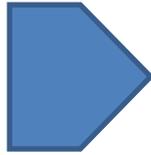


"Soup's On" 9/25/13 Cooking Contest Recipes

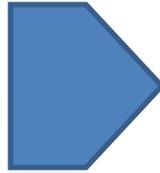
"Un-Stuffed" Pepper Soup made by Marion Geyer (1st prize)

1 ½ lbs. ground beef
3 lg. green peppers, chopped
1 lg. onion, chopped



In large pan, cook beef with peppers and onions until done, drain.

2 – 14 ½ oz. cans beef broth
2 – 10 ¾ oz. cans condensed tomato soup
1 – 28 oz. can crushed tomatoes, undrained
1 – 4 oz. can mushrooms, drained
1 ½ c. **cooked** rice



Combine. Add to above. Simmer at least 30 min. then add the cooked rice and heat through.

Add worchestershire sauce, if desired. Optional: garnish with a sprinkling of shredded cheddar cheese.

Split Pea with Ham Soup made by Lynn Marro (2nd prize)

8 cups Chicken Broth
2 c. cubed Ham and bone
1 bag Split Peas
1 Onion, chopped
2 Carrots, chopped
Salt & Pepper to taste

Directions:

Soak peas for several hours to overnight and rinse. Place peas, broth, onion, carrots, ham, salt and pepper into a large pot. Bring to boil, simmer 2-3 hours until peas are completely dissolved. Soup will be thin, it will thicken when cooled and then reheated.

Mulligatawny Soup made by Donna Russell (3rd prize)

6 c. water
2 TBSP Better than Boullion (chicken or vegetable)
3-4 cloves garlic, minced
1 c. uncooked rice
1 onion, diced
4 carrots, diced
2 stalks celery, chopped
Combine all in large pot and add:
1 can diced tomatoes
1 tsp. curry
½ tsp. cumin
¼ tsp. onion powder
¼ tsp. garlic powder
1 tsp. Lawry's Season Salt
Pepper to taste

Directions:

Simmer 30-45 min. and add : 1 zucchini, diced & fresh mushrooms, sliced.
Simmer another 15 min. and add: 1 c. half and half.
Garnish with parsley.

Spanish Country Soup made by Donna Congleton

2 TBSP olive oil
1 c. chopped onion
2 tsp. minced garlic
¼ lbs. diced ham
1 ½ c. peeled, chopped fresh tomatoes or 1 -28 oz. can tomatoes with juice
1 can garbanzo beans
1 can Great Northern or navy beans
5 c. chicken stock or combination of stock & water
1 tsp. ground cumin
½ lbs. smoked sausage, skin removed, cut in bite sized pieces, fried
2 c. unpeeled, diced potatoes
½ lb. fresh spinach, cleaned and chopped or a 10-oz. package of frozen chopped spinach, thawed & drained
Salt & pepper to taste

Heat olive oil in large soup pot; add onion and cook until tender. Add garlic, cook 1-2 min. Add ham, cook 2-3 min. Add tomatoes, beans with juice, stock & cumin. Bring to simmer. Meanwhile, heat skillet and brown sausage, crumbling meat as it fries. Drain off fat and add browned meat to soup along with potatoes. Simmer until potatoes are fork-tender, about 15 min. Stir spinach and season to taste with salt & pepper. Simmer another 5-10 min. Makes 8 servings.

Vegetable Chowder made by Joan Meeder

Combine in kettle:

1/2 c. rice, uncooked
3 chicken bouillon cubes
5 c. water
1/2 c. diced carrots
1 c. diced potatoes
1 minced onion
1/2 c. finely cut celery
1 c. canned tomatoes (I used Italian seasoned ones with basil and oregano)
2 t. salt
1/8 t. pepper

Directions:

Bring to a boil & simmer 45 min. When ready to serve, add 1 cup milk. Heat almost to boiling and serve immediately.

Chicken Noodle Soup made by Deirdre Mueller

Chicken breasts
Celery
Onions
Chicken broth
Frozen mixed vegetables
Small amount of salt
Garlic Pepper