

# Recipes

*Woman's Club of Cranbury*

*Home Life Department*



# Home Life

Since we are unable to get together this year to share recipes and fellowship during our annual Soup Night, we will share our favorite recipes with you here in this book.

*Thanks to all our members who contributed their recipes.*



*Good Food is all the better  
when shared with Good Friends*



# Soups



# Pumpkin Cheese Soup

Louise Palagyi

Time 1 Hr. – Serves 4-6



## Ingredients

- 1 small onion, chopped
- 2 cloves garlic
- 2 tsp. oil
- 15 oz. pumpkin puree from a real pumpkin
- 1 ½ cups low-fat milk
- ¾ tsp. salt
- ½ tsp. pepper
- 1 c shredded cheddar cheese

## Preparation

To prepare the pumpkin puree, slice it up, clean it and remove seeds and microwave until tender. Scoop out the flesh and squeeze the extra liquid out by twisting it in a kitchen towel.

Puree in a blender.

Sauté the onion and garlic until tender.

Combine the sautéed onion and garlic, the pumpkin puree, and the milk, salt and pepper and boil for one minute.

Add the shredded cheese and stir until melted.

# Easy French Onion Soup

Joan Aprigliano

Time 1 Hr. – Serves 6-8



## Ingredients

2 (14 oz.) cans beef broth  
1 (10 1/2oz) can beef consommé  
4 yellow onions sliced end-to-end  
1/4 in. thick. Yellow onions make  
the best soup, I like a couple more.  
If using large onions use 2-3  
2 tablespoons butter

2 pressed garlic cloves  
1 dash Worcestershire sauce  
1 cup shredded Swiss cheese or  
cheese of choice.

## Preparation

Place onions and butter in saucepan  
Sauté on medium heat until onions  
are tender.

Add Beef broth, consommé and  
Worcestershire.

Bring to boil for 1 minute.

Take ovenproof bowls or oversized  
mugs and place 0.125 cup of cheese  
in bottom of each bowl.

Fill bowl with soup leaving room at  
top.

Place toasted French bread slice on  
top and top with 0.125 cup Swiss  
cheese.

Place under broiler until cheese is  
bubbly.  
Serve immediately. Bowls are hot!!

*Must confess I usually  
use more cheese on  
top*

Add nutritional information

# Creamy Chicken & Wild Rice

Diane Jondahl

*Time 1 hr. 15 min – Serves*



## Ingredients

4 Tbsp. butter  
1/2 C. chopped onion  
1/2 C. chopped celery  
1/2 C. chopped carrots  
1 C. cooked chicken shredded (can put in more)  
1/3 C. flour  
8 C. chicken broth  
1 C. uncooked wild rice, rinsed and drained  
1 C. heavy cream  
1/3 C. dry sherry (optional - but definitely add it)  
salt and pepper  
1 tsp. parsley (can use dried parsley flakes)  
1 tsp. rosemary (optional, matter of taste)

## Preparation

Melt butter in a large stockpot.

Add onion, celery, carrots and sauté until tender, and then add the shredded chicken and sauté a bit more.

Stir in the flour, add the chicken broth through and serve. and simmer until the flour is absorbed.

Add the rice and simmer for about an hour, until the rice is tender.

Add heavy cream, sherry, salt and pepper, rosemary and parsley.

Simmer for 10 minutes until heated

# Beef Barley Soup

Phyllis Robinson

Time: 1 hr. 15 min - Serves 6



## Ingredients

- 1 tablespoon olive oil
- 1 onion chopped
- 3 garlic cloves minced
- 2 carrots sliced
- 1 stalk celery sliced
- 2 cups cooked beef \*
- 6 cups reduced sodium beef broth
- 1 can petite diced tomatoes 14-15 oz., undrained
- 1/2 green pepper diced
- 2/3 cup barley
- 1 tablespoon Worcestershire sauce
- 1 /4 teaspoon dried thyme
- 1 package beef gravy mix
- 1 bay leaf
- 2 tablespoons red wine optional
- 2 tablespoons fresh parsley or 2 teaspoons dried
- salt & pepper to taste

## Preparation

1. Cook onions and garlic in oil over medium heat until softened.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer covered about 40-50 minutes or until barley is cooked.
3. Remove bay leaf and serve.

