

## ***Friendship Force Soup & Stews Virtual Event 10/17/2020***

### ***Participant Soup Recipes***

#### **Soups demonstrated during live event:**

#### **Smokey Butternut Bisque-Kathy Hart, FF of Sacramento**

##### **INGREDIENTS**

2 pounds peeled butternut squash  
10 ounces of chopped onions, about 3 cups  
6 cloves of garlic  
3 cups of water, broth or aquafaba  
4 pear halves  
1 Tablespoon SMOKED paprika (different than regular paprika)  
½ Tablespoon Benson's Table Tasty (or your favorite salt-free seasoning)  
⅛ - 3/16 of a teaspoon chipotle powder (optional)  
1 cup unsweetened non-dairy milk-I used coconut milk

##### **DIRECTIONS**

Place all ingredients except for the non-dairy milk in the Instant Pot electric pressure cooker and cook on high pressure for 6 minutes. Release the pressure and add the non-dairy milk and purée. You can use a handheld immersion blender right in the pot or carefully transfer to a blender to blend.

##### **CHEF NOTES**

You can buy peeled butternut squash in many stores now or even use frozen. You can use fresh pears but be sure that they are ripe for the best flavor. Optional toppings: Sour cream or plain yogurt, pepitas.

#### **Quick Black Bean and Salsa Soup-Kathy Hart, FF of Sacramento**

Serves 4

##### **Ingredients**

1 15 oz can black beans, drained and rinsed  
1 c salsa  
1 ½ c vegetable broth  
½ tsp ground cumin  
1 c frozen corn, thawed

##### **Instructions**

Place 1 cup beans, salsa, broth and cumin in blender and puree. Transfer to saucepan and add remaining beans and corn. Stir and heat. Serve garnished with chopped cilantro and dollop of sour cream.

## **Participant Recipes:**

### **Italian Sausage Tortellini Soup-Dave Kalan**

Serves 12-16

#### Ingredients

1 package ground Italian sausage (mild)  
1 package ground Italian sausage (hot)  
1 teaspoons red pepper flakes (optional)  
1 cup diced onions  
Lots of garlic  
2 tablespoons olive oil  
5 cups + chicken broth (see note)  
½ cup red wine  
2 cups diced fresh tomatoes  
1 can (8 oz) tomato sauce  
1 cup diced celery  
1 teaspoon dried basil  
1 teaspoon dried oregano  
2 tablespoons parsley  
2 cups sliced zucchini (cut each slice into quarters)  
1 package baby spinach (diced)  
1 large package cheese tortellini, cooked  
Salt and black pepper to taste  
Lots of fresh Parmesan cheese (in soup and for people to add to their bowl)

#### Directions

Brown sausage and red pepper flakes in a large pot over medium heat. Once sausage is brown, remove from pot and set aside in a small bowl.

In original pot, sauté onion and garlic in olive oil for 4 to 5 minutes, until onion is transparent, taking care not to burn garlic. Add chicken broth, wine, tomatoes, tomato sauce and celery. Mix well. Add sausage back to the pot along with basil, fennel seed and oregano. Mix and simmer uncovered for 30 minutes. Stir in parsley, zucchini, and tortellini. Mix and simmer, covered, another 30 minutes. Serve in large bowls. Allow each person to add more Parmesan cheese to their bowl of soup. The soup can be made the night before.

Note: I have always made the soup the night before and overnight the tortellini absorbs much of the liquid. Dave K.

My notes: Recipe can be halved. I prefer mild sausage and do not use hot. I don't add red pepper flakes but make them available if desired. If I make the soup and tortellini the night before, I keep them separate until I combine to heat up to serve. Delicious with good bread and a green salad. I often serve this menu when I host a dinner for an inbound journey.

## **OXTAIL HOTPOT-Geoff. Wainwright – FF of Leicestershire, U.K.**

This being my all-time favourite stew. Ingredient quantities can vary from time to time and so guess-work can be the best option depending what you have available in the store cupboard and what suits your individual tastes but here are the ingredients which I would usually use for cooking either in a Slow Cooker (preferred) or a Pressure Cooker (for quickness):

Pieces of pre-cut chunks of oxtail.

Large diced carrot, parsnip, celery, turnip, swede, leek and sliced onion. I prefer to add large diced potato in the stew but the alternative would be to serve the stew on a bed of buttery mashed potato together with peas, French beans or other green vegetables.

Other ingredients to have available would be:

Tomato puree, brown sauce, Worcestershire sauce, English mustard, salt & pepper, oil for initial cooking, a little flour and corn flour.

You may also choose to add a clove of garlic, red wine and beef stock. I use none of these but instead cook the stew in a little water which, in the end, makes a delicious gravy! So let's get started!

Have the slow cooker ready for use and turned onto "high". Take the pieces of oxtail, coat them in a mixture of salt and peppered flour and gently brown them on all sides in a shallow frying pan in which a small amount of cooking oil has been added. When nicely browned transfer the pieces into the slow cooker and add all the other ingredients.

