

Cheesy Chicken Chowder

From Jim Pals of St. Mary's

2 (14-ounce) cans chicken broth
2 cups diced, peeled potatoes
1 cup diced carrots
1 cup diced celery
1/2 cup diced onion
1 tsp. salt
1/4 tsp. pepper
1/4 cup butter
1/3 cup all-purpose flour
2 cups 2% reduced-fat milk
2 cups shredded Cheddar cheese
2 cups diced/shredded cooked chicken

Bring chicken broth to boil in a large saucepan. Reduce heat. Add potatoes, carrots, celery, onion, salt, and pepper. Cover and simmer until vegetables are tender, about 15 minutes.

Melt butter in a medium saucepan. Add flour and mix well. Gradually stir in milk and cook over low heat until slightly thickened. Stir in cheese and cook until melted. Add cheese mixture to broth and vegetables along with chicken. Cook and stir over low heat until thoroughly heated. Serves 8

Cream of Cauliflower Soup

From Theresa Williams – St. Mary's

8 TB butter, divided
2 medium onions, diced
3 medium carrots, grated
2 stalks celery, diced
2 cloves garlic, crushed
1 medium head of cauliflower, cut in small pieces
2 TB chicken soup base
1/2 tsp. dried basil
1/2 tsp. dried tarragon
1/4 cup minced fresh parsley
1/4 tsp. pepper
1/3 cup flour
6 cups milk

In a large pot, melt 3 TB of the butter. Add the onions, carrots, celery, and garlic and sauté until tender. Add the cauliflower, soup base, basil, tarragon, parsley, pepper, and enough water to just cover the vegetables. Bring to a boil, and then reduce heat and simmer for 15 minutes until the vegetables are tender.

Meanwhile, melt remaining butter in a saucepan, and whisk in the flour. Gradually whisk in the milk, and bring to a boil. Cook and stir for 2 minutes or until thickened.

Add milk mixture to vegetable mixture and simmer for 2 minutes. Serve with a hearty rye bread.

Dill Pickle Soup

From Dawn Paulin, St. Mary's

Says Dawn: *“If you have never tried this, don't assume you won't like it. I was truly surprised at how much I like this and have several friends that were excited to get my recipe since they had eaten it before but never found a recipe. I first had it when our daughter-in-law served it one Christmas Eve.”*

5-1/2 cups chicken broth
1-3/4 pounds russet potatoes,
peeled and quartered
2 cups chopped carrots (smaller
dice)
1 cup chopped dill pickles (smaller
dice - about three whole dills)
1/2 cup unsalted butter
1/2 cup all-purpose flour

1 cup sour cream
1/4 cup water
2 cups dill pickle juice*
1-1/2 teaspoons Old Bay seasoning
1/2 teaspoon table salt
1/2 teaspoon coarsely ground
pepper
1/4 teaspoon cayenne pepper

Garnishes: sliced dill pickles, fresh dill, black pepper

In a large pot, combine broth, potatoes, carrots, and butter. Bring to a boil and cook until the potatoes are tender. Add pickles and continue to boil.

In a medium bowl, stir together flour, sour cream, and water, making a paste. Vigorously whisk sour cream mixture (2 tablespoons at a time) into soup. (This will also break up some of your potatoes which is okay. You might see some initial little balls of flour form, but between the whisking and boiling all will disappear. Don't panic.)

Add pickle juice, Old Bay, salt*, pepper, and cayenne. Cook 5 more minutes and remove from heat. Serve immediately.

*All pickle juice is not created equal. Some is saltier than others. Taste your soup after adding the pickle juice and final seasonings. It's possible you will not need any salt or would prefer more or less

Easy Low Country Gumbo

From Anne Stanton of St. Andrew's

- 4 TB unsalted butter
- 1 Spanish onion, chopped
- 2 cloves garlic, minced
- 1 lb. chicken (Anne recommends using rotisserie chicken) in bite-sized pieces (or 1 lb. shrimp, peeled and deveined)
- 2 stalks celery, diced
- 1 green bell pepper, diced
- 1 yellow or red bell pepper, diced
- 2 tablespoons flour
- 1 tablespoon Creole seasoning
- 2 cups chicken broth
- 1 15-ounce can fire roasted tomatoes (or use regular tomatoes, diced)
- 1/2 lb. andouille sausage, sliced into rounds
- 1 TB fresh thyme leaves, chopped
- 2 bay leaves
- 1 teaspoon sugar
- 1/3 cup corn kernels
- 1 bag frozen okra (available at Meijer) or 8-10 fresh (sliced)
- Hot sauce to taste
- 2 tsp. Worcestershire sauce
- Salt and pepper to taste
- 2/4 cups cooked rice
- 1 bunch of scallions, thinly sliced

Place butter in large stockpot and melt over medium heat. Add onion and cook until translucent. Add garlic and cook for 2 minutes.

