



Soup's On!

Recipes from the kitchen of
Lauren Guengerich, Nurse Practitioner

Bring your soup to
Mid- Week Worship!

On Zoom every Wednesday at noon and 7pm
during Lent.

Favorite Aunt B's Chicken Noodle Soup

Rebecca Guengerich

45 minutes • Makes 4+ servings



Image from budgetbytes.com

Ingredients

- 6-8 c. chicken broth
- 2-3 chicken breasts, diced
- 1-2 c. carrots, chopped
- 1-2 c. celery, chopped
- 1-2 c. egg noodles
- Pepper to taste (1/4 t. +)
- Garlic to taste (3 cloves +, minced)

Preparation

1. Add approximately 6-8 cups of chicken broth and diced chicken breasts to a large stock pot. Bring to boil over high heat. Boil until chicken breasts are thoroughly cooked.
2. Reduce heat to medium so that broth is simmering. Add carrots and celery. Cook for approximately 10 minutes, until vegetables are starting to become tender.
3. Add egg noodles. Cook according to package directions.
4. Add pepper and garlic to taste.

Ingredient Tip: This recipe is very forgiving. Amounts of ingredients and cook times listed are rough estimates. Add more or less of any given ingredient or cook longer or shorter as it suits your tastes.

Health Tip: To make things healthier, use low-sodium chicken broth.

Easy Tortilla Soup

Rebecca Guengerich

1hr 10 minutes • Makes 4 servings



Ingredients

Soup:

- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 (14.5oz) can stewed tomatoes
- 4 c. chicken (or veggie) stock
- 1 (10.75oz) can tomato soup
- 1 tsp. cumin
- 1 tsp. chili powder
- ½ tsp. lemon pepper
- 2 tsp. Worcestershire sauce
- Salt and pepper to taste

Toppings

- Tortilla chips
- 2-3 avocados, cubed
- Grated cheese
(ex: pepper jack or Mexican blend)
- Light sour cream

Preparation

1. Over medium-high heat, sauté onions, garlic, stewed tomatoes in a large stock pot for 5 minutes.
2. Add remaining ingredients to stock pot. Simmer for approximately 1 hour.
3. Dish soup up into bowl
4. Top with tortilla chips, cubed avocado, grated cheese, and sour cream as desired.

Ingredient Tip: If you don't have lemon pepper, you can just add black pepper with a dash of lemon juice.

Time Tip: If you are short on time, you don't have to simmer the soup for 1 hour. You can serve your soup any time after the onions are tender.

Health Tip: To make things healthier, use low-sodium chicken broth.

Minestrone Soup

Adapted from Better Homes and Gardens Health Family Cookbook

35 minutes • Makes 4 servings



Ingredients

Soup

Non-stick spray
1 c. carrots, chopped
1 c. celery, chopped
1 c. zucchini or yellow summer squash, chopped
1 c. onion, chopped
1 (15oz) can kidney beans, rinsed and drained
4 c. low sodium chicken (or veggie) broth
1 cup water
2/3 c. noodles (macaroni, bow-tie, or rotini)
1 (14 oz) can low-sodium diced tomatoes

Herb Pistou

2 T. fresh (or 2 tsp. dried) basil
2 tsp. fresh (or ¼ tsp. dried) rosemary
2 garlic cloves, minced
¼ tsp. black pepper
1/8 tsp. salt
1. tsp. olive oil

Preparation

1. Spray a dutch oven with nonstick spray. Add carrots, celery, zucchini, and onion. Cook for 10 minutes over medium-high heat.
2. Stir in beans, broth, water. Bring to boil. Reduce heat. Simmer for 15 minutes.
3. Stir in pasta. Cook for 5-7 minutes or until pasta is just tender.
4. While pasta cooks, make herb Pistou in a small bowl.
5. Stir in tomatoes and Pistou. Heat through, and serve.

Ingredient Tip: If you don't like kidney beans, you can also use cannellini, great northern, garbanzo or a combination of those. Just aim for 15 oz of beans total.

Health Tip: To add fiber to your soup, scrub veggies until clean, but do NOT peel.

