

# SOUPS (click the link below to jump to that recipe)



These are the collected recipes of Lori Diman Considine, they are gathered from my mom, aunts, sister, cousins and before the internet clipped from magazines and more recently from the internet. I tried to give credit where credit was due.

ALFREDO LASAGNA SOUP		LOBSTER POT PIE	TOMATO BASIL
AUTUMN BISQUE	CHICKEN LASAGNA SOUP	NACHO SOUP	TOMATO ROASTED RED PEPPER
BAKED FETA TOMATO	CORN AND ZUCCHINI CHOWDER	PASTA FAGIOLI SOUP	TORTELLINI SAUSAGE SOUP
BROCCOLI CHEESE SOUP	CORN CHOWDER	PUMPKIN SOUP	TORTILLA SOUP
CABBAGE NEW YEARS SOUP	FRENCH ONION SOUP	SEAFOOD BISQUE	WILD MUSHROOM SOUP
CHEESEBURGER SOUP	GARLIC BUTTER TUSCAN SHRIMP	SHRIMP CORN CRAB BISQUE	ZUPPA TOSCANA
CHICKEN CHEESE SOUP	GNOCCHI SOUP	SUMMER CORN CHOWDER	
		TACO SOUP	



## Creamy Alfredo Lasagna Soup

- 1 tbsp olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 lb ground chicken or Italian sausage
- 4 cups chicken broth
- 2 cups heavy cream
- 1 1/2 cups marinara sauce
- 8 lasagna noodles, broken into pieces
- 1 tsp Italian seasoning
- Salt and black pepper, to taste
- 1 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- Fresh basil or parsley, chopped (for garnish)
- Optional: Red pepper flakes, to taste

### Step 1: Cook the Meat

In a large pot or Dutch oven, heat the olive oil over medium heat. Add the ground chicken or Italian sausage to the pot and cook until browned, breaking it into small pieces with a spatula. If there is any excess fat, drain it from the pot to prevent the soup from becoming too greasy.

### Step 2: Sauté the Aromatics

Add the diced onion and minced garlic to the pot with the cooked meat. Sauté for 3–4 minutes, or until the onion becomes translucent and fragrant. This step enhances the flavor and aroma of the soup.

### Step 3: Add Broth and Sauces

Pour in the chicken broth, heavy cream, and marinara sauce, stirring well to combine. Stir in the Italian seasoning, salt, and black pepper. Adjust the seasonings as needed. Bring the mixture to a gentle boil, allowing the flavors to meld together.

### Step 4: Cook the Noodles

Add the broken lasagna noodles to the pot, ensuring they are submerged in the liquid. Reduce the heat to a simmer and cook for 10–12 minutes, or until the noodles are tender but not mushy.

### Step 5: Add the Cheese

Reduce the heat to low.  
 Stir in the grated Parmesan cheese, allowing it to melt and thicken the soup.  
 Add the shredded mozzarella cheese, stirring until smooth and creamy.  
 Step 6: Serve the Soup  
 Ladle the soup into individual bowls.  
 Garnish each serving with fresh basil or parsley for added color and flavor.  
 Sprinkle with red pepper flakes for a hint of spice if desired.  
 Serve warm and enjoy!  
 Serving and Pairing Suggestions  
 Creamy Alfredo Lasagna Soup is best served hot, with crusty bread or garlic bread on the side to soak up the creamy broth. You could also serve it with a simple green salad, like Caesar salad or arugula with lemon vinaigrette, for a well-rounded meal. For an added Italian flair, pair it with a side of roasted vegetables like zucchini, bell peppers, or mushrooms.



**Lobster Pot Pie**

- 1 1/2 cups chopped yellow onion (1 large onion)
- 3/4 cup chopped fennel (1 fennel bulb)
- 1/4 pound unsalted butter
- 1/2 cup all-purpose flour
- 2 1/2 cups fish stock or clam juice
- 1 tablespoon Pernod
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 3 tablespoons heavy cream
- 3/4 pound cooked fresh lobster meat
- 1 1/2 cups frozen peas (not "baby" peas)
- 1 1/2 cups frozen small whole onions
- 1/2 cup minced flat-leaf parsley

**Pastry:**

- 3 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon baking powder
- 8 tablespoons cold fresh lard, diced (1/4 pound)
- 8 tablespoons cold unsalted butter, diced
- 1/2 to 2/3 cup ice water
- 1 egg, beaten with 1 tablespoon water or heavy cream, for egg wash

**Directions**

Saute the onions and fennel with the butter in a large saute pan on medium heat until the onions are translucent, 10 to 15 minutes. Add the flour and cook on low heat for 3 more minutes, stirring occasionally. Slowly add the stock, Pernod, salt, and pepper and simmer for 5 more minutes. Add the heavy cream.

Cut the lobster meat into medium-sized cubes. Place the lobster, frozen peas, frozen onions, and parsley in a bowl (there is no need to defrost the vegetables). Pour the sauce over the mixture and check the seasonings. Set aside.

For the crust, mix the flour, salt, and baking powder in a food processor fitted with a metal blade. Add the lard and butter and pulse 10 times, until the fat is the size of peas. With the motor running, add the ice water; process only enough to moisten the dough and have it just come together. Dump the dough out on a floured surface and knead quickly into a ball. Wrap the dough in plastic and allow it to rest for 30 minutes in the refrigerator.

Preheat the oven to 375 degrees F.

Divide the dough in half and roll out each half to fit a 9 or 9 1/2-inch round by 2-inch high ovenproof glass or ceramic baking dish. Place 1 crust in the dish, fill with the lobster mixture, and top with the second crust. Crimp the crusts together and brush with the egg wash. Make 4 or 5 slashes in the top crust and bake for 1 hour and 15 minutes, until the top is golden brown and the filling is bubbling hot.



RICH · CREAMY

## Shrimp & Corn Soup

EASYHEALTHYRECIPES.COM



### Shrimp, Corn, Crab Bisque Soup

Creamy with a kick, this shrimp and corn soup is the perfect dish for a chilly day. It combines tender shrimp, sweet corn, thick cream, and a blend of spices for a deliciously satisfying dish that's more like a bisque than soup.

- 4 tablespoons butter
- ½ cup celery chopped
- 4 green onions sliced, white and green parts separated
- 4 cloves garlic minced
- ½ teaspoon salt plus more to taste
- ¼ teaspoon black pepper plus more to taste
- ¼ cup all-purpose flour
- 2 cups whole milk
- 1 cup heavy whipping cream
- 1 15-ounce can cream-style corn
- 1 ½ cups corn kernels fresh or frozen
- 1 pound shrimp peeled, deveined, uncooked
- 1 Pint crab meat
- 2 teaspoons Old Bay seasoning plus more to taste

Warm large pot over medium-high heat, then add butter. Once butter is melted, add celery and white parts of green onions. Cook until vegetables are tender, approximately 3 minutes.

