

# SOUPS & STEWS

## BEEF STEW

Sharon Rich

2 lbs. beef stew meat, salted and dredged in flour	2 Tbsp. beef bouillon (Better than Bouillon is good)
4 medium potatoes, diced	2 Tbsp. chicken bouillon
4 carrots, sliced	4 Tbsp. flour and water, to thicken
2 onions, sliced in wedges	

Cook meat in a little oil till browned. Cook stew meat in enough water to cover, until almost tender then add veggies and cook until done. Add flour/water mixture to thicken. Serve with rolls or cornbread and tossed salad.

## BEEF STEW – OVEN

Karen Smith

Coat beef with flour seasoned with garlic powder, salt, & pepper (save seasoned flour in fridge or freezer to thicken stew later). Coat the bottom of a large roasting pan with some oil and butter and add the meat. Mix in onions and celery, diced large (garlic opt.), and spread out into an even layer. Bake at 325°, stirring occasionally until tender and lightly browned. In just enough water to cover, boil chunks of carrot and potato until soft. Stir in meat and onions, add worcestershire sauce and plenty of ketchup. Thicken with flour.

## BROCCOLI CHEDDAR SOUP

(microwave) Sherrie Apperson\*

2 c. chicken broth	1/2 medium onion, diced fine
1 large potato, grated	1/2 c. half & half <u>or</u> evaporated milk
1 medium carrot, grated	1 c. sharp cheddar cheese, shredded
1 stalk celery, diced fine	2 c. steamed broccoli florets

Steam broccoli florets in microwave for about 6 minutes; set aside. Combine 1 c. broth, potato, carrot, celery, and onion in a 2 quart casserole dish; cover and microwave on HIGH until vegetables are tender (about 12 minutes), stirring half-way through. Stir in remaining broth and half & half; microwave on MEDIUM (70%) until heated through (about 3 or 4 minutes). Remove dish from microwave, stir in cheese, and cover for 2 minutes, until cheese is melted. Reheat broccoli for 1–2 minutes; stir together and serve. Serves 4.

## CAULIFLOWER CHOWDER

Sherrie Apperson\*

1 Tbsp. bacon grease	2 stalks celery, sliced thin
1/2 onion, sliced very thin	2 Tbsp. flour + 4 Tbsp. water
3 c. chicken broth	1/2 c. bacon, cooked & crumbled
4 c. cauliflower florets, diced (about 1/2 large head)	salt & pepper to taste
	1 c. heavy cream

Sauté onions in bacon grease until transparent and soft. Add chicken broth, cauliflower and celery; simmer for 20–30 minutes. Stir in flour & water to thicken; add bacon for last 2 minutes of cooking. Season to taste and remove from heat. Add cream and serve immediately. Serves 4–6.

## CAULIFLOWER SOUP

Sherrie Apperson

1 large head cauliflower, cut into florets, steamed	1 c. chicken broth
6 Tbsp. butter <u>or</u> margarine	2 c. milk
1 onion, diced fine	salt & pepper to taste
6 Tbsp. flour	1 c. grated cheese

Steam cauliflower florets until barely tender. In a large pan, melt margarine and sauté onion until soft. Stir in flour until smooth; pour in chicken broth, constantly stirring; add milk, stirring until thickened. Season to taste; stir in cheese until melted, add hot cauliflower.

REDUCED FAT: Omit margarine; sauté onion in 1/4 c. chicken broth. Make a smooth thin paste of flour and chicken broth; stir into remaining chicken broth. Pour broth and flour mixture into pan when onions are cooked; continue.

## CHICKEN SOUP WITH DUMPLINGS or NOODLES

Sherrie Apperson

6 c. water	1 onion, diced thin
2 Tbsp. "BTB" chicken soup base	2 Tbsp. salad herb seasoning*
2-3 chicken breasts	1/4 c. cornstarch
2 carrots, sliced thin	1 can evaporated milk
2 stalks celery, sliced thin	

Combine all ingredients and simmer for 45 minutes. Remove chicken breasts, trim off fat, and cut into cubes. Add dumplings or noodles, simmer until cooked. Return chicken to soup; bring back to simmer. Dissolve cornstarch in milk, stir into soup and bring just to a low simmer until thickened.