When the stew starts to bubble turn the heat down to low and let nature do its job! I tend to give it a stir from time to time so as to make sure all the ingredients are cooking evenly. You may choose to leave it cooking slowly for 6 hours or so (or until the meat falls off the bones) before serving but I prefer to switch it off after about 4 hours, let it go cold overnight and then the next day reheat for another 2 hours or so. If you prefer to thicken the gravy then add a small amount of corn flour mixed with a little water before serving.

So here we go - a wonderful winter-warming stew which has been so easy to prepare. I prefer it to be served in a large bowl with chunks of bread on the side; my wife prefers it served on a plate with mashed potatoes and other greens. Choose whichever you prefer but all the same – ENJOY!

## **TACO SOUP- Juanita Weigel**

- 1lb. Ground beef
- 1 onion chopped fine
- 1 16 oz can chili beans w/liquid
- 1 15oz can kidney beans w/liquid
- 1 15 oz can whole corn w/ liquid
- 1 8 oz can tomato sauce
- 2 cups of water or beef broth
- 2 14 1/2oz can diced peeled tomatoes
- 1 4oz diced green chili peppers
- 1 pkg taco seasoning

Brown ground beef with onions. Put in crockpot and add other ingredients. Cook on low 6 hours or high 3 to 4 hours in crockpot.

When serving add to each bowl handful of crumbled tortilla chips, grated cheddar cheese, and a spoonful of sour cream

## **Zuppa Tuscans Soup - Juanita Weigel**

- 1 lb hamburger
- 4 - 6 russet potatoes, chopped
- 1 onion, chopped
- 1/4. Cup of fried crumbled bacon pieces
- 2 Tablespoons of minced garlic
- 32 oz. chicken broth
- 1. Cup of kale
- 1 cup heavy cream
- 2 tablespoons of flour

Brown sausage in sauté pan. Place sausage, potatoes, chicken broth, garlic, and onion in slow cooker. Add just enough water to cover vegetables and meat. Cook on high 3-4 hours (low 5-6 hours) until potatoes are soft.

30 minutes before serving mix flour into cream until smooth. Add cream, kale, and bacon to crockpot, stir. Cook on high for 30 minutes or until broth slightly thickens. Add salt, pepper, and cayenne to taste.

## **Taco Bean Soup - Pat Ghiglieri, FF Sacramento**

1 lb. ground turkey  
1 chopped onion  
2-3 cloves of garlic  
1-1/2 c chopped celery  
One 15 oz. can tomato sauce  
1 small can green diced chilies  
One or 2 15oz. can stewed tomatoes  
Four 16 oz. cans of any kind of beans mix or match  
3 packets of taco seasoning  
2 tsp. cumin  
One 10 oz. bag of frozen white corn

Brown the turkey; add onions, garlic and celery about half way. A add the remaining ingredients. Do NOT DRAIN Anything. JUST DUMP EVERYTHING IN. Heat thoroughly. Simmer for a while if you like!

## **WHITE CHICKEN CHILI - Pat Ghiglieri, FF Sacramento**

Ingredients:

1 TB extra virgin olive oil  
1 small yellow onion, diced  
1 jalapeno, seeded and minced  
2 cloves garlic, minced  
1/2 tsp. oregano  
1/2 tsp. ground cumin  
2 4.5 oz. cans green chilies  
3 boneless skinless chicken breast, cut into thirds  
5 cups low sodium chicken broth  
Kosher salt  
Freshly ground black pepper  
2 (15 oz.) cans white beans, drained and rinsed  
1-1/2 cup frozen corn  
1/2 c sour cream  
Freshly chopped cilantro for garnish  
1/4 cup shredded Monterey Jack Cheese  
1/4 cup crushed tortilla chips

Directions:

In a large pot, over medium heat, heat oil. Add onion and jalapeno and cook until soft about 5 minutes. Add garlic, oregano, and cumin and cook until fragrant, 1 minute. Add green chilis, chicken and broth and season with salt and pepper. Bring to a boil, then reduce heat and simmer covered, 10-12 minutes, until chicken is tender and cooked through. Transfer chicken to a plate and shred with two forks. Return to pot and add white beans and corn. Simmer 10 minutes. Turn off heat and stir in sour cream. Ladle chili into bowls and garnish with cilantro, cheese and chips before serving.

