

SOUP LUNCHEON RECIPES 2016

BLACK BEAN SOUP

Bette Welch

2 tsp. olive oil
1 c. chopped onion
1 c. chopped red bell pepper
1 c. chopped carrot
1 clove garlic minced
pinch crushed red pepper
3 c. beef broth
1 c. tomato sauce
4 c. canned black beans, drained and rinsed
2 Tbsp. chopped cilantro
1 Tbsp. lemon juice
1 Tbsp. brown sugar
2 tsp. dried oregano
1 tsp. chili powder [or more to taste]
1 tsp. ground cumin
1 tsp. Worcestershire sauce
½ tsp. dried thyme
¼ tsp. black pepper
6 Tbsp. sour cream - garnish
fresh cilantro chopped - garnish

Heat oil in a large soup pot over medium heat. Add onions, red pepper, carrots, and garlic . Cook and stir for 5 minute until vegetables begin to soften. Add all remaining ingredients, except sour cream. Bring to a boil. Reduce heat to medium-low and simmer, covered, for 10 minutes. Working in batches, transfer to a food processor or blender and puree until smooth. Return to pot to reheat. When serving top each bowl of soup with a tablespoon of sour cream. Garnish with chopped cilantro if desired.

CORN CHOWDER

Jeanne Halladay

Makes 10 cups.

1 T. butter
1 medium onion chopped
1 stalk celery chopped
1/2 c. green pepper chopped
Saute in large dutch oven.

Add:

2 X 12 oz. cans cream corn
3 medium potatoes , peeled & diced
3 c. water
1 ½ tsp salt
½ tsp pepper
⅛ tsp hot pepper sauce [optional]

Bring to a boil. Simmer for 10 – 15 minutes until potatoes are tender.

Combine:

¼ c. flour
2 c. light cream [½ & ½]

Add to corn mixture. Bring to a boil to thicken.

Add:

1 ½ tsp fresh parsley chopped
½ lb. crumbled cooked bacon

MEXICAN TORTILLA SOUP

Dawn Schnarr

1 lb. chicken cooked and chopped
2 cans [14 ½ oz.] chicken broth
1 jar [16 oz.] salsa – thick and chunky
1 can [7 oz.] corn undrained
1 cup tortilla chips crushed
1 cup Mexican style finely shredded cheese

Stir together chicken, broth, salsa, and corn.

Bring to a boil, simmer on low.

Heat 5 minutes or until heated through.

Serve topped with crushed chips and cheese.

* If you prefer Beef , use instead with beef broth.

FROSTING FOR CAKE SERVED AT SOUP LUNCHEON

COOL WHIP FROSTING

Cheryl Stewart

1 package [4 serving size] jello instant pudding mix [vanilla or any flavor]
1/4 c. confectioners sugar
1 c. cold milk
1 container [8oz.] cool whip

Combine pudding mix, sugar, and milk in a small bowl.

Beat slowly with beater or lowest speed of electric mixer, about 1 min.

Fold in whipped cream. Spread on cake at once.

BEET BORSCHT

Faye Belanger

This tangy sweet soup is great hot or cold, and freezes beautifully.
Serves 10 - 12

2 Tbsp. vegetable oil
1 onion diced
3 cloves garlic minced
1 ½ lb. beets, peeled and diced
5 c. coleslaw [or diced green cabbage]
2 small white potatoes cubed
2 ribs celery diced
1 carrot diced
2 bay leaves
1 ½ tsp. salt
½ tsp. pepper
1 can [5½ oz.] tomato paste
10 c. chicken stock
3 Tbsp. apple cider vinegar
2 - 3 Tbsp. fresh chopped dill [add before serving]

In large dutch oven pot, heat oil over medium-high, cook onion and garlic until soft.

Stir in beets, cabbage, potatoes, celery, carrot, bay leaves, salt and pepper. Cook over medium heat till beets start to soften, about 10 minutes.

Stir in tomato paste and chicken stock. Bring to a boil. Reduce and simmer, stirring occasionally until beets are tender [about 40-60 minutes].

Stir in vinegar, discard bay leaves. Add chopped dill before serving.

TURKEY VEGETABLE SOUP

Maxine Borowko

3 medium onions sautéed
1 pound ground turkey browned
Add:
1 carton chicken broth
1 pkg. dry onion soup mix
1 large can diced tomatoes
1/2 bag coleslaw [add more carrots if desired]
Healthy squirt of hot sauce
Healthy squirt of ketchup
Garlic powder to taste

Simmer approximately 1 hour. Enjoy.

QUICK & GREAT TASTING CORN CHOWDER

– Lois Chilton

1 package Bear Creek Creamy Potato Soup [cook as directed]
1 package Hormel Bacon bits
1 can whole kernel corn undrained
1 medium onion chopped
salt & pepper

Optional: 1 boiled potato peeled and chopped
1 can of canned milk
green onions chopped

This is a fun quick soup – add as you wish.

MICHAELS CLAM CHOWDER Michael Dougherty

“A delicious, traditional, cream based chowder.”

- 4 [6.5 oz.] cans minced clams
- 1 c. minced onion
- 1 c. diced celery
- 2 c. cubed potatoes
- 1 c. diced carrots
- $\frac{3}{4}$ c. butter
- 6 oz. clam juice
- $\frac{3}{4}$ c. all-purpose flour
- 1 quart half-and-half cream
- 2 tbsp. red wine vinegar
- 1 $\frac{1}{2}$ tsp. salt
- pepper to taste
- 2 tbsp. “real” bacon bits & some for garnishing

1. Drain juice from clams into a large skillet over the onions, celery, potatoes and carrots. Add water to cover, and cook over medium heat until tender.
2. Meanwhile, in a large, heavy saucepan, melt the butter over medium heat. Whisk in flour until smooth. Cook well to get rid of “floury” taste – and stir constantly so it doesn’t burn. Whisk in cream and stir constantly until thick and smooth. Stir in vegetables and clam juice. Heat through but do not boil.
3. Stir in clams and the 6 oz. clam juice just before serving. If they cook too much they will get tough. When clams are heated through, stir in vinegar, and season with salt and pepper.

CHICKEN TORTILLA SOUP

Barb Kitowski

- 2 cans chicken broth – or any chicken broth–like cubes or powdered in a jar – enough for 2 – 16 oz. portions
- 2 cans kernel corn drained
- 2 cans diced tomatoes
- 2 cups cooked chicken
- 1 – 8oz. jar Picante Sauce
- jalapeños chopped up to suit level of heat desired
- 2 – 8oz. cans pinto beans or black beans drained

Heat it up and serve. You have to judge the amount you want and maybe double the recipe as required. Have, on the side, sour cream, shredded cheese, chopped cilantro, and tortilla chips.

