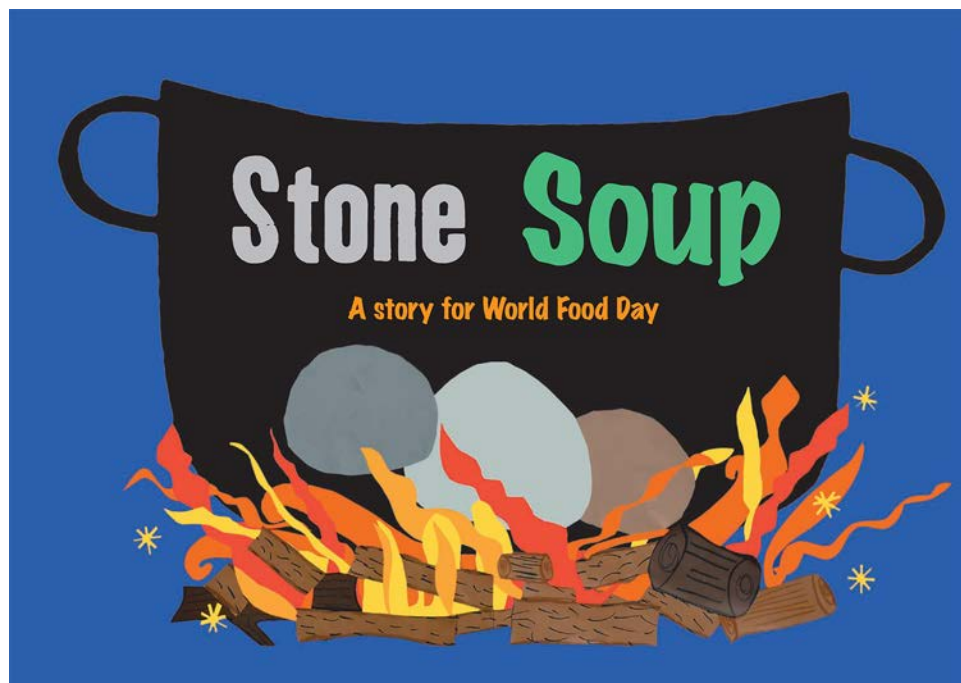


# Cornerstone Community

## Stone Soup Cookbook

February 2021



Cornerstone Montessori Elementary School  
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1611 Ames Ave - St Paul, MN 55106  
[www.cornerstone-elementary.org](http://www.cornerstone-elementary.org)



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# Boundary Waters Wild Rice Soup

## *Day Family*

Serves 6

Wild rice is one of the great culinary icons of Minnesota, and this hearty soup, created at the Oak Grill in the Minneapolis store, pays tribute to that tradition. It's named for the region of lakes that hugs the Canadian border in the northeast corner of the state, where wild rice grows.

6 tablespoons unsalted butter  
1 cup diced yellow onion  
1 small leek, halved lengthwise, rinsed well, and thinly sliced  
1 ½ cups sliced button mushrooms  
¾ cup diced carrots  
½ cup all-purpose flour  
6 cups chicken broth  
1 ½ cups cooked wild rice  
½ roasted chicken, meat chopped (1 to 1 ½ cups)  
1 cup heavy cream  
5 tablespoons dry cherry  
2 teaspoons salt  
1 ½ teaspoons freshly ground black pepper  
2 tablespoons chopped fresh flat-leaf parsley  
1 teaspoon chopped fresh thyme leaves  
2 tablespoons slivered almonds, toasted, for garnish

Melt the butter in a large saucepan over medium heat. Add the onion and sauté for 5 minutes, until translucent. Add the leek, mushrooms, and carrots and cook, stirring occasionally, for 5 minutes, until softened.

Add the flour and cook, stirring constantly, for 1 minute.

Whisk in the chicken broth. Bring to a boil, then decrease the heat and simmer for 20 minutes. Add the rice, chicken meat, cream, sherry, salt, pepper, parsley, and thyme and cook for 5 minutes, until warmed through. Taste and adjust the seasoning as necessary. Garnish with the almonds and serve hot. (To store, allow the soup to cool to room temperature, cover, and refrigerate for up to 3 days.)



# Spinach Lentil Soup

*Younkin Viswanathan Family*

2 Cups of Chopped Onions  
2 Cups of Diced Carrots  
4 Cloves of garlic  
2 Cups of French Lentils  
1 Box of Spinach  
Salt and Pepper

In an Instapot or pot on the stove, sauté the onions until translucent and add the chopped garlic sauté until fragrant. Add the carrots and lentils and fill with water until the lentils are covered. If in an Instapot fill to the halfway mark (lentils will expand and you have to leave room for that) Pressure cook on high for 6 minutes and release the pressure manually. If on the stove, cook on low until the lentils are finished, add water as needed. When it is done add the spinach and salt and pepper generously, to taste. Add as much water as you want to make more broth or thicker, to your taste.

# Tomato Basil Parmesan Soup

*McClure Family*

Makes about 2 quarts (about 8 servings)

## **Ingredients**

2 (14 oz) cans diced tomatoes, with juice  
1 cup finely diced celery  
1 cup finely diced carrots  
1 cup finely diced onions  
1 tsp dried oregano or 1 T fresh oregano  
1 T dried basil or 1/4 cup fresh basil  
4 cups chicken broth  
½ bay leaf  
½ cup flour  
1 cup Parmesan cheese  
½ cup butter  
2 cups half and half, warmed (or skim milk if you're trying to cut some calories)  
1 tsp salt  
¼ tsp black pepper

## **Slow Cooker Tomato Basil Parmesan Soup Instructions**

1. Add tomatoes, celery, carrots, chicken broth, onions, oregano, basil, and bay leaf to a large slow cooker.
2. Cover and cook on LOW for 5-7 hours, until flavors are blended and vegetables are soft.
3. About 30 minutes before serving prepare a roux as follows:
  - a. Melt ½ cup of butter over low heat.
  - b. Once melted, slowly whisk in ½ cup of flour (stir constantly for 5-7 minutes)
  - c. Slowly stir in 1 cup of hot soup, continuing to stir
  - d. Add another 3 cups of soup (one cup at a time) to the roux stirring constantly.
  - e. Allow everything to simmer over medium heat for another minute, then add back into the soup.
4. Stir and add the Parmesan cheese, warmed half and half, salt and pepper.
5. Add additional basil and oregano if needed (the slow cooker does a number on spices, and they get bland over time, so don't be afraid to always season to taste at the end).
6. Cover and cook on LOW for another 30 minutes or so until ready to serve.