Add garlic, salt, and black pepper. Stir well then cook 1 additional minute or until garlic is fragrant. Sprinkle all-purpose flour into pot, stirring to coat vegetables. When vegetables are well-coated, remove pot from heat and pour in milk and heavy whipping cream. Return pot to heat, increase temperature to high, and bring mixture to boil while stirring constantly. Once liquid begins to boil, reduce heat and let simmer.

Overhead view of a large soup pot containing veggies and heavy cream for soup.

Add cream-style corn and corn kernels. Stir to distribute, then simmer approximately 5 minutes or until soup has thickened.

Overhead view of a large soup pot containing corn soup.

Add shrimp, crab and Old Bay seasoning to thickened soup. Stir well and cook until shrimp is cooked through and no longer translucent, approximately 3 minutes. Taste soup and adjust seasonings as desired. When ready, portion soup into serving bowls, garnish with green parts of green onions, and serve warm with warm bread if desired.

Overhead view of a large soup pot containing shrimp and corn soup seasoned with Old Bay.

#### Notes

Be sure to remove the pot from the hot stovetop when adding the milk and heavy cream, to avoid separation/curdling.

For a spicier soup, add more Old Bay seasoning to taste. You can also top it off with a dash of hot sauce when you serve it.

For a thinner soup, stir in a little more milk. For a thicker soup, use a little more flour, or just let it simmer longer.

**Chef's Tips:** The drastic temperature difference between the hot pot and the cold liquids can cause the milk and cream to separate or curdle. To avoid that, be sure to remove the pot from the hot stovetop when adding the milk and heavy cream. You can also let the liquids come closer to room temperature first – just don't leave them out too long.

"Some like it hot" applies to a lot of things, soup included. For a spicier soup, add more Old Bay seasoning to taste. A dash of hot sauce on top of the soup when you serve it will also give it a nice heat and a pop of color.

Like I mentioned above, you can absolutely adjust the consistency of the soup to meet your preferences. More milk will give you a thinner soup, while more flour will give you a thicker soup.

You can also just let the soup simmer longer to reduce more of the liquid, which will give you a thicker soup if you don't want to add flour.



### **Baked Feta Tomato Soup**

2 pints cherry tomatoes  
8 ounces block feta cheese plus more, crumbled for garnish  
¼ cup plus 1 tablespoon extra virgin olive oil divided  
Salt and pepper to taste  
½ medium yellow onion finely chopped  
Crushed red pepper to taste  
1 28 ounce can crushed tomatoes with juices  
4 cups low sodium vegetable broth  
1 tablespoon fresh thyme finely chopped  
4 garlic cloves minced  
¼ cup fresh basil chopped, plus more for garnish  
¾ cup orzo or any short cut pasta

Preheat oven to 400°F. Place the cherry tomatoes in an oven-safe baking dish. Pour ¼ cup olive oil on top, and season with salt and pepper. Toss until well combined. Place the feta block in the middle of the baking dish surrounded by the cherry tomatoes and flip a couple times to coat it with the olive oil and seasoning. Bake in the preheated oven for 35-40 minutes, until the cherry tomatoes burst, and the feta cheese melts

While the feta is baking, heat remaining 1 tablespoon olive oil over medium heat. Add the onions and cook until soft and translucent, 5 minutes. Season with salt, pepper, and crushed red pepper (if using). Add the garlic, canned tomatoes, stock and thyme, and let gently simmer until tomatoes in the oven are done roasting

Once tomatoes and feta in the oven are done, transfer to the simmering pot. Season with salt and pepper, to taste and add the basil. Bring the soup back to simmer and add orzo. Simmer until orzo is fully cooked, 7-8 minutes. Serve with more crumbled feta, basil, and black pepper.

**Feta cheese:** Feta is a Greek cheese and it has a wonderful salty and tangy flavor that works so well in this soup. You can use goat cheese instead if you prefer that. Look for French feta cheese if possible for the ultimate creaminess.

**Cherry tomatoes:** Cherry tomatoes are baked whole to really enhance their natural sweetness. The baking process softens them so they mix easily with the other soup ingredients.

**Onions & garlic:** Onions and garlic are softened to release their flavors to add more depth to the soup.

**Canned crushed tomatoes:** We use crushed tomatoes as well as the baked cherry tomatoes for a really rich flavor. You can use tomato sauce for a smoother consistency or diced tomatoes for a chunkier soup.

**Olive oil:** For cooking the soup and baking the feta with the tomatoes. It adds a nice rounded flavor to the finished soup, but you can use canola or vegetable oil.

**Spices:** Salt, pepper, crushed red pepper flakes and fresh basil to garnish.

**Vegetable broth:** Keep this soup meat free by using vegetable broth, or you can use chicken stock if you prefer.

**Pasta:** Adding short grain pasta in this soup makes it more filling. Orzo works great. For a lighter soup, you can skip the pasta if you prefer or add other vegetables like diced zucchini or riced cauliflower.

Ingredients to make the recipe

#### HOW TO MAKE BAKED FETA SOUP -BAKE THE FETA & TOMATOES

Place the tomatoes and feta in an oven proof dish, pour over the oil and season with salt and pepper.

Bake until the tomatoes burst and the feta melts.

2 image collage of feta cheese and cherry tomatoes before and after baking

#### COOK THE SOUP

Soften the onions and garlic in oil and adding seasoning.

Add the tomatoes, vegetable broth and thyme and simmer.

Add in the baked tomatoes and feta along with the orzo and simmer until cooked.

3 image collage of a pot with onions cooking, then the broth and tomato sauce and then the baked feta and roasted tomatoes added

#### TIPS FOR MAKING THE RECIPE

Crowd the baking dish with the cherry tomatoes. When roasting cherry tomatoes if you want them saucy, crowd the pan; if you want them dry roasted, place in a single layer. It's better to use a smaller baking dish than a larger one.

Season the soup from the beginning. The key to making a great soup is to add flavor right from the get go. Season the onions and tomatoes early in the process to start to build those layers of flavor. You can omit the chili flakes if you prefer things mild, or add more if you like your soups spicy.

Make a smoother soup. I love the texture of this soup, but if you prefer a smoother soup, you can blend it together before you add in the orzo to cook. Use an immersion blender to blend the soup in the pot, or transfer it carefully (it will be very hot!), in batches, to a stand blender.

Cook the pasta separately. For convenience and using less dishes, it's easier to cook the orzo pasta with the soup. However, for best results, especially if you're expecting leftovers, cook the pasta in another pot and ladle into soup bowls.

#### FREQUENTLY ASKED QUESTIONS

Can you make it ahead of time?

Because this soup contain orzo pasta, it's best to enjoy it fairly soon after it's made, otherwise the orzo can overcook and become very soggy.

