
1 tsp. salt
1/2 tsp. black pepper
1 tbsp. chili powder
1/2 tsp. cumin
1/4 tsp. cayenne
2 cloves of garlic
16oz. jar of salsa picante (about 2 cups)
15oz. can of Black Beans, drained and rinsed
1/4 cup of water OR chicken broth
1 cup frozen corn kernels

Directions:

Rinse & pat dry chicken. Place in the bottom of a crockpot/Dutch oven.

Add in all ingredients, except corn, and stir to combine. Cover and cook on low

8-10 hrs. Shred chicken and add in frozen corn. Stir until well combined. Cover and keep the crockpot on “warm” for at least 10 minutes, or until ready to serve.

If cooking in a Dutch oven, bake at 275° for 4-6 hrs. or 325° for 2 hrs. Serve over rice, or as tacos or nachos. Can add sautéed bell peppers and onions. Top with shredded cheese, chopped cilantro & avocado.

Sour Cream Chicken Enchiladas

From the Kitchen of Sharon Lackey
West Fort Worth Campus
Serves 6 to 8

Ingredients:

2 tsp cooking oil
4 oz can chopped green chiles
1 medium onion, chopped
1 whole chicken cooked, deboned & shredded or
chopped
1 pkg. large flour tortillas
8 oz sour cream
1 can cream of chicken
1 lb. Monterrey Jack cheese, grated

Directions:

Sauté onion in oil & add green chiles. Combine with chicken. Add in 1 handful of grated cheese. Roll chicken mixture in tortillas & place in a greased 13x9 baking pan. Combine sour cream & soup and spread over tortillas. Cover with remaining grated cheese. Bake at 350° for 30 min.

Baked Potato Soup

From the Kitchen of Audrey Mack
West Fort Worth Campus
Serves 6 to 8

Ingredients:

8 pieces of bacon, cooked, drained, and crumbled for garnishing soup
4 to 5 baked potatoes, baked and scooped out
1 cup diced onion, sauteed in bacon drippings
1 stick butter
2/3 cup flour
6 cups chicken broth
2 cups of milk
1 ½ tsp basil
1 ½ tsp salt
1 ½ tsp pepper
1 tsp garlic powder
1 ½ tsp tabasco
¼ cup parsley
1 cup grated cheddar
, plus more for garnish
1 cup sour cream
½cup diced green onions for garnish

Directions:

Melt butter over medium heat and stir in flour. Continue stirring until golden brown (about 3-5 min). Gradually whisk in the broth, until thickened. Reduce heat to simmer. Add in potatoes, onions, milk, & seasonings. Simmer 10 minutes. Do not boil. Stir in cheese a little at a time until melted. Stir in sour cream. Garnish soup with green onions, bacon pieces and shredded cheddar cheese.

Maroulosalata

From the Kitchen of Dani Reuter
West Fort Worth Campus
Serves 6 to 8

Salad Ingredients:

2 hearts of romaine
4-5 scallions, diced
1 bunch fresh dill, chopped
1/2 block feta cheese, crumbled

Dressing:

1/2 cup olive oil
1/4 tsp salt
1 lemon, juiced

For dressing, whisk oil, lemon juice, & salt to combine. Toss with salad & serve.

Directions:

Rinse & thinly chop romaine - use salad spinner to dry. Combine all salad ingredients.

Greek Cottage Cheese /Feta Dip

From the Kitchen of Dani Reuter
West Fort Worth Campus
Serves 6 to 8

Ingredients:

16 oz cottage cheese
3 oz feta
1-2 T red wine vinegar or lemon juice
1-2 T olive oil
1-2 T honey
1 Clove garlic
1 T fresh dill

Directions:

- Add all ingredients (except sesame seeds) to a food processor. Pulse until smooth. Taste to adjust vinegar & honey if needed.
- Can add a little milk to thin it out if too thick. Salt & Pepper to taste. Garnish with toasted sesame seeds. Serve with pita or fresh veggies.

