

# SOUP SUPPER RECIPES

*Lent 2022*



**IMMANUEL**

PRESBYTERIAN CHURCH

---

*transforming tradition*

For many years, Immanuel members and friends have gathered in our common church home on Wednesday evenings during the season of Lent. Around dinner tables in the Upper Room, we've enjoyed a simple supper of soup and bread followed by a brief service of evening prayer, the Lord's Supper and opportunities for study and conversation.

While we are continuing our tradition of gathering (*this time online*) for worship and study, we invite you to enjoy your "soup supper" at *your* home this year by offering this compilation of favorite recipes from past Wednesday evening Lenten meals.

Many thanks to all the Lenten soup makers over the years and especially to those who shared their favorite recipes here.

*Enjoy!*

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# Avgolemono: Greek Lemon Chicken Soup

Claire Moulis

(Prep: 5 mins, Cook: 30 mins, Serves: 6)

## INGREDIENTS

Extra Virgin Olive Oil (*recommend: Private Reserve Greek olive oil*)

½ to 1 cup finely chopped carrots

½ to 1 cup finely chopped celery

½ to 1 cup finely chopped green onions

2 garlic cloves, finely chopped

8 cups low-sodium chicken broth

2 bay leaves

1 cup rice

Salt and pepper

2 cooked boneless chicken breast pieces, shredded (about 6 to 8 ounces store-bought rotisserie chicken will work)

½ cup freshly-squeezed lemon juice

2 large eggs

Optional: fresh parsley for garnish

## COOKING

In a large Dutch oven or heavy pot, heat 1 tablespoon of olive oil on medium-high. Add the carrots, celery and green onions, toss together to sauté briefly then stir in the garlic.

Add the chicken broth and bay leaves then raise the heat to high. Once the liquid has come to a rolling boil, add the rice, salt and pepper. Turn the heat to medium-low and simmer for 20 minutes or until the rice is tender.

Now stir in the cooked chicken.

To prepare the egg-lemon sauce, in a medium bowl, whisk together the lemon juice and eggs. While whisking add 2 ladles-full of the broth from the cooking pot (this helps temper the eggs). Once fully combined, add the sauce to the chicken soup and stir. Remove from the heat immediately.

Garnish with fresh parsley, if you like. Serve hot with your favorite bread.

# Broccoli Cheese Soup\*

Mary Beth Allsop

(Prep: 10 mins, Cook: 30 mins, Serves: 12)

## INGREDIENTS

4 tablespoons butter  
4 tablespoons all-purpose flour  
1 cup chopped yellow or white onion  
2 cups of half-and-half  
2 (16 ounce) packages frozen chopped broccoli  
2 (16 ounce) loaf processed cheese (Velveeta or a store brand)  
4 (14.5 ounce) cans low-sodium chicken broth  
2 cups julienne-cut carrots (shredded carrots are okay)  
16 ounces shredded cheddar cheese (2 cups)  
Salt and freshly ground pepper

## COOKING

In a large saucepan, melt the butter. Stir in the flour and onions. Cook for about 1 minute, then slowly add the half-and-half, about  $\frac{1}{4}$  cup at a time, whisking until thickened and smooth.

When all of the half-and-half is incorporated, add the broccoli and processed cheese. When the cheese is completely melted, add the chicken broth 1 cup at a time, stirring occasionally, until soup is well mixed and has a consistent texture.

Add the carrots and simmer for about 10 minutes.

Stir in the cheddar cheese and cook for 10 minutes more.

Season with salt and pepper to taste.

Serve when all the cheese is fully melted and blended through.

*\*Adapted from Panera recipe.*

# Carrot and Ginger Soup

*Leslie Davis*

(Serves: 8)

## INGREDIENTS

1 leek, tough green end trimmed, sliced  
2 tablespoons unsalted butter  
2 pounds carrots, trimmed and sliced  
2 garlic cloves, peeled and pressed  
2 tablespoons grated fresh ginger  
5 cups chicken broth  
1 cup cooked rice  
3 tablespoons chopped fresh celery leaves  
Salt and pepper

## COOKING

In a large pot, sauté the leek in the butter until translucent, but not brown.

Add the carrots and toss for 2 minutes on low heat.

Add the garlic, ginger, stock and rice.

