

SOUPER BOWL

2021 Edition

A Collection of Favorite Soup Recipes
from Members & Friends of
Zion Evangelical Lutheran Church
Deerfield Beach, Florida



A Word of Thanks

*To all of the members of the Zion community,
near and far, and our treasured friends:
Thank you for sharing your soup recipes with us!
We pray that all might be strengthened in body,
spirit, and community as we break bread together
safely using these delicious recipes.*

Luther's Table Blessing

The eyes of all wait upon you, O Lord,
and you give them their food in due season.
You open your hand and satisfy the desire
of every living creature.

Lord God, heavenly Father, bless us
and these your gifts, which we receive
from your bountiful goodness,
through Jesus Christ our Lord. Amen.

Vegged-Out Pumpkin and Black Bean Soup

Submitted by Beverly Swanson

1 tbsp. olive oil
5 green onions (white and light green parts), thinly sliced
(also slice dark green parts and set aside)
1 red bell pepper, chopped
3 garlic cloves, chopped
1½ tsp. ground cumin
1/2 tsp. dried thyme
2 (15-oz) cans black beans, rinsed and drained
1 (15-oz) can pure pumpkin
1 (14.5-oz) can no-salt-added, diced tomatoes, undrained
1 (14-oz) can vegetable broth
1/2 cup water
1/2 tsp. salt, or more to taste
1/8 tsp. cayenne pepper, or more to taste

Directions:

Heat oil in a very large (12-inch) nonstick saucepan over medium heat. Add white and light green parts of green onions, bell pepper, and garlic; cook, stirring occasionally, for 4 to 5 minutes or until soft. Stir in cumin and thyme; cook, stirring occasionally, for 1 minute. Add beans, pumpkin, tomatoes and their juice, broth, and water; bring to a boil. Reduce heat to low; cook for 10 minutes. Stir in salt and cayenne pepper. Top each serving with sliced dark green onion tops.

Yields 8 (1-cup) servings.

West Indian Roasted Pumpkin Soup

Courtesy of Carnival Cruise Lines
Submitted by Cantor Kurt Schmidt

1/2 cup half and half
1/2 cup heavy cream
4 cloves fresh garlic, peeled
1/2 cup leeks, chopped
1/2 cup onions, chopped
1 cup pumpkin purée
3 tbsp. olive oil
1 quart chicken stock
Salt and pepper to taste

Directions:

Roast onions, leeks and garlic with olive oil in a pre-heated oven at 300°F for about 30 minutes; remove and purée. Bring the chicken stock, pumpkin purée and puréed vegetables to a boil. Simmer for 45 minutes. Add half and half and simmer for 30 more minutes; season with salt and pepper. Finish with heavy cream.

Yields 5 servings or 1 quart.

(Note: This recipe was scaled from an industrially-sized version. You may wish to adjust accordingly.)

Easy Tomato Soup & Grilled Cheese Croutons

Courtesy of the Barefoot Contessa; Submitted by Ann Schley

3 tbsp. good olive oil
3 cups yellow onions, chopped (2 onions)
1 tbsp. minced garlic (3 cloves)
4 cups chicken stock, preferably homemade
1 (28-oz) can crushed tomatoes, preferably San Marzano
Large pinch of saffron threads
Kosher salt and freshly ground black pepper
1/2 cup orzo
1/2 cup heavy cream
Grilled Cheese Croutons (recipe below)

Directions:

In a large pot or Dutch oven such as Le Creuset, heat the olive oil over medium heat. Add the onions and cook over medium-low heat for 15 minutes, stirring occasionally, until golden brown. Add the garlic and cook for 1 more minute. Stir in the chicken stock, tomatoes, saffron, 1 tablespoon salt, and 1 teaspoon pepper. Bring the soup to a boil, then lower the heat and simmer for 15 minutes. Meanwhile, fill a medium pot with water, add 2 teaspoons salt, and bring to a boil. Add the orzo and cook for 7 minutes. (It will -finish cooking in the soup.) Drain the orzo and add it to the soup. Stir in the cream, return the soup to a simmer, and cook for 10 more minutes, stirring frequently. Serve hot with Grilled Cheese Croutons scattered on top.