Cheesy Garlic Bread

From the Kitchen of Denise Kiser

Ingredients:

- 1 loaf French bread
- 1/2 cup butter softened
- 2 tablespoons chopped parsley divided
- 5 cloves garlic minced
- 1 cup fresh grated Mozzarella cheese
- 1/2 cup fresh grated sharp cheddar cheese
- 1/2 cup fresh grated Parmesan Cheese

Directions:

1. Slice French bread loaf in half lengthwise. Place each half, cut side up, on a foil-lined baking sheet. Set aside.
2. Stir together softened butter, minced garlic, and 1 tablespoon fresh chopped parsley. Spread evenly on each half of the French bread loaf. In a small bowl combine cheese then sprinkle evenly on top of the bread. Sprinkle remaining parsley even over the cheeses.
3. Bake in a 350° oven for 10 minutes. Turn on the broiler to high, move the rack to the top position, and broil for the last 2-3 minutes until the cheese is golden and bubbly. (*The broiling step is optional—you could just let it bake for 10 minutes and call it good).
4. Allow bread to cool and cheeses to set for about 10 minutes before slicing and serving.

Calico Beans

From the Kitchen of Marisa Newman
West Fort Worth Campus
Serves 6 to 8

Ingredients:

- 1 pound ground beef
- ½ pound bacon diced
- 1 medium onion chopped
- 2 (16 ounce) cans pork and beans
- 1 (15 ounce) can kidney beans drained and rinsed
- 1 (15 ounce) can butter beans drained and rinsed
- 1 (15 oz) can lima beans, drained and rinsed
- 1/2 cup brown sugar or maple syrup or molasses or a combo
- 3/4 cup ketchup
- 2 teaspoons vinegar(optional)
- 1 T yellow mustard
- Salt & Pepper

Directions:

In a large skillet or pot, brown ground beef, onion & bacon; drain off fat. Season with salt and pepper. Add all beans, brown sugar, ketchup, vinegar, and mustard. Mix well and do a taste test and adjust ingredients as needed. Bring to a simmer, lower heat and cook until heated through, stirring occasionally, about 20 minutes. If you want to heat in crock pot, once meat is cooked and all the ingredients are added, just pour into crock pot and heat on low for 4 to 6 hrs or on high for 2 to 4 hrs.

Quiche Lorraine

From the Kitchen of Denise Kiser
West Fort Worth Campus
Serves 6 to 8

Ingredients:

9-inch One-Crust Pie Shell, unbaked
8 slices bacon, crisply cooked and crumbled
1 cup shredded natural Swiss cheese
½ cup finely chopped onion
4 eggs
2 cups heavy whipping cream
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground red pepper (cayenne)

Directions:

Heat oven to 425°.

Sprinkle bacon, cheese and onion in pastry-lined quiche dish or pie plate. Beat eggs slightly; beat in remaining ingredients. Pour into quiche dish. Bake 15 minutes. Reduce oven temperature to 300°. Bake about 30 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

Antipasto Pasta Salad

For the salad:

- 1 pint cherry tomatoes, halved
- ½ Red onion thinly sliced
- ½ cup chopped yellow or orange bell pepper
- 4 oz, salami, slices quartered
- ¼ cup pepperoncini, chopped
- ¼ cup black olives, chopped
- 8 oz mini mozzarella balls
- 1 lb. short-cut pasta, or your fav Fresh basil

For the dressing:

- ½ cup olive oil
- 2 tbsp lemon juice
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp oregano
- 1 tsp salt
- 1/2 tsp pepper

Directions:

Bring a large pot of salted water to a boil. Once boiling, add the pasta and cook until it's al dente. While the pasta is cooking, prep your other ingredients (slice the tomatoes and onion, chop the peppers, pepperoncini, and olives, and quarter the salami). In a small jar or medium-sized bowl, combine all ingredients for the dressing. If you're using a jar – cover it and shake to combine. If you're using a bowl – whisk to combine. Assemble – add all ingredients to a large bowl, top with the dressing and mix to combine. Finish with a sprinkle of fresh basil.

Chicken Florentine

From the kitchen of Stacie Hatchett
Keller Campus

Ingredients:

About 2 cups of cooked chicken cut up (I use rotisserie chicken)
3 T. sundried tomatoes packed in oil (plus more for the top)
3 T. warm water
12 fresh basil leaves (or 1 tsp dried)
½ cup chopped onion
2 zucchinis sliced and quartered in chunks
8 oz mushrooms (if desired)
8 oz cream cheese
1 tsp garlic powder
½ tsp. salt
½ tsp. pepper
1 c. chicken broth
6 oz. baby spinach
8-10 oz. shredded provolone cheese
2 T. olive oil

Directions:

Sauté onions in olive oil. After 2 to 3 minutes, add mushrooms and zucchini.