## Sweet Potato Vegetable Soup - Eloise Hill

- 2 T Oil
- 1 medium onion chopped (about 1 cup)
- 4 ribs celery, thinly sliced
- 2 sweet potatoes, peeled and cut into small cubes (about 4 cups)
- 4 cloves garlic, minced
- 2 tsp. smoked paprika
- 1 tsp. turmeric
- 1 tsp. dried oregano
- 1/2 tsp. ground ginger
- 1 bay leaf
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/8 tsp. cayenne pepper, or to taste
- 6 cups chicken or vegetable broth
- 1 (28 oz.) can diced tomatoes with juice
- 1 1/2 cup cooked or canned, drained, beans (navy, kidney, or pinto)

In Dutch oven or large pot heat oil over medium heat. Add onion and celery and cook about 5 minutes, stirring occasionally. Stir in the sweet potatoes, garlic and seasonings. Cook 1 minute. Add the broth, tomatoes and beans. Bring to a boil then reduce heat to simmer and cook, partially covered, for about 30 minutes.

## Slow Cooker Creamy Potato Soup - Beth Tetzlaff

**Easy Creamy Potato Soup (Slow Cooker)**

**Ingredients**

- 1 (30 oz.) bag southern style frozen hash browns (these are the small cubed potatoes. You want large cubes-1/2-3/4 inch size- if not you want to add them halfway through cooking)
- 2 (14 oz) cans chicken broth
- 1 (10 3/4 oz) can cream of chicken soup
- 1/2 cup chopped onion
- 1 (8 oz) pkg. light cream cheese, cut into cubes
- salt and pepper to taste
- optional garnishes - diced bacon, diced green onion, shredded cheese

*add ham or bacon*

**Instructions**

1. Combine the hash browns, chicken broth, cream of chicken soup, and chopped onion in your slow cooker.
2. Cover and cook on low for 4-5 hours until potatoes are tender. (I cooked it for 4, if you cook it too long the potatoes will begin to break down. It all depends on your slow cooker. Mine cooks really hot)
3. Then stir in the cubed cream cheese and cook for 30 more minutes, stirring occasionally.
4. Serve in bowls topped with desired garnishes. Serves 4-6.

Recipe by Real Mom Kitchen at <http://realmomkitchen.com/14004/easy-creamy-potato-soup-slow-cooker/>

## **Wilderness Mushroom Soup - Terri Holsinger-FF Sarasota**

Makes 6 Servings

### Ingredients:

6 T butter  
2 T fresh minced onions  
½ C celery, thinly sliced  
½ lb fresh mushrooms, sliced  
1/3 C raw grated sweet potato  
1/3 C all-purpose flour  
3 C Chicken broth  
2 C cooked wild rice  
½ C cooked ham, cut into small cubes  
2 T fresh snipped parsley  
½ tsp salt  
¼ tsp pepper  
1 C half and half  
½ C dry cooking sherry  
2 T fresh chopped chives (optional topping)  
1/3 C shredded jack or cheddar cheese (optional topping)

### Directions:

Melt butter in a 3-quart pot over medium heat. Add onions and celery and sauté 3-4 minutes until tender. Add mushrooms and sweet potatoes and sauté 2 more minutes. Blend in flour and stir for another minute until well combined. Add broth and cook, stirring constantly, until mixture comes to a boil. Reduce heat and stir in wild rice, ham, parsley, salt and pepper. Simmer uncovered for 5 minutes. Slowly stir in half and half and sherry. Heat to a serving temp and serve with garnishes. Note: I use more of the vegetables including mushrooms, celery, rice and onions for a heartier soup. May leave out the ham for a vegetarian soup.

## **Spicy Thai Coconut – George Meyer – FF of Sacramento**

Heat 1 Tbsp canola or coconut oil in large saucepan over medium high heat. Add 1 Tbsp minced ginger, 1 finely chopped onion, 2 minced garlic cloves and 4 ounces sliced mushrooms. Saute' 5 minutes or until mushrooms are tender. Stir in 1 quart chicken broth, 1 can 13.5 ounces light coconut milk, 2 Tbsp fish sauce or soy sauce, 1 Tbsp chili-garlic sauce and 1 tsp sugar. Bring to simmer and cook 20 minutes. Stir in 1 cup shredded cooked chicken and cook until heated. Stir in zest of 1 lime. Serve garnished with cilantro and lime wedges.

Note: George added extra lime juice to taste.

## **West African Groundnut Stew – Janis Robinson - FF Knoxville**

From: New Recipes from Moosewood Restaurant West African Style 8-9 cups  
Prep time: 10 mins; Cook time: 40 mins; Total time: 50 mins

### Ingredients

- 2 sweet potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 3 garlic cloves, minced or pressed
- 3 tablespoons grated fresh ginger root
- 2 tablespoons ground coriander
- ½ teaspoon cayenne (or to taste)
- 4 cups chopped onions
- 2 tomatoes, chopped
- 4 cups peeled and cubed eggplant (or substitute 2 cups green cabbage)
- ¼ to ½ cup Vegetable Stock or water
- 1 cup chopped zucchini or yellow summer squash
- 2 green peppers, coarsely chopped (or 1½-2 c chopped fresh okra)
- 2 cups tomato juice
- ½ cup peanut butter
- 1 tablespoon chopped cilantro (optional)

### Instructions

Steam or boil the sweet potato cubes until just tender.

