

Support Empty Bowls: Make one of our soup recipes at home, and enjoy!

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Note: each recipe makes a VERY large pot of soup – you may want to reduce quantities at home.

Chicken Noodle Soup

Bring to boil 3 quarts water and add:

3-lb broiler/fryer chicken, skinned, all visible fat removed

2 onions well chopped 8 celery stalks, chopped

3 bay leaves 3 TB dried parsley

2 tsp thyme Salt and pepper

Reduce heat and simmer partially covered for at least one hour or until chicken is tender.

Frequently skim froth off the top. Remove chicken and strain stock. Refrigerate stock to defat it by skimming off hardened fat from surface of cooled stock.

Remove chicken bones and break chicken into bite sized pieces (do not shred). Add:

8 carrots cut into bite sized chunks

Heat stock to boiling, then add:

Chicken meat

2 cans chicken stock or canned broth

[Do not add pasta if making soup for the event]

1 16-oz package wide egg noodles

Simmer until carrots are tender and pasta is cooked. Adjust salt/pepper seasoning.

Beef Barley Soup

Brown meat, onion and garlic in oil.

3 to 4 lbs stew meat cut into small cubes < 1 inch

2 medium onions, chopped

4 cloves garlic

Add the following and simmer for 1 hour:

2 (28 oz) cans diced tomatoes

8 cups beef stock

2 bay leaves

1 cup pearl barley (if using quick-cook kind, add later)

Add the carrots and simmer for 10-15 minutes

6 carrots cut into bite-sized chunks or slices

Just before serving, add

20 ounces fresh spinach or kale, chopped fairly small **[Do not add if making soup for the event]**



Minestrone Soup

Bring to a boil in a large pot:

16 cups water

1-2 onions, chopped fine

1 cup celery chopped

Season with:

2 teaspoons each salt, garlic powder

1 teaspoon black pepper

1 TB Italian seasoning

After water boils, add:

1 large can diced tomatoes

4 carrots peeled and cut into bite sized pieces

2 potatoes peeled and cut into bite sized pieces

Lower heat to a simmer and after carrots and potatoes are slightly tender add:

1 head cauliflower broken into bite sized pieces

3 zucchinis or yellow summer squash cut into bite sized pieces

½ lb green beans cut into 1-inch pieces (if available fresh, otherwise leave out)

2 cups fresh kale chopped fairly small

Simmer about 20- 30 minutes and add:

2 (15oz) cans kidney beans

2 (15oz) cans garbanzos

[Do not add pasta if making soup for the event]

8-oz Trader Joe's mini cheese ravioli, or any firm pasta, pre-cooked per package instructions.

Simmer until heated through and serve.

