

Juneau County 4-H

Foods Revue

March 22, 2026

Wonewoc Center School

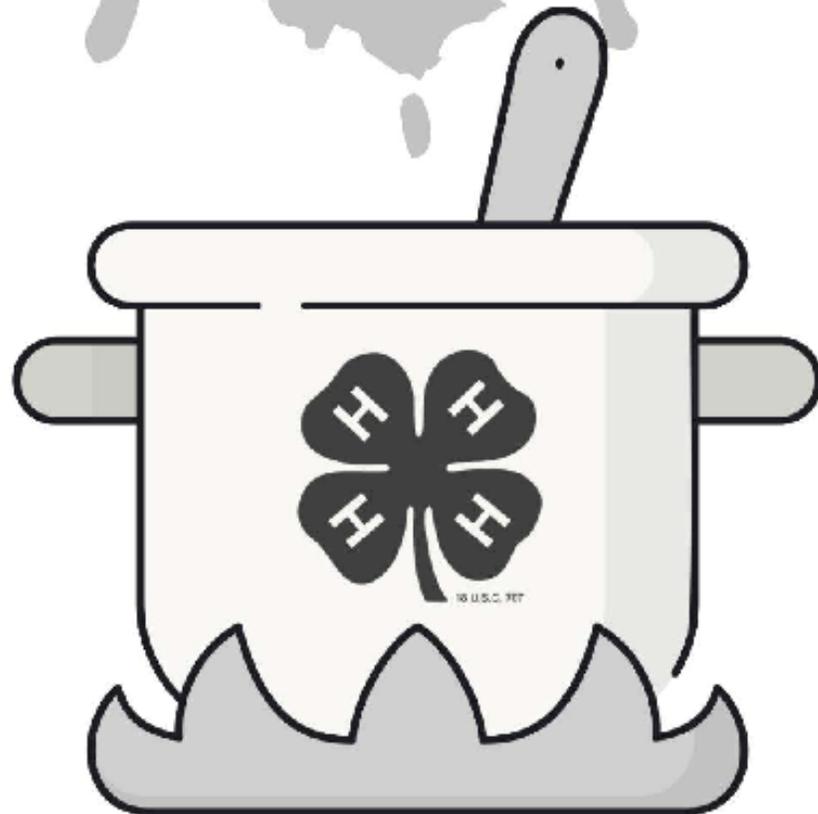


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Charlotte's Birthday Punch

Ingredients

1 bottle of Hawaiian Punch (your preference of color)
1 liter bottle of 7up
1 container of rainbow sherbet
Edible glitter

Instructions

In a large serving/punch bowl pour your Hawaiian punch and 7-Up. Then add your edible glitter to your desired iridescence. Then scoop 4 to 5 scoops of rainbow sherbet. Serve at your birthday party or other event.

Abby Miles | Cloverbud (Grade 5K-2) | Blackhawk 4-H Club | In-Person

Chocolate Covered Strawberries

Ingredients

Strawberries
1 package of Ghirardelli Melting Wafer Chocolate

Instructions

1. Wash strawberries and allow them to dry completely.
2. Dip them into the melted chocolate by holding on to the stem.
3. Place on parchment paper to allow chocolate to harden for 20 minutes.

Enjoy!

Arabella Edwards | Cloverbud (Grade 5K-2) | Blackhawk 4-H Club | In-Person

Edible Cookie Dough

Ingredients

1 C flour
8 TBS (1 stick) butter, room temperature
1 C brown sugar
1 tsp vanilla
2 TBS heavy cream
1/4 tsp salt
1/2 C chocolate chips of choice

Instructions

- *Heat-treat the flour to ensure it is safe to eat. Place the flour in a microwave safe bowl and heat it in 30 second intervals on high heat, stirring in between. Heat to 165 degrees. Set aside to cool.
 - *Using a mixer, beat the butter and sugar until fluffy.
 - *Add the vanilla, heavy cream and salt, mix to combine.
 - *Add the flour and mix to combine.
 - *Fold in the chocolate chips.
 - *Scoop into 'dough balls' and enjoy. Store in an airtight container in the fridge.
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No Bake Cookies

<https://www.creationsbykara.com/no-bake-cookies-with-chocolate-chips/>

Prep Time: 10 minutes | Additional Time: 20 minutes | Total Time: 30 minutes | Servings: 18 cookies

Ingredients

- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup salted butter
- $\frac{1}{2}$ cup [semi sweet chocolate chips](#) or dark chocolate chips
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ tsp vanilla extract
- pinch of salt
- $\frac{1}{4}$ cup creamy peanut butter
- 1 $\frac{1}{2}$ cups old-fashioned oats

Instructions

Measure out the peanut butter and oats; set aside. Lay out 2 silicone pan liners or sheets of parchment paper. (You can place them inside cookie sheets.)

Combine the sugar, butter, chocolate chips, and milk in a large saucepan or pot. Cook over medium heat just until the chocolate chips and butter are melted. It might start to simmer around the edges, but it doesn't need to boil.

Remove from the heat. Quickly stir the vanilla, salt, and peanut butter into the chocolate mixture. Then stir in the oats.