Grilled Cheese Croutons (Serves 4 to 6)

4 (half-inch-thick) slices country white bread
2 tablespoons unsalted butter, melted
4 ounces Gruyère cheese, grated

Directions:

Heat a panini grill. Place the four slices of bread on a cutting board and brush lightly with the melted butter, being sure to butter the corners. Turn the slices over and pile Gruyère on two of the slices. Place the remaining two slices of bread on top of the Gruyère—buttered sides up. Grill the sandwiches on the panini grill for about 5 minutes, until nicely browned. Place on a cutting board, allow to rest for 1 minute, and cut into 1-inch cubes.

Confetti Veggie Soup

Courtesy of "Confetti Cookbook" by Dr. Donna Goldstein

Submitted by Alyssa Mayer

www.bodywisdombydrdonna.com

Approximately 4-5 cup of confetti veggies (small dice), such as: celery, carrots, red onions, white onions, pumpkin, zucchini, edamame, sweet potatoes, and butternut squash – choose your favorites and create a rainbow of colors!

1 can chickpeas

1 can roasted tomatoes

Garlic

Sea salt

Fresh herbs, such as: rosemary, basil and/or fresh dill

2 tbsp. oil

Directions:

Dice the vegetables. If using butternut squash or sweet potatoes, precook for 40 minutes before adding to the soup mixture. In a medium saucepan over medium heat, combine water, vegetables, garlic, salt, and 2 tbsp. oil and bring to a boil for 5 minutes. Lower the heat and let the soup simmer for 20 minutes or until veggies are tender. Add fresh herbs and additional spices to taste.

Yields 6 servings.

Clam Chowder

Submitted by Michele Clancy

White Sauce

4 tbsp. butter

8 tbsp. flour

5 cups milk

Soup

1 tbsp. butter

1 medium onion, chopped

1 bag frozen potatoes, diced

2 cans evaporated milk

1 pint heavy whipping cream

6 cans minced clams, 3 with juice and 3 drained

Salt and pepper, to taste

Directions:

Combine butter, flour, and milk and cook over medium heat, stirring. In the soup pot, sauté the chopped onion and 1 tbsp. butter. Add the white sauce to the soup pot. Add frozen potatoes, evaporated milk, whipping cream, and clams. Cook until potatoes are soft and favored consistency is reached. Add salt and pepper, to taste.

Yields 6-8 servings.

Broccoli Cheese Soup (Instapot)

Submitted by Michele Clancy

2 tbsp. butter
1-2 onions, diced
4 garlic cloves
4 cups vegetable broth
3 cups chicken broth
2 cups cream
2 cups cheese
4 cups broccoli florets
2 handfuls of carrots, chopped
1/2 tsp. red pepper flakes
1/4 cup cornstarch
1/4 cup water
Salt and pepper, to taste

Directions:

Sauté onion and garlic in 2 tbsp. butter. Add broccoli, carrots, vegetable broth, chicken broth, salt, pepper, and red pepper flakes. Pressure cook for 2 minutes, then slow release. Mix cornstarch and water in a bowl. Put Instapot on sauté mode and add mixture of cornstarch and water. Once thick, add cream, then cheese.

Yields 6-8 servings.

Chicken Tortilla Soup (Instapot)

Submitted by Michele Clancy

2 tbsp. butter
1 white onion, chopped
3 garlic cloves
2-3 chicken breasts
4 cups chicken broth
2 large cans diced tomatoes
1 large enchilada sauce
2 cans green chilis

Toppings

Shredded cheese
Smashed tortilla chips
Sour cream
Chopped cilantro

Directions:

Sauté onion and garlic in 2 tbsp. butter. Add trimmed chicken and all other ingredients (except toppings). Cook 15 minutes in pressure cooker. Let it sit for 10 minutes, then add toppings of choice and serve.

Yields 6-8 servings.

Cabbage Soup (Crock Pot)

Submitted by Drew Shimkus

1 large onion, chopped
2 carrots, chopped
2 celery stalks, minced
Kosher salt
Freshly ground black pepper
2 garlic cloves, minced
4 cups chicken (or vegetable) broth
2 cups water
1/2 large head cabbage, chopped
1 (15-oz) can chopped fire-roasted tomatoes

You could also throw in meat you have already cooked like sausage or bacon. If you're adding pre-cooked meat put it in an hour before the soup is done.

