

2026 Souper Bowl Recipes

Johnathan Shaw

Minestrone Soup

Yield: 1 gallon

Servings: ~8 (2 cups each)

Total Time: ~60 minutes

Ingredients

6 Tbsp extra-virgin olive oil, divided
1 medium yellow onion, diced
3 medium carrots, peeled and diced
3 ribs celery, diced
1/3 cup tomato paste
3 cups chopped seasonal vegetables (squash, green beans, corn, potatoes, etc.)
6 cloves garlic, minced
3/4 tsp dried oregano
3/4 tsp dried thyme
2 cans (28 oz total) diced tomatoes, with juices
6 cups vegetable broth
3 cups water
1 1/2 tsp kosher salt, plus more to taste
3 bay leaves (use 1 fresh bay leaf if possible)
1/4 tsp red pepper flakes, or to taste
Freshly ground black pepper
1 1/2 cups small pasta (ditalini, orecchiette, stellette, etc.)
2 cans (15 oz each) cannellini or Great Northern beans, drained
3 cups greens (spinach, kale, or collards)
1 Tbsp lemon juice
Shaved Parmesan cheese, for serving (optional)

Instructions

1. Heat 5 Tbsp olive oil in a large stockpot over medium heat. Add onion, carrots, celery, tomato paste, and a pinch of salt. Cook 8–10 minutes until softened.
2. Add seasonal vegetables, garlic, oregano, and thyme. Cook 2 minutes until fragrant.
3. Stir in diced tomatoes, vegetable broth, and water. Add kosher salt, bay leaves, red pepper flakes, and black pepper.
4. Bring to a boil. Partially cover, reduce heat, and simmer gently.
5. After 15 minutes, add pasta, beans, and greens. Cook uncovered 20 minutes until pasta is al dente.
6. Remove from heat. Discard bay leaves. Stir in lemon juice and remaining 1 Tbsp olive oil. Adjust seasoning.
7. Serve warm with shaved Parmesan cheese, if desired.

Beth Garrett

Cream Cheese Chicken Chili

1 can black beans, rinsed and drained
1 can corn, undrained

1 can rotel, undrained
2 chicken breast
1 pkg ranch dressing mix
1tsp cumin
1 tsp chili powder
1tsp onion powder
1 (8oz) pkg cream cheese

Drain and rinse black beans. Place chicken at the bottom of the crock pot and pour the whole can of corn, rotel and rinsed/drained black beans. Top with seasonings and ranch dressing. Stir together. Place cream cheese on top. Cover with lid and cook low for 6-8 hours. Stir cream cheese into chili. Use 2 forks to shred chicken. Stir together and serve.

Marina Hite (3rd Place Winner)

Creamy Chicken and Gnocchi Soup

Ingredients:

2 12oz bags of Refrigerated Giovanni Rana Skillet Gnocchi
1 large whole roasted chicken **deboned & shredded**
1 bunch of fresh Kale **torn**
2 cans of Fired Roasted Diced Tomatoes **drained**
1 large yellow onion **diced**
2 cartons of Chicken Bone Broth
1 16oz Cream Cheese
8oz Heavy Whipping Cream
2 tsp White Pepper
5 cloves of Roasted Garlic
4oz grated Parmesan Cheese

Pan sear Gnocchi as directed on package

set out Cream Cheese to soften - put chicken bone broth, shredded chicken **skin included**, torn kale, diced onions, drained diced tomatoes, & all seasonings into a Crock-Pot or Stockpot on Med-High

Once it comes to a rolling boil slowly add in heavy whipping cream, cream cheese, parmesan cheese until melted fully
parmesan cheese tries to stay together

Reduce heat to Low for 1 hour

Add in pan cooked Gnocchi just prior to serving

Hadassah Isreal (1st Place Winner)

Savory 3 Bean Turkey Chili

- 2lbs Ground Turkey
- 1 pk McCormick Mild Chili Seasoning
- 2 cans Tomato paste
- 1 can Stewed tomatoes
- 1 Onion
- 1 Red bell pepper
- 1 Green bell pepper
- 1 pk Southwestern-style corn

- 1 can Kidney Beans
- 1 can Pinto Beans
- 1 can Black Beans

Alexandra Mosca

Italian Sausage and Lentil Soup

Approx cook time: 1.5 hours, including prep

Serves 6

Makes a great meal if served with bread and butter. The soup reheats well, and is likely better the next day. It can easily be doubled, though you will need a very large pot.