Quickly scoop the mixture with a tablespoon-sized cookie scoop onto the silicone liners. (Work quickly - they start to set up pretty fast!)

Let the cookies sit for 15-20 minutes, or until cooled and set.

NOTE: Make sure you have your ingredients ready to add to the chocolate mixture. You need to work quickly so it doesn't set up before you have all the cookies scooped.

Nutrition

Serving: 1g | Calories: 133kcal | Carbohydrates: 17g | Protein: 2g | Fat: 7g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.1g | Cholesterol: 7mg | Sodium: 38mg | Potassium: 79mg | Fiber: 1g | Sugar: 11g | Vitamin A: 87IU | Calcium: 13mg | Iron: 1mg

No-Bake Chocolate Oat Bars

Ingredients

1 cup butter
1/2 cup brown sugar
1 teaspoon pure vanilla extract
3 cups rolled oats
1/2 teaspoon ground cinnamon
1/4 teaspoon kosher salt
1 cup dark chocolate chips
3/4 cup chunky peanut butter

Instructions

Line a 8x8 inch baking dish with parchment paper and set aside.

In a saucepan, combine the butter, brown sugar, and vanilla extract. Heat over low until the butter has melted and the sugar dissolves.

Add the oats, cinnamon, and kosher salt. Cool, stirring constantly for 4-5 minutes.

Pour half of the oat mixture into the prepared baking dish. Spread out the mixture evenly pressing down.

In a small microwave safe bowl, combine the chocolate chips and the peanut butter. Heat on high in the microwave in increments of 40 seconds, stirring in between each increment until melted and fully combined.

Pour 3/4 of the chocolate chips mixture into the pan over the pressed oats, reserving about 1/4 cup for drizzle. Top with the remaining oats and drizzle with the remaining 1/4 cup chocolate mixture.

Refrigerate for 4 hours or until set.

Bakery Style Chocolate Chip Muffins

Ingredients

Ingredients:

- 2 1/2 cups all-purpose flour
- 1 Tbsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup unsalted butter, melted and cooled
- 1 cup granulated sugar
- 2 large eggs
- 1 cup milk (whole or buttermilk preferred)
- 1 Tbsp vanilla extract
- 1 1/2 cups chocolate chips

Instructions

1. Preheat oven to 425 degrees. Spray muffin tin or line with paper liners. This recipe works well for regular 12-muffin tin or mini muffins and usually makes more than expected.
2. In a large bowl, toss together the flour, baking powder, baking soda, salt, and chocolate chips. Set aside.
3. In a medium bowl, whisk together the melted butter, sugar, eggs, milk, and vanilla. Slowly add to the dry ingredients. Gently fold together until JUST combined.
4. Divide the batter between the muffin cups and bake at 425 for 5 minutes. Then reduce the oven temperature to 375 degrees and continue the bake for another 12-15 minutes or toothpick inserted into the center comes out clean. Do not overbake or the muffins will be dry. Let cool for about 5-10 minutes.

NOTE: This recipe can easily be made gluten free by subbing out all-purpose flour for gluten free flour. Bob's Red Mill 1:1 Gluten Free Flour blend is suggested.

Beer Bread with Honey Butter

Ingredients

Bread

12 ounces of dark beer
8 tablespoons unsalted butter, melted
1/4 cup honey
3 cups all purpose flour
1 tablespoon baking powder
1.5 teaspoons salt

Honey Butter

8 tablespoons butter
2 tablespoons honey
pinch of salt

Instructions

1. Preheat the oven to 375 F. Generously spray a 9x5 in loaf pan with non-stick baking spray.
2. In a large mixing bowl, whisk together the beer, 5 tablespoons of melted butter, and honey until well combined. Add the flour, baking powder, and salt and whisk until well combined. (The mixture will be very sticky.)
3. Evenly spread the dough in the prepared loaf pan.
4. In the loaf pan pour the remaining 3 tablespoons melted butter over the top of the dough. Bake until a toothpick inserted in the center comes out clean, 40-45 minutes.
5. Let cool for 10 minutes in the pan, then carefully remove the loaf from the pan and place on a wire rack. Continue cooling for 45 minutes. Slice and serve with honey butter.
6. Store in an airtight container at room temperature for up to 5 days.

To Make Honey Butter:

1. Whip butter and salt for 30 seconds - 1 minute.
2. Scrape the side of the bowl and add 1 tablespoon of honey and continue whipping for another 1-2 minutes.
3. Scrape the bowl and add 1 more tablespoon of honey and whip until combined.

This recipe was found in Magnolia Table Vol. 3 by Joanna Gaines.