Directions:

In a crock pot, add onion, carrots, celery, and garlic; and season with salt and pepper. Then add broth and water. Stir in tomatoes and cabbage and simmer until cabbage is wilted, usually cooking on high for 4-5 hours. Season to taste with salt and pepper.

You can add some heat by adding red pepper flakes or a little bit of jalapeño.

Yields 6 servings.

Spicy White Bean Soup

Submitted by Dr. Robin Larson

1 or 2 cans of any "white" bean, such as pinto or Great Northern
(light red kidney beans will work, too)
1 cup of vegetable broth
Pickled jalapenos
Ground cinnamon (no more than 1 tsp.)

Directions:

Drain beans and heat in the vegetable broth. You can use as many beans as you'd like, just add enough veggie broth to create the "soupy" consistency you prefer. Then, you can use an immersion blender or a countertop blender to puree the bean mixture.

If you are blending in a countertop machine, start to add jalapenos until you reach the heat/spiciness level you prefer (keep a spoon handy to taste). Also add a dash or two of the ground cinnamon. If you only use one can of beans, don't use more than 1/2 teaspoon of the cinnamon. If you use two cans, perhaps 1 teaspoon will be enough.

If you are using an immersion blender, start to add jalapenos until you reach the heat/spiciness level you prefer (keep a spoon handy to taste). Also add a dash or two of the ground cinnamon. If you only use one can of beans, don't use more than 1/2 teaspoon of the cinnamon. If you use two cans, perhaps 1 teaspoon will be enough.

Reheat the pureed bean, jalapeno, and cinnamon mixture. Serve.

Yields 6 servings.

Vegan Thyme & Rosemary Mushroom Soup

Submitted by Dr. Robin Larson

2 tsp. coconut oil
3 cups vegetable broth
1 lb sliced mushrooms, coarsely chopped
2 garlic cloves, minced
1 cup white onion, chopped
1 tsp. dried thyme
1 tsp. dried rosemary
3/4 cup coconut milk
Sea salt, to taste
Freshly ground black pepper, to taste

Directions:

In a heavy saucepan, heat the coconut oil. Cook the onions and garlic for a few minutes; then, add in the mushrooms, stirring well. Add the vegetable broth, thyme, and rosemary. Bring to a boil; then, reduce heat to a simmer. Cook for 15-20 minutes. Carefully puree in a blender. Add back into the pot, along with the coconut milk. Bring to a boil; then, reduce to a simmer. Season with sea salt and pepper before serving.

Yields 2 servings.

Wild Rice Soup

Submitted by Pastor David Potter

6 tbsp. margarine or butter
1 tbsp. onion, minced
1/2 cup flour
3 cups chicken broth
2 cups cooked wild rice
1/3 cup ham, minced
1/2 cup carrots, finely grated
3 tbsp. chopped, slivered almonds
1/2 tsp. salt
1 cup half and half
2 tbsp. dry sherry wine (optional)
Parsley or chives, minced

Directions:

Melt margarine in saucepan; sauté onions until tender. Blend in flour; gradually add broth. Cook, stirring constantly, until mixture comes to a boil; boil 1 minute. Stir in rice, ham, carrots, almonds, and salt; simmer about 5 minutes. Blend in half and half and sherry; heat to serving temperature. Garnish with minced parsley or chives.

Yields 6, 1-cup servings.

Chicken Wild Rice Soup

Make the following substitutions: Use 2½ cups chicken broth, 2 cups cooked, cubed chicken breast, and 1 (12-oz) can skimmed evaporated milk. Omit salt. Prepare as above.

Yields 7, 1-cup servings.

