

## Chicken Curry Lentil Soup – Kristi Hettrick

3-4 tablespoons olive oil  
1 medium onion, chopped  
2 medium carrots, finely chopped  
4-6 large garlic cloves, chopped, divided  
2 tablespoons (or more) curry powder  
1 cup lentils (you could easily double this but 1C works well too)  
4 cups water—Can use chicken stock instead of water for a richer flavor  
2 cans of white meat chicken—or you could use rotisserie chicken meat too (can omit to make dish vegetarian)  
1 15oz can chickpeas (garbanzo beans), drained, rinsed  
1 tablespoon fresh lemon juice  
2 tablespoons (1/4 stick) butter  
2 green onions chopped, handful of diced cherry tomatoes (for garnish)  
*Also can use greek yogurt, hummus, or sour cream for garnish if you want*

Heat 2-3 TBL olive oil in heavy large pot over medium heat. Add onion and carrot; sprinkle with salt and pepper. Cook until onion is translucent, stirring occasionally, about 4 minutes. Add half of chopped garlic; stir until vegetables are soft but not brown, about 4 minutes longer. Add 2 tablespoons curry powder; stir until fragrant, about 1 minute. Add lentils and 4 cups water/chicken stock and chicken. Sprinkle with salt and pepper. Increase heat and bring to boil. Reduce heat to medium; simmer until lentils are tender, about 30+ minutes.

Meanwhile, puree chickpeas, lemon juice, 1/4 cup water, 2 tablespoons butter, and remaining garlic in processor. Add chickpea puree and butter to lentil soup. Season to taste with salt, pepper, and additional curry powder, if desired. Divide soup among bowls. Sprinkle with thinly sliced green onions and serve with lemon wedges or greek yogurt, sour cream, etc. Also great served with grilled pita bread.

*(NOTE: You can puree the chickpeas as directed, which makes a creamier soup—however—you can also make it where you just open the can of garbanzo beans and throw them in with everything else—saves time and is easier—it's completely up to you!)*

### Country Chicken Chowder – Faye Cooper

2 tbsp. Margarine or Butter  
1 ½ lbs. boneless skinless chicken breast tenders, cut into ½ inch pieces  
2 small onions, chopped  
2 stalks celery, sliced  
2 small carrots, peeled and sliced  
2 cups frozen corn  
2 cans (10 ¾ oz. each) condensed cream of potato soup, undiluted  
1 ½ cups chicken broth  
1 tsp. dried dill weed  
½ cup half-and-half

Melt margarine in large skillet, add chicken; cook until browned.

Add cooked chicken, onions, celery, carrots, corn, soup, chicken broth and dill to crockpot slow cooker. Cover and cook on low 3-4 hours or until chicken is no longer pink and vegetables are tender.

Turn off heat; stir in half-and-half: Cover and let stand 5-10 minutes or just until heated through.

*(Note: For a special touch, garnish soup with croutons and fresh dill.)*

## Italian Vegetable Soup – Lu Mountenay

Dice whatever vegetables you like. I use:  
Red, Green, Gold, or Orange Bell Peppers  
Celery  
Onion  
Carrots (Fine Julienne)  
Cabbage (Finely Sliced)

Add 3-4 chicken bullion cubes  
Simmer in enough water to cover well  
When the veggies are done, add  
Large can diced tomatoes  
Small can diced tomatoes with green chilies  
Frozen corn and/or peas  
Oregano, sweet basil, bay leaf (optional)

### SECRET TO DELICIOUSNESS:

Add 1 or 2 jars of spaghetti sauce, I recommend "Ragu Robusto, Parmesan Romano" (easy to find), and simmer.  
Add pasta  $\frac{1}{2}$  hour before serving so it doesn't get goeey. (I use small bowtie).

