



HIA HABITAT SOUP COOK-OFF

February 17, 2018



Another wonderful Habitat Interfaith Alliance Soup Cook-Off, with dozens of delicious treats provided by cooks from B'nai Havurah, Central Christian Church, Christ the King Catholic Church, First Universalist Church, Hebrew Educational Alliance, Prairie Unitarian Universalist Church, Rodef Shalom, St. Andrew United Methodist Church, St. Thomas Episcopal Church, Temple Emanuel, Temple Micah, Temple Sinai and Trinity United Methodist Church. This cookbook includes as many recipes as we could gather at the event: unfortunately, not all included the cook's name, but you know who you are! Next year, we will have a plan in place to ensure proper credit. Some also feature ingredients but no directions: but with soup, it's hard to go wrong.

Here are the winners (winning recipes also noted throughout the cookbook):

KOSHER

FANCIFULLY FABULOUS: Chicken Matzoh Ball Soup, Vivian Chandler, HEA

MEAT

HAPPILY HEARTY: Southwest Chicken Barley Chili, Patti Parson, Temple Micah

CAPTIVATING CUISINE: Basque Soup, Judy Peterson, First Universalist Church

INGENIOUS INSPIRATION: Matzoh Pho, Carole Smith, B'nai Havurah

VEGETARIAN

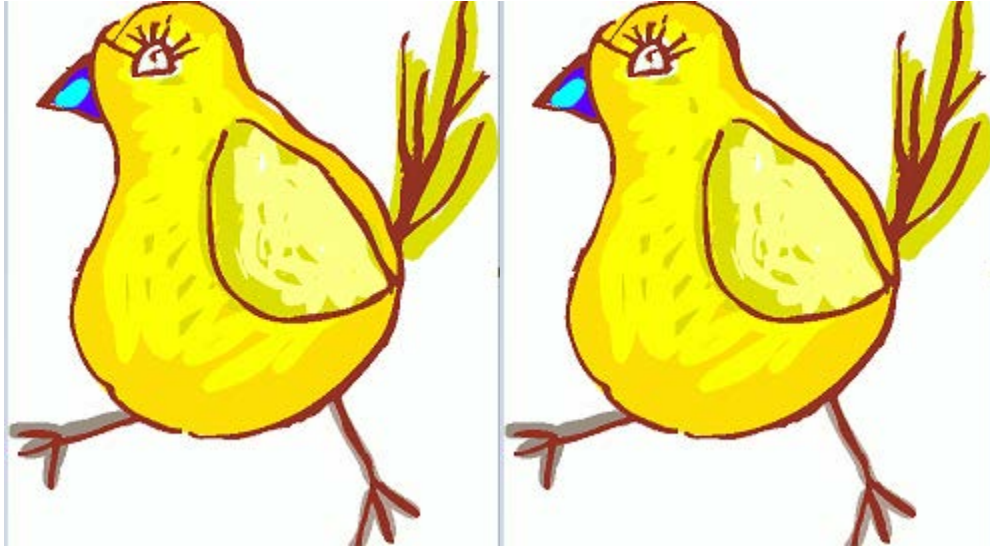
HAPPILY HEARTY: Vegetarian Chili – no cook listed

CAPTIVATING CUISINE: Thai Pumpkin Soup, Barbara Zeidman, Temple Sinai.

INGENIOUS INSPIRATION: Sweet Potato Chili, Sarah Rovner, Temple Micah

THE PEOPLE'S CHOICE WINNER:

Debra Krebs, Trinity United Methodist Church



NON-VEGETARIAN SOUPS



Basque Soup

CAPTIVATING CUISINE, Meat

1 lb Italian sausage	1 T lemon juice
1/2 c onions, chopped	1 c cabbage, sliced
4 small potatoes, diced	2 #2 cans tomatoes
1 c celery, sliced	1/4 c cilantro, chopped
2 T celery tops, chopped	2 beef bouillon cubes
1-1/2 c water	1/2 tsp salt
1/2 tsp dried thyme	1/4 tsp pepper
2 medium bay leaves	

Judy Peterson, First Universalist Church



Matzo Pho Ball Soup

INGENIOUS INSPIRATION, Meat

Broth:

1 lg onion, peeled and halved	1 tsp coriander seeds
2" piece fresh ginger, peeled and halved	4 c vegetable or beef broth
3" cinnamon stick	2 tsp soy sauce
1 star anise	4 carrots, peeled and chopped
2 whole cloves	

- Char onion and ginger over open flame until blackened. Rinse with water.
- Dry roast cinnamon stick, star anise, cloves, coriander over med heat
- Stir to prevent burning. When you can smell the aroma of the spices, add to stock, soy sauce, carrots, and charred onion and ginger.
- Bring to a boil, simmer 30min. Strain and keep hot.
- Add matzoh balls before serving.

Noodles:

- Follow direction on pkg to soften 1/2 lb flat rice noodles, banh pho

Matzo balls:

- Follow directions on pkg, add minced onions and few drops of soy
- Garnish: Thai basil, sriracha, lime wedge, jalapeno

Carole Smith, B'nai Havurah



Southwestern Chicken Barley Chili

14.5-oz can diced tomatoes, undrained
16-oz can tomato sauce
1- 3/4 c. chicken broth
1 c. med. pearled barley (not quick cooking)
4 c. water or broth
1 Tb. chili powder
2 tsp. cumin
1 tsp dried oregano

The chili will thicken considerably upon cooling. Add chicken broth or water as needed (especially if reheating the leftovers). Add toppings as desired to all versions.

STOVETOP:

- In a large pot (about 6 quarts), combine the diced tomatoes, tomato sauce, chicken broth, barley, water, chili powder, cumin, dried oregano and cayenne (if using). Stir well.
- Bring the mixture to a boil over high heat and add the chicken. Stir to combine. Reduce heat to med.-low, cover, simmer –check chicken from 20min on to see if done; when done, remove and shred.
- Continue to cook until the barley is tender and chewy (maybe another 20min). Stir occasionally, while it simmers to prevent sticking.
- Add back chicken with beans and corn.
- Stir to combine and simmer for five more minutes.

