Help Guest House:

MAKE SOUP

Please place your soup in quart size bags (available in church kitchen) and place, flat, in church freezer. Soup taken to guest house the second Friday of every month .





SOUP SUNDAY COOK BOOK

PLEASE USE THIS COOKBOOK AND CONSIDER MAKING A BATCH OF SOUP FOR THE MEN OF GUEST HOUSE. QUART SIZE SOUP BAGS ARE AVAILABLE IN CHURCH KITCHEN. PLACE YOUR FINISHED SOUP, FLAT IN THE CHURCH FREEZER.

Garden Harvest Chili

INGREDIENTS

- 2 TBSP cooking oil
- 1 med. red pepper, chopped
- 1 1/2 C sliced fresh mushrooms
- 1-28 oz can whole tomatoes, cut up, undrained
- 1-15 oz can tomato sauce
- 1-16 oz can kidney beans, rinsed, drained
- 1/2 C chopped onion
- 2 TSP sugar
- 2 C sliced zucchini
- 1-10 oz pkg frozen sweet corn, defrosted
- 1 1/2 C shredded cheddar cheese, optional
- 2 cloves garlic, minced
- 2 TBSP chili powder
- 1 TSP ground cumin

INSTRUCTIONS

In a skillet, heat oil over medium high. Sauté garlic, peppers, mushroom, & onions until tender. Add tomatoes w/liquid, tomato sauce, chili powder, sugar & cumin; heat to boiling. Reduce heat to low; add beans, zucchini, & corn. Simmer, uncovered, about 10 min. until zucchini is tender. Serve with cheese if desired.

Quick & Easy Chicken Soup

INGREDIENTS

- 1-Rotisserie chicken, de-boned and diced
- 2-lg. cans chicken stock
- 1-pkg. frozen sliced carrots
- 1-pkg. frozen green beans
- 2-C cooked rice or noodles
- Spices and chicken bouillon to taste.

INSTRUCTIONS

Simmer veggies & meat in stock for 15 min. Add rice or noodles to soup, simmer for another 15-20 min.

Note: other veggies such as celery, onions, etc. may be added.

Burger Soup

INGREDIENTS

- 1-lb lean ground beef
- 1-finely chopped sm. onion
- 1-TSP minced garlic
- 1-15oz can tomato sauce
- 1-14 1/2 oz can diced tomatoes, undrained
- 1-11oz can corn rinsed
- 1-TBSP Worcestershire
- 1-bay leaf
- 1-C sliced carrots
- 1/3-C rice
- 4-C water
- salt & pepper to taste

INSTRUCTIONS

In a large non-stick pot, cook beef, onion & garlic until beef is no longer pink & onion is softened; drain. Add tomato sauce, tomatoes, water, s & p, Worcestershire sauce, bay leaf & carrots. Bring to a boil, reduce heat & simmer for 10 min. Add corn & rice; continue cooking over med. heat 30-40 min. or until rice is done & carrots are tender. Add more water for a thinner soup.

Enchilada Pasta Soup

INGREDIENTS

- 3 cans (14 oz) fat free chicken broth
- 2 cans (14.75 oz) cream style corn
- 2 cans (10 oz) enchilada sauce
- 1 can (4.5 oz) chopped green chiles
- 1 can (10-12 oz) chicken breast with liquid
- 5 oz vermicelli or angel hair pasta, broken into thirds
- 1 1/2 TSP ground cumin
- 1/2 TSP onion powder
- 1/2 TSP dried oregano
- 1 medium chopped onion for garnish
- Shredded Colby-Monterey jack cheese blend

INSTRUCTIONS

In a large pot, combine broth, corn, enchilada sauce and chiles; mix well. Bring to a boil over medium-high heat. Add chicken, vermicelli, cumin, onion powder and oregano; mix well. Reduce heat to low; simmer 8 minutes or until vermicelli is tender; stir occasionally. Ladle into bowls and garnish as desired.

Cheesy Vegetable Soup

INGREDIENTS

- 6-C water
- 1-30 oz pkg. frozen shredded hash browns
- 1-16oz pkg. frozen California Blend vegetables
- 4-TSP chicken bouillon granules
- 1-lb cubed processed cheese (Velveeta)
- 2-cans condensed cream of mushroom soup (undiluted)
- 1-C milk

INSTRUCTIONS

Bring water to a boil in a large kettle. Add hash browns, veggies & bouillon. Reduce heat, cover & simmer for 10 min. or until veggies are tender. Stir in the cheese, soup and milk; cook & stir until the cheese is melted.