Add celery and peppers; cook for 2 minutes. Add chicken. Sprinkle flour and creole seasoning over meat and vegetables, and stir well.

Add stock/broth, tomatoes, sausage, thyme leaves, bay leaves, and sugar to pot, and bring to simmer. Cook for about 10 minutes, then stir in corn and okra.

Cook another 2 minutes, then add couple dashes of hot sauce, Worcestershire sauce, and season to taste with salt and pepper.

To serve: place a scoop of cooked rice in a soup bowl and top with a scoop of gumbo. Garnish with sliced scallions.

Eckerle's Chicken Tortilla Soup

From Anita Hunt of St. Mary's

Says Anita: *"Eckerle is Courtney's [her daughter's] married name. The original recipe was from Courtney's mother-in-law, but she tweaked it, adding the beans and corn."*

1/2 large onion, finely chopped
3 TB butter
1 (14-ounce) can petite diced tomatoes
1 8-oz pkg cream cheese
1 (14-ounce) can chicken broth
2 cups half & half
3 TB fresh lemon juice
1/4 tsp. garlic powder
1/4 tsp. cayenne pepper
1 tsp. cumin
1/2 tsp. salt
2 chicken breasts, cooked and chopped (about 1 1/2 cup)
1/4 cup chopped cilantro
1 can (14-ounce) black beans, rinsed and drained
1 can (14-ounce) whole kernel corn, drained

Cook onion in butter over moderately low heat in large soup pot, stirring occasionally until onion is softened. Add tomatoes and cook for 8 – 10 minutes.

Stir in cream cheese, and maintain low heat until cheese melts.

Stir in broth, half & half, lemon juice, cayenne, salt, and cumin. Add chicken breast, black beans, and corn. Heat for 15 minutes over medium heat, but do not boil. Stir in cilantro.

Serve with tortilla chips, shredded cheddar cheese, and chopped green onions.

Grandma's Lentil Soup

From Chris Lisuzzo of St. Andrew's

Says Chris: *"I like the recipe cuz it's not one where you have to be very exact and it easily doubles for a big pot for a big group. I sometimes add a cup of diced chicken to make it a little heartier. My mother worked so making soup was left behind in her busy life. However, my mother in law made wonderful soups I never heard of. I make 3-4 of them regularly. But sometimes the recipe is one I hurriedly jotted down while she made it from memory!"*

1/2 of a 1 lb. package of green or red lentils.

2 TB butter

1 celery stalk, chopped

1/2 cup chopped onion

1/2 cup chopped carrot

1/2 tsp. minced garlic

10 cups chicken broth

1 cup uncooked rice

6 ounces of bagged spinach

If you are using green lentils, soak them for 2 hours before proceeding.

Melt the butter and sauté the celery, onion, carrot, and garlic.

Add the chicken broth, lentils, rice, and spinach. Simmer 1 – 2 hours, making sure the rice is cooked.

Indian Mulligatawny Soup

From Deacon Radha Kaminski

Radha says that her Dad taught her how to make this soup. The recipe is originally from “The Wanderlust Kitchen”. Her dad made some changes, and they are included in this version.

1/4 cup butter (or olive oil for vegan)	1/4 teaspoon freshly ground black pepper
1 onion, chopped	1/2 teaspoon dried thyme
1 carrot, peeled and diced	3 or 4 bay leaves
1 red jalapeno, seeded and diced	1/2 cup red lentils or yellow split peas (uncooked)
3 garlic cloves	3 cups chicken or vegetable broth
2 teaspoons peeled and minced ginger root	2/3 cup canned unsweetened coconut milk
2 small firm apples, peeled, cored and diced	Salt and black pepper to taste
1 (14.5 oz) can diced tomatoes	Roasted cherry tomatoes
1 tablespoon curry powder	Cubes of paneer (Indian cheese) or feta cheese
1 teaspoon ground cumin	Roasted cashews
1/2 teaspoon paprika	Chopped cilantro and/or scallions
1/2 teaspoon ground cinnamon	
1/4 teaspoon ground cardamom or garam masala	

Melt the butter in a large pot or Dutch oven over medium-high heat. Add the onion, carrot, and jalapeno, then sauté for 4 to 5 minutes or until the onions have softened.