Italian-Inspired One *Points Plus* Value Soup

Submitted by Pastor David Potter

2 cups escarole, chopped
2 garlic cloves, minced
1 cup onions, chopped
2 cups baby spinach
2 small zucchini, cubed
1 medium red pepper, chopped
2 cups fennel bulb, thinly sliced (one bulb)
6 cups vegetable broth
28 oz canned, diced tomatoes (preferably fire-roasted)
1/4 tsp. crushed red pepper flakes
2 tsp. fresh thyme, finely chopped
1 tsp. fresh oregano, finely chopped
3/4 tsp. salt
1/4 tsp. black pepper
1/4 cup fresh parsley, chopped
1/4 cup fresh basil
Mini meatballs of your choosing (optional)

Directions:

Put escarole, garlic, onions, spinach, zucchini, red pepper, fennel bulb, vegetable broth, diced tomatoes, red pepper flakes, thyme, and oregano into a large soup pot; stir to combine. Cover and bring to a boil over high heat. Reduce heat to low, and simmer, partly covered, for about 10 minutes. Stir in salt, black pepper, parsley, and basil. Serve.

Yields 12 servings.

Broccoli Cheese Soup

Submitted by Susan Schultz Forde
(from her newly-published cookbook, "Family Favorites")

1 onion
3 carrots
3 celery stalks
3½ cups chicken broth
2 tbsp. flour
3½ cups milk
4 oz Velveeta cheese
4-8 oz sharp cheddar cheese
1 head of broccoli
Salt
Pepper

Directions:

Finely chop or use food processor for onion, carrots, and celery. On medium heat, combine chopped vegetables and chicken broth until soft, about 6-8 minutes. While this is cooking, chop broccoli and steam in separate pot for 8-10 minutes. Drain and cool slightly, then chop again. In separate bowl, combine flour, milk, and pepper; then stir into broth mixture slowly as stirring constantly. Cook until thick and bubbly. Stir in small clumps of Velveeta cheese; continue stirring until all melted. Add sharp cheddar cheese and stir until melted. Season with salt and pepper. Taste and add more cheese if needed. Fold in broccoli and warm through. Serve and enjoy!

Yields 4-6 servings.

Pizza Soup (Crock Pot)

Submitted by Molly Rose Kizzar

www.eatingonadime.com/crock-pot-pizza-soup-recipe/

1 pound Italian sausage, browned and drained
6 oz tomato paste
2 (14.5-oz) cans of crushed tomatoes
32 oz chicken broth
1 tsp. minced garlic
1 tsp. Italian seasoning
1 tsp. sugar
3 oz pepperoni, cut in half
1/4 onion, chopped
1/2 red bell pepper, chopped
2 cups Mozzarella cheese

Directions:

Place everything (except the cheese) in the crock pot. Cook on low for 6 hours or high for 3 hours. Half an hour before ready to serve stir in the cheese and any other pizza toppings you want (black olives, mushrooms, etc.). Cook another 30 minutes on low and then serve with crusty bread.

Yields 6 servings.

Maine Low-Calorie Corn Chowder

Submitted by Dr. Philippe Dupont

1 small onion, chopped fine
1/2 cup celery, diced
1/4 cup green pepper, diced
Olive oil
1 cup water
1 can whole kernel corn
1 can cream style corn
2-3 small potatoes, chopped
1 cup skim milk
1 can evaporated skim milk
2 tbsp. margarine

Directions:

Sauté celery, onion, and green pepper in oil. Add kernel corn, potatoes, and water; cook until potatoes are tender; add cream style corn, milk, and canned milk. Simmer for 1 hour. Add margarine and continue to simmer (do not boil) until ready to serve.

Yields 6 servings.

French Onion Soup

Courtesy of Chef Richard Ruiz and the Kitchen of La Vieille Maison
Submitted by Caroline Elbaz Ruiz

6 large red or yellow onions (about 3 pounds), peeled and thinly sliced root to stem
(about 10 cups of sliced onions total)
4 tbsp. extra virgin olive oil
2 tbsp. butter
1 tsp. sugar
Salt
2 cloves garlic, minced
8 cups of beef stock, chicken stock, or a combination of the two (traditionally, beef stock)
1/2 cup of dry vermouth or dry white wine
2 bay leaves
1 tbsp. (loose) of fresh thyme OR 1/2 teaspoon dried thyme (more to taste)
1/2 tsp. freshly ground black pepper
2 tbsp. brandy (optional)
8 slices French bread or baguette, cut 1-inch thick
1½ cups of grated Swiss Gruyere and a sprinkling of Parmesan

