

*Washington Park
United Methodist Church presents...*

A MAUNDY THURSDAY COOKBOOK

**WITH RECIPES FROM
OUR CONGREGATION**

HOLY WEEK 2021



Katie's Broccoli Cheddar Soup

Ingredients

- 3 Tablespoons butter
- 1 large carrot, shredded
- 1 large shallot, chopped
- salt and pepper
- 3 Tablespoons gluten-free flour (I like Domata or Bob's Red Mill Gluten-Free Sweet Rice Flour)
- 3 cups gluten-free vegetable or chicken broth
- 2 cups milk (I used skim)
- 3 cups small-chopped fresh broccoli florets
- 8oz freshly shredded sharp cheddar cheese, plus more for serving

Procedure

1. Melt butter in a large soup pot or Dutch Oven over medium heat then add carrots and shallot, season with salt and pepper, and then saute until carrots are tender, 3-5 minutes.



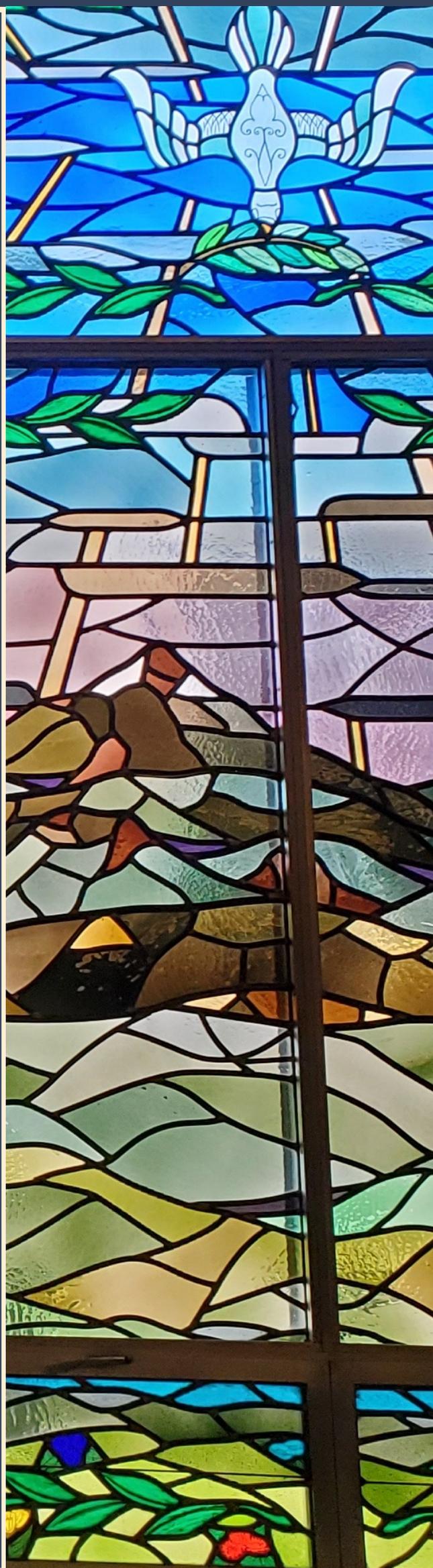
Katie's Broccoli Cheddar Soup

Procedure Continued

1. Sprinkle in flour then whisk to combine and cook while whisking for 1 minute. Slowly stream in chicken broth while whisking constantly to avoid lumps (I add a big splash at a time then whisk until smooth before adding more.) Add milk then season with salt and pepper and then turn heat up to medium-high to bring soup to a simmer. Turn heat down to medium then simmer for 10 minutes, stirring occasionally.
2. Add broccoli florets to pot then simmer for 20 more minutes, or until broccoli is tender. Remove pot from heat then add cheese in three batches, stirring until completely smooth before adding the next batch. Mash florets slightly with a potato masher to reach desired texture – this is optional. Taste soup then add salt and pepper if necessary and then ladle into bowls and serve with shredded cheese on top.

