



*"Getting kids excited about wholesome, healthy food"*

## Soup's On!

### Menu

*Vegetable Beef Stew  
Southwestern Pork Chili  
Chicken and Wild Rice Soup  
African Chickpea Soup  
Vegetable Barley Soup  
Asparagus Soup  
Poule au Pot  
Cream of Cauliflower Soup  
Sweet Potato Soup with Fried Pancetta and Rosemary Croutons  
Miso-Ginger Consommé  
French Onion Soup*

**If you're looking for a particular recipe, trying using the search function or simultaneously pressing the Control key (or Command if you're using a Mac) and the F key -then enter in a key word.**

## Recipes for the Crock Pot:

### Vegetable Beef Stew

#### Ingredients

2 pounds stew beef  
1 tsp dried thyme  
3 garlic cloves  
1 bay leaf  
1 tsp dried oregano  
1 diced onion  
2 sliced carrots  
1 sliced parsnip  
1 large rutabaga (peeled and cut into cubes)  
1/2 cup red wine  
1 L beef stock

#### Directions

Add 2-4 cups beef stock to slow cooker. Cook time: 8-10 hours on low.

## Southwestern Pork Chili

### Ingredients

1 pork tenderloin  
2 14 oz cans black beans  
1 14 oz can light kidney beans  
1 medium onion, diced  
1 green pepper, diced  
2 jalapeno peppers, diced  
16 oz medium salsa  
1 cup chicken broth  
1 tbsp chili powder  
1 tsp oregano  
1 tsp cumin  
salt to taste

### Directions

Prep onion and green pepper and chop medium. Prep jalapeno and chop fine. Prep tenderloin by rinsing and patting dry. Remove all trimmable fat and the silverskin. Cut into  $\frac{3}{4}$  to 1 inch cubes. Place all ingredients in a crock pot on low for 8 hours (high for 4 hours should also be fine). Include the liquid from the bean cans.

## Chicken and Wild Rice Soup

### Ingredients

2 cup uncooked wild rice blend  
2 pounds boneless, skinless chicken breast  
2 cup onions, chopped  
1  $\frac{1}{2}$  cups celery, chopped  
1  $\frac{1}{2}$  cups carrots, chopped  
8 cloves garlic, minced  
2 bay leaves  
12 cups low sodium chicken broth  
4 cups water  
4 tablespoons salt-free poultry seasoning  
6 tablespoons butter  
4 tablespoons olive oil (or substitute more butter)  
1 cup all purpose flour  
4 cups milk (see note)  
salt and pepper to taste

### Directions

Rinse wild rice under running water. Place the uncooked rice, chicken breast, onions, celery, carrots, garlic, bay leaves, chicken broth, water, and poultry seasoning in a slow cooker. Cover and cook on the high setting for 3-4 hours or on the low setting for 7-8. In the last  $\frac{1}{2}$  hour of cooking, remove the chicken from the slow cooker. Allow to cool slightly before shredding using two forks.

When the rice is done cooking, add the shredded chicken back into the slow cooker. Melt the butter and oil in a saucepan. Add the flour and let the mixture cook for 1 minute. Whisk the mixture slowly while adding in the milk. Continue to whisk until all lumps have dissolved. Allow the mixture to thicken and become creamy.

Add this creamy mixture to the slow cooker. Stir to combine. Add additional water or milk to your preference if the consistency is too thick. Season with salt and pepper to taste.

## **African Chickpea Soup**

### Ingredients

2 tablespoons canola oil  
1 medium onion (about 6 ounces), chopped  
1 medium red bell pepper (about 6 ounces), chopped  
1 jalapeño chili, seeded and finely chopped  
2 large cloves garlic, finely chopped  
2 cups low-sodium vegetable broth  
1 (15-ounce) can chickpeas, rinsed and drained  
1 cup chopped tomatoes, seeded and peeled, fresh or canned (see Cook's Tip)  
1 teaspoon mild curry powder  
1/2 teaspoon salt, or to taste  
Freshly ground black pepper, to taste  
1 (14-ounce) can light coconut milk  
3/4 cup cooked white or brown rice  
2 tablespoons chopped fresh cilantro or parsley

### Directions

Heat oil over medium heat in a medium stockpot. Add the onion, bell pepper, and chili; cook, stirring, until softened, about 5 minutes. Add the garlic and cook, stirring constantly, 1 minute. Add the broth, chickpeas, tomatoes, curry powder, salt, and black pepper; bring to a boil over high heat. Reduce the heat and simmer gently, uncovered, stirring occasionally, about 10 minutes. Add the remaining ingredients and cook, stirring occasionally, until heated through, about 5 minutes. Serve warm.

