

FIRE ROASTED TOMATO - BASIL CRAB BISQUE - CAROL WYRGA

1 can Fire Roasted Diced tomatoes, undrained
2 c. chicken broth
1/2 c. finely chopped celery
1/4 c. finely sliced green onion [white only]
6 T. unsalted butter
2 T. all-purpose flour
2 1/2 c. half-and-half
1/4 c. dry white wine
1/2 tsp. salt
1/4 tsp. black pepper
3/4 lb fresh lump crab meat OR 2 pkg. [6oz. each] refrigerated crab meat [I used 1
8oz. pkg. refrigerated crab select]
2 T. chopped fresh basil leaves

DIRECTIONS

1. In a 2-quart saucepan, combine tomatoes, broth, celery, and onions. Cook over medium-high heat 10 - 12 minutes, stirring occasionally, until celery is softened.
2. In a 4-quart saucepan, melt butter over low heat. Using wire whisk, stir flour into butter. Cook 1 minute, stirring constantly. Slowly add half-and-half, stirring constantly. Stir in tomato mixture , 1 cup at a time.
3. Stir in wine, salt and pepper. Bring to a boil over medium-high heat. Reduce to low: stir in crabmeat and basil. Cover and simmer 30 minutes, stirring occasionally.

CHILI

- LOIS STUEFEN

2 lbs. ground beef
1 large onion diced
6 tomatoes diced
1 can diced tomatoes
2 cans chili beans
1 can tomato paste
1 pint tomato sauce
chili powder
1 yellow pepper diced
water

Brown ground beef with onions, pepper , and tomatoes. Mix with beans, chili powder, tomato paste & sauce. Add some water if needed.

BUTTERNUT SQUASH SOUP

- RHONDA VOGLIO

1 butternut squash
1 cooking apple
2 T. butter
1 onion finely chopped
1 - 2 tsp. curry powder
3 ¾ c. chicken broth
1 tsp. sage
2/3 c. apple juice
salt & pepper to taste
garnish with finely grated/shredded lime zest

PREPERATION

Peel squash - cut in half - cook. Peel and chop apple. Heat butter in saucepan - add onion & cook until soft. Stir in curry powder. Pour in chicken stock. Add squash, apple & sage - bring to a boil. Lower heat, cover & simmer for 20 minutes. Process soup in blender [puree] till smooth. Return to clean pot. Add apple juice. Season with salt & pepper to taste. Serve in warm bowls. Garnish with lemon shreds.

HAMBURGER MACARONI SOUP

- GLORIA FITZPATRICK

2 ½ lbs. ground beef
1 medium onion
4 celery ribs
4 potatoes [medium]
6 carrots
1 - 32oz. can diced tomatoes
1 - 32 oz. beef broth
2 cans consomme soup
1 - 46oz. V8 juice
½ tsp. thyme
4 small bay leaves
½ cup Pearl Barley
1 cup macaroni [partially cooked]

Brown beef, onions, celery, and season to taste [seasoned salt & gourmet seasoning]. Cut vegetables into cubed pieces , add rest of ingredients [except macaroni] and simmer till soft. . Add macaroni near end of simmering and cook till done.

PASTA FAGIOLI SOUP

- MOZELLE AULT

½ lb. Italian Chicken Sausage [mild or spicy]
1 onion
1 ½ tsp. canola oil
1 garlic clove minced
2 c. water
1 can [15½ oz] great northern beans, drained
1 can [15½ oz] diced tomatoes, undrained
1 can [14½ oz] reduced sodium chicken broth
¾ c. uncooked elbow macaroni
½ tsp. pepper
1 c. fresh spinach leaves, cut into strips
Parmesan cheese for garnish

In a large saucepan, cook sausage over medium heat until no longer pink, drain and set aside. In the same pan, saute onion in oil until tender. Add garlic, saute 1 minute longer. Add water, beans, tomatoes, broth, macaroni and pepper. Bring to a boil. Cook uncovered for 8-10 minutes until macaroni is tender. Reduce to low, stir in sausage and spinach. Cook for 2-3 minutes until spinach is wilted. Garnish with Parmesan cheese.

VEGGIE BLACK BEAN STEW

- JUDY PATTON

2 large onions chopped	2 T. tomato paste
½ c. celery chopped	2 T. honey
½ c. carrots chopped	4 tsp. chili powder
½ c. red bell peppers chopped	2 tsp. cumin
2 T. minced garlic	½ tsp. oregano
¼ c. dry sherry	¼ c. fresh cilantro minced [or parsley]
1 T. olive oil	5 T. shredded Monterey jack cheese
3 15oz. cans black beans	5 T. sour cream
1 14½oz. can chicken broth	2 T. chopped green onions
1 14½oz. can dice tomatoes	

In dutch oven or large saucepan, saute onions, celery, carrots and bell pepper with garlic, sherry and oil until tender. Add drained beans, broth, tomatoes, tomato paste, honey, chili powder, cumin and oregano. Bring to a boil. Reduce heat and simmer 40 minutes. Stir in cilantro and simmer 10 minutes longer. Garnish with cheese, sour cream and green onion. Makes 5 servings.

PUMPKIN SOUP

— GAIL PUTZ

2 c. cooked pumpkin
2 stalks chopped celery
½ chopped white onion
1 tsp. sugar
1 tsp. baking soda
Milk - as much as needed for the consistency you want
salt & pepper

Fry onion & celery in butter. Add to pumpkin & sugar. Can be put in jars and stored in fridge for a month. To serve, add soda & milk, heat and add salt & pepper to taste.

KEN'S WINTER CHILI

— KEN MORGEL

¼ c. olive oil
3 lb. lean ground beef or venison
2 medium onions diced
2 green peppers chopped
1 yellow banana pepper chopped
1 jalapeno chopped [I usually put 3 finely chopped]
2 garlic crushed
2 one pound cans tomatoes
2 cans beef broth [15oz.]
½ tsp. oregano
4 T. chili powder
½ tsp. cayenne pepper
1 tsp. ground cumin
1 tsp. salt
¼ tsp. tabasco sauce
3 large cans of beans - chili or kidney undrained

Cook beef, onion, peppers in oil. Drain off juice. Add all except beans. Cover & simmer 45 minutes. Stir in undrained beans, cover & simmer 25 minutes.
Serve with rye bread, butter, and imported cold beer [or cold American beer].

TURKEY SAUERKRAUT SOUP

- MAXINE BOROWKO

*** all measurements are approximate

*** best made with turkey meat and stock from roasted turkey although in a pinch, ground turkey meat and chicken stock may be substituted.

Saute 3 sliced large onions

Add 2 quarts turkey stock

2-3 grated carrots

1 large can diced tomatoes

1 32oz. jar sauerkraut

3 - 4 cups turkey meat or 1 - 2 lb. ground turkey cooked.

Big squirt of ketchup

Hot sauce, garlic powder, pepper to taste.

If flavour is not rich enough consider adding a chicken flavoured cube or two.

SOUTHWESTERN CHICKEN SOUP

- CHARLOTTE TOWNSEND

1 jar Black Bean Salsa - mild

1 can mexican corn

1 can black beans

cooked chicken breast - cut up

½ c. cooked rice

1 large carton chicken broth - may need more if it seems too thick

Heat all together.

Top with taco or corn chips & cheese.

Adjust recipe to taste.