Recipe Provided By:

Katie Daugherty



Mama's Minestrone

Ingredients

- 1/2 lb spicy Italian sausage
- 4 cups water
- 2 cups marinara sauce
- 1 beef bouillon cube
- 3 cups vegetables (I used 1 cup each zucchini, corn, and frozen peas)
- 2 Tablespoons parmesan cheese
- 1-1/2 teaspoon Italian seasoning
- 1 teaspoon dried parsley
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- couple grinds black pepper
- 1/2 cup small dried pasta, regular or gluten-free

Procedure

Brown and crumble sausage in a large soup pot until cooked through. Drain if a lot of fat remains in the pot. Stir in water, marinara sauce, beef bullion, parmesan cheese and seasonings. Bring to a boil, cover, then reduce heat and simmer for 10 minutes, or until vegetables are cooked through. Add in pasta and simmer, uncovered, until done.

Recipe Provided By:

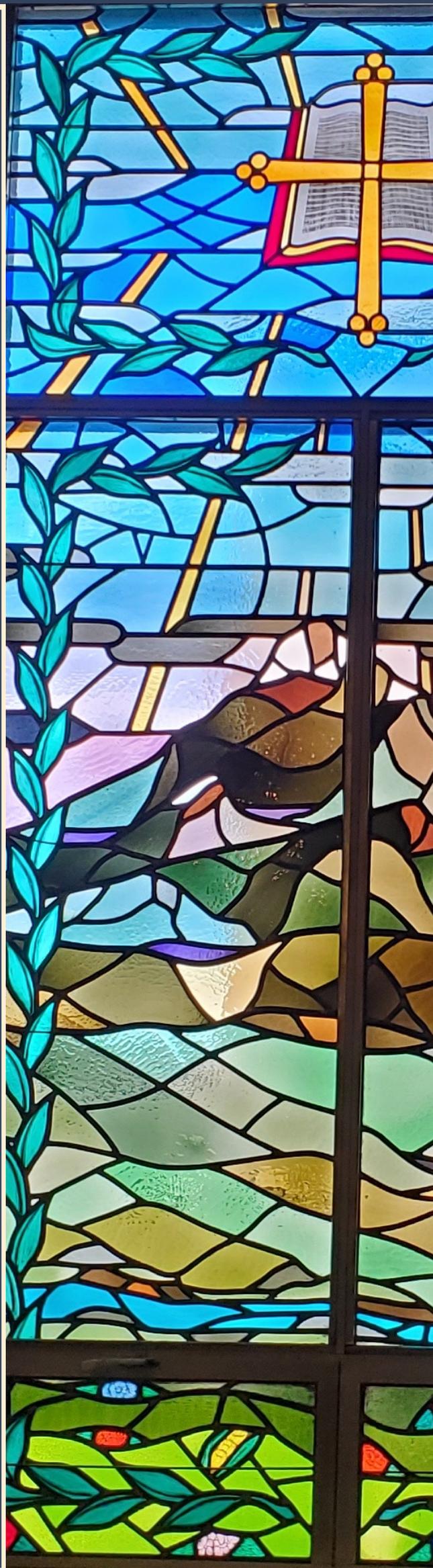
Katie Daugherty



Rev. Jamielee's Sausage & Apple Soup

Ingredients

- 1 lb Italian Sausage
- Garlic, chopped, Measure with your heart
- Butter, enough to make a Wisconsinite proud.
- White Wine--crisp/dry over sweett
- 1 large onion, diced
- 1 large carrot, shredded
- 5 stalks celery, chopped
- (Any vegetables you want to add--I like mushrooms and kale sometimes!)
- Apple Cider Vinegar, to taste,
- 1 TBSP at a time.
- 2 Large Crisp Apples (Granny Smith or Honey Crisp, absolutely no Red Delicious anywhere near this soup.)
1 for cooking, 1 for serving.
- 4-8 cups of Chicken Broth (depending on how chunky/thick you like your soup!)
- Spices to taste:
 - Salt
 - Pepper
 - Paprika
 - Cumin
 - Curry Powder
 - Italian Seasoning or Basil, Rosemary, Sage, Thyme, and Marjoram.



