

## SOUP LUNCHEON 2009

### **CHINESE CHICKEN SOUP**

*Sonja Gunn*

Cook until fragrant:

- 2 T sesame Oil
- 2 t ground Turmeric
- 2 t chopped fresh ginger root
- ½ t chili paste (to taste)

Add:

- 1 cup chopped celery
- 2 t sugar
- ½ c. chopped green onions

Add and bring to boil:

- 1 lb. Chopped, cooked chicken breast
- ¼ cup. soy sauce
- 1 qt. Chicken broth (I use 4 t of Better Than Bouillon Chicken Base (comes in a jar) plus 1 qt. of water – this is available at Wal-Mart)

Add and boil 3 mins:

- 1-3 oz. pkg of Ramen Noodles (leave the seasoning out)

Add:

- 1 c. shredded lettuce

I used the hand blender to partially chop SOME of the soup. This is not necessary. (If you chop too much it will become mushy- do not overcook!)

### **CHILI**

**Shirley Cable**

- 2 med. onions, chopped and 1-1/2 lb. ground beef - brown and drain
- 1 large can tomato sauce
- 1 pkg. taco sauce
- 1 pkg. original ranch dressing
- 2 c. diced tomatoes
- 1 cup. corn kernals, 3 cups. beans (ranch style or mixed beans)
- 2 cups. water

Mix well and cook approx. 15 mins. Can be served with sour cream and shredded cheddar cheese

## **“SAN FRANCISCO” MINESTRONE SOUP**

**Bonnie Timmreck**

2 qts. beef or vegetable stock  
1 can beans (I used S & W lightly seasoned small white beans)  
½ cup salad macaroni  
olive oil  
2 ½ c. canned diced tomatoes (you can also use stewed tomatoes if you like the green bell pepper taste)  
1 clove garlic (or more if you like)  
1 chopped onion ( I use shallots....2 or 3 depending on size)  
2 cups. chopped chard (fresh if possible – but if necessary use fresh spinach or frozen chopped chard or spinach – well drained!)  
salt and pepper to taste  
2 T chopped Italian parsley  
2 stalks celery diced  
2 cups. chopped carrots  
¼ cups. parmesan cheese

Saute, in a soup pot, garlic, onion (shallots) and vegetables (except parsley) in a small amount of olive oil for 10 mins. Add beans, stock, and salt and pepper. Cook approximately 1 ½ hours (until most of liquid is absorbed). Add and stir in the parmesan cheese, chopped parsley and macaroni to soup and serve with extra parmesan sprinkle on top.

The recipe says to cook the macaroni right in the soup, but I prefer to cook it separately until almost done, so the starch does not get into the broth. I try not to overcook the pasta since it will continue to cook in the soup. I also add oregano, as well as a little sugar if the tomatoes are acidic.

You can play with this soup and add other vegetables and herbs – and even some red wine. Freezes well.

## **BORSCHT**

**Linda Parkinson**

1 ½ lb. can tomato puree  
2-3 chopped carrots      1 chopped onion  
7 cups. water  
5 beef bouillon cubes  
1 lb. can beets drained and shredded (save juice)  
6 cups. chopped cabbage  
1 cup. beans in tomato sauce  
1 t sugar, 3 T lemon juice

Cook tomato puree, onions, carrots, beef cubes, beet juice, in water for 1 hour. Add beets, cabbage, beans and sugar. Cook ½ hour. Remove from heat, add lemon juice and serve.

## **BAKED POTATO SOUP**

**Gloria Koger**

4 or more large baking potatoes  
2/3 cup. flour  
6 (or more) cups of milk  
1 – 2 cups shredded cheddar cheese (divided 2/3 – 1/3)  
1 cup. sour cream  
3/4 c. chopped green scallions (optional)  
6 (or more) bacon slices (cooked and crumbled  
1 T marj. or butter

Preheat oven to 400. Pierce potatoes and bake 1 hr. or until done. Let potatoes cool  
Then peel them and coarsely mash. (Set aside)  
Melt butter (or marj.) in dutch kettle and add flour gradually, to make a roux.  
Gradually add milk, stirring until well blended and thick, then add potatoes,  
2/3 cheese until melted, salt and pepper to taste.  
Remove from heat and stir in sour cream and 2/3 bacon. Cook until well mixed.  
**DO NOT BOIL!**  
Served topped with remaining cheese, bacon bits and scallions

## **BEEF VEGETABLE PASTA SOUP**

**Bonny Stevenson**

3 qts.,. beef stock (made from soup bone or beef shank and dry onion flakes)  
Cool and skim off fat, before adding:  
2 c. diced lean beef (from shank or bone, or left over roast beef)  
1 pkg. frozen corn  
1 pkg. frozen peas  
1 qt. canned green beans  
3 cups. diced carrots  
2 large cartons beef bouillon

When above is cooked add 1 can diced tomatoes, 1 small can tomato paste, and  
2 cups cooked small pasta, salt and pepper to taste  
Makes 5-6 qts.

## BROWNY'S CLAM CHOWDER

Denise Robertson

6 slices bacon, chopped  
1 ½ lb red thin-skinned potatoes in ½ inch cubes

2 – 8 oz. bottles clam juice  
8 – 6 ½ oz. cans chopped clams  
(Hint: use 1 large (56 oz.) can minced clams in juice found in Smart and Final or Costco)

1 bay leaf  
½ t. Liquid hot pepper seasoning  
¼ t pepper  
1 ½ t Worcestershire sauce  
¾ t dry thyme  
4 cups. cream or half and half

Vegetables:  
thinly slice 2 med. size carrots and 2 stalks celery  
chop 1 small onion  
stem, seed and chop ½ small green pepper  
mince or press 1 clove garlic

Cook bacon in 8 – 10 qt. pan over medium heat, stirring often, until crisp  
With slotted spoon, lift out bacon and drain on paper towel. Discard all but  
2 T of the drippings. Add prepared vegetables and slightly brown, stirring often.