*Soup may thicken upon cooling; add extra broth to reach desired consistency.*

*\*This recipe calls for cooked beef, which makes this soup excellent for leftover steak, roast beef, or pot roast.*

*If you do not have leftover cooked beef. You can use lean ground beef. Brown the meat along with the onion and garlic and drain any fat well.*

Add nutritional information

# Soulful Chicken Soup made in a Slow Cooker

Helene Hughes

Time: 8 hrs. - Serves 4-6



## Ingredients

### For step one:

2 pounds bone-in chicken thighs, skinned and trimmed  
3 medium carrots cut into 1/2-inch pieces (1 1/4 cups)  
1 celery root (celeriac) cut into 1/2-inch pieces (2 cups)  
1 medium leek, white and light green parts only, cleaned, chopped  
2 garlic cloves, peeled and smashed  
2 fresh thyme sprigs  
2 fresh sage sprigs

## Preparation

Step one: Place the first set of ingredients in a 6-qt. slow cooker. Cover and cook on low setting for 6 hours or until chicken and vegetables are tender and chicken separates from bone.

1 fresh rosemary sprig  
1 bay leaf  
1 teaspoon freshly ground black pepper

### For step two:

8 cups chicken broth  
2 cups uncooked wide egg noodles  
3 tablespoons finely chopped fresh parsley  
1 tablespoon fresh lemon juice  
1/2 teaspoons table salt

Step two: Remove chicken from slow cooker. Dice meat, discarding bones. Return the meat to slow cooker. Stir in noodles and parsley. Cover and cook on high setting for 15 to 20 minutes or until noodles are tender. Stir in lemon juice. Serve immediately, and garnish with any leftover chopped fresh parsley



# Butternut Bisque

Pat Lewis

Time: 1 hr. - Serves 6



## Ingredients

2 1/2 lbs. butternut squash  
2 Tbs butter  
2 carrots sliced  
1 onion chopped  
1 stalk celery chopped  
2 potatoes peeled and cubed  
5-6 c chicken stock

1 tsp. curry powder  
1 tsp. nutmeg  
1 tsp. ginger  
1 Granny Smith apple,  
chop one half and slice the  
other half for garnish

## Preparation

Melt butter in large pot add  
carrots, onion, celery and sauté  
till soft.

Stir squash and potatoes into  
vegetables.

Add stock and bring to a boil  
then reduce heat to simmer  
partially covered for 40

minutes.

Add curry, nutmeg, ginger.

Purée the soup in batches in a  
blender.

Return to the pot adding  
more stock, if necessary, to thin.

Add salt and pepper to taste.  
Add chopped apples and  
garnish with dollop of sour  
cream and a few slices of apple.

# Barley Tomato Soup with Ground Beef or Ground Turkey

Kathleen Henner

Time: 1 hr. - Serves 6



## Ingredients

1 lb. of ground beef or Turkey	package of taco seasoning mix
3/4 cup baby carrots, cut in half lengthwise	3 1/2 cups of water
1/2 cup chopped onion	28 oz. can of Italian tomatoes cut up
1/2 cup sliced celery	3/4 cup Quick Cook Barley
1 clove of minced garlic	1/2 teaspoon of oregano

## Preparation

1. In a stockpot cook the ground beef or turkey, carrots, onion, celery and 1 tsp. of the taco seasoning mix. Cook until the meat is no longer pink.
2. Stir in the water, the tomatoes and the rest of the
3. Add the barley and simmer for an additional 20-25 minutes. Stir in oregano.

# Creamy Potato and Ham Hock Slow Cooker Soup

Diana Wiebers

Time: 4 hrs. 45 min - Serves 8



## Ingredients

4 1/2 pounds russet potatoes,  
chopped (about 10 cups)  
2 pounds smoked ham hocks  
(about 3 ham hocks)  
2 cups chopped yellow onion  
(from 1 medium onion)  
1 cup chopped celery  
(from 3 stalks)

2 tablespoons minced garlic cloves  
(about 4 garlic cloves)  
2 tablespoons chopped fresh thyme  
2 1/2 teaspoons kosher salt  
1 teaspoon black pepper  
5 cups chicken broth  
1 cup heavy cream  
Chopped fresh chives  
Hot sauce

## Preparation

Place potatoes, ham hocks, onion, celery, garlic, thyme, salt, and pepper in a 7-quart slow cooker; add broth and stir to combine. Cover and cook on HIGH until potatoes are tender, 4 hours. Remove ham hocks, and place on a plate to cool 15 minutes.

Puree soup in slow cooker with an immersion blender until it is creamy but whole pieces of potato are still visible.

If you don't own an immersion blender, transfer half of the hot soup to a regular blender. Remove the center piece on the blender's lid to allow steam to escape. Secure lid on the blender, and cover opening with a towel; process until smooth. Return pureed potato soup to the slow cooker.

Add cream and stir. Once ham hocks are cool enough to handle, remove all meat and chop. Discard fat and bone. Add meat to soup and stir to combine.