If you want to make this ahead of time, you can make the whole recipe up to the point of adding in the pasta, then let it cool and store it. It will keep well for 4 to 5 days in the fridge. Reheat the soup to a simmer and add in the orzo to cook it before serving.

Can you freeze it?

Yes, this soup will freeze well, but again, if you plan on doing this, leave out the orzo until you reheat it. The frozen soup will keep well for up to 6 months and should be thawed in the fridge before reheating.

Can you make this with any other type of cheese?

Yes, goat cheese works really well and it creates that perfect perfect texture. Cook time may be less depending on how large the block of cheese is.



## Fresh Tomato Basil Soup

### How to Make Tomato Soup

Saute Aromatics – heat a non-reactive pot over medium heat. Melt in 4 Tbsp butter then sautee onions until softened and golden (10-12 min). Add minced garlic and saute another minute.

Make the tomato soup base – stir in two 28 oz cans of crushed tomatoes with their juice, your chicken stock, chopped basil, sugar and black pepper. Bring to a boil then reduce heat, partially cover and simmer 10 minutes.

Blend if desired – use an immersion blender in the pot or blend in batches using a blender (be careful not to overfill the blender with hot liquid) and return soup to the pot.

Add cream and parmesan – stir in the heavy cream and shredded parmesan. Return to a simmer and season to taste if needed.

Serve – ladle into warm bowls and garnish with more parmesan and basil.

Pro Tip: If you prefer a chunky soup with bits of tomato (like our Broccoli Cheese Soup), you can skip the blending step and proceed with adding cream and parmesan then season to taste.

### Step by step how to make tomato soup

#### Important: Use a Non-Reactive Pot

Since this soup is tomato-based it is important to use a non-reactive pot. Avoid aluminum, cast iron, and copper which are all made of metals that can react with tomatoes and make the soup taste metallic. Non-reactive pots that work well include: Stainless steel, enamel-coated cast iron, ceramic, and glass. We used our 5 1/2 Qt enamel-coated dutch oven pot.

#### What stock do you use for tomato soup?

We love chicken bone broth because it has a great depth of flavor, but you can substitute it with vegetable broth to keep this a vegetarian soup.

#### Creamy Tomato Soup Recipe

Calories: 222

4 Tbsp unsalted butter

2 yellow onions, (3 cups finely chopped)

3 garlic cloves, (1 Tbsp minced)

56 oz crushed tomatoes, (two, 28-oz cans) with their juice, preferably San Marzano

2 cups chicken stock

1/4 cup chopped fresh basil, plus more to serve

1 Tbsp sugar, or added to taste

1/2 tsp black pepper, or to taste

1/2 cup heavy whipping cream, or to taste to combat acidity

1/3 cup parmesan cheese, freshly grated, plus more to serve

Heat a nonreactive pot or enameled dutch oven over medium heat. Add butter then add chopped onions. Sauté 10-12 minutes, stirring occasionally, until softened and golden. Add minced garlic and sauté 1 minute until fragrant.

Add crushed tomatoes with their juice, chicken stock, chopped basil, sugar (or add sugar to taste), and black pepper. Stir together and bring to a boil then reduce heat, partially cover with lid and simmer for 10 minutes.

You can leave your soup with a chunky consistency, but if you like a blended/creamy soup, use an immersion blender to blend the soup in the pot to desired consistency or transfer to a blender in batches and blend until smooth (being careful not to over-fill the blender with hot liquid), then return blended soup to the pot over medium heat.

Add 1/2 cup heavy cream, 1/3 cup freshly grated parmesan cheese and return to a simmer. Season to taste with salt and pepper if needed and turn off the heat.\*

Ladle into warm bowls and top with more parmesan and chopped fresh basil.

\*Some crushed tomatoes can seem tangier. If the soup seems too acidic or sour, you can add more heavy cream and sugar to taste.

**VEGAN OPTION:**

3 pounds Roma tomatoes, halved

2 medium carrots, peeled and cut into small chunks

Extra virgin olive oil

Kosher salt

Black pepper

2 medium yellow onions, chopped

5 garlic cloves, minced

1 cup canned crushed tomatoes

1 bunch (2 ounces) fresh basil leaves

3 to 4 fresh thyme sprigs

1 teaspoon dried oregano

½ teaspoon sweet paprika

½ teaspoon ground cumin

Fresh lime juice (optional, for serving)

Pita grilled cheese, grilled bread, or toast (optional, for serving)

Instructions

Get ready. Preheat your oven to 450°F.

Roast the carrots and tomatoes. In a large mixing bowl, toss the tomatoes and carrots with a generous drizzle of extra virgin olive oil, and a pinch salt and pepper. Transfer to a large baking sheet and spread well in one layer. Roast in the heated oven until the tomatoes have deflated and began to char at the edges, about 30 minutes. Set aside for about 10 minutes to cool.

Blend. Transfer the roasted carrots and tomatoes (along with their skin and seeds) to the bowl of a food processor fitted with a blade. Add a splash of water and blend until the vegetables have broken down and combined. Some texture is nice, so stop the processor before it becomes a super smooth puree.

Sauté the onions and garlic. In a large pot, heat 2 tablespoon of extra virgin olive oil over medium-high heat. When the oil begins to shimmer, add the onions and cook, stirring, until softened, about 3 minutes. Add the garlic and cook briefly until golden, about 1 minute.

Add the tomatoes and reduce. Pour the roasted tomato mixture into the pot with the onions. Stir in the crushed tomatoes, basil, thyme, oregano, paprika, cumin, and 2 ½ cups of water. Season with salt and pepper. Bring to a boil, then lower the heat and cover, leaving the lid slightly ajar to allow some steam to escape. Let simmer for about 20 minutes or so.

Finish and serve.



### **CRAB AND SHRIMP SEAFOOD BISQUE**

3 tablespoons butter  
2 tablespoons chopped green onion  
2 tablespoons chopped celery  
3 tablespoons all-purpose flour  
2 1/2 cups milk  
1/2 teaspoon freshly ground black pepper  
1 tablespoon tomato paste  
1 cup heavy whipping cream  
8 ounces crab meat  
4 to 8 ounces small cooked shrimp or other seafood  
2 tablespoon sherry win

Melt the butter in a Dutch oven or large saucepan over medium-low heat; add the chopped green onion and celery. Saute, stirring, until tender.

Blend the flour into the butter and vegetables until well incorporated. Continue cooking, stirring, for about 2 minutes.

Warm the milk in another saucepan over medium heat.

Slowly stir in the warmed milk and continue cooking and stirring until thickened.

Add the freshly ground black pepper, tomato paste, and heavy cream.

If desired, puree the soup in a blender or food processor\*\* at this point and then return it to the saucepan.