Curry Pumpkin Soup

INGREDIENTS

- 2 ribs celery
- 1 med. onion
- 2 med. apples
- 1/2 stick butter
- 2 C vegetable broth
- 2 cloves garlic, chopped
- 1 TBSP dried chive
- 1 TSP dried rosemary
- 1/2 TSP nutmeg
- 1/2 TSP cinnamon
- 1/2 TSP ground clove
- 15 oz pumpkin
- 1 TSP honey
- 2 C heavy cream

INSTRUCTIONS

Peel & core apples, finely chop celery, onion, & apples. In a Dutch oven melt butter & sauté onions, apples & celery until tender for ~5 minutes. Add broth, garlic, rosemary, nutmeg, cinnamon & cloves and bring to a slow boil for about 20 minutes. Add pumpkin & honey. Simmer for 10 minutes. Slowly add cream and chives. Cook low until heated for about 10 minutes.

Cream of Chicken and Wild Rice Soup

INGREDIENTS

- 5 C canned chicken broth, divided
- 1/2 C uncooked wild rice, cooked & drained
- 2 ribs celery, chopped
- 1/4 C fresh mushrooms, diced
- 1 1/2 C chopped cooked chicken
- 1/4 C butter
- 1 lg. carrot, sliced
- 1 med. onion, chopped
- 1/4 TSP white pepper
- 1/2 TSP salt
- 2 TBSP all purpose flour
- 1/4 C dry sherry

INSTRUCTIONS

Combine 2 1/2 C broth & rice in 2 qt. saucepan. Bring to a boil over med.-high heat. Reduce heat to low; simmer, covered 1 hr. or until rice is tender. Drain, set aside. Melt butter in a 3 qt saucepan over med-high heat. Add carrot, celery, and mushrooms; cook and stir for 3 min. Add onion & stir 3-4 min until vegetables are tender. Remove from heat. Whisk in flour, salt & pepper until smooth.
Gradually stir in remaining 2 1/2 C chicken broth. Bring to a boil over med. heat. Cook & stir for 1 min. or until thickened. Stir in chicken & sherry. Reduce heat to low; simmer, uncovered, 3 min. or until heated through. Spoon 1/2 C cooked rice into each serving bowl. Ladle soup over rice.

Broccoli Wild Rice Soup

INGREDIENTS

- 1-6 oz pkg. chicken & wild rice mix
- 5-6-C water
- 1-10 oz pkg. frozen chopped broccoli, thawed
- 1 shredded medium carrot
- 2-TSP minced onion
- 1-can condensed cream of chicken soup, undiluted
- 1-8 oz pkg. cream cheese, cubed
- 1/2-C slivered almonds (optional)

INSTRUCTIONS

In a large saucepan, combine rice, contents of seasoning packet & water, and bring to a boil. Reduce heat, cover & simmer for 10 min. Stir in broccoli, carrot & onion. Cover & simmer for 5 min. Stir in soup and cream cheese. Cook & stir until cream cheese is melted. Stir in almonds.

Double for Guest House.

Chili

INGREDIENTS

- 2 # ground beef
- 1 big diced onion
- salt
- pepper
- 4-6 celery stalks diced
- 1/2 C sugar
- 1-46 oz. can tomato juice
- 1 large can of whole tomatoes
- 3 TBSP chili powder
- Macaroni
- 1 can of kidney beans

INSTRUCTIONS

Heat the first 5 ingredients in a large pot. Add the remaining ingredients. Simmer for several hours. Add cooked macaroni to the pot. Pour in 1 can of kidney beans. Heat through.

Onion Cheese Soup

INGREDIENTS

- 1-lg onion, chopped
- 3 TBSP butter
- 3 TBSP all-purpose flour
- 1/2 TSP salt, pepper to taste
- 4 C milk
- 2 C shredded Co-Jack cheese
- Seasoned salad croutons
- Grated parmesan cheese (opt)

INSTRUCTIONS

In a large saucepan, sauté onion in butter. Stir in the flour, salt & pepper until blended. Gradually add milk. Bring to a boil; cook & stir for 2 minutes or until thickened. Stir in cheese until melted. Serve with croutons & parmesan cheese if desired.