Cook until it starts to soften. Add chicken and set the temperature to low. In a blender, puree sun-dried tomatoes, water and basil. Add cream cheese, garlic, salt, pepper, and chicken stock. Blend until it is smooth. Add it to the chicken mixture. Add spinach and cook until it wilts. Spread in a 9x13 dish. Top with a few cut-up sun-dried tomatoes and then cheese over the top. Bake at 350° 15 to 20 minutes until bubbly. Serve over angel hair pasta.

Hot Time Casserole

From the kitchen of Dianne Smith
Keller Campus

Ingredients:

1 lb. hamburger
1 onion chopped
1 can of enchilada sauce
1 can of Rotel tomatoes with chilies
1 can cheddar cheese soup
Tortilla chips
Shredded cheddar cheese.

Directions:

Cook together hamburger meat and onion and drain grease.

Add: 1 can enchilada sauce & 1 can Rotel tomatoes with chilies.

Simmer 20-30 minutes.

Then: In a 13x9 pan — Layer tortilla chips. Pour half the meat mixture on the chips. Spread half a can of cheddar cheese soup on meat. Repeat. Top with shredded cheddar cheese. Bake at 350° for 30 minutes.

Chicken Divine Casserole

From the kitchen of Jan Parsons
North Richland Hills Campus

Ingredients:

1 rotisserie chicken deboned and cut into small chunks
1/2 chopped onion
1 tsp-1 Tbsp garlic chopped
1 can cream of chicken or mushroom soup
1 small carton sour cream
3/4 cup frozen corn or
1 can corn
3/4 cup frozen peas
2 sleeves of Ritz Crackers, crushed

Directions:

In a small skillet brown chopped onion and garlic in olive oil or butter. Combine chopped chicken, onion and garlic mixture, corn, and peas in a casserole dish. Stir together soup and sour cream in small bowl and pour onto chicken mixture. Stir together. Crush Ritz Crackers into small crumbs and add 1 stick melted butter. Stir until crumbs are well coated. Pour crumbs on top of casserole. You can sprinkle poppy seeds on top if desired. Bake at 350° for 25-30 minutes until bubbly and crumbs are lightly browned.

Deep Dish Ham & Asparagus Quiche

From the kitchen of Laura Waldron
North Richland Hills Campus

Ingredients:

3 Tbsp extra virgin olive oil
1 large sweet onion diced
2 Tbsp water
12 oz. cooked ham, cubed
1 small bunch asparagus, trimmed and chopped
6 oz grated Monterey Jack cheese
7 eggs
3 Cups heavy cream
salt & pepper to taste
1 pie crust

Directions:

Preheat oven to 375°

1. Press pie crust into 9 in spring form pan - including up the sides. Place foil around sides and bottom of pan in case of leaks.
2. Coat a large skillet with olive oil. Heat and add onions and water. Cook over medium heat until onions have wilted and are caramelized.
3. Add the ham and cook about 5 minutes.
4. Add asparagus and cook another 5 minutes. Remove from heat.
5. In a large bowl, whisk together eggs, cream, salt and pepper.
6. Place about 2/3 of the ham mixture in bottom of the pie crust. Top with about 2/3 of the cheese.
7. Pour about 2/3 of the egg mixture on top.
8. Repeat with remaining ham, cheese and egg. Filling should be about 1/2" from top of pie crust. If there is extra, it can be used separately in an egg scramble.
9. Cover the quiche loosely with foil and bake for about 90 minutes. Remove the foil and bake an additional 20-30 minutes until quiche is set (jiggling slightly).
10. Set on a cooling rack for about 30 minutes before serving.

Jamie's Chicken Taco Soup

From the kitchen of Jamie Atchley
North Richland Hills Campus

Ingredients and Directions:

Cook 1 cup of brown rice according to package directions and set aside.

Stew:

5 chicken breasts

1 large onion, chopped

water or chicken broth - enough to cover chicken

Remove chicken breasts when they are done.

Add to liquid:

2 packages of Hidden Valley Ranch Dressing mix

2 packages of Taco seasoning mix

2 cans of kidney beans

2 cans of pinto beans

2 cans of black beans

2 cans of green chilies

2 cans of sweet corn (or equivalent amount of frozen corn)

2 cans of diced Rotel tomatoes

Salt and pepper to taste.

Dice or shred chicken breasts and add back into soup mixture.

Add cooked rice into mixture.

Add more water or broth, as needed.

Let soup heat, and it is ready to serve.

(Tip: It is actually better if you make a day ahead and reheat on the day of serving.)

Serve with tortilla chips and grated cheese.