Corn Bread Muffins

https://thefoodcharlatan.com/sweet-and-moist-honey-cornbread/?utm_source=Pinterest&utm_medium=organic#wprm-recipe-container-31098 but as muffins

Equipment

9 inch cast iron skillet
9 x 9 square pan

Ingredients

1 cup flour, spooned and leveled
3/4 cup yellow cornmeal
1/2 teaspoon kosher salt
1/2 teaspoon baking soda
2 teaspoons baking powder, 1 teaspoon for 8 x 8 pan, see note
1/2 cup butter, (1 stick)
1/4 cup vegetable oil
1 cup granulated sugar
1/3 cup honey
2 large eggs
1 & 1/4 cups buttermilk

Instructions

1. Preheat your oven to 375 degrees. Place your 9-inch cast iron skillet in the oven while the oven preheats. (If you are baking this in an 8 x 8 or 9 x 9 inch square pan see note.)
2. In a small mixing bowl, combine 1 cup flour, 3/4 cup yellow cornmeal, 1/2 teaspoon kosher salt, 1/2 teaspoon baking soda, and 2 teaspoons baking powder. (Use 1 teaspoon baking powder if using a square pan.)
3. Slice off about 1/2 tablespoon from your 1/2 cup (1 stick) of butter and set aside (you will grease the pan with it soon).
4. Melt the remaining butter in a large bowl in the microwave.
5. Add 1/4 cup oil, 1 cup of sugar, and 1/3 cup honey to the large bowl with the melted butter. Stir well until combined.
6. Add 2 eggs and 1 and 1/4 cups buttermilk.* Whisk until fully incorporated.
7. Use a wooden spoon or spatula to stir the dry ingredients into the wet ingredients (then wipe out the dry bowl and put it back in your cupboard!) DO NOT over mix! Make sure the dry ingredients are fully incorporated but don't worry if there are a few lumps.
8. Remove the cast iron skillet from the oven and shut the door. Grease the bottom and sides (all the way to the top) with the remaining half tablespoon butter. I use a butter knife. If it melts too fast, use a pastry brush to spread it around.
9. Pour the batter into the hot pan and smooth out the top.
10. Use hot pads to place the skillet back in the oven. Bake at 375 for 28-32 minutes. The cornbread is done when a toothpick inserted in the center comes out with no wet batter on it. You can also shake the skillet a little, and if it is at all wobbly, leave it in a couple more minutes. The top should be golden brown and the edges should pull away from the edges of the pan.
11. Remove from the oven and let cool for 5-10 minutes before slicing and serving. This is best served right away so the edges are nice and crispy! Top with butter and honey, and/or serve with The Best Chili Recipe I've Ever Made!
12. Store the cornbread tightly covered on the counter for up to 3 days. If you made it in a cast iron pan, remove the cornbread from the cast iron once cool, and store in a sealed container (otherwise it will start to taste all iron-y. No thanks.

NOTE: If you plan to make this recipe in an 8 x 8 or 9 x 9 inch square pan:

1. Only use 1 teaspoon baking powder. (Your cake will overflow the pan if you use 2 teaspoons.)
2. Do not put the pan in the oven while it is preheating. Spray the pan with nonstick spray. There is no need to set aside the 1/2 tablespoon of butter from the stick of butter called for in the recipe.

Cullen's Cookies

Ingredients

1 cup granulated sugar
1 cup brown sugar
1 cup butter, softened
2 eggs (washed, right from the coop is best!)
1 ½ teaspoon vanilla
1 teaspoon baking soda
1 teaspoon salt
3 cups flour
12 oz of your favorite add-in's like chocolate chips, sprinkles, cinnamon chips, m&ms, etc

Instructions

Preheat oven to 375 degrees
Mix together sugars, butter, eggs and vanilla in a bowl until combined (stand mixer with flat beater works best)
Gradually add baking soda, salt and flour to sugar mixture until combined.
Add your favorite add-ins and give it a quick mix.
Drop rounded teaspoons onto parchment paper on a baking sheet about 2 inches apart
Bake at 375 for 10 to 12 minutes
Remove from baking sheet immediately and cool on a wire rack.
Enjoy!

Glazed Cookies and Cream Scones

Yield: 12 scones
Prep: ~25 minutes
Bake: 14–15 minutes

Ingredients

Scones:

10 chocolate sandwich cookies (115 g), such as Oreo
1½ cups (341 g) cold heavy cream, plus more if needed
⅔ cup (76 g) powdered sugar
3 cups (360 g) all-purpose flour
1 tablespoon baking powder
1¼ teaspoons salt
1 tablespoon vanilla extract

Glaze & Topping

1 cup (113–114 g) powdered sugar, sifted
¼ cup (57 g) heavy cream, plus more as needed
1 teaspoon vanilla extract
2 chocolate sandwich cookies (23 g), finely crushed (for topping)

Instructions

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment.
2. Put the sandwich cookies in a bowl and crush them into coarse pieces (not fine crumbs).
3. Pour the heavy cream over the cookies, stir to moisten, and set aside.
4. In a large bowl whisk together:
 - powdered sugar
 - flour
 - baking powder
 - salt
5. Make a well in the center of the dry ingredients. Add the cookie-cream mixture and vanilla. Mix gently with a fork or spatula, then your hands, until a rough dough forms. If it's dry, add 1–2 teaspoons more cream.
6. Transfer dough to the baking sheet. Divide into two halves. Pat each half into a 5½-inch circle about ¾-inch thick.
7. Cut each circle into 6 wedges (12 total). Pull wedges slightly apart.
8. Bake for 14–15 minutes, until lightly golden with no wet spots.
9. Cool slightly on the pan until just warm.

