



**Good Cheer Food Bank's  
2020 Empty Soup Bowl Night  
Soup & Stew Recipes**

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**Good Cheer's 2020 Empty Soup Bowl Night will be held online via Zoom on Friday, Nov. 20 from 6 to 7 p.m. Join the Zoom meeting by entering this meeting I.D. # 882 451 3254.**

**Make a favorite soup and join us for an online soup supper.**

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# Annie's Tuscan Kale Soup

2 links Andouille sausage chopped or ½ lb. any sweet Italian sausage, browned slightly  
Add 1 large sweet onion (large dice) and 1 Tbsp olive oil.

When onion is translucent, add 1 heaping Tbsp sweet paprika and 1 tsp freshly ground black pepper and 1.5 to 2 Tbsp tomato paste.

Stir and let paste cook until darkened somewhat.

Add 2 quarts good chicken broth, ½ tsp garlic powder, 1 tsp sea salt (if broth is unsalted, otherwise you'd better taste it before adding any salt!), ½ Tbsp fennel seed, ½ tsp tarragon, 1 heaping tsp dried thyme, 4 large bay leaves.

Simmer for one hour, covered.

Add 1 can white kidney beans, about ½ lb. (or more) chopped Tuscan Kale, 2 medium large potatoes (large dice) and simmer for 20-30 minutes until potatoes are soft.

Add 2 Tbsp red wine vinegar just before serving and top with parmesan cheese.

*Submitted by Carol McNeil*



# Carrot Lentil Soup

(Buy carrots, onions, garlic, tomatoes and cilantro at Maha Farm at the Tilth Market on Sundays)

## Ingredients:

1 large onion, chopped  
2 cloves garlic  
2 Tbls. Olive oil  
2 cups of peeled, chopped tomatoes (or a can of diced tomatoes)  
1 tsp cumin  
Dash of salt, pepper, chili powder and cayenne (optional)  
1 qt chicken or veggie broth  
1 cup red lentils  
2 carrots peeled and chopped  
Juice of a lemon  
Fresh chopped cilantro (optional)

## Directions:

Sauté onions and garlic for 4 minutes (until clear) in the olive oil.  
Add spices, tomatoes and carrots. Sauté 5 more minutes  
Add lentils, broth and 3 cups of water.  
Simmer till lentils are soft (about 30 minutes)  
Using an immersion blender or food processor puree the soup briefly (good if still a little chunky)  
Put back in pot. Add lemon juice and cilantro and serve hot. Enjoy.

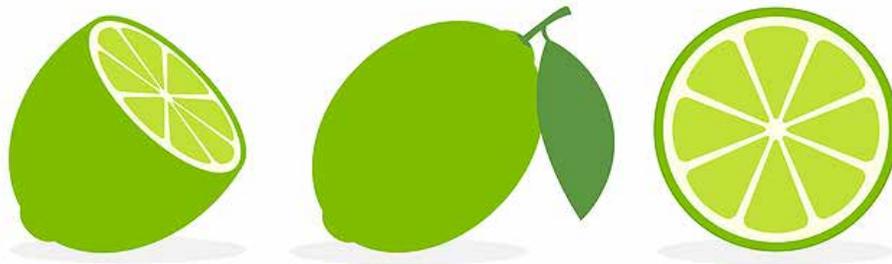
*Submitted by Anza Muenchow*



# Chicken Lime Orzo Soup

## Ingredients:

2 cups water  
2 cups diced/shredded chicken  
1 cup chopped celery  
1-1/2 cups diced mushrooms  
1 cup sliced carrots  
2 cups chopped kale or bok choy  
2 tablespoons minced garlic  
1 tablespoon oregano  
1 teaspoon tarragon  
1 teaspoon dill  
1/2 teaspoon ground pepper  
4 cups chicken broth  
Zest of 2 limes (or lemons)  
Juice from 2 limes (or lemons)  
1/4 cup sour cream  
1 cup orzo pasta



## Directions:

Turn on crockpot and add 2 cups of water, chicken, and veggies and seasonings.  
Once mixture is warm and bubbly add 4 cups of broth and lime zest.  
Heat kale and carrots are soft.  
Turn off crockpot stir in orzo and lime juice.  
Once orzo is soft stir in sour cream and serve with warm bread and soft cheese.

*Submitted by Jeremiah Donier*



# Cioppino

## Ingredients

2 garlic cloves minced  
2 tablespoons extra-virgin olive oil  
3/4 cup diced onion  
1/4 cup diced bell pepper  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon red-pepper flakes  
1/2 pound cleaned squid  
1/2 tablespoon tomato paste  
1 teaspoon dried oregano  
1 cup dry white wine  
1 15-ounce can crushed tomatoes  
2 bay leaves  
1 8-ounce bottle clam juice  
1 1/2 cups seafood stock or vegetable broth  
2 tablespoons chopped flat-leaf parsley  
1 pound littleneck clams, soaked in water for 1 hour  
1/2 pound medium tail-on shrimp, peeled and deveined  
1 pound mussels, cleaned  
1/2 pound skinless flaky white fish such as halibut or cod



## Directions

Saute onion, bell pepper, 1/2 teaspoon salt and 1/4 teaspoon pepper in the oil in a large pot over medium heat, stirring occasionally, until softened, 6 - 7 minutes.

