

Tortellini Soup

Prepared by Debbie Connor
WINNER 2003

Sauté:

- 1 onion, chopped
- 1 red bell pepper, cleaned and chopped
- 1 green bell pepper, cleaned and chopped
- 3-4 cloves of garlic, minced or crushed
- 1-teaspoon olive oil

When cooked, add:

- 1 – 49.5 oz. can chicken broth

Bring to a boil, add:

- 12-14 oz. Package fresh or frozen cheese tortellini

Cook approximately 6 minutes or until soft.

Add:

- 1 medium (20-30 oz.) can diced tomatoes (basil, garlic flavor)
- 1 15-19 oz. Can cannelloni beans, drained

Simmer 20 minutes, remove from heat.

Add:

- 4 tablespoons balsamic vinegar*
- one package basil, chopped (leaves only...don't use stems)
- 1-teaspoon salt

Serve with parmesan cheese, fresh or shaved is best!

*for balsamic vinegar: buy 2 bottles, put both in a pot and reduce by half, this lessens the acidity and makes like you bought a \$30 bottle, pour it all into one bottle.

(1)

Leek Bisque

Prepared by Pat DeMane
WINNER 2004

Ingredients:

- ¼ cup butter
- 3 large leeks, white part only (washed thoroughly and chopped)
- ¼ cup flour
- 1 teaspoon salt
- Pinch of cayenne
- Ground pepper, to taste
- Pinch of tarragon
- 1 cup of chicken broth (homemade or box)
- 1 cup milk (skim is fine)
- 2 cups 18% cream (I used Fat Free Half & Half)
- 1-2 tablespoons sherry
- Grated stilton cheese

Directions:

(1) Sauté leeks in butter over low heat until tender. Blend flour, salt, cayenne, and other spices together and add to leeks.

(2) Gradually stir in broth, milk, and cream. Cook stirring until it comes to a boil.

(3) Adjust seasonings and simmer for ten minutes. Refrigerate overnight or longer.

(4) When reheating, add sherry, if desired. Also a dab of butter may be served on top of each bowl of soup when presenting.

(5) I prefer Stilton cheese served garnished with a sprinkle of tarragon on each bowl for color.

(2)

Hale and Hearty Cheese Soup

Prepared by Joyce Weidner
SECOND PLACE 2004

Ingredients:

- 2 Tablespoons butter
- ½ Cup chopped celery
- 2 Tablespoons all-purpose flour
- 3 Tablespoons milk
- 2 Cups peeled, cooked, diced potatoes
- 2 chicken breasts, cooked and deboned
- 1 pkg. (10 oz.) frozen baby peas
- 2 Cups shredded cheddar cheese (8 oz.)

Directions:

1. Melt butter in large saucepan, add celery and sauté until tender. Stir in flour and cook over low heat until mixture is smooth. Remove from heat.
2. Stir in milk. Heat slowly, stirring constantly, to boiling. Boil 1 minute.

(3)

Roquefort (or Blue Cheese) and Spinach Soup

Prepared by Elly Poland
THIRD PLACE 2004

- 1 medium onion
- 2 Tbsp. unsalted butter
- 2 Tbsp Brandy
- 2 cups chicken stock
- 3 ounces blue cheese, crumbled
- 2 cups fresh spinach, julienned
- 2 plum tomatoes, seeded and chopped
- 1 tsp. fresh thyme or 1/4 tsp. dried thyme
- 1 Tbsp. unsalted butter
- 4-6 Tbsp. whipping cream
- Freshly ground pepper to taste
- 1-2 Tbsp. unsalted butter

Cut the onion into halves and cut into thin slices. Sauté in 2 Tbsp. butter in a large saucepan over low -medium heat until golden brown. Remove saucepan from heat. Add the brandy and ignite; allow flames to subside. Add the chicken stock and cheese. Bring to a boil, stirring frequently. Reduce heat to low and simmer until the cheese melts, stirring to mix well. Cool slightly.