Meanwhile, sauté the garlic, ginger, and spices in oil for one minute.

Add the onions and cook until they begin to soften.

Add the tomatoes, eggplant, and a small amount of vegetable stock or water and simmer for 10 minutes.

Add the zucchini and peppers and continue to simmer until all of the vegetables are tender, about 20 minutes.

Drain the sweet potatoes and add them to the stew along with the tomato juice and peanut butter. Stir well.

Simmer on very low heat for 5 to 10 minutes, stirring occasionally to prevent sticking.

Serve on rice, couscous, or millet.

At Moosewood we garnish this stew with hard-boiled egg halves and pineapple and banana slices.

NOTES: We don't add eggplant or cabbage since we don't like either of these & it works fine. We also don't add any peanut butter or any nut butter so for us it really is just a West African Stew; it still takes great! We add both the green pepper (or red or yellow) AND the okra; the okra thickens the stew a bit.



## **Roasted Cauliflower and Paprika Soup (Ivy Manning recipe) From Soups and Breads Cookbook – Mary Williams – FF Dallas**

Makes 4 to 6 servings

Roasting cauliflower makes for rich, nutty flavor. Paprika, dill, and a dollop of sour cream add to the hearty Eastern European-ness of the soup.

### Ingredients

1 medium (1lb 12 oz/795g] cauliflower, cored and cut into 1-inch florets

3 tablespoons olive oil, divided

4 medium garlic cloves, left unpeeled

4 tsp sweet paprika, plus more for garnish

Sea salt

Freshly ground black pepper

1 medium yellow onion, chopped

1 large carrot, peeled and sliced

1/2 cup dry white wine

6 cups [1.5L] chicken or vegetable broth

8 oz [230g] small red potatoes, cut into bite size pieces

1 bay leaf

3 Tbsp chopped fresh dill, plus more for garnish

1 1/2 Tbsp freshly squeezed lemon juice

3/4 cup sour cream

### Directions

Preheat the oven to 425 degrees. Toss the cauliflower and garlic with 2 Tbsp of the olive oil, arrange in a single layer on a rimmed baking sheet, and season liberally with salt and pepper. Roast, stirring once, until the cauliflower is tender and lightly browned, 25 minutes.

While the cauliflower is roasting, start the soup. Heat the remaining Tbsp of oil in a Dutch oven or large soup pot over medium heat. Add the onion and carrot and sauté until beginning to brown, 5 minutes. Add the paprika and stir to combine, do not allow it to burn or it will become bitter. Immediately add the wine and simmer until nearly evaporated, 30 seconds. Add the broth, potatoes, and bay leaf and bring to a simmer. Reduce heat to low, cover, and simmer until the cauliflower is done roasting.

Add the cauliflower to the soup. Discard the garlic skins, chop the garlic cloves and add them to the soup. Simmer uncovered for 10 minutes. Add the dill, lemon juice, and salt and pepper to taste. Divide the soup among bowls and garnish each bowl with a few tablespoons of sour cream, a few pinches of the paprika and a generous pinch of dill. Cool leftover soup (without sour cream) uncovered in refrigerator and then store in an airtight container for up to 1 week in the refrigerator or up to 3 months in the freezer.

**Get ahead:** The cauliflower can be roasted up to 3 days in advance, so I'll often make an extra baking sheet of cauliflower when roasting vegetables for another meal and make this soup a few days later.

## **Roasted Tomato Soup - Lynda Toffelmire - FF Club of Calgary Region**

Yield- about 3 cups tomato puree which will make about 6 cups soup

### Ingredients

2 lb tomatoes- you can use different varieties including cherry

1 small onion, quartered

3-4 cloves whole garlic

olive oil

salt and pepper

¼ cup fresh basil, chopped

¼ teaspoon hot pepper flakes (optional)

¾ cup chicken or vegetable broth

½ teaspoon baking soda

Hot milk

Parmesan cheese and additional chopped basil to garnish

### Method

1. Preheat oven to 400 F
2. Line 1 baking sheet with parchment paper.
3. Cut tomatoes in half or quarters if large, and arrange on the pan. They should be similar size pieces so they roast evenly. Cherry tomatoes should be placed on a separate pan as they will take less time to roast.
4. Add garlic and onions to the pan.
5. Drizzle with olive oil and season with salt and pepper. You will probably use about ¼ cup.
6. Roast tomatoes for about 30-40 minutes or until they start to turn brown on the edges. Cherry tomatoes will take 20-25 minutes.
7. Remove from oven and cool.
8. Add roasted tomatoes, onions, and garlic to blender. Add the basil, hot pepper flakes, and the broth. Blend until mixture is a puree. You can make the soup now, refrigerate, or freeze until you wish to use it.

