

SOUP LUNCHEON NEW RECIPES 2015

LENTIL HAM SOUP

PEGGY TIFFANY

Makes 6 servings.

3 cups chicken broth (reduced sodium, if desired)
3 cups water
1 medium onion, sliced into thin wedges
1 ½ cups chopped celery (approx . 3 stalks)
1 ½ cups thinly sliced carrots (approx .3 medium)
1 cup brown lentils, rinsed & drained.
12 oz. Cooked ham, diced
1 tsp dried Thyme, crushed
3 cups fresh spinach, shredded
1 oz. Parmesan cheese , shaved

In a 4-5 qt slow cooker, combine broth, water, onion, celery, carrot, lentils, ham & Thyme.

Cover & cook on low heat 7-8 hours (or high 3 ½ to 4 hrs)

Stir in spinach and ladle into bowls. Top each serving with Parmesan cheese.

CHICKEN VEGETABLE SOUP

Lola Huston

Saute onion and garlic in a small amount of oil. Add chopped celery, carrots, zucchini, green peppers, tomatoes, along with 28 oz. or more of chicken stock. Put in chopped, cooked chicken and 1 tsp. chicken bouillon. Sprinkle some summer savory seasoning into mix along with parsley - white pepper and a little salt. Slice up some mushrooms if you like. You may add either rice or noodles. Be sure there is enough liquid to accommodate them.

OLD FARM POTATO SOUP

Karen Lindquist

1 ham bone	4 large potatoes	¼ c. diced onion
1/2c. Diced celery	½ c carrots	1 tsp salt
6 c. water	1 c. milk	2 T. Butter
2 T. flour	1 T. allspice (whole)	dash ground pepper

Place in kettle, ham, salt, carrots, celery, onion, pepper.

Simmer 1 hour. Add potatoes, simmer until tender.

In a separate pan, mix remaining ingredients to make a roux.

Add to soup and simmer another 20 minutes

LOADED BAKED POTATO SOUP

Faye Belanger

Serves 4

4 Large baking potatoes, peeled and diced into cubes,
2 tsp canola oil
1 large onion finely diced
1 ¼ c. chicken broth
3 T. flour
2 C. milk, divided
½ tsp. Salt ¼ tsp pepper

Toppings: crisp bacon, sour cream, shredded sharp cheddar cheese, green onions.

Heat the oil in a Dutch oven over medium-high heat. Add onion and cook till soft. Add broth and potatoes. Bring to a boil then lower heat to a simmer, cooking potatoes till tender.

Combine flour and a bit of the milk to make a thin paste. Stir in rest of the milk. Pour milk/flour mixture into a smaller pot and bring to a boil for 1 minute. **DON.T LET IT BOIL OVER-** Coarsly mash potatoes in broth and add not milk. Then use an immersion blender to blend the soup. Add salt and pepper to taste.

Ladle into bowls – top with sour cream, cheese, bacon bits, green onion.