Stir in the crab, shrimp, and the sherry. Bring to a simmer.

Serve hot.



### **Corn Chowder**

4 strips bacon cut into small pieces  
1/2 medium onion chopped small  
3 sticks celery chopped small  
2 medium carrots peeled & chopped small  
1/4 cup flour  
2 cloves garlic minced  
4 cups chicken broth or stock  
1 cup heavy/whipping cream  
4 cups frozen or fresh corn  
2 large Russet potatoes peeled & diced  
1/4 teaspoon Italian seasoning  
1 pinch cayenne pepper optional  
Salt & pepper to taste

Prep your bacon (I use kitchen shears to make cutting it up easy) and add it to a large pot over medium-high heat. Cook until crispy (about 10 minutes).

Meanwhile, prep your onion, celery, and potatoes.

Once the bacon is crispy, take it out of the pot and remove to a paper towel lined plate.

Leave about 2 tablespoons of the bacon fat in the pot.

Add the onion, celery, and carrots to the pot and sauté for 5 minutes.

Stir in the garlic and cook for 30 seconds.

Stir in the flour and cook for about a minute, stirring nearly constantly.

Add in the chicken broth and give it a good stir to ensure the flour has dissolved and the brown bits are scraped up from the bottom of the pot.

Add in the cream, corn, potatoes, Italian seasoning, cayenne pepper, and most of the bacon (I save the rest for garnishing the bowls later on). Increase the heat to high and bring



the soup to a boil. Once it's boiling, reduce the heat to a rapid simmer so it's gently boiling. Cover the pot so the lid is slightly ajar.  
Cook until the potatoes are tender (about 15-20 minutes). Stir every so often. The soup will thicken up more the longer you cook it.  
Season the soup with salt & pepper as needed. Garnish bowls with the rest of the bacon.

#### Substitutions and variations

I don't recommend subbing the cream for milk or half-and-half because there's a good chance the soup will curdle.

You can sub the Russet potatoes for another kind if you wish, but they're ideal since the starch released helps thicken the broth even more.

Some readers have added in shrimp near the end of the cooking time with fantastic results.



#### **Tomato and Roasted Red Pepper Soup**

1. Place the peppers on a baking sheet and roast them under the broiler. Prep and set aside for later use.
2. Sauté the onion with a sprinkle of salt and olive oil. Add the pepper flakes, smoked paprika, garlic, and tomatoes.
3. Gently simmer before adding in the roasted peppers. Add the bay leaves and stock. Simmer for 20 minutes.
4. Blend – Remove the bay leaf and puree with an immersion blender.
5. Make the pesto – Combine all the pesto ingredients and drizzle over the soup.

This is simply the best soup when served with a drizzle of Italian pesto, some fresh basil, homemade crusty bread, and/or a sprinkling of fresh chives and toasted pine nuts.

3 red bell peppers (roasted)

3 mini sweet peppers (Optional) - mixed colors for garnish (roasted)

8 Organic Tomato's or 28 oz canned San Marzano Tomatoes – whole (roasted)

1/2 sweet yellow onion – diced (Roasted)

6 cloves garlic - minced

1 pinch sea salt + more to taste

1 tbsp sweet smoked paprika

2 leaves bay

2.5 - 3 cups veggie stock or water (or chicken stock if you are not aiming for a vegan soup)

1/3 cup basil leaves - thinly sliced

1/4 cup pine nuts - toasted

2 tbsp fresh chives or parsley - for garnish

2 tsp water

#### **Parsley Pesto**

2 cups Italian parsley (leafy green tops)

3 Tbsp pine nuts (toasted)

2 Tbsp lemon juice

1 Tbsp nutritional yeast (Optional)

3 Tbsp extra virgin olive oil

4 cloves garlic

1 pinch sea salt

#### **Roast the Peppers:**

Preheat your broiler and place the sweet and red bell peppers on a broiler proof sheet pan. Roast them under the flames for a few minutes until charred all over and the skins have turned black...or on the bbq pit or in a cast iron roaster. Keep a close eye on them and using a pair of kitchen tongs turn the peppers to make sure all sides get nice and charred.

Transfer to a bowl and cover with a tea towel or a lid until cool enough to handle. (Alternately you can roast them on open flame on your stove top, but it might be a little messier that way)

Gently peel the charred skins off of the peppers and discard the core. Set aside until needed.

#### **Make the Soup:**

While your peppers are roasting start the soup. Preheat a heavy bottom soup pot on medium low flame. Add the diced onion with a pinch of sea salt and a light drizzle of olive oil (omit the oil and use water or veggie stock for WFPB Plantricious diets). Sautee together for about 10 minutes until wilted and translucent. Add the red pepper flakes, garlic and smoked paprika and give everything a good stir. Add the San Marzano tomatoes with all their juices.

Bring to a gentle simmer and add the roasted red peppers (reserve the mini sweet peppers for garnish) and bay leaves. Pour in the vegetable stock or water and bring to a simmer again. Cook together on medium low flame for 20 minutes. Remove the soup from the heat and discard the bay. Using a hand held immersion blender puree the soup until thin to your liking. Add more vegetable stock or water to thin out the soup as much as you like.

(Alternatively you can wait to add any water or veggie stock as the last step, some people prefer their soup to be very thick). Adjust seasoning to taste with more sea salt and serve with a drizzle of Italian parsley pesto and a few toasted pine nuts.

#### **Make the Parsley Pesto:**

Add all the pesto ingredients to a food processor and process until smooth to your liking. Add more lemon juice or olive oil to your liking. Drizzle over the soup and enjoy!

Storage - As all vegan soups this one also freezes well and keeps up to 5 months in freezer proof containers or mason jars. If storing in jars I recommend leaving the lid off until the soup is almost frozen then tightly secure each jar with the proper lid.

Can I use other tomatoes? - You can, however, as with all things involving canned tomatoes, I will strongly suggest using the San Marzano variety. There is no other tomato like the one grown in the fertile volcanic soils of the San Marzano region in Italy. They're fragrant, smooth, and naturally sweet - not acidic at all. This means there is never a need to add any sugars to your tomato soup or tomato sauce.

Is there an oil substitute for the pesto? - The soup is technically whole foods, plant based, and oil free. However, the pesto has some olive oil in the mix that can be replaced with water or veggie stock, if desired. Personally, I felt the pesto really needed a touch of oil to emulsify and become rich and silky.

