

Submitted by Julie Hricko – 1<sup>st</sup> Place

### KALE AND SAUSAGE SOUP

1 lb hot Italian sausage

¼ cup olive oil

2 large onions, chopped

2 cloves garlic, minced

8 cups chicken broth

2 large carrots, chopped

1 cup dry pasta (or 2 large potatoes, peeled & chopped)

8 cups kale leaves, washed & chopped

1 cup canned chopped tomatoes

2 tsps. Dried basil

1 bay leaf

Prick sausage several times with fork and add to boiling water. Cook 5 minutes, drain, cool and cut into ½” slices. Heat oil in soup pot add onion, sauté 5 minutes. Add sausage and garlic, cook 5 minutes. Stir often to brown sausage. Add rest of ingredients. Simmer for 20 minutes or until veggies are tender.

Submitted by Angela Parrott

## Zuppa Toscana

### Ingredients:

2 3/4 cups chicken stock or broth  
1/4 cup whipping cream  
1 med Russet potato  
2 cups chopped fresh kale (leaves only)  
1/2 lb. spicy Italian Sausage(I used Johnsonville Mild Italian Sausage)  
1/4 tsp. salt  
1/4 tsp. crushed red pepper flakes(optional)

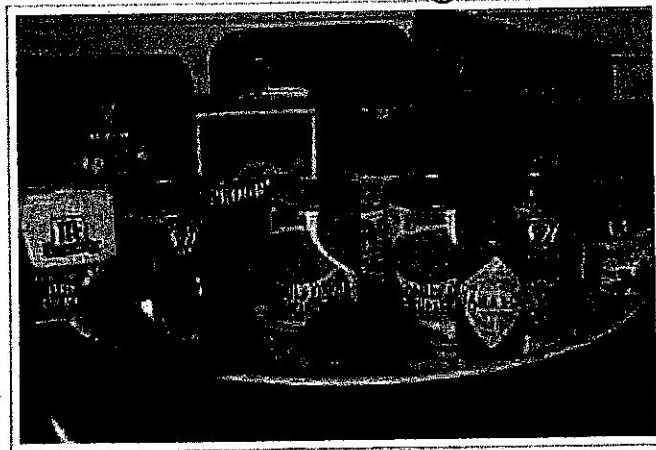
### Preparation:

1. Combine stock and cream in deep soup pot.
2. Slice unpeeled potato in 1/4 inch slices, then quarter slices and add them to stock.
3. Add Kale
4. Grill or Saute' sausage ( I grilled ours). When cooked and cooled, cut sausage at an angle into slices 1/2 inch thick.Add sausage to soup.
5. Add spice and let soup simmer for about 1 hr stirring occasionally.

I quadrupled my ingredients to serve four Adults and have some left over ....it was even better the next day! Yummy!

Submitted by Linda Lloyd – 3<sup>rd</sup> Place

## Crock Pot Pasta Fagioli



- 1 pound lean ground beef, browned and drained
- 1/2 large red onion, chopped
- 1 cup carrots, chopped
- 2 celery stalks, sliced
- 2 cans (14.5 oz) diced tomatoes (and juice)
- 1 can kidney beans, drained and rinsed
- 1 can white beans, drained and rinsed
- 4 cups beef broth (check label for gluten!)
- 1 jar (16.5 oz) pasta sauce
- 2 tsp oregano
- 1 T Tabasco sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup dry pasta, to add at end of cooking time (I used TJ's brown rice fusilli)

### The Directions.

Use a 6 quart or larger crockpot, or cut the recipe in half. This makes a lot.

Brown the meat on the stovetop, and drain well. Let it cool a bit.

Chop up the carrots, onion, and celery. Add it to the empty crockpot.

Drain and rinse the beans, and add them. Add the whole cans of tomatoes, and the pasta sauce. Add the beef broth. Add the salt, pepper, oregano, and Tabasco sauce. Stir in your meat.

Cover and cook on low for 8 hours, or high for 4. When the vegetables are tender, stir in the 1/2 cup of dry pasta.

Cover and cook for another hour on low, or until the pasta is tender. It will swell quite a bit.

Serve with a bit of parmesan cheese if you have it.

Submitted by Linda Goodrich

### **Broccoli, Potato, and Cheese Soup**

**Ingredients:**

5 to 6 medium potatoes  
4 to 5 cups water (enough to cover potatoes)  
5 tsp chicken bullion  
2 cans evaporated milk (12 oz.)  
2 jars Ragu® Double Cheddar Cheese Sauce (1 lb.)  
1 head of broccoli

**Directions:**

Peel and cut potatoes into small cubes. Add potatoes, water, and bullion to large pot. Boil on high 5 to 7 minutes or until potatoes start to soften. Add broccoli, boil another 5 minutes until broccoli softens. Reduce heat, add evaporated milk and cheese sauce. Let heat through for 10 minutes, be careful not to boil.