Make the Glaze

Whisk together powdered sugar, heavy cream, and vanilla.
Add extra cream by the teaspoon until the glaze is thick but pourable.
Spoon glaze over warm scones and sprinkle with crushed cookies.
Let the glaze set 10–20 minutes, then serve.

This recipe was found in King Arthur Baking Company's Sweet & Salty Cookbook.

Homemade Oreo Cookies

Ingredients

For the cookies:

- 1 1/4 cups (159 grams) all-purpose flour
- 1/2 cup (43 grams) Dutch-process cocoa powder or Black Cocoa Powder
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon fine sea salt
- 1 cup (200 grams) granulated sugar
- 10 tablespoons (142 grams) unsalted butter, at a cool room temperature, cut into chunks
- 1 large egg, at room temperature

For the filling:

- 1 stick (113 grams) unsalted butter, at a cool room temperature
- 2 1/2 teaspoons pure vanilla extract
- 2 1/2 cups (313 grams) powdered sugar, sifted
- 1/8 teaspoon fine sea salt

Instructions

Make the cookies:

1. Preheat oven to 375°F. Line two baking sheets with parchment paper.
2. In a food processor fitted with the S blade attachment or in the bowl of an electric mixer fitted with the paddle attachment, combine flour, cocoa powder, baking soda, baking powder, salt, and sugar. While pulsing, or on low speed, add the butter in several pieces at a time, then add the egg. Continue processing, or mixing, until the dough comes together in a mass, about 1 minute.
3. Divide the dough into 1-Tablespoon sized balls using a small cookie scoop and drop onto prepared baking sheets, at least 2 inches apart. Dampen the palm of your hand before flattening each ball of cookie dough to about 1/8-inch thickness. Chill each tray of flattened cookie dough for at least 10 minutes in the fridge before baking.
4. Bake for 9 to 10 minutes, rotating once to ensure even baking, or until the cookies are fragrant and completely set. Set baking sheets on a rack to cool. At this point the cookies can be stored in an airtight container for 2 days. Note they may become less crispy the longer they're stored.

To make the filling:

1. In a stand mixer fitted with the paddle attachment, beat the butter and vanilla on medium-low speed until well combined. Scrape down the bowl. Gradually add the powdered sugar then the salt. Turn the mixer on high and beat for 2-3 minutes until filling is light and fluffy.

To assemble:

1. Using a pastry bag or spatula, drop a teaspoon-size blob of filling into the center of one cookie. Place another cookie, equal in size to the first, on top of the cream. Lightly press down to work the filling evenly towards the outside of the cookie. Repeat with remaining cookies and filling.
 2. Serve the same day the cookies are assembled for best texture.
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Honey Blondies

Prep Time: 10 minutes **Cook Time:** 25 minutes **Total Time:** 35 minutes **Makes 16 squares**

Ingredients

1/2 cup (1 stick) unsalted butter, melted
3/4 cup granulated sugar
3 tbsp honey
2 eggs
1 tsp vanilla
1 cup all-purpose flour
1 tsp baking powder
1/4 tsp salt
3/4 cup chocolate chips
3/4 cup pecans

Instructions

Preheat oven to 350 degrees. Line a square baking dish with 1-2 sheets of parchment so that the bottom and sides are covered.

In a large bowl, whisk together sugar, honey, and butter until well combined. Beat in the eggs one at a time then mix in the vanilla.

Add in the flour, baking powder, and salt and mix until it forms a smooth batter.

If adding any mix-ins, fold into the batter before pouring batter into the pan.

Pour batter into prepared pan. Bake for 25-30 minutes, or until the top is golden brown and the center is set.

Let cool for at least 20 minutes before cutting.

Israeli Salad

Ingredients

2 extra large tomatoes, finely diced
1 English cucumber, finely diced
1 cup red onion, finely chopped (1/2 of a medium red onion)
1 red bell pepper, finely diced
1 yellow bell pepper, finely diced
1 cup fresh herbs (Italian parsley, mint or cilantro, or a mix of all three)
zest of one lemon
Lemon juice (start with 1/2 a lemon, add more to taste)
4 Tablespoons olive oil
Salt and pepper, to taste

Instructions

1. Chop the first 6 ingredients into a very small fine dice. The smaller, the better. Take your time with this and a sharp knife really makes this easier!

2. Place in a large bowl and toss with the lemon zest, olive oil, lemon juice, salt, pepper.

3. Taste and adjust lemon and salt to your liking.

Liam Sutter | Grade 3-5 | Mauston T-N-T 4-H Club | Virtual

Liam's Famous Tomato Salad

Ingredients

Individual Serving Size

- 1 cup of cherry tomatoes
- 1/2 cup of shredded cheese (Colby Jack or your preferred)
- 1/2 cup of Garlic Croutons
- 4 tablespoons of Red Dressing (French or Western, your preferred)

Instructions

Add all ingredients in a bowl and mix with utensil. Then enjoy! An easy snack for after school or to enjoy with your meal.

