



SOUP-ER SOUPS!

FROM THE KITCHENS OF RIVERSIDE PRESBYTERIAN CHURCH

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CREAMY HAM AND WILD RICE SOUP

GWEN HEINE

INGREDIENTS

3 c. water

2 c. cubed ham

1 1/4 c chicken stock

1-12 oz. pkg. frozen vegetables,
thawed

1 medium onion, chopped

1 can cream of celery soup

3/4 c. wild rice

1/2 c. half & half

DIRECTIONS

Put ham, water, soup, chicken stock, veggies, onion and wild rice in slow cooker for 89 hours on low.

Add half & half and turn to high for 18-20 minutes.

NOTES

Can also be made on stovetop, cooking main ingredients on simmer for 30 minutes, then adding half & half for another 5 minutes.

EASY SLOW COOKER CHICKEN TACO SOUP

DEB JANSKY

INGREDIENTS

1 c. mild salsa
1 15 oz. can black beans, rinsed
and drained
1 15 oz. can pinto beans, rinsed
and drained
1 15 oz. can corn, rinsed and
drained
1 14.5 oz. can petite diced
tomatoes
3 T taco seasoning
2 c. low-sodium chicken broth
1 lb. boneless, skinless chicken
breasts

DIRECTIONS

Place salsa, black beans, pinto beans, corn, tomatoes and chicken broth in slow cooker. Stir to combine.

Nestle chicken into the slow cooker so that it's completely covered by the liquid and other ingredients.

Cover and cook on low for 6 hours. Remove chicken and shred or cut into pieces. Stir back into soup.

NOTES

Optional toppings: cilantro, sour cream, grated cheese, avocado, tortilla chips

LEMON RICE CHICKEN SOUP

LISA AULERICH-MARCINIAK

INGREDIENTS

1 c. diced celery
1 c. diced carrots
4 cloves minced garlic
1 ½ c. diced or shredded cooked chicken
½ c. chopped green onion (green and white parts)
2 t. olive oil
1 t. oregano
1 t. dried parsley
3 c. cooked rice
4 c. chicken broth
1 can evaporated skim milk
¼ c. cornstarch
½ c. lemon juice
salt and pepper to taste

DIRECTIONS

Heat oil in soup pot. Add celery, carrots, garlic and onion. Sauté until onions are transparent.
Add chicken broth, chicken, oregano and parsley.
Simmer until veggies are tender.
Stir the cornstarch into the evaporated milk to make a slurry.
Add cornstarch mixture to soup, stir well, heat almost to boil and turn off heat.
Add lemon juice, salt and pepper to taste.
Stir in rice and serve

NOTES

A can or drained cannella beans may be substituted for chicken and vegetable broth for chicken broth for a vegetarian version.

R U S S I A N P E A S A N T S O U P

CLAIRE GANGWARE

INGREDIENTS

4 t. olive oil
2 onions, chopped
2 carrots, chopped
2 ribs celery, chopped
2 turnips, peeled & cubed
2 cloves garlic, minced
1 6-oz. can tomato paste
1 head cabbage, shredded
8 c chicken broth
2 lbs. smoke sausage
¼ c. cider vinegar
¼ c. brown sugar
½ c. sour cream
Fresh dill

DIRECTIONS

Cook onions, carrots and celery in olive oil till soft, 7-10 minutes
Add turnips, cook 3 minutes.
Add garlic, cook 1 minute.
Sir in 1 T. olive oil and tomato paste, cook 2-3 minutes. Add cabbage and toss till slightly wilted. Season with salt and pepper.
Add chicken broth and sliced smoked sausage. Bring to simmer, partially covered.
Reduce heat to medium, cook 1 hr. and 15 minutes.
Add vinegar, brown sugar, simmer for an additional 10 minutes.

NOTES

Serve garnished with sour cream and dill.

T A C O S O U P

DONNA ULRICH

INGREDIENTS

1 lb. Lean ground beef or turkey,
or canned chicken breast

1 medium chopped onion

1 pkg. Hidden Valley Ranch
dressing

1 pkg. Taco seasoning mix

1 can black beans

1 can pinto beans

1 can corn

2 cans diced tomatoes, (may be
with green chilies)

DIRECTIONS

Brown meat with onion and drain.

Mix ranch dressing and taco seasoning into meat mixture.

Add remaining ingredients, mix well.

Simmer 1 hour.

NOTES

Optional toppings: cilantro, sour cream, grated cheese, avocado, tortilla chips

DILL PICKLE SOUP

JEANINE BUTTIMER

INGREDIENTS

5 ½ c. chicken broth (half of it unsalted)

1 ¾ lbs. potatoes, peeled and quartered

2 c. carrots, finely diced

½ c. unsalted butter

1 c. dill pickles, finely diced

2 T. flour

1 c. sour cream

¼ c. Water

2 c. dill pickle juice

1 ½ t. Old Bay Seasoning

½ t. ground pepper

¼ t. cayenne pepper (opt.)