Ingredients:

- 2 stalks celery
- 3 large carrots
- 1 large onion
- 1 medium russet potato
- 3 tbsp olive oil
- 6 cloves garlic
- 1 lb italian sausage
- 1 lb brown lentils
- 2 tbsp tomato paste
- 2 tbsp white miso paste
- 8 cups chicken stock
- 3 bay leaves
- 3 sprigs rosemary
- 2 tsp thyme
- 1 tsp marjoram
- 1 tbsp apple cider vinegar
- Salt and pepper, to taste

Directions:

1. Peel and chop carrots into ¼ inch half circles
2. Peel and dice onion
3. Dice celery
4. Peel and dice potato
5. Smash and dice garlic
6. Heat a large pot or dutch oven.
7. Brown the italian sausage on all sides. This should take 5 - 7 minutes. Remove from heat. Deglaze the pan using ½ cup of chicken stock. Pour off liquid and retain for later. Let the sausage cool slightly and cut into ½ inch rounds. The sausage will not be fully cooked.
8. Return the pot to the stove. Heat it again and add the olive oil.
9. Once the oil is shimmering, add celery, carrots, onion and cook, stirring occasionally, until vegetables soften and just start to brown, approx 10 minutes.
10. Add garlic, tomato paste, and miso paste and cook for an additional minute or so
11. Add lentils, sausage, chicken stock (including the stock you used to deglaze the pan), potato, bay leaves, rosemary, thyme, marjoram
12. Season with salt and pepper
13. Bring to a boil and simmer for approx 20 minutes, stirring occasionally until lentils are softened but still hold their shape. You may need to add additional water during this step. If it looks a little too watery, you can boil off the excess.
14. Stir in vinegar and check seasoning.

15. Eat.

Will Stewart (2nd Place Winner)

Marry Me Italian Sausage and Orzo Soup Recipe

2 tablespoons olive oil
1 pound Italian sausage
1 cup diced yellow onion
4 cloves garlic, minced
3 tablespoons tomato paste
¼ cup sun-dried tomatoes, sliced
6 cups chicken broth
1 cup heavy whipping cream
1 tablespoon oregano
1 tablespoon dried basil
1 teaspoon dried parsley
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon red pepper flakes
1 cup orzo
4 cups spinach
1 cup freshly grated Parmesan

Directions

Heat the oil in a large pot or Dutch oven over medium heat.

Once hot, add the sausage and crumble until browned. Remove the sausage from the pot and reserve.

Add the onion and garlic and saute until soft, about 4 minutes.

Add the tomato paste and sun-dried tomatoes and cook until the tomato paste is beginning to stick to the bottom of the pot.

Add the broth, cream, oregano, basil, parsley, salt, pepper, and red pepper flakes. Bring to a boil.

Add the orzo and cook until al dente, about 10 minutes.

Return the sausage to the pot and add the spinach and Parmesan.

Lower the heat to low and stir until the spinach is wilted and the Parmesan is melted.

Serve.

Dave Marowski

Dumplin Supreme Soup

8 qts chicken broth
4 lbs rotisserie chicken
1 qt raw mushrooms (chopped)
1 large onion (chopped)
1.5 cups baby carrots (chopped)
1.5 cups celery (chopped)
1 stick of butter
8 oz heavy whipping cream
1 can Pillsbury flaky croissant dough (cut into small pieces)

2 TBS minced garlic
Salt & pepper to taste

Optional ingredients:

Paprika (to taste)
Fresh cilantro (finely chopped)

Bring broth, butter, mushrooms, onion, garlic, carrots, celery, whipping cream to a boil. Add cut pieces of dough and boil for approx. 5 minutes (until “dumplings” are cooked). When done, add cut up rotisserie chicken to the pot. Let stand for 10 min and serve.

Michael Plaster

5 Alarm Sweet Potato Chili

4 caps of olive oil
2lbs ground turkey
4 cans of fire roasted tomatoes
2 cans of black beans
1 can Rotel hot
1 whole sweet onion
1 container of chicken broth, then fill with water and then add.
4 sweet potatoes
Chili and toco seasoning

Brown meat with some Chili seasoning, olive oil add chopped onion, sweet potatoes chopped.

Transfer to a stock pot, add tomatoes, Rotel, chicken broth, water, black beans, toco seasoning. Bring to a low boil, turn down to low and cover stirring occasionally.

Michele Walker

Kitchen Sink Chili

2 lbs ground lean beef
4 or 5 cans of assorted undrained beans (kidney, black, pinto)
3 to 4 cans of diced tomatoes
one yellow onion
2 garlic bulbs, mushrooms
bell peppers
oregano from the garden and other seasonings of your choice
Mix. Cook. Serve, Enjoy!