Directions:

Caramelize the onions: In a 5 to 6 quart thick-bottomed pot, heat 3 tablespoons of olive oil on medium heat. Add the onions and toss to coat with the olive oil. Cook the onions, stirring often, until they have softened, about 15-20 minutes. Increase the heat to medium high. Add the remaining tbsp. of olive oil and the butter and cook, stirring often, until the onions start to brown, about 15 more minutes. Then sprinkle with sugar (to help with the caramelization) and 1 tsp. of salt and continue to cook until the onions are well browned, about 10-15 more minutes. Add the minced garlic and cook for a minute more.

Deglaze the pot with vermouth: Add the vermouth to the pot and scrape up the browned bits on the bottom and sides of the pot, deglazing the pot as you go.

Add stock and seasonings: Add the stock, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes. Season to taste with more salt and add freshly ground black pepper. Discard the bay leaves. Add brandy if using.

Toast French bread slices: While the soup is simmering, line a sheet pan with parchment paper or foil and preheat the oven to 450°F with a rack in the upper third of the oven. Brush both sides of the French bread or baguette slices lightly with olive oil (you'll end up using about a tablespoon and a half of olive oil for this). Put in the oven and toast until lightly browned, about 5-7 minutes. Remove from oven. Turn the toasts over and sprinkle with the grated Gruyere cheese and Parmesan. Return to oven when it's close to serving time and bake until the cheese is bubbly and lightly browned.

Serve: To serve, ladle soup into a bowl and transfer one cheesy toast onto the top of each bowl of soup.

Navy Bean Soup from the U.S. Senate Cafeteria

Submitted by Diane Nestor

2 cups dry navy beans
1 meaty ham bone
3 small onions, minced
1 garlic clove, minced
3 quarts water
1/2 cup cooked, mashed potatoes
4-5 celery stalks, minced
1/4 cup parsley, minced
1 large carrot, diced
Salt and pepper, to taste

Directions:

Soak beans overnight in water. Add ham bone and simmer 1 hour until beans start to get tender. Add mashed potatoes and mix until smooth. Add onions, celery, garlic, carrot, and parsley; simmer 1 hour longer, or until beans are soft. Remove ham bone, dice meat, and return meat to soup. Thin with hot water, if necessary (soup **SHOULD** be thick). Season to taste with salt and pepper. Garnish with lemon slices, if desired.

Yields 10-12 servings.

Meatball Soup

Submitted by Debbi Barradas

www.smalltownwoman.com/meatball-soup/

2 tbsp. olive oil
1 medium onion, chopped
2 large carrots, peeled and chopped
3 celery stalks, chopped
1½ cups green beans, trimmed and cut in one inch segments
1½ tsp. dried parsley
1 tsp. dried oregano
1/2 tsp. dried basil
1/2 tsp. garlic powder
1/2 tsp. onion powder
6 cups low sodium beef broth
1 can (8-oz) tomato sauce
1 can (14.5-oz) fire roasted tomatoes
1¼ lbs fresh or frozen meatballs
3/4 cup Mini Farfalle pasta (ditalini, acini de pepe or orzo)

Directions:

In a large heavy stockpot, heat olive oil over medium heat. Add the chopped onion, carrots, celery and green beans. Cook for 7-8 minutes or until slightly soft and fragrant. Add parsley, oregano, basil, garlic powder and onion powder. Cook for 2 minutes; stirring constantly. Pour in beef broth, tomato sauce, fire roasted tomatoes and meatballs; simmer for 7-10 minutes. Add the pasta and cook for an additional 10 minutes; serve promptly.

Yields 8 servings.