Add the garlic and red-pepper flakes. Cook, stirring constantly, 1 - 2 minutes more.

Reduce heat to medium-low and add squid. Cook, stirring occasionally, until squid is opaque and tender and it reduces, 15 to 20 minutes.

Add tomato paste and oregano and cook and stir for another minute.

Add wine, increase heat to medium-high, and cook until liquid is reduced by half, about 6 minutes.

Add tomatoes, bay leaves, clam juice, and stock. Bring to a boil, then simmer, for 30 minutes.

Add another 1/4 teaspoon each salt and pepper.

Reduce heat to medium, add clams, cover, and cook for 3 minutes. Stir in the shrimp and mussels.

Arrange the fish on top of the stew, cover, and simmer until shellfish opens and fish and shrimp are firm and opaque, about another 5 minutes.

Remove bay leaves and add parsley.

Serve with crusty bread.

*Contributed by Christi Landrum*



# Clam Chowder

## Ingredients

- 1 diced bell pepper
- 1 medium diced onion
- 2 diced potatoes
- 1/2 pound minced bacon
- 1 stick of butter
- 3-4 cloves fresh minced garlic
- 2 cups clam juice
- 1 cup flour
- 2 cups milk
- 2 cups cream
- 2 cups half-and-half
- 1/2 teaspoon black pepper or for a little more kick, use Slap Ya Mama Cajun Seasoning
- 1 pound chopped clams



## Directions

Place vegetables, bacon and butter in a sauce pot. Saute over medium heat until vegetables are tender.

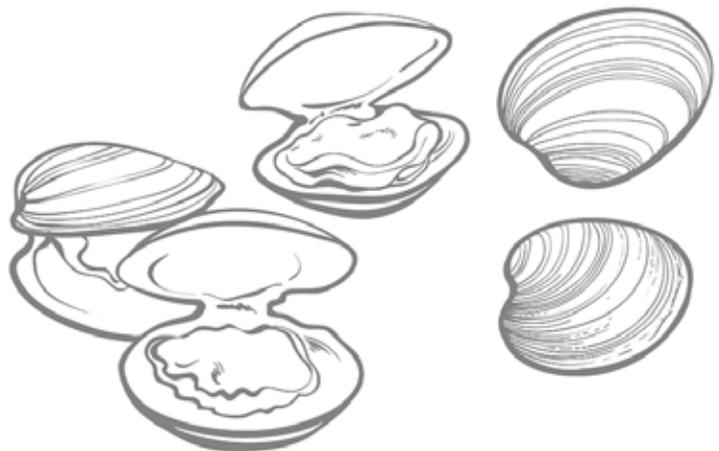
Add flour and stir to make the roux. Cook for two minutes. Don't overcook the roux! It'll turn brown.

Add clam juice and dairy and whisk.

Add garlic, black pepper, chopped clams and clam base. Cook over low-medium heat stirring occasionally. Cook for two hours or until chowder is brought to desired thickness.

Serve with crusty bread.

*Contributed by Christi Landrum*



# Coconut Curry Soup

Serves 4-6

## Ingredients

2 chicken breasts, with skin and bones, weighing 1.5 – 2lbs. total  
1 carrot  
¼ c. onion, coarsely chopped  
¼ c. parsley chopped  
4 whole cloves  
8 pepper corns  
½ tsp dry basil  
1 bay leaf  
1/3 c. white or yellow onions, diced  
1/3 c. celery, diced  
2 T butter  
1-2 T hot curry powder (I used 2 T but it was old)  
A good sized chunk of fresh ginger (1x1x1.5 inches), diced  
3 cups coconut milk  
2-4 cups fresh vegetables cut into bite sized pieces (I used bok choy, carrots, snow peas)  
¼ c freshly squeezed lime juice  
2-4 tsp lime zest  
½ cup cilantro, chopped  
1 green onion chopped

## Directions

Poach chicken breasts in 6 cups water, with ¼ c onion, parsley, cloves, peppercorns, basil, bay leaf and salt to taste. Remove chicken to cool after 30 minutes. When cool, remove skin and bones and dice chicken. Continue to cook broth, reducing to about 3 cups liquid. Strain and reserve for final assembly of soup.

While chicken is poaching, sauté onions, celery, ginger and curry powder in butter until veggies are soft. Add coconut milk and bring to near boil. Let cool until ready to serve (you could do this ahead and refrigerate).

10 minutes before you are ready to eat, add diced chicken and 3 cups chicken broth to coconut milk mixture. Bring to low boil. Simmer for 2-3 minutes, then add fresh vegetables and continue to cook until they are done (another 2-3 minutes). Add lime juice and zest, stir to blend.

Ladle into wide shallow bowls. Top with cilantro and green onion or allow guests to add their own.

