

Cross Roads Presbyterian Church

"A Taste of Soup"



Recipe collection

Pasta e Fagiole

By Regina Schmiedel

2T olive oil
2 medium onions, chopped
6 garlic cloves, minced
3 cans (14.5 oz each) chicken broth
2 cans (16-20 oz each) cannellini beans, with liquid
1 can (15.5 oz) diced tomatoes, with liquid
½ t salt
1 t black pepper
1 c. uncooked ditalini or other small pasta shape (I used small shells)
½ c. chopped fresh parsley

In large soup pot, heat oil over medium heat; sauté the onions and garlic about 10 minutes. Stir in chicken broth, 1 can of cannellini beans, the tomatoes, salt and pepper. Cook for 30 minutes, stirring occasionally. Meanwhile, cook the pasta according to package directions, drain. Using a potato masher, gently mash the beans and tomatoes in the soup pot. Add the remaining can of beans, the parsley and cooked pasta. Reduce the heat to low and simmer for 30 minutes, stirring occasionally.

Note: to give finishing touch, serve with fresh grated Parmesan cheese.

Stuffed Pepper Soup (10 servings)

by Alice Grasso

1 pound ground beef
1 28 oz can tomato sauce
2 28 oz. cans diced tomatoes – do not drain
2 cups cooked rice
2 cups chopped green bell peppers
2 cans chicken broth
¼ cup packed brown sugar
Salt and pepper to taste

In a large saucepan or Dutch oven, brown beef; drain. Add remaining ingredients; bring to a boil. Reduce heat, cover and simmer for 30 to 40 minutes until peppers are tender.

Soupa Avgolemono

By Barb Manner

8-10 servings

9 cups chicken broth

1 cup uncooked rice

4 eggs

Juice of 2 lemons

Bring chicken broth to a boil

Add rice and cook until rice is tender

Beat eggs well

Gradually beat lemon juice into eggs

Add about 1 cup of hot broth slowly to egg sauce, beating constantly

Add egg broth/mixture to soup and stir until thickened.

Ham Barley Soup

By Peg Sinback

1 pkg ham hocks + 1 ham slice, diced

OR 1 meaty ham bone

1 onion, chopped

2-3 stalks celery, chopped

3-4 carrots, sliced

1 clove garlic, minced

1/8 t pepper

1 C barley

12 cups water

Combine all ingredients in a soup pot. Bring to a simmer and cook 1 ½ - 2 hours (until potatoes and barley are tender) remove ham hocks and discard or remove ham bone – dice meat from bone and return meat to pot.

Split pea soup

By Laverne Lokay

2 ¼ cups split peas, rinsed

8 cups water

1 cup chopped onions

1 ham bone with some meat

3 medium carrots cut ¼ slices (optional)

¼ t pepper

Heat all ingredients to boil in a large pan, stirring occasionally, reduce heat. Cover and simmer 1 hour and 30 minutes.

Remove ham bone, remove meat, cut into small pieces. Stir into soup.

If made ahead soup may be thick – just add some water

If adding carrots, add after 1 ½ hours and simmer for another 30 minutes.

Beet Borscht

By Karen Kutz

1.5 lbs of ground beef
6 cups water
3 cans diced beets
4 potatoes, in cubes
2 turnips cubed (I used 4 cups of cabbaged, shredded)
1 onion, chopped
3 carrots, shredded
3 stalks of celery, diced
3 tbs tomato paste
1 Tbs vinegar
Salt and spices (?) to taste

Boil the meat with water in large pot, skim the foam as needed and salt to taste. Add the potatoes and turnips (or cabbage) and cook until half done.

In a skillet, heat 1 Tbs oil and cook the carrots, onion, celery and spices with tomato paste for 15 to 20 minutes on medium heat, stirring regularly. Add to meat mixture and cook until done.

When ready to serve, add beets and juice. Heat to serving temperature, add salt to taste.

Serve with sour cream and minced parsley for garnish.

Minestrone Soup

by Audrey Lees

1/3 C olive or salad oil
1/4 C butter
1 large onion, diced
2 large carrots, diced
2 stalks celery, diced
2 med potatoes, diced
1/2 pound green beans, cut into 1 inch pieces
6 cups water
1/2 small head cabbage, shredded
1 16oz can tomatoes
1/2 10-ounce bag of fresh spinach, coarsely shredded
2 med zucchini sliced
6 beef bouillon cubes
1 tsp salt
1 16-oz can white kidney beans, drained
1 16-20 can red kidney beans , drained

In 8 qt Dutch oven or large sauce pan over medium heat, in hot oil and butter cook onions, carrots, celery, potatoes, and green beans until vegetables are lightly browned, about 20 minutes, stir occasionally.

Add water, cabbages, tomatoes, zucchini, bouillon cubes and salt. Over high heat, heat to boiling, stirring to break up tomatoes.