Submitted by: Linda Goodrich

Submitted by Joanne Kavulich

## VEGETABLE BARLEY SOUP

### INGREDIENTS:

2 pounds of chuck roast cubes  
1 pound of veal cubes  
2 quarts of water  
½ quart of beef broth  
3 large onions chopped  
½ cup of barley  
1 cup of chopped celery (about 6 stalks)  
Salt and pepper to taste  
Chopped parsley and basil (optional)

### METHOD:

1. Bring water to a boil.
2. Add above ingredients
3. Cook slowly one hour
4. Add one large can of tomatoes and cook 30 minutes longer.
5. Add one large package of frozen vegetables and cook 30 minutes longer.

Serve with corn muffins or French bread.

Submitted by Margaret Messara

**BUTTERNUT SQUASH SOUP WITH GINGER AND PEAR**

(serves 4 to 6)

1 Tbsp. vegetable oil

1 med. yellow onion, chopped

1 Tbsp. chopped crystallized ginger

6 cups 1" pieces butternut squash

(2 lbs. pre-cut squash)

2 pears, cored, peeled and chopped

2 cans (14 oz) reduced-sodium chicken broth

1/2 tsp. salt

Snipped fresh or freeze-dried chives for garnish (optional)

1. Heat oil in Dutch oven or large saucepan over medium heat. Add onion and ginger and cook, stirring until soft, about 5 min. Add squash, pears, broth, 1 cup water and salt and bring to a boil over high heat. Reduce heat to low, cover and simmer until squash is very tender, about 20 min.

2. Puree in batches in blender. If it gets cold, reheat in saucepan. Serve hot garnished with chives, if using.

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Submitted by Michael Tamaro

## **BROCCOLI RABE SOUP**

1 bunch broccoli rabe chopped  
2 cloves garlic  
1 small onion chopped  
3 hot Italian Sausage Links. Meat removed from casing  
2 large cans sodium free Chicken Broth  
5 (or 3 larger ones)red skinned potatoes cubed  
1 can cannoli beans  
Olive oil  
Kosher salt  
Fresh Ground Black Pepper

Coat you stock or soup pot with a generous amount of olive oil. Sauté potatoes, onions and sausage for about 10 minutes.

Add the broccoli rabe,garlic,salt and pepper(to taste). Stir all together and then add your chicken broth and ½ can of cannoli beans. Take the other half and smash up with a fork into a paste and throw into the soup (this will act as a thickening agent).

Let simmer for about 40 minutes and serve.

Goes great with ham and cheese Panini. You can also be creative and throw some matzo balls into the soup. Pastina is another idea for something a little different.

You may also use Kale, mustard or collared greens in substitution for the broccoli rabe.

Submitted by Joyce Wescott

HAM/CAULIFLOWER/CARAWAY SOUP

- 4 cups potatoes, peeled and cubed. (About 4 medium)
- 1 cup onion, finely chopped
- 1 14-oz can chicken broth
- 2 cups fresh cauliflower flowerets
- 1 pound cooked ham – cubed
- 1 quart 2% milk, divided
- 2 teaspoons caraway seed
- 2 level tablespoons flour

Combine broth and onions in large kettle. Cover and simmer while you prepare the potatoes. Add cubed potatoes, cover, and simmer until potatoes are almost done, about ten minutes.

Add the cauliflower and ham. Cover, and simmer until the cauliflower is just tender. Add the caraway seed.

Mix one cup of the milk with the flour in a shaker until smooth. Add the remaining milk to the soup and heat over medium heat almost to boiling, stirring gently. Stir in the flour mixture; bring to a slow boil while stirring gently to thicken.

Remove from heat and season with a little pepper if desired.



Submitted by Christina Smith

# Soupa - Dupa Chili

1/2 lb. ground beef ( I actually love it without beef)  
15 oz can tomato sauce  
15 oz can diced tomatoes, undrained  
15oz can kidney beans, undrained  
15 oz can pinto beans (black and great northern beans are also delicious to add),  
undrained  
1/2 c. diced Onion  
1/4c. diced Celery  
1/4 c. diced chilies  
1/4 c. diced green pepper  
1 clove garlic, crushed  
1 t. cumin powder  
1 1/2 t. chili powder  
3/4 t. black pepper  
1 t. salt  
1/2 c. water mixed with 1 T. Cornstarch.

Brown beef: drain. Combine all ingredients in crock pot on low heat for 6-8 hours. (or if yours is super powered like ours, 3-4 hours). For healthier version, omit the beef. I like it better that way anyway.