

Chicken Noodle Soup

Ingredients:

1 C Onion, diced	2 C Egg Noodles
1/2 C Carrots, diced	1 T Parsley Flakes
1/2 C Celery, diced	Salt and Pepper
1 C Chopped Cooked Chicken	2 T Corn Starch (optional)
5 C Chicken Stock	

Directions:

1. Put vegetables into soup pot and cook on medium heat.
1. Add chicken and stock and bring to a boil for 5-10 minutes.
2. Add noodles and continue cooking at medium heat for another 5-10 minutes.
3. Season with parsley, salt, and pepper.
4. If you prefer your soup a little thicker, add cornstarch mixed with enough water to create a pourable whitewash while soup is still hot.

Homestyle Bean Soup

Ingredients:

1/4 C Bacon, diced	1 28 oz. can of Navy Beans
1 C Onion, diced	2 C Chicken Stock
1/4 C Flour	1 Ham Hock (optional)

Directions:

1. Brown the bacon till it is evenly cooked and crispy
2. Add the onions and cook until translucent.
3. Add flour and cook for 2 or 3 minutes.
4. Add the beans and stock and stir and let simmer for one hour.
5. If you use the ham hock, add this when the broth is added
6. Serve with corn bread.

Knickerbocker Bean Soup

Ingredients:

1 Recipe Homestyle Bean Soup	1 16 oz. can of Diced Tomatoes
1/2 C Carrots, diced	1 C Potato, diced

Directions:

7. Add these additional ingredients to the Homestyle Bean Soup before you simmer for an hour. (The carrots and tomatoes add some color and bit of extra flavor.)

Fresh Tomato Basil Soup

Ingredients:

2-3 T Olive Oil	1 lb. Heirloom Roma Tomatoes (diced)
1 Onion (diced)	3 C Chicken Broth
4 Cloves Garlic (diced)	Fresh Grated Parmesan
1/2 t Kosher Salt	15-20 Leaves of Fresh Basil (washed, rolled, and cut into ribbons)
1/4 t Black Pepper	1 Can Fire Roasted Tomatoes (optional)
1 pkg. 1/3 Fat Free Cream Cheese (1/2 inch squares)	

Directions:

1. Cook onion and garlic in olive oil until translucent.
2. Stir in 1 can of fire roasted tomatoes (with juice), all of the left over fresh garden tomatoes (diced), and fresh basil.
3. Add 3 C chicken stock.
4. Add black pepper.
5. Bring to a boil, add the cream cheese, and then reduce heat to simmer for 15 minutes, stirring occasionally.
6. Ladle a half blender's worth of mixture and blend.
7. Add blended mixture back to the pot.
8. Repeat until desired consistency achieved. (some may get blended once, twice, or even three times... this is OK)
9. Serve immediately with fresh grated parmesan cheese

Crock Pot Chili

Ingredients:

3lbs 80/20 Ground Beef
1/2 large Onion, diced
1 Green Pepper, diced
1 T Garlic
2 Cans Chopped Tomatoes

1 Can Crushed Tomatoes
2 t Cumin
1 t Salt
1 t Pepper
4-5 T Chili Powder
4 Cans Kidney Beans, drained and washed
(2 Cans of dark and 2 Cans of light kidney beans)

Directions:

1. Brown the ground beef.
2. Once browned, add the onion, green pepper, and garlic.
3. Cook until the onion is translucent.
4. Drain the fat then transfer the meat mix into a crock pot.
5. Add the kidney beans, tomatoes, salt, pepper, cumin and chili powder.
6. Simmer on low for 6 hours.

Vegetarian Chili

Ingredients:

1 C Onion, diced	1 28 oz. can of Kidney Beans
1 C Green Pepper, diced	3 T Chili Powder
1 16 oz. can of Refried Beans	1 T Cumin Powder
1 16 oz. can of Tomato Puree	Salt and Pepper
1 16 oz. can of Diced Tomatoes	

Directions:

1. Cook onions and peppers until soft or onions are lightly browned.
2. Add canned ingredients and seasonings.
3. Cook for 1 hour on a low simmer, stirring occasionally.

NOTE: If you use fat free refried beans, the chili is virtually fat free as well.

Long Term Storage of Soups and Chili:

1. Allow the soup to cool.
2. Label 2-6 gallon sized Ziplock freezer bags with the date and "Tomato Basil Soup".
3. Place about 4 ladles into gallon sized Ziploc freezer bag.
4. Lay flat and express all extra air and seal.
5. Stack flat bags of soup on a cookie sheet and place in freezer.
6. Remove from cookie sheet in 24-48 hrs. and stack like books (saves space in the freezer).

To Thaw:

1. Remove bag from freezer and place on counter or in sink for 3-4 hrs. before desired serve time.
2. Place semi thawed soup in pot over low heat on stove.
3. Allow soup to warm 10-15 minutes and serve with fresh grated parmesan.