Sweet Potato Turkey Sausage Minestrone Soup

Submitted by Pam & Bruce Keller

1 large onion, chopped
2 cups celery, chopped
3 medium sweet potatoes
4 large carrots, sliced
1 package Polish (turkey) sausage – your preference as to type
2 cans diced tomatoes
1 can Great Northern Beans (or butter beans)
3 tbsp. Italian spices
5 cups water
Salt and pepper, to taste
1/2 package of frozen or fresh spinach (optional)

Directions:

Sauté onions, celery, sweet potatoes, and carrots in a soup pot with a little olive oil. When vegetables start to brown, add sausage; stir every few minutes. When sausage starts to brown, add tomatoes, beans, water, and spices. Cook for 30 minutes on medium heat. Simmer for 1-2 hours at a low setting. Add spinach until cooked through. Serve with Parmesan cheese sprinkled on top. (For an extra kick, add hot sauce to your bowl.)

This soup is even better if you refrigerate it overnight after cooking. The flavor is richer. Also, you can cook this in the crock pot for 6 hours on low, but sauté the vegetables first for a better flavor.

Yields 6-8 servings.

Homemade Chicken Noodle Soup

Submitted by Claire Carroll

www.the-girl-who-ate-everything.com/homemade-chicken-noodle-soup/

2 tbsp. butter
3/4 cup onion, chopped
3/4 cup celery, chopped
1 cup carrots, sliced
2 garlic cloves, minced
9 cups reduced sodium chicken broth
2 cups uncooked egg noodles (homemade recipe below)
1/2 tsp. dried basil
1/2 tsp. dried oregano
(optional) dash of poultry seasoning
Salt and pepper to taste
2 cups chicken breasts, cooked and shredded

Directions:

In a large pot over medium heat, melt butter. Cook onion, celery, and carrots in butter until just tender, 5 minutes. Add the garlic and cook for an additional minute. Pour in chicken broth and stir in noodles, basil, oregano, (optional) poultry seasoning, salt and pepper. Bring to a boil, then reduce heat and simmer about 15-20 minutes. Stir in the chicken and cook until heated through.

Yields 6 servings.

Homemade Egg Noodles

1 1/4 cups all-purpose flour
1 pinch salt
1 egg, beaten
1/4 cup milk
1/2 tablespoon butter, softened

Directions:

In a large bowl, stir together the flour and salt. Add the beaten egg, milk, and butter. Knead dough until smooth, about 5 minutes. Let rest in a covered bowl for 10 minutes. On a floured surface, roll out to 1/8 or 1/4 inch thickness. Cut into desired lengths and shapes. Separate and allow to air dry before cooking. For best results, let them air dry for a couple of hours.

Lasagna Soup (Instant Pot)

Submitted by Claire Carroll

<https://belleofthekitchen.com/instant-pot-lasagna-soup-recipe/>

Soup

1 tbsp. olive oil
1 6 oz mild Italian sausage
1/2 cup diced onion
3-4 garlic cloves, minced
1 (24-oz) jar marinara sauce
1 cup chicken broth
2 cups water
1 tsp. dried basil
1 tsp. dried oregano
1/2 tsp. dried thyme
Pepper, to taste
8 oz broken lasagna noodles
1/2 cup heavy cream

Topping

1 cup ricotta cheese
1/2 cup parmesan cheese, grated
1 teaspoon dried parsley
1 cup, mozzarella cheese, shredded

Directions:

Turn the Instant Pot to sauté and add the olive oil. When hot, add the Italian sausage and cook, crumbling with a wooden spoon or spatula. Stir frequently to prevent the sausage from sticking to the bottom of the pot. When Italian sausage is partly cooked, add the onions and garlic and continue cooking for about 4-5 more minutes, until onions are soft and meat is no longer pink. Stir in the chicken broth, water, marinara sauce, spices, and broken lasagna noodles. Place the lid on the pot and flip the valve to "sealing." Cook over manual high pressure for 6 minutes.

While the soup is cooking, prepare the ricotta topping. In a small bowl, stir together the ricotta cheese, grated Parmesan cheese, and dried parsley. Cover and place in the refrigerator until ready to use. Once the time is up on the Instant Pot, perform a quick release. When all of the steam has escaped and the pin on the lid has dropped, open the lid and stir in the heavy cream. Divide the soup into bowls and top each with a scoop of the ricotta mixture and a sprinkle of mozzarella cheese.

Yields 6 servings.