SLOW COOKER:

- In large slow cooker, combine the tomatoes, sauce, broth, barley, water, spices and beans. Stir well. Nestle the chicken into the mixture. Cook on low for 7-8 hours or high for 4-5 hours.
- Check chicken sooner to not overcook. Remove and shred chicken. Stir chicken and corn back into the slow cooker. Heat through.

INSTANT POT:

- Combine tomatoes, sauce, broth, barley, water, spices and beans. Stir well. Nestle the chicken into the mixture. Secure the lid and cook on high pressure for 18 minutes. Vent in normal fashion.
- Shred chicken into bite-size pieces. Stir chicken and corn back into the pot. Heat through.

Patti Parson, Temple Micah adapted from MelsKitchenCafe.com

HAPPILY HEARTY, Meat

dash cayenne pepper
2-3 boneless skinless chicken breasts
15 oz can black beans, rinsed/drained
1 1/2 c. frozen corn kernels
Shredded cheddar cheese, sour cream,
sliced green onions, tortilla chips etc



Chicken Noodle Soup

PEOPLE'S CHOICE, MEAT

1 chicken (3-3 ½ lbs, quartered)	3-4 fresh basil leaves or ½ tsp dried basil
10 c water	1 tsp dried thyme
1 yellow onion, quartered	1 tsp salt
3 carrots, each cut into 4 pieces	1 tsp peppercorns
2 stalks celery, including some tops	1 bay leaf
2 cloves garlic, halved	1/4 c dry white wine (optional)
3 sprigs parsley	4 oz (2c) egg noodles

- In large soup pot, combine chicken, water, vegetables and garlic. Bring to a boil. Skim off foam. Add parsley, basil, thyme, salt, peppercorns, bay leaf and wine. Reduce heat to med-low and simmer, covered, until chicken is very tender, 1-1 ¼ hours. Remove chicken to plate and cool. Drain stock into bowl and discard solids.
- Using fat separator, degrease stock and return to the pan or, if time allows, refrigerate overnight and remove fat that forms on top. Remove skin and bones from chicken and discard. Cut chicken into bite-sized pieces and add 2-3 c chicken to stock.
- Add noodles, bring to boil. Reduce heat to med-low and cover, uncooked, until noodles are tender, about 10min. Taste for seasoning.

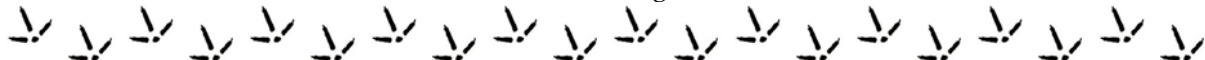
Debra Krebs, Trinity United Methodist Church

Kosher! Hot and Sour Chicken Soup (40 servings)

2 gallons chicken broth	1-1/2 T crushed red pepper
8 qts sliced fresh mushrooms	5 lbs boneless skinless chicken breast, (steamed & shredded)
1-1/2 qts sliced bamboo shoot, drained	1/2 c sesame oil
30 slices fresh peeled gingerroot	1-1/4 c rice wine vinegar
1 c shredded carrot	6 T cornstarch
1 c celery	10 lg eggs, beaten
5 T garlic cloves, minced	20 lg green onions, chopped
6-1/2 T soy sauce	

- In stockpot, combine the broth, mushrooms, bamboo shoots, celery, carrots, sliced ginger, garlic, soy sauce and chili flakes; bring to a boil, reduce heat to low and simmer while you assemble the other ingredients. Place the chicken strips in a bowl and toss with sesame oil.
- In another bowl, stir together cornstarch and vinegar; set aside.
- Increase the broth heat to med-high and return to full boil; add in the coated chicken slices and return to a boil again, then drizzle in the egg while stirring slowly to create long strands of egg.
- Stir in the cornstarch/vinegar mix; simmer over med heat, stirring occasionally until the broth has thickened slightly (3-4 min). Garnish the top with green onions

Nathaniel Singer, HEA



Ramen Chicken Noodle Soup

3-1/2 c chicken broth

(made by simmering 4 chicken legs in 2 qts organic chicken stock for 30 min; remove the legs, skim fat from broth, add enough water or stock to make 2 qts)

1 tsp tamari soy sauce

1 tsp grated ginger

Dash of pepper

1/4 tsp cayenne pepper

1 med carrot, sliced diagonally

1 stalk celery, sliced diagonally

1-1/2 red bell pepper, cut into 2" long strips

2 green onions, sliced diagonally

1 clove garlic, minced

1 c cooked, shredded boneless skinless chicken breast meat

8 oz sautéed shitake mushrooms

8 oz steamed bok choy

8 oz steam snow peas

4 oz broken up uncooked ramen noodles

- Heat the broth, soy sauce, ginger, black pepper, cayenne pepper, carrot, celery, red pepper, green onions and garlic in a 4 quart sauce pan over medium high heat to a boil.
- Stir in the bok choy stems and simmer for five minutes. Then add the bok choy leaves and simmer for another five minutes. Then add the shitake mushrooms and simmer for another 3 minutes. Last add the ramen noodles and cook for 3 minutes or until the noodles are done.
- You can add sesame seeds, chopped cilantro and a drizzle of sesame oil as toppings.

Nancy Mccahill Bnai Havurah



Creamy Tortellini, Spinach and Chicken Soup

2 T olive oil

1 diced onion

2 cloves garlic, minced

1 T basil

2 T tomato paste

4 c chicken broth

28 oz diced tomatoes

1-1/2 lb chicken

1/2 tsp salt & pepper

4 c frozen tortellini

3 c packed spinach

1/2 c parmesan cheese

1 c half and half

Lemon Chicken Orzo Soup

8 oz orzo

1 tsp olive oil

3 carrots or more, chopped

3 ribs celery, chopped

1 onion, chopped

2 cloves garlic, minced

1/2 tsp dried thyme

1/2 tsp dried oregano

1 bay leaf

3 32oz cartons fat-free low-sodium broth

1/2 c fresh lemon juice

1 lemon, zested

8 oz cooked chicken breast, chopped

1/4 c grated parmesan cheese

- Bring lg pot of lightly salted water to a boil. Cook orzo in the water until partially cooked but not yet soft, about 5 min. Drain and rinse with cold water until cooled completely
- Heat olive oil in lg pot over med heat. Cook and stir carrots, celery, onion in hot oil until vegies begin to soften and the onion becomes translucent, 5-7 min. Add garlic; cook and stir until fragrant, about 1 min more. Season with thyme, oregano, salt, pepper, bay leaf. Continue cooking 30 seconds before pouring chicken broth into the pot.
- Bring to boil. Partially cover the pot, reduce heat to med-low, simmer until vegies are just tender, about 10min.
- Stir orzo, lemon juice and zest into broth. Add chicken. Cook until the chicken and orzo are heated about 5min. Ladle into bowls; garnish with Parmesan cheese.