Minestrone Soup

INGREDIENTS

- 1 lb bulk Italian sausage
- 1 med. leek (white portions only) chopped
- 1 med. zucchini cut into 1/2 in. pieces
- 1/2 lb fresh green beans, cut into 1/2 in pieces
- 1 TSP each dried basil & oregano
- 3 TBSP minced fresh parsley
- 1-15oz can garbanzo beans or chickpeas, rinsed and drained
- 2-14 1/2 oz cans Italian style diced tomatoes
- 2 lg. carrots, chopped
- 2 ribs celery, chopped
- 1 lg. onion chopped
- 2 cloves garlic, minced
- 6 C beef broth
- 3 C shredded cabbage
- 1/2 TSP pepper
- 1/3 C grated parmesan cheese
- 1/2 C uncooked small pasta shells

INSTRUCTIONS

In a soup kettle, cook sausage and onion over medium heat until meat is no longer pink; drain. Stir in the carrots, celery, leek & garlic; cook for 3 min. Add zucchini & green beans; cook for 2 min. longer. Stir in broth, tomatoes, cabbage, basil, oregano & pepper. Bring to a boil. Reduce heat. Cover; simmer for 45 min. Return to a boil. Stir in garbanzo beans, pasta & parsley. Cook for 6-9 min. or until the pasta is tender. Serve with parmesan cheese.

Cream of Carrot and Tomato Soup

INGREDIENTS

- 2 lb baby carrots
- 4 TBSP butter
- 2 quarts chicken stock
- 6 TBSP tomato paste
- 8oz heavy whipping cream
- 1 finely julienned leek

INSTRUCTIONS

Sauté the carrots in the butter until there is a good aroma; add the stock and simmer until the carrots are very tender; puree, then add tomato paste and whipping cream. Add leek.

Note: Taste is best if it can sit overnight to let the flavors blend.

No-Fuss Potato Soup

INGREDIENTS

- 6 C cubed peeled potatoes
- 5 C water
- 2 C chopped onion
- 1/2 C chopped celery
- 1/2 C thinly sliced carrots
- 1/4 C butter, cubed
- 4 TSP chicken bouillon or vegetable bouillon granules
- 1-12 oz can evaporated milk
- 3 TBSP chopped fresh parsley
- Snipped chives, opt.
- 2 TSP salt
- 1/4 TSP pepper

INSTRUCTIONS

In a large slow cooker, combine potatoes, water, onion, celery, carrots, butter, bouillon, salt & pepper. Cover & cook on high for 7-8 hours or until veggies are tender.

Add milk and parsley; mix well. Cover & cook 30-60 minutes longer or until heated through. Garnish with chives if desired.

Potato Soup

INGREDIENTS

- 6-diced bacon strips
- 3-C cubed peeled potatoes
- 1-grated carrot
- 1/2 C chopped onion
- 1/2-TSP ea. celery seed, salt & pepper
- 8-oz processed American cheese, cubed
- 1-TBSP dried parsley flakes
- 1-14 1/2 oz can chicken broth
- 3-TBSP all purpose flour
- 3-C milk

INSTRUCTIONS

In a large pot, cook bacon until crisp, drain. Add potatoes, broth, carrot, onion, parsley, celery seed, salt & pepper. Cover and simmer until potatoes are tender. Combine flour and milk until smooth, add to soup. Add cheese, bring to a boil and stir until cheese is melted & soup is heated through.

Double recipe for Guest House.

Pasta Fagioli Soup

INGREDIENTS

- 1-lb ground beef
- 1-C chopped onion
- 2-cloves garlic-pressed
- 1-30 oz jar chunky garden style spaghetti sauce with mushrooms & peppers
- 1-can low sodium beef broth
- 1-10 oz can diced tomatoes
- 1-can Great Northern Beans
- 2-C cooked elbow macaroni
- 1-C diced celery
- 1-TSP sugar
- 1/2-TSP salt
- 1/2-TSP pepper
- 1-shredded carrot
- 2-C water

INSTRUCTIONS

Cook beef, onion & garlic in a cooking pot. Drain. Add spaghetti sauce, broth, water, celery, sugar, s & p and shredded carrot. Boil, reduce heat & simmer for 20 min. Stir in tomatoes, beans & cooked macaroni.

Squash and Wild Rice Soup

INGREDIENTS

- 1/4 C butter
- 1 C onion, finely chopped
- 1/2 C celery, finely chopped
- 3 cloves garlic, minced
- 5-14 1/2 oz cans chicken broth
- 1/2 C wild rice, uncooked
- 4 C zucchini, sliced
- 4 C yellow squash, sliced
- 1/2 C carrot, shredded
- 1/2 C white rice, uncooked
- 1/2 TSP each salt & pepper
- 3/4 TSP dried basil
- 1/2 TSP dried oregano

INSTRUCTIONS

In a large pot, melt butter over med. heat; add onion, celery & garlic. Cook about 3 min. or until vegetables are tender, stirring frequently. Add chicken broth and wild rice; bring mixture to a boil. Reduce heat to med. low. Cover and cook for an additional 30 min. Stir in zucchini, squash, carrot, rice, and s & p. Increase heat to high and bring mixture back to a boil. Reduce heat to low. Cover and simmer for 20 min. or until rice is tender. Stir in basil & oregano. Makes 10-12 servings.