Calories: 132kcal | Carbohydrates: 20g | Protein: 4g | Fat: 4g | Sodium: 189mg | Potassium: 731mg | Fiber: 5g | Sugar: 12g | Vitamin A: 4515IU | Vitamin C: 159.8mg | Calcium: 68mg | Iron: 2.9mg



### NACHO SOUP

1lb ground beef, cooked and drained of fat  
1C yellow onion, chopped  
1C green bell pepper, chopped  
3 cloves garlic, minced  
1 jalapeño, seeds removed and diced  
15oz corn, drained  
15oz black beans, drained and rinsed well  
15oz petite diced tomatoes, drained  
1 1/2 tsp chili powder  
1 1/2 tsp salt  
1 tsp ground black pepper  
1/8 tsp red pepper flakes  
3 1/2C chicken or beef broth  
8oz cheddar cheese, shredded  
1C heavy cream  
3-4Tb all purpose flour\*  
Green onions, chopped for topping

#### Directions:

To the bowl of a 5-6 quart slow cooker, add cooked beef, vegetables, beans, seasonings and broth. Stir gently to combine. Cover and cook on high for 4 hours or on low for 8 hours. When 4 hours is up, stir in shredded cheese. Whisk together flour and heavy cream until smooth. Pour into slow cooker, stir to combine. Cover and continue cooking for an additional 30 minutes.

Serve warm with chopped green onions and tortilla chips.



### Creamy Garlic Butter Tuscan Shrimp

Creamy Garlic Butter Tuscan Shrimp coated in a light and creamy sauce filled with garlic, sun dried tomatoes and spinach!

2 tablespoons salted butter\*  
6 cloves garlic, finely diced  
1 pound (500 g) shrimp (or prawns) -- tails on or off (or crab meat)  
1 small yellow onion, diced  
½ cup white wine (OPTIONAL)  
5 oz (150 g) jarred sun dried tomato strips in oil, drained  
1¾ cups half and half (or milk -- reduced fat, skim or full fat milk)\* \*SEE NOTES  
Salt and pepper, to taste  
3 cups baby spinach leaves  
⅔ cup fresh grated Parmesan cheese (do not include for dairy free option)  
1 teaspoon cornstarch (corn flour) mixed with 1 tablespoons of water (optional)  
2 teaspoons dried Italian herbs  
1 tablespoon fresh parsley, chopped

1. Heat a large skillet over medium-high heat. Melt the butter and add in the garlic and fry until fragrant (about one minute). Add in the shrimp and fry two minutes on each side, until cooked through and pink. Transfer to a bowl; set aside.
2. Fry the onion in the butter remaining in the skillet. Pour in the white wine (if using), and allow to reduce slightly. Add the sun dried tomatoes and fry for 1-2 minutes to release their flavors.
3. Reduce heat to low-medium heat, add the half and half and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.

4. Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce. (For a thicker sauce, add the milk/cornstarch mixture to the center of the pan, and continue to simmer while quickly stirring the mixture through until the sauce thickens.)
5. Add the shrimp back into the pan; sprinkle with the herbs and parsley, and stir through.
6. Serve over pasta, rice or steamed veg.

Half and half is made from equal parts light cream and milk. Feel free to use half light cream and half 2% milk (or full fat if not worried about calories and fat counts), in place of half and half. Alternatively, use all light cream or heavy cream. Substitute half and half with almond milk.



**Roasted Vegetable Fall Soup** (A soup I've made a million different ways and all good)

The beauty of roasted vegetable soup is that you can use the same basic recipe and add any vegetable combination you want to it and it will still turn out great.

Butternut Squash, Yellow Squash, Pumpkin, Tomato, Onion, Garlic, Peppers, Beets, Carrots and more. You can add cauliflower to bulk it up..but cauliflower only adds bulk, not flavor.

I basically fill one whole cookie sheet with vegetables and then add 1 cup of heavy cream.

..pretty much any single or combo of vegetables and then roast in the oven or on the BBQ grill till 75% black on the outside then puree in the blender...pour into a saucepan with heavy cream and your choice of seasonings and a bit of butter for flavor. Once it begins to bubble, its ready..but trust me..its even better on day 2.

So simple and so delicious..garnish with a swirl of sourcream and a sprig of basil.

Apart from the heavy cream this is so healthy and nutritious...add a grilled cheese sandwich..or a jalapeno popper grilled cheese sandwich and even a Barbarian will eat it.

Ive had this with chicken stock too and its really good like that..but I don't eat chicken or chicken stock anymore so its not necessary...but definitely a good addition.



**PUMPKIN SOUP**—Served in tiny pumpkins for our 2009 dinner party..and sooo good.

- 1 tablespoon butter
- 1 medium onion roughly diced
- 1 carrot peeled and roughly chopped
- 1 small sweet potato peeled and roughly chopped
- 2 pounds pumpkin peeled and deseeded, roughly chopped
- 5 cups water OR chicken stock
- ½ tablespoon brown sugar
- ½ teaspoon ground cumin
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg or less if you're not a huge fan
- Salt + pepper to taste
- 1 bay leaf
- Cream to taste (optional)

**Sauté the vegetables:**

Melt the butter in a large Dutch oven over medium heat. Add the onion, carrot, sweet potato and pumpkin and cook for 2-3 minutes.  
 Season the soup:  
 Season with brown sugar, nutmeg, cumin, ginger, salt and pepper. Roast the vegetables for another 3-4 minutes, stirring from time to time, until they are starting to soften and brown.  
**Cook the soup:**  
 Pour the chicken stock over the vegetables. Add the bay leaf and bring to a boil. Reduce the heat to a simmer and cook for 15 minutes.  
**Blend the soup:**  
 Take the pot off the heat and blend the soup until smooth. I like to use a stick blender when I'm short on time, but you can use a regular blender according to your manufacturer's instructions for hot liquids.  
**Finish the soup:**  
 Add the soup back over medium heat and heat through. Stir in cream to thin to your desired consistency, if desired. Warm for 2-3 minutes, then serve hot.



**Tortilla Soup from Dani & Pampered Chef** (Best ever)

- 1 can diced tomato or fresh equivalent
- 1 can green chilis
- 1 lb. chicken (diced or shredded)
- 28 oz Chicken Broth
- 2 cloves garlic
- ½ cup chopped onion
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 2 tablespoons cooking oil
- 1 bunch of cilantro
- Avocado
- Tortilla chips
- Grated Cheese

Heat Oil in pan. Cook chicken 3 min or until hot. Add onion, Garlic, Cumin, Chili Powder and cook 2 more minutes. Add tomatoes and green chilis and chicken broth. Cook until boiling. Simmer 10-15 min.

Throw some chips in the bottom of the bowl and ladle on the soup and top with cheese and avocado.



## SUMMER FRESH CORN AND ZUCCHINI CHOWDER

(which I had to search for after visiting Louisiana with Marks mom and his cousin made Corn Soup that was sooo good I wanted to repeat it..this isn't even close to hers..but is really good in a different way)

Creamy chowder loaded with fresh corn and zucchini is the best summer food! This lightened up chowder is made with fresh corn from the cob, no flour, and half and half.