(\* See recipe for salad herb seasoning in "Marinades & Sauces")

DUMPLINGS: Use any biscuit recipe (make dough soft, not stiff) – add some salad herbs. Drop by spoonful onto top of soup. Simmer on low uncovered for 10 minutes, then covered for 10 minutes. Carefully stir thickening in under the dumplings.

NOODLES: Combine 1 c. flour, 1/2 tsp. salt, 1 egg, and a drizzle of olive oil; mix until stiff (+water if needed). Roll very thin on floured board, cut to desired size. Simmer 10-12 minutes before thickening soup. – Louise Apperson

## CHICKEN SOUP

Sharon Rich

1 3 lb. chicken	1/4 tsp. sweet basil
1 pkg. dry chicken noodle soup mix	1/4 tsp. parsley flakes
1 can mushroom soup	salt and pepper to taste
1-2 c. celery, diced	1 (10 oz.) pkg. frozen peas
1 medium onion, diced	2 c. cooked noodles
1 c. carrots, sliced	

Boil chicken in 2-3 quarts of salted water. Remove chicken, setting aside to cool. To the broth, add the dry soup mix, mushroom soup, celery, onion, carrots, basil, and parsley. Cover and simmer for 2 hours or in pressure cooker for 10 minutes. Meanwhile, remove chicken meat discarding bones and skin. Dice meat and add to soup with peas and noodles for 10 minutes, uncovered.

## CHILI

Serve with cornbread & honeybutter

Sherrie Apperson\*

Brown, then remove fat:	Add and simmer 1 hour:
1 + 1/2 lbs. lean ground beef	2 Tbsp. brown sugar
3/4 lb. lean bulk sausage	1 Tbsp. chili powder
6 cloves garlic, minced or crushed	1 tsp. ground cumin
2 onions, diced thin & long ( 1/8" x 3/4-1")	1 tsp. ground coriander
1 red bell pepper, diced thin & long ( 1/8" x 3/4-1")	1/8 - 1/2 tsp. cayenne pepper
	1 Tbsp. beef stock base
	1 tsp. chicken stock base
	1 (28 oz.) can crushed tomatoes + 1/2 can water

Add and simmer 1/2 hour:	Add and simmer 1/2 hour: (do not drain)
1 Tbsp. chili powder	2 (27 – 30 oz.) can kidney beans
1 tsp. ground cumin	1 (30 oz.) can chili beans
1 tsp. ground coriander	1 (15 oz.) can black beans
cayenne pepper to taste	1 (15 oz.) can white beans
1 28 oz. can crushed tomatoes + 1/2 can water	
1 onion, diced thin & long (1/8 " x 3/4-1")	
1 green bell pepper, diced thin & long (1/8 " x 3/4-1")	

## EASIEST & BEST CHILI

Deborah Otteson

1 lb. hamburger	2 cans tomato rice soup
1 c. chopped onion	1 can (15 oz.) kidney beans (with juice)
1 c. chopped green pepper	2 Tbsp. chili powder
2 cloves minced garlic (I just used the kind that comes in the bottle)	1 Tbsp. vinegar

In a 4-quart pan cook hamburger with onion, green pepper and garlic until meat is brown and veggies are tender. Stir in soup, kidney beans (with juice in can), chili powder, and vinegar. Bring to a boil. Simmer 30 minutes. Serve with Fritos and garnish with cheese.

## CHILI MAC

Sherry Rich

1 lb. ground beef	8 oz. macaroni
1 c. water	1 Tbsp. chili powder
1 (15 oz.) tomato sauce	1 (16 oz.) can kidney beans <u>or</u> Pork 'n Beans
1 Tbsp. dried minced onion	1 c. cheddar and/or monterey jack cheese, grated
1 tsp. garlic powder	

Brown ground beef; drain well. Add water, tomato sauce, onions, and garlic powder; bring to a boil. Stir in macaroni, chili powder, and beans. Cover and simmer for 15 minutes. Top with cheese. Makes 6 servings

## CORN CHOWDER

Chris Francom

1/2 lb. bacon, cooked & crumbled	1 lb. frozen C&W petite white corn
2 Tbsp. bacon grease	2 c. potatoes, cooked & cubed
1 medium onion, diced	salt to taste
1 Tbsp. "BTB" chicken soup base	paprika
3 Tbsp. flour	fresh parsley, snipped
4 c. milk	green onion tops, sliced

Sauté onion in bacon grease; add chicken soup base, stir in flour until smooth. Stir in milk and bring to a boil. Add corn, and potatoes and heat through. Stir in bacon; garnish with paprika and parsley.