Stuffed Green Pepper Soup

INGREDIENTS

- 1-lb ground beef
- 1-med. onion, diced
- 2-C chopped green pepper
- 1-28 oz can tomato sauce
- 1-28 oz can diced tomatoes
- 2-C cooked rice
- 2-TSP beef base or bouillon
- 16 oz water
- Salt & pepper to taste

INSTRUCTIONS

In a large skillet, cook beef, onion and green pepper together until beef is just browned. Drain off juices. (You can cool juices, skim off fat, and add back to soup).

Transfer beef mixture to a large pot, add remaining ingredients and bring to a boil. Reduce heat, cover and simmer for 30-40 min or until peppers are tender. If the soup is too thick, add more broth.

Southwest Bean Soup

INGREDIENTS

- 1-large onion, chopped
- 1-4 oz can chopped green chiles
- 1-clove garlic, minced
- 2-med. zucchini, sliced
- 4-TBSP vegetable oil
- 1-28 oz can diced tomatoes
- 1-TSP dried parsley
- 1/2 - 1-TSP crushed oregano
- 1/2-TSP pepper
- 1-lb cooked bratwurst thinly sliced
- 1-48 oz jar of Randall's Great Northern Beans - drained
- 3 C water

INSTRUCTIONS

Sauté first 4 ingredients in oil until tender. Stir in beans, 3 C water, tomatoes, seasonings and bratwurst. Bring to a boil, reduce heat, simmer covered for 30 minutes. Serve.

Vegetable Tomato Soup

INGREDIENTS

- 1-46 oz can tomato juice
- 2-14 1/2 oz cans chicken broth
- 2-14 1/2 oz cans diced tomatoes
- 1-TSP basil
- 1/2-TSP thyme
- 1 1/2-TSP sugar
- Pepper to taste
- Chopped garlic - optional
- 2-16 oz packages mixed frozen vegetables or fresh sliced vegetables

INSTRUCTIONS

Place in a large pot and simmer until chicken is cooked & vegetables are tender.

For protein add chicken, for thicker soup add elbow macaroni, cooked rice or barley.

Minestrone Soup - Turkey

INGREDIENTS

- 1-C chopped onion
- 1-lb ground turkey or 1 pkg. turkey sausage
- 6-C chicken broth
- 1/2-C chopped fresh parsley
- 1-TSP ea. dried oregano & dried basil
- 2-cloves minced garlic (optional)
- 2-14 1/2 oz cans Italian tomatoes
- 1-can kidney beans (drained & rinsed)
- 10oz frozen mixed vegetables
- 1 1/2-C cooked elbow macaroni
- 2-TBSP cider vinegar
- salt & pepper to taste

INSTRUCTIONS

Sauté onion & turkey in oil. Add the next seven ingredients, bring to a boil. Add macaroni, vinegar & salt & pepper, bring to a simmer.

Taco Soup

INGREDIENTS

- 2-lbs. browned ground beef
- 3-14 1/2 oz cans stewed tomatoes, cut up
- 1-15 oz can hominy
- 1-15 oz can whole kernel corn
- 1-15 oz can pinto beans
- 1-15 oz can kidney beans
- 3-C water or broth
- 1-4 oz can chopped chiles
- 1/4 pkg taco seasoning
- 1-pkg dry Ranch style salad dressing

INSTRUCTIONS

Mix all ingredients together in a soup pot. Bring to a boil, lower to simmer, cook for 1 - 11/2 hours. Serve.

NOTE: DO NOT DRAIN ANY VEGGIES.

Minestrone Soup

INGREDIENTS

- 1/2 C cooking oil
- 1 clove garlic-minced
- 2 C onion
- 1 C celery
- 1/4 C chopped parsley
- 1 sm. can tomato paste
- 9 C hot water
- 6 beef bouillon cubes
- 1 C chopped cabbage
- 2 carrots sliced
- 2 TSP salt & pepper
- 1-15 oz can red kidney beans
- 1 zucchini sliced
- 1 C fresh or frozen green beans
- 1 C frozen green peas
- 1 can garbanzo beans/chickpeas
- 1 C macaroni

INSTRUCTIONS

Heat oil with garlic - add onion, celery and parsley. Cook until vegetables are soft. Add tomato paste, hot water, bouillon cubes, cabbage, carrots, salt, and pepper. Cover & simmer for an hour. Stir in all kidney beans, zucchini, green beans, peas, garbanzo beans/chickpeas, and macaroni. Simmer until macaroni is tender - about 10-15 minutes.