1 Tbsp. butter  
2 strips bacon, chopped  
1 cup chopped yellow onion, about 1/2 large onion  
2 celery ribs, chopped (1/3 cup)  
1 medium carrot, peeled + chopped (1/2 cup)  
2 garlic cloves, minced  
1/2 tsp. dried thyme  
2 medium (1 lb.) russet potatoes, peeled, diced into 1/2-inch cubes  
4 cups water (or veggie stock)  
1 bay leaf  
4 ears of sweet fresh corn, husk + silk removed and kernels cut from cob (2 3/4 cup corn)  
1 medium zucchini, diced into 1/2-inch cubes, (1 1/2 cups)  
1 cup half and half  
Kosher salt and fresh ground black pepper  
Chopped fresh parsley, to garnish  
Cayenne pepper, to serve, optional

### Instructions

In a large heavy-duty bottom stockpot or dutch oven, melt butter over medium heat. Add bacon and cook until bacon renders its fat and begins to brown, about 3-4 minutes. Add onion, celery, carrots, garlic, and thyme; cook until vegetables begin to soften, stirring couple times, about 5 minutes. Add potatoes, water, and bay leaf. Raise the heat to medium high and bring to a simmer, then lower the heat back to medium and simmer for 8-10 minutes or until the potatoes are halfway cooked. Add zucchini and corn; season with salt and pepper, to taste, and simmer for additional 8-12 minutes or until the vegetables are completely tender. Discard the bay leaf and then transfer 2 cups of chowder to a food processor or blender; puree until smooth. Stir the mixture back into the pot. Add half and half and cook just until heated through. Taste for salt and pepper. Serve garnished with fresh chopped parsley and sprinkle of cayenne pepper, optional.

### Notes

To Make it Vegan: replace butter with 2 Tbsp. of olive oil, replace bacon with 1 1/2 tsp. smoked paprika or even better some type of southwest seasoning blend that has smoked paprika in it, such as this one ([affiliate link](#)). Lastly, replace the half and half with 1 cup full-fat unsweetened coconut milk (make sure to shake the can first). To make these substitutions, you would first heat the olive oil over medium heat, add the veggies (step 2), plus the smoked paprika. Cook until veggies are soft.



**Creamy Tortellini Soup** (So good, came from Pinterest and now we make it ALL THE TIME)

You need frozen tortellini to stand up to the long cooking time. If you can't find it, reduce the cooking time by half for dried and even more for refrigerated. Also, if you are not using "Italian Style" tomatoes, you will need to add some spices.

- 1 lb ground sausage, (Jimmy Dean Hot-pre cook it)
- 1 (8 oz) block cream cheese or neufchatel (less fat)
- 1 (19oz) bag frozen cheese tortellini
- 1 bag fresh spinach (Put in whole or chop it up)
- 2 (14.5 oz) cans Italian style diced tomatoes
- 4 cups chicken broth

Brown the sausage and put into the crockpot with the cream cheese. Stir around a bit to break up the cream cheese and get it to start melting (this will help prevent lumps). Add in the rest of the ingredients. Set temp to low and cook for 3-4 hours (check pasta texture at 3 hours).



**Kathy Jones Chicken Soup** (New as of 1994 Diman family tradition with leftover thanksgiving turkey-came from CJ's former step-mom) 2021 Stefani Ferguson/Jones asked if I had this recipe)

- ¼ cup butter
- ½ cup diced onions
- ½ cup diced carrots
- ½ cup celery
- ¼ cup flour
- ¼ teaspoon baking soda
- 1 quart of milk
- 1 quart of chicken stock
- Salt and pepper to taste
- 1 cup velveeta cheese grated
- Meat from 1 whole chicken (or turkey)

Sautee onions, garlic, carrots and celery in butter then add mixture of cooked chicken, broth, milk, flour, baking soda and salt and pepper, then simmer for 1 hour or slow cook for 6 hours add velveeta (or cheddar) 15 minutes before serving.

Note: Add 1 lb of cooked bacon for a little an unexpected surprise or 1 packed of Ranch Seasoning to change it up a little.



## **One Pot White Chicken Lasagna Soup** (also good with ground beef or chopped pork)

### INGREDIENTS

1 pound boneless skinless chicken breasts, chopped  
3 tablespoons olive oil, divided  
3 tablespoons butter  
1 large onion, chopped  
2 carrots, peeled and sliced  
1 green bell pepper, chopped  
4-6 cloves garlic, minced  
1/3 cup flour  
9-11 cups low sodium chicken broth, divided  
3 tablespoons cornstarch  
15 oz can cannellini beans, rinsed and drained  
1 tablespoon chicken bouillon  
1 tsp EACH dried parsley, dried basil  
1/2 tsp EACH dried oregano, dried thyme, salt, pepper  
2 bay leaves  
dash- 1/4 teaspoon red pepper flakes (optional)  
10 uncooked lasagna noodles broken into approx. 1-2 inch pieces\*  
2-3 cups half and half (may substitute fat free evaporated milk)  
1/2 cup heavy cream (optional)  
10 oz chopped frozen baby spinach, thawed  
1 cup freshly grated Parmesan cheese  
Cheese Garnish  
shredded mozzarella cheese  
freshly grated Parmesan cheese  
ricotta cheese

Easy One Pot White Chicken Lasagna Soup - my family LOVES this soup! It tastes just like creamy white chicken lasagna without all the layering or dishes! Simply saute chicken and veggies and dump in all ingredients and simmer away!

Heat 1 tablespoon olive oil in a large Dutch oven/soup pot over medium high heat. Add chicken and cook until almost cooked through. Remove to a plate.  
Melt butter with 2 tablespoons olive oil in the now empty pot and heat over medium high heat. Add onions and carrots and cook, while stirring, for 3 minutes. Add bell pepper and garlic and cook for 1 minute. Sprinkle in flour then cook, stirring constantly for 3 minutes (it will be thick).

Turn heat to low and gradually stir in 8 cups chicken broth. Whisk 3 tablespoons cornstarch with 1 cup additional chicken broth and add to soup. Stir in chicken, beans, chicken bouillon and all remaining herbs and spices. Stir in lasagna noodles.

Bring to a boil then reduce to a simmer until lasagna noodles are tender, stirring occasionally so noodles don't stick to bottom (approximately 20-30 minutes).

Turn heat to low, discard bay leaf and stir in half and half, optional heavy cream and spinach and warm through. Stir in 1 cup Parmesan cheese until melted. Stir in additional half and half or broth if desired for a less "chunky" soup. Season with additional salt and pepper to taste. Garnish individual servings with desired amount of cheeses.

### RECIPE NOTES

\*I love lasagna noodles in this recipe - they are slurpicious! Don't worry about them breaking evenly - you won't notice once they cook. You can also replace the noodles with 2 1/2 cups uncooked small shells if desired and simmer for less time.



