

2018 Souper Bowl Recipes

Chicken Soup

(from Patti Mancheski – the “SouperBowl Queen)

Patti noted “Don’t really have a recipe, just wing it!!” but she gave us these instructions:

- ½ onion
- 1 cup celery
- 1 cup carrots
- 2 cups water
- Salt
- Pepper
- Chicken stock
- 8 cups water
- 1-2 chicken breasts, cooked and diced
- 2 cups cooked Amish noodles

Directions:

- Dice vegetables, cook on stove with 2 cups water, salt and pepper.
- When veggies are tender, add chicken stock to taste with 8 cups of water.
- Dice 1 cooked chicken breast – or 2 depending.
- Amish noodles are cooked separately and added to soup – about 2 cups already cooked.

Indian Mulligatawny

(from Ann Argall)

- ½ lb. chicken breast, diced
- 1½ tsp. salt
- 1 tsp. curry powder
- 4 cups water
- 1 tsp. lemon juice
- 1/8 tsp. ground cloves
- 1/8 tsp. ground mace
- 1 medium onion, chopped fine
- 1 Tbsp. butter
- 1 medium carrot, thinly sliced
- 1 apple, peeled and chopped
- 1 lb. can chunky tomatoes
- Fresh parsley for garnish

Directions:

- In large Dutch oven or soup kettle brown diced chicken in the butter with salt and curry powder until meat is no longer pink.
- Add all remaining ingredients and bring soup to a boil.
- Reduce heat to simmer, and cook at least 15 minutes or until carrots are tender.
- Serve with fresh parsley.

Makes 8 servings.

Cream of California Medley

(from Leah Mott)

- 10 cups chicken stock
- 2-3 2-quart containers of fresh vegetables (broccoli, cauliflower, celery, carrots)
- 1 large and 1 medium onion
- 1 half stick butter
- 1 quart half and half
- 8-10 Cheddar cheese or 2-3 ounces of powdered cheese (I take the packets out of the macaroni & cheese boxes – I can't seem to find it anywhere else.)
- ½ cup flour
- ½ cup cornstarch
- 1 cup water
- 1-2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder

Directions:

- Place stock in large pot and bring to near boil.
- Cut up vegetables and onion and add a little water and seasoning salt – cook in microwave for 3-4 minutes on high.
- Add, salt, pepper, and garlic powder to stock.
- Stir half and half into stock.
- Stir in cheese – continue to stir frequently to avoid the cheese settling to the bottom and burning.
- Mix the flour, cornstarch, and water until there are no lumps – slowly stir into stock.
- Add vegetables and cook, stirring frequently, until vegetables are tender.

Enjoy!

Gary Walker's Ham & Bean Soup

(from Karen Walker)

- 1 Tbsp. olive oil
- 2 small carrots, diced
- 1 medium onion, diced
- 2 cups diced ham (I used low-sodium ham from Fresh Thyme)
- 4 meaty ham hocks (smoked)
- 1 48-oz jar Randall pre-cooked Northern beans
- 2-3 cups chicken stock (I used the stock from cooking the ham hocks – fat removed)
- Salt & pepper to taste

Directions:

- Add olive oil to 5-quart stock pot and cook carrots and onions until soft.
- Add ham and cook for a few minutes on low heat.
- Add ham hocks and pour beans with juice into pot. (I cooked ham hocks separately, removing fat, and adding just the meat to the bean pot.)
- Add 2-3 cups chicken stock to pot. (You want the stock to cover the beans by about 2 inches.)
- Cook the soup on medium heat until it is warm and cooked down a bit – about 30 minutes.
- Season with salt and pepper.

Vegetarian White Bean Soup

(from Karen Walker)

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 2 carrots, chopped
- 1 stalk celery, chopped
- 4 cups vegetable broth
- 1 large potato, chopped
- 2 bay leaves
- 1 Tbsp. dried basil
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- 1 pinch ground thyme
- 1 lb. Great Northern beans, cooked according to package directions

Directions:

- Heat olive oil in stock pot over medium heat.
- Cook and stir onion and garlic in hot oil until the onion is tender – about 5 minutes.
- Stir carrots and celery into the onion mixture.
- Pour vegetable broth into the stock pot, add potato, bay leaves, sea salt, pepper, and thyme.
- Bring the mixture to a boil, reduce heat to medium low, and cook at a simmer until the vegetables are beginning to soften – about 20 minutes.
- Stir the beans into the soup, continue simmering until the beans are hot and tender – about 20 minutes.