

Salem Does Soups



Salem Lutheran Church
Hermantown, MN
February 2018
Updated February 2020

Wednesday soup suppers- what's not to love about them during Lent? The smells of different kinds of soups mingle with the ever-present smell of coffee - the strong Lutheran kind. You never know what types of soups will be offered each Wednesday, but you will want to try them all. Each serving is passed to you with a smile and an "Enjoy!". If you are not too late, there will be crusty bread and butter to complement your soup.

There is a low din of chatter as folks catch up with each other. One of the things Salem does well is fellowship. We are a friendly bunch. If you come in a stranger, you will leave with many new friends. Toddlers are keeping parents busy as they explore the family room while older children grow tired of sitting quietly and eventually a game of tag is in the works.

After soup supper it is time for Lenten Worship. For the past many years, we have been using Holden's Evening Prayer for our Wednesday Lenten Worship. However, this year, we will remain in the family room for "Lent In a Bag". There will be a devotion, an object lesson and music. There will be a written piece for you to take home for further refection, devotion and discussion.

The recipes in this booklet come from our Lenten Wednesday soup suppers. You can use this booklet if you are ever asked to "bring a pot of soup"! Or if you need something comforting on a cold winter evening.

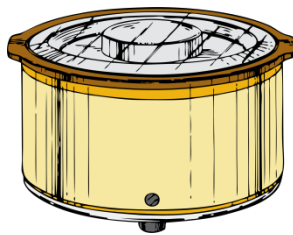
Enjoy!

EASY CROCKPOT TACO SOUP

Christa Scheider

- 1 lb ground beef
- 1 can black beans
- 1 can black-eyed peas
- 1 can chili beans
- 1 can garbanzo beans
- 1 can fiesta corn (Mexican style)
- 1 packet taco seasoning
- Sour cream or shredded cheese if desired.

Brown ground beef, drain, put in crockpot
Empty all cans into crockpot – do not drain.
Add taco seasoning and stir.
Cook on Low for 8 hours, stirring occasionally.
-Great with sour cream or cheese.



ZUCCHINI SOUP

Judy Hane

Here is a great way to use your over-abundance of summer zucchini!

1/2 lb bacon, diced
1 green pepper, diced
1 med onion, diced
3 C. celery, diced
3 C. carrots, diced
3 cans mushrooms, chopped and drained
2 qt tomatoes
1 med. can tomato paste or 2 small cans
1 large zucchini, peeled and largely diced
3 qts water
5 beef bouillon cubes
3 tsp salt
3/4 tsp allspice
1/4 tsp pepper
3 tsp sugar
1 1/2 tsp dried sweet basil

Brown bacon and onion, drain. Add rest of ingredients except zucchini. Simmer for 1 hour. Add zucchini and cook till tender, about 30 minutes. Adjust spices to your taste. This can all be put into crock pot to cook all day. This tastes better the next day. Enjoy!

ZUPPA TOSCANA

Better than Olive Garden's!

1 lb Italian sausages (use spicy!)
4-6 Russet potatoes, chopped
1 onion, chopped
¼ cup real bacon pieces (optional)
2 Tbsp minced garlic (3-4 cloves)
32 oz. chicken broth
1 C kale or Swiss chard, chopped
1 C heavy whipping cream
2 Tbsp flour

Brown sausages in saute pan; cut in half lengthwise, then cut slices. Place sausage, broth, garlic, potatoes and onion in slow cooker. Add just enough water to cover the vegetables and meat. Cook on high 3-4 hrs or low for 5-6 hrs until potatoes are soft.

30 minutes before serving:

Mix flour into cream, removing any lumps. Add the cream and kale to the crock pot; stir. Cook on high 30 minutes or until broth thickens slightly. Add salt, pepper and cayenne to taste. Add bacon if desired.

THAI COCONUT LIME SOUP

Jean Witte

Oh my goodness, this is so good!