Chicken Tetrazzini

Jana Lyda Mask, From the kitchen of Jamie Atchley
North Richland Hills Campus

Ingredients:

8 oz Spaghetti
1 chopped onion
3 T margarine
5 1/2 cups cooked chopped chicken
4 cups shredded Monterey Jack cheese
2 cans cream of mushroom soup
1 soup can of milk
salt and pepper to taste
optional: Chopped celery, chopped garlic, chopped
green peppers, &
chopped canned artichoke hearts

Directions:

Cook spaghetti. Sauté onion and any other vegetables. Mix soup, cheese (reserving enough to sprinkle on top), milk veggies and chicken all together. Pour into a greased 13"X 9" casserole dish. (can freeze)
Cook at 350 degrees. 30 minutes if thawed. Maybe an hour if frozen.

Autumn Stew

From the kitchen of Jamie Atchley
North Richland Hills Campus

Ingredients:

6 chicken breasts
1 med onion, chopped
7 c water (or Chicken Jar artichoke hearts,
chopped, opt broth or a
combination of both)
1 t salt
1/2 t pepper
Garlic or garlic powder
4 chicken bouillon cubes
1 lb. Velveeta cheese
2 c diced carrots
3 c diced potatoes
1 or 2 c chopped celery
2-3 c cooked brown rice
(Season to taste)

Directions:

Cook chicken breasts in water/broth with onion, celery, bouillon, salt and pepper. (Or you can bake in the oven if you prefer.) Remove chicken when done. Add all other ingredients, except cheese to the water/broth, and cook over low heat until veggies are done. Chop up chicken and add to soup when veggies are done. Add Cheese just before serving, letting it melt completely before you serve. It makes a very big pot of soup. It tastes even better if you make it the day ahead. Wait to add Velveeta until you reheat it for serving.

Green Enchilada Soup

From the kitchen of Jan Parsons
North Richland Hills Campus

Ingredients:

2.5 pounds boneless skinless chicken breasts or thighs [I use rotisserie chicken]
28 oz can green enchilada sauce
24 oz chicken broth
1 cup half and half or heavy cream
2 cups Monterey Jack cheese
4 oz cream cheese [softened and cubed]
4 oz green salsa [salsa verde]
salt and pepper to taste

Directions:

In a 6-quart slow cooker add chicken, green enchilada sauce, chicken broth.

Cook on low 6 to 8 hours. Remove chicken and shred. Add shredded chicken, jack cheese, cream cheese, half and half, and green salsa to slow cooker. Turn slow cooker to warm and stir until cheeses are melted. Add hot sauce or additional salsa to taste. You can top with avocado, cilantro, green onion, and sour cream. Serve and enjoy.

Desserts

Peanut Butter Pie

From the kitchen of Stacie Hatchett
Keller Campus

Crust:

1 package of Oreos (not double stuff)
½ stick melted butter

Filling:

¾ cup crunchy or smooth peanut butter
8 oz. cream cheese
½ c. milk
2 c. powdered sugar
1 tsp. vanilla
8 oz. light cool whip

Directions:

Crush Oreos and mix with melted butter. Push into a 9 x 13 dish to form a crust. Cream together peanut butter and cream cheese. Add milk powdered sugar and vanilla. Fold in cool whip. Place in refrigerator for 2 hours. Crush a Butterfinger over the top before serving. This is a great no-bake dessert.

Strawberry Delight

From the Kitchen of Vickie Swindle
West Fort Worth Campus
Serves 6 to 8

Ingredients:

1 cup flour
1/4 cup brown sugar, packed
1/2 cup pecans, chopped
1/2 cup butter, melted
1 1/2 cups fresh strawberries, sliced
1 cup sugar
2 tsp. fresh lemon juice
2 egg whites
1 cup heavy whipping cream, whipped

Directions:

Combine flour, brown sugar, pecans and butter. Bake at 350° for 20 minutes in a 9x9 square pan, stirring often. Let cool. Combine strawberries, sugar, lemon juice and egg whites. Beat at high speed in electric mixer about 20 minutes or until light and fluffy. Gently fold whipped cream into strawberry mixture. Remove 1/3 of crumb mixture from pan. Pat the remaining crumbs into smooth layer. Pour strawberry mixture over crumbs in pan and sprinkle reserved crumbs over top. Freeze. When ready to serve, remove from freezer, cut into squares and serve immediately.

Baked Apple Crisp

From the Kitchen of Denise Kiser
West Fort Worth Campus
Serves 6 to 8

Ingredients:

4 cups sliced and peeled tart apples (like Granny Smith), slices or chunks OR use your favorite berries. You can use peaches too. If using frozen fruit, toss with two Tbsp. of flour before putting in a baking dish.

