



2010 Soup Luncheon Recipes

Chicken Wild Rice Soup

Becky Berry



Ingredients

2 med stalks celery, sliced
1 med carrot, coarsely shredded
1 med onion, chopped
1 small green pepper, chopped
2 Tbsp butter or margarine
2 Tbsp flour
1 tsp salt
¼ tsp pepper
1½ cups cooked wild rice
(I use Uncle Bens long grain & wild rice
and omit the salt and pepper)
2 cups chicken broth
1 cup milk or cream
1/3 cups toasted slivered almonds
¼ cup snipped parsley
2 cups chopped cooked chicken

Directions

Cook wild rice following directions.

Cook and stir celery, carrot, onion, and green pepper in butter in 3 quart saucepan until celery is tender (about 5 minutes).

Stir in flour, salt, and pepper.

Add chicken broth slowly, stirring constantly to blend in flour.

Add wild rice.

Heat to boiling.

Cover and simmer, stirring occasionally, 15 minutes.

Stir in milk, almond, parsley, and meat. Heat to hot, but do not boil





2010 Soup Luncheon Recipes

Cheese Tortellini with Tomato and Spinach Soup

Joanne Reed



Ingredients

3 T. olive oil

1 onion, chopped

3 garlic cloves, minced

1 (14 1/2 ounce) can diced tomatoes (I use the one with garlic, oregano, basil added), undrained

6 C. low sodium chicken broth

2 ts. chopped fresh rosemary or 1/2 ts. dried rosemary, crushed

12 oz. fresh tortellini or frozen tortellini (I used cheese filled)

3 C. chopped fresh spinach leaves (I rough chop)

salt and pepper to taste

Optional: grated parmesan cheese or pesto

Directions

Heat olive oil in a large pot over medium heat.

Add onion and garlic-saute 5 minutes or until softened.

Add diced tomatoes with juice and cook 1 minute.

Stir in broth and rosemary and bring to boil.

Reduce heat and simmer covered 5 minutes.

Add tortellini, stirring to blend and simmer 5 to 6 minutes.

Add spinach, salt and pepper.

Simmer, stirring often, 3 minutes or until spinach is wilted and pasta is tender.

Sprinkle cheese over soup in bowl.





2010 Soup Luncheon Recipes

Cauliflower Cheese Soup

(from Moosewood Cookbook)

Roberta Butters



Ingredients

1 med large potato, peeled and diced – 2 or 3 cups

1 large cauliflower, cut into florets (put aside 2 cups florets)

1 med carrot, peeled and chopped

3 med cloves garlic, peeled

1 1/2 Cup chopped onion

1 1/2 tsp salt

4 cups water

2 Cups (packed) cheddar cheese

3/4 Cups milk

black pepper to taste

Directions

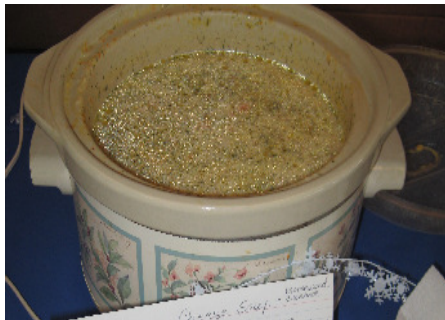
Place first 7 ingredients in large saucepan

Bring to boil and simmer until veggies are very tender

Puree in processor

Add all other ingredients.

Heat gently and serve with a little extra cheese.





2010 Soup Luncheon Recipes

White Chicken Chili

Sharon Stringham



Ingredients

2 ½ lb Chicken Breast

1 Cup chopped Onion

½ pkg White Chicken Chili Seasoning

1 ½ tsp Cumin

1 tsp Garlic Salt

Pepper to taste

2 Cups Water

4 14 oz cans Great Northern Beans and juice

1 24 oz can diced Tomatoes and juice

8 oz Mushrooms, canned or fresh

black pepper to taste

Directions

Brown chicken, cut into ½ in chunks, and onion in oil.

Stir in chili seasoning and other spices

Add the water, then bring to boil

Add beans, tomatoes, mushrooms and simmer ½ hour or longer





2010 Soup Luncheon Recipes

Amy's Chili

Barb Wittcup



Ingredients

1 ½ lb Ground Beef

1 med Onion

3 cloves Garlic

1 28 oz can crushed Tomatoes

1 24 oz can Tomato Sauce

1 16 oz can Black Beans

1 ½ Cups Water

2 Tbsp Chili Powder

1 Tbsp Honey

1/2 tsp Cinnamon

½ tsp Basil

¼ tsp Allspice

Directions

Brown beef and onions

Add remaining ingredients

Simmer uncovered for 45 minutes





2010 Soup Luncheon Recipes

Hearty Lentil Sausage Soup

(From More for Less Cookbook)

Sue Cunningham



Ingredients

1 lb Pork Sausage, broken into chunks)

2 med Onion, chopped

1 clove Garlic, minced

4 med Parsnips, optional

2 Cups Lentils

1 Tbsp Salt

½ Tsp Marjoram

2 Cups cooked Tomatoes

2 quarts Water

Directions

Cook and break up sausage

Remove meat and pour off all but ¼ Cup drippings

Add onions, garlic, and parsnips.

Add remaining ingredients and simmer 30 Minutes.