Add potatoes and clam juice to pan, bring to boil, reduce heat, cover and simmer until potatoes are tender when pierced (approx. 15 mins.) Stir in clams and their liquid, bay leaf, hot pepper seasoning, pepper, Worcestershire, thyme, cream and bacon. Season to taste with salt. Heat until steaming (not boiling) and serve.  
To make thicker - mash SOME of the red cooked potatoes.

Makes about 4 quarts (8-10 servings). Hint: Even better second day!

## **7 BEAN AND HAM SOUP**

**Dorothy Hagan**

1 pkg. seven bean mix- remove season pkt (soak beans overnight and drain)

Add water to cover (about 1" above beans)

Simmer 2 or more hours until soft

Add:

1 large chopped onion

1 can 15 oz. tomatoes OR tomato sauce

2 carrots, sliced

1 ½ to 2 lbs. diced ham

salt, pepper, garlic powder, seasoning salt.

Cook until vegetables tender

Add package of seasoning that is included in bean package last.

Serves 8.

## **SOUTHWESTERN WHITE CHILI**

**Carol Laninga**

1 Tbsp. Butter

1 green pepper, chopped

1 cup white wine

3 whole boneless, skinless chicken breasts, cooked and diced

1 - 48 oz jar Great Northern Beans

8 oz. shredded jalapeno Monterey Jack cheese

2 ½ t ground cumin

1 – 16 oz jar salsa (I use medium salsa)

2 cups. fat free chicken broth

1 cup. chopped celery

1 onion, chopped

In skillet, melt butter and sauté celery, onion, and green pepper. Add wine and sauté 15 min. In crock pot combine beans, chicken, cheese, cumin, salsa and chicken broth. Stir in celery mixture. Serve with additional cheese and tortilla chips.

## **CORN AND SAUSAGE CHOWDER**

**Lynne Leu**

1 lb. bulk sausage  
1 large onion chopped  
3 large potatoes, peeled and cubed  
2 t salt (or to taste)  
½ t pepper  
1 t dried basil  
2 cups. water  
1 can cream style corn  
1 can whole kernel corn (drained)  
1 – 12 oz can evaporated milk

1. Brown sausage and break into pieces (drain off extra fat)
2. Put browned meat into soup kettle
3. Saute onion
4. Add onions, potatoes, salt and pepper, basil and water to soup kettle
5. Cover and simmer for 15 mins. or until potatoes are done.
6. Stir in corn and evaporated milk
7. Heat thoroughly and serve

## **CREAM OF SPINACH SOUP**

**Alice Impens**

6 T margarine  
1 c. chopped green onions (use green part too)  
4 – 10 ¾ oz. cans chicken broth  
2 c. powdered coffee creamer (any brand)  
¼ c. uncooked rice  
2 potatoes, sliced and diced (very thin)  
2 carrots, sliced and diced (very thin)  
1 – 10 oz. package chopped frozen spinach  
1 t. salt

Saute onions in margarine until soft, but not brown.

Add chicken broth and powdered coffee creamer. Stir very well.

Add rice, potatoes and carrots, simmer 15 mins. Add spinach.

Simmer another 15 mins.

Makes 2-1/2 qts.

## **REUBEN CHOWDER**

**Bonny Stevenson**

(This recipe was given to Bonny from a 90 year old man in Michigan his favorite!)

1 – 14 oz. can sauerkraut, well drained  
1 can Campbells cream of chicken soup  
1 can chicken broth  
1 can water  
½ c. diced celery  
4 chopped green onions  
4 slices bacon – cooked crisp  
2 T margarine  
2 T “Wonder” flour  
1 t caraway seeds (optional)  
4 slices diced swiss cheese  
¼ lb. (or more) diced cooked corned beef

In heavy saucepan cook bacon until crisp. Drain. Remove bacon, add margarine and heat until melted. Stir in celery, onion, sauté 2 min. Add flour, stir until blended and evenly cooked. Stir in soup, broth, water, sauerkraut. Blend in corned beef and caraway seeds. Heat and gently boil 8 to 10 mins. Add cheese, heat to simmering for 2 mins., stirring constantly. Serve hot, garnished with pumpernickel bread with melted swiss cheese on top, julienne of corned beef and rye croutons.

(Add water or flour to get the thickness you like in a chowder)

## **POTATO SOUP**

**Jeanine Schroder**

6 potatoes cubed small	1/4 cup butter
2-1/2 cups. sliced baby carrots	1/4 cup flour
4 stalks of celery diced	1 qt. whole milk
1 onion chopped	8 oz. shredded cheese
1 red pepper, diced	1 can cream of mushroom soup
Precook above	

Melt butter, add flour and stir until makes a roux, add :  
1 qt. whole milk, 8 oz. shredded cheddar cheese,  
1 can cream of mushroom soup  
salt and pepper to taste

Makes 5 qt.

## **SAUERKRAUT SOUP**

**Mary Ann Penson & Carol Clauson**

3 – 14.5 oz cans beef broth  
1 - 14.5 oz can sauerkraut  
1 – 8 oz. can pineapple (drain)  
1/2 can northern beans or kidney beans (8 oz.)  
1 cup. chopped ham or sausage

Mix together in med. size pan and let simmer for 25 mins.

Serves 6 double recipe for 5 Qt slow cooker

(Double for 5 qt. slow cooker)

## **CREAM OF MUSHROOM SOUP**

**De Serwald**

3 cups chopped celery  
1 cup chopped green onions  
3 – 8 oz. pkg. sliced mushrooms  
1-1/2 cup butter  
1-1/2 t minced garlic  
8 cups (approx.) chicken broth  
1 qt. 1/2 and 1/2 or cream  
1-1/2 cups flour  
chopped parsley and pepper

Saute celery and onions in 1/2 c. butter for 10 mins. Add mushrooms, 2 cups of chicken broth and garlic. Simmer on low for 20 mins and set aside.

Make a white sauce with 3/4 c. butter, flour, 4 cups of chix broth and 2 c. of 1/2 & 1/2. Stir until thick and smooth. Add to the mushroom mixture, stir well and cover. Continue to stir... cover and let cook on low for 1 hour. Add more 1/2 & 1/2 or chicken broth as needed. Add parsley the last 30 min. Add pepper to taste.