Sharon Brockgreitens, Christ the King Catholic Church





Chris' Chili

Ground beef
Chili powder
Tomatoes
Chili beans

Onion
Garlic
Beef broth
Tomato paste

Chris McPhillips, HIA Alumnus Representative



"One He&^ of a Mexican Green Chile Soup"

Green chiles
Green peppers/Anaheim peppers
Refried beans
Tomatoes
Garlic
Cilantro
Onions

Garlic
Pork
Salsa
Chicken
Olive Oil
Tortillas
Cheese



Texas True Chili (Serves 4-6)

2 lbs lean ground beef
1 sm onion, diced small
2 pkg chili mix ((Williams or McCormick)
1 can stewed tomatoes
1 can diced tomatoes or fire roasted

1 can Rotel tomatoes
1 can beef broth
Kosher salt, cumin (or cilantro)
chili powder

- Brown ground beef. Drain Stir in onion and cook over med heat until soft. Add packaged mix and stir well. Add all tomatoes and keep stirring.
- Add beef broth (add more if like more "soupy"). Let simmer on stove til flavors meld and develop - maybe 30-40 min. Stir often so does not scorch.
- Serve over rice or Fritos or both. Top with sharp cheddar cheese. Top with dab of sour cream (optional). Freezes well.

Sharon Dent (native Texan), Trinity UMC



Hearty Chicken Chili (serves 6)

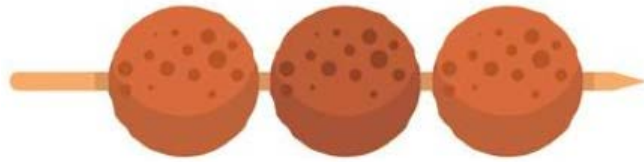
1 med onion, finely chopped
1 sm garlic clove, minced
1-1/2 tsp chili powder
3/4 tsp salt to taste
1/2 tsp pepper
1/2 tsp ground cumin

1/2 tsp crushed dried oregano
1 can (15 oz) pinto beans, drained, rinsed
1 can (15 oz) navy beans, drained, rinsed
1 can (15oz) kidney beans, drained, rinsed
1½ lb boneless skinless chicken thighs, 1" pcs
1 c chicken broth

- Combine in 4-1/2 qt crock pot slow cooker. Stir well to combine. Cover, cook on low for 7 hours.
- If thicker gravy is desired, combine 1 T flour and 3 T cooking liquid in small bowl. Add to slow cooker.
- Cover, cook on HIGH 10 min or until thickened. Garnish with parsley or cilantro when serving.

Cook's note: The above is how I made the chili because I don't like spicy food or hominy. The original recipe calls for small jalapeno pepper, cored, seeded, minced. Use rubber gloves to protect your skin. It calls for med-hot chili powder but I used regular. You may also add ¼ tsp crushed red pepper flakes with seasonings. I subbed navy and kidney beans for 2 cans hominy, drained and rinsed.

Leslie Tjarks, Rodef Shalom



Italian Wedding Soup

3 qts low sodium chicken stock
1 pkg (12oz) frozen mirepoix cut vegetables
2 T olive oil
Kosher salt & pepper to taste
8 oz cooked chicken

24 fully cooked Italian style meatballs (beef or turkey)
1/2 bag cheese tortellini
1/2 pkg frozen spinach, chopped
Parmesan cheese, shredded for garnish

- Sauté vegetables in oil until translucent; add stock; bring to boil over high heat and then reduce heat to low. Simmer half-covered for 30 min.
- Chop chicken into bite-sized pieces; add chicken, meatballs and tortellini to stockpot. Simmer about 15 min.
- Add spinach and serve. Top with cheese if desired.



Cheese Burger Soup GF

1 lb ground beef	3 c broth of choice (I used chicken)
1 med onion, chopped	4 c potatoes, diced
1 c shredded carrot	2 c cheese of choice (I used cheddar)
1 c celery, diced	1-1/2 c whole milk
1/2 tsp dried parsley	Salt & pepper
1/2 tsp dried basil	1/4 c cornstarch
4T butter divided	

Northwestern Beef and Vegetable Soup

1 lb lean stew beef, fat removed, cut into small cubes	1 lg potato peeled and diced
1 med onion, chopped	1 can cream corn
1 clove garlic, minced	2 stalks celery, sliced
1-28oz canned crushed tomatoes, undrained	2 T minced fresh basil or sub dried
1 butternut squash, peeled and diced	1 tsp salt
1 turnip peeled and diced	1/2 tsp pepper
Combine in 6 qt crock pot. Cook on high 2 hours, turn to low, cook 4-6 hours longer, stirring occasionally. Or cook longer entire time on low.	8 c water

Leslie Tjarks, Rodef Shalom



Original Spam & Beans

4 c dry pinto beans, soak 12 hours	1 lg onion, diced
2 boxes vegetable broth	Salt & pepper to taste
1 T vegetable "goop"	2 cans jalapeno spam, diced
1 T minced garlic	

- Slow cook 24 hours.

Paunch Holloway, Prairie Unitarian Universalist



Italian Sausage and Bean Soup

Homemade Chicken Broth	Salt
1 T flour	Basil
Onion	Fennel seed
Garlic	Bay leaf
Shredded carrots	Spinach
Sweet Italian chicken sausage	Parmesan cheese (optional)
Diced tomatoes	

- Sweat onion, garlic, and carrot in olive oil or butter. Sprinkle with flour
- Combine all ingredients except spinach
- Simmer 20-60min
- Add spinach 10 min before serving
- Top with parmesan cheese.