Ana Wurster | Grade 3-5 | Blackhawk 4-H Club | In-Person

Momma's Banana Bread with Honey Butter

Ingredients

- 3 very ripe bananas, mashed
- 3/4 cup sugar
- 1/4 cup local honey
- 1/2 cup melted butter
- 2 farm fresh eggs
- 1 tsp homemade Vanilla
- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup sour cream
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon

Optional

- Chocolate chips
- Chopped walnuts
- A sprinkle of oats on top

Instructions

1. Preheat oven to 325°F and grease a loaf pan.
2. In a bowl, mix mashed bananas, sour cream, sugar, honey, melted butter, eggs, and vanilla until smooth.
3. In another bowl whisk flour, baking soda, baking powder, salt, and cinnamon.
4. Stir dry ingredients into the banana mixture just until combined (don't overmix).
5. Pour into loaf pan.
6. Bake 55–65 minutes, until a toothpick comes out mostly clean.
7. Let cool about 5 minutes before slicing.

Honey Butter

- 1/2 cup softened butter
- 2–3 tbsp honey
- pinch of salt

Whip together until fluffy.

Peanut Butter Cookies

<https://www.tosimplifyinspire.com/peanut-butter-honey-cookies.html>

Prep Time: 15 minutes

Cook Time: 12 minutes

Total Time: 27 minutes

Servings: 24

Ingredients

Ingredients You'll Need

Whole Wheat Pastry Flour – Whole wheat pastry flour is made from soft white wheat instead of the hard red wheat that regular whole wheat flour is milled from. Or gluten free, use oat flour or gluten free flour. If you prefer to use all-purpose flour it is absolutely fine as well.

Baking soda – Make sure its not expired.

Salt

All natural peanut butter

Honey

Butter – softened or coconut oil, melted

Egg – beaten

Vanilla extract

Ingredients

1 ¾ cups Whole Wheat Pastry Flour For gluten free, use oat flour or gluten free flour

½ teaspoon baking soda

½ teaspoon salt

1 cup all natural peanut butter

¾ cup honey

¼ cup butter softened or coconut oil, melted

1 large egg beaten

1 ½ teaspoon vanilla extract

Instructions

Preheat oven to 350 degrees F

Line a baking sheet with parchment paper or grease.

Mix flour, baking soda, and salt together in a medium size bowl.

In a separate bowl, combine peanut butter, honey, butter, egg and vanilla.

Add the flour mixture and stir gently until combined.

Scoop about 2 tablespoon of ball of dough and place on baking sheet about 1 inch apart.

flatten each ball with a fork, making a crisscross pattern on each.

Bake for 10-12 minutes or until golden brown.

Peanut Butter Cups

Ingredients

For the Base:

1/2 Cup peanut butter
1/2 Cup honey
2 Tbsp coconut oil
pinch of sea salt

For the Chocolate Layer:

1 tsp coconut oil
1 cup chocolate chips

Instructions

Step 1:

Line a muffin tin with 10-12 paper or silicone liners

Step 2:

Melt the chocolate chips and coconut oil in the microwave (30 min increments until melted/smooth)

Step 3:

With a spoon, pour enough chocolate to cover in the bottom of each liner. Place the tray in the freezer for 5-10 minutes for chocolate to set.

Step 4:

In a separate bowl, add peanut butter, honey, coconut oil and sea salt - microwave for 15-20 seconds (or until the mixture is slightly melted and pourable)

Step 5:

Remove cups from the freezer and pour peanut butter mixture evenly over each cup. Put back in the freezer to set (about 5 minutes)

Step 6:

Pour the remaining chocolate over the tops and sprinkle sea salt on the tops if you wish. Place in the freezer one final time for 30 - 60 minutes to set completely.

Store refrigerated/chilled to keep the shape.

Recipe easily allows substitutes if needed for vegan or allergy options.

White Velvet Sugar Cookies

Ingredients

White Velvet Sugar Cookies

2 cups butter, softened
1 (8oz) pack cream cheese, softened
2 cups sugar
2 egg yolks
1 tsp vanilla
4 3/4 cups flour

White Velvet Frosting

1 (8oz) pack cream cheese, softened
1 1/2 cups powdered sugar
1/8 tsp salt
1 tsp vanilla
1 1/2 cups heavy whipping cream

Instructions

White Velvet Sugar Cookies

Cream butter and cream cheese until light and fluffy. Add sugar, egg yolks and vanilla; mix well. Gradually add flour. The dough will be very soft; don't worry, it gets firmer after chilling. Cover and chill two hours or until firm. Roll out on floured surface to 1/4 inch thickness. Cut into shapes; place on greased baking sheets (or use parchment paper). Bake at 350 degrees for 10-20 minutes or until set (but not browned). Cool 5 minutes. Place on wire racks to cool. Frost as desired.

