**January Hot Soup on a Cold Winter Night**

**Chicken Rice Soup**

Four servings

*Ingredients:*

1 ½ tsp oil (olive oil)

1 lb chicken breast – chopped

1 large carrot – diced

1 celery stalk – diced

¼ leek, onion, or scallion – thin sliced

1/3 cup brown rice

2 tsp thyme

1 can (14.5oz) no salt added diced tomatoes with juice

6 cups low sodium chicken stock

Heat oil in skillet. Add chicken and sauté until cooked. Transfer to plate and set aside to cool. Add carrot, celery, leek, and onion or scallion. Sauté for three minutes. Stir in rice and thyme. Cook five minutes longer. Stir occasionally. Add chicken to pan. Add tomatoes and chicken stock. Bring to a boil. Lower heat and simmer for twenty-five to thirty minutes until rice is cooked. Add salt and pepper to taste.

**Tuscan White Bean Soup**

Six cups

*Ingredients:*

½ lb Italian sweet sausage

1 small onion and carrot

1 clove of garlic

4 c chicken broth

1/8 t salt and pepper

½ t herbs

15 oz can white beans

2 oz chopped frozen spinach

3 tbsp tiny pasta

Directions for spinach: Cut a 10 oz package of frozen spinach in four pieces and that is the 2 oz frozen spinach. Add more if desired. Chop onion, carrot, and garlic. Brown sausage meat in medium sized pot. Add and sauté veggies. Add broth, beans, thawed spinach, and pastini. Simmer gently. Adjust seasoning. Add Italian herbs. Enjoy!

**Fire Roasted Tomato Soup**

4 Servings

*Ingredients:*

1 tbsp butter or olive oil

1 large onion, chopped (1 cup)

2 cloves of garlic, finely chopped

2 cans (14.5 oz each) Muir Glen organic fire roasted diced tomatoes, not drained

1 ¾ cups Progresso reduced-sodium chicken broth (from 32 oz carton) or can (14 oz) vegetable broth

2 tbsp chopped fresh basil leaves, cilantro leaves, or Italian (flat leaf) parsley

1 tsp sugar

¼ tsp crushed red pepper flakes

½ cup whipping cream

In a 3quart saucepan, melt butter over medium heat. Add onion and garlic; cook 2 to 3 minutes, stirring constantly, until onion is crisp tender. Stir in tomatoes, broth, 1 tablespoon of the basil, the sugar and pepper flakes. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Remove from heat; pour mixture into large heatproof bowl; cool slightly, about 15 minutes. In blender, place half of the mixture. Cover; blend until pureed. Return to saucepan. Repeat with remaining mixture. Heat over medium heat until hot. Remove from heat. Stir in cream and remaining 1 tablespoon basil.

**Easy Seafood Chowder**

8-10 Servings

*Ingredients:*

1 lb cod or other mild white fish

1 lb medium shell-on shrimp, peeled and deveined

1 lb bay scallops

2 tbsp olive oil

1 cup diced onion

½ cup grated carrot

½ cup diced celery

2 cans Select creamy potato soup (18.8 oz)

2 cans Select clam chowder (18.8 oz)

2 cans chopped clams (6.5 oz)

3 tbsp fresh parsley or 1 tbsp dried

1 tsp dried thyme

½ tsp black pepper

Place chowder and soup in 5 quart slow cooker and cook on high until very warm; reduce setting to low. Heat oil in large skillet; add onion, celery, and carrot and cook until wilted, stirring often. Add fish and cook for about 4 minutes; turn fish and add scallops and shrimp. Cook 3 minutes, or until slightly opaque. Add vegetable/seafood mixture to slow cooker; top with clams; stir to distribute ingredients. Cook until warmed through, one hour or more. Add herbs and reduce to warm until serving time.

**Black-Eyed Pea Soup**

*Ingredients:*

1 lb lean ground beef

1 cup finely chopped onion

1 lb Polish sausage, cut into bite size pieces

2 (15oz) cans black eyed peas, undrained

1 (14oz) can beef broth

1 (14oz) can diced tomatoes, undrained

1 (10oz) can mild diced tomatoes and green chilies, undrained

1 (4oz) can chopped mild green chilies

1 to 2 medium jalapeno chilies, seeded and chopped (optional)

2 to 3 cups water

Cook ground beef, sausage, and onions until beef are browned, stirring frequently. Drain excess grease. Add remaining ingredient. Mix well. Bring to boil, reduce heat and cover tightly. Simmer 45 minutes. Refrigerate overnight to allow flavors to blend. Reheat before serving. Can also be made in a crock pot.

**Cream of Potato Soup**

*Ingredients:*

1 ½ cups of water

2 tsp chicken bouillon or 2 bouillon cubes

½ tsp dried dill weed

½ cup chopped onion or ½ tbsp dehydrated onion

1 cup of cubed potatoes

Bring mixture to a boil, reduce heat, cover and simmer for 10 minutes (or until potatoes are tender). Place half of the mixture in a blender or food processor and blend approximately 30-60 seconds until mixture is smooth. Repeat with the remaining mixture if you want a smooth soup; if not place the creamed mixture with the chunky mixture into a refrigerator container. Refrigerate overnight. Next day, in a medium saucepan melt 2 tbsp of butter and blend in 2 tbsp of flour and a dash of pepper. Add 1 cup of milk slowly as in a white sauce. Cook and stir constantly over medium heat until mixture is thick and bubbly. Stir in the potato mixture and heat until soup is heated through.