Bring to a boil and lower to a simmer. Cover and cook gently for 20 minutes or until the carrots are soft.

Strain the soup, reserving the broth.

Puree the vegetable and rice in a food processor and add back to the broth.

Salt and pepper to taste.

Reheat and sprinkle with the celery leaves to serve.

# Chicken-Lentil Soup with Jammy Onions

*Carol Tsao and Nancy Debbink*

*(Serves: 4)*

## INGREDIENTS

4 skin-on, bone-in chicken thighs, patted dry

Kosher salt

¼ cup extra-virgin olive oil

1 large onion, thinly sliced

6 garlic cloves, thinly sliced

1 cup red lentils, rinsed

1 teaspoon ground turmeric

Freshly ground black pepper

½ cup finely chopped parsley

2 tablespoon fresh lemon juice

Plain yogurt (for serving)

## COOKING

Lightly season chicken thighs all over with salt and set aside.

Heat oil in a medium pot over medium-high. Add onion, season with salt, and cook, stirring occasionally, until golden brown, 12–15 minutes. Add garlic and cook, stirring often, until garlic is golden and onion is deep golden brown and lightly charred around the edges, about 5 minutes. Remove pot from heat and transfer onion and garlic to a plate with a slotted spoon; set aside for serving.

Return pot to medium-high heat; pour in lentils and sprinkle turmeric over. Cook, stirring a few times, until fragrant, about 30 seconds. Add reserved chicken and 6 cups water; season generously with salt and some pepper. Bring to a simmer over medium-high heat. Reduce heat to medium-low; cook, stirring occasionally, until chicken is cooked through and lentils are tender, 20–25 minutes.

Using tongs, transfer chicken to a cutting board; let cool slightly. Shred meat with 2 forks or your hands; discard skin and bones. Return shredded chicken meat to pot and add parsley. Remove from heat and stir in lemon juice.

Ladle soup into bowls; drizzle with yogurt and top with reserved onion mixture, dividing evenly.

# Couscous Chicken Soup

*Linda Neubauer*

*(Serves: 4 generously)*

## INGREDIENTS

1 cup chopped onions  
¾ cup sliced leeks  
½ cup sliced carrots  
½ cup chopped celery  
1 tablespoon minced ginger  
2 cloves minced garlic  
Pinch of saffron  
4 cups chicken stock  
8 ounces cooked chicken  
1 cup pearl couscous  
½ lemon  
Salt and pepper

## COOKING

Heat two tablespoons of the stock in a 4-5 quart Dutch oven over medium heat. When it begins to sizzle, add the onions, leeks, carrots, and celery. Sauté until the vegetables are soft.

Stir in the ginger and garlic and heat until aromatic. Crush and sprinkle the saffron threads over the vegetables and stir.

Add the stock, chicken and couscous and bring to a light boil. Reduce heat to maintain a gentle simmer; cook for about 15 minutes.

Squeeze the half lemon into the soup, taste and season with salt and pepper to your liking.

# Four-Ingredient Lenten Tomato Soup

Kathy Brumder

(Prep: 5 mins, Cook: 40 mins, Serves: 2 generously)

## INGREDIENTS

4 tablespoons unsalted butter

½ large onion, cut into large wedges

1 (28-ounce) can whole peeled or crushed tomatoes

1 ½ cups low sodium vegetable stock, or chicken stock or water

½ teaspoon fine sea salt, or more to taste

Optional: herb/olive oil croutons for garnish

## COOKING

Melt butter over medium heat in a Dutch oven or large saucepan.

Add onion wedges, broth, can of tomatoes with their juices, ½ teaspoon salt.

Bring to a simmer.

Cook, uncovered, for about 40 minutes. Stir occasionally. (Cook longer if desire onions to be very soft)

*Notes: An immersion blender does make quick work of this, or you can use a blender or Cuisinart. If using a regular blender or Cuisinart, it is best to blend in batches. The soup doesn't need to be ultra-smooth, some texture is a nice touch.*

# Ham and Bean Soup

*Eileen Pierce*

## INGREDIENTS

1 ham bone (*recommend: leave meat on the bone while it cooks*)  
4 cups chopped leftover ham  
16 ounces of dry navy beans  
2 cups chopped celery  
2 cups chopped carrots  
1 medium onion finely chopped  
8 cups chicken stock  
½ teaspoon garlic powder  
2 teaspoons dried Thyme  
1 teaspoon dried Oregano  
2 tablespoon dried parsley  
1 teaspoon freshly ground pepper  
1 small can tomato paste  
1 tablespoon olive oil for sautéing vegetables

## COOKING

Prepare dried beans according to instructions on package.