Amanda Nelson, Prairie Unitarian Universalist



Italian Sausage and Butternut Squash

1 lb bulk sausage - chicken or pork	2 c water
2 T olive oil	1 c diced red pepper
1-1/2 c diced onion (1 lg or 2 med)	1/2 c heavy cream or more to taste
2 T garlic, minced	1 T sugar or to taste
1 butternut squash, peeled, seeded, 1" chunks (~1-1/2 lbs)	1 tsp ground sage
1/4 tsp red pepper flakes	2 c baby spinach
2 c chicken broth	3 T brandy (opt)
	Salt & pepper

- Brown sausage in 1T oil in skillet over med heat. Cook until no pink remains. Remove from pan and drain on paper towels. Set aside.
- Sweat onions and garlic in 1T oil in large pot over med heat until soft, about 7 min. Increase heat to med-high and add squash, pepper flakes. Sauté 5 min.
- Add broth and water, bring to a boil, simmer until squash is very tender: 15-20min
- Puree with immersion blender until smooth, then add red pepper. Salt, pepper, sage, sugar and cream. Simmer until pepper is cooked but still crisp. About 6-7 min.
- Taste. Add sugar, salt and pepper, maybe a touch more sage. Stir in sausage and brandy, heat for about 5 min. Stir in spinach and simmer about 3 min until spinach wilts. Adding 1T chopped sage leaves at the end will boost the sage flavor.

Barbara Zeidman, Temple Sinai



Eggplant Supper soup

1 T vegetable oil	2 (14oz) cans beef broth
1 med onion, chopped	1 tsp sugar
1 lb ground beef	1/2 tsp ground nutmeg
1 clove garlic crushed	1 tsp salt
1 lb eggplant, diced	1/2 tsp ground pepper
3/4 c sliced carrots	1/2 c dried macaroni
3/4 c sliced celery	2 tsp chopped fresh parsley
2 (14.5oz) cans Italian diced, drained	1/2 c grated parmesan cheese

- Heat oil in skillet over medium heat. Cook onion, beef and garlic until meat is evenly browned. Drain grease.
- Mix in eggplant, carrots, celery and tomatoes. Pour in broth. Mix in sugar and season with nutmeg, salt and pepper. Cook and stir until heated through.
- Mix macaroni into the soup and continue cooking 12 min or until al dente. Mix in parsley.
- Top with cheese to serve.

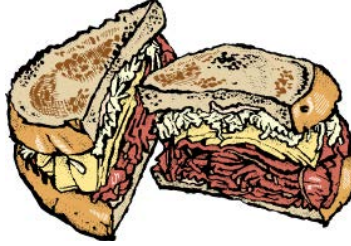
Joanne Shukert, First Universalist

Mexican Chicken Corn Chowder (serves 6-8)

1-1/2 lbs boneless skinless chicken breasts	1 can (16 oz) creamed corn
1/2 c onion, chopped	1 can (16 oz) corn
1-2 garlic cloves, minced	1 can (4oz) chopped green chilies, undrained
3 T butter or margarine	1/4 to 1tsp hot pepper sauce
1 can chicken broth	1 med tomato, chopped
1/2 -1 tsp ground cumin	Fresh cilantro or parsley (optional)
2 c half and half cream	
2 c (8oz) shredded Monterey Jack cheese	

- Cut chicken into bite-sized pieces. In a Dutch oven, brown chicken, onion and garlic in butter until chicken is no longer pink. Dissolve bouillon in hot water. Add to pan along with cumin: bring to a boil. Reduce heat, cover and simmer 5 min. Add half and half, cheese, corns, chilies, hot pepper sauce.
- Cook and stir over low heat until the cheese is melted. Stir in tomato. Serve immediately.
- Garnish if desired.

Abby Hanselin, Temple Sinai



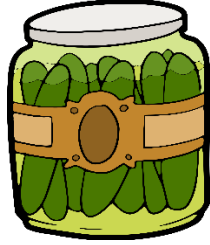
Reuben Soup

2 T butter + 1/4 c butter
1/2 c onions, diced small
1/4 c celery, diced small
1/4 c green pepper, diced small
2 cloves garlic, minced
2 T flour

1 c beef broth
1/4 lb chopped, shaved corned beef
1/4 lb shredded Swiss cheese
3/4 c drained /squeezed Sauerkraut
2 c half and half
Salt & pepper to taste

- Melt 2 T butter in heavy pan.
- Sauté onion, celery, green pepper, garlic.
- Add flour and stir over medium heat, 5 min.
- Whisk in beef broth. Stir and cook until thick. Remove from heat
- Stir in corned beef, cheese and sauerkraut.
- In a small pan, heat 1/4 c butter and half and half. Do not boil. Add to rest. Season to taste.

Jean Belden, 1st UU



Dill Pickle Soup (Serves 10)

8 c chicken stock or broth

2 chicken bouillon cubes

2 med carrots, coarsely grated

2 c peeled potatoes, cubed

1 c celery, thinly sliced

5 coarsely grated dill pickles

1/2 c milk

2 T flour

1 egg

5T sour cream

Salt & pepper to taste

Finely chopped parsley (optional)

Finely chopped fresh dill (optional)

- In large saucepan or soup pot with cover, combine stock/broth and bouillon cubes, carrots, potatoes and celery. Cook, covered, over low heat until potatoes soft, about 10 min. Do not overcook.
- Add pickles, continue cooking 15 min.
- In small bowl, beat milk and flour until completely smooth, stir a small amount of hot soup into flour mixture. Mix until smooth and return to soup pot, stirring until well combined. Bring soup to a boil, stirring frequently until slightly thickened. Remove from heat
- In another small bowl, beat egg with sour cream until smooth. Pour a small amount of hot soup into the mixture and mix thoroughly. Return sour cream mix to soup pot and stir until smooth. Keep sour cream warm but do not boil or it will curdle. Add salt & pepper to taste. Garnish with parsley and dill, if desired.