*Submitted by Carol McNeil*



# Curried Lentil Soup

## Ingredients

1 cup French green lentils, 8 ounces  
1½ teaspoons sea salt, more to taste  
1 teaspoon cumin seed  
2 teaspoons curry powder  
2 tablespoons olive oil  
1 large onion, chopped  
1 large carrot  
1 cup frozen peas  
2 cups chopped leeks, white and light green parts only  
1 medium sweet potato, diced, 8 ounces  
1 large carrot, finely diced  
1 large stalk celery, finely diced  
Bay Leaf  
Optional: Serve a dollop of yogurt on the top of each bowl



## Directions

Rinse the lentils and combine them in a large pot with four cups water. Bring to a boil, then lower the heat and simmer the lentils for 25 minutes, or until tender. Stir in a teaspoon of sea salt. Remove the lentils from heat and skim off any foam that may have formed on top.

Meanwhile, heat two tablespoons olive oil in a large sauté pan, add the chopped onion and a pinch of sea salt, curry powder, and cumin seed, cooking slowly until the onion is soft, about 8–10 minutes. Add the chopped leeks and continue cooking for another 20 minutes, stirring often, until the leeks and onions are turning golden.

Add the onions and leeks to the lentils, along with the diced sweet potato, carrots, celery, another 3 cups water, half a teaspoon of sea salt and a bay leaf. Simmer the soup gently, covered, for 20 minutes. Meanwhile, wash the chard, slice away the stems, and coarsely chop the leaves. Add the chard and simmer the soup another 10 minutes. Add the cilantro, parsley, a pinch of cayenne and the vegetable broth. Heat everything together for a few minutes, then add lemon juice to taste.

Serve with yogurt as desired.

*Submitted by Karen Korbelik*

# Curried Lentil Tomato Coconut Soup

## Ingredients

2 tablespoons virgin coconut oil or extra-virgin olive oil  
1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
1 2½-inch piece ginger, peeled, finely grated  
1 tablespoon medium curry powder  
¼ teaspoon crushed red pepper flakes  
¾ cup red lentils  
1 14.5-ounce can crushed tomatoes  
½ cup finely chopped cilantro, plus leaves with tender stems for serving  
Kosher salt, freshly ground pepper  
1 13.5-ounce can unsweetened coconut milk, shaken well  
Lime wedges (for serving)

## Directions

Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper. Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes. Season soup 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.

**Do Ahead:** Soup (without toppings) can be made 3 days ahead. Let cool; cover and chill.

*Contributed by Wendy Visconty*



# Curried Roasted Squash & Pear Soup

Produce ingredients are either from my own gardens or from Maha Farms in Clinton

In a large bowl, toss :

1 Butternut Squash (1-1/2 lbs, approximately)

6 ripe, firm Bartlett Pears, peeled, cored and cut into bite sized cubes

Season with salt and pepper to taste

Transfer to baking dish (14 inch or so) with sides. A roasting pan can also be used.

Drizzle with water or broth of your choice and roast in preheated oven at 400 degrees for 30-40 degrees or until tender. Check occasionally to see if more water or broth is needed. Take care to open the oven carefully, as the heat can burn one's face or eyes. Remove 1 cup pears and reserve them. The pears may cook before the squash.

When squash is cooked, add them to the pears, which are not being reserved, in a blender with cooked squash, adding some water or broth, if needed to puree.

In soup pot or Dutch Oven, heat:

1T Olive Oil and cook with: 1/3C shallots

Cook, stirring, over medium heat until softened, but not browned.

Add:

1T. dark brown sugar or 1t. honey and T. molasses

1 2 1/2 inch cinnamon stick

2 t. curry powder

1/2 t. ground cardamom

1/4 t. ground coriander

Stir for 2 or so minutes.



Add: reserved squash -pear puree and broth or water. Bring to a simmer, stirring occasionally for 25-30 minutes. Season with salt or Tamari, if desired - or serve with bottle of tamari or soy sauce on the table.

Discard cinnamon stick. Add reserved pears and simmer until heated. Serve garnished with chopped mint or cilantro - or have a small bowl of each, so guests can use any of either or both, if desired.

MAKES 8 cups, approximately

*Submitted by Annapoorne Colangelo*

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# Green Tomato Chicken Chili

What can you do with those unripened green tomatoes pruned or orphaned from your garden? Throughout the growing season glean, wash, and freeze them. Once you have saved a pound or two, use them to make a delicious chili!

## Ingredients:

1 pound dry beans (white, black or any other type you like)  
2 tablespoons dried seaweed  
1 pound diced chicken breasts  
1/2 cup diced green chili peppers (Anaheim, hatch, jalapeño, poblano, Serrano)  
1 cup diced onions  
2 cups diced green tomatoes  
1 tablespoon cooking oil  
1 tablespoon minced garlic  
1 tablespoon cumin  
1 tablespoon oregano  
1 teaspoon cinnamon  
1 teaspoon coriander  
1/2 teaspoon smoked chili powder  
1 to 2 cups water (optional 1 cup broth or 1/2 cup white wine)  
Juice of 1-2 limes  
8 ounce package cream cheese



## Directions:

Place clean and rinsed beans into a crockpot with seaweed, cover with water to the rim, cover and cook on low for 6 to 8 hours. NOTE: do not add other spices or salt yet. It works best for the beans to slowly soak and cook overnight. Once the beans are soft and cooked through, drain off all the water and rinse, and leave in crockpot to keep warm. Heat oil in frying pan add chicken, onions, garlic, chili peppers, onions, garlic and spices. Once chicken is cooked, mix in tomatoes, lime juice, and cream cheese.