Makes approx. 16 cups.

## **SALMON CHOWDER**

**Flora Wallis**

1 large (12 oz.) can salmon or more and juice (or substitute albacore tuna)

4 large Yukon gold potatoes, peeled and diced (salt to taste)

3 green onions diced or chopped

Barely cover the potatoes and onions with water and cook until tender  
(DO NOT DRAIN)

Add 12 oz can canned milk and 1 can chicken broth

Heat to boiling point

Break up salmon in large chunks, gently fold (along with salmon juice) into chowder. (you may want to add more than one can of salmon) Serve.

If desired, you may want to thicken soup with 2 T corn starch mixed with the juice of salmon.

Serves 4

## **CREAM OF BROCCOLI SOUP (non-dairy)**

**Gerry LaPlante**

5 c. of water to blanch broccoli

8 c. broccoli florets

1/4 c. margarine or butter

2 onions, chopped

2/3 c. all purpose flour

4 c. chicken broth

3 T chicken bouillon granules

approx. 3 cups non-dairy creamer (coffee mate)

salt and pepper to taste

In a medium sized cooking pot, add water and bring to boil. Add broccoli florets.

Reduce heat, cook for approx. 3mins. Drain (RESERVE ALL WATER)

In a food processor or blender, process half the cooked broccoli until fairly smooth.

Chop remaining broccoli and set aside.

In a heavy bottomed cooking pot, melt butter or marg. , add onion and celery and

Cook for approx. 3 to 4 mins. (until soft). Stir in flour; cook, stirring constantly

for approx. 1 to 2 mins. Add reserved water, chicken broth, and chicken bouillon

granules. Bring to boil, stirring constantly. Reduce heat to medium; simmer,

stirring constantly until thickened.

Stir in non-dairy creamer until creamy & white in color, add processed and chopped broccoli and heat through. Adjust seasonings to taste. Serve garnished with grated cheddar cheese.

Serves 12

## SOUP LUNCHEON 2010

### CHILI

Debbie Boyer

(makes 5 quarts)

2 pounds small red beans, sorted, rinsed, soaked overnight  
2 medium cans tomato paste  
1 – 10 oz. can Rotel tomatoes with green chilies  
1 small can diced green chilies  
1 tsp. red pepper flakes  
¼ cup chili powder  
1 – 2 Tbsp. cumin (to taste)  
2 large onions, chopped  
3 Tbsp. diced green bell peppers  
2 pounds cooked, drained ground beef  
Salt and pepper to taste

Add water to within 4 inches from top of cooker  
Place all ingredients in slow cooker and cook on high until beans  
Are tender and soft - Add ¼ cup brown sugar and stir well.

### CORN CHOWDER

Lois Chilton

(makes 6 quarts)

Two 11 oz. packages Bear Creek Creamy Potato Soup mix  
(follow instructions on package)  
One large package Hormel real crumbled bacon bits  
Two cans whole kernel corn – drain or not, depending on taste  
Chopped sweet onion to taste  
One small can evaporated milk, (optional)

This soup is so EASY. Variations for Bear Creek Creamy Potato Soup Mix –  
Add clams, chicken, cheese, Jalapenos, corn, ham, broccoli, cauliflower,  
mushrooms, peas, sausage or asparagus, OR any combination thereof.

## **HAMBURGER SOUP**

**Gordon Dougherty**

2 pounds hamburger  
2 cups pearl or pot barley  
1 cup turnips – cut in small pieces  
1 cup carrots – cut in small pieces  
1 large onion – chopped  
1-1/2 cups peas  
2 potatoes chopped  
4 sticks of celery in small pieces  
½ cup cabbage – grated  
½ bottle HP Sauce  
1 cup ketchup  
Salt and pepper to taste

Brown hamburger, add 6 quarts of water. Bring to boil and Boil for 10 mins.  
Add pot or pearl barley, and vegetables  
Cook at a slow boil for 2 hours.  
Add 2 cans crushed tomatoes

## **TACO SOUP**

**Mary Ehrmann**

1 pound hamburger  
1 pkg. Hidden Valley Ranch dressing  
1 pkg. taco seasoning  
1 can ranch style Texas beans  
2 cans diced tomatoes  
1 can Rotel tomatoes/green chilies  
1 can corn  
1 can pinto or kidney beans

Mix all together and cook (use your own judgment). Serve with Fritos And sour cream (optional). This is a great crock pot recipe, and is very good.

## **HAMBURGER VEGETABLE SOUP**

**Marilyn Frahm**

Comment from Marilyn – I have no amounts – I just cook what I think I  
Need for certain numbers of people!

Crumble and brown hamburger and set aside  
Cut up fresh onions, celery, carrots, potatoes  
Use the frozen soup packages if fresh is not available of:  
Green beans, peas, corn, etc.  
Green, yellow and red peppers in small amount  
Cook the vegetable in beef broth – use the canned beef broth plus beef  
Bullion powder  
When vegetables are nearly cooked, put the meat in and finish cooking.  
Add salt, pepper and garlic salt to taste

## **COOKOUT STEW**

**Ardelle French**

3 potatoes – peeled and diced  
½ chopped onion  
1 stalk of celery diced  
1-1/2 cups diced ham  
3 carrots – sliced

Cover with water and boil until tender  
Then add:  
1 can cream of celery soup  
1- 8 oz. jar Cheese Whiz  
1 box frozen peas (optional)

Simmer on LOW HEAT – watch so it doesn't scorch

## **POTATO CHEESE SOUP**

**Joyce Greenhood**

2 cans chicken broth or more to make more soup  
5 large potatoes - chopped  
3 carrots – chopped  
2 stalks celery – chopped OR celery flakes  
1 pound velveta cheese, cut in pieces

Cook in salted water with some onion flakes, until tender  
In large pot, melt 8 Tbsp. margarine, add ¾ cup flour and stir until blended  
Slowly stir into chicken broth. Add cooked vegetables and stir.  
Add cheese and stir until cheese is melted.  
Serve with parsley flakes, if desired

## **VEGETABLE BARLEY SOUP**

**Betty Harrison**

In a large pot boil 1 package of beef bones, covered with a good amount of water and 1 – 2 tsp of salt to make the beef broth. Bones with some meat on tastes the best.