# Posole

## *Karl Family*

3 cups canned hominy, drained  
6 - 8 cups chicken, beef or mushroom stock  
1 lb Mexican chorizo, crumbled  
1 medium onion, chopped  
2 garlic cloves, minced  
1/2 lb button mushrooms, chopped or sliced  
1 bunch swiss chard, stems removed, leaves chopped  
1 tsp chile powder  
1/2 tsp paprika  
1/4 tsp cumin  
1/4 tsp coriander  
1 tsp oregano  
salt and pepper to taste  
juice of 1/2 lime plus 4 wedges

### **Directions:**

- Brown the chorizo in a soup pot for 2 minutes on medium
- Reduce to medium low, add onion and sauté 2 minutes
- Add hominy and stock and bring to a boil
- Add garlic and spices
- Add mushrooms
- Reduce to a simmer and cook 20 minutes
- Add swiss chard, season with salt and simmer another 10 minutes
- Stir in lime juice and serve.
- Squeeze a wedge of lime over each serving

# Autumn Squash Soup

## *Theobald Family*

1 large butternut squash, peeled, seeded and chopped (or 20oz pre-cut package)  
1T. Canola oil  
15oz canned pumpkin  
1 cup vegetable broth  
1 cup apple cider  
1 cup half & half  
1 1/2 T. Honey  
1/4 tsp. Mild yellow curry  
1/2 tsp. Cinnamon  
1 1/2 tsp. Salt  
1/4 tsp. Black pepper  
roasted pumpkin seeds

### **Directions:**

- Heat oven to 450°. Toss chopped squash with Canola oil, and salt & pepper to taste
- Roast for 25 minutes. Let cool 5 minutes.
- Using potato ricer, press squash through ricer (or puree in blender).
- In large food processor, blend pureed squash and pumpkin, pouring broth, apple cider and half & half through the top while blending.
- Pour into saucepan and heat over medium to a gentle boil. Add honey and spices.
- Simmer on low for 10 minutes and serve sprinkled with roasted pumpkin seeds.

*This is an adaptation of Panera's Autumn Squash soup.*

# Potato Soup with Sausage and Spinach (Instantpot)

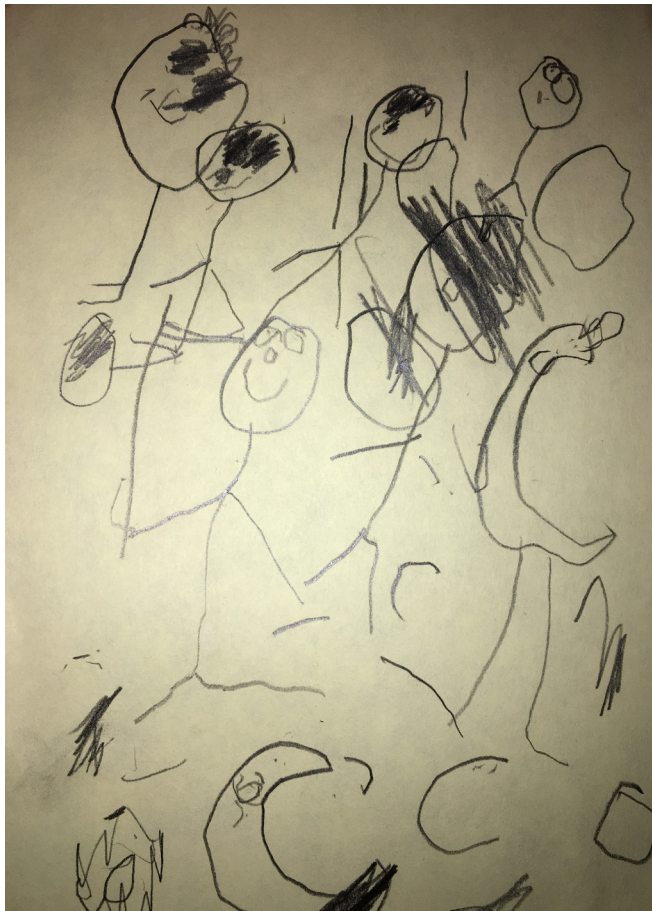
*Rachel, Ross, Ru, and Rahniah Droogsma family*

## **INGREDIENTS LIST FOR POTATO SPINACH SAUSAGE SOUP**

1 pound spicy Italian sausage  
1/2 teaspoons crushed red pepper flakes  
4 medium yellow potatoes, diced  
1 medium white or yellow onion, diced  
2 tablespoons garlic, minced, about 4 cloves  
4 cups chicken stock  
4 cups fresh spinach  
1/2 can coconut milk, or more, to taste  
Salt and fresh cracked pepper, to taste

## **DIRECTIONS:**

1. In the preheated insert of your Instant Pot in sauté mode, add Italian sausage and sprinkle crushed red pepper flakes over. Use a spoon to break up the pieces.
2. When sausage slightly browned and almost cooked through, stir in the onions and garlic and cook another 2 or 3 minutes.
3. Pour the chicken broth into the Instant Pot. Add the potatoes, salt, and pepper and close the lid. Set to cook for 10 minutes.
4. When done, carefully remove the lid and keep in reheat mode. Stir in the spinach and coconut milk; heat through until spinach is bright green and softened. Adjust seasoning with salt and pepper and serve immediately. Enjoy!