Michelle Lewis

Pesto Rice and Bean Soup with Italian Sausage

Ingredients:

small onion

chopped carrots

bulb of garlic

sundried tomatoes/

kosher salt

black pepper

dried oregano

2 cans of beans of choice

1/2 cup of short-grain brown rice

4 cups of chicken broth

mild Italian sausage ...cut up sausage and cook until done.

Directions:

1. In a large pot over medium heat oil add carrots, onion, garlic, salt, and pepper stirring occasionally, until vegetables soften. Add rice and stir until toasted.

2. Add half of the broth, Italian sausage, and simmer, stirring occasionally. Cover and reduce heat to medium low and let cook until rice is al dente, about 30 minutes.

3. Turn back to medium and add beans and remaining broth. Stir and combine cooking until thickened and rice is tender, about 15 minutes more. Remove from heat and add pesto.

Lillie Ross

Vegetarian Chili

1 Tbsp olive oil

1 yellow onion, chopped

1 red bell pepper, seeds and ribs removed, chopped

2 carrots, finely chopped

3 cloves garlic, finely chopped

1 Tbsp tomato paste

1 can black beans, drained and rinsed (15.5oz)

1 can kidney beans, drained and rinsed (15.5oz)

1 can pinto beans, drained and rinsed (15.5oz)

1 can fire roasted tomatoes (28oz can)

3 cups vegetable broth

2 Tbsp chili powder

1 Tbsp ground cumin

2 tsp dried oregano

Kosher salt

Black pepper

In a large pot over medium heat, heat oil. Add onion, bell pepper, and carrots and cook, stirring occasionally, until softened, 7 to 9 minutes. Add garlic, cook about 1 minute.

Add tomato paste and stir to coat veggies. Add beans, tomatoes, broth, chili powder, cumin, oregano, salt and pepper. Bring to a boil, reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened, about 30 minutes.

Shauna Houston

First and Taters Loaded Potato Soup

Ingredients

- 5 red potatoes, peeled and diced
- 1 (32 oz) carton chicken broth
- 1 can cream of chicken soup
- ¼ cup white onion, diced*
- ¼ cup celery, chopped*
- ¼ cup green onions/scallions, sliced*
- ½ cup real bacon pieces (Oscar Mayer or Member's Mark)
- 8 oz sour cream
- 1 package shredded triple cheddar cheese (or cheese of choice)

Seasonings (to taste — let the ancestors guide you)

- Garlic powder
- Smoked paprika
- Onion powder
- Salt
- Pepper
- Adobo seasoning

Directions

1. Add diced potatoes, chicken broth, white onion, green onions, celery, and seasonings to a crockpot.
2. Cook on **high for 4–6 hours**, or until potatoes reach your desired tenderness.
3. Lightly mash some of the potatoes in the crockpot to thicken the soup while leaving some chunks for texture.
4. Stir in the cream of chicken soup, sour cream, shredded cheese, and bacon pieces.
5. Mix well until fully combined.
6. Continue cooking for **20–30 minutes**, until heated through and the cheese is fully melted.
7. Serve hot and top with extra cheese, bacon, or green onions if desired.

*Measurements are estimates; you may use as much or as little as you desire.

Savory Snacks:

Marina Hite

A+ Poppers

Ingredients:

20 Hearty-sized Jalapeno Peppers
14oz Crème Cheese
Cilantro & other seasonings to taste
2 Jimmy Dean Hot Sausage rolls
2/3 packs of Center-Cut Bacon
you need 40 pieces of bacon
This recipe makes 40 Poppers

Wash & Cut peppers length wise & remove seeds

if you can try to leave the stem

Brown, Season to taste, & Drain sausage

Mix cheese & sausage until well combined

Stuff peppers with sausage mix

Snuggly wrap stuffed peppers with bacon & secure with toothpick

Grill or Broil until bacon is crisp all around

Savory Snacks

Stephanie Mallory

Ivey's Snack Mix

Ingredients

- 1 Packet Hidden Valley Buttermilk Ranch seasoning
- Garlic powder, to taste
- Dillweed, to taste
- Celery salt, to taste
- Lemon pepper seasoning, to taste
- 1 cup Olive oil + more if you need it
- 1 container of peanuts
- Various snack mixes/chips/nuts, like:
 - Gardetto's snack mix
 - Chex Mix (salty or cheesy)
 - Crunchy Cheetos
 - Mixed nuts

Directions

1. Preheat an oven to 275 degrees Fahrenheit
2. In a large stainless steel bowl, pour in your snack mixes/chips/nuts
3. Add all of your seasonings and 1 cup of olive oil to the bowl; mix well
4. Place the bowl into the oven and bake for 45 minutes
5. Remove the bowl and stir the contents
6. If there is "enough" excess oil at the bottom, place the bowl back in the oven and bake for an additional 45 minutes; if there isn't "enough" oil, add some more before placing back in the oven