Bruce Wells from Cooks.com



VEGETARIAN SOUPS



Vegetarian Sweet Potato Chili

1 c onion
 1/4 c red pepper, chopped
 1/4 c green bell pepper, chopped
 1 c carrot, chopped
 1-1/2 tsp garlic, minced
 2 T olive oil
 1/2 tsp cumin

INGENIOUS INSPIRATION

1 c water
 3 c diced tomatoes
 1 c mild salsa
 2 c corn
 3 c sweet potatoes, peeled, cubed
 1 28 oz can kidney beans, drained
 Salt & pepper to taste

- In lg pot, sauté onion, peppers, carrots, garlic in oil for about 5 min.
- Stir in sweet potatoes, salt, pepper, water, tomatoes, salsa, cumin for another 15 min.
- Transfer to a crock pot. Add kidney beans and corn
- Cook for at least another 30min on low, for up to 4 hours.

Sarah Rovner, Temple Micah



Thai Pumpkin Soup

CAPTIVATING CUISINE

32 oz vegetable broth (or mock chicken)
 15oz canned pumpkin
 12 oz can Mango nectar
 1/4 c peanut butter
 2 T rice vinegar

2 T minced green onion
 1-2tsp peeled, grated fresh ginger
 1/4 tsp crushed red pepper or to taste
 1 large clove garlic, chopped fine or crushed
 chopped cilantro

- Combine broth, pumpkin and nectar in soup pot: bring to a boil. Cover, simmer 10 min.
- Combine 1 cup of the mixture with the peanut butter - process until smooth with blender, immersion blender or processor.
- Return to pot and add all rest except cilantro
- Cook 5 min until heated; garnish with cilantro. Can also be served with chopped peanuts, tofu, etc

Barbara Zeidman, Temple Sinai



Creamy Kale Soup Vegan, GF

2T olive oil
 1 lg onion, chopped
 5 cloves garlic, minced
 6 c vegetable broth
 1 lg bunch curly kale, about 1-1/2 lbs

1 cup raw cashews, soaked in water 4-8 hrs,
 (rinsed and drained)
 2T white wine vinegar
 1/4 tsp salt
 1/4 tsp pepper



Vegetable Noodle (Vegan, Kosher)

6 c vegetable stock (pref homemade)	2 bay leaves
4 c water	1 tsp chopped chives
1/2 yellow onion, peeled, chopped	3 tsp kosher salt
1/2 lg leek, peeled, chopped	2 tsp black pepper
2 lg carrots, peeled, cubed	1 tsp paprika
6 new potatoes, peeled, cubed	3 Tb olive oil
3 cloves garlic, chopped	1-1/2 c pasta (Barilla bowties, preferred)
1 clove garlic, crushed	

- Sauté leeks, chopped garlic and carrots in oil until translucent.
- Add stock and water – put in potatoes.
- Cook until potatoes start to soften.
- Add all other ingredients; cook until pasta is soft.

Charlie Feher-Peiker, Christ the King Catholic Church



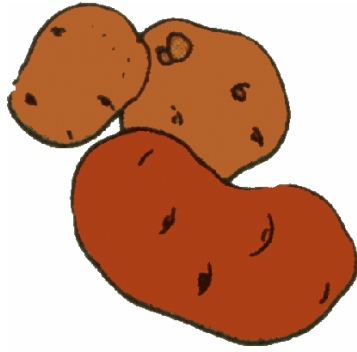
Coq au Vin (Vegan)

18 c vegetable soup (pref homemade)	2 bay leaves
10 c water	1 tsp chopped chives
1 lg leek, peeled, chopped	4 tsp salt
2 lg carrots, peeled, cubed	2 tsp black pepper
14 Yukon Gold potatoes, peeled, cubed	1 tsp paprika
3 cloves garlic, chopped	2 T olive oil
2 cloves, garlic, crushed	1/2 c red wine

- Sauté leeks and chopped garlic and carrots olive oil until translucent.
- Add stock and water and put in 6 potatoes worth of cubed potatoes. Cook until starting to soften. Add 4 more potatoes and keep simmering. Cook until starting to get cloudy from first round of potatoes.
- Add last 4 potatoes, chives, bay leaves, red wine, salt, pepper and paprika.
- Cook all potatoes until soft.

Secret is the layered adding of starches.

Charlie Feher-Peiker, Christ the King Catholic Church



Potato and Leek Soup

In France, this soup is called Vichyssoise and may be served as hot and cold. Serve with crusty bread/butter or sandwich

3 leeks, cut

3 lb potatoes, peeled, cubed

1 carrot, sliced thick

4 qts vegetable stock

1 sm bouquet garni (parsley, thyme,
bay, rosemary) see below

1 Tb vegetarian bouillon paste

2 Tb butter

Salt, pepper, lemon pepper to taste

Tiny pinch nutmeg

1 Tb wine vinegar (or sherry or wine)

1/3 c heavy cream

- Trim green tops and root end of the leeks and discard them. Halve the leeks lengthwise, and soak then swish the leaves thoroughly in cold water to remove dirt, changing water a few times. Drain, dry with paper towel, slice.
- Melt butter in large pot over med heat. Add leeks and sauté until tender but not browned – about 4 min.
- Add potatoes (You can leave on potato peels if desired) and carrot, veggie stock, bouquet garni, salt and pepper to taste with tiny pinch of nutmeg. Simmer. (leave bouquet in as long as you want; can put in tea ball)
- Add 1 T red wine vinegar or alternative.
- Cook 30 min or until all vegetables are very tender. Remove from heat
- Remove a few cooked leeks and save for decoration
- With blender or food processor, puree the mix until smooth and silky. Put back into pot and stir in cream. Gently heat through (do not boil to avoid curdling). Serve immediately with leek garnish.
- This soup freezes well but do not add cream before freezing. When defrosting, gently reheat and then add the cream.