1 Tbsp vegetable oil
1 Tbsp grated fresh ginger
2 garlic cloves, minced
¼ to ½ tsp red pepper flakes
1 lb carrots (6-8 medium), peeled, halved
lengthwise and thinly sliced
1 can coconut milk
1 Tbsp cornstarch
4 oz angel-hair pasta
1 ½ lbs large shrimp, peeled, deveined and tails
removed
¼ C fresh lime juice
Coarse salt
4 scallions, thinly sliced

In a large saucepan over medium low heat, heat oil. Add ginger, garlic and pepper flakes; cook stirring, until fragrant, about 1 minute. Add carrots, coconut milk and 3 C. water.

In a small bowl, mix cornstarch with 2 Tbsp water until smooth; stir into mixture in pot. Bring to a boil.

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Break pasta in half, add to pot. Return to a boil, reduce heat to medium and simmer until pasta is al dente and carrots are just tender, 3 to 4 minutes.

Add shrimp, stir until opaque, about 1 minute. Remove pot from heat and stir in lime juice; season to taste with salt.

Ladle into service bowls and garnish with scallions.

TIP: Don't be afraid to play around with amounts of lime juice, ginger, etc. Use chicken instead of shrimp. Use rice instead of pasta. It's all good!



You'll find a number of chili recipes in this booklet; each with their own flair.

TURKEY CHILI

Judy Hane

1 lb. ground turkey, browned and drained
1 can kidney beans
1 can chick peas
1 can black beans
Tomato sauce – 28 ounces
1 can Rotel
1 med chopped onion

Season with garlic powder, chili powder Tabasco, bit of cumin to your taste. Simmer for couple of hours.



Don't have a hamburger soup recipe? Find one you like! There are many versions. And all are so easy and quick.

HAMBURGER SOUP

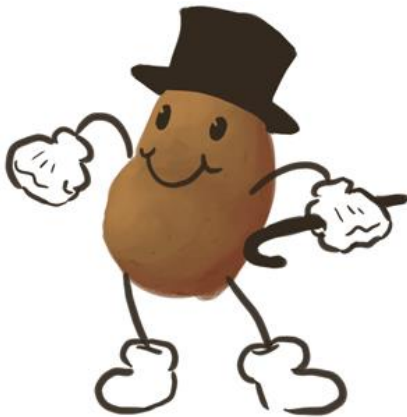
1 lb. hamburger
¼ C. uncooked rice
1 C. chopped onion
1 tsp dried thyme
1 C. cubed raw potatoes
1 small bay leaf
1 C. sliced raw carrots
1 tsp dried basil
½ C. sliced celery
6 C. water
½ C. shredded cabbage
3 tsp salt
1 can (2 ½) tomatoes
½ tsp pepper

Brown hamburger and onion. Add potatoes, carrots, celery, cabbage and tomatoes. Bring to a boil. Add rice and rest of ingredients. Cover and simmer for 1 hour. When serving, sprinkle with cheese.

POTATO SOUP

4 med. diced potatoes
2 tsp minced parsley
1 large diced onion
2 tsp salt
½ C. diced celery
Dash of pepper
1 ¼ C. water
½ C. shredded carrots
3 C. milk

Combine diced vegetables and water. Cover and simmer 45 minutes or till done. Mash veg. Add milk, salt, and pepper. Before serving float parsley and crisp bacon pieces. Serves 6



SPLIT PEA SOUP WITH HAM

Linda Siemsen

Freeze your ham bone and use it to make this delicious all-American soup.

- 1 ham bone
- 1 lb. split peas, yellow or green
- 1 med. onion, chopped
- 1 clove garlic, chopped
- 6 C. water
- 2-3 carrots, finely chopped
- 1 – 32 oz carton of chicken stock

In large kettle cover ham bone with water and simmer about 2 hours until meat easily comes off bone .Remove bone and cut off ham. Return ham to kettle. Add peas, onion, carrots and pepper to taste. Simmer covered, stirring often until peas are creamy. Add salt to taste.