## CREAM CHEESE SOUP

Debbie Apperson

2 c. water	several dashes Tabasco sauce
1 c. shredded carrots	8 oz. cream cheese, cut up
1/2 c. diced onion	2 c. milk
1/2 c. chopped celery	2 Tbsp. butter
1 tsp. salt	2 Tbsp. flour

Mix first 6 ingredients together. Cook until soft. Stir in cream cheese, stir until melted. Add milk. Blend flour and butter, add to soup. Stir.

## CREAM OF ASPARAGUS SOUP

Sherrie Apperson\*

2 c. asparagus	"BTB" chicken soup base
butter	half & half (or milk or evaporated milk)
flour	salt to taste
water	

Cut off tops of asparagus on diagonal with about 1/4" stem; cut remaining stems various lengths between 1/2"-1" on diagonal; steam, separated, for about 6 minutes (or use leftovers). With a fork, coarsely mash 1/3 of the stems. Make white sauce with chicken soup base and half & half; season to taste with salt. Stir in asparagus, saving some tops for garnish.

CREAM OF MUSHROOM SOUP: Substitute 2 c. sautéed mushrooms (any variety or combination) for asparagus, and "BTB" beef soup base instead of chicken, and add a pinch of tarragon and/or thyme.

## CREAM OF POTATO SOUP

Karen Kerrigan\*

2 onions, diced fine	8 c. potatoes, diced
1 clove garlic, crushed fine	1 c. water
2 Tbsp. butter <u>or</u> bacon grease	1/2 c. flour
4 quarts chicken broth	2 pints cream
4 potatoes, shredded fine	salt & white pepper to taste
2 c. celery, diced fine	1 lb. bacon, browned and crumbled, <u>or</u> ham

In a large soup pot, sauté onions in butter until soft; add garlic to onions and sauté for 2 minutes more. Add chicken broth and shredded potatoes to onions, simmer, covered, over low heat for 45 minutes, stirring occasionally to keep from sticking to bottom of pan and to break up potatoes. Add diced potatoes and celery and simmer for 20 minutes. Stir together flour and water until smooth, then stir gently into soup and simmer until thickened. Add salt & pepper to taste; add bacon or ham until it is warmed thoroughly. Add cream just long enough to heat, but do not simmer after adding cream. Garnish with sliced green onions if desired. Makes about 2 gallons.

BROCCOLI CHEESE SOUP: Add 4 c. bite-size steamed broccoli florets and 1 lb. (or more to taste) shredded sharp cheddar cheese.

## FRENCH MUSHROOM SOUP

## FRENCH ONION SOUP

Sherrie Apperson

4 onions, quartered, sliced thin  
1/4 c. butter  
2 Tbsp. flour  
4 c. beef broth  
1/4 tsp. garlic powder

salt to taste  
slices of toasted thick French bread  
slices of mozzarella cheese  
grated romano cheese

Caramelize onions in butter until soft, translucent, and lightly brown. Stir in flour until smooth; stir in remaining beef broth and garlic powder; simmer for 15 minutes. Place in oven-safe bowls; top each serving with a slice of toast, a slice of cheese, sprinkle with romano; broil until cheese is melted.