Reduce heat to low, cover, simmer 40 minutes or until vegetables are tender, stirring occasionally. Do not overcook. Stir in beans, cook 15 minutes longer or just until soup is slightly thickened.

Shrimp Jambalaya

By Tom Beatty

Ingredients:

2 tablespoons olive oil
1 green bell pepper, chopped
1 small onion, chopped
1 29 oz can of crushed tomatoes
1 29 oz can of diced tomatoes
2 10 oz package frozen cut okra, thawed
2 tablespoons Cajun seasoning, or to taste
2 teaspoons salt
2 pounds peeled and deveined medium shrimp
4 cans chicken broth
3 cups Minute rice
2 sticks cooked andouille sausage, cut lengthwise in quarters and then sliced

Directions:

Heat the olive oil in a skillet over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomatoes and simmer for 10 minutes, then add the okra, sausage, Cajun seasoning, and salt. Cover and cook for 30 minutes. Stir in the rice and the shrimp and cook until the shrimp are bright pink on the outside and the meat is no longer transparent in the center, 8-12 minutes. Then add the rice. Enjoy! (Freezes well)

Southwestern Chicken Soup

By Joyce Hall

2 cans (one 32 ounce, one 14 ½ ounce) reduced sodium chicken broth

1 can (14 ½ ounce) crushed tomatoes, undrained

1 can (14 ½ ounce) diced tomatoes, undrained

1 pound boneless, skinless chicken breast, cut into ½ inch cubes

1 large onion, chopped

1/3 cup minced, fresh cilantro

1 garlic clove, minced

1 teaspoon chili powder

1 teaspoon ground cumin

½ teaspoon dried oregano

¼ teaspoon cayenne pepper

3 cups frozen corn, thawed

OPTIONAL: 1 can (4 ounces) chopped green chilies*

1 cup (4 ounces) shredded Mexican cheese blend

Tortilla chips

In a large saucepan, combine the first 13 ingredients. Bring to a boil. Reduce heat, cover and simmer for one hour. Add corn; cook 10 minutes longer. Top each serving with tortilla chips, sprinkle with cheese.

***Note:** there were no chilies in the soup that was served at church

Yield: 8 servings

Escarole and Bean Soup

by Glen Hopkins

4-6 servings

8 T olive oil

1 large onion, chopped

6 garlic cloves, minced

2 large potatoes (or turnips), diced

1-2 small cans diced or chopped tomatoes with juice

2 16-oz whit beans, e.g., kidney or garbanzo

8-10 cups chicken broth

1 or 2 medium-sized head escarole, chopped

Salt and pepper to taste

Grated parmesan cheese (optional)

In a large soup pot, sauté the onion in oil for a minute or two. Add the minced garlic and mix it well with the onion, stirring often. Add the potatoes and tomatoes. Cook the soup over medium heat for five minutes, stirring often.

Add the beans and broth. Stir the soup and bring it to a boil.

Add the escarole and cook the soup over medium heat for about 25 minutes. Add the salt and pepper and simmer for another 10 minutes. Serve hot. You may sprinkle some grated cheese on top.

Chicken Noodle Soup

by Maureen Hill

3-4 chicken legs

3-4 large chicken breasts

1 bag of carrots, peeled, cut in large pieces

1 bag of celery, peeled, cut in large pieces

2 large onions, sliced

3 cans of college inn broth (2 low sodium, one regular)

1-2 bags of noodles

Place 3 cans of broth in large pot, add chicken, carrots, celery and onions. Cook until chicken falls off the bone. Drain off soup broth into another pot; add back carrots, celery and onions. Pull off all chicken from bones and add to broth. Add noodles, as many as you want. Cook until noodles are done. Enjoy!

Chicken Corn Chowder

By Ruth Sutherland

1 tsp salt

Pepper to taste

2 medium onions, chopped

4 Tbls butter or margarine

2 cans creamed corn (I like white if available)

2 cans cream of chicken soup

4 cooked and chopped chicken breasts or two cans Swanson white chicken breast

2 soup cans of milk

1 tsp. basil- crushed in hand

Sauté onions in butter

Add corn and soup, mix all together well with milk, salt and pepper

Bring to a slow boil

Add chicken and basil

Reduce heat and simmer 30 minutes, stirring from the bottom frequently so it won't stick

Tomato Bisque

by Jane Fraelich

1 can of condensed tomato soup

Stir in 2/3 cup skim milk

1 can (14 ½ ounce) of stewed tomatoes you've chopped up or blended quickly in a food processor

Add 2-3 tsp of sugar, to taste

2 tsp basil leaves

¼ tsp of parsley – I add more

1/3 cup orange juice

Can add 1 cup chicken broth to make it go further

Warm on stove on low, don't bring to a boil, for about 10 minutes