***March 2022***

***Soups and Breads***

**Fish Avgolemono Soup**

**Ingredients**

* 3 tablespoons extra-virgin olive oil, plus more for drizzling
* 1 medium onion, cut into a 1/4-inch dice
* 2 celery stalks, cut into a 1/4-inch dice
* Kosher salt and freshly ground pepper
* 2 teaspoons minced garlic (from 2 cloves)
* 1 quart fish or seafood broth, such as Aneto or Bar Harbor
* 1 teaspoon grated lemon zest plus 1/4 cup fresh juice, and more juice to taste
* 1/2 cup jasmine rice
* 1 large egg, plus 2 large yolks
* 1 1/4 pounds skinless white-fish fillet, such as halibut or cod, quartered
* Fresh herbs, such as dill and chopped chives, for serving

**Directions**

* **Step 1**

Heat oil in a large saucepan or small pot over medium. Add onion and celery, season with salt, and cook, stirring occasionally, until onion is translucent but not developing color, about 5 minutes. Add garlic; cook 1 minute more. Add broth, 2 cups water, lemon zest, and rice. Bring to a boil, then reduce heat to low, cover, and simmer until rice is tender, 15 to 18 minutes. Remove from heat.

* **Step 2**

In a blender, purée egg, yolks, and lemon juice until pale and doubled in volume, 2 to 3 minutes. Reduce speed to lowest setting; remove feed-tube cap from lid. Slowly and carefully ladle about 2 cups of soup into blender (be sure to include a combination of broth and rice). Return cap to blender lid, increase speed to high, and blend until very smooth and frothy.

* **Step 3**

Generously season fish with salt and pepper. Add to soup and simmer over medium-low heat just until fish is cooked through, about 5 minutes. Stir egg mixture into soup, breaking up fish into bite-size pieces. Season and add more lemon juice to taste, 1 teaspoon at a time. Serve topped with herbs and a drizzle of oil.

**Cinnamon Quick Bread**

### **Ingredients**

#### For the Bread

* 2 cups flour
* 1 cup sugar
* 4 teaspoons baking powder
* 1 1/2 teaspoons cinnamon
* 1 1/4 teaspoons salt
* 1 cup buttermilk
* 1/3 cup vegetable oil
* 2 teaspoons vanilla extract
* 2 eggs

#### For the Streusel

* 2 Tablespoons sugar
* 1 teaspoon cinnamon
* 2 Tablespoons butter softened

### **Instructions**

* Preheat your oven to 350 degrees.
* Spray a 9 x 5 baking pan with non-stick spray and set aside.
* In a large bowl, combine all "Bread" ingredients and beat 3 minutes on medium with an electric mixer. Pour into prepared baking dish.
* In a small bowl, combine all "Streusel" ingredients (make sure you start with room temperature butter!). I use a fork to bring it together.
* Sprinkle the streusel over batter & swirl.
* Bake 45-55 minutes or until the center is set and a toothpick inserted in the center comes out clean.

**Crock Pot Crack Potato Soup**

### **Ingredients**

* 30 oz frozen hashbrowns shredded
* 1 can cream of chicken soup 10.5 oz can
* 1/2 teaspoon back pepper
* 1 package ranch seasoning mix
* 4 cups chicken broth
* 12 bacon slices cooked and chopped
* 8 oz cream cheese diced
* 1 1/2 cups shredded cheddar cheese

### **Instructions**

* In a 6 quart slow cooker, add hashbrowns, cream of chicken soup, ranch mix, broth, and 8 sliced of chopped bacon. Cook on low for for 4-6 hours or high for 3-4.
* One hour before serving, stir in 1 cup cheddar cheese and the cream cheese.
* Cover and allow the cheeses to melt.
* Stir thoroughly to incorporate the cheese.
* Serve with the remaining cheddar cheese and the chopped bacon.

**Easy Cake Mix Apple Bread**

## Ingredients

### ***Bread***

* **1**[box Betty Crocker™ Super Moist™ yellow cake mix](https://www.bettycrocker.com/products/betty-crocker-baking-and-cake-mixes/yellow)
* **1/2**cup vegetable oil
* **3/4**cup milk
* **3**eggs
* **1**tablespoon ground cinnamon
* **3/4**teaspoon ground ginger
* **1/4**teaspoon ground nutmeg
* **2**cups coarsely shredded, peeled tart apples (2 medium)

### ***Topping***

* **2**tablespoons sugar
* **1/2**teaspoon ground cinnamon

## *Instructions*

* Heat oven to 350°F. Grease and flour bottoms only of two 8x4-inch loaf pans.
* In large bowl, beat all Bread ingredients except apples with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Stir in apples. Divide batter evenly between pans. In small bowl, mix Topping ingredients. Sprinkle over batter in pans.
* Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans to cooling rack. Cool completely, about 1 hour.