Add chicken and tomato mixture to crockpot, stir in liquid to desired consistency. Heat chili on low, about an hour or so, until bubbly. Enjoy with your favorite toppings and sides!

*Submitted by Jeremiah Donier*

# Hungarian Chicken Stew

## (Betchinatlavesche)

(Given to my sister's mother-in-law sometime in the early 1900s by her mother, who spoke no English)

### Ingredients

2 – 3 lb chicken cut up in pieces (skin left on unless you're aiming for lower fat)  
4 carrots sliced  
5 celery stalks sliced  
2 potatoes cut into small chunks  
1 hot pepper chopped fine  
1 onion chopped  
1 lb green beans  
1 lb peas  
1 parsley root chopped\*  
2 - 4 TBS butter  
6 – 7 chicken bouillon cubes (or equivalent Better-than-Bullion)\*\*  
Flour for dredging



### Directions

Flour the chicken pieces and brown in the butter. Place in a large (stock or other) pot. Cover the chicken with water and simmer 1 – 2 hours. Remove the chicken to cool, then de-bone it. Add all other vegetables and cook approximately 30 minutes until done. (If the beans and peas are frozen, add them during the last few minutes.)

While the vegetables are cooking, make the dumplings (this makes a double batch because the dumplings are tasty and make this soup into a satisfying meal):

3 cups flour  
1 TBS salt (yes, TBS though you can use less as needed)  
3 eggs  
1 cup milk

Mix all ingredients well and drop into the stew by teaspoonfuls near the end of the vegetable cooking time. Dumplings are done when they rise to the top. When vegetables and dumplings are done, return the de-boned chicken to the pot to rewarm. Serve the stew with a dollop of sour cream in each bowl. (It's good to store the soup and dumplings in separate containers in the fridge to keep the dumplings from getting soggy.)

\*Looks like a parsnip, but tastes strongly of parsley – used a lot in central European cooking. It's sold in the midwest, but I've had to grow it myself in the PNW. If you can find it, it really makes this soup really special. If not, I cook the stew with a bouquet garni of parsley and sprinkle fresh into each bowl at serving.

\*\* Chicken stock or broth can be used instead of water with bullion.

*Submitted by Marcia Merryman*

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# John's Darn Good Soup

Some years ago, my wife, a teacher, brought home a recipe from a cook at the school cafeteria. After making a few changes, this has become our favorite to eat at home and to share. Whenever we share this soup, we are always asked for the recipe. Most of the fresh vegetables are readily available in local home gardens.

## Ingredients

- 1 lb. Sweet Italian sausage I prefer links (but you can use bulk) let partially freeze, then slice into 1/2" pieces and then remove the casing.
- 1 T olive oil
- 1 cup diced onions
- 1 clove garlic, minced
- 1 cup diced carrots
- 1 T basil
- 2 small zucchini, sliced (can also use canned)
- 1 (16 oz) can diced tomatoes, undrained (can also use fresh)
- 2 cans beef bouillon
- 2 cups shredded cabbage (can also use coleslaw mix without the dressing)
- 1 tsp salt
- 1/4 tsp pepper
- 1 (16 oz) can great northern beans, undrained
- Parsley (optional)

## Directions

Slice sausage into 1/2- inch thick pieces and brown in oil. Add onion, garlic, and basil.

Cook for 5 minutes.

Add zucchini, tomatoes with liquid, bouillon, cabbage, salt and pepper.

Bring to a boil.

Reduce heat and simmer for one hour, covered.

Add beans with liquid and cook 20 minutes longer.

Garnish with parsley if desired.

*Submitted by John Les*



# Moroccan Veggie Soup

## Ingredients:

1-1/2 cups green lentils  
1 chopped sweet onion  
1 inch knob of fresh grated ginger,  
2 cloves minced garlic  
1 chopped red bell pepper  
1 pound diced tomatoes (or 14 ounce can with juices)  
4 cups veggie broth  
1-2 tablespoons red harissa (or 1 to 2 freshly chopped chili peppers)  
2 teaspoons smoked paprika  
3/4 teaspoon cumin  
3/4 teaspoon cinnamon  
kosher salt and pepper  
1 tablespoon fresh lemon juice  
2 cups or 14 ounce can chickpeas



Optional toppings: 1/2 cup fresh cilantro, whipped or crumbly cheese, or nuts

## Directions:

Combine lentils, onion, ginger, garlic, carrots, red pepper, tomatoes, veggie broth, harissa, paprika, cumin, cinnamon and a large pinch salt and pepper. Stir to combine. Cover and cook on low for 6-8 hours or on high for 4-6 hours.