Process the mixture IN SEVERAL BATCHES in a blender or food processor. Return to the saucepan. Sauté the spinach, tomatoes and thyme in 1 Tbsp. butter over medium heat for 2 minutes or until the spinach is wilted. Add to the soup with the cream. Bring to a simmer over medium heat. Season with pepper to taste. Stir in remaining butter. Serve immediately. Garnish with additional crumbled cheese.

Serves four

(4)

Ravioli Soup

Prepared by MaryAnn McLaughlin

8 ounces sweet Italian sausage, casing removed
1 clove garlic
2 (14 ounce) cans lower sodium chicken broth
2 cups water
1 (9 oz.) pkg. Frozen miniature cheese-filled ravioli
1 (15 oz.) can garbanzo beans, drained
1 (14 oz.) can stewed tomatoes
1/3 cup Dijon mustard
1/2 teaspoon dried oregano leaves
1/4 teaspoon coarsely ground black pepper
1 cup torn fresh spinach leaves
Grated Parmesan cheese

Brown sausage and cook garlic in 4-quart pot over medium heat until tender, stirring to break up sausage, about 5 minutes. Pour off excess fat, remove sausage mixture from pot and set aside.

Heat chicken broth and water to a boil in same pot over medium-high heat. Add ravioli; cook for 4 to 5 minutes or until tender. Stir in beans, stewed tomatoes, sausage mixture, mustard, oregano, and pepper; heat through. Stir in spinach and cook until wilted, about 1 minute. Serve topped with Parmesan cheese.

(5)

Great Chili

Prepared by Jean Kin

Ingredients:

1 pound ground chuck
1 clove minced garlic
1 cup minced onions
1 cup chopped celery
1/2 cup chopped green pepper
Salt and pepper to taste
1 1/2 tablespoons chili powder
1 tablespoon paprika
1 teaspoon ginger
1 tablespoon sugar
1 can (6 oz.) tomato paste
1 can (8 oz.) tomato sauce
1 can (1 lb. 4 oz.) tomatoes
1/2 cup water
2 cans (1 lb. 4 oz.) kidney beans
2 tablespoons flour
3 tablespoons water

Directions:

Sauté beef, garlic, onion, celery, and green pepper lightly. Add salt, ginger, sugar, tomato, tomato paste, tomato sauce, tomatoes and water.

Simmer for 1 hour.

Add kidney beans. Make a paste of the flour and water. Stir into mixture and simmer 15 minutes longer.

Makes about 8 servings.

* I doubled it and added another can of tomatoes, I think. It was still thick.

(6)

Gazpacho Soup

Prepared by Sarah Bradford

- 1- large onion chopped
- 2- cups celery coarsely chopped
- 2- cups coarsely chopped carrots
- 1- green pepper seeded and chopped
- 1- red pepper seeded and chopped
- 6- cloves of garlic
- 1- large can tomato or V-8 juice
- 2- cups fresh salsa

Mix all above ingredients in small batches in a blender, blend until the consistency is to your liking.

Pour into larger container.

Add subsequent batches and mix well as each batch is added.

If serving cold, chill before serving. May also be served hot.

Garnish with chopped green onions, parsley and more salsa.

Tabasco may also be added.

(7)

GUMBO

Prepared by Peg Roehm

- 1 lb. shrimp, peeled
- 1 lb. crawfish tails, peeled
- ½ lb. chicken breast, cubed
- ½ lb. link sausage, cubed
- 1 onion, chopped
- 1 stalk of celery, chopped
- ½ bell pepper, chopped
- ½ bunch of green onion, chopped
- 1 can Rotel tomatoes
- 2 Tbs. parsley, chopped
- 2-3 cloves of garlic, chopped

Make a roux.

Microwave roux in a glass measuring cup by putting equal parts of oil and flour. Stir to make a paste. Cook 3 minutes on high. Stir and continue to cook 30 seconds at a time until desired brown color is reached. Stir between each cooking set.

Place roux in a pot. Add vegetables, stir and cook until soft. Add 7 cups of water, 1 cup chicken or seafood stock, Rotel tomatoes and seasons. Simmer 1 hour.

Add seafood, chicken, sausage, garlic, parsley and simmer for 30 minutes.