In large pan heat oil and sauté celery, carrots and onions until tender.

Add chicken stock, ham bone, beans, parsley, thyme, oregano, garlic and tomato paste.

Bring to a boil, then reduce heat and simmer covered for 2-3 hours.

# Italian Sausage Tortellini with Fennel Soup

*Vance E. Werner, Jr.*

*(Prep: 15 mins, Start to Finish: 30 mins)*

## INGREDIENTS

1 pound bulk Italian sausage  
1 medium onion, chopped  
4 stalks celery, chopped  
1 bulb fennel (fronds and core removed), chopped  
1 clove garlic, finely chopped  
¼ cup dry red wine  
2 tablespoons extra virgin olive oil, divided  
4 cups low sodium chicken broth  
1 (14 ounce) can San Marzano tomatoes, chopped  
1 (19 ounce) package cheese tortellini (fresh or frozen)  
Grated parmesan cheese

## COOKING

In a large soup pot on high heat, drizzle 1 tablespoon of the olive oil and brown Italian sausage. Remove as much fat from the pan as you can as the sausage cooks. When browned, pour in red wine to deglaze pan, scrapping up all brown bits. Remove to a bowl with any non-evaporated wine and set aside.

Reduce heat to medium-low. Add remaining olive oil and the onion, celery and fennel. Season with salt and pepper. Sweat vegetables until soft and translucent – about 7 minutes. Add garlic and sauté for an additional minute.

Add tomatoes with juice, reserved sausage and stock to pot and raise heat to medium high. Taste for seasoning and adjust as necessary. Bring soup to a low boil and cook for 10 minutes.

Just before serving, drop fresh pasta into the soup. Pasta is done when it floats to the top, about 2 minutes. If using frozen tortellini, this will take a few minutes longer.

Ladle into bowls and top with freshly grated parmesan cheese if desired.

# Lentil Soup

*Janet Sabol*

## INGREDIENTS

¼ cup Extra Virgin Olive Oil  
1 onion chopped (or chopped green leeks)  
1 stalk celery  
1 tablespoon McCormick Turmeric  
1 - 1 pound package lentils  
1 - 28 ounce can whole plum tomatoes  
3 tablespoons dried parsley or fresh parsley  
1 package fresh baby dill

## COOKING

Wash the entire stalk of celery under cold running water. Trim off any brown stems. Again wash the entire stalk of celery under cold running water. Dry the celery with a dish towel. Slice and chop the top half of the stalk of celery. Refrigerate the bottom half of the stalk of celery for another day.

Use a five quart soup pot. Pour in the olive oil. Use low heat.

Add the chopped onions. (Note: An equal amount of chopped green tops from a leek will make a better soup.) Add the chopped celery.

Use a wooden spoon preferably made of olive wood to stir. Sprinkle in the turmeric. Continue stirring.

Use the measuring cup from the olive oil to add COLD water until the pot is about half full. Add the lentils. Stir. Cover and simmer for about one hour. Check the status and stir every ten minutes. Use judgment about adding more COLD water.

Add the canned tomatoes. Use the can to add more COLD water. Cover and simmer for twenty minutes.

Use the wooden spoon to individually stab the tomatoes until their juices run out. Sprinkle in the parsley. Snip in the dill. Simmer until lentils are tender. (This requires a taste test.)

*Optional:* Garnish with shredded Swiss cheese.

Leftover soup can be frozen.

# Lentil Sausage Soup

Vance E. Werner, Jr.