**Hot Fruit Soup**

16-18 Servings

*Ingredients:*

1 can (21oz) cherry pie filling

1 can (20oz) pineapple tidbits, drained

1 can (15.25oz) apricot halves, drained and halved

1 can (15oz) sliced peaches, drained

1 can (15oz) sliced pears, drained

1 can (11oz) mandarin oranges, drained

1 cup golden raisins

Combine all ingredients in a not greased 9x13 baking dish; mix well. Bake, uncovered, at 350° for 25-30 minutes or until bubbly. Enjoyed!

**Olive Garden Minestrone Soup**

8 Servings

*Ingredients:*

3 tbsp olive oil

1 cup minced white onion (about 1 small onion)

½ cup chopped zucchini

½ cup frozen cut Italian green beans

¼ cup minced celery (about ½ of a stalk)

4 tsp minced garlic (about 4 cloves)

4 cups vegetable broth (Swanson is good)

2 15oz cans red kidney beans, drained

2 15oz cans small white beans or Great Northern beans, drained

1 14oz can diced tomatoes

½ cup julienned or shredded carrot

2 tbsp fresh parsley

1 ½ tsp dried oregano

1 ½ tsp salt

½ tsp ground black pepper

½ tsp dried basil

¼ tsp dried thyme

2 bay leaves

3 cups hot water

4 cups fresh baby spinach

½ cup small seashell pasta

Heat olive oil over medium heat in a large saucepan or stock pot. Sauté onion, zucchini, green beans, celery, and garlic in the oil for 5 minutes, or until onion begin to turn translucent. Add broth to pot, plus drained beans, tomatoes, carrots, and other spices, bay leaves, and hot water. Bring to a boil, then reduce heat and simmer for 20 minutes. Add spinach leaves and pasta and cook for an additional 20 minutes or until desired soupy thickness.

**Carrot Soup with Ginger and Lemon**

4 Servings

*Ingredients:*

¼ cup (1/2 stick of butter)

1 ½ cups chopped onion

1 tbsp finely chopped peeled fresh ginger

1 ½ tsp minced garlic

1 ¼ lb medium carrots, peeled, chopped (about 3 cups)

2 tomatoes seeded, chopped (about 1 1/3 cups)

1 ½ tsp grated lemon peel

3 cups (or more) chicken stock or canned low-salt broth

2 tbsp fresh lemon juice

4 tbsp sour cream

1 small carrot, peeled, grated

Melt butter in heavy large pot over medium-high heat. Add onion; sauté for 4 minutes. Add ginger and garlic; sauté for 2 minutes. Add chopped carrots, tomatoes, and lemon peel; sauté for 1 minute. Add 3 cups stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 minutes. Cool slightly. Puree soup in batches in blender. Return soup to pot. Mix in lemon juice. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.) Bring soup to simmer, thinning with more stock, if desired. Ladle into bowls. Top each with sour cream and grated carrot.

**Fire-Roasted Tomato Dill Soup**

8 Servings

*Ingredients:*

4 tbsp butter

½ cup shallots, finely chopped

1 tbsp garlic, minced

4 cups vegetable stock

3 tbsp flour

1 (28oz) can Muir Glen Organic Fire-Roasted Crushed Tomatoes

1 (14.5oz) can Muir Glen Organic Fire-Roasted Diced Tomatoes with Green Chilies

2 tbsp honey

1 tsp dried dill leaves

1 tsp chili powder

Bottled hot pepper sauce

Salt and pepper

Shredded parmesan or feta crumbles

Melt butter in a soup over medium-low flame. Stir in the shallots and garlic; cook gently, stirring often, until shallots are tender, 5 to 6 minutes. Meanwhile, heat the vegetables stock until hot in a microwave oven or in a pot on the stove. Sprinkle flour over the shallots and stir it in with a wooden spoon. Cook gently, stirring often, 2 to 3 minutes. Whisk the hot vegetable stock, whisking until flour is fully incorporated. Stir in crushed and diced tomatoes (including juices from the latter), honey, dill, and chili powder. Bring to simmer and cook, stirring occasionally, 20 to 30 minutes. Add hot pepper sauce and salt and pepper to taste. Serve hot, garnished with a sprinkling of parmesan or feta.

**Zuppa di Patata (Italian Potato Soup)**

4 Servings

*Ingredients:*

1 large onion, chopped

2 tbsp olive oil

4 large potatoes

1 small hambone

1 cup diced ham

4-5 cups chicken stock

½ tsp sage

¼ tsp grated nutmeg

4 tbsp to 1 cup milk or cream

Salt and pepper

Fry the onion until soft but not brown, about 5 minutes. Coarsely grate the potatoes and add to the pan with the ham bone, broth, sage and salt and pepper to taste. Bring to boil, cover the pan, and simmer slowly for about 20 minutes, or until potatoes are tender. Add the diced ham and cook on low heat for 10 minutes. Serve hot; add nutmeg, cream or milk as desired.

**Mushroom Soup**

Heat in soup pot, over medium heat, until butter is melted:

3 ½ tbsp extra-virgin olive oil

1 tbsp unsalted butter

Add:

1 ½ lb mushrooms, cleaned and chopped

½ cup chopped onions

Cook, stirring often, until mushrooms are wilted, about 5 minutes

Add:

3 tbsp sherry

5 tbsp all purpose flour

1 tsp dried thyme

Reduce heat to low and cook, stirring constantly for 5 minutes

Add:

1 14oz can College Inn Chicken Stock

1 ½ cups canned College Inn Vegetable Stock

½ tsp salt

½ tsp pepper

Bring to boil, reduce heat to medium, and simmer until slightly thickened, about 20 minutes. Add 1 cup of cream. Stir and serve warm.