(8)

Chicken Noodle Soup

Prepared by Jean Kin

"Followed no written recipe, only what I remember my mother doing."

- 1- whole chicken cut up
- 1- onion (cut up)
- 4- carrots (sliced)
- 4- stalks of celery (sliced)
- 1/3 bunch minced fresh parsley
- 1 lb. noodles preferably large egg noodles
- 3- bouillon cubes chicken

Salt and pepper to taste

Cover chicken with water and bring to a boil, then simmer until tender (about one hour). Remove chicken from pot and take meat off bones. Put meat in a pot; add salt and pepper, onion, carrots, and celery. Cook until tender. Boil noodles according to directions. Add to pot along with bouillon cubes. Bring to boil again, then simmer, add minced fresh parsley and serve.

(9)

Strawberry & Peach Soup

Prepared by Joyce Weidner

Ingredients:

- 4 cups (about 2 baskets or $\frac{3}{4}$ lb.) hulled (stemmed), sliced strawberries
- $\frac{1}{4}$ cup sugar
- Pinch of salt
- 2 tablespoons lemon juice
- $\frac{1}{2}$ cup yogurt
- $\frac{1}{2}$ cup heavy cream
- 1 $\frac{1}{2}$ cup cold weak tea or water
- $\frac{1}{2}$ cup dry white wine
- 2 large peaches, peeled, pitted and finely diced.

Directions:

Place strawberries in a food processor and puree until smooth, or puree them through the finest disk of a food mil. Transfer to a bowl, add the sugar, salt and lemon juice, then sugar if necessary, but do not make it too sweet – it should taste like fresh strawberries. Stir in the peaches and chill thoroughly before serving.

Makes about 6 cups (48 fl. Oz.)

(10)

Black Bean Soup

Prepared by Sara Bradford

Ingredients:

- 1 lb. dry black beans, soaked overnight
- 1 lg. can (28 oz.) seasoned diced tomatoes
- 1 lg. can water
- 1 can green chilies
- 1 lg. onion, diced and sautéed in 2 Tablespoons of olive oil until transparent
- 2 cloves garlic, minced
- 2 tablespoons cumin
- 1 (14 oz.) can chicken broth

Directions:

- Cook in crock pot for 6-8 hours on high
- Garnish with sour cream, green onions, shredded sharp cheddar cheese, cilantro and black bean tortilla chips.

Good served in bowl over rice.

Serves 8-10

(11)

Dried Lima Bean and Ham Soup

Prepared by Sheri Miller

Add ingredients as listed:

- 2 cups of diced ham
- 8 cups potato broth, vegetable broth or water
- 1 cup dried, baby lima bean
- ½ cup chopped onions
- 1 clove of garlic, minced
- 1 carrot, chopped
- ½ teaspoon thyme and basil leaves
- ½ teaspoon pepper
- ¼ cup chopped parsley
- Salt to taste

Serves 4

(12)

Chile Chicken Stew

Ingredients:

- 6 chicken breasts, boiled and cut into pieces
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cloves of garlic
- 2 cans stewed tomatoes
- 2 cans pinto beans, drained
- 1 cup picante sauce
- 1 cup Rotel
- 2 tablespoons chili powder
- 2 tablespoons cumin

Directions:

- Cook in crock pot 4-6 hours on high.
- Serve with cheese, sour cream, and Fritos(12 & 13)
- 3. Stir in potatoes, peas, and chicken. Heat just until bubbly hot. Add cheese and stir until melted. Garnish with dill weed.

Serves 6

(13)

Cheesy Cheddar Broccoli Soup

Prepared by Shirley Frederes

This soup was made from a TASTEFULLY SIMPLE soup mix that can be ordered by contacting TASTEFULLY SIMPLE, INC. on the Internet at www.tastefullysimple.com or calling Donnelle Waldschmidt (630)585-0257

Preparation: Soup mix + 6 cups of water. With wire whisk, whisk soup mix into 6 cups of hot water. Cook over medium heat uncovered 10-12 minutes, stirring occasionally. Salt and pepper to taste.

Serves 6

(14)