Michelle Johnson

Chicken Enchilada Dip

Ingredients

11/2 (8-oz.) blocks cream cheese, softened

11/2 cups shredded chicken

1 (15-oz.) can black beans, rinsed and drained

11/2 cups shredded pepper jack

11/2 cups shredded cheddar

1 cup enchilada sauce

2 oz. (4-oz.) cans green chiles, chopped

2 tsp. taco seasoning

Fresh cilantro leaves, for garnish

Tortilla chips, for serving

Directions

Step 1:

Preheat oven to 350°. In a large bowl, stir together cream cheese, shredded chicken, black beans, 1 cup pepper jack, 1 cup cheddar, enchilada sauce, green chiles, and taco seasoning.

Step 2:

Transfer dip to an ovenproof skillet and top with remaining 1/2 cup cheeses. Bake until warmed through and bubbly, 20 to 25 minutes.

Step 3:

Garnish dip with cilantro and serve with tortilla chips.

Shauna Houston

All-Star Cheese Ball (Football Style)

Ingredients

- 1 package cream cheese, softened
- 1 ranch seasoning packet
- 1 package shredded cheddar cheese (triple cheddar or your choice)
- Pepperoni slices
- Shredded or string mozzarella cheese (for stitching)

Seasonings (to taste-let the ancestors guide you)

- Onion powder
- Garlic powder
- Worcestershire sauce (a few dashes)
- Salad Supreme seasoning
- Black pepper
- Salt

Directions

1. In a large bowl (or on clean parchment paper), add the softened cream cheese, ranch packet, pepperoni pieces and shredded cheddar cheese.
2. Mix well until combined.
3. Add onion powder, garlic powder, Worcestershire sauce, Salad Supreme seasoning, pepper, and salt to taste. Continue mixing until smooth and evenly blended.
4. Shape the mixture into a football shape using your hands.
5. Lay pepperoni slices around the outside of the cheese ball to cover it.
6. Add thin strips or small pieces of mozzarella across the top to resemble football stitching.
7. Chill for at least 30–60 minutes before serving for the best firmness and flavor.

Serve with: crackers, pretzels, or veggie sticks. 🏈 🧀

Sweet Snacks

Michelle Lewis

Smores Cookie Bars (1st Place winner for Sweet Snacks)

185g cups of all-purpose flour/115 g butter/1 tbsp vanilla bean paste/100g brown sugar/67g sugar/1 egg/ ½ tsp baking soda/240g chocolate chips/250g mini marshmallows/8 sheets of graham crackers/ Preheat oven to 350F. 1. Make dry batter. Combine flour, baking soda, and salt. Mix and set aside./2. Make wet batter: in a separate bowl add butter along with brown sugar and granulated sugar. Mix for about 3 mins., until smooth. Crack in the egg and add vanilla, whisk until batter is light in color./3. Add dry batter to wet batter. Add in 1cup of chocolate chips. Mix until combined./4. Line a 9x9 baking dish with parchment paper. Spread the graham crackers on the base. Add half of cookie batter on top and spread evenly. Add the marshmallows on top. Top it with remaining chocolate chips. Add remaining cookie dough on top./ 5. Bake for 25-28 minutes or until the cookie marshmallows are melted and cookie dough is lightly golden on the top.

Lillie Ross

Peanut Butter Balls

1 ½ Cups creamy peanut butter
½ Cup unsalted butter (1 stick) softened
½ tsp vanilla extract
3 ½ Cups powdered sugar
2 Cups semi-sweet chocolate chips

2 Tbsp vegetable shortening or coconut oil

Line baking sheets with parchment or wax paper. Beat peanut butter, butter, and vanilla in a mixing bowl until creamy. Gradually add the powdered sugar until everything is well combined. Shape into 1-inch balls and place on cookie sheet. Freeze for 1 hour.

In a microwave safe bowl, add chocolate chips and shortening. Heat for 1 minute, stir and continue heating for 10-15 seconds at a time, stirring after each heating. Stop just before all the chocolate is melted, then stir until the chocolate is completely melted. Remove balls from freezer and dip into melted chocolate using 2 forks or a dipping fork. Shake off excess chocolate and place on cookie sheet. Place balls in the refrigerator to set for at least 30 minutes.

Michele Walker

Cocoa Fig Treats

Cut up sun-dried figs

Cut up walnuts that have been roasted a bit

Mix into balls

Dip in dark chocolate that has been melted for dipping.

Beth Garrett

Chocolate Covered Pretzels

It's just a pretzel rod with candy coating chocolate in the TEAM colors. 😊