



Salem Lenten Soup Supper Recipes

Try any of these tried and true soup recipes that were enjoyed at Salem's Lenten soup supper.

Check back as more recipes will be added.



Sandy's Rotel Soup

Add some spice to your life!

Perfect with crusty bread and a cold glass of milk.

- 1 lb browned ground beef
- 1 can chili beans
- 1 can whole kernel corn
- 1 can Rotel (original/mild)
- Chopped onion
- Chili powder to taste

Put in crockpot and cook all day on low. Double recipe for large crockpot



Swenson's Chicken Wild Rice Soup

Low fat, delicious and oh so easy!

- In 4 qt crockpot :
- 2 frozen chicken breasts
- 1 small bag baby carrots
- 1/3 pound wild rice (squeeze the bag and pour out)
- ¼ c dry soup base

Fill to about 4 inches from top with water. Cook on low all day.

An hour before supper, mash carrots and chicken with potato masher. Fill 2 cup measuring cup with ¾ c up flour, then fill remainder of cup with milk. Stir till smooth.

Pour more milk into crockpot, a few inches from top. Stir in flour/milk mixture and cook another hour on high.

I add garlic powder and onion powder at the beginning.



Kim's Lemony Lentil Soup

A meatless, satisfying soup. Makes 8 servings

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| 2 tsp canola oil | 1 tsp dried basil |
| 1 small chopped onion | 1 tsp dried thyme |
| 1 large carrot, peeled and chopped | 1 tsp salt |
| 2 cloves garlic, minced | 8 C chopped kale leaves (about 6 oz) |
| 2 stalks celery, chopped | 3 Tbsp fresh lemon juice |
| 1 tsp finely grated lemon peel | 1 16 oz pkg green (or other) lentils |
| 12 C low-sodium chicken broth, | |
| plus more as needed | |

Heat oil in 6 qt pot over medium high heat. Cook onion, stirring, 3-5 mins or until softened and translucent. Add the carrot, celery and garlic. Cook, covered, stirring occasionally for 5 mins or until the carrots are soft. Add broth, lentils, basil, thyme and salt. Bring to boil, Reduce heat to low; add kale. Cook 30-35 mins or until lentils are tender, adding additional broth if necessary. Stir in lemon juice and top with grated peel before serving.

Each serving: 313 cal, 4 g fat, 0 mg chol, 445 mg sodium, 48 g carb, 19 g fiber, 24 g protein