Cool and let set overnight. Remove fat and most of bones, and add pepper to taste.

Add to broth:

Vegetables such as onion, celery, 1 can diced carrots, potatoes, tomatoes, or any

Left over vegetables.

½ to ¾ cup barley (depends on the amount of broth you have)

Return to heat, and simmer for several hours.

## **CREAM OF SPINACH SOUP**

**Alice Impens**

(this recipe has some changes from the 2009 recipe)

Makes 2-1/2 quarts

6 Tbsp. margarine

1 cup chopped green onions (use green part too)

4 – 10 ¾ oz. cans chicken broth (or 1- 46 oz. can)

2 cups powdered coffee creamer (any brand)

¼ cup uncooked rice

2 potatoes, sliced and diced (very thin)

2 carrots, sliced and diced (very thin)

1 – 10 oz. package chopped frozen spinach

1 tsp. salt

Saute onions in margarine until soft, but not brown

Add chicken broth and powdered coffee creamer, and stir well.

Add rice, potatoes and carrots, simmer 15 mins. Add spinach.

Simmer another 15 mins.

## **SAUSAGE AND WHITE BEAN SOUP**

**Gloria Koger**

1 pkg. Kielbasa or Polish sausage (8 Oz.)  
3 cans (14.5 oz.) reduced sodium chicken broth  
4 cans (14.5 oz.) cannellini beans – drained and rinsed  
4 or 5 garlic cloves – minced  
4 cups chopped kale

Brown kielbasa in large pan, with a little olive oil  
Remove sausage & slice thinly  
Add garlic cloves to pan and cook 30 seconds (do not overcook)  
Add broth and beans & let simmer 5 mins.  
Remove some of beans and mash – return to pot  
Add sausage and kale and cook until tender  
Add a dash or two of hot sauce and pepper to taste

## **TACO BEAN SOUP (weight watchers)**

**Patty Kruse**

1 pound extra ground turkey breast  
1 medium yellow onion – chopped

1 can each of following – drained:  
1 can corn  
1 can pinto beans  
1 can kidney beans  
1 can black beans

1 can (15 oz.) Rotel with chilies – do not drain  
1 can (15 oz.) diced tomatoes – do not drain  
1 can (14 oz.) fat-free refried beans

1 pkg. Hidden Valley Ranch dressing mix  
1 pkg. Taco seasoning

Brown the turkey breast, add onions, put all ingredients in a crock Pot and cook 6 to 8 hours. If the soup is too thick, add water or Tomato juice. (weight watchers 1 cup = 1 point)

## **CHEESE TORTELLINI SOUP**

**Lynne Leu**

Saute 12 to 15 mins:

2 Tbsp. olive oil

12 oz. kielbasa thinly sliced

1 chopped onion

1 cup chopped fresh fennel bulb

1-1/2 Tbsp. chopped fresh thyme

½ tsp. dried red crushed pepper

Add: 10 cups low sodium chicken broth – simmer about 30 mins.

Add: 4 cups chopped kale (1/2 bunch)

15 oz. cannelloni beans, drained and rinsed – simmer about  
4 to 5 mins.

When ready to serve add: 9 oz. cheese tortellini – simmer about 8-10  
mins.

Can add grated parm. cheese to top off soup.

Note: When Lynne makes it she uses 2 large cans of broth (12 cups)  
And 2 cans of cannelloni beans

## **CHILI SOUP**

**Juanita Landsem**

3 pounds hamburger  
1 large onion chopped  
½ tsp oregano  
3 cloves garlic  
3 Tbsp. chili powder  
½ tsp. cumin  
1 large can diced tomatoes  
1 15 oz. can tomato sauce  
1 cup water  
1 can sliced mushrooms  
1 large can black beans

Brown hamburger, add onion and spices, cook until onion is soft. Add tomato and tomato sauce, including juice. Add remaining ingredients, adjust spices for hotter or milder taste. Cook over low heat for approximately 30 mins.

Can be served with shredded cheese and/or sour cream

## **STUFFED PEPPER SOUP**

**Jeanne Magnuson**

2 pounds ground beef, salt and pepper  
Onion – as much as you like  
2 beef bouillon cubes  
1 large can tomato juice  
¼ cup brown sugar  
2 cups green pepper chopped  
2 can chicken broth  
1 can diced tomatoes  
1-1/2 cups minute rice

Brown hamburger first, Add remainder of ingredients (except rice)  
Simmer about 40 mins. Stir in rice, and cover for last 10 mins.

Note: Jeanne also uses hot chili peppers, according to taste. Jeanne Does not follow recipe exactly as she adds “more of everything”!

## **BJ's STEAK SOUP**

**Shirley Mielke**

Saute floured pieces of sirloin in butter or olive oil

Add:

1 can beef broth (no MSG)

1 can chicken broth (no MSG)

1 package frozen mixed vegetables

The following to taste:

Lawrys seasoned salt

Lawrys seasoned lemon pepper

Minced onion

Kitchen Bouquet

Worchestershire sauce

Garlic Powder

Simmer 3 hours and thicken to taste

## **BROCCOLI CHEESE SOUP**

**Pat Morral**

1-3/4 lb. Velveta Cheese (cubed)

2 large cans chicken broth

2 lbs. chopped broccoli

1 package very skinny noodles (cooked)

Start with chicken broth and broccoli, add noodles and cheese

Last. Note: Watch – will stick! Ready when broccoli and noodles are fully cooked.

## **LENTIL SOUP**

Shirley Pfeil

3 quarts water to cook ham bone until remains fall off and remove

1 cup chopped celery  
1 cup chopped carrots  
1 cup chopped onion  
2 cups washed and sorted lentils  
seasoning to taste

Cook until all is tender. Lentils are soft in about 20 minutes. If you want a smoother soup, cook longer and stir often to break up the lentils.

May also be made with beef burger or stew meat. Also adding tomatoes or tomato paste is nice. For a stew just add more lentils – about 3 cups to 3 quarts of liquid.