**Green Thai Chicken Coconut Curry**

### **INGREDIENTS**

* 2 to 3 tablespoons coconut oil (olive oil may be substituted)
* 1 medium/large sweet Vidalia or yellow onion, diced small
* 1 to 1.25 pounds boneless skinless chicken breast, diced into bite-sized pieces
* 3 cloves garlic, finely minced or pressed
* 2 to 3 teaspoons ground ginger or 1 tablespoon fresh ginger, finely chopped
* 2 teaspoons ground coriander
* one 14-ounce can coconut milk (use full-fat for a richer/thicker result but lite may be substituted)
* 1 to 1 1/2 cups shredded carrots
* 1 large zucchini, diced into bite-sized pieces
* [2 to 8 tablespoons Thai green curry paste, or to taste (I used the whole jar for this recipe, but prefer bolder flavors)](https://amzn.to/2Q1Hg2L)
* 1 teaspoon kosher salt, or to taste
* 1/2 teaspoon freshly ground black pepper, or to taste
* 1 to 2 tablespoons lime juice
* 1/4 to 1/3 cup fresh cilantro or to taste, finely chopped for garnishing (basil may be substituted)
* 1 to 2 tablespoons granulated sugar, optional and to taste
* rice (jasmine or basmati) or naan, optional for serving

### **INSTRUCTIONS**

1. To a large skillet, add the oil, onion, and sauté over medium-high heat until the onion begins to soften about 5 minutes; stir intermittently.
2. Add the chicken and cook for about 5 minutes, or until chicken is done; flip and stir often to ensure even cooking.
3. Add the garlic, ginger, coriander, and cook for about 1 minute, or until fragrant; stir frequently.
4. Add the coconut milk, carrots, zucchini, Thai curry paste, salt, pepper, and stir to combine. Reduce the heat to medium, and allow mixture to gently boil for about 5 minutes, or until liquid volume has reduced as much as desired and thickens slightly.
5. Add the lime juice, cilantro, and stir to combine. Taste and optionally add sugar, additional curry paste, salt, pepper, etc. to taste.

**NANCY D’S BLUEBERRY BANANA BREAD**

**Ingredients**

* 1 CUP SUGAR
* ½ CUP OIL
* 1 CUP MASHED RIPE BANANAS
* ½ CUP SOUR CREAM
* 1 TEASPOON VANILLA
* 2 EGGS
* 2 CUPS FLOUR
* 1 TEASPOON BAKING SODA
* ½ TEASPOON SALT
* 1 CUP FRESH OR FROZEN BLUEBERRIES

**Directions**

* MIX TOGETHER SUGAR AND OIL. ADD BANANAS, SOUR CREAM, VANILLA, EGGS AND MIX. ADD DRY INGREDIENTS AND STIR THEN FOLD IN BLUEBERRIES. PUT INTO 4 6X3 INCH GREASED BREAD PANS AND BAKE AT 350 FOR 35-40 MINUTES.

**One Pot White Chicken Lasagna Soup (we didn’t get to try this)**

### **Ingredients**

* 1 pound boneless skinless chicken breasts, chopped
* 3 tablespoons olive oil, divided
* 3 tablespoons butter
* 1 large onion, chopped
* 2 carrots, peeled and sliced
* 1 green bell pepper, chopped
* 4-6 cloves garlic, minced
* 1/3 cup flour
* 9-11 cups low sodium chicken broth, divided
* 3 tablespoons [cornstarch](https://www.amazon.com/gp/product/B07CZRM8JH/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B07CZRM8JH&linkId=40d99662a44d634515263fcd969a0a21)
* 15 oz can canneli beans, rinsed and rained
* 1 tablespoon [chicken bouillon](https://www.amazon.com/gp/product/B073NNB89K/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B073NNB89K&linkId=ce369c01e5eb6eaf7cf0a86cfa3975f0)
* 1 tsp EACH dried parsley, dried basil
* 1/2 tsp EACH dried oregano, dried thyme, salt, pepper
* 2 [bay leaves](https://www.amazon.com/gp/product/B075ZBD9F5/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B075ZBD9F5&linkId=e7bd3afd5a92cc63d37e8ea9f10b0626)
* dash- 1/4 teaspoon [red pepper flakes](https://www.amazon.com/gp/product/B07F1T63WG/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B07F1T63WG&linkId=1f1e3e55bd5b3e82fc1e4f231cc2ebcc) (optional)
* 10 uncooked [lasagna noodles](https://www.amazon.com/gp/product/B00FR6XFI6/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00FR6XFI6&linkId=8f97e98f5aad78b2bacba7ba0f5310d1) broken into approx. 1-2 inch pieces\*
* 2-3 cups half and half (may sub fat free evaporated milk)
* 1/2 cup heavy cream (optional)
* 10 oz chopped frozen baby spinach, thawed
* 1 cup freshly grated Parmesan cheese