### To Make Soup

1. Add the pureed roasted tomatoes to a saucepan.
2. Heat until it comes to a boil. Add ½ teaspoon of baking soda. The baking soda will help to prevent the milk from curdling. Add an equal amount of milk to the hot tomato puree. Heat until hot. Do not overheat or curdling is more likely to occur.
3. Garnish with additional basil and parmesan cheese.

\*Whipping cream or 10-15% cream can be used to replace some of the milk.

Broth may also replace some or all of the milk.

## Spicy African Peanut Soup - Nina Logan - Winnipeg, Manitoba, Canada

### SPICY AFRICAN PEANUT SOUP (the one everyone loves!) Courtesy of Cindy

1 tbsp. vegetable oil  
1 large onion, chopped  
1 medium sweet potato, diced  
2 cloves garlic, minced  
2L (8 cups) chicken broth  
1 tsp. dried thyme  
1/2 tsp. ground cumin  
250 ml. (1 cup) uncooked rice  
750 ml. (3 cups) chunky salsa  
500 ml. (2 cups) garbanzo beans (chick peas)  
Drained and rinsed  
250 ml. (1 cup diced zucchini)  
160 ml. (2/3 cup) creamy peanut butter

Heat oil, sauté onion, sweet potato and garlic, stirring occasionally until onion is softened, about 5 minutes.

Add chicken broth, thyme, cumin and rice. Bring to a boil and simmer, covered, until rice is cooked, about 18-20 minutes.

Add salsa, beans and zucchini and cook until zucchini is tender, about 10 minutes.  
Add peanut butter and stir until completely combined.

Recipe says one can add more garlic, sweet potato, a bit of ginger and you may omit the thyme if desired!

Courtesy of Cindy (VSS)

## Italian Tomato Bean Soup – Susan Stromberg

1 Tbsp olive oil  
1 clove of garlic, finely chopped  
1/2 cup chopped onions  
2 cups diced carrots  
1 cup diced zucchini (more if desired)  
1 cup diced yellow squash (more if desired)  
2 tbsp dried basil leaves  
1/4 tsp black pepper  
2 cans (14-15 oz) chicken or vegetable broth  
1 can (28 oz) crushed tomatoes, undrained  
2 cups great northern beans, boiled or canned white beans, drained  
In a 5 qt soup pot, heat oil over medium-high heat. Add garlic, onions, carrots, zucchini, and yellow squash. Stir frequently for about 8 minutes. Add broth, tomatoes, pepper, and basil. Bring to a boil, then reduce heat to low and simmer covered for a about 20 minutes or until vegetables are tender. Stir in beans; heat through. OR Combine all ingredients in a crockpot and stir well. Cook on low for at least 6 hours. Makes 8 servings.

## **BUTTERNUT SQUASH SOUP - Ramona McGee - FF Sarasota, FL**

2 tablespoons butter  
Following vegetables, peeled and chopped  
1 small onion, stalk of celery and medium carrot  
2 medium white potatoes, peeled and cubed  
1 medium butternut squash-peeled, seeded and cubed  
32 ounce container chicken stock  
Salt and freshly ground pepper to taste

Melt the butter in a large pot and cook chopped onion, celery, carrot, potatoes and squash for about 5 minutes, or until lightly browned. Pour in enough chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot and simmer for about 40 minutes or until all vegetables are tender. Transfer the soup to a blender, in smaller portions and blend until smooth. (best to cool before placing in blender.) Return soup to pot and mix in any remaining stock to attain desired consistency. Season with salt & pepper. 4 servings

## **Pumpkin Bean Soup - Kay Consigny - FF Sarasota, FL**

Prep: 15 mins Cook: 35 mins Servings: 4

### Ingredients

1 tablespoon olive oil  
1 red bell pepper, chopped  
1 onion, chopped  
2 cloves garlic, minced  
1 teaspoon ground cumin  
1 (15 ounce) can pumpkin puree  
1 (15 ounce) can black beans, rinsed and drained  
1 (14 ounce) can whole kernel corn, drained  
2 cups chicken broth  
1 (8 ounce) can tomato sauce  
1 teaspoon fresh cilantro leaves, finely chopped  
salt and pepper to taste  
½ cup heavy cream, whipped  
¼ cup fresh chopped cilantro, for garnish

Heat the olive oil in a saucepan over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Mix in the garlic and cumin and cook, stirring, for an additional 2 minutes. Pour in the pumpkin puree, black beans, corn, chicken broth, tomato sauce, and 1 teaspoon cilantro; season to taste with salt and pepper. Bring the soup to a gentle boil; reduce the heat and simmer, covered, for 25 minutes. Garnish each bowl of soup with a dollop of unsweetened whipped cream and additional cilantro, if desired.