# Caldo de res (Mexican beef soup)

## Castro Family

2 pounds beef shank, with bone  
1 tablespoon vegetable oil  
2 teaspoons salt  
2 teaspoons ground black pepper  
1 onion, chopped  
1 (14.5 ounce) can diced tomatoes  
3 cups beef broth  
4 cups water  
2 medium carrot, coarsely chopped  
¼ cup chopped fresh cilantro  
1 potato, quartered  
2 ears corn, husked and cut into thirds  
2 chayotes, quartered (Optional)  
1 medium head cabbage, cored and cut into wedges  
¼ cup sliced pickled jalapenos  
¼ cup finely chopped onion  
1 cup chopped fresh cilantro  
2 limes, cut into wedges  
4 radishes, quartered

- Step 1** Cut the meat from the beef bones into about 1/2 inch pieces, leaving some on the bones.
- Step 2** Heat a heavy soup pot over medium-high heat until very hot. Add the oil, tilting the pan to coat the bottom. Add the meat and bones, and season with salt and pepper. Cook and stir until thoroughly browned.
- Step 3** Add 1 onion, and cook until onion is also lightly browned. Stir in the tomatoes and broth. The liquid should cover the bones by 1/2 inch. If not, add enough water to compensate. Reduce heat to low, and simmer for 1 hour with the lid on loosely. If meat is not tender, continue cooking for another 10 minutes or so.
- Step 4** Pour in the water, and return to a simmer. Add the carrot and 1/4 cup cilantro, and cook for 10 minutes, then stir in the potato, corn and chayote. Simmer until vegetables are tender. Push the cabbage wedges into the soup, and cook for about 10 more minutes.
- Step 5** Ladle soup into large bowls, including meat vegetables and bones. Garnish with jalapenos, minced onion, and additional cilantro. Squeeze lime juice over all, and serve with radishes.

*Favorite soup during winter months 🥰*

## Beef Barley Soup

*Rogers Family (Andy, Brenda, Marci and Theo)*

1 pound beef top round steak, cut into 1/2-inch cubes  
1 tablespoon canola oil  
3 cans (14-1/2 ounces each) beef broth  
2 cups water  
1/3 cup medium pearl barley  
1 teaspoon salt  
1/8 teaspoon pepper  
1 cup chopped carrots  
1/2 cup chopped celery  
1/4 cup chopped onion  
3 tablespoons minced fresh parsley  
1 cup frozen peas

In a large saucepan, heat oil over medium heat. Brown beef on all sides; drain. Stir in broth, water, barley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.

Add carrots, celery, onion and parsley; cover and simmer until meat and vegetables are tender, 30-40 minutes. Stir in peas; heat through.

*We always try to make this soup in September when the weather is getting colder and the parsley is still growing in the garden.*

# White Chicken Chili (Slow Cooker or Instant Pot)

*Cina Family*

2 tsp olive oil	2 tsp salt
1 medium onion, finely diced	2 (4 oz) cans chopped green chiles
2 garlic cloves, minced	1/2 cup butter
2 lbs boneless skinless chicken breasts	6 Tbsp all-purpose flour
2 (14 oz) cans white beans, drained	2 cups milk, warmed
2 cups chicken broth	1/2 cup sour cream
1 Tbsp chili powder	1 lime, juiced
1 Tbsp cumin	1/2 cup grated Monterey jack cheese, for serving
1/2 tsp black pepper	cilantro, for serving

## \*\*\*Instant Pot Directions\*\*\*

- Turn your Instant Pot to the sauté setting. When the display says HOT add in the olive oil. Add in the onions. Sauté for about 3 minutes. Add in the garlic and sauté for 30 seconds. Turn off the sauté setting.
- Add in the chicken, beans, chicken broth, chili powder, cumin, pepper, 2 tsp salt and green chiles. Stir.
- Cover the Instant Pot and secure the lid. Make sure valve is set to sealing. Set the manual button or pressure cook button to 20 minutes.
- When the timer beeps indicating the 20 minutes is up, let the pot sit there for another 10-15 minutes. Then move the valve to venting and release any remaining pressure.
- Remove the chicken and place on a cutting board. Shred it and return it to the pot.
- Melt the butter and use a whisk to stir the flour into the butter until it's creamy and smooth. Turn the Instant Pot to the sauté function and stir in the butter flour mixture. Let the flour mixture thicken the soup. Stir every minute or so. This will take about 5 minutes.
- Stir in the milk, sour cream, and lime juice. Salt and pepper to taste.
- Ladle into bowls and sprinkle with Monterey jack cheese and cilantro. Enjoy!

## \*\*\*Slow Cooker Directions\*\*\*

- Combine onion, chicken, beans, broth, chili powder, cumin, pepper, salt, and green chiles in the slow cooker (omit oil and garlic). Cover and cook on low for 4-6 hours, or until chicken is very tender.
- Remove the chicken from the slow cooker and place it on a cutting board. Let it rest.
- Start melting butter in a large pan on the stove over medium heat. Once the butter is melted, whisk in flour, a tablespoon at a time. Add in the milk, about a half cup at a time, and whisk. The mixture will become thick and creamy. Add the mixture to the slow cooker and stir.
- Shred the chicken and stir it back into the slow cooker.
- Stir in sour cream and juice from lime. Season to taste.
- Ladle into bowls and top with grated cheese and cilantro. Enjoy!