#### Cheese Garnish

* shredded mozzarella cheese
* freshly grated Parmesan cheese
* ricotta cheese

### **Instructions**

* Heat 1 tablespoon olive oil in a large Dutch oven/soup pot over medium high heat. Add chicken and cook until almost cooked through. Remove to a plate.
* Melt butter with 2 tablespoons olive oil in the now empty pot and heat over medium high heat. Add onions and carrots and cook, while stirring, for 3 minutes. Add bell pepper and garlic and cook for 1 minute. Sprinkle in flour then cook, stirring constantly for 3 minutes (it will be thick).
* Turn heat to low and gradually stir in 8 cups chicken broth. Whisk 3 tablespoons cornstarch with 1 cup additional chicken broth and add to soup. Stir in chicken, beans, [chicken bouillon](https://www.amazon.com/gp/product/B00MQCDCC8/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00MQCDCC8&linkId=d9bdb7d5953c98221f3f1ac2cb815cd8) and all remaining herbs and spices. Stir in [lasagna noodles](https://www.amazon.com/gp/product/B00FR6XFI6/ref%3Das_li_tl?ie=UTF8&tag=carlscravi0a-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B00FR6XFI6&linkId=8f97e98f5aad78b2bacba7ba0f5310d1).
* Bring to a boil then reduce to a simmer until lasagna noodles are tender, stirring occasionally so noodles don’t stick to bottom (approximately 20-30 minutes).
* Turn heat to low, discard bay leaf and stir in half and half, optional heavy cream and spinach and warm through. Stir in 1 cup Parmesan cheese until melted. Stir in additional half and half or broth if desired for a less “chunky” soup. Season with additional salt and pepper to taste. Garnish individual servings with desired amount of cheeses.

**Pot Pourri**

**Ingredients:**

* 1 tablespoon of butter
* ¾ lb ground beef
* 3 onions (sliced)
* ½ c barley
* 28oz can of tomatoes (diced)
* 2 quarts of water
* 1 tablespoon salt
* 1 tablespoon pepper
* 3 carrots (sliced)
* 3 potatoes (diced)
* 3 stalks celery (diced)
* ½ small cabbage cut into 1inch pieces
* 1 teaspoon A1 sauce
* ¼ teaspoon Worcestershire sauce

**Directions:**

1. In large pot, brown ground meat in butter, crumbling constantly with fork,
2. Add: onions, cook 5 mins (cover & simmer)
3. Add: barley, tomatoes, water, salt and pepper
4. \*\*Cover and simmer gently for 2 hours.
5. Add: vegetables, A1 sauce and Worcestershire sauce.
6. Simmer one hour

\*\*for softer veggies, put celery in after 1st hour, put carrots in ½ hour later, put cabbage in ½ hour later, cook 1 hour, add potatoes cook 1 hour, put Worcestershire sauce & A1 in when finished cooking.

**Potato Soup with Hash Browns**

##  Ingredients

* 1 (28 ounce) package frozen hash brown potatoes, thawed
* 42 ounces chicken broth
* 1 (10.5 ounce) can condensed cream of chicken soup
* 1 large potato, peeled and diced
* ½ cup chopped onion
* ½ teaspoon ground black pepper
* 1 (8 ounce) package cream cheese, softened
* ⅓ cup shredded Cheddar cheese, or to taste
* 2 tablespoons bacon bits, or to taste
* 2 tablespoons sliced green onions, or to taste

**Directions**

* **Step 1**

Put hash browns, chicken broth, soup, potato, onion, and pepper in a slow cooker.

* **Step 2**

Cover and cook on Low until potatoes are tender and soup is hot, 3 to 5 hours.

* **Step 3**

Drop in softened cream cheese; use a whisk to get it all melted and mixed in.

* **Step 4**

Garnish with Cheddar cheese, bacon bits, and green onions.