Just before serving, stir in lemon juice, chickpeas, and cilantro, cook until heated through. If the soup is thick, add water or broth to thin to desired consistency. Taste and adjust seasoning to your liking. Ladle the soup into bowls and top with cheese, nuts and/or cilantro.

*Submitted by Jeremiah Donier*

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# Pauper Soup

Get the ingredients from our farm stand, Maha Farm and Forest at 4328 Glendale Rd. especially the arugula and potatoes!

## Ingredients:

2 quarts stock (or water if you don't have a good broth)

4 potatoes

3 cups chopped arugula (OK to use the older spicey stuff if you don't have baby arugula)

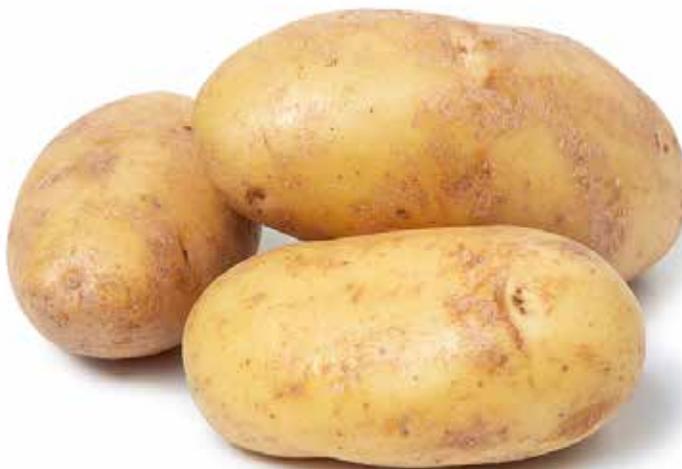
1 cup of croutons (just cube some old dry crusty loaf )

2 Tbls of a nice olive oil

## Directions:

Boil cubed potato in the water or stock. When potato is soft, add the chopped arugula for 2 minutes more. Then add the croutons and stir. Drizzle the olive oil over the top in the pot just before you ladle into serving bowls. Enjoy!

*Submitted by Anza Muenchow*



# Pueblo Pumpkin Stew

This is a nutritious, hearty winter soup that is easy to prepare and is very adaptable. You can make it vegan or with chicken and grated Parmesan cheese. If you prefer a spicier soup, use peppers with some heat, such as a jalapena or two. The small pie pumpkin used was from Sherman Farms in Coupeville. The cubed butternut squash was from Payless.

## Ingredients

2 tablespoons olive oil  
1 onion, sliced  
1 tablespoon minced peeled fresh ginger  
1 can of mild Ortega chiles  
4 tomatoes, chopped  
2 teaspoons ground cumin  
2 teaspoons garam masala  
½ teaspoon ground turmeric  
8 cups of chicken broth or vegetable broth  
Two cups cooked pumpkin mash  
Two cups cubed uncooked butternut squash  
1 (15 ounce) can pinto beans, rinsed  
1 can black beans, rinsed  
1 cup of cooked brown rice  
2 tablespoons freshly grated Parmesan cheese  
1 to 2 teaspoons salt to taste  
Pepper to taste



## Directions

In large soup pot, heat 8 cups of canned or boxed chicken stock (or vegetarian broth if you prefer)  
Add 2 cups of cooked pie pumpkin mash. (To prepare, cut pumpkin in half, scoop out seeds, drizzle with olive oil and add a little salt and pepper. Heat on a cookie sheet in the oven at 350 degrees for one hour or soft. Cool and scoop out the inside for two cups. (OR, use canned, unsweetened pumpkin.)  
Next, add two cups of cubed uncooked butternut squash.  
Add one can of drained and rinsed black beans, one can of red pinto beans, and one cup of cooked brown rice.  
Chop a whole sweet onion and sauté in olive oil in a pan until soft and clear. Add a can of mild Ortega chiles. Then add 1 cup of fresh chopped tomatoes. Stir until warm and then add to soup stock.  
Add cumin, garam masala and turmeric and cook, stirring often, until the tomatoes are beginning to break down, about 5 minutes.  
Bring to a boil. Reduce heat to low, cover and simmer until the squash is tender, about 30 minutes. Stir in grated Parmesan cheese.  
Options:  
If you want a creamier soup, add a can of condensed mushroom soup, or one cup of half and half.  
You can also add a cup of shredded or diced cooked chicken for more protein.  
This is the type of soup that is often better the next day as all the flavors meld together.

*Submitted by Laura Canby*

# Red Kuri Squash Soup

Serves 4 as starter course or 2 hearty dinner portions with a bit left over for lunch the next day.

Red Kuri squash has a deep, gorgeous color and a creamy flesh when cooked. Inspired by a recipe from Alice Waters, I adapted it more to my flavor profile and for ease of preparation. Warming with the chill of the season, this soup is easy to make and can be made a few days ahead and reheated. The squash and fennel are from Foxtail Farm and the onion is from Deep Harvest Farm.