1 Tablespoon lemon juice

3/4 cup packed brown sugar

1/2 cup flour

1/2 cup oats

1 tsp. cinnamon

1 stick cold butter, diced

Directions:

Preheat oven to 375°. Grease 8x8 pan or 8 ramekins. Combine apples and lemon juice and arrange in pan. Combine the remaining ingredients in a food processor.

Pulse just until butter is in small pieces OR work mixture with your hands until it's in big crumbles, then sprinkle evenly over apples.

Bake for 30 minutes or until the topping is golden brown and apples are tender. Serve warm or at room temp. Great served warm with vanilla ice cream. Can be assembled a day ahead and kept in the refrigerator until ready to bake. Set out on counter 30 minutes before baking.

Oreo Cookie Dessert

From the Kitchen of Jenni Collins
West Fort Worth Campus
Serves 6 to 8

Ingredients:

12 to 15 Oreo cookies
¼ lb. margarine
2 c. confectioners' sugar
1 c. chocolate chips
3 beaten eggs
¾ c. nuts
½ gal. ice cream

Directions:

Crush cookies in a plastic bag and put in a 9 x 13-inch baking pan. Melt chocolate chips and margarine and pour a little at a time into 3 well-beaten eggs. Cook 2 minutes, then pour in rest of chocolate mixture. Add powdered sugar and nuts and pour over crushed cookies. Freeze until hard. Soften ½ gallon ice cream and whip. Pour over chocolate and freeze. Remove from freezer 15 minutes before serving.
Serves: 12 to 15.

Oreo Smash

From the Kitchen of Vickie Swindle
West Fort Worth Campus
Serves 6 to 8

Ingredients:

1 stick butter, melted
1 (19-oz.) pkg. Oreos, crushed
½ gallon vanilla ice cream, softened
1 to 2 jars hot fudge sauce
1 large carton Cool Whip

Directions:

Combine melted butter & crushed Oreos(reserve some crumbs for sprinkling on top) and form a crust in 9 x 13 pan. Spread the softened ice cream over crust, then add layer of hot fudge sauce. Top with large carton of Cool Whip. Sprinkle with remaining crumbs. Keep frozen until ready to serve.

Lemon Blueberry Cream Cheese Cake

From the Kitchen of Susan Kennedy
West Fort Worth Campus
Serves 6 to 8

Crumb Topping:

½ cup butter, melted
1 ½ cups flour
¾ cups brown sugar
1 teaspoon vanilla

Cake:

¼ cup melted butter
¼ cup vegetable oil
1 cup sugar
2 large eggs
1 teaspoon vanilla
1 cup plain or vanilla yogurt or sour cream
¼ cup lemon juice
2 cups flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 cups fresh or frozen (thawed) blueberries

Cream Cheese Filling:

8 oz. package of cream cheese softened
¼ cup sugar
1 large egg
1 Tablespoon lemon juice

Lemon Glaze:

¾ cup of powdered sugar
1 Tablespoon Lemon juice

In a medium bowl, combine these ingredients till crumbly, then set aside.

In a large bowl, whisk together butter, oil and sugar. Add the eggs, vanilla, yogurt, lemon juice till combined.

Add flour, baking powder, baking soda and salt and stir till combined, stir in blueberries and set aside.

Mix the cream cheese filling ingredients until smooth - a mixer will be best.

Assembling the Cake:

Prepare a 9-10 Springform pan -spray with cooking spray or use parchment paper in the base. Spread 1/2 of the cake batter into the bottom of the pan, Spread cream cheese filling in the center - try to stay away from the edges. Top with the remaining cake batter - then sprinkle the crumb mixture on top. Bake at 350° for 60-70 minutes -it could take up to 80 minutes. Let the cake cool, then drizzle Lemon Glaze on the top.

A few favorite Gathered Menus:

From West Fort Worth Campus:

- Baked Potatoes & toppings served with a garden salad.
- Enchiladas, salad, tortilla chips, guacamole & salsa.
- Taco soup, tortilla chips, shredded cheese, sliced avocados, sour cream & sopapilla cheesecake.
- Spaghetti Bolognese, “Olive Garden” salad, tray of chocolates & fresh strawberries.
- For a quick & easy Spring menu: chicken salad, pimento cheese, crackers and/or rolls, spring mix salad, cantaloupe or other seasonal fruit salad, and a lemony dessert. If in a pinch, you can buy all of this premade.