(Prep: 15 mins, Cook: 1 hr 30 mins, Serves: 8-10)

## INGREDIENTS

1 pound French green lentils  
¼ cup olive oil, plus extra for serving  
4 cups diced yellow onions (3 large)  
4 cups chopped leeks, white and light green parts only (2 leeks)  
1 tablespoon minced garlic (2 large cloves)  
1 tablespoon kosher salt  
1 ½ teaspoons freshly ground black pepper  
1 tablespoon minced fresh thyme leaves  
1 teaspoon ground cumin  
3 cups medium diced celery (8 stalks)  
3 cups medium diced carrots (4-6 carrots)  
3 quarts Homemade Chicken Stock\*, or canned broth  
¼ cup tomato paste  
1 pound kielbasa, cut in ½ lengthwise and sliced 1/3 inch thick  
2 tablespoons dry red wine or red wine vinegar  
Freshly grated Parmesan, for serving

## \*HOMEMADE CHICKEN STOCK

3 (5-pound) chickens  
3 large onions, unpeeled and quartered  
6 carrots, unpeeled and halved  
4 celery stalks with leaves, cut in thirds  
4 parsnips, unpeeled and cut in 1/2, optional  
20 sprigs fresh flat-leaf parsley  
15 sprigs fresh thyme  
20 sprigs fresh dill  
1 head garlic, unpeeled and cut in 1/2 crosswise  
2 tablespoons kosher salt  
2 teaspoons whole black peppercorns

## COOKING

In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes. Drain.

In a large stockpot over medium heat, heat the olive oil and sauté the onions, leeks, garlic, salt, pepper, thyme, and cumin for 20 minutes, or until the vegetables are translucent and tender. Add the celery and carrots and sauté for another 10 minutes. Add the chicken stock, tomato paste, and drained lentils, cover, and bring to a boil. Reduce the heat and simmer uncovered for 1 hour, or until the lentils are cooked through and tender. Check the seasonings. Add the kielbasa and red wine and simmer until the kielbasa is hot. Serve drizzled with olive oil and sprinkled with grated Parmesan.

## TIPS FROM VANCE

This basic recipe makes a lot! For 4 people a half recipe works very well.

Brown the sausage in olive oil as the first step to develop flavor and a fond in the pan prior to adding the onions. Remove sausage after browning and add back with any residual juices after stock is added.

You don't have to be fancy about the leeks but they are nice. Plain onions will suffice.

# New Jersey Clam Chowder

*Leslie Smart*  
(Serves: 8-10)

## INGREDIENTS

2 dozen New Jersey Chowder clams – cut up,  
or 2 cans clams, cut up  
2 – 10 <sup>3</sup>/<sub>4</sub> ounce cans cream of asparagus soup  
2 <sup>1</sup>/<sub>2</sub> cups precooked diced potatoes  
<sup>1</sup>/<sub>4</sub> pound bacon  
1 pint light cream  
1 medium onion, diced  
4 tomatoes, cut up and seeded  
<sup>1</sup>/<sub>2</sub> teaspoon pepper  
2 tablespoons fresh parsley  
2 teaspoons “Old Bay” seasoning  
Clam liquid to taste  
Asparagus spears for garnish

## COOKING

Fry bacon in soup pot until crisp. Remove. Sauté onion in bacon fat until golden. Add cut-up clams and heat to cook. Add potatoes and spices and cook briefly mixing the spices well.

Add soup, tomatoes, and cream. Simmer for 10 to 15 minutes, stirring often. Do not boil. Additional clam juice can be added to taste.

Garnish with crumbled bacon and asparagus spears.

# Roasted Vegetable Soup with Sun-Dried Tomato Pesto\*

Sharon Rose \*Adapted from William Sonoma recipe.

(Serves: 4-6)

## INGREDIENTS

- 1 leek, including tender green parts, finely chopped
- 4 carrots peeled and cut into 2 inch pieces
- 2 zucchinis cut into 2 inch pieces
- 1 Asian eggplant cut into 2 inch pieces
- 8 ounces fresh mushrooms  
(no need to slice; cut very large ones to about 2 inch size)
- 2 large tomatoes, quartered
- Yukon Gold potatoes, about 10 ounces cut into 2 inch pieces  
(no need to peel)
- 4 ½ cups (36 ounces) vegetable broth or stock
- 2 tablespoons olive oil
- 2 tablespoons fresh basil, finely chopped (do not use dried basil)
- 2 tablespoons fresh lemon juice (do not use bottled)
- 1 (14 ounce) can diced tomatoes

*Optional:* 1 teaspoon Penzey's Vegetable base added to vegetable broth. It's very thick so you will need to heat it in a bit of the broth to get it to blend.