## Barley Mushroom Soup - Lily Cann - So AZ FF

Ingredients:

- 1.5 cups of pearled barley
- 2 pkgs. of sliced mushrooms
- 2 cans of beets (julienned or diced)
- 2-3 cloves of garlic
- 12 cups of water
- kosher salt & black pepper

Cook barley according to directions on box. Sautee mushrooms in butter or oil. When barley is cooked add the water, mushrooms, garlic cloves, and beets including the liquid from the can. Season with salt and pepper. Let it simmer 30 minutes to meld flavors. Simple and delicious. Nice with some crusty bread.

## Ina Garten's Split Pea Soup with Crispy Kielbasa – Stephanie Turner, FF Sac

Serves 6 This is the best split pea soup I have ever made. I've enjoyed it with and without the kielbasa. I suggest waiting to add salt until ready to serve, and then just to taste. I made the soup the day before, let it sit overnight, then removed the bay leaves and ham hock and put it in the crockpot on low for 2 hours. I removed the fat from the ham hock, diced up any edible meat, and returned the dices & ham hock to the pot to simmer until ready to serve. The soup is worth the time and easily frozen.

<ul style="list-style-type: none"> <li>• ¼ cup olive oil</li> <li>• 2 cups chopped leeks (2 medium) white &amp; green parts</li> <li>• 2 cups diced carrots, about ½ inch</li> <li>• 1 ½ cups chopped yellow onion</li> </ul>	<ul style="list-style-type: none"> <li>• Heat olive oil in large pot or Dutch oven over medium high heat.</li> <li>• Stirring, add veggies and cook 7-8 minutes until tender and starting to brown.</li> </ul>
<ul style="list-style-type: none"> <li>• 1 tablespoon minced garlic</li> <li>• 1 lb dried split peas</li> </ul>	<ul style="list-style-type: none"> <li>• Add to above. Cook 1 minute.</li> <li>• Add to above and stir to coat. Cook 1 minute.</li> </ul>
<ul style="list-style-type: none"> <li>• 8 cups chicken stock</li> <li>• 2 cups water</li> <li>• 1 smoked ham hock</li> <li>• 8 sprigs fresh thyme in bundle (or 2 tsp dried thyme)</li> <li>• 2 bay leaves</li> <li>• 2 tsp kosher salt</li> <li>• 1 tsp fresh ground black pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Add to pot.</li> <li>• Bring to boil.</li> <li>• Reduce heat and simmer (very low) for 1 ¼ - 1 ¾ hours until peas are tender and falling apart.</li> <li>• Be sure to stir frequently to prevent soup from sticking.</li> </ul>
<ul style="list-style-type: none"> <li>• Discard thyme bundle, bay leaves and ham hock.</li> <li>• Take 2 cups of soup, puree in blender, and return to the pot.</li> <li>• Add more water or stock if the soup is too thick.</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 tsp oil</li> <li>• 12 oz. smoked kielbasa, halved lengthwise and sliced diagonally into ¼ in pieces</li> </ul>	<ul style="list-style-type: none"> <li>• Heat oil in medium saute pan, medium high.</li> <li>• Add kielbasa and cook and toss 5-6 minutes until browned and crispy around edges.</li> </ul>
<p>Serve soup garnished with kielbasa and fresh minced parsley.</p>	

## **Hearty and Healthy Barley and Lentil Soup – Diane Love, FF Niagara, Canada**

½ c. dried green or brown lentils  
1 onion, finely chopped  
2 carrots, finely chopped  
3 c. Swiss chard (or spinach) coarsely chopped and packed  
2 cloves garlic, minced  
1 ½ tbsp. olive oil  
1 tsp. ground cumin  
3 c. vegetable broth  
3 c. water  
½ c. pearl barley  
1 ¼ c. diced canned tomatoes  
Salt and pepper to taste

Rinse and drain the lentils, and set aside.

Prepare the vegetables, as above, and set aside.

Heat the oil in a large pot over medium heat. Sauté the onion 3-4 minutes. Add the carrots and sauté for 5 minutes, stirring occasionally. Add the garlic and stir for 1 minute, then add the cumin and stir for another minute.

Pour in the broth, water and barley, bring to a boil and reduce heat, cover and simmer 25 minutes.

Stir in tomatoes and lentils. Continue to simmer, covered, until the barley and lentils are tender, approximately 25 minutes.

Add the Swiss chard, cover and simmer about 5 minutes.

Season with salt and pepper to taste.

## **Vichyssoise – Shirley Zimmerman**

2 leeks, chopped  
1 onion, chopped  
2 Tbsp unsalted butter  
¾ cup thinly sliced potatoes  
2 1/3 cups chicken stock  
Salt and pepper to taste  
1 1/3 cup heavy whipping cream

Sweat the leeks and onion in butter until soft approx. 8 min. Do not brown. Add potatoes, stock salt and pepper and bring to boil. Simmer 30 minutes. Puree in blender and add cream.

## Shorba - Ellen Brazauskas

From the Moosewood Cafe in Ithaca NY.