Rev. Jamielee's Sausage & Apple Soup Procedure

1. Saute Italian sausage in the bottom of your soup pot. Remove when cooked, leaving any brown bits and grease behind.
2. Set the stove to medium heat. Add a healthy pat of butter to the bottom of your pot and a portion of white wine you'd be happy serving to a guest.
3. Scrape all the goodness off the bottom of the pot and let it simmer for 3-4 minutes or until the wine is reduced.
4. Add garlic and onion to the pan, saute until onion is translucent.
5. Season and add a tablespoon of apple cider vinegar to the pot and stir.
6. Add the rest of the veggies to the pot to saute and soften. Season with seasonings and tablespoons of vinegar as you go, until it smells good.
7. Add sausage and 1 chopped apple to the pot.
8. Add broth to the pot and simmer for 10 minutes. Serve with fresh chopped apples on top!

Recipe Provided By:

Rev. Jamielee Demske



Jesus Loves the Little (white chicken) Chili

Ingredients

- 2 Chicken breasts (from frozen)
- 1 can of Black beans
- 1 can Corn
- 1 can Rotel, undrained
- 2 Garlic cloves, chopped
- 1/2 tsp Garlic powder
- 1 cup Onion
- 1 tsp Onion powder
- 1/4 tsp Cayenne pepper
- 1 tbsp Chili powder
- 1 tsp Cumin
- 1/2 tsp Pepper
- 1 package Ranch dressing mix
- 1 tbsp Olive oil
- 1 8 oz package cream cheese
- Taco Seasoning, to your heart's content.



Procedure

In a large skillet – heat oil and cook onions for 8 minutes then add garlic and cook for one minute.

Set your crockpot to low and add chicken, “cooked” onions and garlic, black beans, corn, Rotel, all the seasonings, ranch mix.

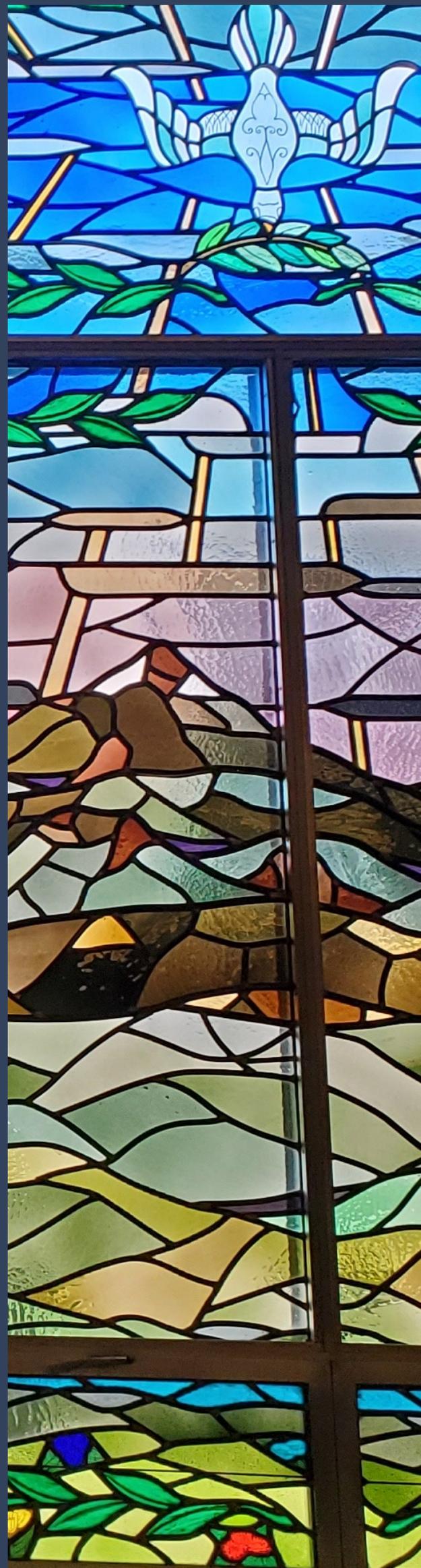
Stir

Add cream cheese on top and cover and cook on low for 6 – 8 hours, or on high for 3-4 hours.

Before serving shred chicken using two forks.

