

Women' Fellowship

“Souper Supper” Soup Recipes

Chili

- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 T chilli powder *
- 1 T cumin
- 1 t salt
- 2 - 14 oz cans diced tomatoes
- 1 - 8 oz tomato sauce
- 1 can chili or kidney beans

*Use a chili mix if desired.

Brown beef and onions, drain fat. Add remaining ingredients and simmer.



CHICKEN AND WILD RICE SOUP



- ½ medium onion, minced
- 6 tablespoons butter or margarine
- ¼ cup flour
- 3 cups chicken broth
- 2 cups cooked long grain and wild rice (use long grain box mix, include seasoning packet)
- 12 to 16 oz. – Cooked chicken, shredded
- ½ cup finely shredded carrot
- 1 (4oz) can sliced mushrooms
- ½ t salt
- 1 cup half and half or 1 (12oz) evaporated milk

Sauté the onion in the melted margarine in a large saucepan until tender. Stir flour and cook one minute until bubbly. Gradually add the chicken broth, and bring to a boil over medium heat, stirring constantly, for 1 minute.

Add the chicken, rice, carrots, mushrooms and salt. Simmer for 5 minutes. Stir in half and half or evaporated milk, heating just until serving temperature.

Homemade Fresh Vegetable Soup

A cozy homemade soup full of fresh veggies that you can make in a pinch!!!

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

Serves: 4 – 6

Ingredients

- 1 tablespoon olive oil
- 1 medium onion. chopped
- ½ cup carrots, peeled and chopped
- ¼ cup celery, chopped
- 1 (14 ounce) can diced tomatoes (if you have your own canned tomatoes, GREAT!)
- 2 cups potatoes, scrubbed and diced
- 3 cups stock (vegetable, chicken, or beef)
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup fresh sweet corn (you can use frozen if that's what you have available)
- 1 cup fresh sweet peas (frozen is fine)
- ½ cup fresh green beans, cut, ends snipped (frozen is fine)

Instructions

1. Heat the oil in a large saucepan. Add the onions and cook for about 2 minutes, until translucent. Then add the carrots and celery. Continue cooking, stirring occasionally, for about 3 minutes.
2. Pour in the canned tomatoes and add the potatoes. Bring the liquid to a simmer. Pour in the stock. Bring it to a simmer. Add the salt and pepper {see notes} and continue cooking for about 8 minutes.
3. Add the corn, peas, and green beans. Continue cooking until all the vegetables are tender (check the potatoes).
4. Serve hot!
5. This is amazing re-heated and tastes good for days!

Notes:

I use lots of fresh herbs from my garden in my cooking. This recipe was written with a low budget in mind and fresh herbs can be expensive if you cannot just walk outside and snip a few. The soup will be delicious as the recipe is written but if you would like to season it further feel free to add fresh parsley, oregano, and thyme. Dried Italian seasoning blends also work very well and so does poultry seasoning (which actually does not contain any poultry but is a very versatile herb blend).