Global Holidays: A Celebration  
November 6, 2004

Recipes

### SHORBA

*During Ramadan in many parts of North Africa and the Middle East, soup is an integral part of the meal that breaks the fast. There are probably as many kinds of soup as there are cooks. This simple, hearty soup has a fresh, pleasing taste and can be enjoyed any time of the year.*

(Serves 4 to 6)

the ingredients:

2 Tbs olive oil	$\frac{3}{4}$ cup medium-grade bulghur <i>could use corn</i>
$1\frac{1}{2}$ cups finely chopped onions	2 cups finely chopped fresh tomatoes
1 large garlic clove, minced or pressed	$3\frac{1}{2}$ cups vegetable stock or broth*
1 tsp salt, more to taste	1 to 2 Tbs fresh lemon juice
$\frac{1}{2}$ tsp ground black pepper	grated feta cheese (optional)
1 tsp ground coriander	chopped fresh parsley (optional)
$\frac{1}{2}$ tsp ground cardamom	
$\frac{1}{2}$ tsp ground cinnamon	

\*If you prefer a commercially produced broth, we recommend Pacific Organic...in aseptically packaged boxes.

The method:

1. Warm the oil in a 2-quart pot. Add the onions and garlic, sprinkle with the salt, and sauté on medium heat for about 10 minutes, until the onions are soft and translucent.
2. Add the pepper, coriander, cardamom, and cinnamon and cook, stirring constantly, for about 1 minute.
3. Add the bulghur and continue to stir for another 1 to 2 minutes. *(increases bulghur flavor)*
4. Add the tomatoes and the stock, cover, and bring to a boil. Reduce the heat and simmer for about 10 minutes, covered, until the bulghur is tender. Remove from the heat and stir in the lemon juice.
5. Serve immediately topped with feta cheese and fresh parsley, if desired.

**NOTE:** The bulghur continues to absorb liquid as it sits, so you may want to add a little more stock or water when reheating the soup at a later time.



## Mulligatawny – Mary & Eric James – FF of Sacramento

### SERVES 4

30 ml/2 tbsp vegetable oil  
1 onion, halved and sliced  
1 clove garlic, finely chopped  
1 carrot, peeled and diced  
1 potato, peeled and diced  
50 g/2 oz green (string or snap) beans, trimmed and chopped  
2 chicken thighs, skinned  
1 sharp eating apple, peeled, cored and diced  
10 ml/2 tsp hot curry paste  
10 ml/2 tsp tomato purée (paste)  
2.5 ml/½ tsp ground ginger  
2.5 ml/½ tsp ground nutmeg  
4 cloves  
45 ml/3 tbsp lemon juice  
15 ml/1 tbsp Worcestershire sauce  
5 cups/1.2 1/2 pt chicken stock (broth)  
salt and freshly ground black pepper

### MULLIGATAWNY

A native of Tamil Nadu, Southern India, the name 'Milaku' (pepper) and 'tanni' (water) is a fitting description of this highly spiced substantial soup. This was one of the many recipes the British Raj brought back to Britain and adapted for 'home cooking'. Serve accompanied with plain boiled rice.

- Heat the oil in a large, heavy-based saucepan. Add the onion and garlic and cook for 2 to 3 minutes, or until the onions start to soften.
- Add the carrot, potato, beans and chicken thighs and cook, stirring, for a further 4 to 5 minutes or until the chicken is lightly coloured.
- Stir in the diced apple, curry paste, tomato purée (paste), ginger, nutmeg and cloves. Cover and 'sweat' over a moderate heat for 3 to 4 minutes. Scrape loose any sediment from the base of the pan.
- Add the lemon juice, Worcestershire sauce and stock (broth). Bring to the boil, then cover and simmer for 20 to 30 minutes or until the chicken is tender. Season to taste.
- Lift out the chicken thighs with a slotted spoon. Take the flesh off the bone, break up into small strips and return to the soup.
- Serve hot. If preferred, the soup can be puréed and served hot or chilled, garnished with a swirl of natural yogurt.

## French-Canadian Split Pea Soup & Ham - Mary Jane Kelleher – FF Ottawa

### Ingredients

2 1/2 cups dry yellow split peas  
1 ham bone with some meat  
4 carrots, diced  
1 large onion, diced  
2 cups chopped celery  
3 tsp dried thyme, or 3 6" springs of fresh thyme  
1 bay leaf  
1 Tbs minced garlic  
1/2 tsp ground black pepper  
8-10 cups water, or as needed to cover the ham bone in the pot  
Take note, that there is no salt added to the pot.