SLOW COOKER PASTA E FAGIOLI SOUP

Linda Siemsen

1 T. olive oil
2 bay leaves
1 lb. lean ground beef
1 tsp basil
2 carrots, sliced
1 tsp thyme
4 ribs celery, diced
Salt and pepper
1 med. onion, diced
1 can cannellini beans, rinsed & drained
28 oz. can crushed or chopped tomatoes
1 can red kidney beans, rinsed and drained
2 14.5oz cans beef broth or stock or 1 quart of stock
1 C Ditalini pasta, uncooked (Barilla brand, buy at Walmart)

Brown beef in olive oil. Place in slow cooker with rest of ingredients except pasta and beans. Cook on low for 6-8 hours or 3-4 hours on high. Thirty minutes before serving add beans and pasta. Remove bay leaves.

WILD RICE SOUP

A Minnesota standard!

Chop, brown and drain -

6 slices bacon

1 med. onion

Heat and add - 1 can cream of chicken soup

1 can cream of potato soup

4 soup cans of milk

Cook and drain - 1/2 cup wild rice and add to the above mixture.

Add parsley for garnish.

HAMBURGER SOUP

Mary Larson

1 ½ lb. hamburger

2 C. crushed tomatoes

1 – 15 oz. tomato sauce

4 C. water

1 package frozen mixed veggies

2 T. sugar

Salt and pepper to taste

Simmer for 1 hour or longer.

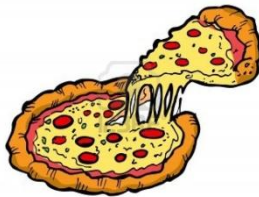
Like pizza? Of course you do! You will love this soup!

PIZZA SOUP

Judy Hane

- 1 ½ lb. ground beef
- 1 small onion, chopped
- 1 C. sliced or 1 can mushrooms
- 1 green pepper, cut into strips
- 2 – 28 oz. can tomatoes
- 2 C. beef broth
- 1 C. sliced pepperoni
- 1 tsp dried basil
- ½ C. catsup
- Shredded Mozzarella cheese

Brown ground beef; drain. In large kettle, cook beef, onion, mushrooms and green pepper until vegetables are almost tender. Stir in tomatoes, broth, pepperoni and basil. Cook until heated through. Ladle into ovenproof bowls; top with cheese. And microwave until cheese melts and is bubbly. Makes 6 cups.



This is way too good to be low-cal.

LOW CALORIE CHICKEN TACO SOUP

1 can black beans
1 can kidney beans
1 med. onion, chopped
2 chili peppers, chopped
1 can tomato sauce
10 oz. package of frozen corn
2 cans diced tomatoes with chilies
1 Tbs chili powder
1 package low sodium taco seasoning
24 oz. boneless, skinless chicken breast
¼ C. cilantro

Combine all ingredients except chicken in crock pot. Place chicken on top and cook on high for 5 hours. Remove chicken, shred and return to crock pot and stir. Cook on low for 1 hour. Serve over rice or by itself and enjoy.

TURKEY SOUP

2-3 lbs. raw turkey parts
2 celery ribs, sliced
Water to cover – about 2 qts.
½ C. sliced onion
1 ½ tsp salt
1 ½ C. sliced carrot
½ tsp pepper
½ C. rutabaga, chopped
½ tsp basil leaves
Couple dashes allspice
1 tsp dried parsley
1 package dry noodles

Place raw turkey parts in soup kettle. Add water, seasoning, celery and onion. Simmer slowly until meat is tender, about 3 hours. Remove turkey from bones, and return meat to kettle. Add carrots and rutabagas to broth. Simmer 30 minutes. Add noodles and cook till tender. Makes 8 servings.