Note: this recipe works well in slow cooker.

## **CHICKEN NOODLE SOUP**

Helen Reede

Precooked chicken, skin removed and cut up  
6 cups water. (I add the chicken skin to give extra flavor to the broth)  
1 quart chicken broth

Cut up carrots, celery, onions, cut up chicken to broth, bay leaf.  
Simmer until vegetables are soft (about 15-20 mins.)  
Remove the skin. Add noodles (either home made or purchased)  
Cook another 10 mins. Or until noodles are done.  
Salt and pepper to taste.  
(May add chicken base from jar, if more flavor is desired)

## **NOODLES**

3 eggs, 1 cup flour. Mix well and drop from spoon into soup. These are all approximate amounts – I may use other ingredients or amounts each time I make the soup.

## **CHICKEN NOODLE SOUP**

**Jeanine Schroder**

Boil chicken with onions and celery

2 cups chicken - debone, remove skin, and cut up

1 pkg. homestyle frozen noodles – boiled according to directions

2 cups carrots, 1 cup celery, and 1 cup onion – chop in blender

Add all of the above with chicken broth and simmer.

## **CHICKEN/SAUSAGE GUMBO**

**Marlene Spell**

Roux:

Brown  $\frac{3}{4}$  cup flour with  $\frac{3}{4}$  cup butter

Keep stirring until flour is a deep brown

When browned set aside for later

Saute until tender:

3-4 stalks celery – chopped

1 onion – chopped

1 of each green, yellow and red pepper – chopped

2 garlic cloves – minced or chopped

3-4 chicken breast and 2-3 Andouille Sausages

Boil in large can of chicken broth until meat is tender

Remove meat from broth and cut into bite size pieces

1 can stewed tomatoes

1 pkg. frozen okra

1-2 cups cooked rice

vegetables (as above)

roux

cut up meat

Simmer about 45 minutes

Add Gumbo File' just before serving

(spice available at Fry's)

## **CHICKEN TORTELLINI SOUP**

**Cheryl Stewart**

9 oz. package Green Giant Harvest Fresh frozen-cut broccoli, thawed  
6 cups water  
3 – 10-3/4 oz. cans condensed chicken broth  
1 – 10-3/4 oz. can condensed cream of chicken soup  
2 cups cubed cooked chicken  
1 cups chopped onions  
1 cup sliced carrots  
½ cup dry vermouth or water  
2 garlic cloves, minced  
½ tsp. basil leaves  
½ tsp. Oregano leaves  
7 oz. package cheese OR chicken filled tortellini  
grated parmesan cheese, if desired.

In large saucepan or dutch oven, combine water, chicken broth, soup, chicken, onions, carrots, vermouth, garlic, basil and oregano. Bring to boil; add tortellini. Simmer uncovered 30 mins. Add broccoli. Simmer an additional 5 to 10 mins., or until broccoli is tender. Serve with cheese. (makes 10 – ½ cup servings)

## **SALMON CHOWDER (change from last year) Flora Wallis**

1 large (12 oz. can) or more of salmon and juice  
(can substitute albacore tuna OR precook a 10 inch salmon fillet)  
4 large Yukon Gold potatoes, peeled and diced (salt to taste)  
3 green onions diced or chopped

Barely cover the potatoes and onions with water and cook until tender  
(DO NOT DRAIN)

Add 1 can chicken broth, 1 can (12 oz.) canned milk. Heat to boiling.  
Break up salmon in large chunks, gently fold (along with salmon juice)  
into the chowder.(Add more salmon if desired) Serve

If desired, thicken soup with 2 Tbsp. Corn starch mixed with juice of  
salmon.

(Serves 4)

## **LENTIL SOUP**

**Gordon Dougherty**

Cook ham bone in water for one hour

Add 2 cups of washed lentils – cook for additional hour

Add the following cut in small pieces:

1 cup carrots

1 cup turnips

5 stalks celery

1 large onion

Add: 2 cups chicken broth and cook one hour

Add: 1 large can of crushed tomatoes

Simmer for 1 to 2 hours and serve hot

### **THE FOLLOWING SOUPS WERE SERVED AT THE 2010 SOUP LUNCHEON. THE RECIPES ARE IN THE 2009 PORTION OF THE COOK BOOK:**

CHINESE CHICKEN

Sonja Gunn

CLAM CHOWDER

Denise Robertson

FRESH MUSHROOM

De Surwald

SAUERKRAUT

Bonny Stevenson

MINISTRONE

Bonnie Timmreck

## **SOUP LUNCHEON 2011**

### **CHICKEN NOODLE SOUP (Gluten and Egg Free)**

**Tommy Alves**

4 Pieces of chicken (skin & fat removed)  
3 cups Bob's Red Hill Gluten Free Biscuit and Baking Mix  
Egg Replacer to equal 3 eggs (Dry Egg Replacer)  
Water to equal egg replacer or more to make the dough  
where you can handle it without sticking to your hands  
½ tsp. salt to mix  
1 tsp. salt to broth ( or to taste)

Boil chicken until tender to make a broth. Take out chicken, cool and cut into small pieces. Add back to broth and bring back to a boil before adding noodles.

Put the egg and water mixture in a mixing bowl, add dry ingredients and mix with a fork or by hand, adding water until mixture is wet enough to stick together. Knead a few times to mix and put on board or wax paper that is lightly covered with the biscuit mix, to prevent sticking. Roll out thin and cut into strips. Make sure noodles do not stick. Put noodles into boiling broth as fast as possible so all get done at the same time. Turn down heat and simmer for approx. 20 mins or until noodles are done.

Veggies can be added to broth as the chicken is cooking.  
Eggs can be used instead of egg replacer.

## **SPLIT PEA AND HAM SOUP**

**CAROL CLAUSEN**

1 pound dried split peas

Place peas in a large pot or bowl and cover with water by 2 inches. Soak overnight. Drain the peas and set aside.