### Directions

Rinse peas with cold water. Place the peas, ham bone, and other ingredients in a large pot and add water ensuring the bone is covered. Reduce heat, and simmer, stirring occasionally, until the peas are tender. Remove ham bone, bay leaf and thyme sprigs. Strip meat from the bone, and dice it before returning to the pot. The thickness of the soup can be adjusted by adding water or removing broth, but there is another way to thicken the broth while enhancing the flavour and texture to simulate a more authentic soup that simmered all day. Puree some of the soup gently with a blender, or use an immersion blender briefly in the pot, while making sure some of the veggies and meat are left chunky. The pureed portion, especially the saltiness of the ham, adds the flavours "missing" from the pre-pureed broth. Keeps well in the fridge or freezer.



## **Italian Sausage Soup – Marty McKnew – FF of Sacramento**

1½ mild Italian sausage, cut in ½ inch lengths  
2 cloves garlic, minced or mashed  
2 large onions, chopped  
1 large can (28 oz) Italian plum tomatoes  
42 ounce beef broth (3 14 oz. cans)  
1½ cup dry red wine or water  
½ teaspoon dried basil  
3 Tablespoons parsley  
1 medium chopped green pepper  
2 medium zucchini sliced ¼" thick  
3 c. uncooked bowtie noodles (farfalle) (5 ounces)

In a 5 quart Dutch oven brown the sausage. Drain and discard fat. Add garlic and onions, cook stirring until limp. Stir in tomatoes, including the liquid, breaking them into pieces. Add broth, wine, and basil. Simmer uncovered for 30 minutes. Cool, then chill. Later remove and discard fat. Reheat soup and add the rest of the ingredients. Simmer covered 25 minutes or until the noodles are tender. Sprinkle with Parmesan cheese.

## **DILLED TOMATO BISQUE SOUP - Gloria Tuck - FF Toronto**

2 Tbsp. Butter  
1 med. onion chopped  
1 clove garlic  
1 Tbsp. Flour  
2 cups chicken broth  
6 med. Tomatoes peeled and diced or 28 oz. canned tomato  
2 Tbsp. fresh dill or 1 tsp. dried dill  
1 tsp. Sugar  
¼ tsp. Salt  
½ tsp pepper

Melt butter and saute onion and garlic. Stir in flour.  
Add all other ingredients.  
Simmer X 15 minutes and serve.

## **Easy Taco Soup – Charlene Taylor – FF Sacramento**

Serves 6

### **Ingredients:**

- 1 Tbsp Olive Oil
- 1-pound ground turkey (or beef or chicken)
- 1 small onion, finely chopped
- 3 cloves of garlic, minced
- 1 packet taco seasoning
- ¼ cup flour
- 1 (14.5 oz) can tomato sauce
- 1 (10 oz) can diced tomatoes with green chilies
- 1 (10 oz) can enchilada sauce
- 1 cup frozen corn kernels
- 4 cups chicken broth

### **Directions:**

In a large pot, heat oil over medium high heat. Add ground meat and onions, break apart and cook until browned and onions are soft. Add garlic and cook for 1 minute.

Stir in taco seasoning and flour and cook for 2 minutes.

Add tomato sauce, diced tomatoes, enchilada sauce, corn kernels and chicken broth. Bring to a simmer and cook for 20 minutes.

Serve topped with favorite taco toppings e.g. sour cream, avocado etc.

## **Slow Cooked Beef Stew – Maxine Moul – FF Lincoln**

- 1 1/2 lbs. beef stew meat
- 4-5 med. Potatoes, diced
- 1 med. Onion, chopped
- 4 carrots, pared, cut into bite sizes
- 2 stalks celery, sliced
- 1 28 oz. can whole tomatoes or 3 large fresh or frozen tomatoes
- 3 tsp. quick-cooking tapioca
- 1 10 ½ oz. can beef broth or homemade beef broth
- 1 tsp. Worcestershire sauce
- 2 tsp. parsley flakes or fresh parsley
- 1 bay leaf
- 1 tsp. salt ½ tsp black pepper

Brown beef cubes. Put into crockpot with remaining ingredients, stirring to blend. Cover and cook on low 8 to 10 hours.

## Harvest Vegetable Soup - Sue Robinson – FF Medicine Hat Alberta



## Liver and Onions - with Tomatoes - Carolyn Harp – FF Lincoln

My recipe isn't for a soup or stew, but it is for liver and onions with tomatoes. I have friends who, although they never liked liver and onions before, REALLY enjoy this recipe. I have friends over for liver dinner, and there is a larger group each time who hope to be invited.

### Liver and Onions - with Tomatoes

- 2 T. oil
- 1 lb. beef liver, sliced
- 1 onion, sliced thin
- flour to dredge liver
- salt & pepper to taste
- 1 15 oz. canned tomatoes (stewed if available)

In large non-stick skillet, heat oil. Dredge liver slices in flour and add to skillet. After turning liver to brown both sides, add onions, salt and pepper to taste. When liver and onions are partially sauted, add the tomatoes. Add a little flour to thicken the juices, cover, and simmer for about 20 to 30 minutes.

(The thickened tomato "gravy" is great over mashed potatoes.)

Serves 3 or 4