## **Vegetable Barley Soup**

### Ingredients

1 large sweet potato, peeled and cubed  
1-1/2 cups fresh baby carrots, halved  
1-1/2 cups frozen cut green beans  
1-1/2 cups frozen corn  
3 celery ribs, thinly sliced  
1 small onion, chopped  
1/2 cup chopped green pepper  
2 garlic cloves, minced

6 cups water  
2 cans (14-1/2 ounces each) vegetable broth  
1 cup medium pearl barley  
1 bay leaf  
1-3/4 teaspoons salt  
1/2 teaspoon fennel seed, crushed  
1/4 teaspoon pepper  
1 can (14-1/2 ounces) Italian diced tomatoes, undrained

### Directions

In a 5-qt. slow cooker, combine the first eight ingredients. Stir in the water, broth, barley, bay leaf and seasonings. Cover and cook on low for 8-10 hours or until barley and vegetables are tender. Stir in tomatoes; cover and cook on high for 10-20 minutes or until heated through. Discard bay leaf. Yield: 12 servings (about 3-1/2 quarts)

## **Recipes for the soup pot:**

### **Asparagus Soup**

#### Ingredients

6 cups chicken stock  
2 bunches asparagus  
1 large onion, diced  
1 each carrot, peeled and chopped  
2 stalks celery, chopped  
Salt and pepper to taste

#### Directions

Cut asparagus into small pieces. Sauté onions, carrots and celery in a large pot until soft. Add asparagus and stock and gently season with salt and pepper. Bring to a boil, then turn heat to low. Simmer for 1/2 hour on low. Blend until smooth using emulsion blender. Pass soup through a medium mesh strainer if desired. Taste and season with salt and pepper. Serve hot and drizzle with extra virgin olive oil to finish.

### **Poule au Pot (a traditional French Sunday dinner)**

#### Ingredients

1 (4-pound) whole chicken (or approximately 4 pounds chicken legs)  
1 large onion halved  
1 head garlic, left unpeeled and halved horizontally  
1 bay leaf  
1 thumb fresh ginger, peeled and chopped into slices

A sprig of fresh thyme (or 1 tsp dried thyme)  
1 tbsp crushed fennel seeds  
3 tbsp chopped flat leaf parsley  
1 leek (white and pale green parts only), root ends trimmed, halved and thinly sliced  
6 small carrots (about 1 pound), peeled and cut into medium pieces  
3 small turnips (about 1/2 pound), peeled and cut into medium pieces  
3 stalks celery, cut into small pieces  
1 ½ cups small pasta noodles

### Directions

Put the chicken in a 7 to 8-quart heavy pot with the onion, garlic, thyme, fennel, and bay leaf. Pour in enough water to just cover the chicken and bring to a boil. Skim off any scum that rises to the surface. Reduce the heat and gently simmer the chicken, covered, about 20 minutes. Meanwhile, clean the leeks: Split them lengthwise any thoroughly wash under cold water. Slice in thin half rounds.

Add the leeks, carrots, celery, turnips and parsley to the chicken and continue to simmer, partially covered, until tender and the juices of the chicken run clear when a thigh is pierced with a skewer, about 25 minutes more.

Transfer chicken to a cutting board and let rest, about 10 minutes. At this point, you can also remove the head of garlic, and the whole onion. While you are waiting for the chicken to cool, add the pasta noodles and cook in soup until tender. Shred the chicken into small bite sized pieces with your hands. Add chicken back into soup and mix, season with salt and pepper to taste and serve soup.

## **Cream of Cauliflower Soup**

### Ingredients

4 tablespoons unsalted butter  
2 heads cauliflower (4 to 5 pounds total)  
1 coarsely chopped leek (light green and white parts only)  
1 small coarsely chopped onion  
1/4 teaspoon yellow curry powder  
kosher salt  
2 cups heavy cream  
2 cups whole milk  
2 cups water  
canola oil for deep frying  
1 medium red beet  
freshly ground black pepper

## Directions

### **For the soup:**

Remove the outer leaves of the cauliflower, and cut out the core. Trim off the stems and reserve them. For the garnish, trim 2 cups florets and set aside.

Coarsely chop the remaining cauliflower and the stems into 1-inch pieces so that they will cook evenly. You will need about 8 cups of cauliflower.

Melt 3 tablespoons of butter in a large saucepan over medium heat. Add the onion, leek, curry and chopped cauliflower, season with 2 teaspoons salt, cover with a lid. Cook, stirring occasionally, until the vegetables are almost tender, about 20 minutes.

Pour in the milk, cream and water, increase heat to medium-high, and bring to a simmer. Simmer for about 30 minutes, skimming off the foam from time to time.

Working in batches, transfer the cauliflower mixture to a blender or food processor. Puree until smooth and velvety. Check the seasoning and add more salt if needed. Transfer back to the saucepan and keep warm.