\*\*If you want to omit the heavy cream but still would like a thicker soup then I suggest whisking 2 teaspoons cornstarch with some of the chicken broth and adding to the soup to simmer and thicken.



**Slow Cooker Cheeseburger Soup** (From Katy, not that she ever cooked..ever but I guess someone gave her the recipe and she thought it good enough to give me and insist that I try it)

- Butter
  - 1 clove garlic, minced
  - 1 medium onion, chopped finely
  - 1/4 cup celery, chopped finely
  - 1 lb ground beef
  - 2 tbsp all purpose flour
  - 3 cups beef broth
  - 1 cup evaporated milk
  - 8 oz low fat cheddar or colby cheese
  - 1/2 tsp paprika
  - 1/4 tsp table salt
  - 1/8 tsp black pepper
  - baked low fat tortilla chips
1. Melt butter in skillet
  2. Add onion, garlic and celery to skillet, cooking until vegetables are tender, about 5 minutes.
  3. Spray your slow cooker with cooking spray and pour in vegetables.
  4. Add ground beef to the same skillet you used for the veggies and brown ground beef until cooked through.
  5. Drain ground beef and add to slow cooker.
  6. In small cup, mix together flour and 1/2 cup of the broth and stir until smooth.
  7. Add flour and broth mixture to the skillet along with the remaining 2 1/2 cups of broth.
  8. Bring to a simmer, and stir well, including any of the browned bits in the slow cooker left from the beef ~ then transfer to broth mixture to the slow cooker.
  9. Add evaporated milk, cheese, paprika, salt and pepper to the slow cooker.
  10. Cover and cook on low for two hours.
  11. Put a few chips in the bottom of your bowl then add soup and a few more crumbled soups & top with cheese
  12. Makes 6-8 servings



**Rhonda Considine's Gnocchi Soup (really good)**

Cook gnocci in salted water until it rises to the top (about 3 minutes).  
Drain and plunge in cold water and set aside.  
Melt 2 tablespoons butter and add garlic (1 Tablespoon chopped) and cook for 1 minute.  
Add 1 lb. tomatoes seeded and diced  
1 lb. mushrooms and cook about 4 minutes.  
6 Basil leaves, chopped.  
Add 16 oz heavy whipping cream and parmigiana-reggiano cheese (1 cup) and simmer until sauce thickens-add gnocci and cook until just warm.



### **Mom's Broccoli Soup (from Mom, Loretta)**

20 oz fresh or frozen broccoli (diced)  
1 diced onion  
3 diced carrots (can be grated or sliced)  
1 cup chopped celery (can be diced or pureed)  
1 tablespoon margarine or butter  
3 cups chicken broth  
Salt  
Pepper  
Garlic , 2 cloves pureed  
Fresh Parsley  
Fresh Basil

Then, Melt 3 tablespoons butter in skillet and add enough flour to make a thick paste. Slowly add enough milk to make the gravy like consistency. Add ½-1 lb. Velveeta cheese until melted. Then when melted add to the vegetables in soup pot and simmer on low.



### **French Onion Soup (from Mom)**

¼ cup butter  
4 cups thinly sliced onions  
1 teaspoon sugar  
1 teaspoon salt  
1/8 teaspoon black pepper  
3 tablespoons flour  
2.5 cups beef broth  
2 cups water  
2 tablespoons sherry  
1 cup slivered white gruyere cheese  
French Bread, toasted and cubed.  
Parmesan Cheese

Melt Butter in heavy saucepan add onions, cover and cook over low heat for 15 min. Stir in sugar, salt and pepper. Cook until onions are golden brown. Remove from heat. Stir in flour, water, broth and sherry. Stir constantly until well blended. Simmer for 30 min. Pour into oven proof bowls. Top with toasted French bread and Cheese. Broil until cheese is melted.



### **Slow Cooker Pasta e Fagioli Soup**

- 1 tablespoon extra virgin olive oil
- 1 pound lean ground beef
- 2 whole carrots, diced
- 4 celery stalks, diced
- 1 medium onion, diced
- 28 ounce can crushed tomatoes
- 2 cans (14.5 ounces each) beef broth
- 2 whole bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil (fresh is always best)
- ½ teaspoon dried thyme
- salt and pepper to taste (I added 1 tsp salt and ¼ teaspoon pepper)

A dash of cayenne pepper  
3 tsp. oregano  
2 tsp. pepper  
5 tsp. parsley

1 tsp. tabasco sauce (optional)  
 1 (20 ounce) jar spaghetti sauce

- 1 can (15 ounces) cannellini beans, drained and rinsed
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1 cup ditalini pasta, uncooked

- 1.Add olive oil to a large skillet and add in ground beef. Cook until browned and no longer pink.
- 2.Place the beef in a slow cooker along with the rest of the ingredients except for the beans and pasta.
- 3.Cook on low for 7-8 hours or high for 3-4 hours. 30 minutes before serving stir in beans and pasta.
- 4.Season with salt and pepper to taste. Discard bay leaves before serving.
- 5.Serve immediately while hot.



**Cabbage Soup for New Years**

3 cups chicken broth (homemade is best) (Lori subs Vegetable stock)  
 2-3 cups cabbage chopped into 1 inch squares ish (or add an extra cup of broth and use the whole head)  
 2 garlic cloves, minced  
 1 small yellow onions or 1 small vidalia onion  
 1 tablespoon tomato paste (and or or 1 can diced tomatoes or 2 whole diced fresh tomatoes)  
 1/2 cup grated carrot (or chopped fine)  
 1/2 cup chopped zucchini  
 1 (10 ounce) box frozen chopped spinach or fresh  
 1/2 teaspoon basil  
 1/2 teaspoon oregano  
 salt & pepper  
 1 pkg. lipton onion soup mix (optional, saw it in another recipe)  
 1 lb. cooked jimmy dean breakfast sausage

- Spray a large sauce pan with non stick cooking spray.
- Saute garlic, onions and carrots for 5 minutes.
- Add broth, tomato paste, green beans, basil, oregano, salt and pepper.
- Simmer for a about 5-10 minutes until all vegetables are tender.
- Add the zucchini and simmer for 5 minutes longer.
- Add frozen spinach and continue heating until the soup is steaming hot.
- Add Jimmy Dean Hot Breakfast Sausage (or leave it out for a vegetarian dish)



### **Wild Mushroom Soup (Gwen's Recipe and it is EXCELLENT)**

3 tablespoons butter  
2 large shallots, diced  
1 1/2 pounds mixed wild mushrooms (such as cremini, shiitake and oyster), sliced  
1 tablespoon chopped fresh thyme  
Dash of nutmeg  
3 tablespoons all-purpose flour  
7 cups low-sodium chicken broth (such as Pacific Natural Foods)  
3/4 cup heavy cream  
1/4 cup dry sherry  
2 teaspoons salt  
1/8 teaspoon black pepper  
1/4 cup parsley, chopped

Melt butter in a large, lidded pot over medium heat. Add shallots and saute for 2 to 3 minutes, or until softened. Add mushrooms and thyme and cook 8 minutes. Sprinkle in flour and cook 2 minutes, stirring constantly. Add stock and bring to a boil. Turn down to a simmer, cover and cook 15 minutes.