Tam Barthel Montoya, First Universalist Church



Savory Carrot-Cashew Soup (serves 4)

4 c low-sodium chicken or vegetable broth
1 med onion
2 cloves garlic
One 1" piece fresh ginger
1-1/2 lbs carrots (5 large)

1 T olive oil
1/4 tsp ground allspice
1/2 c unsalted roasted cashews
2 tsp honey
3/4 tsp salt
1/4 k tsp ground white pepper

- Bring the broth to a boil in med saucepan. While the broth is heating, chop the onion and mince the garlic and ginger. Slice all but one-quarter of one of the carrots into 1/4 inch coins.
- Heat the oil in another med pot over med-high heat. Add onion and cook, stirring occasionally until softened, 3-4 minutes. Add garlic and ginger and cook 1 min more. Stir in allspice, cook 30 seconds.
- Stir carrot coins into the pot with onions, add boiling broth, cover, return to boil over high heat. Lower heat to medium, uncover, simmer until carrots are tender, 8-9 min. Meanwhile grate the rest of the carrots, and chop 2T cashews to use as garnish.
- Remove from heat. Stir in whole cashews, honey, salt and pepper and then puree the soup in 3 batches until smooth. (or use immersion blender).
- Serve garnished with grated carrot and chopped cashews.

Janet G. Smith Rodef Shalom /Recipe from Ellie Kriger's Real Good Food



Vegan Cashew Carrot Soup (5 servings)

1 med white onion, diced	4 c peeled and chopped carrots
3 clove garlic, minced	4 c vegetable broth
1 lg chunk (~2T) fresh ginger, minced	1 c light coconut milk (shake new can well)
3/4 c raw cashews	1 tsp maple syrup (optional)
1/2 tsp allspice	Pinch of sea salt
2 tsp curry powder	Squeeze of fresh lemon or lime juice
1/4 tsp cinnamon	

- In a soup pot over med heat, sauté onion, garlic, ginger and cashews in 1/4 c of the broth until starting to soften, about 5 min. Add the spices and cook another minute or two.
- Add the carrots and rest of the broth and simmer lightly until the carrots are easily pierced with a fork.
- Stir in the coconut milk and, if using, maple syrup.
- Blend the soup until smooth, letting blender run until soup is very creamy. Return to pot and season with salt and squeeze of fresh lemon or lime juice.

Olga Guerra, Temple Emanuel (from <https://runningonrealfood.com/vegan-cashew-carrot-soup/>)



Ginger Coconut and Carrot (vegan, GF, dairy free)

2 T coconut oil	1.5 oz fresh turmeric root, chopped
10 cloves garlic	1 T <i>raz el hnout</i> spice (contains nutmeg)
1.5 lb carrots, peeled and chopped	4 13.5 cans coconut milk
2 stalks celery chopped	2 c water
1 onion, chopped	Salt & pepper
2.2 oz fresh ginger root, chopped	

- Sweat first 4 ingredients over a low heat. Do not caramelize the ingredients, only make them aromatic.
- After 10 min, add rest of the ingredients.
- Simmer for at least 30min until ingredients are soft
- Carefully puree soup
- Serve with sesame seeds and carrot crisps as garnish.

Rob Mattach, Trinity United Methodist Church



Sauerkraut Mushroom Soup (Shchi) vegan, GF

2 c cremini mushrooms, stems removed, caps wiped clean
1 lg leek, root and dry leafy ends trimmed, cleaned, finely diced
1 c carrot, finely diced
2 stalks celery, finely diced
2 T olive oil
3 cloves garlic, peeled and minced
2 c potatoes, cubed
6 c vegetable broth
2 bay leaves

1/4 tsp ground allspice
1 tsp caraway seeds
2 tsp dried oregano
2-1/2 c sauerkraut with juices
1/2 c vegetable broth
1/2 tsp salt
1 tsp ground pepper

- Slice mushroom caps in half, then slice the caps into quarters to create bite-size mushroom pieces. In a 4-quart soup pot over medium-high heat, sauté the leek, carrot, and celery in vegetable oil for 6 minutes. Stir in garlic and mushrooms and sauté for another 6 to 8 minutes, or until mushrooms have reduced in size and released most of their liquid.
- Pour in the 1/2 c broth and simmer for 2 minutes, then stir in parsnip, 6c vegetable broth, bay leaves, allspice, caraway seeds, sauerkraut, 1/2 vegetable broth, and ground black pepper. Increase heat and bring to a gentle boil, then reduce heat, stir occasionally and cover.
- Simmer the soup for 35 to 40 minutes or until the potatoes are tender. Remove the bay leaves, turn off the heat and season with cracked black pepper and salt if necessary and garnish with parsley. Allow soup to cool 5 minutes before serving. Top each bowlful with a generous tablespoon of vegan sour cream.

Vegetarian Bigos (Polish Hunter's Stew)

1 pkg sauerkraut, rinsed well, drained
1 onion
2 c mushrooms
1 zucchini
3 cloves minced garlic
2 stalks celery

2 carrots
1 parsnip
1/2 can tomato paste
1/2 c dry white wine
48 oz vegetable broth
Celery salt, pepper, paprika

- Chop and sauté all vegetables except for the sauerkraut.
- Place in soup pot, add the tomato paste and wine. Mix together.
- Add broth, drained sauerkraut and simmer 1 hour.
- Season to taste with celery salt, salt, pepper and paprika.



Mushroom Brie Chowder

2 lg heads of garlic	1/4 c olive oil or butter
2 T olive oil	1/4 c flour
7 oz brie	6 c vegetable broth
2 celery ribs, chopped	1/4 c sherry
1 med carrot, chopped	Pepper & nutmeg to taste
1 med onion, chopped	
8 oz white mushrooms, chopped	

- Cut off tops of garlic, peel and bake cut side up on aluminum foil with 2T olive oil drizzled on top. Bake 325 for 45 min. Cool, squeeze pulp, set aside.
- Remove and discard brie rind, chop, set aside.
- Cook carrot, celery, onion, and 1/2 of mushrooms over med heat with oil for 10min.
- Add flour, cook for 1 min, stirring constantly. Gradually add enough broth to moisten.
- Process garlic pulp, carrot, celery, onion, mushrooms and broth in blender. Stir into pot with remainder of broth and mushrooms. Reduce to simmer and cook uncovered for 15 min.
- Add brie, sherry, pepper and nutmeg and stir until brie melted. Adjust seasoning.