## Ingredients

1 Red Kuri squash, weighing approx. 1 ½ lbs when whole  
½ medium onion, peeled and coarsely chopped  
2 C. water  
1 bay leaf  
1 medium fennel bulb, cored and cut into wedges, then separate wedges into pieces  
1 T. olive oil  
3 T. buttermilk  
1 T. sherry vinegar  
Salt and pepper, to taste  
Fresh oregano, for garnish  
Pecans, chopped, for garnish



## Method

Heat oven to 375 degrees.

Place whole, unpeeled, uncut squash on a small parchment-lined baking sheet. Bake for 30-40 minutes until tender. It is done when a knife inserted through the skin slides easily into the squash. Remove from oven. Let it cool on the baking sheet.

Toss trimmed, cut fennel bulb with olive oil and a pinch of salt and pepper. Place in a small baking dish. Roast 20-25 minutes until caramelized, or longer to your taste. You can roast the fennel at the same time as baking the squash. When squash is cool enough to handle, cut it in half, scoop out the seeds, and carefully remove the flesh from the skin. Discard seeds and skin. Place squash in a food processor or a large blender.

Place onion, bay leaf, a pinch of salt and pepper, and the water into a medium saucepan. Bring to a boil and cook 15 minutes at a reduced heat, until the onion is tender. Remove and toss the bay leaf.

In small batches, add the onion mixture to squash in the food processor/blender and puree. Return the pureed batches to the same medium saucepan.

Add the roasted fennel to the soup pan and stir over medium heat until the soup is fully combined and reheated.

Reduce heat to low, add buttermilk and sherry vinegar. Stir.

Season to taste with salt and pepper.

Ladle soup into bowls and garnish with fresh oregano leaves and pecans. Drizzle with a touch of olive oil. Enjoy!

Notes: Baking the squash and roasting the fennel can be done ahead of preparing the soup.

If you prefer a thinner soup, add a touch more buttermilk.

*Submitted by Susan Raunig*

# Salish Sea Chowder

## Ingredients

2 tablespoons butter  
1 tablespoon olive oil  
1 cup chopped onion  
2 cloves garlic, minced  
1/2 cup chopped celery  
1/2 cup all-purpose flour  
6 cups chicken broth or vegetable broth  
1 pound potatoes - peeled and cubed  
1 teaspoon dried dill weed  
1 teaspoon dried tarragon  
1 teaspoon dried thyme  
1/2 teaspoon paprika  
8 ounces fish or shellfish in 1/2 inch pieces  
1/4 cup white wine  
1 tablespoon fresh lemon juice  
1/4 teaspoon hot sauce  
1 teaspoon salt  
1 teaspoon fresh-ground pepper  
1 cup half and half



## Instructions

In a large stockpot over medium-high heat, combine the butter, olive oil, onion, garlic, and celery. Cook 8 to 10 minutes, or until the onions are transparent.

Sprinkle flour over the mixture and stir well to make a dry roux.

Gradually add the chicken broth and stir until slightly thickened.

Stir in the potatoes, dill, tarragon, thyme, and paprika. Reduce heat to medium, cover, and simmer for 15 minutes. Stir in the fish and/or shellfish, wine, lemon juice, hot sauce, salt, and pepper. Simmer over low heat, uncovered for 10 minutes.

Mix in the half-and-half and continue to simmer for 30 minutes, stirring occasionally. Do not let the chowder boil after adding the half-and-half. Serve hot.

*Submitted by Jeremiah Donier*

# Spiced Butternut Squash Bisque

## Ingredients

Large Head Garlic  
Extra-virgin Olive Oil  
Salt  
Freshly Ground Black Pepper

**Prep:** Preheat oven to 400°. Slice off top of the head of garlic. Drizzle with oil and season with salt and pepper. Wrap in foil and place in a shallow dish. Roast until golden and soft, about 40 minutes. Let cool then squeeze out garlic cloves and use 1 Tablespoon for Bisque.

**Prep:** Butternut Squash (enough for 7 cups cooked) cut in half, scrape out seeds, put in baking pan with about ¼ inch water, cover with foil, and bake at 350 degrees until tender.

1 Tablespoon Roasted Garlic  
½ Cup Butter  
1 Cup Chopped Yellow Onion  
1 Cup Chopped Carrot  
1 Cup Chopped Celery  
7 Cups Cooked Butternut Squash  
2 quarts Chicken Broth  
1 Teaspoon Curry Powder  
½ Teaspoon Ground Cumin  
¼ Teaspoon Cayenne Pepper  
¼ Teaspoon White Pepper  
1 Tablespoon Sugar  
1 Cup Chopped Peanuts  
1 1/2 Cups Whipping Cream



## Directions

Put Garlic, Butter Onion, Carrot, Celery, Squash, Chicken Broth, Spices in a 6-quart stock pot, bring to a boil and simmer for 30 minutes.

Let cool and then add peanuts and puree in a blender.  
Add cream and heat to desired serving temperature.  
Garnish each serving with a few chopped peanuts.

The butternut squash and carrots came from our garden in Clinton.