Recipe Provided By:

The Demske Zitterkopf Family

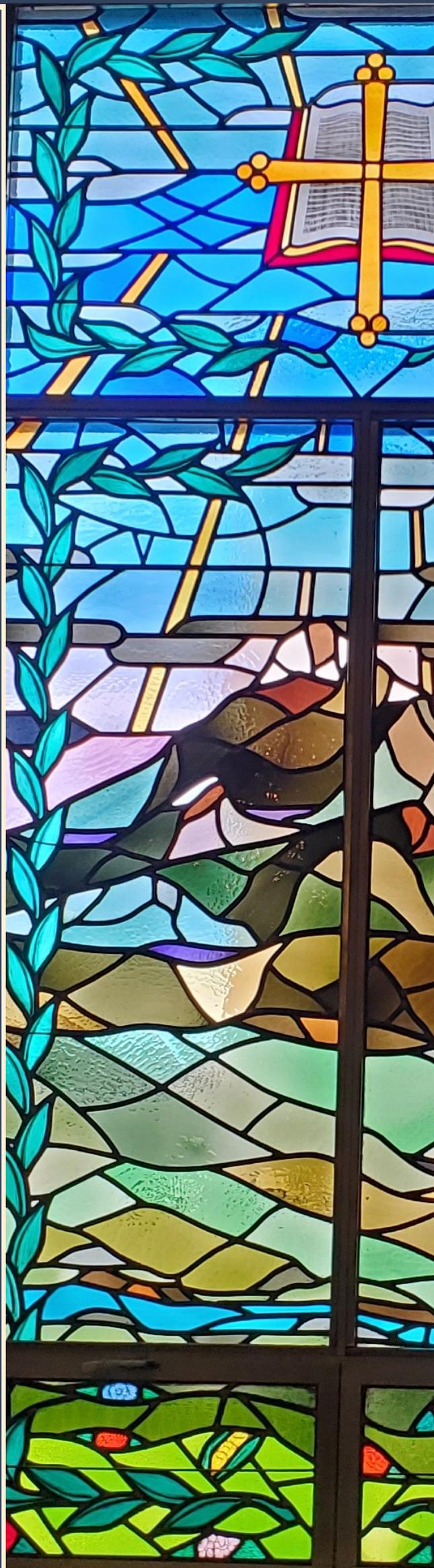


Jimbo's Ghost Chili

He ain't afraid of no ghost...

Ingredients

- 1 tsp ghost pepper
- 3 tbsp unsalted butter
- 3 anaheim chilis, roasted, peeled, chopped.
- 3 poblano chilis, roasted, peeled, chopped.
- 1 ghost pepper
- 2 bell peppers, diced.
- 2 jalapenos, minced
- 2 yellow onions, diced
- 1 head of garlic, minced
- 1 lb Jimmy Dean's Hot Sausage
- 2 lbs ground beef
- 3 tbsp chili powder
- 2 tsp cayenne
- 2 tsp ground corriander
- 2 tsp ground cumin
- 2 tsp garlic salt
- 2 tsp onion salt
- 2 tsp hot paprika
- 2 tsp kosher salt
- 2 tsp fresh ground black pepper
- 1 can of spicy V8
- 1 cup tomato paste
- 1 cube of chicken stock
- 1 cube of beef stock
-



Jimbo's Ghost Chili Ingredients

- 1 can of hot chili beans
- 1 can kidney beans
- 2 cups water
- 1 tbsp Hershey's Bakers Chocolate
- 1 can of Rotel, roasted variety
- 5-6 splashes of Worcestershire Sauce

Serve with avocado, sour cream, cheese, maybe a glass of milk, and definitely all of your gumption.

Remember: Chili is always better a day or two later!