3 Tbsp. butter

1 cup finely chopped yellow onion

½ cup finely chopped celery

½ cup finely chopped carrots

2 tsp. minced garlic

2 cups leftover baked ham

1 tsp. salt

¾ tsp. black pepper

¼ tsp. crushed red pepper flakes

32 ounces chicken stock

4 cups water

1 bay leaf

1 tsp. thyme

In a large pot, melt the butter over medium-high heat.

Add the onions and cook, stirring 2 minutes. Add the celery and

Carrots and cook, stirring until just soft (about 3 minutes).

Add the garlic and cook, stirring, for 30 seconds.

Stir in the ham and add the drained peas, salt and pepper flakes, and  
Cook, stirring for 2 mins. Add the chicken stock, water, bay leaf and  
thyme. Cook, stirring occasionally, until the peas are tender. (about 3  
hours) (Add more water if the soup becomes too thick or dry)

## **STUFFED GREEN PEPPER SOUP**

**ALICE IMPENS**

1 pound ground beef  
1 cup diced onion  
2 cups chopped green pepper  
1 – 15 oz. can tomato sauce  
1 cup cooked rice  
½ tsp. basil  
½ tsp. oregano  
3 cups water  
1 Tbsp. beef bouillon

Brown beef and onion. Place in slow cooker with remaining ingredients on low. (6 to 8 hours) OR place in soup pot and simmer 1 hour.

## **GREAT NORTHERN BEAN SOUP**

**RACHEL KELLOGG**

1 lb. Great Northern beans  
2 ham hocks  
1 whole onion  
1 stalk celery, chopped  
6 potatoes, cubed  
4 carrots, sliced  
1 (14-1/2 oz.) canned tomatoes, chopped  
Optional:  
2 Tbsp. oil  
1 chopped onion  
1 chopped green pepper

Cook beans and ham hocks until tender. Salt and pepper to taste ( I added a little red pepper). Add whole onion, celery and carrots. Cook about 15 mins. Saaute chopped onion and pepper. Add chopped tomatoes to onion and green pepper. Cook about 5 mins. Put all together in beans and cook 30 mins. Take ham off bone and add to bean soup.

(I brought ham bone & beans to boil, let them soak overnite. In morning cook till beans are tender, add potatoes, carrots, celery and onion. Cook 30 mins, till vegetables are done. Ad 2 cups ham, and simmer in crock pot.

**ITALIAN BLACK BEAN & SAUSAGE SOUP****JUDIE KINZEL**

In frying pan, cook until brown and drain:

1 Pkg. hot Italian sausage

In soup pot, mix together:

Cooked sausage

4 cans black beans

4 cups water

1 Tbsp. beef base

2 8 oz. cans tomato sauce

1 c. diced onions

2 cups thinly sliced carrots

3 bay leaves

Bring to a boil, reduce heat and simmer, covered for 30 minutes.

Remove bay leaves before serving.

**SPLIT PEA WITH HAM SOUP****GEORGE KOCHIAN**

1 SMOKED HAM SHANK (Mid Western Meat sells the best)

1 cup split peas

1 cup chopped celery

2 medium onions, chopped

½ cup parsley, chopped (including stems)

Place celery, onions, and parsley into blender with small amount of water and liquefy them.

2 quarts water

1 large carrot, grated

¼ cup pearl barley

It takes me two days to make this soup. Day 1, make broth and soak peas in water. Day 2, make soup.

Day 1: Cover ham shank with water, bring to a boil, simmer 1 to 1-1/2 hours, until meat separates from bone. Remove meat from bones, when cool. Cut into small pieces, and set aside. Allow broth to cool, and skim congealed fat from the top.

Soak peas in water overnight.

Day 2: Bring broth to a boil in a large soup pot. Add celery, onions and parsley mixture, and peas.. Simmer 4 hours, or until all ingredients are liquefied. 1 hour before serving, add grated carrots, barley and ham.

## **TURKEY CHILI WITH BEANS**

**MARY LANE**

1-1/4 pound ground turkey  
2/3 cup chopped onion  
1/3 cup chopped green bell pepper  
1/4 tsp. ground black pepper  
1-1/2 tsp. chili powder  
3/4 tsp. paprika  
3/4 tsp. onion powder  
1 tsp. ground cumin

Brown above ingredients all together until turkey is no longer pink.

Add:

1-1/2 cups chopped tomatoes and juice  
2 cups water  
6 oz. tomato paste  
16 oz. canned pinto beans, 16 oz. canned chili beans, and 16 oz. kidney beans.

Simmer all together for one hour.

## **ASPARAGUS CHICKEN CHOWDER DELIA MICHAUD**

1 Broiler/fryer chicken (3 to 3-1/2 lbs)  
3-1/2 quarts water  
2 tsp. chicken bouillon granules  
5 bacon strips – diced  
2 med. carrots, chopped  
1 med. onion, chopped  
1/2 lb. fresh asparagus(trim and cut into 1/2 inch pieces)  
2 cups cubed peeled potatoes  
1 Tbsp. salt  
1-1/2 tsp. dried thyme  
1/2 tsp. pepper  
1/2 cup all purpose flour  
1-1/2 cups heavy whipping cream  
2 Tbsp. chopped fresh parsley

1. Place chicken, water and bouillon in a dutch oven or soup kettle. Cover and bring to boil; skim fat. Reduce heat, cover and simmer for 1 to 1-1/2 hours or until chicken is tender. Remove chicken, cool. Remove 1 cup broth and set aside.
2. In large skillet, over medium heat, cook bacon until crisp. Remove bacon and set aside and discard all but 2 Tbsp. drippings. Saute carrots, onion and asparagus in drippings over medium heat until crisp-tender. Add to kettle along with potatoes, salt, thyme and pepper. Return to boil. Reduce heat, cover and simmer for 20 mins. or until potatoes are tender.
3. Combine flour and reserved broth, stir into soup. Bring to a boil, cook and stir for 2 mins. Debone chicken and cut into thin strips. Add to soup along with cream and parsley. Heat through (DO NOT BOIL). Sprinkle with bacon just before serving

Yield 16 to 18 servings (4-1/2 quarts)

## **BROCCOLI CHEESE SOUP**

**PAT MORRAL**

2 Lbs. chopped broccoli  
2 (16 oz.) boxes chicken broth  
1-3/4 lb. Velveeta Cheese – cut in small cubes  
1 pkg. very skinny, short noodles  
1 onion, chopped (optional)

Cook broccoli in chicken broth, add noodles, add cheese.  
WATCH – stir often- will stick!  
(May add more broth if too thick)

## **CHICKEN NOODLE SOUP**

**JEANINE SCHRODER**

1 cup carrots  
1 cup celery  
3/4 cup onion  
1 red pepper  
Chop above 4 ingredients in blender and simmer in butter

Boil 1 pkg. frozen home made noodles

Boil 1 chicken, and save broth  
Remove meat from bones and dice (2-1/2 cups)

Use fat on broth with 1/2 cup flour.  
Add chicken broth

2 cans cream of chicken soup  
2 cans milk

Combine all of above and simmer in crock pot.