*Submitted by Anne Roraback*

# Squash Soup

I have a lot of favorite soup recipes but it is fall and this is one of my tops. It tastes like you are eating pumpkin pie for dinner. Does life get any better than that? ;-)'

## Directions

Precook butternut squash. Cut in half, clean out seeds. Roast in oven until golden brown and soft. 350\* for about 1 hr.

Take squash out of skin. Put in pan on stove and add 1/2 cup chicken stock (more or less depending on size of squash). Add 1/2-pint heavy cream.

Puree. Stir in salt and pepper to taste and add 1 teaspoon vanilla.

Extras: Can add one or another but not all at the same time: shallots or onions, small amount of garlic powder, cinnamon, nutmeg. (I do both cinnamon and nutmeg)

When done, swirl in 1 Tablespoon of butter. Makes a thick soup, serves 4.

*Submitted by Shelly Ackerman*



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# Still Life Smoked Salmon Soup

## Ingredients

2 leeks chopped  
1 onion chopped  
2 carrots peeled and chopped  
3 ribs celery chopped  
1 tablespoon dried dill

Sauté all the above until soft then add:

3 cups chopped bite sized red new potatoes  
3 cups chicken stock  
1 small can (15 oz) diced tomatoes

Bring this to a boil, cover and let simmer until potatoes are cooked through, then add:

2 cups smoked salmon (not lox), flaked into bite size pieces  
Half a block of cream cheese, cut into cubes and  
A good handful of fresh chopped spinach.

Let this all incorporate.

Add additional chicken broth or some vermouth to taste.

*Submitted by Cara Glickman-Clarke*



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# Taco Soup

Here is one I've been making for my family for 25 years. I've shared it with countless friends, and I almost always have a request for this VERY simple recipe.

- 1) Sauté, brown and drain 1 lb. ground beef, set aside
- 2) In same pan, add 1 Tablespoon of olive oil and sauté 1 chopped onion and green pepper
- 3) Add to this:
  - 3 cups of chicken or vegetable broth,
  - 2 cans of chopped tomatoes with juice, and
  - 1 can of tomato sauce
  - 1 Tablespoon of lime juice
  - 1 package of your favorite dry taco seasoning
  - 1 package of your favorite dry ranch dressing mix (we use Hidden Valley or Uncle Dan's)

Simmer together for 20-30 minutes.

If desired, top with a dollop of sour cream or crumbles of cotija cheese, and a few bite-sized pieces of avocado.

We like to serve with tortilla chips, a green salad, and our favorite hot sauce!

ENJOY!!

*Submitted by Crystal Stull*



# Thai Soup

This is a very flavorful soup that is not spicy, and tastes delicious with any type of vegetable or protein you want to put in it.

Makes 6 servings

## Ingredients

1 tablespoon avocado, coconut or olive oil  
2-3 celery stalks, chopped  
3-4 garlic cloves, diced  
Half an onion, diced (optional)  
1 teaspoon ginger, diced  
1 teaspoon coriander  
1 teaspoon cumin  
¼ teaspoon pepper  
1 teaspoon turmeric  
2 cups chicken or vegetable broth or water  
1 can full fat coconut milk  
1 can chicken or vegetable broth or water  
1 pound yams or sweet potatoes or a mix of both, cut into bite-sized pieces  
Locally grown vegetables of your choice: Bok choy, cauliflower, kale, nettles, spinach, watercress  
1 1/2 teaspoons sea salt  
Locally grown or caught protein options already cooked: chicken, crab, deer, lamb, shrimp, salmon, trout  
Rice or millet noodles (optional)



## Directions

Sauté the celery, garlic, ginger, and spices for 3 minutes in a medium pot.

Add the 4 cups of liquid and vegetables and bring to a boil. Once boiling, lower the heat and cover to let the vegetables simmer until the vegetables are tender, about 3 minutes.

Cook the noodles in another pot.

Put the desired amount of cooked protein into each person's bowl. Then add the desired amount of noodles, if using. Then ladle the soup on top to heat the protein and noodles.

*Submitted by Karen Price*

# Tomato Rice and Bean Soup

If you want to cut back on salt, sugar and oil, this soup fits the bill. The soup is 100% vegan, tasty, healthy and easy to make.

Prep time: 25 mins Cook time: 50 mins Total time: 1 hour 10 mins.

Serves: 6 to 8 (Makes about 10 cups. Can freeze extra)

## Ingredients

- 1 medium yellow or white onion, chopped (about 2 cups)
- 6½ cups water
- 1 can cooked navy or white beans (15 ounces; about 1½ cups) drained and rinsed
- ¾ cup dry/uncooked, long-grain brown rice
- 2 cans diced tomatoes (14.5 ounces each; about 3 cups total), undrained
- 2 ribs celery, sliced (about ⅔ cup)
- 5 medium white or cremini mushrooms, sliced (about 2 cups)
- 1 tablespoon dried Italian herb seasoning
- 1½ teaspoons granulated garlic
- 3 cups chopped Swiss chard
- ½ cup chopped fresh basil (or substitute dried basil)



## Directions

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onion and cook while stirring for about 3 to 5 minutes.
2. Add the water, beans, rice, diced tomatoes (including juice), celery, mushrooms, Italian seasoning, and granulated garlic, and bring to a boil, uncovered. Reduce the heat to low then cover and cook for 40 minutes.
3. Stir in the chard then cover and cook for 10 minutes more, until the chard has wilted. Stir in the basil toward the end of cooking. If using dried basil, add with Italian herbs.