*This isn't a family original recipe, but it is a favorite! It's an easy "hands-off" recipe when you don't want to spend all day in the kitchen. It's also a great recipe to warm you up after a cold winter day!*

# Creamy Roasted Tomato Basil Soup

*Yang Family*

## Ingredients

1.2 kg / 2 ½ lbs Roma tomatoes, halved lengthwise  
600 g / 1 ¼ lbs Grape (or Cherry) tomatoes, halved lengthwise  
8 whole cloves garlic, peeled and smashed with the back of a knife  
3 tablespoons olive oil  
Salt and freshly ground black pepper  
1 large yellow onion, chopped (optional)  
1 red bell pepper (capsicum), deseeded and diced  
1 potato (100 g / 3 oz), diced  
3 tablespoons tomato paste  
4 cups vegetable broth  
2 cups lightly packed fresh basil leaves, roughly torn

## Instructions

1. Preheat oven to 430°F / 220°C. Place tomatoes on a baking tray with the garlic cloves. Drizzle with 2 tablespoons of oil, season with salt and pepper, and roast for about 25 minutes, or until soft and charred on the tops.
2. While tomatoes are roasting, heat 1 tablespoon of oil in a medium-sized pot/saucepan over medium-high heat. Add the onion, peppers (capsicum) and potato; cook while occasionally stirring, until the onion is transparent and the potato begin to crisp on the outer edges (about 6-7 minutes). Stir the tomato paste through the potatoes and onion; pour in the broth/stock; season with extra salt; cover and bring to a boil.
3. Reduce heat to low; simmer for about 15 minutes or until potato is just tender when tested with a fork. Add the tomatoes, garlic and basil to the broth (save 2 tablespoons of basil to use as garnish if you wish); continue to simmer until the basil is just soft (about 2 minutes). Blend soup using a stick blender until smooth.
4. Optional: Pour the soup through a strainer or colander to remove any skins and thick tomato pieces, for a smoother soup.
5. Sprinkle with extra basil, shaved parmesan cheese, and serve with cheesy garlic bread



*Recently, Halayna's dad made this soup with the family's canned tomatoes from the summer and the fresh basil leaves from the kitchen garden. It was an instant hit - especially on cold winter days! It goes perfectly with garlic bread!*

# Crockpot Chili(ish)

*Flanagan Family*

Crock Pot Chili(ish) Soup Serves 8

Can be made vegan

2 tbsp olive oil  
1 large yellow onion, diced  
2 packages of beef or beef substitute (we like the Quorn product)  
6 cloves garlic, minced  
1 red pepper, diced fairly large  
1 green pepper, diced fairly large  
10 crushed tomatoes (or 2 cans crushed tomatoes)  
1 tbsp. cumin  
1 tsp. cayenne (or to your taste)  
1/2 package frozen corn  
2 cans black beans (or any other kind of beans you like)  
1/2 cup hot sauce  
salt to taste  
cheddar cheese and sour cream, if desired (vegan, if desired)

## **THE METHOD:**

- Sauté onions and peppers in the olive oil in a pan on medium.
- Once the onions are soft, add the garlic, then add the beef or the beef substitute.
- After onion and garlic are have turned golden brown, add cumin, cayenne, and whatever other spices you might like.
- Sauté all of this for a couple of minutes.
- Put the crushed tomatoes, corn, beans, and picante sauce into the Crock-Pot, and add the onion mixture.
- Cook on low about 4 hours. Serve with chopped onions, grated cheddar, and sour cream (vegan, if desired)

*We made the vegan version of this recipe for meat eaters using the beef substitute, and they loved it!*



# Vegetarian Lentil Tortilla Soup

*Lovejoy Family*

1 small yellow onion diced  
1 bell pepper diced  
1 tsp avocado oil or olive oil  
1 jalapeno pepper diced  
1 Tbsp tomato paste  
3/4 C dried red lentils  
1 15oz can black beans (drained and rinsed)  
1 15oz can pinto beans (drained and rinsed)  
1/2 C favorite salsa (we use salsa verde)  
1 C corn (fresh, frozen or canned)  
1/2 tsp cumin  
1/2 tsp chili powder  
2.5 C vegetable broth  
Salt and pepper to taste

Add everything to instant pot and set high pressure for 15 minutes. Let natural release.

Top with favorite toppings such as avocados, tortilla chips, jalapenos, cilantro.



# 1-Pot Chickpea Noodle Soup

Haasch Family

From Minimalist Baker Cookbook


From: minimalist bakers  
everyday  
cooking

## 1-Pot Chickpea Noodle Soup

Ingredients Serves 6

- 1/2 medium white or yellow onion, diced
- 4 cloves garlic (2 tbsp or 12g), coarsely chopped
- 2 Tbsp olive oil, grape seed oil, or avocado oil
- 5 whole carrots, scrubbed clean and coarsely
- 4 stalks celery coarsely chopped
- 1/4 tsp each sea salt and black pepper, plus more to taste
- 7-8 cups vegetable broth
- 1 15-ounce can chickpeas, well rinsed & drained
- 4 sprigs thyme
- 8 ounces gluten free noodles
- optional bay leaf

Yum!



### Instructions

1. In large pot cook onion and garlic in the olive oil for 5 minutes
2. Add the carrots, celery, salt, and pepper. Stir, cover and cook for 5 minutes
3. add the broth, chickpeas, thyme, and bay leaf (optional). bring to a low boil. Add the noodles.
4. Once the noodles are soft, about 10 minutes, reduce the heat to low and cover. Continue simmering for 20-30 minutes to meld the flavors.
5. Taste and adjust the seasonings as needed. Remove thyme sprigs and bay leaf.

Enjoy!

by Haasch

# White Chicken Chile (Instant Pot or Slow Cooker)

*Bassett Family*

Serves 4-6

## **Ingredients:**

2 chicken breasts  
1 can (15oz) black beans drained and rinsed  
1 can (15oz) white beans drained and rinsed  
1 white onion diced  
2 cups corn  
1 can (10oz) Rotel diced tomatoes with green chilis  
1 cup chicken broth  
1 Tb chili powder  
1 tsp cumin (or more to taste)  
1 tsp salt  
1/2 packet of ranch powder  
1 pkg (8oz) cream cheese

## **Optional toppings:**

Avocado  
Cilantro  
Tortilla chips

## **Directions for Instant Pot:**

1. In the Instant Pot, place chicken breasts, drained black and white beans, onion, corn, can of tomatoes with juice, and chicken broth.
2. Add the chili powder, cumin, and ranch powder.
3. Stir everything to combine, making sure some juice gets under the chicken.
4. Cut cream cheese into 6 pieces and place on top of the chili.
5. Cover and seal. Pressure cook on high for 20 minutes. Let it naturally depressurize for 10min then you can vent the rest of the pressure.
6. Remove the chicken to a plate and shred. Return to the pot and stir everything together.
7. Serve with desired toppings.