Stir in heavy cream, sherry, salt and pepper, and bring to a simmer (do not boil). Mix in parsley and serve, reserving 2 cups for the Green Beans & Brussels Sprouts (find recipe on [familycircle.com](http://familycircle.com)).

Nutrition Information for Wild Mushroom Soup

Servings Per Recipe: 8

Per Serving: 494 mg sodium, 145 kcal cal., 11 g carb., 10 g pro., 32 mg chol., 10 g Fat, total, 6 g sat. fat, 1 g fiber



**Summer Corn Chowder** (still trying to find that cajun goodness from Marks family, this is good, but not like Beryl's niece made-I guess I just don't have enough swamp people in me)

8 ears fresh sweet yellow corn , husked and silks removed and kernels cut from cob  
3 Tbsp butter  
5 slices bacon , cut into 1/4 to 1/2-inch pieces  
1 medium yellow onion chopped (1 1/2 cups)  
1/4 cup all-purpose flour  
1 clove garlic , minced  
5 cups water  
1 lb Yukon Gold potatoes , cut into 1/2-inch pieces  
1/2 tsp dried thyme  
1 bay leaf  
Salt and freshly ground black pepper  
1 cup half and half  
1 Tbsp honey  
2 - 3 Tbsp chopped fresh chives  
Shredded cheddar cheese , for serving (optional)

Melt butter in a large pot over medium heat. Add the onion and bacon and cook, stirring frequently, until onion has softened and just starting to brown around edges, about 8 - 10 minutes. Add in the flour and garlic and cook 1 1/2 minutes. While whisking, slowly pour in 5 cups water.

Bring mixture to a boil, stirring constantly, then stir in corn kernels and potatoes. Add in thyme and bay leaf and season with salt and pepper to taste. Bring to a light boil, then

reduce heat to medium-low and allow to simmer, stirring occasionally, until potatoes are tender, about 20 minutes.

Remove bay leave then transfer 2 1/2 cups of the chowder to a blender and blend until smooth. Stir the mixture back into the pot then stir in half and half and honey. Sprinkle each serving with chives and optional cheddar.



**Autumn Bisque** (from the chef who catered our private party—and OH SO GOOD)

**The Butter Dollup for the Garnish or for complimenting cornbread:**

- 1/4 cup dairy-free spreadable margarine
- 2 teaspoons minced fresh chives
- 2 teaspoons minced fresh parsley
- 1/2 teaspoon grated lemon zest

**Bisque:**

- 2 tablespoons olive oil
- 2 large rutabagas, peeled and cubed (about 9 cups)
- 1 large celery root, peeled and cubed (about 3 cups)
- 3 medium leeks (white portion only), chopped (about 2 cups)
- 1 large carrot, cubed (about 2/3 cup)
- 3 garlic cloves, minced
- 7 cups vegetable stock
- 2 teaspoons minced fresh thyme
- 1-1/2 teaspoons minced fresh rosemary
- 1 teaspoon salt
- 1/2 teaspoon coarsely ground pepper
- 2 cups almond milk
- 2 tablespoons minced fresh chives

Butter: Mix first 4 ingredients. Using a melon baller or 1-teaspoon measuring spoon, shape mixture into 12 balls. Freeze on a waxed paper-lined [baking sheet](#) until firm. Transfer to a freezer container; freeze up to 2 months.

Bisque: In a 6-qt. stock pot, heat oil over medium heat; saute rutabagas, celery root, leeks and carrot for 8 minutes. Add garlic; cook and stir for 2 minutes. Stir in stock, herbs, salt and pepper; bring to a boil. Reduce heat; simmer, covered, until vegetables are tender, 30-35 minutes.

Puree soup using an immersion blender. Or cool slightly and puree in batches in a blender; return to pan. Stir in milk; heat through. Removed herbed margarine from freezer 15 minutes before serving. Top servings with chives and margarine



**Taco Soup**-From Sarah Pechal, Whispering Pines Neighbor, and I LOVE it.

- 2 lbs Ground Beef, cooked (good in soup when you chop in food processor after cooking)
- 1 Large Onion, chopped fine
- 2 Cloves Fresh Garlic, minced
- 1 can (15 oz) Pinto Beans, rinsed and drained
- 1 can (15 oz) red kidney beans, rinsed and drained
- 1 can (16 oz) whole kernel corn, drained
- 1 can Mexican style diced tomatos, (do not drain)
- 1 can Rotel tomatos
- 1 packet Taco Seasoning Mix
- 1 Packet Dry Ranch Seasoning Mix

3 Cups Beef Broth

Throw it all together in a pot and simmer.

Top with shredded cheese and a sprig of fresh cilantro.

Serve with Tortilla chips or Fritos.



### **Olive Garden Copy Cat Zuppa Toscana**

6 oz bacon, chopped

1 lb Italian Sausage, The "Hot" variety

1 medium head garlic, 10 large cloves, peeled and minced or pressed

1 medium onion, finely diced

4 cups chicken broth/stock, (32 oz)

6 cups water, (48 oz)

5 medium russet potatoes, peeled and chopped into 1/4" thick pieces

1 kale bundle, leaves stripped and chopped (6 cups)

1 cup whipping cream

Salt and black pepper to taste

Parmesan cheese to serve, optional

In a large pot or dutch oven (5.5 qt), over medium-high heat, add chopped bacon and sauté until browned (5-7 mins). Remove bacon to a paper-towel lined plate and spoon out excess oil, leaving about 1 Tbsp oil in the pot.

Add Italian sausage, breaking it up with your spatula and sauté until cooked through (5 min). Remove to paper towel lined plate.

Finely dice onion and add to the pot. Saute 5 min or until soft and golden then add minced garlic and saute 1 min.

Add 4 cups broth and 6 cups water, and bring to boil. Add sliced potatoes and cook 13-14 min or until easily pierced with a fork.

When potatoes nearly done, add chopped kale and cooked sausage and bring everything to a light boil.

Stir in 1 cup cream and bring to boil. Season to taste with salt and black pepper then remove from heat. Garnish with bacon and grated parmesan.

# Lobe Logic

## Lobe Lifting Heavy Earring Support Hooks



*Just loop the lobe lifter over your ear  
and insert your earring through your ear  
and the bottom hole in the lobe lifter.*

[www.lorilogic.com/jewelry](http://www.lorilogic.com/jewelry)  
LoriLogicLand - Etsy