### **For the garnish:**

Fill a small deep pot with 1 inch of oil and heat over medium heat to 300°F. Set a cooling rack lined with paper towels over a baking sheet.

While the oil heats, peel the beet and slice off about 1/2 inch from the top. Using a mandolin, slice the beet into rounds that are slightly thicker than paper-thin.

Carefully add a few beet rounds to the oil and fry, turning them with a wire skimmer or slotted spoon as the edges begin to curl, pressing gently on the chips to keep them submerged. When the bubbling stops, after 1 to 1-1/2 minutes, the beets will be crisp. Transfer the beets to the prepared cooling rack and season with salt. Fry the remaining chips in batches.

Follow the same steps with the cauliflower florets, slicing and deep frying until golden brown.

### **To serve:**

Reheat the soup if necessary. If it seems too thick, add a little water to thin to the desired consistency. Season with salt and pepper to taste.

Pour the soup into bowls. Top each serving a few cauliflower chips and a stack of beet chips. Sprinkle with pepper. Serve immediately.

## **Sweet Potato Soup with Fried Pancetta and Rosemary Croutons**

### Ingredients

150 grams thinly sliced pancetta

6 tablespoons butter, divided

2 cup (scant) sliced shallots (can be rough chopped in food processor)

1 tablespoon minced fresh rosemary, divided

4 cups cooked sweet potato, mashed

2 litres chicken broth

2 cups (1/3-inch) cubes country-style sourdough bread

### Directions

Melt 3 tbsp butter in a large saucepan, and sauté until shallots are soft and golden, about 4 minutes. Stir in 2 teaspoon rosemary, then mashed sweet potatoes and broth. Bring to boil. Reduce heat to

medium-low and simmer 10 minutes to blend flavors, adding water by 1/4 cupfuls to thin soup, if desired. Season to taste with salt and pepper. Puree soup in blender or processor if necessary. Meanwhile, melt remaining 3 tablespoons butter in small skillet over medium-high heat. Add bread cubes and remaining 1 teaspoon rosemary and sauté until croutons are crisp and golden, about 3 minutes. Sprinkle with salt and pepper. Sauté pancetta in heavy large saucepan over medium-high heat until crisp, about 2 minutes. Using slotted spoon, transfer pancetta to paper towels. Ladle soup into bowls. Top with croutons and pancetta and serve.

## **Miso-Ginger Consommé**

### Ingredients

1 2-inch piece fresh ginger, peeled  
2 cloves of garlic  
7 tablespoons white miso (fermented soybean paste)  
6 medium shiitake mushrooms, stemmed, thinly sliced (about 2 cups)  
2 green onions, thinly sliced  
¾ teaspoon tamari soy sauce  
about 1/3 package firm miso, cut into 1 cm squares  
any other garnish desired, ie. Thinly julienned carrots, thinly sliced radish, julienned peppers, julienned snow peas, etc

### Directions

Using a microplane or the fine holes of a box grater, finely grate ginger and garlic. Whisk white miso and 6 cups water in a medium saucepan over medium heat to combine. Add mushrooms and green onions and bring to a simmer (do not boil). Add any other garnishes if desired. Add soy sauce, tofu, ginger, and garlic and cook, stirring constantly, about 2 minutes, until all vegetables are just cooked through. Serve immediately.

## **French Onion Soup**

### Ingredients

1 tablespoon extra-virgin olive oil  
2 tablespoons butter  
6 medium onions, thinly sliced  
Salt and freshly ground black pepper  
2 teaspoons fresh thyme, picked and chopped or 1 teaspoon dried thyme  
1 bay leaf, fresh or dried  
1/2 cup dry sherry  
6 cups beef stock  
4 thick slices crusty bread, toasted  
2 1/2 cups shredded Gruyere or Swiss cheese

## Directions

Heat a deep pot over medium to medium high heat. Work next to the stove to slice onions. Add oil and butter to the pot. Add onions to the pot as you slice them. When all the onions are in the pot, season with salt and pepper and 1 teaspoon fresh thyme. Cook onions 15 to 18 minutes, stirring frequently, until tender, sweet and caramel colored. Add bay leaf and sherry to the pot and deglaze the pan drippings. Add 6 cups stock and cover pot to bring soup up to a quick boil. Cook about 15 minutes more until you are happy with the flavour.

Shred cheese and rip crusty bread into bite sized pieces. To serve, float toasted crusty bread on soup and cover each bowl with a mound of cheese. Sprinkle remaining fresh thyme on cheese and place cookie sheet with soup bowls on it under hot broiler until cheese melts and bubbles. Alternately, have your fancy chef friend whip out a blow torch and torch that cheese until bubbly golden brown and delicious.