## **For Slow Cooker:**

Add all chili ingredients to the slow cooker and cook for 5-6 hours on low or 3-4 hours on high. When chicken is fully cooked, remove to shred then return to pot and stir everything together. Serve with desired sides.





# Moosewood Cafe's Sweet Potato and Chickpea Soup

*Riemer-Sullivan Family*

## **Ingredients**

2 tbsp. olive oil  
3 medium cloves of garlic, minced  
2 medium yellow onions, chopped  
2 ribs of celery, chopped  
1 large sweet potato, peeled and diced (about 2 cups)  
1 tsp. kosher salt, plus more to taste  
2 tsp. paprika  
1 tsp. turmeric  
1/4 tsp. cayenne, plus more to taste  
1/4 tsp. cinnamon  
1 bay leaf  
1 can (15 oz.) organic chickpeas, rinsed and drained  
1 medium bell pepper, diced  
2 medium ripe tomatoes, peeled, seeded, and chopped or 1 can (14 oz.) diced tomatoes  
3 c. water or stock  
1/4 c. finely shredded fresh basil, for garnish



## **Directions**

- \* Heat the oil in a large Dutch oven over medium heat. Add the garlic, onions, celery, and sweet potato, and cook, stirring, until the onions are translucent, about 5 minutes.
- \* Add 1 tsp. salt and cook 5 minutes more.
- \* Stir in the paprika, turmeric, 1/8 tsp. cayenne, cinnamon, and bay leaf.
- \* Add 3 cups water, cover, and simmer about 15 minutes.
- \* Add the chickpeas, bell pepper, and tomatoes.
- \* Cover and simmer until the vegetables are tender, about 10 minutes longer.
- \* Remove the bay leaf and season to taste with salt and cayenne.
- \* Ladle the soup into bowls and sprinkle with basil.

# Cauliflower-Cheese Soup

*Dernovsek Family*

1 medium-large potato, peeled and diced  
1 large cauliflower, cut or broken into florets (put aside 2 cups of florets)  
1 medium carrot, peeled and chopped  
3 medium cloves garlic, finely chopped  
1 1/2 cups chopped onion  
1 1/2 tsp salt  
4 cups stock or water  
2 cups (packed) grated cheddar  
3/4 cup milk  
1 tsp. dill  
1/2 tsp caraway seeds (my daughter is not a fan of this flavor so we add it as a side garnish)  
black pepper to taste

## ***Directions:***

1. place potato, cauliflower (except for the 2 cups reserved), carrot, garlic, onion, salt, and stock or water in a soup pot. bring to a boil, then simmer until all the vegetables are very tender. Puree with an immersion blender or food processor, and move back to your soup pot.
2. Steam the reserved cauliflower pieces until just tender. Add these to the puree along with all remaining ingredients. Heat gently, and serve topped with a little extra cheese.

*This is a family favorite especially when served with fresh baked bread.*

# Potato Sausage Tuscan Soup

## *Strengé Family*

1 lb mild Italian sausage  
6 cups chicken bone broth  
6 golden white potatoes  
1/2 tsp salt  
1/2 tsp red pepper flakes (more or less if you want)  
4 cups chopped kale (or spinach)  
1 cup heavy cream (or milk)

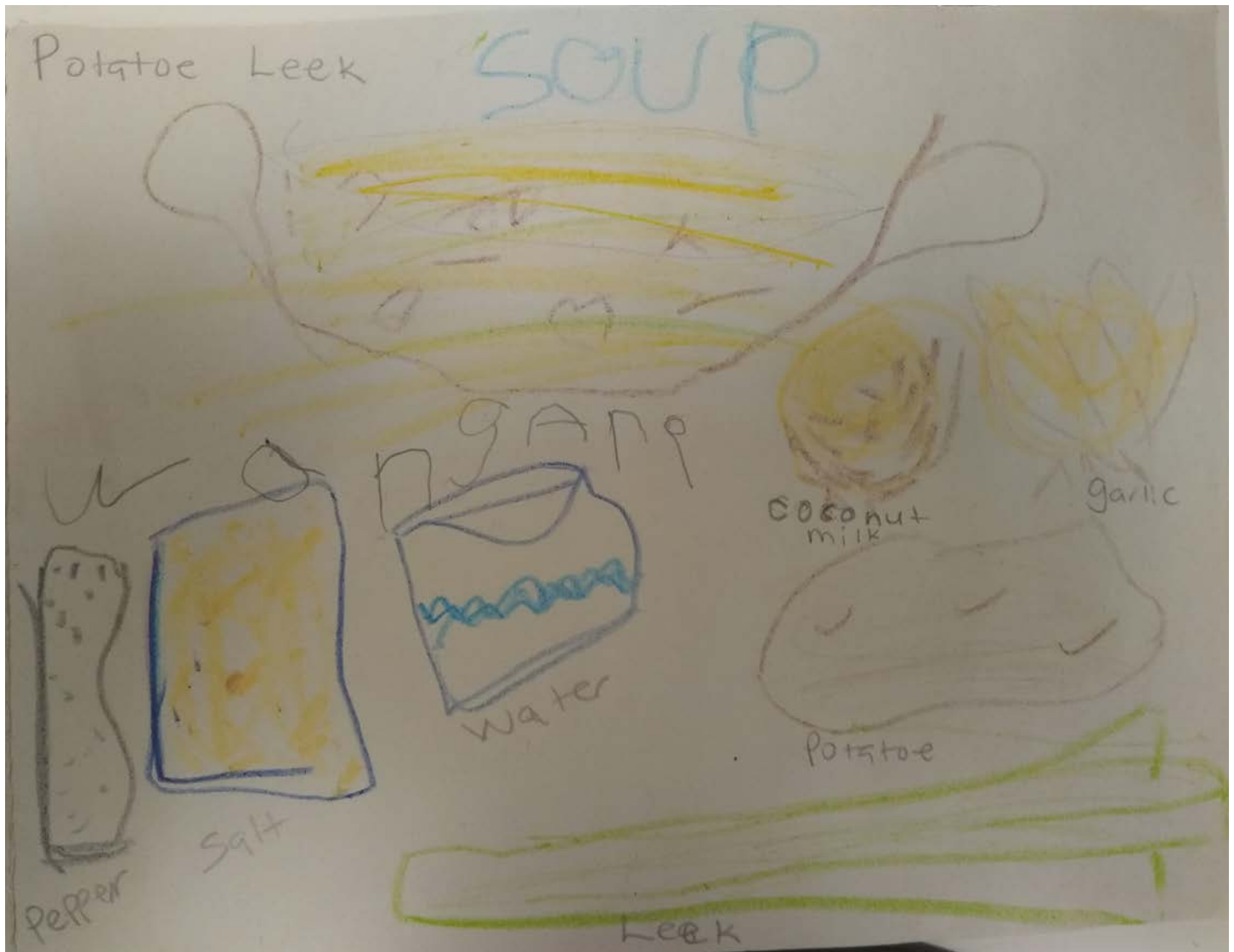
### Directions:

- in a dutch oven or large pot, brown Italian sausage
- Once Italian sausage is browned, add chicken bone broth, golden white potatoes, salt, and red pepper flakes to pot.
- Bring to boil and cook until golden white potatoes are cooked.
- Use a slotted spoon to remove 1 cup of potatoes from the pot and place them in a bowl. Mash the potatoes and pour them back into the pot to help thicken the soup.
- Add kale (spinach) and cream (milk) to soup.
- Cook until kale is wilted (about 3 minutes)
- Serve with warm bread.

*This soup is one of our long time favorite soups, both Bea and Ellia highly recommend the soup.*

# Potatoe Leek Soup

Njoroge Family



# Butternut Squash

## *Craft Family*

### **Ingredients:**

4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed  
2 tablespoons unsalted butter (1/4 stick)  
1 medium Granny Smith apple (about 8 ounces)  
1/2 medium yellow onion  
8 fresh sage leaves  
2 1/2 cups low-sodium vegetable or chicken broth  
2 1/2 cups water  
1 1/2 teaspoons kosher salt, plus more as needed  
1/4 teaspoon freshly ground black pepper, plus more as needed  
1/3 cup heavy cream  
1/2 cup toasted pumpkin seeds, for garnish (optional)

### **Instructions:**

1. Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter and brush all of it over the tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper. Roast until knife tender, 50 minutes to 1 hour.
2. Meanwhile, peel, core, and cut the apple into medium dice. Cut the onion into medium dice. Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.
3. When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into the saucepan with the sautéed apples and onions; discard the skins.
4. Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.
5. Using a blender, purée the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed. Serve garnished with the pumpkin seeds, if using.

*This is a soup that all members of the Craft family enjoy and is best served with warm French bread for dunking. One way that it was improved was when we made it with a mixture of homegrown butternut squash and delicata squash. Soooo good!*

*The ingredients can also be substituted for vegan options if desired.*

# Chicken Soup with Lemon & Orzo

*Kucera Family*

1 tablespoon olive oil  
1 tablespoon butter  
1 pound cooked & shredded chicken (leftover rotisserie or thighs work well)  
3 cloves garlic, minced  
1 onion, diced  
3-4 carrots, peeled and chopped  
2-3 stalks celery, chopped  
1/2 teaspoon dried thyme  
6+ cups chicken stock/broth, homemade if possible  
2 bay leaves  
1 cup uncooked orzo pasta  
1 sprig rosemary (or 2 tsp dried)  
Juice of 1 lemon  
2 tablespoons chopped fresh parsley leaves  
salt and pepper

## Directions:

- Heat the olive oil and butter in a large stockpot or Dutch oven over medium heat.
- Add garlic, onion, carrots and celery and season lightly with salt and pepper. Cook, stirring occasionally, until tender, about 3-4 minutes.
- Stir in thyme and cook until fragrant, about 1 minute. (If using dried rosemary add this with the thyme)
- Whisk in chicken stock and bay leaves; bring to a boil.
- Stir in orzo, rosemary (if fresh) and chicken; reduce heat and simmer until orzo is al dente (not too soft--the orzo will continue to soften and absorb the broth) about 10 minutes.
- Stir in lemon juice and parsley; season with salt and pepper to taste. Enjoy!

*Audrey's Grandpa loves making chicken and turkey soups, sometimes with dumplings, taking a day or more to simmer the bones and scraps for the broth. For Stone Soup, she decided to make a chicken soup like the kind Grandpa makes. This time, we use orzo (small, rice-shaped pasta) instead of dumplings.*

# Creamy Chicken Corn Chowder

*Brumme Family*

Makes 4 servings - 350 calories/ 12F/ 34C/ 26P / per serving

4 oz. cooked, shredded chicken breast (5.2 oz. raw)  
2 Tbs. grass-fed butter  
1 cup diced red bell pepper  
½ cup diced yellow onion  
1 jalapeno, seeded and finely chopped  
2 cloves garlic, minced  
2 Tbs. Kodiak Cakes Buttermilk Mix  
2 cups low-sodium chicken broth  
8 oz. raw red potatoes, diced  
2 bay leaves  
Sea salt and pepper, to taste  
2 cups fresh or frozen corn  
½ cup plain, nonfat Greek yogurt

Toppings per serving:

2 Tbs. low-fat, shredded mozzarella cheese  
1 slice cooked, chopped turkey bacon  
Green onions, chopped

1. Cook chicken and bacon according to the directions in the Food Prep Guide.
2. In a large pot, melt the butter over medium heat. Add the red bell peppers, onions and jalapenos; sauté until tender, about three minutes. Add the garlic and cook until fragrant. Stir in the Kodiak Cakes Mix and then slowly whisk in the chicken broth until well blended.
3. Add the potatoes, bay leaves, salt and pepper to taste. Bring mixture to a boil, stirring constantly. Reduce heat to medium-low and cook uncovered, about 10 minutes or until the potatoes are tender.
4. Add in the cooked chicken, corn and Greek yogurt. Simmer uncovered for 10-15 minutes, stirring occasionally. Weigh the entire recipe and divide the weight by four to get the amount needed to fill one serving.
5. Serve warm topped with cheese, bacon and green onions.