## COOKING

Preheat oven to 425 degrees.

In a large, heavy roasting pan, combine leeks, carrots, zucchini, eggplants, fresh tomatoes and potatoes. Add ½ cup broth, olive oil, salt and pepper to taste and mix until well coated.

Roast vegetables in oven until they are softened, turning once to make sure they do not burn. About 40 minutes. Let vegetables cool a bit then using blender, in batches, combine the vegetables with canned tomatoes and ½ cup of stock. Puree until smooth.

Transfer to a large saucepan over low heat and stir in remaining 3 ½ cups broth. Adjust consistency by adding more broth if too thick. Add fresh basil and lemon juice. Cook 5 minutes.

This recipe works well made a day ahead.

Can serve with 1 tablespoon of sun-dried tomato pesto.

# Sausage, Kale, Chickpea Soup

Marty Dooley

## INGREDIENTS

1 large onion chopped  
2-3 teaspoons olive oil  
1 teaspoon dried rosemary  
1 ½ teaspoons sage  
1 tablespoon minced garlic  
12 ounces crumbled sausage (*recommended: turkey Italian*)  
10-12 cups chicken stock  
2 cans diced tomatoes with juice (14.5 ounces)  
¼ cup tomato sauce  
Pepper to taste (*recommended: lemon pepper*)  
1 large bunch kale, washed and finely chopped  
2 cans chickpeas, rinsed well

## COOKING

Sauté onion in olive oil until soft, lower heat, add garlic, rosemary, sage and sauté couple more minutes. Add to stock and start to simmer.

Brown sausage, add to stock.

Add tomatoes and juice, tomato sauce, and pepper. Simmer about 30 minutes.

Then add kale and chickpeas and simmer about 45 minutes more until kale is soft and flavors are blended.

Can be served with freshly grated parmesan.

*Note: Omit sausage and use vegetable stock to make vegetarian.*

# Smoked Turkey & Bacon Chowder

*Kathleen Burchby*

(Serves: 10)

## INGREDIENTS

2 tablespoons vegetable oil  
2 cups chopped bacon (10 ounces)  
5 cups chopped onion  
3 cups chopped carrots  
2 tablespoons tomato paste  
Cayenne pepper  
4 smoked turkey drumsticks (total 4-4 ½ pounds)  
2 pounds russet potatoes, peeled and diced  
4 cups chopped celery  
12 large cloves garlic, peeled  
12 cups (or more) low-sodium chicken broth

## COOKING

Heat oil in large pot over medium-high heat.

Brown turkey on all sides (8 minutes) Transfer to plate.

Add 1 cup bacon to pot, stirring (1 minute).

Add potato, celery, onion, carrot and garlic. Sauté till soft (15 minutes).

Mix in tomato paste. Then add broth and return turkey to pot. Bring to boil, then decrease heat to medium. Simmer until turkey and veggies are very tender (45 minutes).

Transfer turkey to large plate to cool. Cut meat into bite-size pieces, discarding skin, tendons & bones.

Working in batches (or use immersion blender), puree chowder in processor until smooth. Return puree to same pot and add back diced turkey. Thin chowder with more broth by ¼ cupfuls if too thick.

Season with cayenne, pepper & salt to taste. (Can be made 2 days ahead. Chill. Rewarm just prior to serving.)

Sauté remaining 1 cup chopped bacon in skillet till crisp. Drain & use as garnish when serving. Freezes well.

# Southwestern Tortilla Soup

*Steve Jacobs*

(Serves: 4)

## INGREDIENTS

- 1 ½ tablespoons olive oil
- 1 small onion; diced
- 2 poblano chilies; seeded and diced
- 1 ½ cups fresh corn kernels; can also use frozen
- 3 cloves garlic; minced
- 1 ½ teaspoons cumin
- 1 ½ teaspoons oregano
- 2 chipotle chilies in adobo sauce; chopped
- 1 ½ teaspoons adobo sauce
- 2 large tomatoes; diced
- 6 cups chicken stock
- 2/3 rotisserie chicken; meat shredded
- 1+ limes of lime juice
- 4 ounces corn tortilla chips
- ½ cup queso fresco; crumbled
- 1 avocado; sliced
- 1 bunch fresh cilantro
- 1 lime; cut into 4 wedges

## COOKING

Heat oil in large pot. Add onion, poblano and corn and cook until soft. About 3 minutes.