## Vegetable Beef Soup – Cathy Holloway

1-2 meaty beef soup bones

1-2 pounds stew meat (I use a cheap chuck roast and cut it into chunks, can usually get a couple batches of soup or soup and a batch of stew)

1 large onion, chopped

2-3 Tbsp. minced garlic (I use Christopher Ranch found in the produce dept., already minced for you)

2 cans (10 oz.) diced tomatoes with chilies, mild

1 small can tomato paste

4-6 medium to large potatoes peeled and cut into chunks

2 c. chopped carrots (or use 1 bag of mini carrots)

Place all of the above in a large crock pot. Put enough water in to almost cover, some juices will seep from the meat and the tomatoes and tomato paste will also add some juice. Let this mix cook medium heat 6 hours or until meat is no longer red and potatoes and carrots are tender.

Add whatever vegetables you like I used:

1 16 oz. can cut green beans

1 16 oz. can whole kernel corn

1 16 oz. can peas

Let the mix cook another 30 minutes or so to make sure all is well heated.

Lima beans or any kind of canned bean adds extra flavor

Shredded cabbage (white not the red) small quantity because you don't want it to over-power the rest of the soup

### Chili \*Soup – Becky Reiss

- 4 French's Chili-O seasoning packets
- 2 pounds ground turkey
- 2 pounds ground beef (90% lean)
- 4 cans tomatoes
- 4 cans kidney beans
- 1 large can tomato juice or less, \*if you want it more like soup

Using a very large skillet, follow package instructions.

We re-grind the ground meats at home using a fine grinding plate.

### Potato Soup – Kathleen Morton

6 cans cream of potato soup  
6 cans 2% milk  
2 large bell peppers (any color)  
1 large onion  
3 lbs. red potatoes  
Salt & Pepper

Chuck and boil potatoes approx. 25-30 minutes  
Dice all veggies  
Mix everything into crock pot and cook on high approx. 1 hour  
Add salt & pepper to taste

(Note: Also good with frozen corn, for spicy potato soup add a can of rotel or green chilies, and for more substance add diced steak strips (best if cooked to med-rare before adding).

**\*\*Bonus\*\***

### Lentil Soup – Kathleen Morton

1lb Italian sausage (if you like spicy-use hot) or 1lb. ground turkey for a healthier option  
1 bag lentils (I believe its 1 lb.)  
64 oz. chicken broth  
2 small cans of Rotel (I use Original) – I puree this into liquid  
Approximately 6 cups of vegetables:  
    I use lots of peppers and onions for flavor  
    Anaheim Peppers or Red Chili Peppers  
    Carrots and Celery

Other Options:

Potatoes, corn, tomatoes, cauliflower, snap peas, cabbage, mushrooms, (I like water chestnuts because they stay crispy), but use whatever you like.

Brown the sausage, add sausage and everything else to a stock pot  
Cook on med for about 2 hours. Then, add water to desired consistency  
Add 1 tbsp. salt and 2 tbsp. sage, approx.

The lentils take about 3-4 hours total to cook depending on the temperature, but if you throw it in the crock pot when it's mostly done, its better the next day.

You can also add rice about 30 minutes before eating which is really good but I had a bad experience trying to leave that for the next day.

## White Turkey Chili – Phyllis Cole

1 cup Chopped Onion  
2 Tbsp. Minced Garlic  
1/4 cup Vegetable Oil  
1 Tbsp. Ground Cumin  
2 lb. Ground Turkey  
2/3 cup Pearl Barley  
2 - 1 lb. Cans Garbanzo Beans (drained)  
1 Tbsp. Minced Bottled Jalapeno Peppers  
6 cups Chicken Broth  
1 tsp. Dried Marjoram  
1/2 tsp. Dried Savory

In large kettle cook onion and garlic in oil until onion is soft.

Add cumin and cook stirring for 5 minutes

Add turkey and cook until no longer pink

Add marjoram, savory, jalapenos, barley, garbanzos beans and chicken broth

Cover and simmer for 45 minutes

Serves 8-10

\*Top with shredded Monterey Jack Cheese

## Taco Soup – Francie Dickensheets

1 lb. lean ground beef  
1 onion, chopped  
1 can red kidney beans  
2 cans black beans  
3 cans Mexican seasoned tomatoes  
1 pkg taco seasoning  
1 can corn, drained

In a large skillet, brown ground beef and onion until done. Add remaining ingredients and simmer until hot and bubbly.