Add the garlic, ginger, apples, and diced tomatoes to the pot. Sauté for another 3 minutes, then add in all of the spices and toss to coat. Add in the lentils and broth and let the contents come to a boil. Turn the heat down to medium-low and simmer uncovered for 30 minutes.

Puree about 75% of the ingredients using either an immersion blender or by transferring a portion of the contents to the bowl of a standard blender.

Leave some of the chunks whole, as it adds a nice texture and consistency to the soup.

Return the soup to the pot if needed, then stir in the coconut milk. Taste, and adjust salt and black pepper as needed.

Serve topped with roasted cherry tomatoes, cheese, cashews and scallions, along with naan bread for dipping.



Loaded Baked Potato Soup

From the Lauzon Family of St, Andrew's

4 large russet potatoes, scrubbed	1 tsp kosher salt
8 bacon slices	1/2 tsp garlic salt, more to taste
4 TB unsalted "Challenge" butter	1/2 tsp black pepper
2 garlic cloves, minced	1 cup shredded mild cheddar cheese
1/4 cup chopped yellow onion	1 cup shredded sharp cheddar cheese
1/3 cup all-purpose flour	1 cup sour cream
2 cups low fat milk	Minced fresh chives, for garnish
1 cup half and half	
2 cups chicken stock	

Pierce the potatoes multiple times with a fork, then microwave them for 12 to 15 minutes, or until tender.* Carefully halve the potatoes and let cool. Once cool enough to handle, remove the skins, and cut into chunks.

Meanwhile, cook the bacon in a skillet over medium-high heat until crisp. Transfer to a paper towel-lined plate to drain and cool. Reserve up to 1 TB of the bacon fat from the pan, discarding the rest. Once the bacon has cooled, crumble it into small pieces.

In a large pot, melt the butter over medium-low heat. Add the reserved bacon fat, garlic and onion and cook for 2 to 3 minutes, or until the onion is tender. Slowly whisk the flour into the pan and stir for 1 to 2 minutes. Slowly whisk in the milk and half-and-half. Keep whisking until smooth. Gradually add the chicken stock. Bring to a light simmer and whisk in the kosher salt, garlic salt and pepper. Keep at a light simmer until the mixture has thickened slightly, 5 to 7 minutes.

If you'd like to use cheeses and bacon as a garnish, reserve 1/4 cup of each. Stir in the remaining cheeses, remaining bacon, and the sour cream. Remove the pot from the heat. Scoop potato chunks into the pan, breaking them into small pieces or leaving them chunky, depending on your preference. Serve hot, topped with your favorite garnishes, like cheese, bacon and chives.

Notes

*If desired, you can bake your potatoes in the oven. Preheat oven to 350 degrees F and bake the potatoes directly on the rack for 45 minutes or until fork tender.

Quick Vegetable Barley Soup

From Isabel Kempton – St. Andrews

Isabel says that this recipe is also good made with ground venison.

1 lb. lean ground turkey
1 large onion, chopped
3 cloves garlic, minced
8 cups water
¾ cup quick barley
1 (28-oz.) can whole tomatoes, chopped
3 beef bouillon cubes
2 ribs celery, sliced
2 TB chili powder
1 (16-oz.) bag frozen mixed vegetables
½ tsp. basil
2 cups tomato or V-8 juice

Brown turkey in a non-stick skillet. Add onion and garlic and cook until onion is tender. Drain on paper-lined plate. In a 4-quart saucepan, bring water to a boil and add barley. Cook for 5 minutes. Add tomatoes, bouillon cubes, celery, and chili powder and simmer for 10 minutes. Add browned turkey mixture, frozen mixed vegetables, basil, and tomato or V-8 juice. Simmer 10 minutes or until vegetables are tender. Additional tomato or V-8 juice can be added if soup becomes too thick.

Weight Watchers Potato Soup

From Colleen Dice of St. Andrew's

42 ounces chicken broth

1 pkg dry country gravy mix

1 pkg. frozen hash browns (Colleen likes potatoes O'Brien with red & green peppers)

Combine 1/2 cup of the broth with the gravy mix and mix well. Set aside.

Pour the remaining broth over the potatoes in a good-sized soup/stock pot. Bring to a boil; reduce heat; then simmer for 20-30 minutes,

Using a potato masher, break down potatoes a bit. Or use an immersion blender.

When soup is the consistency you like, add the gravy/broth mix and mix well. Soup will thicken nicely as you simmer another 10-15 minutes.

*Best wishes from all the people at
St. Andrew's and St. Mary's for a
blessed Advent season!*