# From “Tickle Fingers Toddler Cookbook”

*Lourdes Harris*

It's never too soon to introduce young children to different flavours such as mild curries; it can help them be more adventurous in trying new tastes later in life.

## **WHAT YOU NEED**

400 ml coconut milk  
2 tbsp korma paste  
400 g (4 medium) potatoes (or 200 g potatoes and 200 g sweet potato)  
150 g (1 cup) frozen peas  
1 large (or 2 small) courgettes  
1½ tbsp black onion (nigella) seeds  
Handful fresh coriander (optional)

**PARENT PREP** Preheat oven to 180°C/350°F/Gas 4 Peel and boil potatoes until cooked or use leftovers

**Lay out:** ingredients, mixing bowl, fork, table knife, chopping board and oven-proof dish

**ALL TOGETHER NOW!** Pour the coconut milk into the bowl. Add the korma paste and mix with a fork. Use the table knife to cut the potatoes and courgette into bite-sized chunks and put into the bowl. Add the peas and black onion seeds. Mix. Pour into the oven-proof dish. If you are using it, tear the coriander leaves and sprinkle them on the top. AND FINALLY... Season and bake for 25 minutes. Serve with rice and/or naan bread





# Chicken and rice soup

*Tom Woodward*

## **INGREDIENTS**

8 cups chicken broth  
1 pound boneless, skinless chicken thighs  
4 stalks celery, leaves reserved and stalks thinly sliced  
 $\frac{3}{4}$  cup jasmine rice (unrinsed)  
Kosher salt  
 $\frac{1}{2}$  cup fresh parsley leaves  
1 teaspoon fresh lemon zest plus up to  $\frac{1}{2}$  cup lemon juice (from 2 to 3 lemons)  
1 small garlic clove  
1 tablespoon unsalted butter (optional)

## **PREPARATION**

In a large Dutch oven or pot, combine the broth, chicken, celery and rice. Season lightly with salt. (Some broths have more salt than others, so start easy.) Bring to a simmer over medium-high heat, then reduce heat and simmer until the chicken is cooked through and the rice starts to break down and lose its shape, 20 to 30 minutes.

Meanwhile, finely chop together the parsley leaves, lemon zest and up to  $\frac{1}{2}$  cup celery leaves. Transfer to a small bowl, grate the garlic clove into the bowl, season with salt and stir to combine.

Using tongs, remove the chicken from the pot and transfer to a medium bowl. Using two forks, shred the chicken into pieces, then stir it back into the soup. Remove from heat, stir in the butter (if using), and season to taste with salt. Stir in the lemon juice a little at a time until the soup is bright but still tastes like chicken. (You may not use the full  $\frac{1}{2}$  cup juice.)

Divide the soup among bowls and top with the parsley-lemon mixture. (The soup, minus the lemon juice and parsley mixture, can be refrigerated for up to 3 days; the rice will absorb liquid as it sits, so add more chicken broth when reheating. Add the lemon juice and fresh herb garnish just before serving.)

# Matzo Ball Soup

Alyssa Schwartz

## **For the matzo balls:**

- Beat four eggs with 1/4 cup oil and 1/4 cup seltzer water. Using a fork, mix in 1 cup matzo meal, a pinch of salt and pepper, and a dash of nutmeg.
- Chill batter for 8 hours or overnight.
- When you're ready to cook, bring a pot of water to a boil. Dampen your hands and form golf-size balls with the matzo batter. Try not to squeeze the balls together tightly - you want them to be a little fluffy. Drop the balls into the boiling water. Reduce pot to a simmer, cover, and cook 40 minutes.

Serve the cooked matzo balls in chicken or vegetable broth, with sliced cooked carrots.

*My grandmother made matzo ball soup for every holiday and birthday when I was a child. I would always eat it for breakfast the next day and for lunch every day until there was none left. I have been a vegetarian for almost 30 years, but I am willing to eat chicken soup with matzo balls at Passover because it's just so good.*

# Almost Famous Spicy Corn Chowda

Sarah Sharp

1 tbl spoon- olive oil  
2 - White Onion (Diced)  
1/3 C - Garlic  
2/3 - Cans Chipotle Peppers  
1.5 Tbs - Paprika  
1.5 Tbs - Cumin  
3 Tbs - Ancho Powder  
2 qt - Diced Potato  
1 1/3 lbs - Corn (Frozen)  
2/3 C - Lime Juice  
1 Gal - Heavy Cream

## **Instructions:**

- Cook onion and garlic on Med heat in 1 tbl spoon olive oil until onions are translucent, then add Chipotle peppers, Paprika, Cumin, & Ancho Powder.
- Cook for 2 min then add Diced Potato and Corn and cook additional 2 min.
- Add Heavy Cream and Lime Juice then simmer until Potato is tender approx. 20min.

*My executive-chef spouse Brandon wanted to share his ALMOST famous soup! He won 3rd place at a charity soup competition "Bowls for Hope" with this recipe. Enjoy!*

## Creamy Tomato-Basil Soup

*Cynthia Crook*

### **Instructions:**

- In a large pot, heat 3 T olive oil.
- Add 1 chopped onion, season with salt and stir until soft, about 10 minutes.
- Add 3 cloves minced garlic, stir and cook gently for 1 minute.
- Stir in 1 28 oz. can crushed or diced tomatoes and 4 cups of chicken or vegetable stock.
- Season generously with salt and pepper and simmer for about 15 minutes (or more).
- You can puree it with an immersion blender or in a blender, or skip this step if you like small chunks.
- Add the cream, basil and/or pesto and let it simmer for another 15 minutes to thicken.
- Serve in small bowls, perhaps with a basil leaf and/or grated parmesan cheese on top.