Slow-Cooker Smokey Ham & Split Pea Soup

Adapted from *Cooking Light Magazine*

8 hours & 15 minutes • Makes 8 servings



Ingredients

- | | |
|---|-----------------------------------|
| 1 lb. dried green split peas,
rinsed & drained | 1 c. carrot, chopped |
| 1.5 c. Yukon gold potatoes,
peeled & cubed | 1 large bay leaf |
| 5 garlic cloves, chopped | 1 tsp. black pepper |
| 1 c. onion, chopped | $\frac{3}{4}$ tsp. salt |
| 1 c. celery, chopped | 2 lbs. smoked ham hocks |
| | 6 c. water |
| | $\frac{1}{2}$ c. light sour cream |

Preparation

1. Layer peas and next 9 ingredients (through ham hocks) in order listed in a 6-quart slow cooker. Gently pour 6 cups water over top. Cover and cook on LOW for 8 hours.
2. Remove ham hocks from slow cooker. Remove meat from bones and cut into bite-sized pieces; discard skin and bones. Discard bay leaf.
3. Coarsely mash soup to desired consistency, adding additional hot water to thin, if desired. Stir in chopped ham.
4. Ladle approximately $1\frac{1}{4}$ c. soup into each bowl. Top with 1 T. sour cream.

Ingredient Tip: Can't find smoked ham hocks? Just substitute 1lb. bacon.

Broccoli & Cheese Soup

Adapted from BudgetBytes.com

50 minutes • Makes 4 servings



Ingredients

- 1 yellow onion, diced
- 1 lb. broccoli, finely chopped
- 2 carrots, diced
- 4 T. butter
- 4. T all-purpose flour
- 2. c. low sodium chicken (or veggie) broth
- 2 c. 2% milk
- ½ tsp. paprika
- ¼ tsp garlic powder
- ¼ tsp. black pepper
- 1/8 tsp. cayenne pepper
- 6 oz sharp cheddar, shredded

Ingredient Tip: To make things a bit healthier, use skim milk, and reduced fat cheese.

Preparation

1. Add butter and diced onion to large soup pot and sauté over medium heat until onions are soft and translucent.
2. Add flour and continue to sauté for about 2 minutes, or until flour is coating the bottom of the pot and is light golden-brown color.
3. Add chicken broth and whisk to dissolve all flour off the bottom of the pot. Turn heat up to medium-high and, while stirring often, allow broth to come to a simmer. When it reaches a simmer, it will thicken.
4. Turn heat back down to medium and whisk in milk, paprika, garlic powder, black pepper, and cayenne. Allow broth to come back up to a simmer.
5. Add chopped broccoli and carrots. Allow broth to come back up to a simmer, and continue to simmer the veggies, stirring often, for 15 minutes, or until the carrots are tender.
6. Turn heat down to medium-low and stir in shredded cheese, one handful at a time, until it is fully melted.

Quick Lemony Greek Chicken Soup

Adapted from *Cooking Light Magazine*

20 minutes • Makes 6 servings



Ingredients

1 T. olive oil
¾ c. carrots, cubed
½ c. yellow onion, chopped
2 tsp. garlic, minced
¾ tsp. crushed red pepper
6 c. low-sodium chicken broth
½ c. uncooked whole-wheat orzo
3 large eggs

¼ c. lemon juice
3 c. shredded rotisserie chicken
3 c. chopped baby spinach
1 ¼ tsp. salt
½ tsp. black pepper

Ingredient Tip: If you don't like spice, you should decrease the amount of crushed red pepper. It definitely adds a warm kick to the soup!

Preparation

1. Heat oil in a Dutch oven over medium-high heat. Add carrots and onion. Cook 3-4 minutes, stirring often, until veggies are softened.
2. Add garlic and crushed red pepper. Cook approximately 1 minute, stirring constantly, until fragrant.
3. Add broth, increase heat to high, and bring to boil.
4. Add orzo and cook approximately 6 minutes.
5. Meanwhile, whisk together eggs and lemon juice in a medium bowl until frothy.
6. Once orzo has cooked for 6 minutes, remove 1 c. boiling broth from Dutch oven. GRADUALLY add hot broth to egg-lemon juice mix. WHISK CONSTANTLY to temper eggs, about 1 minute. Pour egg mixture back into Dutch oven, and stir to combine.
7. Reduce heat to medium-low. Stir in chicken, spinach, salt, and pepper. Cook, stirring constantly, until spinach wilts, about 1 minute.
8. Ladle approximately 1 ¼ cups of soup into each bowl to serve.

Other Quick &/or Healthy Soups to Check Out:

Black Bean Soup

<https://www.budgetbytes.com/smoky-black-bean-soup/>

Loaded Baked Potato Soup

<https://www.myrecipes.com/recipe/loaded-potato-soup-0>

BudgetBytes Soups

<https://www.budgetbytes.com/category/recipes/soup/>

Cooking Light Soups

<https://www.cookinglight.com/food/top-rated-recipes/best-soup-recipes>

Special thanks to Lauren Guengerich for compiling these recipes!