Small package instant potatoes

DIRECTIONS

In a large pot, combine broth, potatoes, carrots and butter. Bring to boil and cook until potatoes are tender. Add pickles, continue to boil and break up potatoes into smaller pieces. Reduce heat to simmer.

In a small bowl, whisk together the flour, sour cream and water. Add a couple T. of the warm broth to the mixture and continue to whisk. Continue until the mixture is a room temperature or warmer.

Turn up the heat under the soup and vigorously whisk the sour cream mixture into the soup about 2 T. at a time. This will break up the potatoes, which is okay. Bring to a boil slowly to allow the flour to begin thickening the soup.

Add pickle juice, Old Bay, pepper and cayenne. Taste to see if you want to add salt. Sprinkle a thin layer of instant potato flakes on top of the soup to add an additional thickening effect. Cook 5 more minutes.

NOTES

Garnish with sliced dill pickles, fresh dill and black pepper.

Use Trader Joe's dill pickles or McClure's, available at Riverside Foods.

THE WHOLE ENCHILADA SOUP

CONNIE KELLY

INGREDIENTS

3 c. chicken broth

1 ¼ c. chopped celery

½ c. chopped onion

3 c. green enchilada sauce

15 oz. pumpkin puree

10 oz. cooked shredded chicken

1 c. frozen corn

DIRECTIONS

Bring broth to boil. Add celery and onion, cook until tender.

Stir in enchilada sauce and pumpkin. Bring back to boil.

Add chicken and corn, mix well until thoroughly heated.

NOTES

Optional toppings: hot sauce, shredded cheese, crushed tortilla chips

CURRIED LENTIL, TOMATO, AND COCONUT SOUP

LORRAINE MEYER

INGREDIENTS

2 T. virgin coconut oil or extra-virgin olive oil

1 medium onion, finely chopped

2 garlic cloves, finely chopped

1 2½-inch piece ginger, peeled, finely grated

1 T. medium curry powder (such as S&B)

¼ t. crushed red pepper flakes

¾ c. red lentils

1 14.5-ounce can crushed tomatoes

½ cup finely chopped cilantro

Kosher salt, freshly ground pepper

1 13.5-ounce can unsweetened coconut milk, shaken well

DIRECTIONS

Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes.

Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper.

Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes.

Season soup with more salt and pepper if needed.

NOTES

To serve, ladle into bowls, drizzle with reserved coconut milk and top with whole cilantro leaves with tender stems. Serve with lime wedges.

Soup (without toppings) can be made 3 days ahead. Let cool, cover and chill.

CREAM OF GARLIC SOUP

SUSAN DEEMS-DLUHY

INGREDIENTS

2 c. peeled garlic cloves
1 large baking potato, @ ¾ lb.
4 c. rich chicken broth (recipe follows)
¾ c. heavy cream
Kosher salt
Freshly ground white pepper
Basil Oil (recipe follows)

DIRECTIONS

First, blanch the garlic. Put the garlic gloves in a medium saucepan, add water to cover. Bring to a boil over high heat, then reduce heat and simmer for 5 minutes. Drain well.

Return garlic cloves to the pan, add potato and stock. Season lightly with salt and pepper. Bring to a boil, then reduce heat and simmer until potatoes are tender enough to pierce easily with a fork or sharp knife, @ 20 minutes.

Pour in cream, bring to gentle boil.

Working in batches to avoid overfilling transfer the soup to a blender and puree. (Follow manufacturer's instructions to avoid spattering hot liquid.)

Transfer liquid to clean saucepan and heat gently rewarm. Adjust seasonings if needed.

BASIL OIL:

¼ c. packed fresh basil leaves

¼ c. packed fresh Italian parsley

1 c. extra virgin olive oil

Place all ingredients in blender, blend until smooth. Pour through finely meshed strainer into a glass bowl.

NOTES

To serve soup, ladle into warmed bowls, drizzle with Basil Oil. Garnish additionally with chopped chives, if desired.

To save time, look for peeled garlic cloves at the supermarket

SLOW COOKER CHICKEN TACO SOUP

GALE TEUNE

INGREDIENTS

1 onion, chopped
1 15 oz. can chili beans
1 15 oz. can black beans
1 15 oz. can whole kernel corn,
drained
1 8 oz. can tomato sauce
1 12 oz. Can or bottle of beer
2 10 oz. cans diced tomatoes with
green chilies, undrained
1 (1-1/4 oz.) pkg. taco seasoning
2 c. low-sodium chicken broth
3 whole boneless, skinless chicken
breasts

DIRECTIONS

Place onion, chili beans, black beans, corn, tomato sauce, beer and diced tomatoes in slow cooker. Stir in taco seasoning to combine.

Lay chicken breasts on top of the mixture, pressing down lightly so that they are completely covered by the other ingredients.