## Sassy Salsa Pumpkin Soup

*Chris Bewell*

non-stick cooking spray  
1 tbsp minced garlic  
1 tbsp chili powder  
1/2 tsp cumin  
4 c Fat Free broth (chicken or vegetable)  
15 oz can pure pumpkin  
1 can black beans, drained and rinsed  
1 cup corn  
3/4 c salsa (this is where you can add or reduce the spiciness)  
Optional toppings: shredded cheese and/or sour cream

Spray pot with non-stick cooking spray and heat on medium

- Add garlic, chili powder & cumin - stir for one minute.
- Add broth to the spices, and bring to simmer.
- Add pumpkin and mix well.
- Add the remaining ingredients and bring to boil.
- Reduce heat and simmer for 10 minutes.
- Serves 4.

*One of my favorite soups in the fall, winter or spring! It's fast and easy to prepare and I usually have the ingredients in my pantry :)*

# Caldo De Papa - Creamy South West Soup

Joseph Ruble-Dessalet

*This gluten free soup will warm your soul and heart. This cheesy soup is loaded with Tex-Mex flavor and packs a punch. This soup pairs great with Vikings games or any sporting event. This soup can also be thickened into a Queso dip if you please.*

Prep time: 10 min

Cook time: 20 min

## **Ingredients:**

4 chicken breasts 1 red pepper  
1 green pepper 1 large onion  
2 scallions 4 cloves of garlic  
1 de-seeded jalapeno 2 cups of corn  
1 cup diced cilantro 4 cups shredded quesadilla cheese or choice  
4 cups of heavy cream 2 quarts of chicken stock  
1 cup of butter 2 Tbsp. of garlic powder  
2 Tbsp. of onion powder 2 Tbsp. of chili powder  
2 Tbsp. of cumin Salt and pepper to taste  
2 Tbsp. of Taco seasoning 1/2 cup of corn starch slurry

## **Directions:**

- Dice all veggies and raw chicken and place in large buttered pot.
- Allow veggies to sweat and chicken to sear for 5 min.
- Once veggies have sweated 2 quarts of chicken stock.
- Bring veggies and stock to rolling boil.
- Once boiling add all spices and stir the pot.
- Lower the heat and add heavy cream.
- Bring soup back up to boil.
- Once the soup is back up to boiling quickly add the cheese while stirring the pot.
- Allow the cheese to melt and continue to Wisk the soup.
- While whisking add corn starch slurry. (Add more slurry for a quick queso dip!)
- Turn off heat and continue to Wisk soup.
- Once soup is thickened allow to cool for 5 min.
- Garnish with chopped cilantro and cheese on top. Enjoy.

*I have fed this soup to thousands of people!*



# Tex-Mex Chicken Salsa Soup

*Toli Reigada*

1 15-oz jar salsa  
2-3 cups water or chicken broth  
4-5 boneless chicken thighs, cooked and shredded/cut into bite size pieces  
2 15-oz cans drained black or pinto beans  
1 can corn or 15-oz can white hominy  
1 can diced green chilies, drained  
Salt and pepper, to taste  
Cumin, to taste  
Garlic powder, to taste  
Onion powder, to taste  
Chili powder, to taste  
Optional: 4-8 oz cream cheese, shredded cheese

Combine everything but cream cheese in a large pot, stirring occasionally until boiling. Add more water/broth if you want a thinner broth. Turn down to a simmer at medium heat; taste test and adjust spices/season as needed. If wanting a creamier soup, drop in dollops of cream cheese and mix continuously to incorporate it into the soup.

When serving, enjoy with tortilla chips and a spoonful or two of shredded cheese on top!

*Adapted from an Emeril Lagasse recipe*

*I loved watching Emeril on Food Network growing up and it was so fun finding new recipes I had seen on cooking shows and trying them with my mom. From her and the Food Network shows, a lifelong passion for baking and cooking formed.*

# Healthy Immune Boosting Soup

Molly McDermott

## INGREDIENTS

1 tbsp coconut oil  
3-4 cups bone broth (more or less depending on how thick you like it.)  
5-10 cloves garlic, minced  
2 shredded carrots  
1 small yellow onion, diced  
8 shiitake mushrooms, sliced  
3 tbsp peeled and minced (or grated) ginger root  
1 tbsp minced (or grated) turmeric root  
3 cups torn spinach (or use a bag of pre-washed)  
sea salt & freshly cracked black pepper to taste  
squeeze of lemon  
optional additions: 2 shredded chicken breasts, dash tamari, curry powder, drizzle sesame oil.

## INSTRUCTIONS

- Coat a dutch oven or stock pot with coconut oil over medium-high heat.
- Add carrot, onion, garlic turmeric and ginger.
- Cook until a little soft, about 5 minutes. Cover with broth.
- Turn down to simmer, and cook about 15 minutes or until vegetables are as soft as you like.
- Add spinach and mushrooms and cook an additional 5 minutes until done.
- Add curry powder, turmeric, sea salt, and black pepper to taste.
- Remove from heat; add optional lemon juice.

## NOTES

*I don't care for mushrooms, so I always substitute chicken. I typically buy a roasted chicken from the grocery store to save time and add shredded pieces in towards the end. Making this soup was my first introduction to using fresh turmeric. The flavor is amazing and I wouldn't make it without! I also choose to add the optional curry powder in at the end. If you don't have fresh turmeric, you can add dried in then, too.*

*This soup recipe came into my life in my first year as a teacher. It's my go to soup when I feel a cold coming on. When I have the energy for it, I like to make some overnight crusty bread to accompany the soup.*