White Velvet Frosting

In a large bowl combine cream cheese, sugar, salt and vanilla. Beat until light and fluffy. Set aside. In another medium bowl beat whipped cream until stiff peaks form (it helps to use a chilled bowl and chilled beaters - and make sure the peaks are stiff not soft). Fold whipped cream into cream cheese mixture and mix carefully (so as not to deflate cream) but well. Frost to your heart's delight!
Topping--sprinkles

Chicken Wild Rice Soup

Ingredients

1/2 cup butter, cubed
2-3 carrots, chopped
2-3 celery ribs, chopped
1 medium onion, chopped
1/2 cup all-purpose flour
4 cups chicken broth
2 cups COOKED wild rice
1 rotisserie chicken, chopped
2 cups half-and-half cream
1 teaspoon dried parsley flakes
1/2 teaspoon salt
1/2 teaspoon pepper

Instructions

1. In a Dutch oven, heat butter over medium heat. Add carrots, celery and onion; cook and occasionally stir until tender.
 2. Stir in flour until blended; cook 2-3 minutes. Gradually stir in broth. Bring to a boil, stirring constantly. Cook and stir 1-2 minutes or until thickened.
 3. Stir in remaining ingredients; return to a boil. Reduce heat; simmer, uncovered for 20-30 minutes. Stir occasionally.
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Crockpot Chicken Noodle Soup

Mom's Chicken Noodle Soup

Ingredients

1 or 2 Hot & Fresh rotisserie Chix, Depend on how much you are making. Take off bone. Set aside.

Instructions

Measure with your heart. Pour chix broth in crockpot. My Mom uses about:

3 carrots
3 stalks of celery
1 med. Yellow onion

Add veggies to Crockpot.

Mix in any seasoning that you prefer for soup.

Grandma Darlene's Homemade Noodles

1 c. flour
1 egg, beaten
2 tbsp. milk

Knead together until blended. Roll thin. Cut. Let dry for an hour or so. Drop into soup 1/2 hour before serving. Made with Love from Grandma.

Novalee Weichelt | Grade 6-8 | Cheery 4-H Club | In-Person

Daddy/Daughter COACH Pizza

(Chicken, Olives, Alfredo Sauce, Cheese, Homemade)

Ingredients

Crust:

(***makes 2 pizza crusts***)

1 pkg. Active Dry Yeast
1 cup warm Water
1 teaspoon Sugar
1 teaspoon Salt
2 Tablespoons Vegetable/Olive Oil
2 ½ c. Flour
Cornmeal (optional)

Toppings:

Alfredo Sauce Mozzarella Cheese Chicken
Feta Cheese Black Olives

Instructions

Crust Directions:

1. Dissolve yeast in warm water with sugar.
2. Stir in remaining crust ingredients. Beat vigorously; 20 strokes.
3. Let rest, about 5 minutes.
4. Grease pizza pan.
5. Pat dough into bottom of pan, you may sprinkle dough with cornmeal to create a crispier crust.

Toppings Directions:

1. Top crust with alfredo sauce and add toppings.
 2. Bake at 425° for 20-25 minutes.
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Lazy Lasagna

Ingredients

1 lb ground beef
2 jars (24 oz each) marinara sauce, your favorite (I use Prego)
32 ounces of cottage cheese
3 cups shredded mozzarella cheese, divided
¾ cup grated Parmesan, divided
10 lasagna noodles, regular (Do Not Cook)
Pinch of Salt and Pepper

Instructions

Prep:

Preheat the oven to 375F. Heat a large skillet over medium-high heat. Brown the meat, breaking it up with a spatula, until it's fully browned and cooked. Drain excess grease.

Assemble:

Spread a thick layer of the sauce at the bottom of a 9×13-inch baking dish. Top with a single layer of uncooked lasagna noodles and then distribute half of the cottage cheese on top of the noodles, spreading it out from end to end. Top it with half of the meat. Then add another layer of sauce and top with 1 cup mozzarella cheese and 1/2 cup of parmesan cheese. Then repeat by adding another layer of lasagna noodles on top. Repeat this by topping the noodles with the rest of the cottage cheese, more sauce, rest of the meat, 1/4 cup of parmesan cheese, 2 cups mozzarella. Top with a generous pinch of salt and pepper for taste.

Bake:

Cover the lasagna tightly with foil and bake in the preheated oven for a total of 45 minutes. In the final 10 minutes, remove the foil and finish cooking, uncovered, to brown the cheesy top. Remove from the oven and let it sit for 5 minutes before serving.

Also - Best to prepare the day before and refrigerate overnight to allow all ingredients to blend together before baking.

Mini Beef & Cheese Empanadas

Ingredients

All-purpose flour (for sprinkling on counter)
1 recipe Pie Dough. Make your own or use 2 rounds store-bought
1 tsp plus 1 Tbsp olive oil, measured separated
1 pound ground beef
1 shallot, peeled and minced
1 Tbsp tomato paste
2 garlic cloves, minced
1/2 tsp ground cumin
1/4 tsp salt
1/4 cup water, plus extra for shaping empanadas
1/2 cup shredded Monterey Jack cheese
1 Tbsp minced fresh cilantro, optional

