



Soups & Stews



CHICKEN NOODLE SOUP

2 boneless, skinless chicken breasts
4-6 boneless, skinless chicken thighs
1 head garlic, cone #1
1 onion, cone #2
4 celery stalks, cone #4
4 large carrots, cone #3
2 chicken bouillon cubes
2 bay leaves
4 Tbsp parsley
1 box egg noodles
6-8 cups water

1. Place chicken in EOC and place at 350. Once it clicks, reduce to 190 and cook until done (15-20 minutes). Allow to cool to the touch and shred meat on cone #3.
2. Sauté garlic, onion, celery, and carrots until tender. Add a pinch of salt and pepper.
3. Add water, chicken, bouillon cubes, bay leaves, and parsley. Bring to a strong medium then once clicking, reduce heat to low, add noodles and cook for 30 minutes.

SAVORY POTATO-PEAR SOUP (V)

1 Yellow Onion, cut on cone #2
4 cloves Garlic, minced on cone #1
2 Carrots, cut on cone #2
3 Yukon Gold Potatoes, cut in half lengthwise & cut on cone #3
1 c. Red Lentils
2 T. fresh Rosemary, finely chopped
1 14-oz can Diced Tomatoes
2 T. Jalapeno pepper, minced on cone #1
5 c. low-sodium Vegetable Broth
1 t. Black Pepper
2 Pears, cut on cone #2

1. Add sauté carrots, garlic and onion to 5qt saucepan, cover and cook over medium heat for about 5 minutes
2. Add remaining ingredients, except pears. Cover, cook over medium-high heat until the valve clicks strongly. Reduce heat to low and simmer for 30 minutes or until potatoes are fork-tender.
3. Add pears and continue to simmer for 5 more minutes.
4. Enjoy this very filling stew with a toasty piece of sourdough bread!

PASTA FAGIOLI SOUP (V)

- 1 Onion, cut on cone #2
- 3 Carrots, cut on cone #5
- 3 stalks Celery, cut on cone #4
- 3 cloves Garlic , minced on cone #1
- 1 (14.5 oz) can diced Tomatoes
- 1 (14.5 oz) can diced fire-roasted, Tomatoes
- 1 25-oz or 40oz jar Spaghetti Sauce
- 1 (14.5 oz) can Kidney Beans, rinsed and drained
- 1 (14.5 oz) can Navy Beans, rinsed and drained
- 1 c. V-8 Juice
- 2 cubes "Not-Beef" Bouillon
- ¼ c. chopped, fresh Parsley
- 2 t. dried Oregano
- 2 t. dried Basil
- 1 t. ground Black Pepper
- 3 c. Water
- 1 t. Crushed Red Pepper (optional)
- 1 box Bowtie (farfalle) pasta

1. Cook pasta according to package directions.
2. Cook onion, carrots and celery in a 5 qt saucepan over medium heat, with the lid on, for 5-8 minutes, or until tender.
3. Add remaining ingredients, and cook on medium until valve clicks. Reduce heat to low and simmer for 30 minutes.
4. Serve soup over pasta and enjoy!

MATT'S AWARD WINNING CHILI

- 2 lbs of ground beef or ground turkey
- 2 (16 oz) cans of Kidney Beans, rinsed and drained
- 2 (16 oz) cans of Pinto Beans, rinsed and drained
- 2 (14.5 oz) cans of diced tomatoes
- 2 (8 oz) cans of tomato sauce
- 1 (6 oz) can of tomato paste
- 1 red onion, cut on cone #2
- 1 green bell pepper, cut on cone #2
- 2 cloves of garlic, minced on cone #1
- 1-2 Jalapeno peppers, minced on cone #1
- 4 tablespoons of chili powder
- 1 tablespoons of cumin
- 2 tablespoons of paprika
- 1-2 tablespoons cayenne pepper (depending on heat desired)
- 2 teaspoons of salt
- 2 teaspoons of black pepper
- 2 cups of water

1. Heat a 5-7qt roaster on medium high until water beads. Add meat and brown it until no pink is visible. Drain excess grease. Turn heat down to medium. Add kidney beans, pinto beans, bell peppers, onions and garlic. In a bowl combine dry seasonings and pour over meat and beans. Stir to mix dry seasonings thoroughly. Add in diced tomatoes, tomato sauce, tomato paste, water and Jalapenos. Put lid on. When valve clicks, turn temperature to low and cook for 3 hours so flavors marry.

Andouille-Shrimp Gumbo

1/3 Cup Vegetable Oil
1/2 Cup All-Purpose Flour
2 Celery Sticks, cone #4
2 Garlic Cloves, cone #1
1 Medium Green pepper, cone #2
1 Medium Onion, cone #3
3 1/2 Cups Chicken Broth
1 Can Stewed Tomatoes
1 Pound Skinless, Boneless Chicken Thighs,
cut into strips
1/2 Pound Andouille Sausage, cut into 1/4 inch
slices
6 ounces Okra, cut into 1/2 inch thick slices
1 Cup Parsley Leaves, chopped
1 tbs minced fresh thyme leaves
1 tbs fresh sage leaves
3/4 tsp salt
1/2 tsp coarsely ground black pepper
4 cups water
1 pound shrimp, shelled and deveined
1 cup long grain white rice, cooked per
directions

1. In 6 quart, heat 1/3 cup oil over medium-low heat until hot. Gradually stir in flour until blended and cook, stirring, until mixture is dark brown, ~15 min.
2. Sauté onion, celery, garlic, and green pepper in 11" skillet until tender.
3. When flour mixture is ready, gradually stir in broth until blended and smooth. Add stewed tomatoes, chicken, andouille, okra, parsley, thyme, sage, salt, pepper, vegetables, and water. Heat to boiling over high heat. Reduce to low, simmer for 40 minutes.

4. Add shrimp and cook until shrimp turn opaque throughout about 5 minutes longer.
5. Serve in bowl topped with white rice.