**Notes:** If you don't have a dried Italian herb blend on hand, use a blend of dried oregano, basil, thyme, rosemary, sage, and/or parsley.

You may also use other greens in this soup, such as beet greens, collard greens, and kale.

If you want to use fresh tomatoes instead of canned, add 1½ pounds of fresh tomatoes (peeled or unpeeled) chopped, in step 2.

For a totally salt-free soup, look for salt-free canned diced tomatoes and salt-free canned beans. Nutrition Information Serving size: ⅓ recipe (1.25 cups) Calories: 154 Fat: 0.9g Saturated fat: 0.2g Carbohydrates: 30.8g Sugar: 4.9g Sodium: 71mg Fiber: 5.8g Protein: 6.3g Cholesterol: 0

*Submitted by Ronnie Stewart*

# Useless Coconut Curry, Lentil & Chickpea Soup

## Ingredients

2 Tbsp Olive Oil  
1 Large Onion, chopped  
3 Garlic Cloves, minced  
2 Tbsp Fresh Ginger, chopped  
2 Tbsp Sugar  
2 Tbsp Curry Powder\*  
2 tsp Salt  
½ tsp Cayenne  
16oz Crushed Tomato  
16oz Canned Coconut Milk  
16oz Chickpeas  
8 Cups Vegetable Stock  
1 Pound Black Lentils  
1 Bunch Cilantro, chopped roughly



*Des Rock , owner of Useless Bay Coffee Company, cooks and donates soup to Good Cheer Food Bank and Whidbey Island Nourishes.*

## Cooking Instructions

1. Put stock and lentils in a large pot, bring to a boil, and then reduce heat and let simmer.
2. Heat oil in a fry pan, add onion and saute over medium heat for 10 minutes until caramelized and golden brown. Add garlic and ginger, saute for another 5 minutes. Add 1 Tbsp curry powder, cayenne, salt and sugar. Toast the spices into this mixture for 2 minutes, continually stirring and scraping the bottom of the pan.
3. Add the onion mixture from the fry pan, the can of crushed tomato and the can of coconut milk to the large pot with the lentils. Bring back to a boil and then simmer.
4. Drain and rinse the can of chickpeas. Let them drain for 5 to 10 minutes and toss with olive oil and the remaining 1 Tbsp of curry powder. Spread them on a sheet tray and roast in the oven at 350 degrees for 30-45 minutes, till brown and crispy.
5. Check stock pot with lentils and rest of ingredients. When they are soft, add the roasted chickpeas and chopped cilantro. Taste and add salt & pepper to taste.

\*Store bought curry powder will vary in strength. When the dish is cooked, if you find the flavor is not strong enough, heat some olive oil in a small saute pan and add more curry powder and scrape it as it cooks. When you smell the flavor brighten, pour this into your finished soup or drizzle over the top of your portioned bowls of soup. Here at Useless Bay Soup Kitchen, we make our spice blend for the soup as follows:

1 Cup Curry Powder	½ Cup Smoked Paprika
1 Cup Cumin, ground	¼ Cup Allspice, ground
½ Cup Coriander, ground	

*Submitted by Des Rock, Useless Soup Kitchen*

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# Zuppa Toscana

This is our favorite soup recipe and a great one for winter as there is usually still kale in our garden. We use more kale than the recipe calls for because we really like it. If we are reheating, we add more fresh kale as it is best if added before it is to be eaten.

## Ingredients

16 oz spicy Italian sausage  
8 slices of bacon  
½ large onion diced  
2-3 cloves of garlic minced  
28 oz low-sodium chicken broth  
3 cups water  
5 medium russet potatoes thinly sliced  
1 tsp crushed red pepper flakes optional  
Salt and pepper optional  
4 cups chopped kale  
Parmesan cheese



## Instructions

Brown sausage in a large pot.  
Remove sausage with a slotted spoon and set aside.  
Cut bacon into small pieces.  
Add bacon to pot and cook until crispy.  
Stir in chopped onion. Cook for 5 to 6 minutes or until onion is translucent.  
Stir in minced garlic and cook for 1 minute, stirring frequently.  
Add chicken broth and water to the pot. Add crushed red pepper flakes, salt, and pepper if desired.  
Add thinly sliced potatoes and the cooked sausage to the pot and bring to a simmer over medium heat.  
Continue cooking until potatoes are tender, about 10 minutes.  
Add the kale to the soup, and simmer for an additional 5 to 10 minutes, stirring occasionally.  
Ladle soup into bowls and serve with Parmesan cheese.

*Submitted by Deon Matzen*