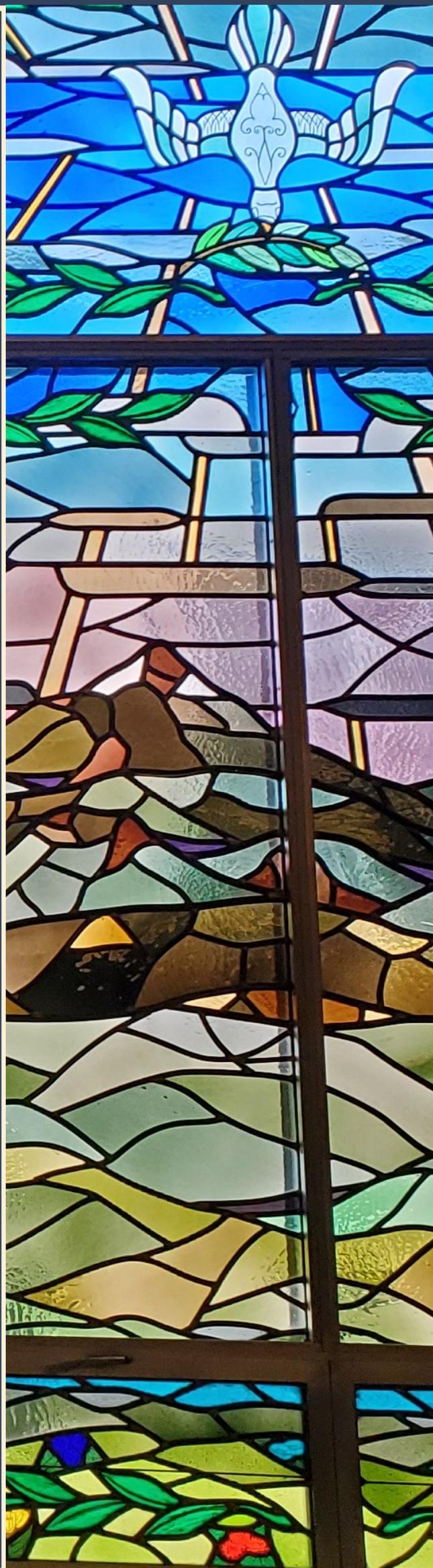
Procedure

CAUTION: HANDLE ALL PEPPERS WITH CARE!

1. Add bacon grease and butter to a large pan.
2. Add all peppers and onions. Cook until caramelized. (Keep your stove fan on high, this will clean out your sinuses!)
3. Add garlic, cook 1-2 more minutes
4. Add all meat and cook until browned.
5. Add all spices and cook another 1-2 minutes.
6. Transfer to a large pot, add all remaining ingredients, and simmer for 2-3 hours.

Recipe Provided By:

Jimbo Dillon



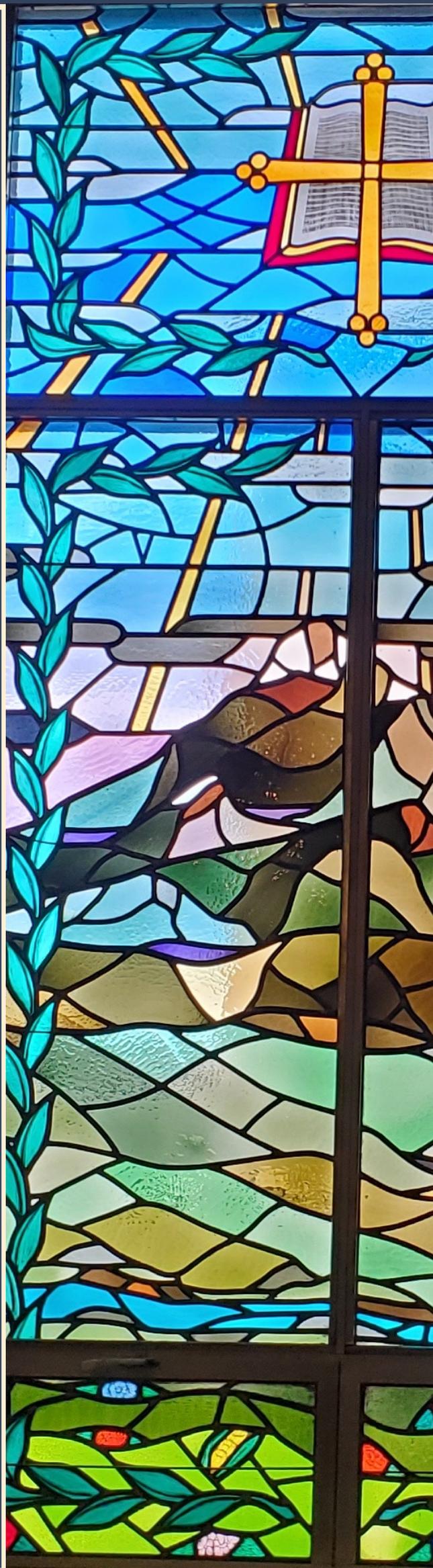
Lori's Roman Egg Drop Soup

Ingredients

8 cups chicken stock
1 1/4 teaspoons kosher salt
4 cups packed spinach leaves, shredded
4 large eggs
1/3 cup grated parmesan cheese,
plus more for serving
Freshly ground black pepper

Procedure

1. In a medium pot, bring stock to a simmer with 1 teaspoon salt. Once stock is simmering, add spinach and cook until tender, about 3 minutes.
2. Meanwhile, in a medium bowl, whisk together eggs, grated cheese, remaining 1/4 teaspoon salt and some freshly ground black pepper to taste.