## SHORT-CUT ITALIAN VEGETABLE SOUP

Deborah Otteson

(For slow cooker or Crock Pot. Makes 4 to 6 servings.)  
1 envelope of any vegetable with noodles soup mix  
2 c. boiling water (I have just used really hot water and it worked out fine)  
1 onion, chopped  
2 carrots, peeled and chopped  
1 8 oz. can tomato sauce  
1 tsp. salt  
1/8 tsp. pepper  
1 can (16 oz.) kidney beans, drained  
1 can (16 oz.) whole kernel corn, with liquid  
grated Parmesan cheese (I just of have the canned kind)

Warm slow cooking pot with hot tap water. In pot, stir dry soup mix into very hot water. Add onions, carrots, tomato sauce, salt and pepper. Cover and cook on LOW for 4 to 6 hours. Turn control to HIGH and add beans and orn. Cover and cook on HIGH for about 30 minutes. Sprinkle with cheese. (This recipe could be done on the stove.)

## KIELBASA STEW

Teresa Rich

1 pkg. Polish keilbasa sausage  
1/2 head green cabbage  
2-3 onions (to taste)

chicken or beef bullion cubes (opt.)  
cider vinegar (opt.)

### ORIGINAL DIRECTIONS:

Slice cabbage, onions, and keilbasa into 1-2 inch pieces. Place in pot. Barely cover with water. Cook until the veggies are soft, about 1/2 to 1 hour. Serve hot. At the table, each individual adds vinegar to taste.

### HOW I MAKE IT:

Slice the cabbage, onions, and sausage into bite-sized pieces. I generally cook this in a crock pot so I don't have to watch it. Bullion adds some good flavor, so I add one cube per cup of added water for low- or no-fat sausage, half that for regular sausage. I also like the veggies less cooked, more al dente. This should take about 1/2 hour on high, or 1 hour on low. If low- or no-fat sausage is used, don't put it in until the veggies are nearly done. The flavor in low- or no-fat sausage doesn't dilute well and the sausage toughens up when cooked. I don't add the vinegar. —Teresa

## LENTIL SOUP

Sharon Rich\*

1 lb. (2 + 1/3 c.) lentils  
4 c. cold water  
2 c. tomato or V-8 juice  
3/4 c. celery, diced

3/4 c. carrots, grated  
1 medium onion, diced  
chicken, ham or beef soup flavoring (opt.)  
salt, onion powder, and garlic powder to taste

Simmer 45-55 minutes, until lentils are tender. Add water or tomato juice as necessary to keep lentils covered.

## PANAMA PORK STEW

Deborah Otteson

2 small sweet potatoes, peeled and cut into 2-inch pieces (about 12 oz. total)	1 can (14 + 1/2 oz.) diced tomatoes, undrained
1 pkg. (10 oz.) frozen corn	1 c. water
1 pkg. (9 oz.) frozen cut green beans	1 or 2 Tbsp. chili powder
1 c. chopped onion	1/2 tsp. salt
1 + 1/4 lbs. lean pork stew meat, cut into 1-inch cubes	1/2 tsp. ground coriander

Place potatoes, corn, green beans and onions in slow cooker. Top with pork. Stir together tomatoes with juice, water chili powder, salt and coriander in large bowl. Pour over pork in slow cooker. Cover and cook on LOW 7 to 9 hours. Garnish as desired. Makes 6 servings.

## POTATO SOUP

Sharon Rich\*

2 quarts water w/1 tsp. salt	1 c. carrots, grated
2 Tbsp. "BTB" chicken soup base	1 can evaporated milk
8 c. potatoes, diced	butter
2 onions, diced	parsley flakes

Simmer potatoes and onions for 20–25 minutes. Add milk and salt to taste. Serve with 1 tsp. of butter on top of soup and garnish with parsley.

## SANTA FE SOUP

Sherry Rich\*

1–1 + 1/2 lb. ground beef or turkey, cooked	1 (10 oz.) can diced tomatoes
2 (15 oz.) cans ranch-style beans	1/2 lb. cheddar cheese
1 (15.25 oz.) can whole kernel corn	

Mix ingredients together in a large saucepan and cook on medium heat until cheese is melted, stirring occasionally. Serve with tortilla chips or Fritos. Makes 5 servings.

## SPLIT PEA SOUP

Andersen's – Happy & Snap-pea

8 c. water	1/4 tsp. dried, ground thyme
2 c. green split peas	dash red pepper sauce <u>or</u> a pinch of cayenne pepper
1 rib celery, chopped	1 bay leaf
1 large carrot, chopped	salt & pepper
1 small onion, chopped	

Combine water, peas, celery, carrot, onion, thyme, red pepper, and bay leaf in large kettle. Season to taste with salt and pepper. Boil vigorously 20 minutes, then reduce heat, cover, and simmer until split peas are tender. Press soup through fine sieve and reheat. Serve with rye crackers and onion-cheese bread.