Add garlic, spices, chipotle chilies and sauce and cook another 2 minutes.

Add diced tomatoes, broth and chicken. Heat and maintain active simmer for 20+ minutes. Then add lime juice to taste.

Serve in bowls with chips, queso, avocado and cilantro. Lime wedges.

# Slow Cooker Tuscan Tortellini Soup

*Jilaine Bauer*

*(Prep: 20 mins, Cook: 4 hours, Serves: 12)*

## INGREDIENTS

3-28 ounce cans crushed tomatoes  
6 cups chicken broth (for less salty, use low sodium)  
1 yellow onion; finely chopped  
1 ½ pounds sweet/spicy Italian sausage  
2 tablespoons garlic; minced  
2 teaspoons dried basil  
2 teaspoons dried oregano  
2 teaspoons salt (salt to taste)  
1 teaspoon crushed red pepper  
2 tablespoons Italian seasoning  
½ teaspoon black pepper  
2 cups kale; roughly chopped  
1 cup heavy cream/half and half (milk would work too)  
1 cup grated parmesan cheese; plus more for topping  
20 ounce package refrigerated Cheese Tortellini (or 2-9 oz pkgs)

## COOKING

In a large pan add sausage, onion, and garlic. Roughly chop while the sausage is cooking and cook over medium-high heat until the sausage is completely cooked through; about 8-10 minutes. Once sausage is cooked, remove from heat and drain excess grease, if you desire.

In a 6 qt. slow cooker add chicken broth, crushed tomatoes, cooked sausage and all of the seasonings.

Add lid onto slow cooker and cook on high for 2-3 hrs. or low 4-5 hrs.

Add heavy cream, shredded parmesan cheese, and tortellini and cook for another 20 mins.

Add chopped kale and cook another 10 minutes.

Once cooked, serve and garnish with more cheese, if you desire.

# Split Pea Soup\*

Judi Gunn

## INGREDIENTS

2 cups split peas, washed and picked over  
6 cups chicken, beef, or vegetable stock, or water\*\*  
Salt and freshly ground black pepper

*Optional:* Croutons for garnish

## COOKING

Put the split peas and the stock in a large, deep pot over medium-high heat. Bring to a boil, then turn the heat to low, cover partially, and cook, stirring occasionally, until the peas are very soft, 45-60 minutes.

Mash the mixture with a fork or potato masher (or an immersion blender). Reheat the soup as needed, adding more stock or water if it's too thick. Adjust seasoning and serve.

Bittman suggests adding a ham bone or about ¼ pound chopped bacon at the beginning of cooking.

\*\*Options: Use vegetable stock and season with dry mustard, salt, and pepper OR use water and season with Penzey's Bavarian Seasoning.

*\*Adapted from Mark Bittman's How to Cook Everything*

# Winter Vegetable Soup

*Kathleen Burchby*

## INGREDIENTS

1 cup water  
1 tablespoon olive oil  
4 cups chopped onion  
2 cups chopped leeks (about 2 medium)  
1 teaspoon dried whole thyme  
1 teaspoon dried whole rosemary  
2 cloves garlic, minced  
63 ounce low sodium chicken broth  
28 ounce whole tomatoes, undrained and chopped  
6 ounce can tomato paste  
4 cups cubed unpeeled round red potato  
1 cup coarsely chopped carrot  
1 cup coarsely chopped celery  
1 cup cubed turnip  
1 ½ teaspoon salt  
½ teaspoon pepper  
2 cups tightly packed shredded fresh kale  
1 cup pesto

## COOKING

Heat water and oil in a large Dutch oven or stockpot over medium heat. Add onion and leek; cover and cook 15 minutes or until tender.

Add thyme, rosemary and minced garlic; sauté 2 minutes.

Add broth and next 2 ingredients; bring to a boil.

Reduce heat, and simmer, uncovered, 10 minutes.

Add potato and next five ingredients; bring to a boil.

Reduce heat to medium; cook, uncovered, 45 minutes.

Stir in kale; cook 1 minute.

Stir in pesto.

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