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**Snickerdoodle Apple Bread**

**Ingredients:**

1/2 tsp kosher salt

1 1/2 tsp baking powder

1 1/2 cups flour

1/2 cup butter, room temperature

1 cup light brown sugar

1/4 cup granulated sugar

1/2 T cinnamon

2 eggs

1 T vanilla

1/2 cup milk

1 Granny Smith Apple, peeled and finely chopped (I used 2 cups and it was too much)

#### CINNAMON SUGAR TOPPING

2 Tbsp granulated sugar

1 tsp cinnamon

### **Directions**:

1. Preheat oven to 350°
2. Spray a 9×5 loaf pan with baking spray. Line bottoms and up the ends with a strip of parchment paper (for easy removal) and spray again. Set aside.
3. Whisk together salt, baking powder and flour. Set aside.
4. In bowl of stand mixer beat butter, both sugars and cinnamon for 2 minutes on medium speed, scraping sides as necessary. Add in both eggs and vanilla and continue mixing until smooth, again scraping sides as necessary.
5. Turn mixer to low and add in flour mixture and milk in alternating additions, starting and ending with flour. Mix until just combined.
6. Finally add in apples and stir until just combined and pour batter into prepared pan.
7. Mix together the sugar and cinnamon for topping and sprinkle on top of batter.
8. Bake for 50-55 minutes until bread is set and toothpick inserted into the center comes out clean.
9. Allow to cool in pan for 10 minutes and then remove transfer to a wire rack to cool completely.
10. Serve warm or at room temperature.

**Tomato Basil Soup**

**Ingredients**:

4 cups canned tomatoes – crushed

2 cups tomato juice – unsalted

6-7 Basil Leaves

½ cup whipping cream

¼ cup unsalted butter

1/8 tsp black pepper

Salt to taste

**Directions:**

Combine tomatoes and juice, simmer for 30 mins over med. heat – cool. Place in blender. Add basil and puree. Return mixture to sauce pan, add butter and cream, stir over low heat until butter and cream is mixed in. Stir in salt and pepper - serve.

**Tortellini Soup**

**Ingredients:**

* 1 tablespoon olive oil
* 1 pound Italian sausage, casing removed
* 3 cloves garlic, minced
* 1 medium sweet onion, diced
* 2 teaspoons Italian seasoning
* Kosher salt and freshly ground black pepper, to taste
* 2 tablespoons all-purpose flour
* 4 cups chicken stock
* 1 can 14oz diced tomatoes
* 1 (9-ounce) package refrigerated three cheese tortellini
* 1/2 bunch kale or spinach, stems removed and leaves chopped
* 3 tablespoons chopped fresh basil

**Directions:**

1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
2. Stir in garlic, onion and Italian seasoning. Cook, stirring frequently, until onions have become translucent, about 2-3 minutes; season with salt and pepper, to taste.
3. Whisk in flour until lightly browned, about 1 minute.
4. Gradually whisk in chicken stock and tomato sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.
5. Stir in tortellini; cover and cook until tender, about 5-7 minutes.
6. Stir in kale until wilted, about 1-2 minutes. Stir in heavy cream and basil until heated through, about 1 minute; season with salt and pepper, to taste.
7. Serve immediately.

**Vegan Chicken Noodle Soup**

### **Ingredients**

* 2 tablespoons [olive oil](https://amzn.to/32Rsnaq)
* 1 large onion, chopped
* 4 cloves garlic, minced
* 3 stalks celery, sliced
* 3 medium carrots, peeled and sliced
* 8 cups [vegan "chicken" broth](https://amzn.to/2F508ZZ) or vegetable broth ([Better Than Bouillon No Chicken Base](https://amzn.to/2F508ZZ),)
* 1 teaspoon dried basil
* 1/2 teaspoon dried thyme
* 12 ounces pasta\*
* salt + pepper, to taste
* fresh chopped parsley, for serving
* crackers or french bread, for serving

### **Instructions**

* Add the olive oil to a large pot and warm over medium-high heat. Now add the onion, garlic and celery and saute for 5 minutes, until softened and the onions are translucent.
* Add the carrots, broth, chopped vegan chicken pieces, basil and thyme. Bring to a boil, then simmer for 10 minutes.
* While the soup simmers, cook the pasta in a separate pot according to package instructions but 1 minute less than called for. You don't want to overcook the noodles. Drain and set aside.
* Taste the soup and make any necessary seasoning adjustments, such as more herbs, salt + pepper.
* Serve the soup in bowls with a handful of cooked noodles. Sprinkle with fresh parsley if desired and serve with crackers or bread. \*Keep the pasta noodles separate when storing so they don't get mushy and soak up all the broth.