SANDY'S ROTEL SOUP

Sandy Johnson

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

Chris Swenson



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 $\frac{3}{4}$ cup 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

Kim Settergren

A meatless, satisfying soup.

Makes 8 servings

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.

CROCK POT CHICKEN TACO CHILI

Carol Christenson

The perfect slow cooker dish because you just dump all the ingredients in, turn it on and come back to the best tasting meal!

- 1 small onion, chopped
- 1 (15.5 oz) can black beans, drained
- 1 (15.5 oz) can kidney beans, drained
- 1 (8 oz) can tomato sauce
- 10 oz package frozen corn kernels
- 2 (10 oz) cans diced tomatoes w/chilies
- 4 oz can chopped green chili peppers, chopped
- 1 packet taco seasoning or make your own- read below.
- 1 tbsp cumin
- 1 tbsp chili powder
- 3) boneless skinless chicken breasts
- 1/4 cup chopped fresh cilantro

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To make your own taco seasoning, omit the taco packet, cumin and chili powder and use below instead:

- 1 1/2 tablespoons cumin
 - 1 1/2 tablespoons chili powder
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon onion powder
 - 1/4 teaspoon dried oregano
 - 1/2 teaspoon paprika
 - 1 teaspoon kosher salt
 - ½ teaspoon black pepper
1. Combine beans, onion, chili peppers, corn, tomato sauce, diced tomato, cumin, chili powder and taco seasoning in a slow cooker and mix well.
 2. Nestle the chicken in to pot; completely cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours.
 3. Half hour before serving, remove chicken and shred.
 4. Return chicken to slow cooker and stir in.
 5. Top with fresh cilantro and your favorite toppings!

GLUTEN FREE CAULIFLOWER CREAM SOUP

Carol Christenson

1 head cauliflower, chopped
2 large potatoes, peeled and chopped into cubes
2 carrots, chopped
1 large yellow onion, chopped
4 garlic cloves, minced
4 cups vegetable broth
1 cup Milk
Dash freshly ground pepper
Pinch salt
Chopped fresh herbs, to garnish (such as dill or parsley)

Heat up oil in large pot. Add the onion and garlic and cook for a few minutes, or until onion is lightly brown. Stir in potatoes and carrots; cook a few minutes more. Pour in broth and bring to a boil. Stir in chopped cauliflower; cover with lid; reduce heat and simmer until vegetables are tender, about 10 to 20 minutes. Remove from heat.

Puree soup in batches in blender or food processor. Or in the pot using a hand blender (I use my Kitchen Aid hand blender). Return pot to stove on low heat and stir in milk, salt and pepper. Serve warm, garnished with herb of your choice. I like to top with shredded cheese (or course!) and bacon crumbles. Is easily heated up the following day and freezes well.

VEGETABLE BEEF BARLEY SOUP

Brown ½ lb ground beef, ½ C. chopped onion and 1 clove garlic, minced. Drain.

Stir in – 5 C. water

1 14 oz can tomatoes

¾ C. quick barley

½ C. sliced celery

½ C. sliced carrots

2 beef bouillon cubes

½ tsp dried basil

1 bay leaf

Bring to a boil and simmer for 10 minutes.

Add – 1 9 oz pkg frozen mixed vegetables. Cook until vegetables are tender. Add more water if too thick.

WILD RICE SOUP

JoDean Carlson

Chop, brown and drain -

6 slices bacon

1 med. onion

Heat and add - 1 can cream of chicken soup

1 can cream of potato soup

4 soup cans of milk

Cook and drain - 1/2 cup wild rice and add to the above mixture.

Add parsley for garnish

LADY BIRD'S CHILI

Doesn't get much easier than this.