Chicken Enchilada Soup (Crock Pot)

Submitted by Claire Carroll

www.delish.com/cooking/recipe-ideas/recipes/a56797/crock-pot-chicken-enchilada-soup-recipe

1/2 onion, finely chopped
1 tsp. chili powder
1 tsp. cumin
1 tsp. garlic powder
1 (19-oz) can red enchilada sauce
1 (28-oz) can fire-roasted diced tomatoes
1 (15-oz) can black beans, drained and rinsed
1 (15-oz) can corn, drained and rinsed
2 lb. boneless, skinless chicken breasts, cut into thirds
2½ cup chicken broth
1/3 cup cheddar cheese, plus more for serving
1/4 cup heavy cream
Sour cream, for serving
Chopped cilantro, for serving
Sliced lime, for serving
Crushed tortilla chips, for serving

Directions:

Combine onion, spices, enchilada sauce, tomatoes, beans, corn, chicken and broth in the bowl of your Crock-Pot. Stir together to combine. Set on high and cook for 3 hours, or until chicken is tender. Remove chicken from Crock-Pot and shred. Return to pot and stir in cheese and cream. Stir and heat on low until cheese is melted. Taste and season with salt if needed. Serve into bowls and top with sour cream, cilantro, crushed chips, more cheddar and a slice of lime if desired.

Yields 6-8 servings.

Loaded Baked Potato Soup (Crock Pot)

Submitted by Claire Carroll

www.easyfamilyrecipes.com/crock-pot-loaded-baked-potato-soup/

2½ lbs Russet potatoes
1 small onion (1/2 lb)
2 cups chicken broth
4 cloves garlic
1/2 tsp. salt
1/2 tsp. ground black pepper
8 oz cream cheese
4 oz shredded cheddar cheese (about 1 cup)
1½ cups heavy cream

Directions:

Chop the potatoes into 2-inch chunks and roughly chop the onion. Add the potatoes, onion, chicken broth, garlic, salt, and pepper to the crock pot and cook on high for 4 hours or low for 6-8 hours. Once it is done cooking open the lid and add the cream cheese, cheddar cheese, and cream. Use a potato masher to blend the soup together for a very slightly chunky loaded potato soup, or an immersion blender for a super smooth loaded potato soup. Top with your choice of toppings and enjoy!

Yields 8 servings.

Mac & Cheese Soup

Courtesy of Pampered Chef

Submitted by Candace Reese Haithcox

1 (14-oz) package deluxe macaroni & cheese dinner
1 cup broccoli, chopped (or 1 bag steamable broccoli)
2½ cups milk (plus some heavy cream, if you wish)
2 cans cheddar cheese soup

Directions:

Cook macaroni according to package and drain. Steam broccoli.
Combine macaroni, pouch of cheese sauce, milk, soup, and broccoli.
Return to boil.

Yields 6 servings.

Tortellini Soup (Crock Pot)

Submitted by Candace Reese Haithcox

1 bag frozen tortellini
1 bag fresh spinach
2 cans diced tomatoes
1 box vegetable or chicken broth
1 block cream cheese
Italian seasoning and salt, to taste

Directions:

Put all ingredients in the crock pot, chunking up the cream cheese. Cook on low for 5-6 hours. (Making this without the pasta is basically tomato soup. The leftover soup also makes a great spaghetti sauce!)

Yields 6 servings.

Spaghetti & Meatball Soup

Submitted by Jessica Summer

4 cups chicken broth
1 jar of favorite spaghetti sauce
1 lb pasta (whichever you like)
Cooked meatballs (optional)
Frozen spinach, chopped (optional)
Parmesan cheese, to taste

Directions:

Bring liquid to boil and add noodles. Boil until noodles are cooked. Add cooked meatballs or frozen, chopped spinach, if you like. Top with Parmesan cheese at the end, to taste.

Yields 8 servings.