Cover and cook on low for 5 hours. Remove chicken and shred or cut into pieces. Stir back into soup and continue cooking for another 2 hours.

NOTES

Optional toppings: shredded cheddar cheese, sour cream, crushed tortilla chips

SPLIT PEA SOUP

SYLVIA SCHADE

INGREDIENTS

Hambone or ham hock
2 c. dried split peas
5 c. water
1 t. salt
2 T. butter
2 T. olive oil
1 medium onion, chopped
1 medium carrot, chopped
2 leeks, green part only, chopped
1 bay leaf
5 shakes of thyme leaves
1 c. spinach leaves or green lettuce
leaves, chopped (opt.)
Bread croutons (opt.)

DIRECTIONS

Simmer a hambone or ham hock. Remove, chop and reserve meat to add back into soup. Use liquid in place of water called for in recipe.

Soak peas on water to cover for about 1 hour (or overnight). Drain, place in soup pan with 5 cups or water (ham liquid). Bring to boil, skim, cover and cook slowly for 1 hour.

Melt butter and oil in saucepan. Slightly brown onion, then add carrots, leeks, spinach or lettuce leaves and cook for 30 minutes.

Add to pea mixture and cook for additional ½ hour with bay leaf, thyme and salt and pepper to taste.

Lightly oil grill grate. Grill fish for 7 minutes, then turn and drizzle with butter. Continue cooking for 7 minutes, or until easily flaked with a fork. Drizzle with olive oil before serving.

NOTES

Best if made 1 day ahead.

Pea Soup was seldom called “Potage de Pois” but usually “Potage St. Germain.” The reason is that exceptionally good green peas grow abundantly in St. Germain, a place not very far from Paris and the French like to honor a town that has some special virtue by naming a dish for it.

You will find the flavor and color of this soup made of dried peas greatly improved if a cup of fresh green peas which have been cooked until soft and rubbed through a sieve is added after it has been strained. (Marvin Small, *The World's Best Recipes*)

MEATBALL SOUP

ELLEN HAMILTON (COURTESY OF JOYCE DOBRZANSKI)

INGREDIENTS

1 16 oz. frozen cooked mini
meatballs

1 16 oz frozen package Italian
vegetables (or any veggie mix you
like)

28 oz can of diced tomatoes

8 oz can of tomato sauce & 1 can
of water

2-12 oz jar of mushroom soup or
beef gravy

1 T crushed dried basil

1.5 1oregano

4 cloves or 2 t. minced refrigerated
garlic

1/4 c red wine

DIRECTIONS

In large crockpot., mix all ingredients except wine.

Cover and cook on low heat setting for 6-8 hours or on high heat setting for 3-4
hours. Add wine 10 minutes before serving.

NOTES

Optional: 1/2-1 t. crushed red pepper flakes

Thanks to Joyce Dobrzanski, who had this soup at a gathering and gave me the
recipe, suggesting it might be good for a pot luck some time. It was great!

PRIME RIB SOUP

DENNIS COBB

INGREDIENTS

Leftover standing rib roast
Carrots, chopped
Celery, chopped
Potatoes, chopped
Onions, chopped
Mushrooms, sliced
Beef stock/Vegetable stock
Trader Joe's 21 Seasonings Salute
Salt
Pepper

DIRECTIONS

Cut the onions into a rough dice, sauté for a few minutes in a skillet with a few tablespoons of olive oil over a medium heat.

Cut the roast and the remaining vegetables into bite-sized pieces.

Place all the vegetables (including the onions) in a soup pot or slow cooker. Add enough stock (whatever kind or mix you prefer) to cover the meat and vegetables. Season to taste with the Trader Joe's seasoning, salt and pepper.

If you're cooking it on the stove, bring it to a boil and then reduce to a slow simmer and cook until the vegetables are tender. If you're using a slow cooker, put the lid on and cook it on high for 5 - 6 hours or low for 8 - 9 hours (for most slow cookers).

NOTES

I've not put measurements into this recipe because it all depends on how much meat you have to work with, whether you prefer more vegetables than meat, etc. For the beef stock, if you still have the ribs from your roast, cover them with water and bring to a boil, then simmer for a half hour to an hour. Remove the bones from the stock and remove the meat from them to use in the soup. Use the stock you've made as part of the liquid in the soup. The rest of the liquid can be store-bought beef stock or homemade or purchased vegetable stock. How much of which depends on your preference.

The Trader Joe's seasoning adds a lot of flavor and has no salt in it. It's a great seasoning to use on all kinds of dishes, both meat and vegetable.

CORN PUDDING

SERINA RANFT

INGREDIENTS

1 c. butter, melted

2 eggs, slightly beaten

1 can whole kernel corn, drained

1 c. sour cream

1 pkg. Jiffy corn muffin mix

1 can creamed corn

DIRECTIONS

Mix all together, pour into greased 9" x 12" pan.

Bake at 350° for 1 hour.