**THE FOLLOWING SOUPS WERE SERVED AT THE 2011  
SOUP LUNCHEON. THE RECIPES ARE IN THE 2009 AND  
2010 PORTION OF THE COOK BOOK.**

<b>Minestrone</b>	<b>Margie Baratto</b>
<b>Cajun Chicken Vegetable</b>	<b>Cathy Bosa</b>
<b>Ham and Bean</b>	<b>Debbie Boyer</b>
<b>Hamburger Vegetable</b>	<b>Gordon Dougherty</b>
<b>Taco</b>	<b>Mary Ehrmann</b>
<b>Cookout Stew</b>	<b>Ardelle French</b>
<b>Clam Chowder</b>	<b>Fee Gagnon</b>
<b>Chinese Chicken</b>	<b>Sonja Gunn</b>
<b>Vegetable Beef</b>	<b>Joyce Greenhood</b>
<b>Beef Barley</b>	<b>Nancy Halberstadt</b>
<b>Chicken Tortilla</b>	<b>Gloria Koger</b>
<b>Taco</b>	<b>Patty Kruse</b>
<b>Chili</b>	<b>Juanita Landsem</b>
<b>Cheese Tortellini</b>	<b>Lynne Leu</b>
<b>Stuffed Pepper</b>	<b>Jeanie Magnuson</b>
<b>Chicken</b>	<b>Ed Morehouse</b>
<b>Lentil</b>	<b>Shirley Pfeil</b>
<b>Chicken</b>	<b>Helen Reede</b>
<b>Clam Chowder</b>	<b>Denise Robertson</b>
<b>Gumbo</b>	<b>Marlene Spell</b>
<b>Cream of Chicken Noodle</b>	<b>Bonny Stevenson</b>
<b>Chicken Tortellini</b>	<b>Cheryl Stewart</b>
<b>Fresh Mushroom</b>	<b>Dee Surwald</b>
<b>Turkey Noodle</b>	<b>Flora Wallis</b>

## SOUP LUNCHEON 2012

### OLIVE GARDEN ZUPPA TOSCANA SOUP    Barbara Bianchi

1 lb. Italian Sausage  
1-1/2 tsp. Red pepper flakes  
1 large diced white onion  
4 Tbsp/ bacon pieces  
2 tsp. garlic pieces  
10 cups water  
5 cubes chicken bouillion  
1 cup heavy cream  
1 lb.(3 large) sliced russet potatoes  
¼ bunch kale

1. Saute sausage and pepper in large pot. Drain fat and refrigerate while prepping remaining ingredients.
2. In same pan saute' onion, garlic, bacon over low heat for 15 mins.
3. Add chicken bouillion and water, and heat till boiling.
4. Add potatoes, and cook until soft (approx. ½ hr.)
5. Add cream DO NOT BOIL
6. Stir in sausage and kale and heat through.

### CHICKEN TORTILLA SOUP

Roberta Crain

2 large cans white meat chicken or four chicken breasts, cooked, skinned and deboned, and cut into chunks  
1 large onion, chopped  
1 cup small carrots, chopped  
1 cup celery, chopped

Saute' vegetables until soft and translucent.  
Add chicken and 4 quarts chicken stock to large crockpot

(cont'd next page)

(chicken tortilla soup, cont'd)

1 can white beans may be added at any time.  
Chili powder to taste and also one can green chopped chilies (to taste)

Heat for at least six hours to develop flavors and then serve with tortilla chips in bottom of bowl. Shredded cheese may be added on top and a dallop of sour cream ( if you don't mind the calories!)

Enjoy!

#### NEW ENGLAND CLAM CHOWDER

Fee Gagnon

4 quarts of water  
3 large carrots finely chopped  
4 large celery stalks finely chopped  
2 large onions finely chopped  
2 large potatoes 3/3 inch diced  
Large can of sea clams -drain juice into above, and save clams for later. (51 oz.)  
Boil above for 15 mins.  
1 Can Bear Brand Potato Creamy Soup Mix

Note: 51 oz. Chopped Sea Clams available at Costco and Can Bear Creek Potato Creamy Soup Mix also available at Costco

Sift 4 cups of the soup mix (to remove the potatoes) and save the cream powder for later

Option: 1 pint of half and half cream  
½ lb. bacon fried crisp chopped and drained  
½ lb. Imitation crab meat finely chopped

(Method on following page)

## NEW ENGLAND CLAM CHOWDER – cont'd)

### Method:

Saute carrots, celery and onions in a covered frying pan. In a pot add your diced potatoes, and the dry potatoes from the creamy potato soup mix. Add the bacon to this mixture and simmer for twenty mins. With a very low heat, add the sea clams and the imitation crab meat.

Optional: either use hot sauce or pepper. Stir often. Now add sea clams and crab meat. (shrimp is also a nice option to add at this time) Now, add your potatoes cream powder from the potato cream soup mix that has been mixed with water to form a paste. If using half and half, add at this time.

This makes a very large pot of soup.

THE CHOPPED CLAMS AND BEAR CREEK POTATO SOUP  
MAY ALSO BE PURCHASED AT SMART AND FINAL.