# Italian Chicken Chili – Not ready to publish \*\*\*\*\*

Ellen Affel

Time: 1 hr. 30 min - Serves 4-6



## Ingredients

Boneless Chicken Breast  
Chopped Onion  
Butter  
Italian Seasoning  
Garlic Salt  
Lemon Pepper  
Kraft Parmesan Cheese

2 14-oz cans of whole peeled  
tomatoes with the juice  
2 packets McCormick mild  
chili seasoning  
Chopped onion, green peppers,  
and red peppers  
Chopped carrots  
Frozen corn

## Preparation

Add nutritional information

# Very Veggie Soup

Peggy Brennan

*Time: 55 minutes – Serves 6*



## Ingredients

1 medium zucchini, chopped  
1 1/3 cups chopped fresh mushroom  
1 small onion chopped  
4 gloves garlic, minced  
1 tsp. canola oil  
52 oz. (6 1/2 cups) reduced sodium chicken broth  
2 (14.5 oz.) cans of diced tomatoes with basil, oregano and garlic, undrained  
1 pack (16 oz.) of frozen chopped broccoli, thawed  
2 medium carrots, shredded  
1 c. meatless tomato sauce  
1 tsp. Italian seasoning  
1 tsp. Adobo seasoning  
1 pkg frozen chopped spinach, thawed and squeezed dry  
Parmesan cheese curls

## Preparation

In a Dutch oven, sauté the zucchini, mushrooms, onion, and garlic in the canola oil until tender.

Add the broth, tomatoes, broccoli, carrots, spaghetti sauce and seasonings

Bring to a boil, reduce heat, cover and simmer 10-15 minutes or until vegetables are tender.

Stir in spinach, heat through. Garnish each serving with Parmesan cheese curls.

# Clear Mushroom Soup with Sherry and Wild Rice

Gale Scott

Time: 1 ½ Hours – Serves 6-



## Ingredients

2 quarts of stock, either beef or vegetable, I use Trader Joe's and it comes in a carton  
2 pounds of fresh mushrooms, sliced. I use Baby Bellas.  
1 ½ cups sliced carrots,  
1 ½ cups sliced leeks  
1 ½ cups sliced celery  
1-½ cups chopped onion\*  
½ stick butter  
1 tsp. thyme leaves  
Salt and pepper to taste  
½ cup sherry  
1 c. cooked wild rice  
Chopped scallions for garnish, one small bunch, just the green parts

## Preparation

Prepare the wild rice (45 min.) heat for about 30 minutes, adding the cooked wild rice during the last five minutes. Add the sherry.  
In a large stock pot, sauté the vegetables except the mushrooms in the butter until tender, about 10 minutes. Serve it with the chopped scallion greens as a garnish,

Add the mushrooms and sauté another five minutes.

Add the stock and cook over low

*I hate chopping onions, so I buy frozen ones.*

# Crock Pot Pumpkin Soup

Sally O'Grady

Time: 6 1/2 to 7 hrs. – Serves 6



## Ingredients

2 cups pumpkin puree canned or fresh  
6 cups vegetable stock  
2 carrots  
1 cup chopped onion  
2 stalks celery chopped  
2 cloves of garlic minced  
1 tbsp. brown sugar or honey  
2 tsps. kosher salt

1 tsp. turmeric  
1/4 tsp. allspice  
1/4 tsp. nutmeg  
pepper to taste

garnish with sour cream  
Optional chopped parsley or another herb

## Preparation

Dump the pumpkin puree, vegetable stock, sugar, garlic, and spices into a crockpot and stir. Add the chopped vegetables.

Cover and cook on low for 6 hours.

Process in a blender or food processor, in batches if necessary.

Put it back in the crockpot and keep it warm until ready to serve.

For a creamier soup add 1/4 c heavy cream while blending the soup and serve immediately.

*Can be adapted to gluten-free by using a gluten-free stock.*

# Italian Chicken Soup

Ellen Affel

Time: 2 hrs. Serves 10



## Ingredients

For the chicken:  
5-6 boneless chicken breasts  
1 stick of butter cut into pats  
Italian Seasoning  
Garlic Salt  
Lemon Pepper  
Grated Parmesan Cheese

For the soup:  
2 14 oz cans peeled tomatoes,  
chopped, with juice  
2 packets of McCormick mild chili  
seasoning  
Chop one of each: onion, green  
pepper, red pepper, large carrot,  
zucchini, yellow squash  
1 package frozen corn

## Preparation

Combine "for chicken" ingredients except the cheese in a Pyrex baking dish, cover with foil. Bake at 425 for 45 to 50 minutes. Take off the foil, cover with grated cheese, baste with pan juices and brown in broiler for seven minutes. Chop up the chicken.

Saute the fresh vegetables in the juices from the baked chicken, add tomatoes and seasonings, boil the corn in 1 c. water and add that. Add chopped chicken bring to boil and simmer for half hour. Best if made two days ahead.





bon Appetit