Brown: 2 lbs chili meat (you will find in grocery
meat department)

1 large onion, chopped

1 clove garlic, minced

Add: ½ tsp ground oregano

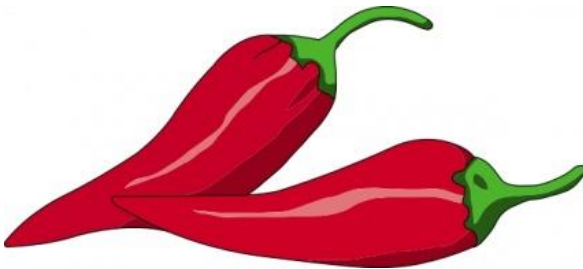
½ tsp cumin

3 T. chili powder

1 can Rotel

1 C. hot water

Simmer 1 hour. Skim off fat while cooking.



SPRING VEGETABLE SOUP WITH ORZO

Judy Hane

2/3 C. orzo (find it in the pasta aisle)

3 cartons chicken broth

½ C. chopped onions

1 large carrot, diced

1 ½ C diagonally sliced asparagus, bite-sized pieces

1 C. frozen green peas

4 medium scallions, sliced

2 T. lemon juice

¼ tsp salt

¼ tsp ground pepper or to taste

Bring broth to a boil in large saucepan over high heat. Add carrots, cook 7 minutes.

Add asparagus and frozen peas, cook till tender, about 3 minutes

Remove from heat; stir in lemon juice, salt and pepper.

Add orzo before serving and cook for 7-8 minutes.

Change flavor by adding 1/3 C. fresh parsley or 1/3 C chopped dill.

Serve with grated Parmesan cheese sprinkled on top

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WHITE CHICKEN CHILI

8-12 oz Monterey Jack cheese, shredded
48 oz Great Northern white beans – don't drain
1 lb cooked and cubed chicken (about 3 breasts)
16 oz milk only salsa – Pace smooth
1 small onion, chopped
1 can chicken broth

Mix all together in crockpot. Cook on low for 2-3 hours.

CREAM OF POTATO SOUP

1 box chicken broth
1 can Cream of Chicken Soup
1 bag diced frozen hashbrowns
1/8 tsp pepper
¼ C. Onion, chopped
1 C. or more carrots, chopped
Cook on high in crockpot 4-5 hours. Add
8 oz cream cheese and cook for 1 hour more.

CREAMY CHICKEN WILD RICE SOUP

Jan Huston

In medium skillet, heat 2 T. vegetable oil. Lightly brown 1 C. chopped onion, ½ C. finely chopped celery and 1 ½ C chopped mushrooms.

In large saucepot over medium heat add 4 C. whole milk, 5 C. chicken stock, ¼ tsp ground thyme; gently boil. Stir in Shore Lunch Creamy Wild Rice Soup Mix, 3 C. shredded cooked chicken and cooked vegetables. Simmer uncovered until done, about 25 minutes, stirring occasionally.

CHEDDAR POTATO SOUP

Darlene Haedrich

1 pkg Shore Lunch Cheddar Potato Soup Mix
8 C. boiling water

Whisk in soup mix and bring back to a boil. Reduce heat and simmer uncovered for 15 minutes, stirring occasionally. Be careful not to over boil. Soup may thicken when refrigerated. When reheating add more water if desired.

CREAM OF BROCCOLI SOUP

Bettie Lou Nicholson



1 ½ Cups water
pound fresh or frozen
broccoli
chicken bouillon cubes
1 medium onion

1
3

White sauce:

¼ Cup butter
4 Tbs flour
2 Cups milk
½ tsp salt
8 oz cream cheese

Boil water and bouillon and onion until done. If using fresh broccoli, add to the water and cook or add frozen broccoli after onions are done. Do not drain.

Make white sauce, cooking until thick and add cream cheese broken into small pieces and melt. Add to the water/broccoli mixture and serve hot.

White sauce directions:

Melt butter over low heat. Stir in flour and salt until smooth. Stir in milk. Bring to a boil, stirring constantly. Boil one minute, then add cream cheese and melt before adding to broccoli mixture.