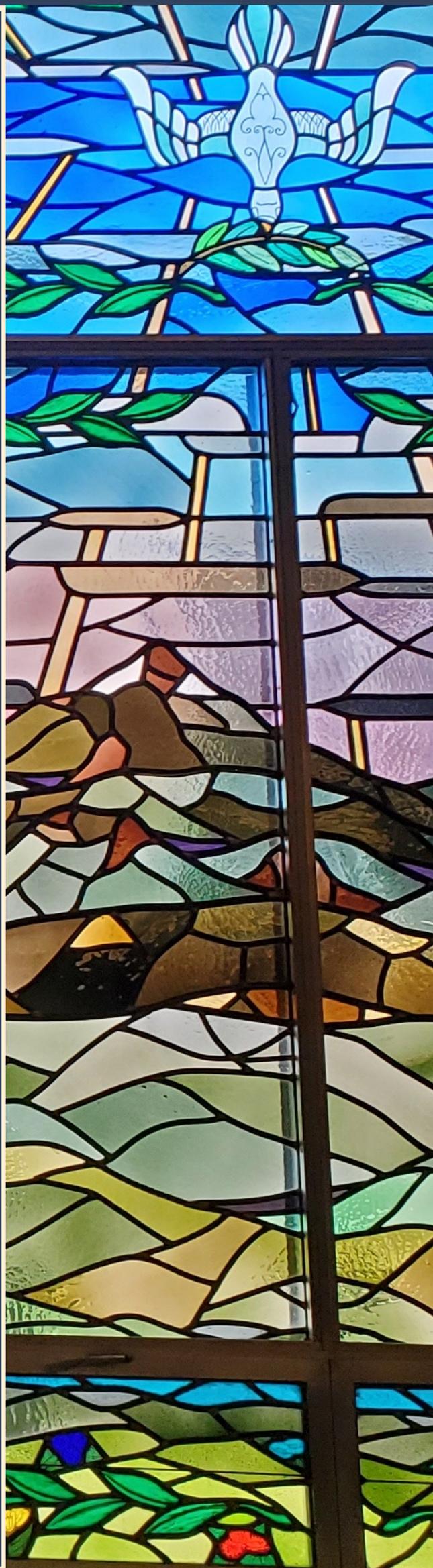
Lori's Roman Egg Drop Soup

Procedure Continued

3. Once spinach is tender, add about 1/3 of the egg mixture to the soup, while continuously whisking, to make shreds of eggs. Add remaining eggs in 2 more batches, letting the soup return to a boil between additions. Once all of the eggs have been added, bring soup to a final boil and use the whisk to break up any large clusters of eggs. Serve soup with additional grated cheese and bread.

Recipe Provided By:

Lori Evonimous



Sheri's Favorite Sweet Potato- Sausage Soup

Ingredients

- 1 tablespoon olive oil
- 1 large yellow onion, diced large
- 2 cloves garlic, minced
- Salt and pepper
- 3/4 pound sweet Italian sausage, casings removed
- 2 sweet potatoes (1 pound total), peeled and diced medium
- 4 cups chicken broth
- 3/4 cup small pasta shells
- 4 cups roughly chopped mixed greens, such as kale and Swiss chard
- Grated Parmesan, for serving

Procedure

In a large pot, heat oil over medium-high. Add onion and garlic and cook until onion is translucent, about 6 minutes; season with salt and pepper. Add sausage and cook, breaking up meat with a wooden spoon, until browned, about 5 minutes.



Sheri's Favorite Sweet Potato- Sausage Soup

Procedure Continued

Add sweet potatoes, broth, and 2 cups water and bring to a boil. Add pasta and cook 3 minutes less than package instructions. Reduce to a simmer, add greens, and cook until pasta is tender and greens are wilted, 4 minutes. Serve with Parmesan.

Recipe Provided By:

Sheri Saliz and Marth Stewart