Escarole Soup with Turkey Meatballs (Italian Wedding Soup)

Submitted by Sally Ross

www.skinnytaste.com/escarole-soup-with-turkey-meatballs-52/

Soup

8 cups fat-free low sodium chicken broth
1 (16-oz) head escarole, chopped
Fresh cracked pepper, to taste
3 oz (1/2 cup) uncooked orzo

Meatballs

20 oz (1.3 lb) ground turkey breast (99% lean)
1/4 cup seasoned whole wheat breadcrumbs
1/4 cup grated Parmesan cheese
1/4 cup parsley, finely chopped
1 large egg
1/4 cup onion, minced
1 clove garlic, minced
1/4 tsp. salt

Directions:

Heat a large pot over med-high heat and add the chicken broth, bring it to a boil, covered. Meanwhile, in a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your (clean) hands, gently mix all the ingredients well until everything is combined. Form small meatballs, about 1 tbsp. each, you'll get about 40. When the broth comes to a boil, drop the meatballs in, add the orzo and chopped escarole. Add fresh pepper, adjust salt as needed and cook according to pasta directions, about 10 minutes or until orzo and meatballs are cooked.

Yields 6 servings.

Creamy Cheeseburger Soup

Submitted by Mimi Henning

www.iamhomesteader.com/cheeseburger-soup/

1 lb ground beef
1 large onion, diced
1 tsp. garlic powder
1/2 tsp. salt
1/2 tsp. pepper
1 tbsp. Worcestershire sauce
1/4 tsp. ground mustard
3 medium potatoes, peeled and diced
1 can (14.5-oz) diced tomatoes with green chilis
32 oz chicken broth
1 cup milk
1 pound (16-oz) Velveeta processed cheese, cubed
1/2 cup sour cream
2 tbsp. water
2 tbsp. cornstarch
4 slices bacon, cooked and crumbled for garnish
Finely diced pickles, optional garnish

Directions:

In a large pot or Dutch oven over medium-high heat, cook the ground beef with the onion, garlic powder, salt, pepper, Worcestershire sauce, and ground mustard until beef is no longer pink. Drain any grease if necessary. Add the cubed potatoes, diced tomatoes with green chilies, chicken broth, and milk to the pot. Simmer over medium heat until the potatoes are fork-tender (about 15 minutes). Reduce heat to low. Add Velveeta cheese and sour cream. In a small bowl, mix together the water and cornstarch. Pour this mixture into the pot and mix the soup until thickened (3-5 minutes). Serve topped with bacon, chopped pickles, and sesame croutons. (If you want to garnish with sesame bun croutons, rough chop the top of one bun and toast the pieces in a 350°F oven for about 5-10 minutes.)

Yields 8 servings.

Acini de Pepe (“Minashena”) Soup

Submitted by Virginia O’Neill

2 chicken breasts with ribs
4-5 large carrots, cut in half
4 celery stalks
1 extra large onion, sliced
2 tbsp. tomato paste
2 tbsp. salt
1 cup Acini de Pepe noodles
Parmesan cheese, to taste

Directions:

In a large soup pot, boil the chicken breasts. Strain off the chicken scum on top. Add carrots, celery, onion, tomato paste, and salt. Simmer for 1 hour with lid on, but tilted so some steam can escape. Remove the chicken breasts and let them cool. Strain the soup, bring to boil, and add noodles. Boil for 5 minutes. Shred chicken, cut carrots, and add back to pot. Add Parmesan cheese to taste and serve.

Yields 6 servings.

Chicken or Beef Vegetable Soup

Submitted by Corina Lucaciu

This soup is very versatile! You can add your favorite veggies, chicken, beef, other favorite meat, or no meat at all for a vegetarian option.

- 1 medium/large onion, chopped
- 3 garlic cloves, chopped
- 1 tomato, chopped
- 1 zucchini, chopped
- 1 squash, chopped
- 2 celery stalks, chopped
- 3 medium-sized potatoes, chopped
- 2-3 chicken breast cutlets, chopped
- 1 can corn
- 5 Brussels sprouts, chopped
- 2 fresh stalks of chopped parsley OR a few leaves of Italian chopped parsley

Directions:

Using a medium size pot, place onions and garlic to caramelize and meat to sear a bit. Then fill a little bit over half of the pot with fresh water directly over caramelized veggies and seared meat. Add all fresh veggies with garlic powder, salt, and pepper, to taste. (Remember: less is more and you can add more later. Taste as it cooks if you need to add more seasoning.) Bring to a boil and cook for about 1 hour or until veggies and meat are cooked, stirring occasionally.

Yields 6 servings.



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