Instructions

1. Adjust oven rack to middle position and heat oven to 425 degrees. Line rimmed baking sheet with parchment paper.
2. If using homemade pie dough, sprinkle flour over clean counter. Place dough on floured counter and sprinkle dough with extra flour. Use rolling pin to roll dough into 14-inch circle, about an 1/8 inch thick, rotating the dough and re-flouring counter in between rolls. (Store bought dough is already rolled out.)
3. Using 3 3/4-inch round biscuit cutter, cut out rounds of dough, discarding dough scraps. Transfer dough rounds to the parchment-lined baking sheet. Cover baking sheet loosely with plastic and refrigerate while making filling.
4. In a skillet, heat 1 teaspoon oil over medium heat for 1 minute. Add beef, shallot, tomato paste, garlic, cumin, and salt. Cook until beef is no longer pink, about 3 minutes, stirring often to break up meat.
5. Carefully pour 1/4 cup water into the skillet and cook until mixture is thick, but not dry. Transfer mixture to medium bowl and let cool slightly, then refrigerate mixture until completely cooled, about 30 minutes.
6. Once filling is chilled, stir in cheese and cilantro, if using.
7. Remove baking sheet from refrigerator and discard plastic. Use 1-tablespoon measuring spoon to place 1 tablespoon of filling into center of each dough round. Dip your finger in water and lightly moisten the edges of each dough round. Fold dough over filling to create half-moon shape. Use your fingers to press the edges together to seal. Use fork to press sealed edges together to crimp dough.
8. Use pastry brush to paint tops and sides of empanadas with remaining 1 tablespoon olive oil. Place baking sheet in oven and bake until empanadas are golden brown, 18-22 minutes.
9. Remove from oven and let cool for 15 minutes before serving.

Note: You can stuff these with just about anything. You can try a vegetarian option with black beans, or used different kinds of cooked meats, vegetables, and cheeses.

Pie Dough—Ingredients

1 1/2 cups all-purpose flour
1 Tbsp sugar
1/2 tsp salt
12 Tbsp unsalted butter, cut into 12 pieces and chilled
6 Tbsp ice water

Instructions:

1. Place flour, sugar, and salt in food processor. Lock lid into place. Turn on processor and process mixture for 3 seconds. Stop processor.
2. Remove lid and sprinkle chilled butter pieces over flour mixture. Lock lid back into place. Hold down pulse button for 1 second, then release. Repeat until mixture looks like coarse crumbs.
3. Remove lid and pour ice water over mixture. Lock lid back into place. Turn on processor and process until little balls of butter form and almost no dry flour remains, about 10 seconds.
4. Remove lid and carefully remove processor blade. Lay long piece of plastic wrap on clean counter. Use spatula to transfer dough to center of plastic. Gather edges of plastic together to form bundle of dough. Keeping dough crumbs inside plastic, press dough crumbs together to form ball. Flatten plastic-covered ball into 6-inch circle, smoothing out any cracked edges.
5. Refrigerate disk of dough for at least 2 hours or up to 2 days before using.

Note: You can make this gluten free by subbing out gluten free flour mix. Bob's Red Mill 1:1 Gluten Free flour is suggested. Dough may be a little more dry when mixing so add a little more water to bring it together.

Quick Cinnamon Applesauce Muffins

Ingredients

1 1/2 cups all-purpose flour
1/2 cups white sugar
1/4 cup brown sugar
1 tsp. baking powder
1/2 tsp. baking soda
1 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/2 tsp. salt
1 cup unsweetened applesauce
1/4 cup melted butter
1 large egg, beaten
1 tsp. vanilla extract

Instructions

1. To make these applesauce muffins, preheat your oven to 375F and prepare a muffin tin.
2. Combine the dry ingredients in one bowl and the wet ingredients in another.
3. Mix the wet and dry ingredients until just combined.
4. Fill the muffin cups and bake for 15-20 minutes.
5. Let cool briefly before transferring to a wire rack.

Toppings

Cinnamon sugar and chopped pecans

Sourdough Discard Cinnamon Rolls

https://docs.google.com/document/d/10Zu_umE-768GFJURbvVoifDqgmMUKUuYOc6o6b36-Hs/edit?usp=sharing

Ingredients

3 cups all-purpose flour
3/4 cup sourdough discard or active starter
3/4 cup water
3 tablespoons honey or maple syrup
6 tablespoons butter, melted
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt

Cinnamon Filling - (We usually double this filling.)

3 tablespoons butter, melted
1/2 cup brown sugar
1 tablespoon cinnamon

Cream Cheese Frosting

1 cup powdered sugar
2 tablespoons cream, milk, or half & half would also work
4 oz cream cheese, prefer full fat
2 tablespoons butter

Instructions

1. Preheat oven to 375°.
2. In a small bowl, make brown sugar cinnamon filling. Mix 3 tablespoons melted butter, brown sugar, and cinnamon together. Set aside.
3. In a large bowl, combine all-purpose flour, baking soda, baking powder, and salt.
4. Mix honey, melted butter, water, and sourdough starter in a small bowl. Add to the flour mixture.
5. Stir until the dough comes together, then knead until all the ingredients are incorporated well and the dough is soft. This usually takes about five minutes by hand. You could also do this in a stand mixer with a dough hook attachment.
6. Flour a clean work surface and roll out the dough into an even rectangle that is about 1/4 to 1/2 inch thick. The thinner it is, the more layers of cinnamon sugar you will have.
7. Spread the cinnamon sugar mixture over the entire surface of the dough.
8. Starting on the long side, roll up the dough tightly. Pinch the ends together making sure they will stick.
9. Slice into 12 equal rolls.
10. Place into a prepared baking dish lined with parchment paper or cast iron skillet.
11. Bake for 25-35 minutes or until the rolls are golden brown. Allow to cool slightly while making the frosting.