Fran Lukaszewski, Prairie Unitarian Universalist Church

Zingerman's Mushroom Barley Soup (6-8 servings)

2 T dried porcini mushrooms	3 cloves garlic, chopped
2T margarine, butter or oil	1 lb fresh porcini or other mushrooms
1 lg onion, thinly sliced	1 Tb flour
2 ribs celery with leaves, diced	2 qts vegetable (or beef) broth
1/4 c parsley	1 c whole barley
1 carrot, peeled and sliced	2 tsp salt

- Soak dried mushrooms in enough hot water to cover for 1/2 hour; strain through filter, reserve water. Then coarsely chop the dried mushrooms.
- Melt margarine in stockpot and sauté onion, celery, 2T parsley, carrot, garlic and fresh mushrooms until soft, about 5 minutes.
- Lower heat, add flour, stirring every 30 seconds for about 5 minutes, until thick.
- In a soup pot, heat the broth. Add a cup of mushroom mix at a time to the pot, stirring.
- Turn heat to high, add reserved mushroom water and barley. Stir well; add salt to taste.
- Simmer, covered, for about an hour, until barley is tender and soup is thickened, stirring often.
- Just before serving, add chopped parsley, mix thoroughly, adjust seasonings.

Susie Cook, Temple Emanuel



Moroccan Lentil and Chickpea Soup

1/2 c extra-virgin olive oil	4 c vegetable broth
1 lg onion, chopped fine	4 c water
2 celery ribs, chopped fine	1 15oz can chickpeas, rinsed
5 garlic cloves, minced	1 c brown lentils, picked over, rinsed
1 T grated fresh ginger	1 28oz can crushed tomatoes
2 tsp ground coriander	1/2 c orzo
2 tsp smoked paprika	4 oz stemmed Swiss Chard in 1/2" pieces
1 tsp ground cumin	2 T lemon juice
1/2 tsp ground cinnamon	Salt & pepper
1/8 tsp red pepper flakes	Lemon wedges
3/4 c minced fresh cilantro	
1/2 c minced fresh parsley	

- Heat oil in large Dutch oven, med-high heat until shimmering. Add onion and celery; cook, stirring frequently, until translucent, starting to brown, 7-8 minutes. Reduce heat to medium, add garlic and ginger, cook until fragrant, 1 min.
- Stir in coriander, paprika, cumin, cinnamon, pepper flakes and cook 1 min. Stir in 1/2 cilantro and 1/4 c parsley and cook 1 min more.
- Stir in broth, water, chickpeas and lentils; increase heat to high and bring to simmer. Reduce heat to med-low, partially cover, gently simmer until lentils are just tender, about 20 min.
- Stir in tomatoes and pasta, simmer, partially covered, 7 min, stirring occasionally. Stir in chard, continue to cook, partially covered, until pasta is tender, about 5 min.
- Off heat, stir in lemon juice, remaining cilantro, parsley. Season to taste. Pass lemon wedges.

Lorrie Tischler, B'nai Havourah (adapted from Cook's Illustrated)

Vegetarian Lentil Soup with Fennel, Kale, Mushrooms

3 T olive oil	4 tsp Summit County seasoning (Savory Spice Shop)
1 lg onion, chopped	1 lb crimini mushrooms, quartered
3 cloves garlic chopped	1 lg bunch(1 bag) Tuscan Kale, trimmed, chopped
1 lg fennel bulb, chopped	1 14.5oz can chopped tomatoes
6 carrots, sliced	Salt & pepper to taste
3 c lentils, 1/2 red 1/2 green (sorted/rinsed)	
3 qts vegetable broth	

- Sauté onion and garlic in olive oil. Add fennel and carrots, sauté until soft. Add seasoning, sauté another 2 minutes. Add broth and lentils. Bring to boil; reduce heat to simmer.
- Add tomatoes.
- In separate pan, sauté mushrooms in small amount of olive oil.
- When lentils are soft (about 30min) add sautéed mushrooms and kale; simmer another 10min. Salt & pepper to taste.

Linda Stein, Temple Sinai

Curried Red Lentil Coconut Soup

2 T virgin coconut oil or extravirgin olive oil
1 med onion, finely chopped
2 garlic cloves, finely chopped
1-2 ½ piece ginger, peeled, finely grated
½ c finely chopped cilantro (+ leaves
w/tender stems for serving)
Kosher salt, freshly ground pepper

1 T med curry powder (such as S&B)
1/4 tsp crushed red pepper flakes
3/4 c red lentils
14.5oz can crushed tomatoes
13.5 oz can unsweetened coconut milk,
(shaken well)
Lime wedges (for serving)

- Heat oil in med saucepan over med heat. Cook onion, stirring often, until softened and golden brown, 8-10min. Add ginger, garlic, curry powder, red pepper flakes and cook, stirring until fragrant about 2min.
- Add lentils and cook, stirring 1 min. Add tomatoes, ½ c cilantro, a generous pinch of salt and 2-1/2 c water. Season with pepper.
- Set aside ¼ c coconut for serving and add remaining coconut milk to saucepan. Bring mix to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20-25 min.
- Season salt with more salt and pepper if needed
- To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.

Lisa Friedman, Temple Sinai

Vegan Instant Pot or Slow Cooker Split Pea Soup (6-8 servings)

3T olive oil
1 onion, diced
3 stalks celery diced
1 T frontier smoked paprika
5 carrots, chopped
½ tsp salt

¼ tsp pepper
6 c vegetable broth
1 lb green split peas, rinsed, sorted (NOT soaked)

For Instant Pot:

- Turn IP on to sauté function. Let it warm up, add oil.
- Add onion, celery, paprika. Cook, stirring occasionally, until onion translucent.
- Add carrots, salt and pepper. Cook for a minute.
- Add broth. Let come to a simmer.
- Stir in the split peas.
- Place lid on pot and lock in place. Set steam release knob to the Sealing position
- Cancel the sauté function and choose Pressure Cook/Manual and use the + or - dial to choose 18 minutes. It will take a few minutes for the pot to come to pressure.