## CREAMY WILD RICE SOUP (6 servings) Donna Hollibush

### Stove Top:

6 Tbsp. butter or marg.

3 Tbsp. chopped green onions

4 cups chicken broth

\*1/3 cup flour

1 lb. cubed cooked chicken breast

2 stalks thinly sliced celery

\*2 cups cooked wild rice OR 1 cup cooked wild rice AND

1 cup cooked regular long grain rice

1/4 cup grated carrots

1/4 tsp. white pepper

1 cup half and half

3 Tbs. chopped pecans (optional)

1 tsp. dried parsley (optional)

Method: Melt butter and saute' onions and celery. Blend in flour and add broth. Cook, stirring constantly until mixture comes to a boil. Boil 1 min. Stir in cooked chicken, cooked rice, carrots and pepper. (pecans if desired) Simmer 5 mins. Blend in half and half Reheat to serving temperature.

Crock Pot: Omit flour unless needed at end to thicken, and  
Do Not Cook chicken or rice.

Place all ingredients in crock pot (5 to 6-1/2 qt.) Cook on high for 4-5 hours or low for 7-8 hours.

(For best results, fill slow cooker at least 3/4 full)

## CLAM CHOWDER

Linda Lamabe

10 strips of bacon  
2 stalks celery  
1 tsp. minced garlic  
2 10 oz. cans baby clams and liquid  
3 cups chopped raw potato  
¼ tsp. salt  
5 cups whole milk  
1 medium onion, chopped  
½ green pepper, chopped  
1 cup water  
1 tsp worcestershire sauce  
¼ tsp. white pepper  
4 bay leaves

Method: Dice and saute' bacon for four mins. Add chopped celery, onion and green pepper. Add minced garlic and saute' another 5 mins.

In a separate pot, add water, juice from clams, potatoes, salt and pepper. Add bay leaves and boil until potatoes are tender. Add bacon, onion, celery, green pepper mixture. Add milk and clams and worcestershire sauce. Heat through. Remove bay leaves before serving.

## ITALIAN WEDDING SOUP

Lynne Leu

### MEATBALLS:

¾ lb. ground chicken  
½ lb. chicken sausage- casings removed  
2/3 cup fresh bread crumbs  
2 cloves garlic, minced  
3 Tbsp. chopped fresh parsley  
½ cup grated parmesan cheese  
3 Tbsp. Milk  
1 large egg, lightly beaten  
salt and pepper

### SOUP:

2 Tbsp. oil  
1 cup minced onion  
1 cup (3) carrots, diced ¼”  
¾ cup (2) celery, diced 1/4”  
10 cups chicken stock  
½ cup dry white wine  
1 cup small pasta (Pastina)  
¼ cup minced dill, fresh  
12 gms. (approx. 6 oz.) baby spinach

Preheat oven to 350o

Combine meatball ingredients gently with a fork. Drop by teaspoon 1 inch to 1-1/2 inch balls onto parchment lined pan. (about 40 balls)  
Bake for 30 mins or until light brown. Set aside.

For soup, heat oil & saute' onion carrots & celery 5-6 mins.

Add chicken broth & wine and bring to boil. Add pasta and cook 6 to 8 mins., until pasta is tender. Add fresh dill and meatballs to soup and simmer for 1 min. Salt & pepper to taste.

Stir in fresh spinach and cook 1 min.

Ladle into bowls and sprinkle with grated cheese.

COUNTRY VEGETABLE SOUP      Connie Petralia (6 servings)

spray pan with cooking spray  
½ cup sliced carrots  
¼ cup diced onions  
2 minced garlic cloves  
3 cups fat-free chicken or vegetable broth  
1 cup diced green cabbage  
1 cup chopped spinach  
1 Tbsp. Tomato paste  
½ tsp. Dried basil  
¼ tsp. Dried oregano  
¼ tsp. Salt  
1 cup diced zucchini

Spray large saucepan with cooking spray heat. Saute' carrot, onion, and garlic over low heat until soft (about 5 mins. Add broth, cabbage, spinach, tomato paste, basil, oregano, and salt; bring to boil. Reduce heat; simmer, covered, about 15 mins. Stir in zucchini; cook 3-4 mins. more. Serve hot

WEST AFRICAN CHICKEN PEANUT SOUP Denise Robertson  
(Serves 6 – prep: 30 mins.)

1 cup+ diced cooked chicken  
2/3 cup diced onion  
1-1/2 tsp. minced garlic  
1 Tbsp. Sesame oil  
1-1/2 tsp. curry powder  
½ tsp. each salt & pepper  
½ tsp. Crushed red pepper flakes  
3 cups chicken broth  
¼ cup tomato paste  
1 cup chopped stewed tomatoes (Denise uses whole can)  
3 Tbsp. chunky peanut butter

In large pot – saute' chicken & garlic in sesame oil – about 10 mins.  
Add curry, salt and pepper, red pepper, saute' few mins. more.  
Add broth, tomato paste, tomatoes and peanut butter. Stir until  
peanut butter blends in. DO NOT BOIL  
Serve Immediately.

## MINESTRONE SOUP

Arlene Ohm

dry small red beans  
Salt and pepper  
1 Tbsp. Tomato paste  
1 clove garlic  
1 cup small shell pasta  
olive oil  
chicken or beef broth  
1 Tbsp. Butter  
¼ tsp sage  
parmesan cheese

Vegetables: carrots, spinach, cabbage, celery, zucchini, potato, green beans (the two vegetables you must use is spinach and cabbage)

1. Soak 1 cup red beans overnight, rinse.
2. Cut up onion, 1 carrot, 1 stalk celery very small and saute` in olive oil. Add salt and pepper. When veggies take on color, add dried beans and 2 cups chicken broth, simmer ¾ hour.
3. Cut up all veggies except cabbage. Add with 1 Tbsp. Of tomato paste, enough broth to cover. Bring to boil. Add shredded cabbage. Cook til wilted. Simmer ¾ hour.
4. Add 1 Tbsp. Butter blended with garlic clove, chopped sprig of parsley and ¼ tsp sage. Stir. Add 1 cup pasta. Cook til tender. Stir in 1 Or 2 Tbsp. Parmesan cheese.