Make the cream cheese frosting:

1. In a medium saucepan over medium-low heat, melt cream cheese, cream, and butter. Whisk them together until smooth.
2. Add the powdered sugar and whisk thoroughly until no lumps are present.
 - a. (We have found that sifting the powdered sugar helps to rid the frosting of lumps too.)
3. Drizzle over the cinnamon buns, then enjoy.

Adapted from: <https://ablossominglife.com/sourdough-discard-cinnamon-rolls/>

Easy Cinnamon Rolls

Prep Time: 1 hr. 40 min.

Bake Time: 25 min.

Yield: 10 to 12 rolls

Ingredients

Dough

2-3/4 cups all-purpose flour (spooned & leveled) plus more as needed

1/4 cup sugar

1/2 teaspoon salt

3/4 cup whole milk

3 tablespoons unsalted butter

2-1/4 teaspoons platinum Red Star Yeast (1 standard packet)

1 large egg, room temperature

Filling

3 tablespoons unsalted butter, extra softened

1/3 cup packed light or dark brown sugar

1 tablespoon ground cinnamon

Cream Cheese Icing

4 oz. full-fat block cream cheese, softened to room temperature

2 tablespoons unsalted butter, softened to room temperature

2/3 cup confectioners' sugar

1 teaspoon pure vanilla extract

Instructions

Make the Dough Whisk the flour, sugar and salt together in a large bowl, set aside. Combine the milk and butter together in a heat proof bowl. Microwave until the butter has melted and mixture is warm to touch (about 110 degrees F, no higher). Whisk in the yeast until it has dissolved. Pour mixture into the dry ingredients, add the egg, and stir with a sturdy rubber spatula or wooden spoon. Mix until a soft dough forms.

Transfer dough to a lightly floured surface. Using floured hands, knead dough for 3-5 minutes. You should have a smooth ball of dough. If the dough is super soft or sticky, add a little more flour. Place in a lightly greased bowl (you can use non-stick spray), cover loosely and let dough rest for about 10 minutes.

Fill the Rolls After 10 minutes, roll the dough out in a 14x8 inch rectangle. Spread the softened butter on top. Mix together the cinnamon and sugar. Sprinkle over the dough. Roll up the dough to make a 14 inch log. Cut into 10 to 12 even rolls and arrange in a lightly greased 9-10 inch round cake pan, pie dish or square baking pan.

Rise Cover the pan with aluminum foil, plastic wrap or a clean kitchen towel. Allow rolls to rise in a relatively warm room for 60-90 minutes or until double in size.

Bake the Rolls After the rolls have doubled in size, preheat the oven to 375 degrees F. Bake for 24-27 minutes, or until lightly browned. If the tops get too brown, loosely tent the pan with aluminum foil and continue baking. When done, remove the pan from oven and place pan on a wire rack as you make the icing. Icing can also be made while rolls are baking.

Make the Icing In a medium bowl, beat the cream cheese on high speed until smooth and creamy. Add the butter and beat until smooth and combined, then beat in the confectioners' sugar and vanilla until combined. Using a knife, spread the icing over the warm rolls and serve warm.

Cover the leftover frosted or unfrosted rolls tightly and store at room temperature for a day or in the refrigerator for up to 5 days.

Make Ahead Instructions This dough can be made the night before. After panning, cover with plastic wrap and let rest in the refrigerator overnight. The next morning, remove from the refrigerator and allow to rise in a warm environment, about 1 hour. Bake the rolls.

Mexican Street Corn Dip

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Ingredients

- Canned Corn (2 Cans)
- Butter (2 tbs)
- Jalapenos (2 medium sized peppers, chopped and seeded)
- Cotilla Cheese (2 cup, shredded)
- Mayo (3 tbs)
- Cilantro, chopped (about ten stalks)
- Chili Powder (1 tsp)
- Lime juice (1 tbs)

Instructions

1. Heat burner to medium-high heat, add butter, both cans of corn, and jalapenos.
 2. Char all ingredients. Transfer to a bowl after done.
 3. Add all ingredients into a bowl with the charred ingredients.
 4. Enjoy with any of your favorite chips.
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Kristi Kolba | Adult | Blackhawk 4-H Club | In-person

Taco Soup

Ingredients

2 Lbs. Ground Beef
*Optional (1/2 Onion chopped)
2 packets of Taco Seasoning
1 Quart Water
1 1/2 TBSP Beef Bouillon (Better Than Bouillon)
12 Ounce Bag Frozen Corn (Or Approx. 3 Cups)
2 - 16 Ounce Cans Pinto Beans
3 Cups Salsa
Garnish With:
Shredded Cheddar Cheese
Sour Cream
Serve With Tortilla Chips

Instructions

1. Cook Ground Beef (and onion if using) in a Dutch Oven. Brown and Drain. Add drained meat back into Dutch Oven
 2. Add Taco Seasoning and Water. Bring to a Boil.
 3. Add Beef Bouillon, stir to Dissolve.
 4. Add Corn, Beans (Juice and all), and Salsa.
 5. Reduce Heat. Simmer for 20-30 minutes.
 6. Serve, Garnish & Enjoy
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