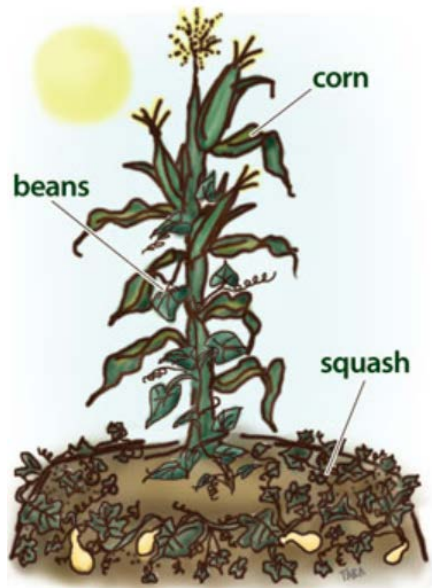


- When cooking has finished, let the pot sit undisturbed for 15 min to naturally release some of the pressure. Then turn the steam release knob to Venting to quick release the remaining pressure.
- When the pin in the lid drops down, carefully open the lid, facing away from you.

For Slow Cooker. Cover and cook on high 4-5 hours or low 8-10 min.

Carol Thomson, First Universalist

Three Sisters Vegetable Soup



*Direct-Sow, Easy-to-Grow:
The Ancient Three Sisters Method*

- 2 T olive oil
- 1 lg onion, chopped
- 1 lg or 2 sm zucchini
- Brown onion and zucchini in oil*
- 1 T minced garlic
- 2-3T chipotle peppers in adobo sauce
- 1T ground cumin
- 1 T dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- Add to vegetables, cook 1-2 min*
- 1 lg potato
- 1 lb tomatillos, paper skin removed, diced small
- 1 can black beans, drained and rinsed
- 1 can stewed tomatoes, chopped
- Add to pot, stir until shiny*
- 4-6 c vegetable soup, preferably homemade
- Cook 30 min until vegetables are tender*
- Marie Gordon, Temple Sinai*

Quinoa and Vegetable Stew (6 servings)

- 2 T vegetable or olive oil
 - 1 onion, chopped
 - 1 red bell pepper, stemmed, seeded, 1/2" pcs
 - 5 cloves garlic, minced
 - 1 T paprika
 - 2 tsp ground coriander
 - 1-1/2 tsp ground cumin
 - 6 c vegetable broth
 - 1 lb red potatoes, unpeeled, 1/2" pieces
 - 1 c pre-washed or rinsed white quinoa
 - 1 c fresh or frozen corn
 - 2 tomatoes, cored and chopped coarse
 - 1 c frozen peas
 - Salt & pepper
 - 8 oz queso fresco or feta, crumbed (2 c)
 - 1 avocado, halved, pitted diced
 - 1/2 c minced fresh cilantro
- Heat oil in Dutch oven over med heat. Add onion and red pepper, sauté until softened, about 5 min. Stir in spices and cook until fragrant, about 30 seconds. Stir in broth and potatoes and bring to boil over high heat.
 - Reduce heat to med-low (cover pot) and simmer gently for 10 min.
 - Stir in quinoa and simmer 8 min. Stir in corn (if using frozen, add with peas)
 - Simmer until potatoes and quinoa are just tender, about 5-7 min.
 - Stir in tomatoes and peas; cook until warmed through, about 2 min.
 - Remove from heat, season with salt & pepper to taste

Stew can be refrigerated up to 2 days. Add additional broth as needed when reheating.

Sprinkle with toppings listed (cook says they are critical to the soup's favor)

From Cook's Country One Pan Wonders Cookbook; shared with permission from Alerica's test Kitchen.



Samosa Soup Organic, vegan, gluten-free, grain-free

To start:

5 med potatoes, skins intact, scrubbed, (roughly chopped)

½ tsp coconut oil

3 cloves garlic, minced

1-1/2 Anaheim chilis, finely chopped

½ onion, diced

For the spice blend:

1 tsp cumin seeds

1/4 tsp turmeric

1 tsp coriander seeds

3/4 tsp salt

1/4 tsp fennel seeds

1/4 tsp cayenne pepper

To finish the Samosa soup:

3 c vegetable broth

14oz can chickpeas, rinsed

1/3 c coconut milk

1/2 lime, juiced

- In a large saucepan, add the potatoes along with water to cover them by a few inches. Bring to a boil and cook until the potatoes are fork tender. Rinse and drain the cooked potatoes.
- Meanwhile, warm the coconut oil over medium heat in a skillet. Add the chilis, garlic, and onion, and stir. Cook for 2-3 minutes, until softened slightly.
- Add all of the ingredients for the spice blend and stir. Continue stirring frequently, cooking at medium heat for about 2 more minutes, until the spices are fragrant and slightly browned.
- Remove from the heat and remove the mixture from the pan immediately. Add to a blender or food processor, and blend until mostly smooth.
- Add the cooked potatoes to the blender, along with as much of the water or broth as needed to blend. Blend until smooth (or leave slightly chunky if you prefer).
- Transfer the mixture to the saucepan, add the rest of the water or broth, the (optional) coconut milk, and the lime juice. Bring to a gentle boil, then reduce to a simmer.
- Simmer for 10-15 minutes, or until the flavors have come together to your liking. Stir in the cooked beans and adjust seasoning as desired. Serve hot, topped with fresh cilantro, and chutney (if using/available).

Five Bean Vegetarian Chili

3T olive oil	1 T chili powder
1 med sweet onion	1 tsp cumin
2 carrots	1 tsp Italian seasoning
2 celery stalks	32 oz vegetable stock
2 cloves garlic, minced	16 oz kidney beans
28 oz pureed tomatoes	16 oz garbanzo beans
2 T tomato paste	16 oz pinto beans
1 tsp salt	16 oz black beans
1 tsp pepper	oz corn
	1 c shelled edamame

- Heat oil in large stock pot. Chop onion, carrots, celery and add to pot. Sauté over med-low heat until vegies are soft, about 10 minutes. Add garlic and seasonings, mix well.
- Add tomatoes, tomato paste, broth, stir well.
- Add remaining ingredients, mix well, simmer for at least 45 minutes.

Lori Erickson, Temple Emanuel

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