## TACO SOUP

Sherrie Apperson

1 lb. ground beef <u>or</u> ground turkey	1 (28 oz.) can chopped tomatoes
1 onion, diced	1 (16 oz.) can red or kidney beans
1 clove garlic	1 (16 oz.) can pinto beans
Brown and drain. Add:	1 (16 oz.) can pinto beans
1 package taco seasoning mix	1 (4 oz.) can green chiles, diced
1 package Hidden Valley Ranch Party Dip	1 (16 oz.) bag C&W petite white corn (frozen)

Mix all ingredients together in a large pot; bring to a boil; reduce to a simmer for 5–10 minutes. Yields about 3 quarts. Freezes well. Serve with: corn chips (small), shredded cheese, sliced green onions, sliced olives, salsa, and a dollop of sour cream. Also good served with cornbread and lime jello.

## THREE BEAN CHILI

Arlene Jones

1 lb. leanest ground beef  
1 medium onion (optional)  
2 garlic cloves, minced  
2 (14.5oz.) cans fresh cut tomatoes  
1/8 tsp. ground cumin (1/4 tsp. for spicy)  
1 Tbsp. chili powder  
3/4 tsp. seasoned salt  
2 (15oz.) cans red kidney beans, drained and rinsed  
1 (15oz.) can black beans, drained and rinsed  
1 (15oz.) can cannellini beans, drained and rinsed  
1/2 tsp. cayenne (opt.)  
1 + 1/2 tsp. chili seasoning, such as Lawry's (opt.)

In a nonstick skillet, brown ground beef with onion and garlic; drain excess fat and pat with paper toweling to remove any additional fat. Sprinkle meat with chili seasoning, if desired. Pour tomatoes into a 3 quart saucepan and add seasonings. Heat just to boiling; reduce heat to simmer. Add ground beef and beans; simmer 10 minutes. Makes 8 servings. TIP: Can substitute pinto beans for kidney beans or other beans.

## TOMATO BISQUE

Deborah Otteson

Serves 6 to 8

1 small onion, chopped	1/2 tsp. paprika
3 stalks of celery, sliced	1/2 tsp. basil
1 20 oz. can of tomatoes, with liquid (or use 4 c. of chopped fresh tomatoes or 1 use crushed tomatoes)	1/4 tsp. pepper
2 + 1/2 tsp. raw sugar or other sweetener	2 Tbsp. butter or oil
	3 Tbsp. flour
	2 c. water or stock
	1/2 tsp. salt

Place onion, celery, tomatoes, and seasonings in a kettle and simmer 15 minutes. Using a blender, puree until smooth. Do this in 2 or more small batches using only low speed. Hold the lid on the blender tightly to prevent the contents from exploding out the top.

In original kettle, melt the butter and stir in flour. Cook 30 seconds, then whisk in 2 cups of stock or water until smooth. Stir in the blended tomato mixture and add salt to taste. Simmer until slightly thickened, about 5 minutes.

## VEGETABLE BEEF SOUP

Sharon Rich\*

1 + 1/2 lbs. beef stew meat, or leftover roast	carrots
"BTB" beef soup base to taste	celery
1 quart canned tomatoes	zucchini
1/4-1/2 tsp. basil	peas
1/4-1/2 tsp. parsley flakes	string beans
onions	thin noodles

Simmer onions in "BTB" soup base, water, tomatoes, and spices for about 10 minutes. Add carrots, celery and zucchini; cook 10 minutes; Add all other ingredients to broth and simmer another 10 minutes. Serve when vegetables and noodles are tender.

MINISTRONE: Leave out the peas, add some sautéed minced garlic, thyme & marjoram to taste, drained kidney and cannellini beans, chopped swiss chard (or spinach), and use small shells or your favorite pasta instead of thin noodles. It makes GREAT minestrone! —Sherrie